

Marquette County Department of Human Services

Nutrition Advisory Council

DATE 11/18/2019

Members Present: Betty Dixon, Judy Johnson, Marian Heller, Sally Witz, Ed Stelter, Sammy Tousey

Others Present: Amelia Cisewski

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| 1. Call to order | |
| 2. Pledge of Allegiance | |
| 3. Approval of Agenda | Sally made a motion. Judy seconded. |
| 4. Introduction and Welcome of Attendees | Introduced all participants. |
| 5. Review and approval of minutes | Sammy made a motion. Betty seconded. |
| 6. ADRC | |
| <ul style="list-style-type: none"> A. Nutrition Coordinator updates and projects B. Community Garden – update C. Health Promotion Program D. Closed for Training -looking forward E. Weather Reminder F. Set Meeting dates for 2020 G. Set site evaluations | <p>Community Garden- Good feedback from the sites. Volunteers increased at end of season. 2759 pounds of produce from garden, 428 pounds given to food bank.</p> <p>Nutrition Education ideas- Cooking for 1 or 2 coming next year- January and February.</p> <p>Program closed December 10th for Staff Food Safety Training.</p> <p>Also Dec 10th Senior Citizens Organization Potluck at Montello Dome.</p> <p>Living Well class, 6- week healthy living workshop: Starts January 8th, 2020 at Montello Senior Village Apartments from 1:00-3:30pm.</p> <p>Reminder that meals are canceled if Montello Schools closed due to inclement weather. If Westfield Schools closed or delays, discretion is used. Shelf stable meals will be handed out to HDMs and some to dining sites.</p> <p>2020 Meeting Dates: January- Montello 1/28/20 at Health & Human Services Building (kitchen tour) and eat at Dome March – Endeavor 3/11/20 May - Packwaukee 5/18/20 at 10:00am July – Oxford 7/21/20 September - Westfield 9/15/20 November - Neshkoro 11/16/20</p> <p>Site evaluations: Endeavor: set up Kathy and Lucy Montello: Jan 14, 2020 with Ed after board meeting Neshkoro: Jan 13, 2020 with Marian and Sally at 11 Oxford: Jan 30, 2020 with Betty at 10:45 Packwaukee: Jan 27, 2020 with Judy 10:30 Westfield: Jan 9, 2020 with Sammy at 11</p> |
| 7. Add LIFE Centers | |
| <ul style="list-style-type: none"> A. Discussion on Ideas & Activities form each site B. Discussion on quality and service of meals | <p>Westfield: Wii bowling- Monday, Wednesday, and Thursday Neshkoro: 3rd Wednesday- Fact and fiction, Holiday Parties Montello- playing cards, starting wii bowling shortly Endeavor- Euchre party Packwaukee- playing cards, talking</p> |

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| | <p>Discussion on visiting others sites Caregiver meal- soup was watery, pie was wonderful Pork chops were hard and dry. Fresh mango was tough. Corned beef- at Montello was tough, sliced with grain Turkey chili was great in Oxford Salmon was dry in Westfield, salmon wrapped in foil was great Like the mashed potato beans/ beans combo Turkey & gravy meal great Desserts are great Make menu items simple not “fancy” words</p> |
| 8. Informational Items | |
| A. Meeting Dates B. Memory Café | 1 st Wednesday of the month in Westfield at 10:00am with Brain Boosting Lunch |
| 9. Next meeting | January 28, 2020 at 10:30 am in Health & Human Services Building and kitchen tour |
| 10. Motion to Adjourn | Judy made a motion, Betty seconded. |

Minutes Submitted by: Amelia Cisewski
(Drafted 11/18/2019)