

WE ARE
Meals On Wheels
So no senior goes hungry™



Innovative Practices: Wisconsin Senior Nutrition Program

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What Do You See in the Future for our Programs?

*“If you focus on the problem you can’t
see the solution.”*

*“Look beyond the fingers- never focus on the
problem.”*

“See what no one else sees.”

“See the whole world anew each day!”

» Patch Adams opening Scene quotes



What Do People Want?



- Don't make assumptions or operate in a silo.
- Have to ask, engage, excite and unit them!
 - “Spark Sheets”
 - One-on-One Interviews
 - Surveys
- Listen & pay attention to where seniors are going and what they are saying and doing.

Look at Large Organizations and Learn From Them

- **What are they focusing on?**
 - Value pricing
 - 2 for \$20
- **Adapt Restaurant Trends**
 - Menu Labeling (calories, protein, carbs)
 - Senior Specials
 - 2 for 1 Dining Coupons



You Need A Plan...Otherwise Chaos!

- Many innovative things are happening but *coordination and sharing* of this information can be a challenge.
- *Strategic Planning* allows us to work collaboratively to best serve seniors, while allowing for individual choice for by local Nutrition Programs.
- All lessons learned will be shared with the *State Elderly Nutrition Modernization Task Force.*



One-on-One Interviewing

- A conscious exploration of another person's interests, passions, relationships and stories.
- Listen for what energizes and activates the person
- **Way to build “public knowledge” and relationships**
 - Listen for people's public interests and potential to take action with others.

Sample Questions:

“What are the 3 most important issues facing older adults in your community?”

“How can we help assure no senior goes hungry in our community?”

One-on-One Interviewing



Advantages

- People share more information asking the questions in person.
- Easier to ask a follow-up question and get examples to support what people are saying.
- Gives people an opportunity to participate in a more direct way, and they have a greater buy-in to the results of the assessment process.

Disadvantages

- Time intensive
- Sometimes people use them as an opportunity to vent about everything that's wrong with an organization, putting you on the defensive and leaving you to sift through their remarks for constructive criticisms.

Tips and Tools for One-on-One Interviewing

- Be prepared
- Keep it informal
- Look for connections
- Ask direct questions (Avoid yes/no questions)
- Listen and clarify to be sure you understood
- Look for energy for action
- Evaluate

“Spark Sheet”



"Today's problems cannot be solved if we still think the way we thought when we created them."

Albert Einstein

- When a group of people come together and brainstorm, one idea or “spark” leads to another and soon the energy in the room ignites and “fire” is created.
- The ***“Spark Sheets”*** allow many different ideas to be shared. The ideas come from various grass root brainstorming sessions. The sheet should be a fluid document with new ideas added or adapted as they develop.



***WHAT ARE PROMISES OR GUIDING
PRINCIPLES FOR OUR MEALS?***



“Promises” or Guiding Principles Ideas

- ***Always***...offer a dining site that is safe, comfortable, and clean that has a cheerful, positive, fun, friendly atmosphere that promotes socialization and offers health promotion activities.
- ***Always***...provide safe, high-quality, well-balanced, healthy meals.
- ***Always***...make you feel at home, welcome and glad you came.
- ***Always***...deliver service that will make you want to keep coming back.
- ***Always***...have a smile and friendly greeting.
- ***Always***...be polite, courteous, welcoming & compassionate.
- ***Always***...greet you with a smile, welcome you with friendship, serve a nutritious meal, have good conversations and miss you when you leave.
- ***Always***...put a smile on your face and in your heart.
- ***Always***...treat everyone fairly with empathy, respect and dignity.

“Promises” or Guiding Principles Ideas

- ***Always***...promise to serve healthy meals, entertaining conversations and foster friendships (old and new)
- ***Always***...respect one another and let all know they are accepted.
- ***Always***...make your dining experience something you look forward to.
- ***Always***...Listen sincerely and provide helpful information and resources.
- ***Always***...provide good food, good company that cause great memories.
- ***Always***...treat everyone fairly with empathy, respect and dignity- no one goes unnoticed.
- ***Always***...know your name!
- ***Always***...to see you as an individual.
- ***Always***...make you feel wanted and valued by providing opportunities for meaningful engagement.

Common Identity for the Wisconsin Aging Network

- *Individual and Organizational Advocacy*
- *Seniors Really in Charge*
- *Core Services Provided Statewide*
- *Statewide Expertise in Aging Services and Systems*
- *Consistent Quality Services*
- *A Focus on Community Collaboration*
- *Convenient Service Areas*
- *Volunteers are Key to Service Delivery*

