



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?

Wednesday, June 8, 2022

11:30 AM

via Zoom

The Wednesday June 8, 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

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:

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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. 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 & Guests Present: Shannon Gabriel, Cindy Matulle, and Angela Velasquez.

A. Call To Order

Committee members introduced themselves to new Committee member Linda Fuller.

Chair Clausius called the meeting to order at 11:32 am.

Present 6 - RACHEL BRICKNER, BILL CLAUSIUS, THOM RUX, JORDYN CRANE, JULES LEE, and LINDA FULLER
Absent 1 - THERESA SANDERS

B. Consideration of Minutes

[2022](#) April 6, 2022 Minutes
[MIN-012](#)

Attachments: [2022_4-6-22_AAA_Nutrition-Wellness_Committee_Minutes](#)

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

Ayes: 6 - BRICKNER, CLAUSIUS, RUX, CRANE, LEE and FULLER

Absent: 1 - SANDERS

C. Action Items

1. Romnes Apartments Meal Site Relocation Exploration

AAA Aging Program Specialist Angela Velasquez shared some history on meal sites based in older adult residential living complexes. Changes made it so apartment buildings were not exclusive to older adults but to anyone with disabilities. Laws were updated to allow meals to continue to be served as long as 51% of those in the meal site program were Older Adults. This is the reason Romnes is the last residential meal site. There is a concern with continuing to sustain the high level of meals served at both meal sites and HDM that serving meals for those under 60 years of age could take meals away from Older Adults.

NewBridge came to Angela to discuss possibly moving this meal site for several reasons. First the building is now locked and needs a code to enter. Once inside you need to find where the meal is being served. This has limited the access to the meal site for only residents who live at Romnes. Older Adults from other locations do not have access to the meal which is a violation of Federal laws to not prohibit access to meals. Second concern is that the AAA meal sites are offered to older adults over the age of 60+. NewBridge would like to move the Romnes meal site to the Girl's & Boy's Club that is a few blocks away. This will allow more access to the older adults in the area to receive meals.

A motion was made by RUX, seconded by BRICKNER, to approve NewBridge exploring new meal site to replace Romnes location. The motion carried by the following vote:

Ayes: 6 - BRICKNER, CLAUSIUS, RUX, CRANE, LEE and FULLER

Absent: 1 - SANDERS

2. Suggested Minimum Donation Level Increase

VELASQUEZ reported it has been a few years since looking at the meal site donation amount and whether to increase it. Currently the minimum requested donation is \$4. We do not meet that at any meal site. Some are zero but most average \$2.00. Food and site cost have gone up where we pay between \$7.24-\$10.54 per meal. Most of the meals total cost is between \$14-\$22 but we only pay half of the amount. For the new program year starting October 1, 2022 there are a couple of options we could do. Increase meal donation across the board to \$5 a meals or leave it at \$4 for Senior sites and make any restaurants \$5.

Discussion with committee members to discuss options and what we can do to continue the meal program.

A motion was made by RUX, seconded by CLAUSIUS, to approve an increase in the meal site donation to \$4.50 across the board for all sites. The motion carried by the following vote:

Ayes: 6 - BRICKNER, CLAUSIUS, RUX, CRANE, LEE and FULLER

Absent: 1 - SANDERS

D. Presentations

1. Home Delivered Meal Waitlist Prioritization Draft Policy & Discussion

[2022](#) HDM Prioritization
[PRES-027](#)

Attachments: [HDM Prioritization Draft 4.1.22](#)

VELASQUEZ shared with committee members a draft policy that all AAA's are creating in the event there is a need to create a waiting list for meals. State asked for a waiting list policy to be created in the event that funding is not able to sustain the huge increase in HDM and meal sites. VELASQUEZ went over the policy questions and determining factors on how older adults would be placed on the waitlist. Looking at a sub-committee to look for funding needs or ideas for the wait list and what each sub group needs.

E. Reports to Committee

1. Meal Site Status Update

VELASQUEZ reported all meal sites are open. Hy-Vee East closed without notice both Fitchburg and West are still open sites. Hy-Vee will no longer be serving breakfast meals. Committee members were reminded to visit meal sites and do an evaluation on the site so we have feedback of what is going on.

2. Dietitian Program Update

AAA Registered Dietitian/Healthy Aging Coordinator Shannon Gabriel shared the work she has been doing since the last meeting. Nutrition Counseling: To date, I've worked with 31 patients for a total of 48 counseling hours. These are all zoom or home visits. 75% home visit, 25% Zoom. Recent reasons for a referral for counseling over the past two months include: Prediabetes, uncontrolled diabetes w/ fatigue and repeated ER visits, (2) newly diagnosed diabetes, Parkinson's medications causing chronic constipation, recent hospitalization/weakness/weight loss/2G sodium diet, CKD/Kidney Cancer/Fluid accumulation.

