

## Colorado Association of Nutrition Service Directors

“Dedicated to Being a Leader in Providing Quality Nutrition Services to Older Adults in Colorado.”

### Minutes: April 20, 2018 Alamosa

1. Introduction: Teresa DeAnni call the meeting called to order at 9:03 am.

#### Attendance and Introductions

Region I: Sherry Jones

Region IIB: Meredith Skoglund

Region IIIA: Dale Elliott

Region IIIB: Teresa DeAnni

Region VII: Al Shonk

Region VIII: Monica Wolfe, Joy Ráscon

Region X: Judy Martin

Region XID: Meg Tully

Region XIII: Tom Maegher

Quorum was not attained at meeting, will email minutes for an email vote. (Need 9 for quorum, only had 8 voting members)

2. Correspondence: None at this time.
3. Minutes: Dale Elliott made a motion to approve the minutes as written, seconded by Judy Martin. All 8 members approved of the motion.
4. Treasurer's Report: Sherry Jones handed out a Treasurer's Report October 17 – March 18. There is \$200 more dollars in there that came in April. There will be room rental, breakfast, and lunch to pay for from this meeting. There are 18 members as of April 20, 2108. Sherry Jones got a debit card so she can make payments easier. Judy Martin made a motion to approve the report, Meg seconded. Judy made a motion to approve the \$100 room rental, catered lunch, snacks. Al seconded. 8 approved.
5. Introductions and Updates from Members:

Teresa – Diabetes Prevention, FQHC, (Clinics in the area), contract with PACE, working on a grant for a bilingual for DSMP. Nutrition – one years in the Lyons program. Going well not great attendance because it is in a senior housing facility. Working with hospitals to do care transition, difficult to step into the health care world.

Meredith – Just recently opened another congregate meal site in Eaton. We are going strong with 23 meal sites. Attendance fluctuates at all, but our senior housing facilities are really increasing. Have had 2 sites ask for increased meal days, both a senior center and senior housing facility (reviewing the budget to see if this would be an option). Still have 4 salad bars throughout the county. Starting evening meals for the 4<sup>th</sup> year at 2 sites, they are well attended.

Like all sites, still struggling from time to time with bullies. Weld County is finalizing a Code of Conduct. Weld Aging Well classes are going well, just started offering a Stress Busters class.

Judy – 2 meals sites have really increased their attendance; another meal site has decreased by 30. Senior housing facilities are always fun. Tries to encourage outside people going into the senior housing facilities. Looking at increasing a day at another meal site. Really concerned about COAW going out. Just trained 10 new MOB instructors, has 7 Tai Chi instructors. Wade Buchannon met in Garfield County, took a lot of good notes and asked a lot of great questions. Only have one agency doing home health.

Monica/Joy – went through a big change within the directorship of the organization. Working with getting things in order. Nutrition program is going really well, same issues as everyone else (bullying). Has recently had to evict a senior from the meal sites. SUA stood behind decision and told them to be sure to document all details. Her board would like a meal site in a very rural area, looking at how to get services there. COAW, was a shock. Monica took the director position as of January.

Meg – has been at it for a little over a year and really starting to figure things out. Has been working really hard on increasing awareness and attendance. Such a small percentage of the seniors attend the events. MOW and transportation are the highest utilized. Funding is very tricky. Meg has established a lot of relationships that have helped her grow.

Dale – COAW didn't affect them as they stopped utilizing them 2 years ago. Dale will forward the information that he uses. His smaller sites are growing and the bigger sites are staying flat. They went to DRCOG and SUA and started introducing shelf stable meals for GA foods as take out meals. They have extended days of service with their shelf stable meals. (the meals are fairly inexpensive at about \$3) This is a great way to increase the numbers. His counts have gone up 2%. His donations are down. Transportation numbers have gone through the roof. CCT – is still an active program with the State. They did get their provider number for Medicare waiver meals. Wrote a budget to serve 50 people, 15 meals a week (2 meals a day) it is a one-year transitional program. Only shelf stable and frozen meals, no hot meals. Really profiting well, a legacy program.

Al- meals sites are struggling with attendance. Has had to kick a few people out because of behavior, it is all well documented. Doesn't have a code of conduct, only uses the grievance policy from SUA. He would rather have one person out then have 6 people out because of that one person. Opened a new site and they serve 2 people every day.

Tom – has been in director limbo for about a year and a half. Denise is the new director and they are very pleased with her. SUA is performing the audit now. Has a couple of blast freezers that he needs to get rid of.

Sherry – We need to empower the people at the meal sites on how to deal with bully's. People need to verbalize what is going with a non-confrontational comment "That wasn't nice". We really need to empower people to protect themselves. Down to 4 kitchens. Our smallest meal site is growing. Our congregate numbers are going down but MOW is up.

6. Webinar on Senior Depression, presented by Dr. Sara Quals, CU Colorado Springs

Power Point attached

7. SLV Food Coalition, Mandy Pitman,

Double UP Colorado – get free fresh fruits and veggies with your food stamps. Visit a participating Farmers Market or grocery store near you. Buy \$1 and get \$1. (Local grocery stores are not in on the double up program as it would be a big endeavor and it might hurt the farmers markets.)

Alamosa Farmers Market (July – October). Mostly CO produce and some NM produce. Partnered with the Rio Grande Farm park. The freshest produce you can get. Get to be on the land where the food is grown. Give people an idea of where their food is coming from, and when it is in season.

Hunger Free Colorado. Food Resource Hotline: 855-855-4626

Colorado Produce Calendar: a great resource to give to your kitchens so they can pick foods that are in season.

8. Director of V.E.G.I Program (Valley Education Gardens Initiative), Claudia Ebel

People have the ability to grow their own garden. Teach people to eat as a community and share as a community, Gardens are great way to address food insecurity.

Cooking Matters: large based organization to help families shop for and cook healthy meals on a budget. Family and parental level of cooking. Meeting the nutritional needs of kids. They haven't reached out to many seniors as it is a family/kid program as part of Share Our Strength's No Kid Hungry campaign. Healthy Habits used to provide a voucher for seniors, but since that is gone away they haven't found a way to bridge the gap.

9. Webinar on Brain Injury: Overview, Strategies, and Resources, Liz Gerdeman, MA

Power Point attached

10. There are no nominations this year, terms are 2-year terms

11. Leighanna moved the SUA Nutrition training to September.

September 12: Stress Reducer with SUA

September 13: SUA Nutrition

September 14: CANSD

12. Guest Fee: Standardized guest fee from the State per region.

13. Peer Place- be sure to attend the trainings this week and next.

14. SUA Audits: Laura Matthews is the new Candice

15. Website: Teresa received a \$4,000 bid for the website. Teresa knows wordpress and is very confident that she can make updates and changes to the website. She is familiar with uploading documents. Didn't feel it was necessary to spend \$4,000 on something that she can do. We will to trial run and see how it goes.
16. Ideas for next meeting: Code of Conduct, Website Updates
17. Adjournment: Al made a motion to adjourn the meeting, Sherry seconded. Meeting adjourned.