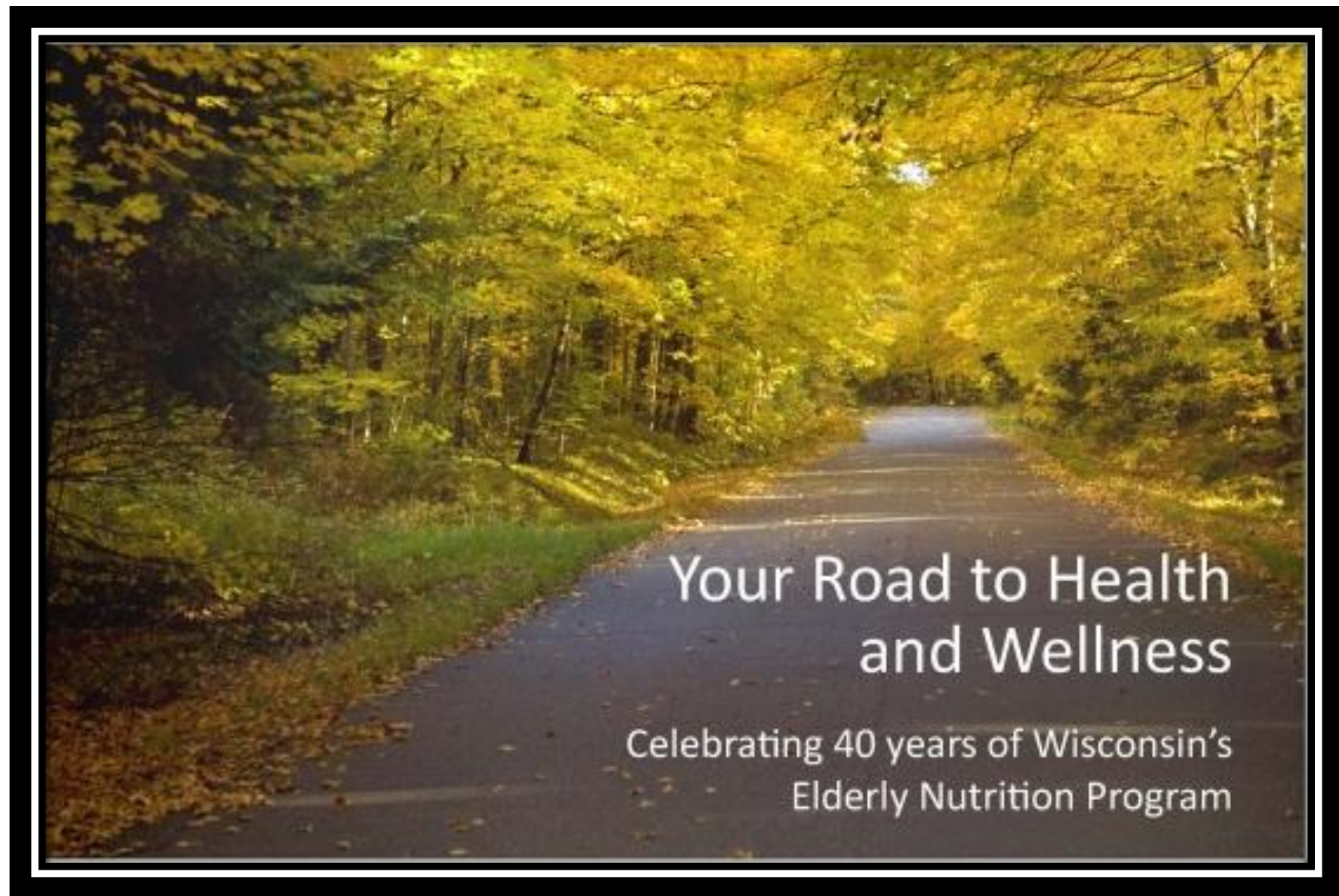
“Best Practice” Categories

- Culture of Inclusion *Seniors Really in Charge*
- Welcoming Environment *Consistent Quality Services*
- Individual Relationships *Statewide Expertise in Aging Services and Systems & A Focus on Community Collaboration*
- Choice & Customization *Convenient Service Areas*
- Improve the Meal Experience *Core Service Provided Statewide & Consistent Quality Services*
- Go Beyond Just the Meal *Individual & Organizational Advocacy*
- Seek Feedback and Respond *Consistent Quality Services*
- Chance to give, not just get *Volunteers are Key to Service Delivery*
- Marketing and Outreach *A Focus on Community Collaboration*



Source: Greg Newton, Greg Newton and Associates from presentation *Serve More Meals: Welcome First Time Visitors and Keep Them Coming Back Again and Again* at the PA Nutr. Dir. Conf. 2010.

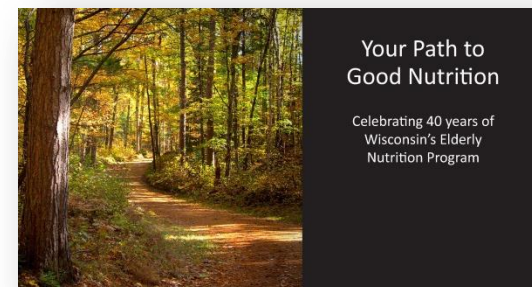
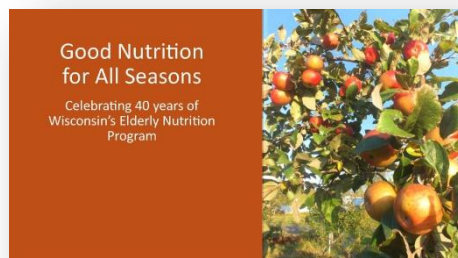
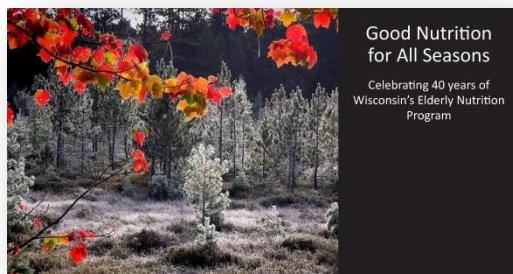
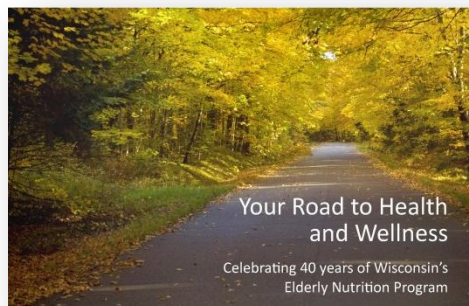
Culture of Inclusion!



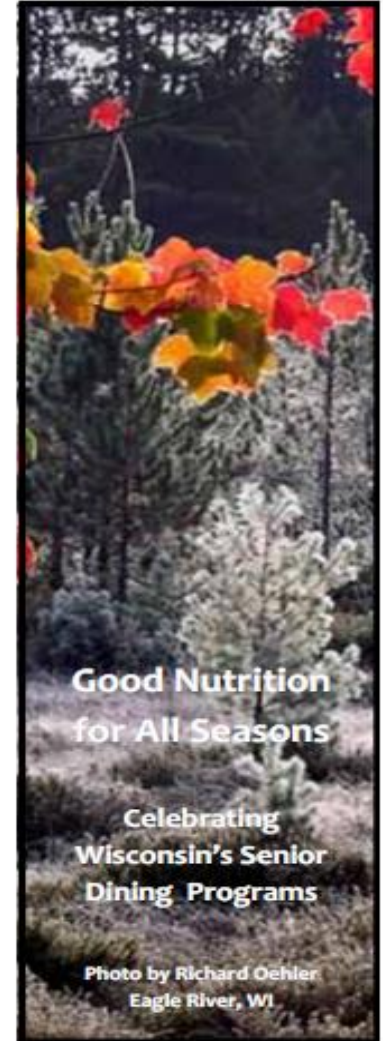
Your Road to Health
and Wellness

Celebrating 40 years of Wisconsin's
Elderly Nutrition Program

Please vote for the poster you think best captures the spirit of the Wisconsin Elderly Nutrition Program and that will spark discussion. **Vote for your top 3 choices by placing an X in the box to the left of the picture.**
Voting ends on August 17, 2012, at midnight. Please only vote once. Thank you! Your vote matters.



