Encore Café is a new and innovative way to get “your second call at enhancing your health”.

Encore Café features:

- Choice menu and salad bar catered by The Marion HY-VEE ranging from turkey and mashed potatoes to pasta and tacos
- Evidence based programming (Chronic Disease Self-Management, Tai Chi, Stepping On, Water Aerobics and much more)
- A1C testing, Nutrition & Diabetes Education
- Nutrition Counseling

Locations

Marion Public Library open on Monday’s & Fridays from 11:30a-12:30p
Marion Lowe Park open on Wednesday & Thursday’s from 11:30a-12:30p
St. Marks United Methodist Church open Tuesdays from 11:30a-12:30p

$5.00 Suggested Voluntary Contribution for those over 60
$8.00 per meal for those under the age of 60

Encore Café is your one stop shop for nutrition, health education and socialization time with friends!

Reservations are highly recommended and should be made by 3:00pm the day before.

Call 319-398-2585 to make a reservation
ENCORE CAFÉ

GRAND OPENING

TUESDAY, MARCH 26TH
11:30 AM
4700 JOHNSON AVE NW
CEDAR RAPIDS, IA

Encore Cafe is Seniors' one stop shop for nutrition, health and wellness.

Call 319.398.7684 to make a reservation.

Encore Cafe features:
- Choice menu and full salad bar catered by the Marion HY-VEE
- Evidence based programming (Chronic Disease Self-Management, Tai Chi, Stepping on and much more)
- A1C testing, Nutrition & Diabetes Education, Activities and Socialization
- Nutrition Counseling
- To make nutrition, health and wellness easily accessible and affordable, meals are available for those 60 and over on a voluntary contribution basis, with a suggested contribution is $5.00 per meal. Those under 60 make participate at the rate of $8.00 per meal.
- Reservations are recommended

ENCORE CAFÉ
"A Second Call to Enhance Your Health"
Encore Café for seniors 60+

This NEW and INNOVATIVE café will feature:
- Choice Menu with dishes catered by HY-VEE ranging from turkey and mashed potatoes to pasta and tacos. You are bound to find something to satisfy your taste buds!
- Suggested contribution for those 60+ is $5.00
- For those under 60, the cost is $8.00 per meal
- Fully stocked salad bar (at Lowe Park location)
- Evidence Based Programming (Chronic Disease Self-Managements workshops, Tai Chi, Stepping on, Water Aerobics and much more)
- Nutrition Counseling
- Games & socialization

Encore Café is your one stop for nutrition, health education and socialization time with friends!

ENCORE CAFE
Encore Café is “your second call to enhance your health”

Café Locations:
Marion Lowe Park: 12pm Wednesdays & Thursdays with a full salad bar
Marion Public Library: 12pm Mondays & Fridays

To make a reservation call the Marion Public Library at 319.377.3412 or make one online at www.tinyurl.com/y9hh4b8y

THIS IS A FINAL VISUAL OF YOUR AD. COLORS & Trim DISPLAYED HERE WILL NOT MATCH THE PRINTED AD EXACTLY.
This is not an opportunity to make changes. Thank you for choosing Valpak® Direct Marketing Systems, Inc. ("Valpak®").
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<thead>
<tr>
<th>Mon.</th>
<th>Wed.</th>
<th>Thu.</th>
<th>Fri.</th>
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<tbody>
<tr>
<td>2 Marion Library</td>
<td>4 Lowe Park</td>
<td>5 Lowe Park</td>
<td>6 Marion Public Library</td>
</tr>
<tr>
<td>Labor Day</td>
<td>Baked Chicken Pieces</td>
<td>Taco Meat/Pulled Chicken</td>
<td>Meatloaf</td>
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<tr>
<td>Encore Café</td>
<td>Cod w/ Black Pepper Sauce</td>
<td>Hard/Soft Taco Shells</td>
<td>Hot Roast Beef Sandwich</td>
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<tr>
<td>CLOSED</td>
<td>White Mac &amp; Cheese</td>
<td>Spanish Rice</td>
<td>Mashed Potatoes w/ Gravy</td>
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<td></td>
<td>Green Beans</td>
<td>Topping Bar</td>
<td>Steamed Carrots</td>
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<td></td>
<td>Cole Slaw</td>
<td>Pasta Salad</td>
<td>Pea Salad</td>
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<td>9 Marion Library</td>
<td>11 Lowe Park</td>
<td>12 Lowe Park</td>
<td>13 Marion Library</td>
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<tr>
<td>Baked Chicken Breast w/</td>
<td>Salisbury Steak</td>
<td>Egg Salad Croissant</td>
<td>Marinated Tilapia</td>
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<td>Grilled Veg.</td>
<td>Lemon Glazed Turkey</td>
<td>Chicken Salad Croissant</td>
<td>Pork Tenderloin</td>
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<td>Baked Cod w/ Grilled Veg.</td>
<td>Cheesy Potatoes</td>
<td>Vegetable Soup</td>
<td>Mashed Potatoes w/ Gravy</td>
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<td>Roasted Red Potatoes</td>
<td>Steamed Corn</td>
<td>Fresh Fruit</td>
<td>Cole Slaw</td>
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<tr>
<td>Beet Salad</td>
<td>Cottage Cheese</td>
<td>Bean Salad</td>
<td>Dinner Roll</td>
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<td></td>
<td>Monthly Birthday Party</td>
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<td>16 Marion Library</td>
<td>18 Lowe Park</td>
<td>19 Lowe Park</td>
<td>20 Marion Library</td>
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<tr>
<td>Lemon Pepper Cod</td>
<td>Grilled Hamburgers w/ cheese</td>
<td>Roasted Pork Loin</td>
<td>Lasagna</td>
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<td>Pulled Pork on Bun</td>
<td>Honey Chicken Strips</td>
<td>Baked Chicken w/ Grilled Veg.</td>
<td>Chicken Alfredo</td>
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<td>White Mac &amp; Cheese</td>
<td>Tater Tots</td>
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<td>Steamed Green Beans</td>
<td>Buttered Corn</td>
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<td></td>
<td>Bean Salad</td>
<td>Beet Salad</td>
<td>Breadstick</td>
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<td></td>
<td>National Cheeseburger Day</td>
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<td>25 Lowe Park</td>
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<tr>
<td>Chicken Salad Croissant</td>
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<td>Goulash</td>
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<td>Sweet Chili Chicken</td>
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<td>Chicken Wild Rice Soup</td>
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<td>Bean Salad</td>
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<td>German Chocolate Brownie</td>
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<td>International Tourism Day</td>
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<tr>
<td>Egg Casserole w/ Sausage</td>
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<tr>
<td>Sliced Ham</td>
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<td>Hash Browns</td>
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<td>Fresh Cut Fruit</td>
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<tr>
<td>Muffins</td>
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Meals also include salad bar and milk/coffee

**Reservations:**
- Marion Public Library: 319-377-3412
- On-Line: tinyurl.com/y9hh4b8y
- The Heritage Agency: 319-398-2585

*Those with advanced reservations will be served first.*

*Those without reservations will be served beginning at 12:00p*
<table>
<thead>
<tr>
<th>Day</th>
<th>Item</th>
<th>Notes</th>
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<tr>
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<td></td>
<td>Slice Cucumber, Banana, Tomato, Slice Pepper, Green Salad, Cherry</td>
<td>Fresh cut fruit, 3 oz per person</td>
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</tbody>
</table>

Notes:
- 3 oz per person
- 8 oz skim milk
- 8 oz 2% milk
- 8oz of 1% milk
- Slow Cook Pulled Pork
- Honey BBQ Sauce
- Wheat Bun
- Spring Salad
- Slop of 2% milk
- Honey BBQ Sauce
- Pulled Chicken Meat
- Slop of 2% milk
- Chicken piece on sweet
- Slop of 2% milk
- Grill Vegetable Top
- Slop of 2% milk
- Roast Turkey Breast
- Herb Seasoning Slop
- Over Baked
- Baked Cod Fish

Week of June 04
<table>
<thead>
<tr>
<th>Day</th>
<th>Item</th>
<th>Servings</th>
<th>Price/Person</th>
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<td>Wed</td>
<td>Steel Cut Cucumber, Banana</td>
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<td>Slow Cook Pull Pork</td>
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<td>PROTEIN</td>
<td>VEGETABLES</td>
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<tr>
<td>MON</td>
<td>3 oz Tuna and 1 slice of bread</td>
<td>Tuna</td>
<td>Green beans</td>
<td>Whole wheat</td>
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<tr>
<td>TUE</td>
<td>3 oz Tuna and 1 slice of bread</td>
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<td>Time</td>
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<tr>
<td>MON</td>
<td>8:00</td>
<td>B 1</td>
<td>3 oz of 1% milk, 8 oz skim milk.</td>
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<tr>
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<tr>
<td>MON</td>
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<td>B 3</td>
<td>Sliced cucumber, bannana, sliced tomatoes, sliced pepper, spinach greens, salad, cherry.</td>
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<tr>
<td>TUE</td>
<td>8:00</td>
<td>B 1</td>
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Week of June 25
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<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td><strong>DRINKS</strong>&lt;br&gt; 8 oz of 1% milk 8 oz of 2% milk</td>
<td><strong>ENTRÉES</strong>&lt;br&gt; Baked Chicken Breast&lt;br&gt; Grilled Chicken Breast&lt;br&gt; Spaghetti&lt;br&gt; Stroganoff</td>
<td><strong>ENTRÉES</strong>&lt;br&gt; Beef Chili&lt;br&gt; Grilled Cheese&lt;br&gt; Spaghetti Meatball&lt;br&gt; Chicken Parmesan</td>
<td><strong>ENTRÉES</strong>&lt;br&gt; Spaghetti&lt;br&gt; Chicken Parmesan&lt;br&gt; Grilled Cheese&lt;br&gt; Beef Chili</td>
<td><strong>ENTRÉES</strong>&lt;br&gt; Spaghetti&lt;br&gt; Chicken Parmesan&lt;br&gt; Grilled Cheese&lt;br&gt; Beef Chili</td>
<td><strong>ENTRÉES</strong>&lt;br&gt; Spaghetti&lt;br&gt; Chicken Parmesan&lt;br&gt; Grilled Cheese&lt;br&gt; Beef Chili</td>
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<td><strong>DESSERTS</strong>&lt;br&gt; Brownies&lt;br&gt; Cookies&lt;br&gt; Cake</td>
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<td>MON</td>
<td>SODIUM 800mg</td>
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<td>SODIUM 80mg</td>
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**WEEK 6**

**ENCORE CAFE**

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<tr>
<td>3 KIND LITE DRESSING</td>
<td>SLICED CUCUMBERS, BANANA</td>
<td>TOMATOES, SLICED PEPPERS</td>
<td>SPRING GREEN SALAD, CHERRY</td>
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**HOURS**
- 9 A.M. TO 9 P.M.

