



## Milwaukee County Department on Aging Nutrition Council August 28, 2018

The Milwaukee County Commission on Aging Nutrition Council held its quarterly meeting on August 28, 2018 at Washington Park Senior Center, 4420 West Vliet Street, Milwaukee, WI 53208.

### **Nutrition Council Representatives:**

Sally Lindner – Council Chair  
Barbara Bechtel - Vice Chair  
Rose Caradine –Lewis – Rose Park  
Pat Ceccato – Elks Lodge  
Dennis Claas – Elks Lodge  
Stephanie Jones – Arlington Court  
John Lee - Asian American Center  
Nancy Mess - Dolan  
Harold Oemig- Washington Park

### **Commissioners Present**

Patsy Delgado

### **Agency Representatives:**

Michelle Drouillard - Goodwill  
Tom Gossett - Goodwill  
Eric Pampuch – Unison  
Anna Wong - Asian American Center  
Susan Yee – Set Ministry

### **Site Supervisors:**

Donna Arndt – Warnimont/Kelly  
Sarah Bartram - Franklin  
Colleen Benjamin – South Milwaukee  
Evelyn Fayne – St. Aloysius  
Terrance Gage – Arlington Court  
Glenda Greenhill-Salinas – Beulah Brinton  
Julia Guyton – Rose Park  
Sylvia London-Jenkins – Washington Park  
Ruth Mack - Elks Lodge  
Debra McHatten - Dolan  
Tina Moore - Convent Hill  
Mark Mulder – Hart Park  
Michael Nichols – Lapham Park  
Leticia Orozco - Wilson Park  
Cheril Romero – United Community Center  
Delois Taylor – West Allis  
Denise Washington – College Court  
Song Xiong- Buck - Milwaukee Christian Center

### **Milwaukee County Staff Present:**

Andrew Bethke  
Debra Horton  
Beth Monrial Zatarski  
Lorie O'Connor  
Steve Peterson  
Bekki Schmitt

**I. CALL TO ORDER**

Chair Sally Lindner called the meeting to order at 1:31 p.m.

**II. REVIEW AND APPROVAL OF MEETING MINUTES FROM TUESDAY, May 22, 2018.**

**MOTION:** To approve May 22, 2018, Nutrition Council meeting minutes.

**ACTION:** Motion carried unanimously (Lee, **Moved**, Benjamin **Seconded**).

**III. EMERGENCY PREPAREDNESS – STEVE PETERSON - AGING RESOURCE CENTER PROGRAM COORDINATOR**

Mr. Peterson shared with the group how to prepare your home for an emergency. Planning for any emergency requires considering all likely scenarios that could result when things that you rely on daily – like electricity, water, heat, air conditioning, telephone service and transportation are disrupted or lost for a considerable amount of time. Information for Older Americans.

**Here are few safety reminders to be safe at home:**

**Plan**

- For sheltering safety at home
- Keep three days of food, water, and medications on hand.
- Check freshness on food and supplies and change as needed.
- Change stored water every three months.

**Know**

The situation

- Listen to the news, if the power is out use the battery radio.
- Cooperate with emergency responders in your community.

**Contact**

Your support team

- Let people know where you are.
- Have them call you to check on you.

**Remember**

Different types of disasters

- Never leave during an emergency unless you have help.
- If the power goes out stay as warm as cool as possible depending on the season.
- Use the phone to call for assistance until you contact someone.
- If the phone is not working put a **HELP** sign in a window to alert people that you need help.

**In case you have to leave your home keep your essentials in one place.**

**Plan**

For moving out

- Decide in advance where you might go.

**Know**

Your options

- Check and update your evaluation kit supplies regularly.

- Be aware of how to get transportation you might need.

**Contact**

- Your support team (family, friends, neighbors, church). Let people know where you are going.

**Remember**

Important documents and personal items.

- Wallet/cash/Atm cards
- Bank account information
- Identification –passport, birth certificate, etc.
- Insurance cards
- Copies of prescriptions
- Medications
- Address book
- Cell phone and charger
- Spiritual book
- Personal kit

**Plan for your pets - Pack a kit for your pet(s) too! Include:**

- A current photo of you with your pets
- Collar with ID tags
- Leash
- Medications
- Food/water/bowls
- Litter and litter pan
- Pet carrier
- Blanket/pet bed
- Toys
- Veterinary information

For more information, visit [www.ready.wi.gov](http://www.ready.wi.gov) or call 1-800-BE-READY.

**IV. MILWAUKEE COUNTY DEPARTMENT ON AGING -“SENIOR MEAL PROGRAM UPDATES” DIRECTOR’S REPORT – BETH MONRIAL ZATARSKI**

**a. New Initiatives**

- We will be opening a new dining site in September known as Milwaukee LGBT Community Center. Initially they will only be open one day a month, the fourth Wednesday, with a supper meal provided.
- September is celebrate your birthday at Elks Lodge Dine at Five. Numbers continue to increase. In August we served approximately 160 diners.

- b. Donations** - Mrs. Monrial-Zatarski asked the group for help generating higher donations to meet our budgeted amount for 2018. Site supervisors were reminded to

inform the participants of the benefits associated with the dining program on a regular basis. Make sure contributions boxes are out and that deposits are made minimally once a month at small sites and weekly at large sites.