Bookmarks



Culture of Inclusion

Get participants buy-in to form new initiatives
(Examples)

- **Recipe contest** submitted by the seniors (Pepin Cty)
- Form a **Committee of Seniors** to take ownership of various programs (i.e. activities) (Florence County)
- **Cooking Classes** with seniors teaching...(St. Croix Cty)
 - Cooking for 1 or 2
 - Cooking for Men
 - Cooking with Diabetes, Celiac, etc...

Cooking Classes/Recipes

- Simple
- Practical
- Healthy
- Tasty
- Low cost
- Common ingredients
- Canned/Fresh/Frozen
- FUN, people love them!



Cooking with Chef Tommy D

~~~~~Healthy Food Options~~~~~

- **Barley Pilaf:**
 - 1 cup barley
 - 2 ½ cups boiling chicken stock/water mixture
 - 2 tsp butter
 - ¼ cup chopped onion
 - ¼ cup chopped mushroom
 - salt to taste
- Heat butter in heavy saucepan; add onion & heat until onion is translucent; add barley & mushroom; stir until barley is well coated with butter. Add boiling liquid (stock/water mixture & return mixture to boil.) Place in 350° oven for 40-45 mins. Fluff with fork or whisk. You may want to add butter for service.



Recipe Contest

- A way to build participant ownership
- Recipes are submitted to nutrition advisory committee. The recipes are prepared and samples given to participants at the meal sites.
- Participants rate each entry-winning scores are added to the menu for congregate and home delivered meals.
- We encourage participants to add their name to each winning item- this just adds to the fun. (Mary's Meatloaf)
- Response has been overwhelming with over sixty recipes added to date!

Recipe Contest Entry Evaluation

Please rate the _____ recipe contest entry you just sampled on a scale of 1 to 10 on the following measures with:

1 = Would not serve this to my worst enemy

5 = Take it or leave it

10 = Best thing I ever ate!

Feel free to pick any number between 1 to 10 that you think best matches the item you are sampling. Thank you for participating in our recipe contest. Entries with high marks will be added to our Senior Dining Menu starting this summer!

Taste (1-10) _____

Appearance (1-10) _____

Adds variety (1-10) _____

Comments

Choice and Customization

- Entrée Salad or Salad Bar (Eau Claire, Washburn Cty)
- Powerhouse /Nutrient Dense/ Whole foods on the Menu
 - Barron Cty, Sheboygan Cty, Ashland Cty
- Use locally grown produce (Barron, Sheboygan and Pepin Cty).
 - Local Food Day once a Month in Barron County

Time or Days of Service (review days and times of service)

- Evening- *Dining at 5*
- Brunch

Senior Dining is Catering to You:

Salad Options Offered Tuesday's Only

COBB SALAD

- *Lettuce
- *Hard Boiled Egg
- *Green Onion
- *Cherry Tomatoes
- *Turkey
- *Cheese
- *Bacon

GRILLED CHICKEN SALAD

- *Lettuce
- *Cheese
- *Grilled Chicken Strips
- *Bacon

CHEF SALAD

- *Lettuce
- *Ham
- *Swiss
- *Cheddar
- *Turkey
- *Hard Boiled Egg
- *Cherry Tomatoes
- *Slices Cucumber

CHICKEN CAESAR SALAD

- *Romaine Lettuce
- *Parmesan Cheese
- *Grilled Chicken
- *Crouton Packet

For persons 60
years of age &
older,
regardless of
income or assets

Actual Cost/Guest Fee
for people under 60
unless accompanied
by their senior spouse
is \$7.09

**SITE CONTACTS
FOR
RESERVATIONS OR
CANCELLATIONS:**



Ashland Site
715-682-4414 x. 0

Sanborn Site
715-278-3955

Mellen Site
715-274-8251

Glidden Site
715-264-3682

Butternut Site
715-769-9417

**All meal
programs
administered by:**
**Ashland County
Aging Unit, Inc.**
400 Chapple Ave.
Suite 100
Ashland, WI 54806
715-682-4414 x. 0

Ashland County Aging Unit, Inc. Senior Nutrition Program: *Senior Dining Sites & Meals on Wheels Menu*



October 2012



Mon—All Sites	Tue— <u>Ashland Only</u>	Wed—All Sites	Thu—All Sites	Fri— <u>Ashland Only</u>
1 Savory Salisbury Steak w/brown gravy Mashed Potatoes & Gravy California Blend Veggies Fresh Grapes Whole Wheat Bread w/butter	2 Sliced Pork on a Buttered Bun Baked Yams & Apples Shredded Lettuce w/dressing Oatmeal Raisin Cookies	3 Lemon Pepper Chicken Parslied Red Potatoes Green Beans Baked Apple Whole Wheat Roll w/butter	4 Split Pea Soup Ham & Cheese Sandwich on Whole Wheat Bread Broccoli Salad Strawberry Jello w/Peaches Glazed Cinnamon Roll	5 Hamburger Rice Casserole Italian Blend Vegetables Lemon Fruit Salad Italian Bread w/butter
8 Bratwurst on a Buttered Bun Baked Beans Cauliflower in Cheese Sauce Peach Delight Dessert	9 Chicken Breast w/Mushroom Sauce Cubed Buttered Potatoes Steamed Red Cabbage Apricots Whole Wheat Roll w/butter	10 Tuna Noodle Casserole Sweet Green Peas Pineapple w/Cottage Cheese Blueberry Lemon Trifle Whole Wheat Bread w/butter	11 Hearty Beef Stew w/Veggies over a Buttered Biscuit Spinach Salad w/Tomato & Green Pepper Pineapple Upside Down Cake	12 Breaded Pork Cutlet Garlic Buttered New Potatoes Brussels Sprouts Coconut Squares Potato Roll w/butter