**Encore Cafe**

**Week 7**
<table>
<thead>
<tr>
<th>Day</th>
<th>Menu Item</th>
<th>Price Per Person</th>
<th>Notes</th>
</tr>
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<tbody>
<tr>
<td>Mon</td>
<td>Same as above</td>
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**Notes:**
- All meals include 2% milk.
- Meals are served with 3% low-fat milk or 2% milk at no additional cost.
- All meals are served with 2 oz of whole wheat bread.

**Specials:**
- Grilled vegetables top 3 oz of roast pork loin for an additional $0.50.
- Grilled vegetables top macaroni and cheese for an additional $0.50.
- Grilled vegetables top pulled pork for an additional $0.50.

**Sodium:**
- Sodium 0-160 mg
- Sodium 161-299 mg
- Sodium 300 mg or more

**Day # 1:**
- Hand & soft shell
- Low beef taco meat 3 oz

**Day # 2:**
- Hand & soft shell
- Pull chicken taco 3 oz

**Day # 3:**
- Hand & soft shell
- Taco bar

**Day # 4:**
- Hand & soft shell
- Pull chicken taco 3 oz

**Day # 5:**
- Hand & soft shell
- Taco bar

**Day # 6:**
- Hand & soft shell
- Pull chicken taco 3 oz

**Day # 7:**
- Hand & soft shell
- Taco bar
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30am-12:30pm Encore Café at the Marion Library</td>
<td>11:30am-12:30pm Encore Café at St. Marks United Methodist Church</td>
<td>9:30am Bingo at Lowe Park in the Sunburst Room</td>
<td>9:30am Bingo at Lowe Park in the Sunburst Room</td>
<td>9am Pinochle at Lowe Park in the Sunburst Room</td>
</tr>
<tr>
<td>12:30pm Live Music at Lowe Park (Oaks Room)</td>
<td>11:30am-12:30pm Encore Café at St. Marks United Methodist Church</td>
<td>11:30am-12:30pm Encore Café at Lowe Park</td>
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<td>12:30pm Live Music at Lowe Park (Oaks Room)</td>
<td>9:00am 500 at Lowe Park</td>
<td>11:30am-12:30pm Encore Café at Lowe Park</td>
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<tr>
<td>12:15pm-12:45pm Presentation on “Exercise and Arthritis”</td>
<td>11:30am-12:30pm Encore Café at Lowe Park, 11:30am-12:30pm Monthly Birthday Party at Lowe Park, 1pm Line Dancing at Lowe Park in the Oak Room</td>
<td>1pm Line Dancing at Lowe Park in the Oak Room</td>
<td>11:30am-12:30pm Encore Café at Lowe Park, 12:15pm-12:45pm Presentation on “Exercise and Arthritis”</td>
<td>11:30am-12:30pm Menu Listening Session-Marion Public Library</td>
</tr>
<tr>
<td>9am 500 at Lowe Park in the Sunburst Room</td>
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<td>10:30am-12:30pm Encore Café at Lowe Park, 1pm Line Dancing at Lowe Park in the Oak Room</td>
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FAQ’s
(Frequently Asked Questions)

• What time do you serve lunch at the Encore Cafes?
  o Meals are served at Marion Public Library at 11:30am Monday and Friday, and at 11:30am at Marion Lowe Park on Wednesdays and Thursdays. Encore Café serves meals at St. Mark’s Methodist Church in Cedar Rapids at 11:30am on Tuesdays.

• Do I need to make a reservation?
  o Yes. In order to control food costs, reservations are requested. Reservations can be made in advance at meal sites, online, or by calling the Heritage Agency (319.398.2585). Reservations are strongly encouraged to be made by 1:30pm the day before. However, every effort will be made to accommodate late reservations up to 9:30am day of meal. Reservations after 9:00am cannot be guaranteed.

• What if I forgot to make a reservation or decide to come the morning of a meal?
  o Participants who do not make a reservation before 9:00am the day of the meal may come and participate that day, but will need to wait to receive a meal until those with reservations have arrived and been served. This is usually by 12:15pm.

• How do I cancel a reservation?
  o You may contact Heritage Agency to cancel a reservation (319.398.2585). If you are unable to attend, please cancel your reservation in order to help control costs.

• Do I have to fill out all of the questions on the registration form?
  o It is preferred you fill out the registration form in full. This information allows our agency to maintain funding levels necessary to keep Encore Café operating. When less demographic information is received, less funding is provided the following year. Information is collected for statistical purposes only, to ensure the best possible service is being provided to those using this program. Information is NOT shared outside of The Heritage Agency. We value your privacy - NO names are associated with the data reported.

• Is there a cost for the meals?
  o For those over the age of 60, there is a suggested voluntary contribution of $5.00 per meal. All contributions go towards supporting and providing the Encore Café program.

• Over-----
• **What if I am under the age of 60?**
  o Anyone who is under 60 years of age may participate in the Encore Café programs. Spouses or individuals with disabilities who are under the age of 60 can participate at the suggested contribution rate of $5.00. The cost for others under 60 is $8.00 per meal, and can be given to the Site Coordinator or the host at the check-in table.

• **Can friends from outside of the city participate?**
  o Yes. There are no restrictions on residency for participation in the Encore Cafe.

• **I am experiencing needs in areas such as caregiving, not being able to afford food on a regular basis, and other topics related to older adults. Is there additional services available?**
  o Yes there is. The Heritage Area Agency on Aging provides support and referrals for a wide variety of services relating to older adults. Please feel free to discuss any needs with the site coordinator. They will be happy to visit with you, so your needs can be addressed.

• **I have concerns and questions related to the type of food I should be eating. Is there assistance available to help receive additional information?**
  o Nutrition Counseling, is available upon request and is a one on one session with a registered dietitian at one of the area’s HY-VEE Food and Drug Stores. Please see the site coordinator for information and assistance for this service.

• **Can I take my meal to go?**
  o The intent of Encore Cafe is to offer socialization opportunities, in a community setting. If you are unable to finish your meal before you have to leave, you can request a container to take your remaining food with you. Please reach out to the site coordinator for further assistance.

• **Can I use my own container from home?**
  o No. To minimize the potential risk to older adults who are at greater risk for food-borne illnesses, only containers provided by Encore/Heritage may be used for food not consumed onsite. Please request carryout containers if needed for leftovers.

If you have any further questions about Encore Café please contact Becky Briggs at 319.398.2585 or Tim Getty at 319.398.7682

Your comments are very important to us. Please be sure to ask the Encore Site Coordinator to fill out a comment card.
We want to hear from you!

Please let us know how we are doing

Please circle which site you more frequently attend

Marion Lowe Park  Marion Public Library  St Mark’s UMC

- Is there something you would like to see?
- Are there any programs or activities you would like to try?
- What kind of foods would you like to see offered at Encore Café?
- Additional Comments?

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
ENCORE CAFÉ

Encore Café Reservation Line
319-398-2585
Available 24 hours a day, 7 days a week.
Please leave a message.
Heritage
Area Agency on Aging

6301 Kirkwood Blvd. SW
Cedar Rapids, Iowa 52404

Phone: 319-398-5559 or 800-332-5934
Fax: 319-398-5533   |   www.heritageaaa.org
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Cedar Rapids, Iowa 52404

Phone: 319-398-5559 or 800-332-5934
Fax: 319-398-5533   |   www.heritageaaa.org
Encore Café
Volunteer Information Sheet

Name:_________________________________________________

Phone Number:_______________  E-mail Address:______________

Address:_____________________________________________________________________

Availability:  Monday  Tuesday  Wednesday  Thursday  Friday

Preferred location(s): Lowe Park  Marion Library  St. Mark’s

Emergency contact:
Name:_________________________  Phone Number:______________

Encore Café
Volunteer Information Sheet

Name:_________________________________________________

Phone Number:_______________  E-mail Address:______________

Address:_____________________________________________________________________

Availability:  Monday  Tuesday  Wednesday  Thursday  Friday

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Address:_____________________________________________________________________

Availability:  Monday  Tuesday  Wednesday  Thursday  Friday

Preferred location(s): Lowe Park  Marion Library  St. Mark’s

Emergency contact:
Name:_________________________  Phone Number:______________
The Nutrition Site Volunteer is vital to the success of the senior dining sites. The following is a basic description of the duties and expectations of the position and is not meant to be an exhaustive description.

Tasks:
- Provide a happy and warm atmosphere by greeting participants and making them feel welcome.
- Serve and assist participants as necessary.
- Clean and sanitize table after meal service.
- Assist in setting up and taking down serving line. etc.
- Follow directions of Site Coordinator or person in charge.
- Maintain proper cleanliness and follow all food safety guidelines.
- Complete food employee/volunteer illness reporting form annually

Skills:
- Friendly personality and good personal interaction skills/ “people” person.
- Basic communication skills
- Friendly person
- Customer service driven

Abilities:
- Ability to think independently
- Ability to be flexible with assigned tasks
- Customer service oriented
Policy 5  
Confidentiality

I PURPOSE

To ensure that personal health information is protected so that individuals are not afraid to seek health care or to disclose sensitive information to health professionals. To also ensure that personal health information is protected during its collection, use, disclosure, storage, and destruction within The Heritage Area Agency on Aging.

II DEFINITIONS

A. “Personal Health Information” means all information, recorded or exchanged verbally about an identifiable individual that relates to:

1. The individual's health or health care history, including genetic information about the individual or the individual's family.

2. What Heritage has learned or observed, including conduct or behavior that may be a result of illness or the effect of treatment.

3. The provision of health care to the individual. Individuals include co-workers or families of co-workers when they are clients of Heritage.

4. Payment for healthcare provided to the individual, which includes:
   a. The personal health identification number and any other identifying number, symbol, etc., assigned to an individual.
   b. Any identifying information about the individual that is collected in the course of, and is incidental to, the provision of health care or payment for health care.

B. Persons associated with Heritage: includes all employees, contracted individuals, volunteers, and students.

III POLICY

A. All employees and persons associated with Heritage are responsible for protecting the privacy and security of personal health information (oral or recorded in any form) that is obtained, handled, learned, heard or viewed in the course of their work or association with Heritage.

