



# 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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Tuesday, February 11, 2020

12:15 PM

Madison Senior Center  
330 W. Mifflin Street  
Madison WI 53703

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**Madison Senior Center**

**330 W. Mifflin Street**

**Madison WI 53703**

**Meal served at 11:30 a.m.**

#### A. Call To Order

*Staff & Guests present: Alyce Miller, Howard Thomas, and Angela Velasquez*

**Vice Chair Clausius called the meeting to order at 12:16 p.m.**

**Present** 6 - Supervisor BILL CLAUSIUS, IRVIN EHRLICH, SONYA LINDQUIST, SHARON TRIMBORN, RHONDA ADAMS, and MEGAN VANDER WYST

**Absent** 3 - FRAN BARMAN-PAULSON, RACHEL BRICKNER, and DIANNE LEIGH

#### B. Consideration of Minutes

[2019](#)  
[MIN-379](#) MINUTES FROM NOVEMBER 6, 2019

**Attachments:** [2019 1106 AAA Nutrition-Wellness Mtg Minutes](#)

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

**Ayes:** 6 - CLAUSIUS, EHRLICH, LINDQUIST, TRIMBORN, ADAMS and VANDER WYST

**Absent:** 3 - BARMAN-PAULSON, BRICKNER and LEIGH

#### C. Action Items

##### 1. COMMITTEE DESCRIPTION

[2019](#)  
[ACT-341](#)

NUTRITION-WELLNESS COMMITTEE DESCRIPTION 030419

**Attachments:** [Nutrition Wellness Committee Description 030419](#)

*Lindquist suggested the deletion of the words "Prevention and" in the second sentence of the second paragraph so that the sentence reads: An emphasis on Prevention Programs is included in the philosophy and activities of the Nutrition/Wellness Committee.*

**A motion was made by ADAMS, seconded by TRIMBORN, to recommend the AAA Board approve the Nutrition/Wellness Committee Description as amended. The motion carried by the following vote:**

**Ayes:** 6 - CLAUDIUS, EHRLICH, LINDQUIST, TRIMBORN, ADAMS and VANDER WYST

**Absent:** 3 - BARMAN-PAULSON, BRICKNER and LEIGH

## 2. 2020 NUTRITION/WELLNESS AREA PLAN GOALS

[2019](#)  
[ACT-354](#)

2020 NUTRITION/WELLNESS AREA PLAN GOALS

**Attachments:** [2020 Nutrition-Wellness Comm Work Plan DRAFT](#)

*AAA Aging Program Specialist Angela Velasquez provided an overview of the 2020 Committee goals and answered Committee Members' questions.*

**A motion was made by EHRLICH, seconded by CLAUDIUS, to approve the 2020 Nutrition/Wellness Committee Area Plan Goals. The motion carried by the following vote:**

**Ayes:** 6 - CLAUDIUS, EHRLICH, LINDQUIST, TRIMBORN, ADAMS and VANDER WYST

**Absent:** 3 - BARMAN-PAULSON, BRICKNER and LEIGH

## D. Presentations

### 1. MADISON SENIOR CENTER MEAL SITE REPORT

*NewBridge Madison Senior Services Director Sonya Lindquist stated Madison Senior Center is one of the most critical of the 13 meal sites within the city due to the complexity of issues faced by the dining population. The site, which is open five days per week, averaged 28 diners in December. Many of the participants walk from the surrounding apartments. Lindquist lauded caterer Consolidated Foods for its generous portions. Today, six individuals arrived without a reservation and all six received a meal.*

## E. Reports to Committee

### 1. 2019 COMMITTEE WORK PLAN: QTR4

[2019  
RPT-570](#)

2019 NUTRITION-WELLNESS COMMITTEE WORK PLAN FINAL REPORT

**Attachments:** [2019 Nutrition-Wellness Comm Work Plan Final Report](#)

*Velasquez provided an overview of progress toward the 2019 Committee Work Plan goals and answered Committee Members' questions.*

2. 2021 AAA BUDGET PRIORITIES

*Velasquez stated work will begin soon on the 2021 AAA Budget Priorities and asked Committee Members to be prepared for a discussion during the April meeting.*

3. DIETITIAN PROGRAM UPDATE

*AAA Dietitian and Healthy Aging Coordinator Alyce Miller reported three new Senior Dining Sites opened in January. Cuco's Mexican Restaurant on Buckeye Road in Madison serves lunch on Wednesdays and averaged 37 diners in its first month as part of the Senior Nutrition Program. The Hmoob Kaj Siab site serving culturally specific Hmong cuisine operates five days per week at Life Center Madison on Femrite Drive and is averaging 13 diners per day, a number AAA staff expect to increase. The third site is at St. Stephen's Lutheran Church in Monona and is open on Thursdays. The first My Meal-May Way congregate restaurant site, Cranberry Creek Café on Lake Point Drive in Madison, is now open twice a week for breakfast on Mondays and Fridays. Lindquist stated Cranberry Creek drew nearly 60 participants on a recent Friday. The My Meal-My Way site at Festival Foods in Madison drew a similar number last week.*

*Miller is working with caterers to finalize the spring and summer meal rotations. Among the priorities are lowering sodium, creating new side dishes and adding color to meals.*

*Miller has provided nutrition counseling to 17 seniors since April.*

4. HEALTHY AGING PROGRAM UPDATE

[2019](#)  
[RPT-598](#)

## 2020 HEALTHY AGING WORKSHOP SCHEDULE

**Attachments:** [2020 Healthy Aging Workshop Schedule](#)

*Miller distributed the current Dane County Healthy Aging Workshops 2020 schedule and explained new opportunities will be added throughout the year.*

*Miller reported two leaders are trained to facilitate the popular new evidence-based workshop "Mind Over Matter: Healthy Bowels, Healthy Bladder." Miller will train to become a facilitator this month, as will a fourth individual. Eight Dane County Senior Focal Points have expressed interest in hosting a workshop. The workshops are currently for women only but a workshop for men is being developed.*

*Dane County will offer "Physical Activity for Lifelong Success" for the first time in March. The exercise class, which meets three times per week and includes 45 minutes of lifestyle education once per week, runs for 10 weeks. The class remains in the research stage, so it's free. Eight seniors have registered for the class Stoughton Area Senior Center will host in March.*

### 5. CHAIR & STAFF UPDATES

*No report.*

### F. Future Meeting Items and Dates

NEXT MEETING: TUESDAY, 21 APRIL 2020, 12:15 PM @ ROMNES APARTMENTS, 540 W. OLIN AVENUE. MEAL SERVED AT 11:30 AM.

*Adams is unable to attend.*

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

*None.*

### H. Such Other Business as Allowed by Law

*None.*

### I. Adjournment

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

**Ayes:** 6 - CLAUDIUS, EHRlich, LINDQUIST, TRIMBORN, ADAMS and VANDER WYST

**Absent:** 3 - BARMAN-PAULSON, BRICKNER and LEIGH

*This meeting adjourned at 1:24 p.m.*

*Minutes respectfully submitted by Howard Thomas, AAA Clerk III.*