

Waupaca County Nutrition Advisory Council Meeting Minutes

Thursday, November 16, 2017

1:30 pm

Iola Living Assistance – Nutrition Site

505 West Iola St

Iola, WI 54945

This meeting and all other meetings of this committee are open to the public. Proper notice has been posted and given to the press, in accordance with Wisconsin Statutes so that citizenry may be aware of the time, place and agenda of this meeting.

Carl Kietzmann called this meeting to order at 1:30 pm. Quorum was established.

Members Present: Carol, Elvery, Janet Reilly, Caroline Adams, Wayne Laux, Carl Kietzmann.

Members Absent: Bette Kaminske, and Barbara Quinn.

Others Present: Mary Riske, Bev Laux, Harry Joren, Ken Huebner, Lily Bednarski, Iola Nutrition Site Manager, Kim Ebert, New London Nutrition Site Manager, Melissa Anderson, Aging Services Supervisor, and Pat Huber, ADRC Clerk.

Adoption of Agenda: A motion was made by Carol Elvery, and seconded that by Wayne Laux we accept the agenda. **Motion carried.**

Adoption of Minutes of September 21, 2017 Meeting: Motion was made Wayne Laux and seconded by Caroline Adams that we accept the minutes as printed. **Motion carried.**

Public Comment – Ken Huebner, from the Marion Senior Center came to hear the information about the restaurant model dining for seniors. Harry Joren, from Marion Senior Center also came to hear about the restaurant model dining for seniors.

Restaurant Model Senior Dining: Melissa Anderson shared information from her trips to three different counties who have restaurant models for senior dining. These counties are: Dane, Vilas and Jackson.

- 1) At the Dane county restaurant sites the meal is only offered once per week, with congregate sites available on off days. The site Melissa attended, Cranberry Creek, offered breakfast and she stated that portion sizes were generous. There is no substitution of menu items. They continued to have a suggested donation of \$4.00, with \$5.00 being the actual cost of the meal. Tip is included. Some places charge \$1.00 to the county to cover wait staff. There was a donation box at the door and a site manager was there to check in the consumers. The registration form was on ½ sheet of paper, with printing on both sides. In Dane county, if participation drops below 15

consumers they will work with that site for one year to try and get the numbers up. For the restaurants in Dane county no reservation is needed. At one of the restaurants, Ziggy's, that area went from 4-5 people at the congregate site to 80 people at the restaurant site.

- 2) In Vilas county Home Delivered Meals are packaged at the restaurants. They have much higher congregate numbers than HDM. Reservations are required, tables are set and prepared for consumers to eat together. Food portions were generous. Substitutions are available.
- 3) Jackson County has meals available four days per week, except at Merrilan Café, which offers five days per week. Reservations are not required. At the Merrilan location they serve 80 consumers on Fridays for their fish fries. Suggested donation is \$3.75, with actual cost of meal being \$5.35, including a \$.50 tip. Serving sizes are generous.

A long discussion began which included cost versus revenue and the sustainability of such a model. It was also mentioned that menu choices were very high in salt and carbohydrates and did not meet our present nutritional guidelines. There was concern that the restaurant model would lose the social aspect of the nutrition site, as there would be no card playing, dart games, etc., which is an important part of our program now. The general consensus was that the members did not feel this was a good plan for Waupaca County. This information was purely informational and required no action by the committee.

5 Year County Coordinated Transportation Plan: The Regional Planning Commission will be having a community conversation about our county transportation needs and goals for the next five years on April 24, 2018, from 4:30-6:30 at the courthouse in room LL42. Information from our most recent transportation survey will be shared at this meeting.

3 Year Aging Plan: This plan will begin to be formulated in 2018, with implementation in 2019. The county will be soliciting feedback for this via talking session. Melissa will keep everyone posted when these are scheduled.

Satisfaction Survey Results: These will be compiled soon and will be discussed at the March meeting. Melissa reported that overall the results were very positive.

2018 Nutrition Advisory Council Dates and Locations: Dates were discussed. The February meeting needed to be moved to March. The May meeting also had to be moved to the week before. What follows is the tentative listing of dates for meetings in 2018:

Thursday, March 15, 2018, 1:30 pm – New London Site 600 W Washington St, New London, WI

Thursday, May 10, 2018, 1:30 pm – Waupaca Site 206 East Badger St, Waupaca, WI

Thursday, August 16, 2018, 1:30 pm – Manawa Site E6325 County Road N, Manawa, WI

Thursday, November 16, 2018, 1:30 pm – Weyauwega Site 109 East Main St, Weyauwega, WI

Adjourn: A motion was made by Wayne Laux and seconded by Janet Rilley to adjourn.
Motion carried.

Respectfully submitted,

Pat Huber, ADRC Clerk