B. Personal health information shall be protected during its collection, use, storage and destruction with Heritage.

C. Use or disclosure of personal health information is acceptable only in the discharge of one's responsibilities and duties (including reporting duties imposed by legislation) and based on the need to know. Discussion regarding personal health information should not take place in the presence of persons not entitled to such information or in public places (elevators, lobbies, cafeteria, off premises, etc.)
D. The execution of a Personal Health Information Pledge of Confidentiality (see attached) is required as a condition of employment/contract/association/appointment with Heritage. Heritage employees are to sign a confidentiality pledge on an annual basis.

E. Unauthorized use of disclosure of confidential or protected health information will result in disciplinary action up to and including termination of employment/contract association/appointment.

F. All individuals who become aware of a possible breach of the security or confidentiality of personal health information are to follow the procedures outlined in Section IV.

IV PROEDURE FOR ALLEGED BREACH OF CONFIDENTIALITY

A. An allegation of a breach of confidentiality of personal health information may be made about any staff member of Heritage. Any individual receiving an allegation of a breach of confidentiality or having knowledge of a reasonable belief that a breach of confidentiality of personal health information may have occurred should immediately notify the Privacy Officer.

B. The Privacy Officer will decide whether to proceed with an investigation. It may be decided that a complaint does not require investigation if:
   1. The length of time that has elapsed since the date of complaint makes an investigation no longer practicable or desirable.
   2. The subject matter of the complaint is trivial or not made in good faith or is frivolous.
   3. The circumstances of the complaint do not require investigation.

C. If the decision is made to proceed with an investigation, it is the responsibility of the Privacy Officer to investigate the allegation and consult appropriate resources to make a determination if a breach of confidentiality of personal health information has been made.

D. If a breach of confidentiality of personal health information has occurred, disciplinary action should be taken.

E. All incidents of a breach of confidentiality of personal health information should be documented and filed in the employee's file and the office of the Privacy Officer.

Pledge for Confidentiality

Protected Personal Health Information

I, the undersigned, have read and understand The Heritage Area Agency on Aging’s policy on “Confidentiality Protected Personal Health Information Policy” as well as The Heritage Area Agency on Aging’s Information Security Policy. In consideration of my employment or association with Heritage and as an integral part of the terms and conditions of my employment or association, I hereby agree that I will not at any time, during or after my employment or association ends, access or use personal health information, or reveal or disclose to any persons within or outside Heritage, any personal health information except as may be required in the course of my duties and responsibilities and in accordance with applicable legislation and agency policies governing
proper release of information. I also understand that unauthorized use or disclosure of such information will result in disciplinary action up to and including termination of employment/contract/association and may result in the imposition of fines pursuant to applicable state and federal laws.

_________________________________________
Date

_________________________________________
Signature of individual making pledge

I have discussed the Confidentiality Protected Personal Health Information Policy and the consequences of a breach with the above named individual.

_________________________________________
Signature of individual administering pledge

_________________________________________
Date
FORM
1-B

Conditional Employee or Food Employee Reporting Agreement

Preventing Transmission of Diseases through Food by Infected Conditional Employees or Food Employees with Emphasis on Illness due to Norovirus, Salmonella Typhi, Shigella spp., or Shiga toxin-producing Escherichia coli (STEC), nontyphoidal Salmonella or Hepatitis A Virus

The purpose of this agreement is to inform conditional employees or food employees of their responsibility to notify the person in charge when they experience any of the conditions listed so that the person in charge can take appropriate steps to preclude the transmission of foodborne illness.

I AGREE TO REPORT TO THE PERSON IN CHARGE:

Any Onset of the Following Symptoms, Either While at Work or Outside of Work, Including the Date of Onset:

1. Diarrhea
2. Vomiting
3. Jaundice
4. Sore throat with fever
5. Infected cuts or wounds, or lesions containing pus on the hand, wrist, an exposed body part, or other body part and the cuts, wounds, or lesions are not properly covered (such as boils and infected wounds, however small)

Future Medical Diagnosis:

Whenever diagnosed as being ill with Norovirus, typhoid fever (Salmonella Typhi), shigellosis (Shigella spp. infection), Escherichia coli O157:H7 or other STEC infection, nontyphoidal Salmonella or hepatitis A (hepatitis A virus infection)

Future Exposure to Foodborne Pathogens:

1. Exposure to or suspicion of causing any confirmed disease outbreak of Norovirus, typhoid fever, shigellosis, E. coli O157:H7 or other STEC infection, or hepatitis A.
2. A household member diagnosed with Norovirus, typhoid fever, shigellosis, illness due to STEC, or hepatitis A.
3. A household member attending or working in a setting experiencing a confirmed disease outbreak of Norovirus, typhoid fever, shigellosis, E. coli O157:H7 or other STEC infection, or hepatitis A.

I have read (or had explained to me) and understand the requirements concerning my responsibilities under the Food Code and this agreement to comply with:

1. Reporting requirements specified above involving symptoms, diagnoses, and exposure specified;
2. Work restrictions or exclusions that are imposed upon me; and
3. Good hygienic practices.

I understand that failure to comply with the terms of this agreement could lead to action by the food establishment or the food regulatory authority that may jeopardize my employment and may involve legal action against me.

Conditional Employee Name (please print) ___________________________________________ Date _____________

Signature of Conditional Employee ___________________________________________ Date _____________

Food Employee Name (please print) ___________________________________________ Date _____________

Signature of Food Employee ___________________________________________ Date _____________

Signature of Permit Holder or Representative ___________________________________________ Date _____________
Encore Café
Volunteer Orientation
Becky Briggs/Tim Getty
Heritage Area Agency on Aging Overview

• One of six Area Agencies on Aging in Iowa
• Mission of Heritage
• Services Provided
• Agency Brochure
Encore Café Overview

- Brand new concept (nation-wide pilot project)
- Adding services for older adults
- Not just about a meal
- Evidence-based Programming
- We’re writing the “book”
Overview cont.

• Food provided by Marion-HY-VEE
• Meals available on a voluntary contribution basis (over 60)
  • Suggested contribution: $5.00 per meal
• Serving time 11:30
• Menus analyzed to meet nutrition requirements
• Menu published monthly
• Participants have their name checked off when they arrive
Reservations

• Can be made on site
• Calling Marion Public Library
  • 319-377-3412
• On-line
  • Tinyurl.com/y9hh4b8y
• Calling Heritage: 319-398-2585 or 319-398-5559
Encore Café Lowe Park

- Wednesdays and Thursdays
- Choice of two entrees
- Salad Bar
- Beverages
- Desserts and bread items as appropriate
- Special Meals/events/speakers
- Handout
Encore Café Marion Public Library

• Fridays and Mondays
• Salad Bar
• Beverages
• Desserts, bread as appropriate
• Special meals/events/speakers
• Handout
Encore Café St. Mark’s

- Tuesdays
- Salad Bar
- Beverages
- Desserts, bread as appropriate
- Special meals/events/speakers
- Handout
Volunteer Duties/Job Description

- Job Description Handout
- Serving/Assisting
- Set-up/clean-up
- Other duties as assigned/needed
- Flexibility is key
Scheduling/Availability

• Need approx. 2-3 volunteers per day
• 11a-1p-ish
  • Do not need to necessarily stay all two hours
• Flexible schedules/Complete slip in packet
• Open to school/community groups, etc.
• Will send out schedule, etc. to you (prefer monthly, but things change)
Policies/Procedures

• Handling of Intake Forms/Vol. contributions
• Food Safety
  • Food handling
• Not able to make scheduled shift/time off
• Weather Related Closing Policy
• Appearance
  • Shirt/apron
Odds and Ends

• Completion of Intake Forms
• Volunteer Meals
• Needed forms:
  • May take them home or sign and give to Becky
  • Foodservice Illness Reporting Agreement
  • Confidentiality Agreement
• Feedback Needed!!!!!!
• Spread word!!
Thank You!!!!

- Excitement is Building
- Eyes are looking at this project as cutting edge
- Outstanding community support
- We cannot be successful without you
Thank You!!

- Tim Getty, Regional Nutrition Coordinator
tim.getty@Kirkwood.edu 319-398-7682
- Becky Briggs, Encore Café Coordinator
becky.briggs@Kirkwood.edu 319-398-2585
Innovations in Nutrition Program
Heritage Area Agency on Aging

- One of six AAA’s in Iowa
- Seven county service region (Benton, Cedar, Iowa, Johnson, Jones, Linn, Washington)
- Cedar Rapids metro area (2nd largest city in Iowa)
- Eighteen senior dining locations, seven partner providers
Issue: Significant Decline in Congregate Participation

- Following national trend
- Outdated service delivery methods
- Several site closures in 2012
- Linn County had one of largest declines in congregate participation in state over last ten years
Issue: Lack of Available Services

- Only one senior dining location in second largest metro area
- Provided services to 7% of older adults in Marion, Iowa (one of fastest growing areas in Iowa)
- Little opportunity for socialization and enrichment activities
- Limited to no knowledge of services available through AAA
Solution: Encore Café

- Pilot project started in December 2017
- Seed-funding from federal and state grants
- Revitalization of congregate meal program in Linn County
- Diabetes focused
- Four dining sites
Encore Café
“A Second Call to Enhance Your Health”
Encore Café Concept

- Focus on combatting diabetes and social isolation
- Focusing on older adults in the “gap”
- New service delivery model
  - Choice menu served buffet-style
  - Salad Bar with feature salad of day
  - Poured beverages
  - Reusable table service
  - Volunteer-cleared tables
Encore Café: Central City

• Serve at 11:45a
• Choice menu
• Salad bar
• Meals prepared by Central City Senior Dining
• Weekly exercise class
Encore Café: Marion

Marion-Lowe Park
- Offered Wednesdays/Thursdays 11:30-12:30
- Choice menu/salad bar
- Meals prepared by HYVEE-Marion
- Produce Box and food distribution

Marion Public Library (main meeting rooms)
- Offered Friday/Monday 11:30-12:30
- Choice menu/salad bar
- Meals prepared by HYVEE-Marion
- Produce Box and food distribution
Encore Café: St. Marks United Methodist Church

Cedar Rapids
- Offered Tuesdays 11:30-12:30
- Enter through main doors
- Choice menu/salad bar
- Meals prepared by HYVEE-Marion
- Monthly Produce Box/food distribution
- Monthly topic of the month guest speakers
Encore Café: Key Points

- Reservations strongly recommended by 1:30p the day prior.
- Reservations not made the day before, may be accommodated, subject to those with prior reservations being served.
- $5.00 suggested voluntary contribution for those over 60
- $8.00 per meal charge for those under the age of 60
- There are no residency requirements for participation
- Completion of annual registration form
Encore Café: Health & Wellness Programming

- Creation of Health & Wellness Coordinator and Encore Café Coordinator Position
- Collaborations of monthly speaker series
- A1C Testing Diabetes-specific education
- Health & Wellness Speakers
- Evidence-based Programming (Matter of Balance, CDMSP, Tai Chi)
- Water Aerobics for Arthritis
Thank You!!