- c. **USDA Chicken Reference Sheet** – There was a handout on Food Safety Information about the ***Color of Meat and Poultry***. Frequently diners complain about the color of our cooked chicken. This reference suggests color is based on aged of chicken, not just cooking and is safe to eat. If you have a question about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline toll free at 1-888-647-6854.
- d. **Nutrition Council Elections** – In December, we will be holding elections for Nutrition Council Representatives. It is mandatory that each site have one or two representatives, individuals that can advocate for our diners. Though site supervisors are asked to attend these Nutrition Council meetings, they do not take the place of representatives. Once we have our representatives identified, we can move forward hosting an election for a New Chair and Vice Chair in January. According to our Bylaws, representatives, not supervisors can vote. Agencies that we fund will be held accountable to this mandate.
- e. **Onsite Inspections** – Annually, the health department performs inspections at the dining sites for licensure reasons. Site Supervisors participated in a pop quiz at the Nutrition Council Meeting to test their knowledge to make sure they are in compliance with State. Correct answers were shared with the group.

## V. UPDATES

### LORIE O'CONNOR – NUTRITION OUTREACH COORIDINATOR

#### a. Nutrition Outreach

Ms. O'Connor gave an update that the new website is up and running. Brochures will be redesigned. Pictures are needed for Facebook.

Last quarter, 440 calls were received from customers calling about the senior meal program asking what services are provided.

Ms. O'Connor shared with the group some of her recent outreach events including:

- May 30<sup>th</sup> - National Senior Health and Fitness Day Event
- June 5<sup>th</sup> – Stock Box Washington Park
- June 9<sup>th</sup> – Abiding Savior Lutheran Church (Community Breakfast)
- June 13<sup>th</sup> –Senior Fest at Italian Community Center
- June 16<sup>th</sup> –Food Pantry at St. Catherine's
- June 21<sup>st</sup> –Senior Housing Outreach at Calvary Gardens
- June 28<sup>th</sup> –MATC Outreach Table
- June 30<sup>th</sup> –Greendale Farmer's Market

- July 1<sup>st</sup> – Veteran’s Expo at the Zoo
- July 3<sup>rd</sup> – Senior day at Summerfest
- July 7<sup>th</sup> – Tosa Farmers Market
- July 8<sup>th</sup> – Enderis Park Farmers Market
- July 10<sup>th</sup> -Forest Acres Apartment Resource Fair
- July 11<sup>th</sup> -Browndeer Farmers Market
- July 25<sup>th</sup> -Christmas in July South Milwaukee Dining Site
- July 31<sup>st</sup> - Glendale National Night Out

### **BEKKI SCHMITT – INFORMATION AND OUTREACH COORDINATOR**

#### **b. Medicare Savings Program**

Ms. Schmitt shared with the group some cost savings programs for Medicare.

Medicare savings programs help people with limited incomes and assets pay for some or all of their Medicare premiums, deductibles, and copayments.

Prescription Drug Assistance Programs – such as the federal Extra Help program – assist people with limited incomes and assets pay their Medicare Part D premiums, deductibles, and copayments.

Wisconsin SeniorCare program can help residents age 65 or older cover the cost of their prescriptions drugs.

To talk to someone who can help you find out what you qualify for contact: MCDA Aging Resource Center 414-289-6874.

### **VI. CHAIRPERSON’S REPORT – SALLY LINDNER**

Ms. Lindner shared dates of upcoming listening sessions for seniors. The Aging and Disability Resource Center Governing Board of Milwaukee County would like your feedback. They would like to know if there are additional programs and services that might be needed by older people or persons with disabilities in Milwaukee County.

The listening sessions will be held at these locations:

Tuesday, September 18  
5:30pm – 7:00pm  
Wauwatosa Library  
7635 West North Avenue

Wednesday, September 19  
12:30pm – 2:00pm  
Wilson Park Senior Center  
2601 West Howard Avenue

Thursday, September 20  
12:30pm – 2:00pm  
Washington Park Senior Center  
4420 West Vliet Street

**VII. NUTRITION COUNCIL REPORTS – BARBARA BECHTEL, VICE CHAIR**

Ms. Bechtel solicited the group for catering concerns both good and bad. Common complaints included not enough meat in stew, too much salt in gravy, too much rice, not enough sauce of sausages, shortage on milk and juice.

**Meal Sites Updates – Christmas in July:**

- Arlington Court – gave a report they had Christmas word search, cookies and bingo.
- Beulah Brinton gave a report they had Christmas décor, Christmas music, Snacks/Cookies, Wish list gifts and \$1.00 gift exchange.
- College Court gave a report Christmas word search, Singalong, Green and Red attire, Wish list gifts.
- Convent Hill gave a report Christmas music with singalong.
- Dolan gave a report white elephant gift exchange and Christmas word search.
- Elks Lodge gave report Christmas word search, Christmas music (singalong) Green and Red attire, Cookies and door prizes.
- Franklin had Christmas music, Christmas word search and snacks/treats.
- Lapham Park had Christmas word search, Christmas music, green and red attire.
- St. Aloysius had Christmas music, snacks/treats and also celebrating July birthdays.
- Hart Park had a Christmas in July party.
- South Milwaukee had a Christmas in July party.
- Wilson Park had a Christmas in July party. Mike (volunteer) dressed as Santa and handed out Hershey kisses.

**VIII. OTHER BUSINESS BY NUTRITION COUNCIL REPRESENTATIVES**

No new business from the audience.

**IX. OTHER BUSINESS BY THE PUBLIC – No new Business from the public.**

**X. ADJOURNMENT:** The meeting was adjourned at 3:05 p.m.

**The next Nutrition Council meeting is scheduled for Tuesday, November 27, 2018 at Washington Park Auditorium, 4420 West Vliet Street, Milwaukee, WI 53208.**

Respectfully Submitted,

*Debra Horton*

Debra Horton

Secretarial Assistant