

## **Waukesha County Nutrition Coalition Minutes**

**April 22, 2025**

**Location: ADRC of Waukesha County**

**Attendance:** Courtney Klepp- ADRC; Michael Egly & Lyndsay Johnson- Food Pantry of Waukesha County; Eva Platte- Waukesha Head Start; Chloe Bingenheimer- Community Smiles Dental; Shanna Krause- La Casa de Esperanza Early Head Start; Jill Herz & Jillian Smith- UW-Madison Extension; Khorye Huffman- Waukesha Public Library; Rosa Zibell- Waukesha Free Clinic; Lisa Topp- Waukesha County WIC; Jenna Biermann- Waukesha County Recycling; Carmen Baldwin- Hunger Task Force; Soraya Bericoto- ProHealth Care- Community Outreach.

### **Coalition Updates- Michael Egly:**

No Food Recovery updates this month. June meeting will be at the Library rather than at Extension; will correct that on the agenda when the minutes go out for this meeting. The August meeting will be at Sussex Outreach Services for the meeting and a tour of the food pantry. We are finalizing the location of the October meeting. If you have any ideas or want to hear from other agencies, please let us know.

### **Presentation: ADRC Nutrition Services by Courtney Klepp, Health Promotion Coordinator**

**See PowerPoint slides that were sent to the email list. Summary:**

Wisconsin's population aged 65 and older is projected to increase by 100%, from 780,000 residents in 2010 to over 1.5 million by 2040. The Older Americans Act promotes independence and aims to improve the quality of life for all older Americans (60+). The ADRC provides services such as: caregiver support, dementia care services, adult protective services, long-term care programs, transportation, wellness programs, Medicaid, Medicare and Social Security, and Health, Nutrition, & Meal programs. The Elder Nutrition Program includes congregate meals aka Senior Dining, as well as home delivered meals aka Meals on Wheels. The purpose is to reduce hunger, food insecurity, and malnutrition of older adults, promote socialization, and promote the health & well-being of older people. Funded through federal grant dollars, state dollars, county funding (tax levy) and participant contributions (no eligible senior is denied service based on the inability to donate). Same menu for home-delivered and congregate diners. Waukesha uses a contracted caterer for the meals. Nutrition Supervisor writes the menu following state guidelines/meal pattern. Required menu components include: grains, fruits and vegetables, protein food, milk, fats and oils (dessert is optional).

**Congregate meals- Who qualifies?** Anyone 60+, a spouse of an individual 60+, anyone living in an apartment building that hosts a meal site, and under-60 volunteers. Waukesha County has 7 Congregate meal sites: 4 in community centers, 2 in senior housing units, and 1 in a church. Transportation available; work with providers to provide discounted rides to older adults and those living with a disability. Taxi to Senior Dining: \$1 each way.

**Meals on Wheels- Who qualifies?** Waukesha County resident who is 60+ and homebound, their spouse, and an under 60 disabled individual residing with an eligible participant.

Challenges have included: funding; volunteers; getting people back to meal sites after the pandemic...considering modernizing the program (e.g. restaurant voucher model, salad bar at grocery stores); Is there a stigma? Goal of the Senior Dining program is to reach the most vulnerable, and also want everyone to come and socialize.

Older adults are at greatest risk of malnutrition by age. Signs of malnutrition include: frequent illness, slow healing wounds, unintentional weight loss, muscle weakness/falls, lack of energy, etc. Know the signs and how to get them resources. Food Insecurity for older adults can be caused by low fixed income, social isolation (which has increased since the pandemic), chronic conditions, high healthcare costs, lack of affordable housing, lower nutrient intake,

poorer health outcomes, mental health issues. Annual survey has indicated that ADRC Nutrition Services have helped by giving people a stable meal to depend on that keeps them healthier, helps them stay independent and less isolated, and saves money.

#### **Questions/comments from the group:**

**How many people are served by ADRC Nutrition Services in Waukesha County?** 550 with Meals on Wheels, 100 daily at the dining sites.

**Is there something provided to seniors for weekend days?** One site provides a frozen meal on Thursdays, which could be used later on. Otherwise, funding is not there for weekend.

**Are there SNAP-Ed agencies that are providing education at senior sites?** Courtney provides quarterly nutrition education and FoodWise provides additional education with series of nutrition lessons.

**Are caregivers of disabled adults qualified for Meals on Wheels?** The caregivers need to be seniors 60+ in order for them and for the under-60 disabled adult in their home to be eligible.

**Do you struggle to find volunteers?** Currently in a good place with volunteers but that hasn't always been the case. Waukesha County is a large county; need to have volunteers willing to drive to the far corners of the county.

**Comment:** Meals on Wheels and meal sites can be really important for people who are not able to prepare food; if individuals receive foods from a food pantry, they may not be able to prepare certain foods themselves.

#### **Agency Updates:**

**Hunger Task Force- Carmen Baldwin:** It is plant-based protein month. In the senior centers they work in, they are talking about the benefits of plant-based proteins and have played a plant-based Pictionary game as well as food samples of no-bake lentil protein bars. Feedback has been great. The idea of complementary proteins has been new to people. Brought a couple of copies of the quarterly newsletter; you can scan the QR code to sign up to get monthly emails. This month's newsletter includes discussions of the Farm Bill, what kids are growing in the schools where they are working, and "voices against hunger."

