



# Dane County

## Minutes - Final Unless Amended by Committee

### Area Agency on Aging - Nutrition / Wellness Committee

*Consider:*

*Who benefits? Who is burdened?*

*Who does not have a voice at the table?*

*How can policymakers mitigate unintended consequences?*

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Wednesday, April 6, 2022

11:30 AM

via Zoom

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The Wednesday, April 6, 2022 AAA Nutrition/Wellness Committee meeting is being held virtually. The public can access the meeting with the Zoom application or by telephone.

To join the meeting in Zoom, click the following link (after you fill out the form, the meeting link and access information will be emailed to you):

[https://zoom.us/webinar/register/WN\\_KNk\\_62qzQVKpFuJqLDwQhg](https://zoom.us/webinar/register/WN_KNk_62qzQVKpFuJqLDwQhg)

This link will be active until the end of the meeting.

To join the meeting by phone, dial-in using one of the following three phone numbers:

1-833-548-0276

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If you want to submit a written comment for this meeting, or send handouts for committee members, please send them to [MATULLE.CINDY@COUNTYOFDANE.COM](mailto:MATULLE.CINDY@COUNTYOFDANE.COM). In the subject line please state: Written Comment for this meeting or Handouts for this meeting. Please include the name of the meeting and date.

**PROCESS TO PROVIDE PUBLIC COMMENT: ANY MEMBERS OF THE PUBLIC WISHING TO REGISTER TO SPEAK ON/SUPPORT/OPPOSE AN AGENDA ITEM MUST REGISTER USING THE LINK ABOVE (even if you plan to attend using your phone).**

Registrations to provide public comment will be accepted until 30 minutes prior to the beginning of the meeting.

*Staff and Guests Present: Shannon Gabriel, Angie Markhardt, Cindy Matulle, Sridevi Mohan and Angela Velasquez.*

#### A. Call To Order

Chair **CLAUSIUS** called the meeting to order at 11:34 am.

**Present** 5 - FRAN BARMAN-PAULSON, RACHEL BRICKNER, BILL CLAUSIUS, THOM RUX, and JORDYN CRANE

**Excused** 1 - JULES LEE

**Absent** 1 - THERESA SANDERS

## B. Consideration of Minutes

[2021](#) Minutes from November 3, 2021  
[MIN-559](#)

**Attachments:** [2021\\_1103\\_AAA Nutrition-Wellness Committee Minutes](#)

**A motion was made by BRICKNER, seconded by RUX, that the minutes be approved. The motion carried by the following vote:**

**Ayes:** 5 - BARMAN-PAULSON, BRICKNER, CLAUSIUS, RUX and CRANE

**Excused:** 1 - LEE

**Absent:** 1 - SANDERS

## C. Action Items

[2021](#) Monona Senior Center Meal Site Application  
[ACT-426](#)

**Attachments:** [Monona Meal Site Application](#)

*AAA Aging Program Specialist Angela Velasquez presented the new meal site application. This was briefly discussed at the February meeting however no action taken for lack of quorum. Meal site opened April 1, 2022 and had 36 participants. Meals will only be on Friday's and run by NewBridge Manager Kristin Huber.*

**A motion was made by BARMAN-PAULSON, seconded by CLAUSIUS, to approve the application and open a new meal site for the eastside of Madison area. The motion carried by the following vote:**

**Ayes:** 5 - BARMAN-PAULSON, BRICKNER, CLAUSIUS, RUX and CRANE

**Excused:** 1 - LEE

**Absent:** 1 - SANDERS

## D. Presentations

1. Stand Up Move More

[2021  
PRES-263](#)

Stand Up Move More <https://youtu.be/NGKxEu4awSs>

AAA Registered Dietitian & Healthy Aging Coordinator Shannon Gabriel shared a video that was produced during one of her Stand Up Move More classes that she teaches to older adults. GABRIEL started this class six months ago and has nothing but positive feedback from those who have participated. Her next class has a 99 year old female signed up to stay active.