- Tim Getty, Regional Nutrition Coordinator  
  tim.getty@kirkwood.edu 319-398-7682
- Becky Briggs, Encore and Volunteer Coordinator
  becky.briggs@kirkwood.edu 319-398-2585
Innovations in Nutrition Program
Heritage Area Agency on Aging

• One of six AAA’s in Iowa
• Seven county service region
• Mix of urban, suburban and rural
• Cedar Rapids metro area (2nd largest city in Iowa)
• Eighteen senior dining locations, seven partner providers
Issue: Significant Decline in Congregate Participation

- Following national trend
- Outdated service delivery methods
- Several site closures in 2012
- Linn County had one of the largest declines in congregate participation in the state over the last ten years
Issue: Lack of Available Services

• Only one senior dining location in second largest metro area
• Provided services to 7% of older adults in Marion, Iowa (one of fastest growing areas in Iowa)
• Little opportunity for socialization and enrichment activities
• Limited to no knowledge of services available through AAA
Solution: Innovations in Nutrition Grant

- Funded through two year ACL grant
- Contracted partner of Iowa Department on Aging
- Revitalization of congregate meal program in Linn County
- Diabetes focused
- Four dining sites (one existing, one reopening, two new)
- Program evaluation conducted by Iowa State Extension (focus groups, surveys)
Encore Café
“A Second Call to Enhance Your Health”
Encore Café Concept

- Focus on combating diabetes and social isolation
- Review of data prior to site placement
  Need greater than first thought
  Added additional Marion site
- Focusing on older adults in the “gap”
- New service delivery model
  - Choice menu & salad bar
  - Poured beverages
  - Tables cleared by volunteers
- Innovative and replicable
Encore Café: Collaborations/Partnerships

- Linn County Community Services
  Local grant oversight committee
- City of Central City
- City of Marion
  Parks & Rec
  Marketing/website
- Marion Public Library
  Reservation System
  Volunteer Recruitment
- St. Marks United Methodist Church
- HYVEE Food Stores
Encore Café: Marketing

- Development of brand/concept
  Logos/brand identity
- Continuing of coverage
  Newspaper features (hometown)
  Publishing of menus
- Social Media
  Library, Chamber of Commerce, Other partners
- Word of Mouth
Encore Café: Health & Wellness Programming

- Creation of Health & Wellness Coordinator and Encore Café Coordinator Position
- Collaborations of monthly speaker series
- A1C Testing Diabetes-specific education
- Health & Wellness Speakers
- Evidence-based Programming (Matter of Balance, CDMSP, Tai Chi)
- Water Aerobics for Arthritis
Encore Café: Central City

- Retrofitting existing location
- Had highest percentage of decline in participation
- Located in rural Linn County
- Serve at 11:45a
- Choice menu
- Salad bar
- Chef-lead cooking demonstrations
Encore Café: Marion

Marion-Lowe Park
- Reopening of closed location
- Offered Wednesdays/Thursdays 11:30-1:00
- Choice menu/salad bar
- Average 38 participants per meal
- Produce Box

Marion Public Library
- Near 3 senior housing complexes
- Offered Friday/Monday 12:00-1:00
- Choice menu/salad bar
- Produce box
- Average 30 participants per meal
Encore Café: St. Marks United Methodist Church

Cedar Rapids
- Opened February 2019
- Offered Tuesdays 11:30-12:30
- Choice menu/salad bar
- Average 42 participants per meal
- Produce Box
- Near three low-income senior housing complexes
- Located in food desert
To Date (June 2019)

- 9,438 total meals served
- 30 + attendees in evidence-based classes
- Highest voluntary contribution rate in region avg. $3.90/meal)
  - Highest monthly average: $4.77 per meal
  - Lowest monthly average: $3.33 per meal
- Highest participation: 85 meals (anniversary event)
- Lowest participation: 19 meals (winter storm, outside event)
- 13 Options Counseling Referrals
- 15 Nutrition Counseling Referrals
General Observations

• Changing attitudes and perceptions of the congregate meal program
• Participant will contribute/participate for perceived value
• Participants are willing to help you (comment cards, questions)
• Flexibility is key
  Range of serving time vs at on set time
  Modernizing and innovating “Breaking of the Mold”
Participant Thoughts

• More than just access to food
• Biggest benefits are socialization and access to **appropriate** meals and food supplies
• Cooking for one/balanced meals
• “Reason to get out of bed”
• Access to supportive services/education
• Empowering participants to make better choices to enhance their health.
Lessons Learned

• Be prepared for unexpected (good and bad) opportunities
• Direction may change frequently
• Challenged every aspect of organization (program, fiscal, contract)
• Control growth and excitement “pull back the reins”
• Look for collaborations in unconventional ways
• Have open mind to try new things/new ways of thinking (ask volunteers for advice)
• Take time to sit back and watch
Thank You!!

• Tim Getty, Regional Nutrition Coordinator
tim.getty@kirkwood.edu 319-398-7682

• Becky Briggs, Encore and Volunteer Coordinator

• becky.briggs@kirkwood.edu 319-398-2585
The Heritage Area Agency on Aging is requesting quote(s) from vendors for a nutrition pilot project in Marion, Iowa to targeted vendors with experience in the provision of food service to older adults.

Quotes are requested by Noon on Wednesday, March 7, 2018.

Pilot Project Summary and Desired Outcome

The Heritage Area Agency on Aging is implementing a pilot project to address the continued decline of participation in the currently established congregate meal program, increased need and desire for nutrition and health and wellness programming for older adults, and to combat the increasing level of older adults at-risk for Prediabetes and Diabetes.

The “Innovations in Nutrition” Pilot Project concentrates on providing older adults throughout Linn County, with two new senior dining locations in Marion, Iowa: Lowe Park (Wednesday and Thursday) and the Marion Public Library (Monday and Friday). Each site will offer a choice menu, access to fresh fruit and vegetables, and opportunities to participate in nutrition education and evidence-based programming such as chronic disease self-management and falls prevention. The Marion-Lowe Park location will also feature a salad bar during the established meal service. All services will be available to older adults age 60+ on a voluntary contribution basis.

The desired outcome is to identify successful strategies that increase participation, satisfaction, and health benefits that can be replicated throughout the Heritage seven county region.
Scope of Work for Quote Summary

- Offer meals at Marion site(s) through 6/30/2018 with an option to renew an additional year
  - Lowe Park: 2 days per week – Wednesday and Thursday
  - Marion Public Library: 2 days per week – Monday and Friday
- Offer choice menus
  - Hot or cold meals on set days with attention to the appeal of the meal in the areas of garnish, color, shape/texture and plating
  - Salad bar at Lowe Park each day
  - Offer a breakfast option in place of the lunch option at one or both of sites monthly
  - Offer two special meals per year (holiday/themed meals)
- Service delivery
  - Delivery of meals/food supplies to the site(s)
  - Meals should include all items specific to the particular meal, including beverages such as but not limited to coffee, water, etc.
  - All menus must follow established Iowa Department on Aging nutritional guidelines and if not using current Heritage menu cycle, must be analyzed and approved by a registered dietician at the vendor’s expense
  - Two “chef choice” days, which do not need to be analyzed, can be offered every four weeks.
  - Bulk/buffet service of meals is preferred on either reusable plates or hard plastic disposable plates.
  - Publish menu on a monthly basis with carb count listed for each meal/item
  - Reservations may be required
- Site operation
  - Maintain staff or volunteer presence at sites to serve and complete required registration forms and other basic reports
  - Submission of monthly reports (such as rosters, billing, etc.)
  - Adherence to Iowa Food Code
  - One staff/volunteer to maintain certified food protection manager certification. This individual does not need to be at the program site.
  - Participate in annual site visit evaluation and any other visits by Heritage or other entities.
  - Meals need to be offered on a voluntary contribution basis. The suggested contribution rate can be established by the vendor. The vendor owns any contributions, but will need to report them to Heritage and follow Heritage fiscal standards for collection and deposit.
• Heritage assistance available
  o Obtaining and sustaining Food Establishment License for both Marion locations
  o Purchasing of salad bar and associated service ware/pans/equipment
  o Purchasing of needed serving utensils
  o Providing white hard plastic plates, bowls, salad plates if vendor so chooses
  o Food safety supplies (fluid clean-up kits, thermometers, cleaning buckets, etc.)
  o Technical assistance in the area of site management/operation

Required information to be submitted in vendor quote:

1. Cost per meal with explained rationale
2. Number of meals per day vendor has capacity to serve each day
3. Summary of staffing/volunteer strategy
4. Summary of meal type and presentation/service method
5. Summary of planned menus and development if not planning to use Heritage menus
6. Any other extraordinary fees to cover the meal service of the pilot project that are not
equipment related to the program site as Heritage will be purchasing salad bars and
other necessary program equipment.

Heritage will accept responses electronically or in writing until Noon on March 7, 2018.

Reimbursement method

Heritage will provide a per meal reimbursement with additional bonus payments awarded for
increased participation and meeting/surpassing satisfaction rate goals. The rate is proposed by
the vendor and bonuses will be established in a contract awarded to the successful quote based
on available funding.

Preference given to vendors that offer:

• The ability to serve both Marion locations
• Appealing and creative plating or packaging
• Vendors that are currently providing a similar service with the Lowe Park
• Vendors that have staff/volunteers that are trained in evidenced based health programs
desired by Heritage

At least three potential vendors will be contacted.

Please contact Tim Getty of The Heritage Area Agency on Aging at 319-398-7682 with any
questions. Thank you.
Memorandum of Understanding between
The Heritage Area Agency on Aging
and St. Marks United Methodist Church

This agreement is made by and between The Heritage Area Agency on Aging (HAAA), Kirkwood Community College, 6301 Kirkwood Blvd. SW, Cedar Rapids, Iowa 52404, and St. Marks United Methodist Church, 4700 Johnson Avenue, Cedar Rapids, Iowa 52405.

