



Minutes - November 16, 2022

Call to Order: The meeting of the ADRC Aging Unit Nutrition Advisory Board was called to order at 9:15 a.m. by Chuck Wilson; the meeting was held in-person, with the option of attending via Teams Conference, in the Board Room (J1041), at the DWRC, 1717 Center Ave., Janesville, Wisconsin

Roll Call: Present: Pat Burhans, Tricia Clasen, Rena DeWar, Karen Ferguson, Sherril Gilbertson, Sue McGinnis, Janice Turner, and Chuck Wilson

Excused: Pam Bostwick

Absent: Debbie Kraus

Staff: Shannon Colson, Linda Hardie, Tatiana March, and Jennifer Thompson

Introduction of Visitors: Amy Karas, from Nutrition and Health Associates; David Daniels, from Best Events Catering.

Approve Agenda: A motion was made by Janice Turner, seconded by Karen Ferguson to approve the agenda. Motion carried.

Approval of Minutes:

Approval of October 19, 2022 Minutes: A motion was made by Pat Burhans, seconded by Sue McGinnis to approve the October 19, 2022 minutes. Motion carried.

Citizen Participation, Communications and Announcements: Pat stated that Tatiana presented to the Parkinson's Support Group earlier this month and did an excellent job. Chuck said that this Friday, Nov. 18, Beloit Meals on Wheels will move into their new building.

Staff Report:

Staffing: Linda reported there has been a permanent site manager hired for the Janesville dining site. Sam started on Monday. There have also been a couple of site manager substitute ("pool nutrition site manager") applications received.

Volunteers: Riverview Heights needs kitchen volunteers. There is still a need for more home-delivered meal drivers, especially in Janesville.

Happenings: Pam Bostwick dropped off handmade Christmas cards to be distributed to home delivered meal recipients, including those on the Beloit Meals on Wheels program.

Last week Linda attended the Wisconsin Association of Nutrition Directors conference, which Tatiana attended virtually. They felt it was very beneficial.

Old Business:

In-Person Dining Update: In general, numbers are steady and slowly rising. Linda did not have any new statistics to share because all of the October numbers had not been calculated yet. She will have those statistics next time. A special Thanksgiving meal will be served next Tuesday, Nov. 22.

Volunteer Recognition Luncheon: The volunteer recognition luncheon took place right the day after the last board meeting. Linda thanked Chuck for supplying music and Pat and Sue for manning the registration table. It is important for the volunteers to feel appreciated and Linda was thankful to see so many of the board members make an appearance.

New Business:

2022 Surveys: Linda stated that this year the Nutrition Program tallied their own survey results, so got the results much more quickly than in previous years. See attached results for the Carry-Out Meal Satisfaction Survey and the Home Delivered Meal Satisfaction Survey.

Shelf-Stable Meals: Shelf-stable meals will be ordered this week. Each box has components for three meals. These meals are to be used if meal delivery must be canceled due to inclement weather.

December Meeting: A motion to cancel the December meeting was made by Sherril Gilbertson, and seconded by Janice Turner. Motion carried.

Reports:

Best Events: Nothing to share.

Nutrition & Health Associates: Amy has gone to Grinnell and Evansville for the quarterly site visits. She did identify a couple of temperature issues. Chuck asked how the issues were handled. Amy responded that she sends a report for Linda to address. On the next visit she will do a follow-up. This quarter, Amy is doing nutrition education on kitchen safety. She will also teach a Stepping Up Your Nutrition class at The Gathering Place, in Milton, on December 6.

Dining Center Visits: Pat visited the Clinton Senior Center on October 27. There were only three diners, but it was a friendly atmosphere. Chicken fajita casserole was good, but a bit spicy.

Home Delivered Meal Ride-Along: Janice did a ride-along in Evansville. They had 16 stops, and delivered 20 meals. There were 2 insulated bags to hold all 20 meals and they were very heavy. She also reported the deliveries were quite geographically diverse.

Adjournment: A motion was made by Pat Burhans, seconded by Sue McGinnis, to adjourn the meeting at 9:55 a.m. Motion carried.

Rock County

2022 CARRY OUT MEAL SATISFACTION SURVEY

53 total surveys were submitted

One of the main purposes of the Older Americans Act Nutrition Program is socialization. During COVID, the ability to meet in person has been limited. The Nutrition Program provided Carry Out Meals which allowed participants to get a hot, nutritious meal and still gain some socialization while continuing to be safe.