## 2. Gratitude

[2021  
PRES-264](#)

Gratitude [here](#)  
[https://urldefense.com/v3/https://vimeo.com/showcase/8654193\\_!!Kv9bpTLRIQ!bNV\\_4RkXIpvX\\_jm3vj3kbvSvTnANwHemBMrTp7PK72i5jwsyroz7XTunoIxNNz4dVL9z-Elf3Ho\\$](https://urldefense.com/v3/https://vimeo.com/showcase/8654193_!!Kv9bpTLRIQ!bNV_4RkXIpvX_jm3vj3kbvSvTnANwHemBMrTp7PK72i5jwsyroz7XTunoIxNNz4dVL9z-Elf3Ho$)  
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VELASQUEZ shared a video from WI Bureau of Aging and Disability Resources (BADR) thanking all of the Nutrition staff for keeping up with COVID and supplying food to older adults. VELASQUEZ shared that Nutrition was the first to change policies and offer new ways of providing food during COVID. Many options couldn't have been done without all of the volunteers who stepped up. AAA staff shared the video with all caterers, Focal Point Directors and Nutrition Managers at each Focal Point to thank them for all the hard work that has gone into making sure older adults had food during COVID. The impact COVID had statewide on the Nutrition Program and meals served:

- 2020—Additional 500,000 HDM      additional 200,000 Carryout meals
- 2021—Additional 200,000 HDM      additional 700,000 Carryout meals

## E. Reports to Committee

### 1. Meal Site Status Update

VELASQUEZ shared that all meal sites are now open. All sites except Oregon have a no mask policy in place. VELASQUEZ shared that Laura Langer of the WI Bureau of Aging and Disability Resources office reported most of the meal sites throughout the state are not open. They are having problems finding enough staff and volunteers to get sites back open to older adults.

- Present** 4 - FRAN BARMAN-PAULSON, RACHEL BRICKNER, BILL CLAUSIUS, and THOM RUX
- Excused** 1 - JULES LEE
- Absent** 2 - THERESA SANDERS, and JORDYN CRANE

## 2. Dietitian Program Update

*GABRIEL shared her progress with the Dietitian Program. To start off the year, worked with 20 patients for a total of 28 hours. Common reasons for the counseling included: Chronic Kidney Disease, Prediabetes, Newly diagnosed type 2 diabetes, unintentional weight loss, gastric reflux, doctor recommended weight loss, and gaining weight with a life-long eating disorder. Zoom or home visit.*

*We continue to have supply chain issues – our largest caterer, CFS is having difficulty with getting packaging, as is Taher Catering that produces the Waunakee Senior Meals. Colonial Club, Market Street Diner, Ziggy's, and Hy-Vee have all expressed this same challenge.*

- 2 oz., 4 oz., 5 oz. plastic soufflé cups/lids
- 6 oz. & 8 oz. Styrofoam bowls & lids
- Chicken products –more bone-in products available
- Certain cuts of beef – it's hit or miss
- Burger patties, Salisbury steak
- Butternut squash, yams/sweet potatoes
- Large amounts of highly requested special meal items (corned beef)
- Oranges, Bananas
- Sugar substitute desserts

*We came across a challenge of not being able to offer the required milk at our kosher site. Due to their kosher guidelines, cow's milk can't be served with a meal that contains meat. Therefore, we looked at serving soy, but most soymilk is made at factories that also produce cow's milk, which deems it not kosher certified. We're now offering two different drink choices at Beth Israel Center – calcium fortified orange juice and oat milk. So far, about 50% are taking the OJ, and a few take the oat milk. The rest just continue to drink their water, as usual.*

*Working with caterers on any changes they'd like to make to their spring/summer menu. Meal recipient feedback received from last spring/summer and compile that data to see trends – eliminate disliked meals, incorporate a few new options, look at anything that might not be available to order, switch from offering a lot of the soups and comfort food, heavier items to the meals they prefer to eat in the warmer months.*