1. In consideration of the mutual promises and covenants contained herein, the Heritage Area Agency on Aging and St Marks United Methodist Church agree as follows:
   a. Location/Space – Provide appropriate space to establish and maintain an Encore Café location at St. Marks United Methodist Church
      i. Kitchen – Provide access to appropriate kitchen facilities, as approved by the Linn County Public Health Department, for preparing and serving of meal, and washing of service items as needed.
      ii. Dining/Programming – Provide access to suitable area, as approved by the Linn County Public Health Department, for dining and programming efforts.
      iii. Storage – Provide storage for portable salad bar and a limited amount of storage for disposable goods, supplies, and serviceware.
   b. MOU type – This MOU is a grant service agreement paid upon the submission of required information to Heritage.
1. **St. Marks United Methodist Church shall:**
   
   a. **Location** – St. Marks United Methodist Church will grant HAAA access to the St Marks kitchen and dining/programming space from 11:00a-1:00p, weekly on Tuesdays. If the space is needed due to a funeral, arrangements will be made to relocate the Encore Cafe to another area of the facility. The day of the week and number of serving days may be adjusted, based on feedback and the mutual agreement of both parties.
      
      i. **Kitchen**: HAAA and its caterer will have access to the kitchen area to make final meal preparations and also the use of dishwashing facilities as needed.
      
      ii. **Dining/Programming**: HAAA and its caterer will have access to the dining room for serving of the meal and also programming. Additional space needs related to evidence-based program offerings and additional services will be requested in a timely manner and will be subject to availability.
      
      iii. **Storage**: Allow HAAA to store a portable salad bar in a mutually agreed upon location when the Encore Cafe is not operating. St Marks will have access and the ability to use the salad bar during non-operating hours. HAAA will have a small amount of storage space to store items such as disposable goods, program supplies, and serviceware.

   b. **Disposal** – St. Marks will provide HAAA access to an appropriate location to dispose of trash while operating the Encore Cafe:

   c. **Volunteers**- St Marks will attempt to recruit volunteers to assist with operations on an as needed basis, based on identified needs.

2. **HAAA shall:**
   
   a. Provide St. Marks United Methodist Church, with a monthly stipend of $50.00 per month, regardless of the number of serving days. St. Marks will provide a monthly invoice to HAAA for prompt payment.
   
   b. Provide staff to verse the Encore Café operations.
   
   c. Provide all service items such as (but not limited to) serving utensils, cups, trays, plate and silverware.
   
   d. Purchase a salad bar for use during Encore Café serving times.
   
   e. Purchase dishwashing detergent and/or sanitizer solution as needed, if the dish machine is used.
   
   f. Provide all marketing materials and guide all marketing efforts for the Encore Café.
   
   g. Provide monthly menus and updates to St. Marks staff.
h. Meet monthly, or as needed with St Marks staff to collaborate and review ongoing efforts of this agreement.

i. Pay for any damage, over and above, normal wear and tear, caused by HAAA and/or its contract caterer.

This MOU will be in effect from 2/1/2019 through 12/31/2019.

TERM/TERMINATION

Term. Subject to earlier termination as set forth below, this Agreement shall commence as of the Effective Date and shall remain until 12/31/19. Notwithstanding the foregoing, this Agreement may be earlier terminated in accordance with the remaining terms set forth below.

Termination by Either Party for Convenience. At any time during the term of the Agreement, either party may terminate this Agreement for any reason by giving thirty (30) calendar days’ notice in writing to the other party of the intention to terminate.

Termination Due to Default. If either party defaults in the performance of a material obligation under this Agreement and fails to cure such default within thirty (30) days after receipt of a written notice given by the other party demanding that the default be cured, the non-defaulting party may terminate this Agreement immediately upon giving a written notice of termination.

Termination by HAAA Due to Funding or Direction from the Iowa Department of Aging. In the event of reduction, suspension, discontinuance, or other unavailability of funds, HAAA may immediately terminate this Agreement without penalty. In the event, the Iowa Department of Aging directs HAAA to directly provide the services contemplated in this Agreement, HAAA may immediately terminate this Agreement without penalty. All outstanding amounts owed will be promptly paid and HAAA will work with St Marks United Methodist Church to notify Consumers of the change in services.

Rights on Termination. Termination of this Agreement for any reason shall be without prejudice to any rights which shall have accrued to the benefit of either party prior to such termination. Termination of this Agreement shall not relieve either party from obligations which are expressly indicated to survive termination, including, without limitation, the obligations arising in this MOU.

Jill Sindt, HAAA
Church

XXXXXXXXXX, St Marks United Methodist

Date

Date
Heritage Senior Dining
Daily Operational Procedures
St Marks United Methodist Church

- Move portable steamtable from storage area, fill to appropriate water level, and turn to level where food will be held at 135 degrees or above.
- Salad bar and sign/contribution holder should be moved from storage room to dining area by front doors.
- Place table for service ware and other items in front of the steamtable.
- Place appropriate service ware (plates, etc.) on table placed in front of serving line.
- Receive food and supplies from food vendor and assist as needed.
- The food vendor will take temperatures of all food and document the readings. The form needs to be signed off by the person in charge. That document will be kept with the vendor.
- Food should meet the following guidelines:
  - Hot Food: at least 135 degrees
  - Cold Food: no higher than 41 degrees
- Take and document temperatures of coolers and documenting them on temperature log portion of site binder.
- For food not at appropriate temperature, bring the food to the appropriate temperature or return food to vendor.
- The vendor will set up the food in the steam table and also be responsible for the salad bar.
- Place all cold food not immediately being served, in the refrigerator in storage room.
- Place clean and appropriate serving utensils for each food item with the respective item.
- Keep all food covered until ready for service.
- All staff/volunteers must wash hands before/after working around food and before/after leaving the work area.
• Use single-use, disposable gloves when handling and serving food.
• Appropriate hair restraints (ball caps, hairnets) must be worn by staff/volunteers who are working with or around food.
• A participant can take their uneaten meal home, by requesting a disposable container from staff or volunteers. The date should be marked on the container.
• No food that is out of date shall be served.
• Any leftover food will be taken by the vendor to be discarded.
• All trash should be taken out to the appropriate container.
• All food pans, plateware, serviceware will be taken by the vendor and washed at their facility for use the next serving day.
• All service ware (plates, cups, utensils, etc.) should be stored before leaving for the day.
• All food pans, plateware, serviceware will be taken by the vendor and washed at their facility for use the next serving day.
• Wash all tables and food contact surfaces with detergent using green cleaning buckets.
• After cleaning, spray sanitizer onto surfaces and wipe using a clean wiping cloth.
• All food and food-related supplies must be stored at least 6 inches off of the floor and separated from any chemicals.
• No home-processed (canned) food can be served as part of the meal service.
• All staff/volunteers must complete and adhere to the “Illness Reporting Agreement for Employees and Volunteers Working in Foodservice Areas.”
• All staff/volunteers must review and follow the “Bodily Fluid Clean-up Procedures”, as well as, using the existing bodily fluid clean-up kit.
• Reservations should be made by the participant for the following(s) by documenting it on the meal reservation form, calling the Heritage reservation line, or using the on-line reservation system.
• Reservations should be communicated to the food vendor by 3:00pm the day before the meal.
• Reservations should be made by the participant for the following day(s) by documenting it on the meal reservation form or by contacting the Marion Public Library.
• Staff/volunteers need to ensure that participants are signing in and also are completing a Consumer Intake Form.
• Site coordinator will count contributions and may ask for a volunteer to count as well.
• Site coordinator will then be responsible for depositing money at the bank within 24 hours.
• Ensure that kitchen, storage room and serving area is clean and trash is removed.
Enrique Café Daily Checklist
Marion Lowe Park (Complete daily and turn in with daily meal rosters)

Date:______________ Signature:_______________________

___Bring out salad bar from storage room and set up, ensuring wheels are locked
___Put out hostess and dining site signage
___Place table cover on 8ft table used for registration by activity room
___Bring out contribution box table from store room and place next to reg. table
___Contribution box is brought from storage and placed on appropriate table
___Turn on hot line if HY-VEE has not done this already
___HY-VEE catering slip with temperatures signed by staff
___Tables are set with coffee/beverage cups, condiments, and placemat
___Water pitchers are filled with ice, water, and lemon slices and placed on tables
___Coffee is brewed (2-3 carafes to start)
___Daily reservation list and reservation form for other days are set on reg. table
___Blank intake forms are available for new participants
___Menus, activity calendar, etc. available at registration table
___All guests are welcomed and new participants are given a consumer intake
___Daily announcements are given around 12:00p as needed
___Plates, etc. cleared from diners as they finish
___Tables are sanitized after meal
___Floors are swept
___All trash taken out and trash bags replaced
___All service items and cart are placed in storage room
___All counters are wiped, cleaned, and sanitized
___Salad bar is wiped and put away (Thursday afternoon)
___All signage, contribution box, and small table put in storage room
___Contributions counted by staff and verified by volunteer
___Deposit slip completed and initialed by staff and volunteer
___Cash Bag counted, verified $100 and signed by staff and volunteer
___Site tracking form completed for the day
___Deposit brought to Marion US Bank (asking for any bags left from previous day
___Number of meals served that day and number of reservations for following day confirmed with Jason at HY-VEE
Encore Café

Daily Checklist

Marion Public Library

(Complete daily and turn in with daily meal rosters)

Date:________________________ Signature:______________________________

___ Put out hostess and dining site signage
___ Bring out contribution box table from store room and place by trash cans
___ Bring out small table for trays and trays
___ Contribution box is brought from storage and placed on appropriate table
___ Turn on hot line if HY-VEE has not done this already
___ HY-VEE catering slip with temperatures signed by staff
___ Tables are set with coffee/beverage cups, condiments, and placemat
___ Water pitchers are filled with ice, water, and lemon slices and placed on tables
___ Coffee is brewed (2-3 carafes to start)
___ Large trash can is taken from janitor closet (Info desk has key)
___ Daily reservation list and reservation form for other days are set on reg. table
___ Blank intake forms are available for new participants
___ Menus, activity calendar, etc. available at registration table
___ All guests are welcomed and new participants are given a consumer intake
___ Daily announcements are given around 12:00p as needed
___ Plates, etc. cleared from diners as they finish
___ Tables are sanitized after meal
___ Floors are swept
___ All service items are placed in storage room
___ All counters are wiped, cleaned, and sanitized
___ All signage, contribution box, and small table put in storage room
___ Contributions counted by staff and verified by volunteer
___ Deposit slip completed and initialed by staff and volunteer
___ Cash Bag counted, verified $100 and signed by staff and volunteer
___ Site tracking form completed for the day
___ Deposit brought to Marion US Bank (asking for any bags left from previous day
___ Number of meals served that day and number of reservations for following day confirmed
with Jason at HY-VEE
The following is a description of the suggested ingredients and amounts to make one side salad. The provided information meets nutritional guidelines for one side salad (small plate).

