

**VILAS COUNTY COMMISSION ON AGING
NUTRITION ADVISORY COUNCIL**

June 11, 2014

Mary Kim Black called the Nutrition Advisory Council meeting of the Commission on Aging to order at 10:05 a.m. on June 11, 2014 at the Vilas County Commission on Aging office.

Present: Ken Mitchell, Kathy Roggeman, Champ Ruffner, Mary Samuelson, Kathy Burg and Audrey Stearns. Staff present: Director Susan Richmond and Mary Kapke. Donna Christenson was also present. Excused: Donna Rollman and Donna Ruffner

Approve Agenda: Champ Ruffner moved and Stearns seconded the motion to approve the Agenda as mailed, to be discussed in any order at the discretion of the Chair. **Carried**

Approve Minutes: Stearns moved and Burg seconded the motion to approve the minutes of the March 20, 2014 Nutrition Advisory Council meeting. **Carried**

Agenda #5 Nutrition Director's Report

- Richmond explained that Commission on Aging did not receive the Revitalization Grant. Will continue working with Donna Christianson to identify all sites and increase attendee numbers. Richmond explained that Christianson is conducting a survey by phone to those who have not attended a meal site in the last 1-3 years.
- Christianson stated she has made 140 calls and all comments were positive about the nutrition program. Others left program for a short time and didn't return; some were from Kalmar; others felt the meal time was too early; meals were too heavy and less than six were not interested.
- Richmond stated that a letter is going out this week to the surveyed individuals with a free meal voucher .
- If approved, Richmond stated that as of July 1, 2014 an alternative to the regular meal will be offered every day at nutrition sites. The alternative will be a chef's salad or grilled chicken salad along with bread, fruit or dessert. All vendors were very willing to do this.
- Richmond stated that due to low Saturday attendance, if approved, effective July 1, 2014 Fibbers, St. Germain's nutrition site, will be serving Tuesday at 4 p.m. along with home delivered meals in a trial period for effectiveness. No games or Bingo on this evening.
- Richmond is meeting with site managers on June 19, 2014 for further discussion. They will review the manager handbook and discuss prioritizing welcoming attendees.
- Richmond explained that Holiday Lodge in Phelps closed. As of May 19, 2014 Doug is serving meals at Northern Exposure. Attendance numbers have increased with new clientele.
- Richmond reported that Sandy Mutter resigned at the end of May 2014 and that the new site Manager is Judi Heikkinen and the substitute Manager is Kathy Mesun.
- Christianson will be working with fourth year Nicolet nursing students to perform health screenings for site attendees. Christianson will have intergenerational activities provided with Boy/Girl Scouts. Considering article for newspaper and radio ad.

Agenda #6 Recommendations for Revitalization

- Mitchell moved and C. Ruffner seconded the motion to approve that effective July 1, 2014 an alternative to the regular meal will be added at all meal sites. **Carried.**
- Mitchell moved and C. Ruffner seconded the motion that effective July 1, 2014 Fibbers will be serving Monday at noon, Tuesday at 4:00 p.m. and Friday at noon. Tuesday's home delivered meal will be at 4:00 p.m. **Carried.**
- Richmond suggested adding fun activities to meal sites such as; hired entertainment, cards and Bingo. Adding more volunteers.

Agenda #7 Appointments for Site Review

- More than a Meal Café, Eagle River-Kathy Roggeman
- Gateway Lodge, Land O' Lakes-Champ & Donna Ruffner
- Boulder Beer Bar, Boulder Junction-Donna Rollmann
- Fibbers, St. Germain-Ken Mitchell
- Northern Exposure, Phelps-Kathy Burg
- Richmond stated these reviews are due by the end of August. Lac du Flambeau is not included. Please complete and mail to Richmond.

Agenda #8 Updates from Site Representatives

- Roggeman stated that site in Phelps is called the Golden Years Café. Judi H. is helpful and doing a good job. Attendees enjoy coming and there are a lot of new people. Issue with women's bathroom since a bigger wheel chair does not fit through door; presently using the men's room with a "lookout". Richmond states that the Nutrition Assessment will be in Phelps.
- Burg said that Eagle River's very good with socialization and a few new people. An Honor Flight member was a recent speaker. The home delivered meal participants are very grateful to have these meals and need that extra check on them.
- Mitchell reported new attendees at Gateway, some live in condos on site. Attendees coordinate schedules to provide rides with others. Meals are very good and Bill is still cooking. Attendance dependent on menu for the day.
- Samuelson reported that Lac du Flambeau has the elementary school children read to the elders and eat lunch together. Next year the elders will read to the children. This Friday is Elder Abuse Awareness. Lac du Flambeau received the Revitalization Grant.
- C. Ruffner reported that attendance is steady, food is fine, and no complaints regarding time of meals in Boulder Junction. Stated Jimmy Dean and son are great. Stated there are no home delivered meals and offered to help deliver meals.
- Mitchell reported that Land O Lakes has had a piano player and attendees sang along to the old songs. Chef comes out each time to greet the guests.

Future Meeting Date #9

- Richmond will send out some choices for dates in September to members by email.

Adjournment

- At 11:05 a.m.

Minutes reflect the recorders notations and are subject to approval by the appropriate board or committee.

Submitted by:

Approved by:

Mary Kapke
Recorder

Susan Richmond
Director