15 Hot Turkey Sandwich on Whole Wheat Bread Mashed Potatoes & Gravy Candied Yams Cranberries Peanut Butter Cookie	16 Ham Loaf Balls Au Gratin Potatoes Buttered Beet Slices Whipped Fruit Salad Whole Wheat Roll w/butter	17 Ground Beef Spanish Rice Casserole Whole Kernel Corn Tossed Salad w/tomato, green pepper, onion Chocolate Pudding Dessert Whole Wheat Bread w/butter	18 <u>Thinking Third Thursday</u> <i>No meals at Ashland site</i> Italian Sausage Linguine & Alfredo Sauce Buttered Beets •Pineapple Tidbits Waldorf Fruit Salad Dark Rye Bread w/butter	19 Fish Sandwich w/Cheese on a Buttered Bun w/lettuce leaf & tartar sauce Seven Layer Salad Pineapple Tidbits Waldorf Fruit Salad
22 Chili w/crackers Peas & Cheese Salad Fresh Apple Nutri-Grain Bar Cornbread Muffin w/butter	23 Beef Tips In Gravy over Mashed Potatoes Green Bean Casserole Brownie Whole Wheat Bread w/butter	24 Pigs in a Blanket Casserole Fresh Winter Squash Fresh Pear Rye Bread w/butter	25 <u>Birthday Meal</u> BBQ'd Chicken Baked Potato/butter & sr cream Tossed Salad w/tomato, green pepper, onion—Birthday Cake Whole Wheat Roll w/butter	26 Macaroni & Cheese Hard Boiled Egg Stewed Tomatoes Spiced Apple Rings Fresh Banana Blueberry Muffin w/butter
29 Meatballs in Brown Gravy Mashed Potatoes w/Gravy Dilled Carrots Fresh Orange Whole Wheat Bread w/butter	30 Baked Hawaiian Ham Scalloped Potatoes Steamed Spinach Apple Sauce Kaiser Roll w/butter	31 <u>Halloween—The Monster Mash...</u> Ground Beef Ghoulash Witch's Fingers (Asparagus) Spider Raisin Carrot Salad Jack-o-lantern Cookies Spooktacular W.W. Roll w/butter	<p>Reservations (& Cancellations) required by at least 2:00 pm the day before. Please call your local meal site OR the Aging Unit office Suggested Contribution: \$ 3.00 per meal</p> <p> All meals: served with 1% Milk, served at 11:30 a.m., contain at least 1/3rd of the RDA Menu subject to change if necessary without notice.</p>	

Halloween- The Monster Mash

- Ground Beef *Ghoulish Goulash*
- *Witch's Fingers* (Asparagus)
- *Spider* Raisin Carrot Salad
- *Jack-O-Lantern* Cookies
- *Spooktacular* Whole Wheat Roll with butter
- *Twoooooo* percent milk



**HAPPY
HALLOWEEN**

Food is Not Nutritious Until It's Eaten!



How to determine the relative popularity of each item – monitor plate waste!



Adding New Items

- General Principles for selecting and planning new menu items
 - In accordance with the ***2010 Dietary Guidelines for Older Americans***
 - Participant's food preferences
 - Caterer's ability to prepare
 - Food budget/costs
 - Availability of fresh fruits & vegetables
 - Put yummy, gooey desserts with a not so popular entrée and visa versa



Our Seniors Want/Need Variety

- Ashland County had a 17 wk menu cycle... The menus became monotonous and repetitious!
- Currently, they have 114 different entrees on their menu, = 22+ weeks of entrees
- They have many more weeks of menus, as they don't always use the same groupings – they switch up side dishes—veggies, fruits, desserts, breads

Plan for Variety

Include Foods Prepared in Different Ways

SEAFOOD

Different seasonings & prep methods

- Broiled Lemon Dill Fish
- Baked Fish w/ Garlic Butter
- Broiled Lemon Parslied Fish
- Breaded Baked Fish
- Broiled Lemon Pepper Fish
- Cracker Crumb Fish

TUNA

- ▶ Chilled Tuna Macaroni Salad
- ▶ Tuna Salad Sandwich
- ▶ Tuna Noodle Casserole
- ▶ Creamed Tuna over Baking Powder Biscuit

- ▶ Salmon Loaf (1x/yr)

Plan for Variety

9 MEATBALLS—Beef & Ham

- Swedish Meatballs w/Sauce
- Spaghetti with Meatballs
- Meatballs in Brown Gravy
- BBQ'd Meatballs
- Porcupine Meatballs
- Beef Balls Stroganoff
- Hamballs
- Hamballs w/ Pineapple
- BBQ'd Hamballs

CARROTS

- ▶ Raw Sticks
 - ▶ Shredded in Salads
- ▶ Steamed Coins
- ▶ Steamed Diced
- ▶ Peas & Carrots
- ▶ Dilled
- ▶ Parsley
- ▶ Glazed

Plan for Variety-Include Ethnic Meals

CHINESE AMERICAN

- Sweet & Sour Chicken
- Pork Chow Mein
- Turkey Ala King
- Chicken Stir Fry
- Beef Stir Fry
- Chicken Chop Suey
- Sweet & Sour Pork

MEXICAN AMERICAN

- ▶ Beef Taco Pie
- ▶ Chicken Tamale Pie
- ▶ Beef Tamale Pie
- ▶ Turkey Tamale Pie
- ▶ Taco Salad
- ▶ Taco Casserole

ITALIAN AMERICAN

- ▶ Chicken Parmesan Marinara
- ▶ Cacciatore Chicken
- ▶ Spaghetti with Meatballs
- ▶ Spaghetti with Meat Sauce
- ▶ Lasagna Rotini Casserole
- ▶ Italian Sausage w/Linguine Alfredo
- ▶ Hamburger Parmesan
- ▶ Chicken Tetrazzini
- ▶ Cheesy Pepperoni Pizza Hot dish
- ▶ Lasagna

Introduce New Recipes, Especially Fruit & Vegetable Recipes

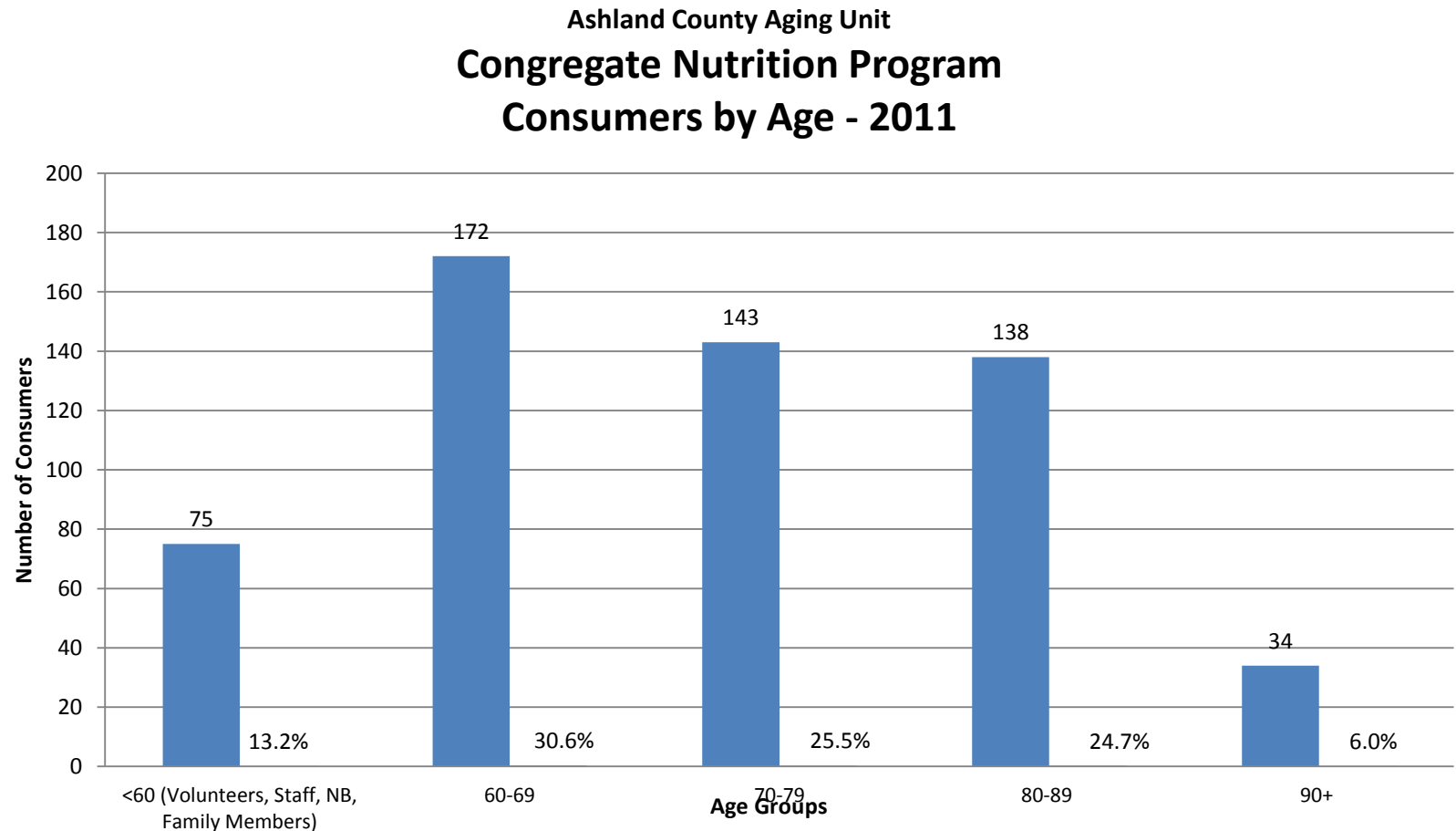
- Lemon Sunshine Salad (SD= South Dakota)
- Lime Perfection Salad (SD)
- Banana Fruit Cup
- Cranberry Crunch Salad (SD)
- Tropical Fruit Salad
- Peaches w/ Blueberry Salad
- Yogurt Fruit Parfaits (SD)
- Crunch Crumbles – Apple, Blueberry, Cherry