<table>
<thead>
<tr>
<th>Serving</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tong</td>
<td>Romaine Lettuce</td>
</tr>
<tr>
<td>1 Spoon</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>1 Spoon</td>
<td>Fresh Peppers (3 slices)</td>
</tr>
<tr>
<td>1 Small spoon</td>
<td>Edamame</td>
</tr>
<tr>
<td>1 Spoon</td>
<td>Hard boiled eggs</td>
</tr>
<tr>
<td>1 Spoon</td>
<td>Shredded Cheddar Cheese</td>
</tr>
<tr>
<td>1 Spoon</td>
<td>Featured Salad of the Day</td>
</tr>
<tr>
<td>1 Ladle</td>
<td>Low-Fat Dressing</td>
</tr>
<tr>
<td>1 Spoon</td>
<td>Croutons</td>
</tr>
</tbody>
</table>

Please remember to:
- Use a clean plate for each use
- Use utensils that are provided
- If you would like to have a large plate to have salad as your meal, just ask
Encore Cafe
Salad Bar Survey

To continually provide the best possible offerings to Encore Café participants, our team is currently looking for suggestions and comments about the selection and offerings of the salad bars offered at the Encore Cafes. Please complete the below questions and if offering comments or suggestions, please be as specific as possible.

1. What items currently offered do you enjoy the most:
   ____________________________________________

2. What items currently offered do you enjoy the least:
   ____________________________________________

3. What types of salad dressings do you prefer (mark all that apply):
   French, Ranch, Blue Cheese, Vinaigrette, Raspberry Vinaigrette, Dorothy Lynch
   Other: _______________________________________

4. What types of salads do you prefer (mark all that apply):
   Beet Salad, Pasta Salad Cole Slaw, Potato Salad
   Other: _______________________________________

5. What are items not currently offered, that you would like to see offered:
   ____________________________________________

6. Other comments:______________________________________
CAMBRO
Versa Food Bars™
Ultra Series

Models - VBRUS, VBRUHD5, VBRU6, VBRUHD6

Specifications

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>60&quot; 1/2 Full Size Food Pan Capacity</th>
<th>Exterior Dimensions (w/Sneeze Guard)</th>
<th>Case Bx./cube Kg/m³</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBRUS</td>
<td>5 Foot (152 cm) Food Bar - Standard Casters</td>
<td>4</td>
<td>69&quot; x 47.5&quot; x 62.5&quot;&lt;br&gt;(173,3 x 116.5 x 100,4 cm)</td>
<td>200 lbs (90,5)</td>
</tr>
<tr>
<td>VBRUHD5</td>
<td>5 Foot (152 cm) Food Bar - Heavy Duty Casters</td>
<td>4</td>
<td>69&quot; x 47.5&quot; x 62.5&quot;&lt;br&gt;(173,3 x 116.5 x 100,4 cm)</td>
<td>117,0 Kg (118 m³)</td>
</tr>
<tr>
<td>VBRU6</td>
<td>6 Foot (183 cm) Food Bar - Standard Casters</td>
<td>5</td>
<td>82&quot; x 47.5&quot; x 62.5&quot;&lt;br&gt;(208,3 x 116.5 x 100,4 cm)</td>
<td>84.5 lbs (38,5)</td>
</tr>
<tr>
<td>VBRUHD6</td>
<td>6 Foot (183 cm) Food Bar - Heavy Duty Casters</td>
<td>5</td>
<td>82&quot; x 47.5&quot; x 62.5&quot;&lt;br&gt;(208,3 x 116.5 x 100,4 cm)</td>
<td>122,2 Kg (166 m³)</td>
</tr>
</tbody>
</table>

Optional Accessories

- Tray Rails
  - VBRUS - 5' (152 cm) Versa Food Bars / Work Tables
  - VBRU6 - 6' (183 cm) Versa Food Bars / Work Tables
- Crock and Salad Bowl Holders
  - OPTS - Fits all Versa Food Bars / Work Tables and holds 3 Crock
  - SBUSH - Holds 15" (38 cm) Bowl and 3 Crock
  - SBU6 - Holds 18" (46 cm) Bowl
- Connectors and Well Covers
  - VBRCS - Corner Connector
  - VBRG - Straight Connector
  - VBRWC - Versa Wall Cover
- Other Accessories
  - CB21220 - Buffet Chafer/Cover
  - VWRK - End Table for All Versa Food Bars/Work Tables
  - LED-240-117v - Versa Food Bar Lighting Kit
- Vinyl Covers
  - VBRCVHS - Versa Food Bars 3' (107 CM)
  - VBRCVHS - Versa Food Bars 6' (183 CM)

Architect Spec

The non-electric, portable and modular Versa Food Bar - ULTRA SERIES, shall be a 5 foot Model Food Bar, Models VBRUS, VBRU6, VBRUHD6, manufactured by Cambro Mfg Co., Huntington Beach, CA 92647 USA. It shall be made of double-wall polyethylene with foam-injected polyethylene. It shall include a clear sneeze guard with clear protective tin panels. The interior well shall be 5' (152 cm) wide, 1' x 1' (30,5 cm) deep. The sneeze guard and optional legs shall be fixed to the well and feet shall be fixed to the outside. It shall be made of two separate storage compartments with hinged doors that swing open from the outside to the middle. It shall have 4 each 6" x 1' (152 x 30,5 cm) swivel casters with brakes or heavy duty 6" x 2' (152 x 61 cm) swivel casters with brakes. It shall have an NSF listed 24,500 ft² stainless steel drink rail with a standard hose hook up on the underside of the rail. It shall be NSF listed and available in 5 colors. It shall require minimal assembly. It shall connect with other standard height Versa Food Bars, Versa Work Tables and/or Versa Garbage using an optional Corner Connector or Straight Connector. Optional accessories shall include Tray Rails, End Table, Straight and Corner Connectors, Buffet Chafer/Cover, Seed Bar, G/Food Pans, ColdFrost® Crates and Parts, Pumps, Crock and Salad Bowl Holders, Merchandizing Sign Holder, LED Light, and Vinyl Cover.

Versa Food Bar Colors

- Black (110)
- Kentucky Green (519)*
- Hot Red (158)*
- Bronze (146)*
- Navy Blue (136)*

*Made to order. Non-returnable.

Visit www.cambro.com for details on all accessories.

8101 HERITAGE
Reinhardt Food Service - LAX
Versa Food Bars™
Ultra Series

5 Foot (152 cm) Models
VBRU5 - with Standard Casters
VBRUH5 - with Heavy Duty Casters

6 Foot (183 cm) Models
VBRU6 - with Standard Casters
VBRUH6 - with Heavy Duty Casters

Features & Benefits

- A stylish, non-electric portable food bar keeps cold food cold for hours with or without ice, using optional Buffet Camchillers® with food pans or Coldfast® Food Pans and Crockets.
- Holds GN 1/1 Full or Fractional Size Food Pans up to 6" (15 cm) deep with Divider Bars.
- Sneeze Guard Side and End Panels are easy to assemble and are made from clear, durable NSF listed material. Sneeze Guard is fully compliant with current NSF requirements.
- Sneeze Guards and Optional Tray Rails fold down quickly and easily to fit through standard 36" (91.5 cm) wide doorways during transportation and to minimize storage space requirements.
- Two separate storage compartments with lockable doors provide convenient storage for non-perishable items. Each compartment holds up to 50 lbs. (22.7 kg) and measures 17 1/8" x 21 1/2" x 18 5/8" H (44.5 x 54.8 x 45.7 cm). Doors swing open from the outside to the middle for easy access from each end.
- Top merchandising shelf is 5" (22.9 cm) wide and can be used to display optional Merchandising Sign Holders for even greater visual appeal.
- Straight Connector and Corner Connector attach easily and securely to expand serving options.
- Double-wall polyethylene construction with foam injected polyurethane provides extra strength and durability. Stretch-resistant textured exterior is easy to clean and will not crack, rust, chip or break.
- NSF listed threaded faucet drain with standard hose hook-up on underside of well can be used for quick and easy draining and cleaning.
- Choose from models with 4 each 6" x 1 1/4" (15.2 x 3.2 cm) standard swivel casters with brakes or 6" x 2" (15.2 x 5 cm) heavy duty swivel casters with brakes.
- Molded-in handle on each end offers stable maneuverability.
- Non-electrical.
- Only sneeze guards and optional accessories require assembly.
- Available in 5 colors.
- Optional accessories include, Tray Rails, End Table, Straight and Corner Connectors, Buffet Camchiller, Well Cover, Divider Bars, GN Food Pans, Coldfast Crocks and Pans, Pumps, Crocks and Salad Bowl Holders, Merchandising Sign Holder, LED Light, and Vinyl Cover.
- Food Bar set-up guides and best practices are available at www.cambro.com/schools.

Approvals
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<tr>
<th>Food Type</th>
<th>Monday</th>
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Salad Bar Procedures

1. Subcontractor may offer a salad bar as part of the congregate meal program.
2. Nutrition Policy and Procedures shall be followed.
3. A participant may choose to have the salad bar (large plate) as their meal for the day, or have a side salad (small plate) in addition to their meal.
4. Quality donated produce and/or food items may be used from reputable suppliers or organizations.
5. All food offered must be served and maintained at safe food handling temperatures.
6. Clean and appropriate serving utensils will be used with the salad bar.
7. The suggested analyzed recipe for an entrée salad (large plate) shall be posted at the salad bar for participant view.
8. Participants must use a clean plate if making a return trip to the salad bar.
9. Offerings
   - At least one choice of greens
   - At least three vegetable choices
   - One salad
   - At least one meat/protein
   - At least one fruit choice
   - At least one legume choice
   - At least three salad dressing choices
   - At least three toppings

Potential Items (not limited to):

Lettuce/Greens:
- Iceberg (salad mix)
- Romaine
- Spring Greens
- Spinach

Vegetables:
- Carrots (carrettes, sliced)
- Broccoli
- Cauliflower
- Sliced Olives
- Celery
- Baby corn
- Peas
- Sliced Onions
- Sliced Mushrooms
- Tomatoes (cherry, sliced, etc.)
- Sliced/chopped Pepper (red, green, yellow)
- Beets
- Cucumbers

Fruit:
- Mixed Fresh Fruit
- Strawberries (fresh, frozen)
- Applesauce
- Fruit Cocktail
- Fresh Fruit (bananas, apple/orange wedges)
- Fresh Melon/grapes
- Mand. Oranges
- Fruited Gelatin
- Peaches/Pears/Pineapple tidbits (packed with juice/water preferred)

**Meats/Protein:**

- Ham
- Turkey
- Tuna
- Egg/egg salad
- Chicken Strips (grilled)

**Legumes:**

- Red/Black Beans
- Butter Beans
- Garbanzo Beans

**Misc. Toppings:**

- Dried Cranberries
- Croutons
- Shredded Cheese
- Sunflower Seeds
- Sesame Sticks

**Dressings:**

- Oil/Vinegar
- French
- Ranch
- Blue Cheese
- Italian
- Raspberry Vinaigrette

**Salads:**

- Cottage Cheese
- Pasta Salad (oil-based preferred)
- Pea Salad
- 3 Bean Salad
- Fruit Salad
- Plain/Fruited Yogurt
- Cucumbers and onions

**Salad bar layout (initial):**
Greens/Lettuce
Vegetables
Legumes/Beans
Protein
Toppings (cheese, etc.)
Salad Dressings
Fruit
Misc. Salads
Dry toppings
Innovations in Nutrition Program Evaluation Instructions

PURPOSE
The goal of the Innovations in Nutrition Program Evaluation Project is to monitor the impact of the congregate meal program on the following behaviors: Confidence in making preventive nutrition choices; nutritional risk; dietary intake frequency; and loneliness. Other measures that will be assessed for sociodemographic and qualitative purposes include food security classification, and hospitalizations.

