

Nutrition Committee Update: Dietitian Update:

Nutrition Counseling: To date this year, I've worked with 44 patients for 86 counseling hours. Visits continue to be about half home visits, half zoom. Recent reasons for a referral for counseling over the past three months include Chronic Kidney Disease Stage 5 without Dialysis, Pre-diabetes, and Diabetes management.

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 started with 695 vouchers and have stopped distribution as of September 30 – vouchers are still good to be used until 10/31. We served 617 households, which equals \$15, 425 towards WI grown produce. We had 78 voucher sets left – just half of what we had left last year.

Annual Senior Nutrition Program – Site Coordinator & Volunteer Training – We held this all-day training at the Waunakee Senior Center and had 47 coordinators and volunteers in attendance. This is a required training event that the state requires we hold –they enforce which topics we need to focus training sessions around and it gives our attendees 4 of the required 6-training hours they need to achieve each year.

Senior Nutrition Program – From the Beginning to the 50th Anniversary

Presenter: Jim Schmidkofer, OAA Supervisor, BADR, State of WI - Retired

Senior Nutrition Program – 50th Anniversary & State Updates

Presenter: Sara Koenig, BADR, State of WI, Senior Nutrition Program Manager, Program and Policy Analyst

Diversity, Equity, and Inclusion - Native American Boarding Schools

PBS Video: Unspoken – America's Native American Boarding Schools

Safety in the Dining Room: Choking & the Heimlich Maneuver

Presenter: Scott Russell, Waunakee EMS Service Director

Virtual Dementia Tour

Presenters: Peggy Carroll, Stephanie McGuire, Emily Tachon; Ellen Taylor

ADRC Information and Assistance Specialists; Dementia Care Specialist

Madison Smooth Steppers Intro Class

Presenter: Judy Young, Dance Instructor

Menu Planning Work Group Forming: Over the past 1.5 years in my position, I've included the nutrition site coordinator from Waunakee in the menu planning discussions with Taher Catering and I've done the same with the DeForest nutrition site coordinator for meetings with Colonial Club Catering. Their insight has been extremely helpful in developing the master menu for spring/summer and fall/winters. Moving forward, there will be a menu planning work group that consists of nutrition site coordinators from each location.