

Marquette County Department of Human Services

Nutrition Advisory Council

DATE 3/11/2020

Members Present: Betty Dixon, Cathy Kampen, Lucy Dewsnap, Marian Heller, Sally Witz, Sammy Tousey, Marcia Albright

Not Present: Judy Johnson, Ed Stelter

Others Present: Amelia Cisewski

1. Call to order	Amelia called meeting to order at 10:32am
2. Pledge of Allegiance	
3. Approval of Agenda	Betty made a motion. Cathy seconded
4. Introduction and Welcome of Attendees	Introduced all participants
5. Review and approval of minutes	Lucy made a motion. Betty seconded.
6. ADRC	
<ul style="list-style-type: none"> A. Nutrition Coordinator updates and projects B. National Nutrition Month C. Walk with Ease D. Community Garden E. Older American Celebration 	<ul style="list-style-type: none"> A. In 2020 Question of the Month will be sent to HDMs and sites. Winners will receive an ADRC prize and be featured in the Senior Newsletter. B. Nutrition Jeopardy at dining sites this month to celebrate National Nutrition Month. Winners receive prizes. C. Walk with Ease at Westfield Senior Dining Site on M-W-F from 2:00-3:30pm. April 20 – May 29, 2020. D. Ideas for veggies in community garden: zucchini, cucumbers, tomatoes, green beans, yellow beans, peppers E. Older American Celebration- Thursday May 14th at Endeavor. Speakers will be Becky from library on Libby App and someone to speak on Census 2020. Discussed Wii Bowling Tournament and possibly jeopardy or bingo. Cathy and Lucy will work on getting entertainment.
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 	<ul style="list-style-type: none"> A. Endeavor- bingo, show & tell. They have been having a lot of new people come. Oxford continues to play cards and talk. Neshkoro plays cards. Westfield likes doing puzzles, exercising, bingo, and Wii bowling. Discussion on how to get new participants to come back. Endeavor said the key is friendliness. Other suggestions were to have someone greet them as they come in (besides the site manager), make an effort to chat with them and invite them back. B. Overall the meals have been excellent. Spilt pea soup- was too watery, would like thicker soups. Did not care for pigs in a blanket. Endeavor and Westfield did not care for spinach bake. Cheeseburger

	<p>pasta salad would have been better hot. Would like primarily hot food in the winter as well as more varieties of pies.</p> <p>Discussion on ingredients, calorie, and nutrient info. Discussed the process of providing these things. A meal survey will be going out to the sites in a couple weeks to survey meal preferences.</p> <p>Discussed a possible activity to ask participants to submit recipes and feature them on our menu.</p> <p>Evening Meal Dates: Monday, June 8 – Montello, Neshkoro, Packwaukee, Westfield Tuesday, August 18 – Montello, Oxford, Westfield Thursday, October 1 - Montello, Oxford, Westfield</p>
8. Informational Items	
A. Meeting Dates B. Memory Café	May - Packwaukee 5/18/20 at 10:00am July – Oxford 7/21/20 September - Westfield 9/15/20 November - Neshkoro 11/16/20 1 st Wednesday of the month in Westfield at 10:00am
9. Next meeting	May 18, 2020 at 10:00am at Packwaukee Dining Site
10. Motion to Adjourn	Lucy made a motion. Betty seconded at 11:34am

Minutes Submitted by: Amelia Cisewski
(Drafted 3/11/2020)