DESIGN
This study uses a control group design. Tim Getty will oversee the distribution of questionnaires in Linn and Jones Counties. ISU will oversee the distribution of questionnaires in Story and Polk Counties.

- **Control Sites:** Senior apartments in Story and Polk Counties
- **Semi Control Site:** Jones County Senior Center (receiving traditional meal program)
- **Treatment Sites:** Marion Public Library, Marion Lowe Park, Central City Senior Center

Evaluation Forms:
Sarah will email the three questionnaires (Pre, Mid, Post) files to Tim Getty (copying Alexandra Curtis). Tim will print the questionnaires on different color paper will be used to easily identify groups.

- **TREATMENT** = White paper
- **SEMI CONTROL** = Pink paper

Sarah will print the control group questionnaires on light blue paper. ISU will oversee all coding of the questionnaires.

Evaluation Dates:
The questionnaires will be distributed at three time points in 2019:
- February
- July
- October

For the treatment and semi-control sites, distribute the questionnaires on a busy meal day. Doing so will increase the number of respondents. The questionnaires should be distributed by Tim Getty or a member of his team.

Evaluation Distribution:
The evaluations take on average 15 minutes to complete. Please take pens for participants to use. Do not use pencils as the answers can “smudge.” These evaluations are to be distributed to participants when participants arrive at the meal site or senior apartment complex.

Each participant who returns a questionnaire is to receive a small gift. Due to costs and limited numbers, no gifts can be distributed to those who did not complete a questionnaire.

The questionnaires are to be completed individually. If the questionnaire distributor wishes to read the questions out loud to participants it will be important to allow for additional time (~15 additional minutes). Before collecting the questionnaires, please review to ensure all questions are completed. If a participant has left a question blank, please ask if it was intentional. If it was, that is fine. If not, please ask them to complete it.

The evaluation forms should be mailed or returned to Iowa State University within 2 weeks of completion. Prior to mailing these, email Dr. Sarah L. Francis (slfranci@iastate.edu) to let her know how many surveys are being mailed.

**ISU ADDRESS:** Sarah L. Francis ISU, Dept. Food Science and Human Nutrition, 220 MacKay, Ames, IA 50011-1123.
To be completed by ISU:                                    Participant ID ________________________________

MID Questionnaire

THIS PAGE WILL BE REMOVED WHEN RETURNED TO CAMPUS AND AN ID NUMBER IS GIVEN. YOUR NAME WILL NOT APPEAR ANYWHERE ON YOUR QUESTIONNAIRE.

PLEASE PRINT YOUR ANSWER

FIRST NAME: ____________________________________________

LAST NAME: ____________________________________________

LOCATION OF SURVEY (Please put an ‘X’ by your response):

<table>
<thead>
<tr>
<th>☐ Marion Lowe Park</th>
<th>☐ Marion Library</th>
<th>☐ Central City</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Senior Apartments</td>
<td>☐ Jones County Senior Center</td>
<td>☐</td>
</tr>
</tbody>
</table>
Intentionally Left Blank
For each of the following items, mark the number that best describes your current beliefs. How certain are you that you could overcome the following barriers?

<table>
<thead>
<tr>
<th>I can manage to stick to healthful foods….</th>
<th>Very Certain</th>
<th>Rather Certain</th>
<th>Rather Uncertain</th>
<th>Very Uncertain</th>
</tr>
</thead>
<tbody>
<tr>
<td>… even if I need a long time to develop the necessary routines.</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>… even if I have to try several times until it works.</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>… even if I have to rethink my entire way of eating.</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>… even if I do not receive a great deal of support from others when making my first attempt.</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>… even if I have to make a detailed plan.</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>

For each of the following items, please mark your level of agreement with the following questions.

<table>
<thead>
<tr>
<th>I experience a general sense of emptiness</th>
<th>Yes</th>
<th>More or Less</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>I miss having people around me</td>
<td></td>
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<td></td>
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<tr>
<td>I often feel rejected</td>
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<tr>
<td>There are plenty of people I can rely on when I have problems</td>
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<tr>
<td>There are many people I can trust completely</td>
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<tr>
<td>There are enough people I feel close to</td>
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</table>
Please answer the following questions about your dietary intake.

1. How often do you usually eat fruit as a snack?
   - Never
   - Less than once a week
   - 1 or 2 times a week
   - 3 or more times a week

2. How often do you usually eat whole grain breads?
   - Never or less than once a week
   - 1 or 2 times a week
   - 3 or more times a week

3. How often do you usually eat whole grain cereals?
   - Never or less than once a week
   - 1 or 2 times a week
   - 3 or more times a week

4. How often do you usually eat candy or chocolate?
   - Never
   - Less than once a week
   - 1 or 2 times a week
   - 3 or more times a week

5. How often do you eat crackers, pretzels, chips, or popcorn?
   - Never
   - Less than once a week
   - 1 or 2 times a week
   - 3 or more times a week

6. How often do you eat cakes or pies?
   - Never
   - Less than once a week
   - 1 or 2 times a week
   - 3 or more times a week

7. How often do you eat cookies?
   - Never
   - Less than once a week
   - 1 or 2 times a week
   - 3 or more times a week
8. How often do you eat ice cream?
- Never
- Less than once a week
- 1 or 2 times a week
- 3 or more times a week

9. How often do you eat cold cuts, hot dogs, lunchmeats or deli meats?
- Never or less than once a week
- 1 or 2 times a week
- 3 or more times a week

10. How often do you eat bacon or sausage?
- Never or less than once a week
- 1 or 2 times a week
- 3 or more times a week

11. How often do you eat carrots, sweet potatoes, broccoli, or spinach?
- Never
- Less than once a week
- 1 or 2 times a week
- 3 or more times a week

12. How often do you eat fruit (not including juice)? Please include fresh, canned or frozen fruit.
- Never or Less than once a week
- 1 or 2 times a week
- 3 to 5 times a week
- Every day or almost every day

13. How often do you eat hot or cold breakfast cereal?
- Never
- Less than once a week
- 1 or 2 times a week
- 3 to 5 times a week
- Every day or almost every day

14. How often do you drink some kind of juice at breakfast?
- Never or Less than once a week
- 1 or 2 times a week
- 3 to 5 times a week
- Every day or almost every day

15. How often do you eat chicken or turkey?
- Never or less than once a week
- 1 or 2 times a week
- 3 or more times a week
16. How often do you drink a glass of milk?
   - Never or Less than once a week
   - 1 or 2 times a week
   - 3 to 5 times a week
   - Every day or almost every day
   - More than once every day

17. Do you usually add butter or margarine to foods like bread, rolls, or biscuits?
   - Yes
   - No

18. Do you usually add fat (butter, margarine or oil) to potatoes and other vegetables?
   - Yes
   - No

19. Do you use gravy (when available) at meals?
   - Yes
   - No

20. Do you usually add sugar or honey to sweeten your coffee or tea?
    - Yes
    - No

21. Do you usually drink wine, beer or other alcoholic beverages?
    - Yes
    - No

22. How often do you eat fish or seafood that IS NOT fried?
    - Never
    - Less than once a week
    - Once a week
    - More than once a week

23. How many servings of milk, cheese, or yogurt do you usually have each DAY?
    - None
    - One
    - Two or more

24. How many different vegetable servings do you usually have at your main meal of the day?
    - None
    - One
    - Two
    - Three or more

25. Which of the following best describes your nutritional supplement use?
    - I don’t use supplements
    - I use supplements other than vitamins and mineral
    - I use a multivitamin/mineral preparation (e.g. Centrum)
The below questions are intended to help us better understand who is completing these questionnaires. The completion of this is voluntary. No names will be associated with these questionnaires.

1. During the past 3 months, how frequently have you attended a senior meal program? (e.g., lunch at a senior center, Encore Café)
   - I do not attend lunch at a senior center
   - I receive Meals on Wheels
   - Every day it’s offered
   - 3 or more times weekly, but not daily
   - 2 times weekly
   - 1 time weekly
   - 1 to 2 times monthly

2. How old are you? ______ (years)

3. Are you male or female?
   - Female
   - Male

4. Which one or more of the following would you say is your race?
   - American Indian or Alaska Native
   - Asian
   - Black
   - Hispanic
   - Native Hawaiian or other Pacific islander
   - White
   - Other, please describe: __________________________

5. What is the highest degree of school you completed?
   - Less than High School
   - High School/GED
   - Some College
   - Associates
   - Technical School
   - Bachelor’s
   - Graduate
6. Are you…?
   □ Divorced
   □ Married
   □ Separated
   □ Single, never married
   □ Widowed

7. What best describes your current living arrangement?
   □ Assisted Living Facility
   □ Community-residing (e.g. own home, townhome, or apartment [not specifically for older adults], living with adult child or roommate, not in retirement community, etc.)
   □ Retirement community
   □ Senior Apartment Complex
   □ Other

8. What is the primary source of your monthly income?
   □ Full-time work
   □ Part-time work
   □ Retirement Funds
   □ Social Security
   □ Spouse
   □ Stock Portfolio
   □ Other (e.g. Pension)

9. In general, how would you describe your health?
   □ Very poor
   □ Somewhat poor
   □ Average
   □ Somewhat good
   □ Very good

10. Mark all the health conditions that you have been told you have.
    □ Cardiovascular disease (e.g. heart attack, high blood pressure, high cholesterol, etc)
    □ Joint issues (e.g., knees, hips, shoulders, etc)
    □ Arthritis
    □ Back Issues
    □ Diabetes
    □ Lung disease (e.g. asthma, COPD, chronic bronchitis)
    □ Cancer (including history of cancer)
To be completed by ISU:                                    Participant ID ________________________________

☐ Neurological (e.g., stroke, Parkinson’s)
☐ Other ________________________________

11. Please rate your level of agreement with this statement: “I feel my city/town is older adult friendly” (e.g., offers programs for older adults, ready access to services that promote aging in place, etc).

