

Manitowoc County
Aging & Disability Resource Center Nutrition Project Council

Date: May 13, 2024

Location: Manitowoc Senior Center

Members Present: Emily Siemers, Gary Thomas, Laura Affelbeck, Kevin Hagerty, Diane Hagerty

Excused: Virginia Coffman

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

Motion made by Kevin Hagerty, seconded by Gary Thomas, to accept the minutes from Feb 12, 2024.
Motion carried.

Motion made by Gary Thomas, seconded by Kevin Hagerty, to accept the agenda for May 13, 2024.
Motion carried.

Public comment – none.

The site manager at the Manitowoc site has resigned. Interviewing for her replacement is occurring. Emily is taking over her duties until a replacement is found.

Evaluation of the program:

- a. Assessments of the elders participating in the home delivered meal program are complete. Registration for the congregate meal participants continues. Individuals need to be encouraged to fill out the form completely.
- b. The program review is underway. A 3-hour virtual review took place last Friday looking at temperature logs, policies, etc. It went well. Three results were discussed. As required by the program, vaccine information needs to be sent out to all home delivered meal recipients by the end of the year. A policy is needed for documentation of any corrective action given to a volunteer, just as HR does for employees. Temperature issues are ongoing but are showing improvement. The in-person audits for all sites will be this Thursday by the regional representative. Our county was chosen to have the state DHS position also be present to audit the regional representative.

Promotion, Outreach efforts, and planning updates:

- a. The ADRC newsletter continues to provide information and education.
- b. Upcoming events include The Stepping Up Your Nutrition Class from 1-3 on May 29th at the Manitowoc Senior Center. It will emphasize protein and hydration. The recently completed class in Kewaunee received positive feedback. It was suggested that offering the class on the radio might be an option, however there are visual displays and class interaction which would be limited with a radio format.
Aging Advocacy Days in Madison is happening tomorrow. 2 full vans from the ADRC will be going down to meet with legislators and to advocate for programs.
In June the Farmers Market Vouchers will be starting. Posting is done in the newsletter and on the radio. Emily will send the Council members a copy of the Senior Farmer's Market Nutrition Program (SFMNP) information to share with individuals who may qualify as there are still spots available. The cash value has increased to 45 dollars total. This is provided through 5 vouchers of 9 dollars each. It may be difficult to spend 9 dollars at one stand and change cannot be given out. Alternatives are being considered for the future such as smaller voucher values, debit cards, etc. Education on how to use the vouchers and to find where they are accepted is helpful for the recipients.

Advocacy:

Elder input – A congregate meal member in Two Rivers who is diabetic, felt that her blood sugars are elevated on days that she participates in the meal. Manitowoc overall has been getting positive feedback regarding the food, delivery timing and meal cancellation requirements. One member shared a dislike of lima beans.

The Aging Plan Surveys are done and are being compiled. From this feedback, the goals for the Aging Plan will be developed. A suggested nutrition goal is tying education pieces to the menu for greater understanding of the nutrition requirements of the program.

Meal Site and Home Delivered Reports:

For the months of February, March and April the numbers have been consistent and are about the same as 1 year ago for the home delivered meals. Congregate meal numbers are also consistent for Two Rivers and Manitowoc. Kiel shows an increase in congregate meal numbers. Detailed numbers are available from Emily if anyone desires.

Other items:

Manitowoc yearly internal site audit to be done. Gary has agreed to do this.

The Extension has added a Heart Corp position funded through the American Heart Association.

The position provides education in various aspects of heart health including nutrition. The extension has numerous educational resources.

Next meeting: The August meeting is cancelled as Emily will be on maternity leave. The November meeting details will be sent out by Lori Fure closer to the date.

Kevin made a motion to adjourn the meeting at 1350. Seconded by Gary. Motion carried.

Respectfully submitted by Diane Hagerty