

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

MARCH 22, 2011

Chairperson Platner called to order the Nutrition Advisory Council meeting of the Commission on Aging at 9:30 a.m., on March 22, 2011, at Vilas County Courthouse, Conference Room 1, in Eagle River, Wisconsin.

Present: The following persons were present: Mary Platner, Donna Rollmann and Betty Hansen. Staff present was Nutrition Coordinator, Susan Richmond. Excused were Shirley Haws, Ray Johnson and Sharon Big John. Also present were new Committee Members Champ and Donna Ruffner from Boulder Junction.

Platner asked for the new members to tell about themselves. Ruffners retired from Stevens Point. Donna Ruffner was a nurse and Champ worked for Wisconsin Bell, which became AT&T.

Approve Agenda: Hansen moved and Rollmann seconded the motion to approve the Agenda as mailed, which order may be changed at the discretion of the Chair. Carried.

Approve Minutes: Hansen moved and Rollmann seconded the motion to approve the Minutes of the Nutrition Advisory Council held on January 3, 2011. Carried. Platner asked what had happened with the Weather Radios and Richmond stated we have to wait to see if we have any extra money at the end of this year. Discussion was held on Code Red. Platner also asked if we had taken care of concerns for Fibbers. Rollmann confirmed that butter is available on request and Richmond and Mauthe have discussed the Mexican day low attendance and Richmond confirmed we are not going to please everyone with the choice of food and she thought they are serving more fish this month than anything else.

Coordinator's Report:

- Richmond reminded the Committee that we cannot use specific names of people that we are discussing in the meeting and to make sure that the directives/ideas come from the Commission on Aging Director or Nutrition Coordinator.
- Richmond asked if the members would be willing to do their Site Surveys on a different site instead of their own. Hansen offered to do Land O'Lakes site for Johnson until we find a replacement for Johnson. Richmond stated that since the Ruffners' were new that we would have them do their first Site Survey on Boulder Junction.
- Site Manager's Meeting will be held in the afternoon, where they will discuss and finish their training on the Site Manager's Training Guide.
- Platner asked about the incident that Public Health was called to do an inspection on two of our sites. Richmond stated that her and Fortmann decided to see how the report came out and if the sites were able to fix the problems before it was brought up to the full Commission Committee.
- Richmond talked about how the Boulder Junction site needed a driver for a new home delivered meal and several people stepped up to the task.
- National Volunteer Week is April 10-16, 2011. Richmond thanked everyone for serving on this Committee and all the work they do. She also asked if when they are at the meal sites in April, if they could just thank the volunteers. We couldn't do what we do without them.

- Richmond will be attending a Nutrition Director's Meeting in Wausau on Thursday, March 31, 2011.
- Richmond talked about a Holiday/Spring Bingo that we would be doing at the sites. Once participants get bingo on their card, they can use their card for a free meal. Also discussed an Exercise Bingo that we will be experimenting with at Fibber's Restaurant this summer.
- Discussion held on the "Healthy Eating for One or Two" items that were handed out. Richmond will be sending 10 copies of each to the nutrition sites to give out. Platner included that Taste of Home had a magazine out regarding Cooking for Two and it was very good.
-There was a suggestion that we could do a contest at each site regarding the Best Recipes for Two.
- Richmond stated that in May we will send out the Surveys for the Congregate and Home Delivered Meal participants. These have been shortened to one page each and we wait until May to do these so that we reach the most people.

Agenda Item#6 Discussion and approval of Senior Dining Site Review (2):

- ✓ Richmond distributed the Review that was completed on the Eagle River site. Haws reported that everything was good there and Site Manager LaFata does a terrific job.
- ✓ The Review on Phelps was also distributed. Hansen reported that she is thrilled the attendance has increased and everyone loves bingo. Rennes Group has taken over and the food is really good. Portions are smaller and they had no salads this month. Hansen has spoken to the Representative from Rennes Group regarding the portion sizes. Richmond suggested they put out a "Suggestion Box" for participants to write comments. Hansen also stated that their Club is up and running and the transportation is going well. Officers are no active and they have 32 members in their Club.

Agenda Item #7 Updates from Site Representatives:

- FIBBERS: Rollmann reported that everything is going well and they have an average of about 20 participants coming each day.
- BOULDER JUNCTION: Ruffners reported that the food is excellent and portion sizes are large. They have about 20-30 participants in the summer and average of 15-20 for the winter months. Platner made a suggestion of playing Trivia Pursuit and have each table be a team and give a small prize. Ruffners stated it may be difficult because they are in a restaurant. Platner suggested trying this before they eat while they are waiting for all to arrive.
- LAND O LAKES: It was reported that Johnson is in the Nursing Home in Phelps and will most likely not return. Richmond stated that we will need to have a new representative for Land O'Lakes. Hansen asked if she could announce this when she goes there to do Site Survey. Richmond stated that would be great and she will also have their Site Manager start announcing.
- PHELPS: Hansen had given her report during the Site Survey. Nothing new to add to this report.

Platner suggested that we do a Motion to accept Champ and Donna Ruffner as the new representatives of Boulder Junction, Rollmann seconded the Motion. Carried.

**Agenda Item #8 Future Meeting Date:
Next Meeting Date will be Tuesday, June 28, 2011 at 9:30 a.m.**

Adjournment at 10:50 a.m.

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

Submitted by:

Approved by:

Susan Richmond
Nutrition Coordinator

Joe Fortmann
Director