

**BAYFIELD COUNTY DEPARTMENT OF HUMAN SERVICES
THE NUTRITION ADVISORY COUNCIL**

Iron River Meal Site

May 11, 2023

11:00 a.m.

<p>DRAFT: Subject to change at the next NAC meeting</p>
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Committee Members Present:

Karen Anderson, Lynette Benzschawel, Francis Renn-Malcheski, Sue Aiken, Madelaine Rekemeyer

Others Present:

Heather Gilbertson, Carolyn Maki

Call to Order and Introductions

Anderson called the meeting to order at 11:05 a.m. and introductions were made.

Discussion and Possible Action-Review of the February 28, 2023, NAC Meeting Minutes

<p>Motion by Aiken, seconded by Renn-Malcheski to approve the February 28, 2023, meeting minutes. Motion passed.</p>
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Program Reports:

- Congregate Meals
 - The number of participants for all congregate meal sites are increasing.
 - Time Out hosted 60 participants at the last meal.
 - Five residents from The Oaks, (Assisted Living by Northern Lights Nursing Home), joined the Congregate Meal at Time Out for the first time. Novak also told them about the St. Louis congregate meal site and hoped they would all come.
 - Novak discussed with the head cook over at the Bayfield County Kitchen about putting together some light summer meals which would include sandwiches, structured salad but also keep the meat and potatoes meals that everyone enjoys.
 - The Cornucopia Meal Site has been asking for vegetarian options. Recently, meatless sandwiches and squash ravioli were included and seemed like a big hit.
 - Multiple meal sites would like to try new dishes for more variety. We have tried soups but have found that it is not easy to carry broth soups with home delivered meals. To keep soup on the menu, we would need a thicker based soup.

- Home Delivered Meals
 - Route drivers easily put on 100 miles a day delivering meals to participants.
 - There are four main route drivers, plus the Cables Lion Club volunteers their time for a route down in Cable and Red Cliff Elderly Nutrition has their own drivers.
 - The route drivers all had a tough winter due to the snow and the storms and the meal program was closed more than usual due to weather.
 - Novak asked the committee for ideas on what could be done to appreciate the work the drivers did this winter.
 - The meal programs will be losing ARPA funding that was granted during the State Health Crisis, any funding that we receive now will come from federal numbers submitted two years ago before the Health Crisis.

- Novak would like to get a group of volunteers together that could help with picking berries and vegetables this summer. These berries would be added to the meal programs so participants could have fresh fruits and vegetables. Bayfield fruit and vegetables.
- This year marks the 50th Anniversary of the Meal Program. Novak would like to plan something for late August or Early September which would include County Supervisors, Elected Officials, Council Members, and other elected officials. These plans could educate county and city officials on the Home Delivered Meal program and let them see for themselves what goes into this program, the hard work of the route drivers delivering the food and being the face of the program for the participants, also, what is going on in our county's own backyard. This could include a ride along on a meal route or a visit to a participant to see how the meal filled a hole for recipient and will allow them to stay in their home longer.

Staffing Updates

- Ruth Oppendahl resigned as a Home Delivered Meal Driver.
- Jon Buvala accepted a driver position, taking over Oppendahl's route.
- Lorraine Benson drove a Home Delivered Meal site route for 20 years; she has now moved on to working in the Bayfield County Kitchen helping to cook meals for 1 Home Delivered Meal route and 3 Congregate meal sites.
- Gary Smith accepted a position with Human Services and will take over Benson's route.
- One Home Delivered Meal route driver is on sick leave for an extended period.

Other (Informational Items)

- Novak stated there were additional monies to spend for emergency food, so Aging and Disability Service staff can provide non-perishable goods to those in need for the summer months.
- Farmer Market vouchers can be picked up starting June 1, 2023. Changes this year: \$35.00 per voucher up from \$25.00 last year and a husband and wife can both receive a voucher vs. 1 per household last year.
- World Elder Abuse Awareness Day- Fun and Educational experiences.
 - Concert in the Park – 6-8 pm
 - Harbor View Event Center will host speakers, informational booths, vendors, adaptive equipment, lunch, Dementia Live! experience, and prizes.
- Congregate meal sites receive most of the state and federal senior meal funding. Novak stated that GWAAR is doing a push to get HDM testimonials to help advocate for more funding for the Home Delivered Meal Program.

Future Meetings:

- August 10, 2023, at 11:00 at the **Barnes Meal Site (Barnes site is not open, place may change)**
- October 11, 2023, at 12:30 at **The Club w/lunch to follow at Time Out**

Anderson adjourned the meeting at 12:03 pm

Minutes respectfully submitted by Heather Gilbertson, Clerk III