PROGRAM QUALITY

90% of participants said the food usually or always tastes good and 94% said the food usually or always looks good.

IN-PERSON DINING

60% said when it is safe to dine with others, they would attend at an in-person senior dining site.

FOOD SECURITY

The hot, balanced meal the Nutrition Program provides accounts for half or more of the total daily food intake for 75% of carry out meal recipients.

RISK FACTORS

72% of participants live alone.

52% lack companionship
45% feel left out

35% feel isolated often or some of the time.

83% said they had 0-3 visitors in the past week.
(24% had none)

IMPACT DURING COVID

"I have less exposure to people at grocery stores"

"It has maintained my food intake"
"It has provided human contact during the pandemic and shut down"

"It has given me a balanced diet"
"It has given me a steady source of food and people to talk to"
"I have more people to talk to"

BARRIERS TO PICKING UP MEALS

The ability to pick up a meal provides:
Something to look forward to (57%)
Someone to talk to (43%)

A link to get more support/info (26%)

Other noteworthy responses: maintain my independence; help with groceries and food costs; someone to know I am ok; one less meal to prepare; a well-balanced meal; a friendly person to talk to.

SOLUTIONS

- Illness or health condition
- Dietary restrictions
- Meals not needed every day
- Don't care for every meal
- Scheduling conflicts
- Avoiding dislikes
- Medical appointments

TESTIMONIALS

"Thank you for the carryout meal, it has been a great service!"
"I appreciate the senior lunch program"

"This is a great source I appreciate it!"

"This is wonderful not having to cook for one person, I appreciate it a lot"
"It really helps having a good meal to eat"

"I order once or twice a week because it is a balanced meal"

Rock County

2022 HOME DELIVERED MEAL SATISFACTION SURVEY

82 total surveys were submitted

The purpose of the elder nutrition program is to reduce hunger and food insecurity, promote socialization and promote the health and well-being of older individuals. With COVID, it has been challenging for older adults as socialization became harder. Thanks to our staff and volunteers, the program is able to provide participants nutritious meals, safety check-ins and a sense of connectedness during these hard times.

PROGRAM QUALITY

98% of participants would recommend this program to others.

91% of participants said the food usually or always tastes good and 92% said the food always or usually looks good.

99% said that hot food and 96% said that cold food usually or always arrives at proper temperature.

FOOD SECURITY

The hot, balanced meal the Nutrition Program provides accounts for half or more of the total daily food intake for 69% of home delivered meal recipients.

RISK FACTORS

62% of participants live alone.

54% lack companionship
42% feel left out
38% feel isolated often or some of the time.

58% said they had 0-3 visitors in the past week. (12% had none)

IMPACT DURING COVID

"I feel safer at home by not being around people"

"I receive a balanced diet with very generous servings"

"I don't have to buy extra groceries often"

"I don't have to worry about my meals"

"Provides my main meal without having to go outside in bad weather or to risk exposure of other people"

"I always have something to eat"

"We get good food"

"I can not get out to shop, this meal is a pleasure, I am so glad you deliver"

SUGGESTIONS

- Juice instead of milk
- More time to visit with volunteers
- Less gravy on meats
- More mashed potatoes/gravy
- Smaller portions
- Put gravy on the side
- Nothing spicy
- More fresh fruits and fresh vegetables
- Too many vegetables

SOLUTIONS

In-Person Delivery Provides:

- Something to look forward to (74%)
- A sense of safety and security (48%)
- Someone to talk to (52%)
- A link to get more support/info (38%)

Other noteworthy responses:

- someone who cares; relief from workload caring for my spouse; friendly people; a tasty, healthy meal that I do not have to cook; a person to check on me; delivery people that are so wonderful and so kind.

TESTIMONIALS

"A great program since I can not drive"

"I appreciate this program so much as I recuperate"

"You folks do a good job. Thank you all and keep up the good work!"

"Very friendly people - just great"

"Food is good and helps me a lot"

"Keep up the good work! Beautiful people, all of you"

"I am blessed to be able to use the delivery program. It regulates my day"

"I want to thank you very much for the delivery of all your meals. I don't know what I would do if I did not receive your supplemental meals, thank you again"