



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?

Friday, June 14, 2019

10:00 AM

Cranberry Creek Cafe, 1501 Lake Point Drive
Madison WI 53713

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Madison WI 53713
Meal served at 9 a.m.

A. Call To Order

*Staff & Guests present: Kristen Huber, Alyce Reichenbacher, Howard Thomas,
and Angela Velasquez*

Chair Barman-Paulson called the meeting to order at 10:00 am.

Present 5 - DIANNE LEIGH, FRAN BARMAN-PAULSON, SHARON TRIMBORN, SONYA
LINDQUIST, and RACHEL BRICKNER
Absent 3 - CAROLE L. KRETSCHMAN, BILL CLAUSIUS, and IRVIN EHRLICH

B. Consideration of Minutes

[2019](#) MINUTES FROM APRIL 10, 2019
[MIN-075](#)

Attachments: [2019_0410_Nutrition-Wellness Mtg Minutes](#)

**A motion was made by LINDQUIST, seconded by LEIGH, that these minutes be
approved. The motion carried by the following vote:**

Ayes: 5 - LEIGH, BARMAN-PAULSON, TRIMBORN, LINDQUIST and BRICKNER

Absent: 3 - KRETSCHMAN, CLAUSIUS and EHRLICH

C. Action Items

1. MEAL COST INCREASE/SUGGESTED DONATION AMOUNT

[2019](#)
[ACT-062](#)

2018 MEAL COSTS

Attachments: [2018 Meal Costs](#)

AAA Aging Program Specialist Angela Velasquez provided an overview of the 2018 Actual Meal Costs handout. New per meal costs for ineligible participants as required by the State based upon 2018 actual meal program costs will become effective October 1, 2019. Velasquez reported the suggested minimum congregate diner donation of \$4 hasn't changed since 2014, and shared that the percentage of the yearly congregate meal budget covered by donations has decreased from 38 percent in 2014 to 28 percent in 2018. None of the sites' donations averages \$4 per meal, with the My Meal My Way restaurant sites averaging around \$3 and other congregate sites averaging below \$2. Any change to the suggested minimum donation would take effect on 1 October 2019. Committee members discussed the pros and cons to raising the suggested minimum donation amount – at all sites or at just My Meal My Way sites – and reached a consensus not to make any changes for the upcoming program year. Instead, the committee will consider ways to improve education at meal sites in an effort to increase donations by those who can afford to do so.

This Action Item was not acted on

D. Presentations

1. NEWBRIDGE EAST CRANBERRY CREEK MEAL SITE

NewBridge Madison Senior Services Director Sonya Lindquist provided background about how Cranberry Creek Café became Dane County's first My Meal My Way restaurant site and commended ownership for its commitment to seniors. Cranberry Creek was one of five My Meal, My Way sites that in 2018 received a statewide ACE Award, which recognizes an individual, group or organization with long-term, exceptional commitment to serving customers through a wide spectrum of contributions. The award is displayed in the restaurant. Meal site manager Kristen Huber stated the site averages 35 to 45 diners for breakfast on Fridays. Lindquist stated a data review of a recent program year showed 400 unduplicated seniors dined at the site, with as many as 10% of diners visiting the site for the first time each week. Velasquez stated the My Meal My Way sites continue to reach seniors who otherwise would not access services at a Focal Point, providing an avenue to introduce aging services options in a non-threatening way.

E. Reports to Committee

1. UPDATED BUDGET ADVOCACY REQUEST

Velasquez reported the Dane County 2020 AAA Budget Priorities Draft includes a priority which seeks \$56,785 to cover an anticipated increase in meal costs by caterers (\$20,371) and meals needed (\$36,414). Four of the five major caterers for the program will be entering the fourth year of five-year contracts in 2020, whereby a rate increase can be submitted and considered (rates must remain flat for the first three years). An inability to attain the additional funding could lead to a reduction in service days for the meal program.

Velasquez reported AAA staff continue to monitor congregate dining sites that are not averaging 15 diners per day and consider alternatives.

2. NEW DIETITIAN/HEALTHY AGING COORDINATOR

Velasquez introduced Alyce Reichenbacher, who on 25 April began her duties as Senior Nutrition Program Dietitian and Healthy Aging Programs Coordinator. Reichenbacher, who is employed by NewBridge Madison and works in the AAA office as a contracted employee, stated she received her bachelor's and master's degree from Saint Louis University -- with an emphasis on culinary arts -- and became a registered dietitian in December. Reichenbacher is available to provide free nutrition counseling to individuals and plans to provide health-focused cooking demonstrations and educational sessions at Focal Points. She also is available to provide nutrition education to vendors caring for older adults.

F. Future Meeting Items and Dates

NEXT MEETING: MONDAY, 16 SEPTEMBER 2019, 12:15 PM @ OREGON AREA SENIOR CENTER. MEAL WILL BE SERVED AT 11:45 AM.

Leigh will be unable to attend.

G. Public Comment on Items not on the Agenda

None.

H. Such Other Business as Allowed by Law

Velasquez introduced Oregon Area Senior Center (OASC) Director Rachel Brickner, who was recently appointed to the committee by the AAA Board. Brickner worked as a geriatric nurse for 18 years prior to serving as an OASC case manager for seven years. She was appointed OASC Director in July 2017. Brickner's nursing work included a strong focus on wellness education. Velasquez stated she is excited that the additions of Brickner and Reichenbacher, who will coordinate evidence-based health promotion classes such as Healthy Living with Diabetes, Healthy Living with Chronic Pain, Living Well, and Powerful Tools for Caregivers, will strengthen the committee's focus on wellness. Two committee positions remain open.

I. Adjournment

A motion was made by LINDQUIST, seconded by TRIMBORN to adjourn. The motion carried by the following vote:

Ayes: 5 - LEIGH, BARMAN-PAULSON, TRIMBORN, LINDQUIST and BRICKNER

Absent: 3 - KRETSCHMAN, CLAUSIUS and EHRLICH

This meeting adjourned at 10:59 a.m.

Minutes respectfully submitted by Howard Thomas, AAA Clerk III.