Special Occasions and Celebrations

- ***Theme & Holiday Meals.*** Have a festive air for holidays, special activities-Packer games, birthdays as well as Older Americans Month in May. This is a good way to add variety into your basic cycle menu.
- ***Get community involved*** – e.g., Ask a grocer to donate fresh Yams for Thanksgiving Meal.
- ***Thinking Third Thursdays-*** Brain Food plus a Mental Stimulation Activity.



- ✓ The current trend reflects the majority of congregate participants are those individuals in the 60 to 69 age range.



Total Consumers=562-75(<60) = 487 are 60+ = ~14% of 60+ population of ~3500. 60-69 Range = ~35.3%

Recipes Resources

- **Integrative Publishing Food Cooking & Recipes**
<http://bulkfoodrecipes.tpub.com/recipes/>
- **South Dakota Department of Social Services**
<http://dss.sd.gov/elderlyservices/services/seniormeals/menusandrecipes.asp>
- **National Food Service Management Institute**
<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cElEPTewMiZpc01ncj10cnVI>

Welcoming Environment

- Atmosphere/Ambiance/
Renovations
- Alternate locations
 - Traveling “Meal Site Road Show”
Pepin County
 - Popular once every other month the
meal site goes to another location
 - » Eagle Visitor Center
 - » Local Winery
 - » Antique Dealer
 - » Local Park or Historic Building



Swiss Steak w/Peppers, Tomatoes & Onions
Parsley Buttered New Potatoes
Steamed Asparagus C
Banana Fruit Cup
Whole Wheat Bread w/ butter



Spaghetti with Meatballs
Italian Blend Vegetables
Tossed Salad w/Tomato, Green Peppers, Onion
Toasted Italian Bread & Butter
Frosted Brownie



St. Croix County



Marketing the Program

- Ask: ***What would make you come? vs. Why aren't you coming?***
- Get staff, volunteers, boards, advisory councils...everyone involved so they have ownership.
- Marketing is not a piece of paper, ***it's building relationships and creating excitement and energy.***

Change the Focus

Excerpt from “Changing the Way We Age” Presentation by Richard (Dick) Ambrosias
at the GWAAR Conference Sept. 2012

A multitude of new institutions and services will emerge to serve the needs and interests of an aging population.

A new paradigm of aging is emerging: from seeing older adults as an economic and social burden to (also) seeing them as a potentially valuable economic and social resource.

We need to change the conversation [about aging]. Right now, the conversation is about coping, and it should be about opportunity. We should think about the gains in life expectancy as a gift. How are we going to use it?

— Dr. Laura Carstensen, Stanford University

Aging Services Have Tended to Focus on the What:

Our organization offers programs and services that address the needs of seniors.

Our services are easily accessible, meals are nutritious, our health care services are exceptional and much more.

Call today for more information

Alternative Approach Focuses on the WHY:

In everything we do, we challenge ageism and aging stereotypes, celebrate the wisdom and experience of age, provide opportunities for meaningful service, and work with those we serve to enhance their personal growth and well being.

Our services are innovative and designed with the needs, wants and aspirations of older adults in mind.

To explore the possibilities and embrace the power of positive aging call

XXX-XXX-XXXX.



SENIOR MEALS PROGRAM

Offering Café 60 & Meals On Wheels

- ***You are invited to join us for lunch!***
- **Café 60 offers two daily specials.**
- **Meet old friends or make new friends at our tables**
- Reservations offered but not required. Contributions are appreciated.
- Many of our participants now live alone and they attend because the friendships they have developed which help them re-create a family.
- Anyone age 60 and older is served, regardless of income. Guests under age 60 are welcome to attend for \$8.00 per meal.
- **What is on the menu?**
We specialize in home baked breads, gravies, sauces and salad dressings are lower in fat. Choose between two main dishes each day. Select the entrée with the heart symbol if you are diabetic or limit your salt intake.
- **Source:** Lane County Oregon <http://www.laneseniormeals.org/?q=cafe60>

“What’s In a Name?”

- *Act II Café*
- *Add LIFE Centers*
- *Boomers Bistro*
- *Bright Spot Senior Dining*
- *Café Connections*
- *Do Drop Inn Diner*
- *Home Away from Home Café*
- *The Prune Pantry*
- *Limp On In*
- *Golden Age Diner*
- *My Generation Cafe*
- *Northwood’s Senior Café*
- *Purpose Café*
- *More Than a Meal Café*
- *Silver Spoon Café*
- *Smile A While Café*
- *The Gathering Place*

“Who Should We Be Working With Locally”

We asked this question of all our nutrition program staff and challenged them to go out and make these “non-traditional” connections.

- Newspaper/Radio:
