

**Jefferson County Nutrition Project Council
Minutes of Meeting
October 22, 2013**

Call to Order

The meeting was called to order at 2:00 p.m.

Roll Call

Present: Emily Pantely, Johnson Creek; Barb Natrop, Palmyra; Judy Pinnow, Sullivan and Marcia Bare, Jefferson.

Also Present: Beth Eilenfeldt, Sharon Endl & Sue Torum, staff; and Senior Dining Program Managers: Linda Winterland, Joy Clark, Patti Hills, Martha Parker and Jennifer Whaley.

Certification of Compliance with Open Meetings Law

Torum certified compliance.

Review of Agenda

The agenda was review and there were no changes.

Citizen Comments

None

Approval of Minutes

The minutes were reviewed and approved.

Communications

None

Nutrition Education Discussion

The November table tents included information on:

1. Health Reform for seniors
2. Caregivers & Exercise,
3. 10-Tips for Family Caregiving,
4. Choosing Whole Grain Foods.

All of the materials were reviewed. The monthly participant quiz is to raise awareness about Diabetes and it was also reviewed.

Procedure for Emergency Contact Information

All site managers and the home delivered meal assessor are required to ask participants if they wish to provide us with emergency contact information should we ever need to call someone on their behalf. Everyone said that they are routinely gathering this information. There was discussion about what constitutes an emergency and everyone was reminded that this is not an open authorization to contact the people listed in any situation other than an emergency.

National Family Caregiver Month

The caregiver services provided by Jefferson County's ADRC were discussed. November is National Family Caregiver Month and a news release went out to all papers encouraging people to stop by the ADRC to learn more about our resources and sign up for a drawing that we are having. This is why much of the information in the tabletops has to do with caregiving. Managers were asked to help spread the word that ADRC staff are available to consult with them if they are a caregiver and also to thank them for what they do for others.

Red Flags: Home Delivered Meals

The PowerPoint presentation that was developed by Pam Van Kampen and Leslie Fijalkiewicz was shown and discussed.

Outreach

Eilenfeldt and Endl have been asking home delivered meal participants if the office can send caregiver information to their listed emergency contacts. We are doing this because those folks are generally caregivers and very involved with the person. This is another way to reach people who we might not have contact with.

Roundtable Discussion

There were no major issues or concerns noted.

Set Next Meeting Date and Agenda

The next meeting will be held in January on the 28th. The annual Senior Dining Report will be shared if it is completed by then.

Adjourn

The meeting was adjourned at 3:30 p.m.

Respectfully submitted,

Susan Torum, Division Manager
Aging & Disability Resources