Senior Farmers' Market Voucher Program – households receive \$25 to spend on WI grown fruits, vegetables, and herbs. Eligibility for this program is age 60+, Dane County resident, and have to be at or below 185% of the federal poverty level. We (AAA Clerk, Cindy and I) started off with 695 vouchers and just 1 week into the program, have distributed 475 sets so far! There's 220 sets left to distribute and I have no doubt that we'll be able to do this since we've mailed 845 applications so far. (Last year we had to shred 156 sets of vouchers that were unused due to low interest/COVID).

On the back end of the farmers' market program, remember I mentioned during the last meeting that we had some areas of Dane County without any approved farmers' markets that accept these vouchers. This still remains to be the case in Waunakee. After several requests, there's been no interest there – sad because there's one farmers' market in Waunakee that's nice and close for many seniors. I plan to keep working on that.

Another missing area was Hilldale and I contacted that market to get them signed up and they're now an approved market. Another area was Oregon and in addition to the weekly Tuesday afternoon farm market, which was already happening, Eugster's Farm Market in Stoughton – is an option. This is a great addition as they are a destination for many people and are open daily 10-5pm.

Hy-Vee East Washington – They are no longer a senior dining site, as of early May. The other two locations – Whitney Way and Fitchburg Hy-Vee still continue to be dining sites. One major change that occurred due to Hy-Vee Corporate laying off many employees and making many changes – their restaurants are no longer full-service, except for when senior nutrition is there on Wednesdays. This change made us discontinue offering breakfast, since they typically wouldn't have these foods already prepped and waiting in their hot bar. We are now open 11-1/1:30 and offering 4 lunch options to choose from. Breakfast – I have a team of people – Taher Catering/Waunakee, Colonial Club, DeForest Senior Center, and SSM Health – that are helping to develop a breakfast pilot. This pilot helps us tackle one of the aging plan goals that focuses on improving a meal recipient's malnourished status. We'll do this by offering 5 cold breakfasts and protein drinks each week paired with nutrition counseling.

Malnutrition risk can be reduced by increasing protein and caloric intake in the diet. Two Senior Nutrition Program meals will provide the state minimum requirement of 1350 calories and 38 grams of protein. Dane County nutrient analysis indicates our two meals and a protein drink will provide above the state minimum at an average of 1546 calories and 66 grams of protein. The Dietary Guidelines for Americans states that sedentary adults age 61+ need approximately 1600-2000 calories and a minimum of 40-50 grams of protein per day. It's recommended to have higher intakes of protein when malnourished, to improve strength and prevent muscle loss.

To be eligible to participate in pilot (aiming for 50 adults):

- * Already receiving 5 HDMS (lunches)
- * MST = At Risk (2 or more) (1 - have you recently lost weight without trying? 2 – have you been eating poorly because of a decrease appetite?) 14+lb wt loss OR 2+lb wt loss &

poor appetite = at risk.

- * *8+ Determine Score*
- * *If possible, Food Insecure – but not required.*
- * *Not lactose intolerant or dairy sensitive. Must be willing and able to drink the milk and protein drink provided.*
- * *Must be following a standard diet. (This eating plan would not be ideal for clients needing a diet for diabetes or chronic kidney disease.)*
- * *Must be able to, or have assistance available to, prepare instant oatmeals/cream of wheat packets.*
- * *Must agree to 3 (15 minute minimum to 60 min) nutrition counseling sessions with Dietitian. (Zoom, phone, or in-person) Beginning, middle, and end of program.*

We are planning to start this pilot in September and will run for 6 months.

3. Healthy Aging Program Update

GABRIEL hasn't had to cancel any Healthy Aging classes lately due to low attendance. Everyone seems to like that we're offering classes by telephone, zoom, and in-person. Gabriel wrapped up a phone based Stand Up and Move More class, a Mind Over Matter, Healthy Bladder, Healthy Bowels class just started in Oregon – it was full and even has a waitlist.

We were previously dealing with canceling many classes and then having our instructor's certifications lapse, but that hasn't been an issue lately.

4. Chair & Staff Updates

None.

F. Future Meeting Items and Dates

Next Meeting: Wednesday, September 7, 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

Chair CLAUSIUS adjourned the meeting at 1:00 pm.

Minutes respectfully submitted by Cindy Matulle, AAA Clerk III.