



Dane County

Minutes - Final Unless Amended by Committee

Area Agency on Aging - Nutrition / Wellness Committee

Wednesday, June 8, 2016

12:30 PM

Sugar River Senior Center
21 S. Vine St., Belleville

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A. Call To Order

Vice Chair Riley called the meeting to order at 12:35 pm.

*Staff & Guests present: Mary Browning, Amanda Peterson, Holly Simon,
Howard Thomas, and Angela Velasquez*

Present 6 - CARYL FARRELL, MARY HILL, VERA RILEY, CAROLE L. KRETSCHMAN,
DIANNE LEIGH, and PATRICK DOWNING

Absent 1 - ELAINE DESMIDT

B. Consideration of Minutes

[2016](#) MINUTES FROM APRIL 13, 2016
[MIN-103](#)

Attachments: [2016 AAA 0413 Nutrition-Wellness Meeting](#)

DOWNING moved, **FARRELL** seconded, that these minutes be approved. The motion carried by the following vote:

Ayes: 6 - FARRELL, HILL, RILEY, KRETSCHMAN, LEIGH and DOWNING

Absent: 1 - DESMIDT

C. Action Items

None.

D. Presentations

SUGAR RIVER SENIOR CENTER MEAL PROGRAM

Sugar River Senior Center Executive Director Amanda Peterson reported the average number of congregant diners has doubled, from four to eight, since the center opened in August 2015. Previously, the senior nutrition program was hosted in a church three days per week and in a senior apartment complex two days per week. Transportation is available to congregant diners five days per week, which was increased in 2015 from three days per week. The "Out to Lunch" program, which features occasional meals at area restaurants, has not drawn strong participation. A daily average of 35-40 home-delivered meals are served in Belleville, Town of Exeter, Town of Montrose and Township of Verona.

Velasquez stated the viability of senior nutrition sites averaging fewer than 15 congregant diners will be reviewed beginning in April 2017. At its current participation rate, the Sugar River Senior Center program would be at risk. Velasquez suggested one option would be reducing the number of days meals are offered, perhaps stopping service on Tuesdays and Thursdays, which average the fewest diners.

Peterson shared that two monthly breakfasts not affiliated with the Senior Nutrition Program have drawn large numbers, including nearly 40 diners for a recent JULIET (Just Us Ladies Informally Eating Together) event. The meals are prepared in the center's licensed commercial kitchen by staffers. Velasquez suggested the center consider changing its meal from lunch to an in-house produced breakfast on one or two days per week.

Peterson stated there is high interest among area residents in the organic farming movement. Discussions are ongoing about how the center might become more of a farm-to-table facility in an attempt to draw diners.

Committee members encouraged Peterson to pursue options for donating leftover Senior Nutrition Program food.

E. Reports to Committee

1. MEAL TREND REPORT

[2016](#)
[RPT-130](#)

MEAL TREND DATA PARTICIPANTS

Attachments: [Meal Trend Data Participants](#)

Velasquez provided an overview of Dane County Senior Nutrition Program meal trend data. The goal of reducing home-delivered meals utilization is being achieved largely through the use of the Nutrition Risk Assessment that determines an individual's need. Diner donations, which have averaged approximately \$450,000 in recent years, are on pace to reach \$500,000 this year, primarily due to the high utilization of the restaurant site options provided by the DeForest Area Community & Senior Center, the East Madison/Monona Senior Coalition of the Aging, and Southwest Dane Senior Outreach.

2. CHAIR & STAFF REPORTS

Velasquez reported Tracy Smith resigned from the Committee on 3 June 2016 and introduced University of Wisconsin Extension Dane County nutrition educator Holly Simon, who is considering taking Smith's position on the Committee.

Velasquez reported she will receive the ElderACE Award for best practices from the Greater Wisconsin Agency on Aging Resources (GWAAR) in September at the Aging Network Conference. The honor recognizes the implementation of the highly successful Senior Nutrition Program My Meal-My Way restaurant model that is being replicated across the state.

F. Future Meeting Items and Dates

NEXT MEETING: WEDNESDAY, 10 AUGUST 2016, 12:30 PM @ DEFOREST AREA COMMUNITY & SENIOR CENTER. MEAL WILL BE SERVED AT 11:30 AM AT THE DEFOREST FAMILY RESTAURANT SITE.

G. Public Comment on Items not on the Agenda

None.

H. Such Other Business as Allowed by Law

None.

I. Adjournment

DOWNING moved, **HILL** seconded, to adjourn. This meeting adjourned at 1:36 pm.

Minutes respectfully submitted by Howard Thomas, Clerk Typist.