Human interest stories
- PTO
- Thrift Shops

- Beauty shops
- Grocery store Clerks
- Gas Station/Convenience Store workers
- Barber shops
- Public Access television
- Neighborhood Associations
- Emergency Medical Services (EMS)
- Funeral Directors
- Garbage Collectors

Teach Seniors to Fish...

Beneficial Bites

- Activity Booklet Ideas
- ***“MeYou Health”*** Daily Wellness Challenge
- Theme Days
- “Purpose Planning”
- Evidence Based Programming at meal sites.
- *“More than a MEAL Café”*

A detailed still life photograph showcasing a variety of nutrient-dense foods. In the foreground, there's a woven basket filled with dark, roasted almonds. Next to it are several bright red radishes and a yellow squash. A loaf of braided bread sits in the center, surrounded by fresh vegetables like broccoli, green peas, and several orange carrots. To the right, a whole red fish is visible, along with a bunch of cherry tomatoes. In the background, a glass jar is filled with sliced citrus fruits, and a small bottle of white milk stands on the left. A halved orange and a small bag of seeds are also part of the arrangement. The entire scene is set against a dark, reflective surface.

**Eat
more
nutrient-
dense
foods**

Beneficial Bites



- **Objectives:**

- A way to introduce functional, powerhouse foods into the diets of seniors and onto the menu.
 - To increase familiarity with foods they may not have otherwise eaten on a regular basis.
 - Complete program of nutrition education so a consistent message is shared.
- To download materials go to www.gwaar.org

PRETEST

Beneficial Bites



Date: _____

Presentation Topic: _____

How did you learn about this presentation?

- ☐ Friend/family/Site Manager
- ☐ Flyer / Poster
- ☐ Newspaper / Senior Review
- ☐ Radio
- ☐ Other _____

How much do you know about the topic?

- ☐ A lot
- ☐ Some knowledge
- ☐ Very little

How often do you eat the food we are talking about today?

- ☐ Three Times a Week
- ☐ Once or twice a Week
- ☐ Once a Month
- ☐ Never

Do you know how to purchase, prepare, cook and serve this food?

- ☐ Yes
- ☐ No

Do you think this food is a “health food?”

- ☐ Yes
- ☐ No

Do you have recipes for this food?

- ☐ Yes
- ☐ No

Do you believe that what you eat can affect your health?

- ☐ Yes
- ☐ No

Are you motivated to make changes to your diet that will enhance your health?

- ☐ Yes
- ☐ No
- ☐ Not sure

Additional Comments:

Thank you!

POST TEST

Date: _____

Presentation Topic: _____

Has your knowledge of this food changed?

- ☐ Increased
- ☐ Decreased
- ☐ Not Changed

Do you think you will change how often you eat this food because of the presentation?

- ☐ Yes
- ☐ No
- ☐ Not sure

If yes, do you think you will eat it:

- ☐ Three to 4 Times a Week
- ☐ Once or twice a Week
- ☐ Once a Month

Did this presentation provide useful tips on how to prepare, purchase, cook and serve this food?

- ☐ Yes
- ☐ No

Do you think this food is a “health food?”

- ☐ Yes
- ☐ No

Do you think you will use the recipes provided?

- ☐ Yes
- ☐ No
- ☐ Not Sure

Do you believe that what you eat affects your health?

- ☐ Yes
- ☐ No

Are you motivated to make changes to your diet that will enhance your health?






- ☐ Yes
- ☐ No
- ☐ Not sure

What was the best thing about today’s event?

ONE thing I learned today:

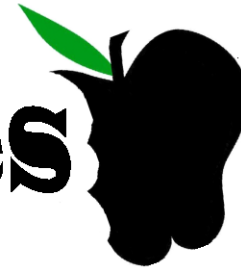
ONE thing that could be changed to make this presentation better:

SENIOR DINING-November 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Our Beneficial Bites </p> <p>for November is the delicious, nutritious</p> <p>Broccoli</p>	<p>November 11th is Veteran's Day</p>  <p>Thank you, Veterans!</p>		<p>1 Roast Pork OrangeNut Sweet Potatoes Broccoli w/Caramelized Onions Fruited Gelatin Dessert Whole Wheat Bread</p>	<p>2 Country Fried Steak w/Peppercorn Gravy Buttered Baby Reds Hubbard Squash Fresh Pear Oatmeal Bread</p>
<p>5 Chicken Parmesan w/ Spaghetti Pasta & Marinara Vegetable Medley Chunky Applesauce Garlic Bread</p>	<p>6 Herb Roast Beef Mashed Reds /Gravy Garden Peas Black Forest Pudding Multi-Grain Bread</p>	<p>7 Pineapple Pepper Chicken served over Brown Rice Broccoli Craisin Salad Peachy Custard Dessert Oatmeal Bread</p>	<p>8 Homestyle Beef Stew Whole Grain Biscuit Orange Kissed Beets Peanut Butter Cookie Tomato Juice</p>	<p>9 Apple Raisin Pork Chop w/Creamy Mushroom Pilaf Cucumber Salad Mandarin Oranges Sourdough Bread</p>
<p>12 Mushroom Beef Tips over Egg Noodles Whole Kernel Corn Green Grapes Marble Rye Bread</p>	<p>13 Glazed Meatloaf Scalloped Potatoes Green Beans w/Peppers Fresh Fruit Cup Whole Wheat Bread</p>	<p>14 Louie's Harvest Brat German Potato Salad Garden Salad w/Citrus Dressing Ice Cream Caraway Rye Bread</p>	<p>15 Baked Chicken Wild Rice Pilaf Glazed Baby Carrots Fruit Cocktail Orange Cranberry Scone</p>	<p>16 Broccoli Beef & Potato Hotdish Ranch Sliced Tomatoes Wh. Grain Pumpkin Bar Rustic Bread</p>
