

Manitowoc County

Aging & Disability Resource Center Nutrition Project Council MINUTES

Date: August 14, 2023

Location: Two Rivers Senior Center
1520 17th Street
Two Rivers

Members Present: Emily Siemers, Robert Miller, Gary Thomas, Diane Hagerty, Kevin Hagerty

Meeting called to order at 1300 by Emily Siemers, Nutrition Program Coordinator.

Motion made by Emily Siemers, seconded by Diane Hagerty, to accept the agenda for August 14, 2023. Motion Carried.

Public comment – none.

Election of Chair, minutes: Kevin Hagerty accepted position of chair. Diane Hagerty accepted as minutes taker.

Evaluation of the program:

- Nutrition Satisfaction Surveys have been mailed out to home delivered and congregate meal clients and are beginning to come back. Will be reviewed upon completion. Sample of the survey to be shared with the council.
- Temperature regulation of home delivered meals has improved with the new plug-in inserts. Other suggestions include possibly doubling the cover film on the tray, decreasing the number of times the hot container is being opened for recounting, and pre-heating the containers.

Promotion and outreach:

- ADRC newsletter Senior Nutrition Program page has been revamped to be easier to read.
- Malnutrition Awareness Week is Sep 18-22. Events planned to promote this are daily Facebook postings, weekly radio spot, information to be provided to home delivered meal recipients, Jeopardy game played at each congregate dining site.

Planning updates:

- Farmer's market vouchers have had significant increase in usage. About 100 remain in Mtwc Co. and 15 in Kewaunee Co. ADRC Aging Goal for next year will be to reach out to the homebound.
- Meal Prioritization Effort is being trialed through the end of the year. This is a state and country wide effort to best serve those with the highest need utilizing limited resources. COVID resulted in increased need. Individual assessments are to be conducted at least yearly. Recipients are assigned to 3 tiers (Tier 1 is highest need). Wait lists are possible. An appeal process is available.
- Stepping Up Your Nutrition class will be given in collaboration with the Stepping On class. This class has been given in the past with the goal of balancing nutrition with the prevention of falls, Emily will be certified to teach this.
- Upcoming events include Malnutrition Awareness week and the Kewaunee Resource Fair (Oct 3, 2023 at the Fair Grounds at Luxemburg) and will include a cooking demonstration by Emily.

Advocacy Updates:

- Emily is compiling a list of establishments that provide lower senior pricing. She would welcome assist in calling around to local restaurants.
- NEW Food Access Map was introduced. It is an app through the UW extension that provides a map to highlight places to obtain food in Brown, Door, Kewaunee, and Manitowoc counties. A flyer was provided and a request to post it in a public accessible area.

Meal Site and Home delivered reports (3 month trend):

- Congregate: Kiel - increasing, Manitowoc and Two Rivers - slight decrease.
- Home Delivered: Kiel – slight increase, Manitowoc – decrease 150 from June to July, Two Rivers to decrease 50 from June – July, Reedsville – decrease 20 from June to July.

Other items:

- Site audit has been completed for Manitowoc. Two Rivers site audit will be completed next.
- Volunteer recruitment ideas welcomed.
- Home delivered meal recipient note was shared with meal suggestions for the Manitowoc site.

Next meeting: 1300 on Nov 13, 2023 at the Kiel Community Center (510 Third Street, Kiel)

Emily Siemers made a motion to adjourn the meeting at 1400. Seconded by Kevin Hagerty. Motion carried.

Respectfully submitted by Diane Hagerty