*One of the aging plan goals focuses on improving a meal recipient's malnourished status. We plan to work on this goal by starting to offer breakfast, in addition to lunch, to a small pilot group of adults. These adults are initially determined to be malnourished upon their home delivered meal assessment, so in addition to their lunch that's delivered 5 days per week, we'll send a breakfast meal at that same time, that can be eaten the next morning. We met with Taher (Waunakee), Colonial Club in Sun Prairie, and SSM Health for the city of Madison and they all seemed interested in piloting this program. I walked through meal options with the caterers – showing them what the senior nutrition program meal requirements are, but then left it up to them to develop breakfast meals that they have the ability to order, cook, package, and deliver. This would be a cold meal that would be offered.*

*Farmers' Market Voucher Program will be mail based again this year. We're receiving the same amount of vouchers as we did last year – 695 vouchers. Advertisements were sent to focal points and various other locations to spread the word. We'll be sending out applications mid-May and vouchers will be mailed starting on June 1st. Working on*

*increasing the # of farmer's that accept the vouchers. Last year, we had 29 farm stands or markets listed as vendor's that accepted the vouchers, but there's still a couple areas in the county where they're missing. Oregon, Waunakee, Hilldale. After reaching out to the Waunakee Farmer's Market – they said they weren't even familiar with the program, so increasing awareness through outreach will most certainly help. The farmers' that I've reached out to have not engaged with me – I've simply left phone and email messages and haven't received any feedback, other than Hilldale and Waunakee saying they'd pass along the information. I have a call into the farmers' market trainer that is at Dane County WIC to see if any farmer's from these areas have signed up. I have not received any confirmation that these areas have gained a farmer or additional market. If you have any contact with farmers in these areas, please let me know and I would love to get them signed up as a vendor.*

### 3. Healthy Aging Program Update

*We are currently offering classes on Healthy Living with Chronic Pain, Stepping On and Mind Over Matter: Healthy Bowels; Healthy Bladder. These classes will be done via in-person, Zoom, and phone. I had a phone call from a 97 year old woman that was just ecstatic that I was offering the class by phone instead of zoom so she could participate. She was so happy to be able to not have to go anywhere.*

*Spanish Goal – One of our aging plan goals is to start offering Stepping On in Spanish. We have at least 4 individuals that are interested in getting trained to deliver these workshops, but the holdup at this point is WIHA hasn't scheduled any Spanish speaking trainings yet. They originally said they were going to hold a training in the spring, but nothing's been scheduled yet.*

*Stepping Up Your Nutrition Program – I continue to teach this class that focuses on protein and hydration to prevent falls. I taught an in person class in Oregon recently and virtually – 18 participants, 4 on the wait list for the next class already.*

### 4. Chair & Staff Updates

*VELASQUEZ discussed with committee members of how to proceed with future meetings. Given our membership shortage may have to look at different ways of meeting. VELASQUEZ explained for new members that in the past the committee met at a meal site and had lunch there. Members were able to interact with staff and older adults while there before the meeting. Concern now of having virtual meetings that we don't have that connection/feedback from sites anymore. After discussion it was decided to keep meetings virtual and members would sign up to attend a meal site, decide when to go and report back to the committee. There used to be a survey that could be used again to score all aspects of the visit. This approach would also allow more opportunities to reach more sites since the committee meets five times a year. Still would have at least one meeting in person at a site for everyone to get together and meet as a group.*

## F. Future Meeting Items and Dates

Next meeting: Wednesday, June 8, 2022 at 11:30 AM via Zoom

## G. Public Comment on Items not on the Agenda

*None.*

## H. Such Other Business as Allowed by Law

*None.*

## I. Adjournment

Motion was made by BARMAN-PAULSON, seconded by RUX, to adjourn meeting at 12:42 pm. Chair CLAUSIUS adjourned the meeting.

*Minutes respectfully submitted by Cindy Matulle, AAA Clerk III.*