<p>19 Cook's Choice Soup Tuna Salad on Rye Fruit Juice Crackers Almost-Guilt-Free- Carrot-Cake</p>	<p>20 Roast Turkey Breast Mashed Potatoes/Gravy Roasted Garlic Lemon Broccoli Pumpkin Pie Dinner Roll</p>	<p>21 Glazed Ham Baked Sweet Potato Green Bean Casserole Cranberry Pecan Fluff Multi-Grain Bread</p>	<p>22 NO MEALS Thanksgiving Holiday</p> 	<p>23 NO MEALS Thanksgiving Holiday</p> 
<p>26 Tator Tot Hotdish Stewed Tomatoes & Zucchini Fresh Fruit Salad Blueberry Muffin</p>	<p>27 Teriyaki Chicken w/Brown Rice Prince Edward Blend Fortune Cookie Apple Crisp Sourdough Bread</p>	<p>28 Broccoli, Cannellini & Cheddar Soup Mini Hamburger/Pickles Fruit Juice Goldfish Crackers Frozen Yogurt</p>	<p>29 Ziti & Marinara Casserole w/Mozzarella Peas & Pearl Onions Banana Berry Parfait Garlic Bread</p>	<p>30 Roasted Pork Loin Sage Stuffing/ Gravy Sunny Carrot Salad Oat & Cranberry Cookie Pumpernickel Bread</p>

All meals include Skim or 2% milk and butter

Beneficial Bites



[Cranberries Newspaper Column](#)

[Cranberries Presentation](#)

[Cranberry Crossword](#)

[Cranberry Maze](#)

[Cranberry MOW Flyer](#)

[Cranberry Recipe Cards – 1](#)

[Cranberry Recipe Cards – 2](#)

[Cranberry Recipe Cards – 3](#)

[Cranberry Table Tent](#)

[Ocean Spray Cranberry 101](#)

Beneficial Bites



Cranberries



Health Benefits:

- ✓ Prevents urinary tract infections
- ✓ Prevents kidney stone formation
- ✓ Increases HDL (good cholesterol)
- ✓ Protects against macular degeneration

Interesting Facts:

- ✓ Cranberries were first named "crane berries" because the plant's flowers dip down and resemble the head of a crane
- ✓ Another name for cranberries is "bounce berries" because they bounce when ripe.
- ✓ Wisconsin is the nation's #1 cranberry producer and produces up to 390 pounds a year
- ✓ Only 5% of cranberries are sold fresh; 95% are turned into cranberry juice, sauce, and other cranberry products



Legend has it that the Pilgrims may have served cranberries at the first Thanksgiving in 1621 in Plymouth, Massachusetts

Written and Created by Laurelyn Harper
UW-Stout Dietetic Intern, 11/2009

Beneficial Bites



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Wisconsin Cranberry Marsh

WI Elderly Nutrition Program Poster Contest Finalist



Wisconsin's Elderly Nutrition Program
Celebrating 40 years of healthy food and healthy living.

Evaluation of Beneficial Bites by Amy M. Erickson, UW Stout

Evaluation found that Beneficial Bites is effective at:

- Promoting nutrition knowledge gains
- Increasing positive attitudes toward food and healthy eating
- Increasing confidence in healthy cooking
- Increasing motivation to make dietary changes
- Increasing belief that foods consumed affect health



Wellness Wednesday

- ***MeYou Health*** is a social well-being company.
- Every day email out practical tips that help improve well-being through the small, healthy actions.
- Sign up for free daily challenges at <http://www.meyouhealth.com/>
- Examples:
 - *Recall your favorite subject in high school, and list 3 reasons why you liked it. (Life Evaluation) 8/13/12*
 - *Share 1 thing that you enjoy creating, such as a special meal, craft project, or journal entry. (Emotional Health) 10/29/12*

As You Try New Innovations, Remember to Track Changes

- **Must be able to show that the new program/intervention, etc... is making a difference.**
 - Establish a baseline and re-evaluate regularly
- **Continuous Quality Improvement** helps assure the program stays effective, efficient, wanted, viable...
 - Adapt/Adopt/Abandon

Survey Tools

- **National Survey of OAA Participants**
 - Use similar survey questions to be able to compare your results to National Results.
 - <http://www.agidnet.org/DataFiles/Documents/NPS/SurveyInstrument2011.pdf>
- **Older Americans Act Nutr. Program Toolkit**
http://nutritionandaging.fiu.edu/OANP_Toolkit/
Chap. 11 (Evaluation) has some excellent information.

“GOAL: DELAY IN-HOME SERVICES- GIVING PEOPLE A PURPOSE TO GET UP, GET DRESSED AND LEAVE THE HOUSE IS VERY IMPORTANT ESPECIALLY AS WE AGE.”

Jean Lloyd, AoA National Dietitian

“CREATE A PURPOSEFUL ROLE for them. They need a reason to get up and to have meaning and give back.”

(Dr. Robert Butler at NCOA/ASA Conf. Chicago March 2010)

NCOA/ASA Annual Conference that was held in Chicago in March of 2010

- The average retiree watches 48 hours of television a week!
- We need more roles for older adults, they have time & want to be involved with things that give them purpose and are meaningful so they can give back to society.
- Want to do something that makes use of their talents vs. basic skills. I.e. develop a marketing plan or ways for your organization to be more effective communicators, etc... vs. mindless tasks such as stuffing envelopes.
