

Manitowoc County

Aging & Disability Resource Center Nutrition Project Council MINUTES

Date: Monday, February 12, 2024

Location: ADRC / Manitowoc County Heritage Center: Education Room
1701 Michigan Ave., Manitowoc, WI

Members Present: Emily Siemers, Gary Thomas, Virginia Coffman, Laura Apfelbeck, Lori Fure, Kevin and Diane Hagerty.

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

Motion made by Emily Siemers, seconded by Gary Thomas, to accept the agenda for November 13, 2023.
Motion carried.

Public comment – none.

Evaluation of the program:

- a. The new 2024 registration forms for meal recipients are in effect. They are to be updated annually.
- b. The results of the Annual Nutrition Satisfaction Survey for 2023, which were submitted to and compiled by the state, have been returned. A summary of the results was provided to the Council members. The results will be shared with the site managers, placed in the newsletter, and provided to the home delivered meal recipients. There were about 150 replies from the home delivered recipients and about 20 replies from the congregate meal attendees. Some of the highlights were: 88% were pleased with their interactions. 63% had 0-3 visitors during the week the survey was completed. The importance of socialization aspect of the program was discussed. Future questionnaires will be planned to better reflect menu suggestions. There were some suggestions to add a Low Salt menu. Currently we have a No Added Salt menu.

Promotion and outreach:

- a. The newsletter nutrition section will continue to be updated.
- b. Lori Fure, Older American Act Program Manager, discussed the county's Aging Plan. All ADRC's are required to have a 3-year plan with goals and action plans. We are currently completing a 3-year cycle (2022-2024). The Aging Plan with current goals and progress is available on the ADRC website. The next cycle is in the planning stages. Volunteers are needed to help complete the surveys. The questions on the survey are based on state guidelines and are intended for the entire community, not just those utilizing programs. The Council suggested reaching community members at places frequented by seniors, such as mornings at Planet Fitness, Citizen Park indoor walking area, and church groups. A recommendation was made for the survey to be translated into other languages, such as Hmong and Spanish. The survey information will be used to develop programs, goals and action plans for the upcoming 3 years.

Planning updates:

- a. Upcoming events include National Nutrition Month in March. This year's theme is "Beyond the Table". Information and education will be included in the newsletter, on facebook, and on the website. In April, the Stepping Up Your Nutrition class will be provided as an addition to the Stepping On (fall prevention) program.

- b. May will include a state audit at meal sites for food safety and quality review. It is to be completed every 3 years and was last done pre-Covid.

Advocacy Updates:

- a. Written comments provided by elders in the program included:
 - Anonymous – Improvement seen. Especially enjoyed the chicken Caesar salad.
 - Judy Pero – “I am very happy with the meals.” “Thank you and all the ones who deliver my meals.” A list of food likes: raw veg, all fruit, all soup, mash potatoes/gravy, chicken, beef, brats, ham, cheesy potatoes, rice, chili, all desserts. A list of dislikes: fish, cooked broccoli/cauliflower/mix veg, sweet potato, squash, brussel sprouts, breads/rolls (always hard)
 - Scott Bender – “...want to mention that the food and service is all GOOD, service are right on que all the time...” “The staff works hard to deliver our food to us...thank you all.” Concern was expressed about the use of plastic bags and their lack of deterioration.
 - TR meal site – Broccoli and cauliflower are still very soft and mushy. Test tray food temperatures have seen some improvements, but can still struggle at times.

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

The numbers of congregate and home delivered meals have declined at all sites in the past year. This trend began with Covid. December 2023 showed the lowest levels and January numbers were significantly decreased for all. Possible reasons for the decline and ideas on how to increase the numbers were speculated. Some ideas included: special meal days (salad bar, sandwich bar, potato bar), cooking demo, program with the meal, advertising, flyers, renaming the congregate site.

Next meeting: May 13, 2024 at the Manitowoc Senior Center.

Emily Siemers made a motion to adjourn the meeting at 1415 p.m. Seconded by Kevin Hagerty. Motion carried.

Respectfully submitted by Diane Hagerty.