**Waukesha Public Library- Khorye Huffman:** Getting ready for summer reading program. Opening up job applications for teen intern; it is a paid internship. Please refer anyone you know who is interested. This would be for June-August. Volunteer fair is June 13; looking for organizations to table at the volunteer fair. About 200 people attended last year to look for volunteer opportunities.

**La Casa de Esperanza Early Head Start- Shanna Krause:** Shana is Home-Based educator with La Casa Early Head Start. Just started a Father Figure program, which has been going really well. This happens once per month. Next month, they are going to the Brewer game. La Casa Health Fair is August 9<sup>th</sup>. Kathy the volunteer nurse has been reaching out to several agencies already to participate in the health fair.

**Extension Waukesha County FoodWise- Jill Herz:** Working on planning for annual federal grant; plan in the spring for new year beginning in October. Wrapping up school year programs with preschool and elementary classrooms. Farm to School AmeriCorps specialist is currently working on school gardens at Hawthorne and Summit View; FoodWise will collaborate with her this summer for some garden-based education. Will focus on youth, senior and garden programs throughout the summer. Have an upcoming "Create Better Health" session at the Library, which is a sample of one of our parent programs where adults can create recipes based on templates. This recipe will be a grain bowl.

**Waukesha County Recycling- Jenna Biermann:** Recycling specialist for Waukesha County. Earth Day is today; planning for Earth Day event on Saturday. Volunteer program for home composting. City of Waukesha has a unique scrap takeback program that accepts food scraps for composting. Visit the QR code on the website for the composting program. Starting up a new recycling program due to a fire, and a need for a new facility to process recyclables.

**Waukesha Free Clinic- Rosa Zibell:** Trying to balance the ups and downs of the political climate, fears related to that. Seeing an increase in English speaking population, which could be due to greater need in English-speaking populations or a decline in Spanish-speaking population. Needs overall are increasing. Clinic has a lending library where people are donating things; have noticed that the shelves are empty more and more. Sometimes they put out extra multivitamins, diapers, bread, etc. Annual gala is the last Friday of May, the 30<sup>th</sup> at the conference center in Brookfield.

**Food Pantry of Waukesha County- Michael Egly & Lyndsay Johnson:** Stamp Out Hunger event happening on May 10<sup>th</sup>. You receive a bag in your mailbox to put nonperishable food items and the post office picks them up for the food pantry. It is the biggest single day food drive in the country. 28,000 lbs of food last year. Hoping this will be very successful again. Doing a cereal drive with youth baseball teams coming up. On Saturday May 17, having fundraiser from 10-Noon at Red Circle Inn.

**Waukesha Head Start- Eva Platte:** Head Start serves children birth to 3, 3-4 year olds, as well as two 4K classrooms. They also have childcare. Classes end May 20<sup>th</sup> (June 6<sup>th</sup> for 2 classrooms). Currently enrolling for next year; some uncertainty but carrying forward as if all services will continue.

**ProHealth Care- Soraya Bericoto:** Offering prenatal classes for those who are Spanish-speaking at the hospital, free of charge. Once per week for 4 sessions. Soraya coordinates Wisconsin Well Woman program, which is a breast and cervical cancer program, where they can help with mammograms, diagnostic services, regardless of resources. For uninsured and underinsured (especially for some services, there are huge deductibles). If you don't qualify, ProHealth foundation could help with some screenings- limited funding, but are able to help.

**Extension Waukesha County- Jillian Smith:** Working with AmeriCorps Farm to School specialist. At Hawthorne Elementary, she is planning an ag career fair on May 2. Volunteers in ag-related fields are attending to provide activities for kids (short demos with livestock grains, nutrition ed, etc). Everything is all set with current volunteers but if you are interested in participating, feel free to let Jillian know [jillian.smith@wisc.edu](mailto:jillian.smith@wisc.edu). Planning the youth garden for the summer with HHS adolescent programs; this will be the last year at that garden location. Continuing with Strong Bodies in Waukesha and Menomonee Falls; 2 new volunteers trained. Will be starting a new site in Muskego and a second class in Waukesha. Still have funding for 2 additional volunteers to be trained. If you know someone interested, there is a training in August and a GenteFuerte (Spanish) training in May.

**Community Smiles Dental- Chloe Bingenheimer:** Annual fundraiser was very successful. Making efforts in the advocacy realm, participating in advocacy day for free and charitable clinics. Met with eight senators and representatives to advocate for funding to stay in the budget. Welcoming government officials for tours.

**Waukesha County WIC- Lisa Topp:** Have opening for LTE public health technician- responsible for heights, weights, hemoglobin and lead testing for kids. If you know someone looking for a very flexible part time job, please refer them. Worked with FoodWise for a parent child cooking class, which was well attended with great feedback. Gearing up for big Fit Families event for container gardening; hoping to work with the library to do fruit and vegetable storytime, and the library has a seed library. Awaiting farmers market checks, which are usually issued in June. Will probably be July instead, and still waiting on the amount.

**ADRC- Courtney Klepp:** Senior farmers market vouchers will be on time, still happening in June, but the amount will be 5 \$5 vouchers instead of the \$9 vouchers last year. Planning to visit a few new sites for voucher distribution.

**Next Meeting: June 24, 2025 at 9AM**

**Topic: UW-Madison Extension: Farm to School/ Health & Well Being Programs**

**Location: Waukesha Public Library**