- Social Security created a mindset that once you turn 65 you are on vacation. We need to invite older adults back in. We need a wall of programs for seniors to give back, show us, lead us, etc...

“Purpose Programming”

- **Provide opportunities to give back**
 - Invite groups to meet at your meal site
 - Have the participants come up with Community Activities they want to do and plan meal around those.
 - Offer Sewing, Cooking, Gardening, etc... classes for school age kids
 - Ask participants to share their talents with others
 - Playing Piano or Instrument
 - Teach Foreign language or sign language
 - Writing poems, quotes, short stories
 - Etc...

MOWAA STORIES FROM THE HEART

MRS. JILLSON [HTTP://WWW.MOWAA.ORG/MRS JILLSON](http://www.mowaa.org/mrs_jillson)



Standardization with Customization Ability

- Offer options and choices for each community to choose what energizes them.
- You can have uniformity but still allow communities the freedom to make it their own.
 - ***“More Than a MEAL”*** examples

**We Are So
Much
More
than A
MEAL!**

INTRODUCING
"MORE THAN A MEAL CAFÉ"
DINING FOR PEOPLE 60 PLUS

 **Grand Opening June 1st**

Where: American Legion
530 US Hwy 45 S, Eagle River
(Look for the helicopter on the left side of the road)

When: Lunch is served at noon. We are open 10 a.m. to 2 p.m. Tuesday, Wednesday and Friday so please come early or stay late and enjoy **free coffee**, good conversation and activities.

Cost: Suggested Donation \$4.00. Reservations are required. Call 715-891-1221 to reserve your meal 24 hours in advance. *Home delivered meals available.

*** Handicapped accessible Bus is Available.**
If you need a ride call 715-891-1221 & friendly *Werner Kant* will pick you up!

We are not a restaurant. We offer one wholesome meal a day but we offer so much more designed specifically for people age 60 plus. Think of this as **YOUR** place to **hang out**, have fun, laugh, enjoy and grow friendship and socialize. We want you to help us shape what will be offered at this location such as educational, health and wellness activities and programs that help you maintain your independence. It can be a hub for you to volunteer, give back to and strengthen your local community in various ways; **YOU can make a difference.**
Join hostess *Jennie Johnson* for food, socialization & fun!

We are not a restaurant. We offer **one** wholesome meal a day but we offer so much more designed specifically for people age 60 plus. Think of this as **YOUR** place to **hang out**, have fun, laugh, enjoy and grow friendship and socialize. We want you to help us shape what will be offered at this location such as educational, health and wellness activities and programs that help you maintain your independence. It can be a hub for you to volunteer, give back to and strengthen your local community in various ways; **YOU can make a difference.**

Please join hostess _____ for food, socialization & fun!
Our friendly bus driver _____ will gladly pick you up!

We look forward to Seeing You Soon!

Advocacy

Mobilize

Empower

All Together or All for One

Leverage

Home Delivered Meals

Meal

Encouragement

Assurance

Love

Dining Experience

Meeting place

Entertainment/education/”Edutainment”

Activities

Laughter or **L**earning

Volunteer Hub

Make A Day!

Enhance Lives!

Add Hope!

Lighten Loads!

“Purpose” Place

Make a Difference

Excite/**E**nergize/**E**mpower

A role to play

Leave a legacy

Partnerships/Relationship Building/Networking

Make connections

Educational opportunities or

Enhance the Community

Advocacy/**A**ction

Learn from Each Other

Wisconsin's Elderly Nutrition Program ***Provides **SUSTENANCE:*****

Socialization

Utilized by people 60+

Screening

Targets those most in need

Education

Nourishment

Assessment

New Serving Options

Community Service Volunteer Opportunities

Enhances Independence

Assume Your Role Leaders!

- Leaders grow relationships and partnerships.
- Should be having 2-3 conversations per week with potential partners to build informal relationships.
- Informal authority is earned...thru relationship building, you need to be connected in the community; keep people close and related.

Leaders are people who create a shared vision powerful enough to lift people out of their day to day petty preoccupations and focus them on things worthy of their effort.

“WHOLE PERSON WELLNESS”
WISCONSIN SENIOR NUTRITION
PROGRAM TAGLINE

“Feeding the Whole Person”



IN SUMMARY



***WHAT DO YOU SEE FOR THE FUTURE OF
YOUR PROGRAM?***

***HAVE THE COURAGE TO SEE WHAT OTHERS
CHOOSE NOT TO.***

***THANK YOU FOR ALLOWING ME TO HIGHLIGHT
SOME OF THE THINGS WE ARE DOING IN
WISCONSIN. PLEASE CONTACT ME IF YOU HAVE
ANY QUESTIONS/COMMENTS.
SINCERELY, PAM***