   Very Supportive ☐ Supportive ☐ Somewhat Supportive ☐ Unsupportive ☐ Very Unsupportive ☐

12. During the past 3 months, were you a patient in a hospital overnight? Overnight means that you were admitted on a different day than when you left. It does not include outpatient clinic visits or non-medical stays like staying with a family member.

   ☐ Yes
   ☐ No

13. During the past 3 months, how many different times did you stay in any hospital overnight or longer? Do not count the total number of nights, just the total number of hospital admissions for stays, which lasted 1 or more nights.

   Number of times

For the below statements, please indicate if the statement was often true, sometimes true or never true for you/your household in the last 12 months.

14. I/We worried whether my/our food would run out before I/we got money to buy more.

   ☐ Often true
   ☐ Sometimes true
   ☐ Never true
   ☐ Don’t know

15. The food that I/we bought just didn’t last and I/we didn’t have money to get more.

   ☐ Often true
   ☐ Sometimes true
   ☐ Never true
   ☐ Don’t know

Thank you for completing this questionnaire.
Linn County Innovations in Nutrition Program:
Satisfaction Survey Implementation Protocol

The purpose of the survey is to assess congregate meal site participant satisfaction during the innovations pilot program. This survey will only be implemented in congregate meal sites participating in the project. Survey will be administered by Tim Getty and colleagues.

The goal is to administer the survey to all meal site participants on the given survey day. Make an announcement to the entire group that survey is a short questionnaire about their satisfaction with the meal program. Stress that the survey is short and should only take about 10-15 minutes. If possible, make the announcement at least one week before the survey is administered.

Survey will be administered in late August and early September 2018. On the day of the survey administration, take pens for participants to use. Distribute the surveys to participants on the designated day in either August or Septembers. All surveys are intended to be completed individually although the survey administrator may read the survey aloud as participants complete it.

The survey is three pages, front and back. Please instruct participants to only mark one answer per row when asked to rank their satisfaction and/or agreement with a statement (Questions 4-7).

Before collecting the surveys from participants, please make sure that all survey questions have been answered. If there is missing information, please ask the participant to complete.

After participants have completed the surveys, survey administrators must complete the information on the cover sheet. The cover sheet asks for meal site name, date survey administered, and number of meal site participants. Please return the completed surveys within 2 weeks of completion to Sarah L. Francis ISU, Dept. Food Science and Human Nutrition, 220 MacKay 2302 Osborn Dr, Ames, IA 50011-1123.

If the designated survey day is canceled, please notify Sarah Francis (slfranci@iastate.edu or 515-294-1456).
Congregate Meal Site Satisfaction Survey

The below questions are intended to help us assess your satisfaction with the congregate meal program and site. Your input will help us better serve you.

1. How long have you been attending the meal program? (NO SCORE)
   Months                          Years

2. On average, how many times a week do you attend the meal program? (NO SCORE)
   □ 0 to 1 times
   □ 2 to 3 times
   □ 4 to 5 times

3. What is your primary purpose for coming to the meal site? (NO SCORE)
   □ Conversations with friends and lunch
   □ A nutritious meal
   □ Programs and activities
   □ Other

4. Think about the food you receive from the meal program. Please tell us, how often are you satisfied with the...

<table>
<thead>
<tr>
<th></th>
<th>Always 4</th>
<th>Usually 3</th>
<th>Sometimes 2</th>
<th>Rarely 1</th>
<th>Never 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>how well the menu options meet your dietary needs and preferences.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>overall food quality</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>overall menu choices</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>temperature of the foods served</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>variety of foods offered</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>way the food is cooked</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>way the food looks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>way the food smells</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>way the food tastes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Subtotal points

Total Food Satisfaction Score (Max 36)

5. Think about the dining experience at the meal program. Please tell us, how often are you satisfied with the...

<table>
<thead>
<tr>
<th></th>
<th>Always 4</th>
<th>Usually 3</th>
<th>Sometimes 2</th>
<th>Rarely 1</th>
<th>Never 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>cleanliness of the facility</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>friendliness of the staff</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>helpfulness of the staff</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>location of the facility</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>overall ambience of the meal site</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>overall meal site environment</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Subtotal points

<table>
<thead>
<tr>
<th>Total Dining Experience Score (Max 24)</th>
</tr>
</thead>
</table>

6. Think about the programming offered through the meal program. Please tell us, how often are you satisfied with the...

<table>
<thead>
<tr>
<th>Always 4</th>
<th>Usually 3</th>
<th>Sometimes 2</th>
<th>Rarely 1</th>
<th>Never 0</th>
<th>Don’t Participate 0</th>
<th>Not available 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better Choices-Better Health/Chronic Disease Self-Management.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise programs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foot care.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fresh Conversations</strong> (nutrition education program).</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guest speakers (e.g., immunizations [flu, pneumonia, shingles], diabetes, arthritis, etc.).</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health screenings: blood pressure, blood sugar.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Matter of Balance.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutrition Education (not <strong>Fresh Conversations</strong>).</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stepping On.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tai Chi.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water Exercise program.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Subtotal points

| Total Programming Experience Score (Max 44) |

7. Please rate your level of agreement with the following statements regarding how the meal program (including the meal and programming) has helped you...

<table>
<thead>
<tr>
<th>Strongly Agree 5</th>
<th>Agree 4</th>
<th>Undecided 3</th>
<th>Disagree 2</th>
<th>Strongly Disagree 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>eat healthier foods.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>gain nutrition and wellness knowledge</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>helped you remain in your home.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>improve your health.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Subtotal points

| Total Perceived Health Impact Score (Max 20) |

---

**TOTAL SATISFACTION SCORE** (add questions 4, 5 and 6 total scores; MAX 104)

- 84-104 Very satisfied
- 63-83 More than satisfied
- 42-62 Satisfied
- 21-41 Partly satisfied
- < 20 Not at all satisfied

---
8. Do you have any recommendations to improve the meal program? (NO SCORE)
   □ No
   □ Yes, please describe:


Linn County: Innovations in Nutrition Program

Awareness Questionnaire

The purpose of this questionnaire is to assess your awareness of the nutrition programs and services offered by the Heritage Area Agency on Aging.

Thank you for your assistance!
Please circle the appropriate number to indicate your level of awareness about the following services **BEFORE November 2017** and **AFTER September 2018**.

Please use the following key for rating:
1. Very Low (Don't know anything about this program or service)
2. Low (Know very little about this program or service)
3. Moderate (Aware of this program or service but there are more things to learn)
4. High (Have a good knowledge about this program or service but there are things to learn)
5. Very High (Know almost everything about this program or service)

<table>
<thead>
<tr>
<th>How do you rate your awareness about:</th>
<th>BEFORE NOVEMBER 2017</th>
<th>AFTER SEPTEMBER 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Very Low</td>
<td>Low</td>
</tr>
<tr>
<td>Adult day care/day health</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>Assisted transportation</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>Chore (help in the home)</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>Congregate Meal Program</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>Elder Abuse Prevention Awareness</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>(EAPA) assessment and intervention</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EAPA counseling</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>Evidence-based health programs, i.e.</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>fall prevention, Chronic Disease Self</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Management</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health promotion, disease prevention</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>Homemaker</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>
Please use the following key for rating:
1. Very Low (Don’t know anything about this program or service)
2. Low (Know very little about this program or service)
3. Moderate (Aware of this program or service but there are more things to learn)
4. High (Have a good knowledge about this program or service but there are things to learn)
5. Very High (Know almost everything about this program or service)

The following questions provide us with information about those who are completing the questionnaire.

1. Select the type of agency/organizations for whom you work. (Mark all that apply)
   - Area Agency on Aging
   - Church
   - Department of Human Services
   - Extension and Outreach
   - Home health
   - Hospital
   - Library
   - Nursing home
   - Private health care practice
   - Public health department
   - Retirement community/Senior housing
   - Volunteer agency
   - Other

2. How long have you worked for your current agency/organization?
   Months [ ] Year(s) [ ]
3. **Before November 2017**, how likely were you to refer adults age 60 years and older to the congregate meal program and services?

- Very Unlikely
- Somewhat Unlikely
- Neutral
- Somewhat Likely
- Very Likely

4. **After September 2018**, how likely are you to refer adults age 60 years and older to the congregate meal program and services?

- Very Unlikely
- Somewhat Unlikely
- Neutral
- Somewhat Likely
- Very Likely

5. **Between November 2017 and September 2018**, how many adults age 60 years and older have you referred to the congregate meal program and services?

- None
- 1 to 4
- 5 to 9
- 10 to 14
- 15+

**END OF QUESTIONNAIRE. THANK YOU.**
Congregate Meal Program Preference Assessment Report

Completed as part of the Linn County Innovations in Nutrition Program: Iowa Department on Aging

July 20, 2018
Edited October 9, 2018

Prepared by:

Savannah Shultz
Graduate Research Assistant
Department of Food Science and Human Nutrition
Iowa State University

Dr. Sarah L. Francis
Associate Professor
State Human Sciences Extension and Outreach Specialist, Nutrition and Wellness
Department of Food Science and Human Nutrition
Iowa State University
CONGREGATE MEAL PROGRAM PREFERENCE ASSESSMENT REPORT

Purpose:

The purpose of this project was to better understand the motivators and barriers for attending the congregate meal program and to identify menu preferences, desired environmental attributes and programming interests of older adults.

Methods:

Focus group recruitment entailed in-person presentations at congregate meal sites, personal invitations from research staff, and email requests to various Section 8 senior apartment complexes. Most apartment complexes that were contacted declined to participate. Four focus groups were conducted in Polk County (n=2, congregate meal sites) and Linn County (n=2, congregate meal site and senior apartment). Participants (n=33) completed a sociodemographic questionnaire and took part in a 1.5 to 2 hour focus group discussion that included questions concerning the congregate meal program, programming preferences and nutrition preferences. The focus group discussions were facilitated by Dr. Francis (congregate meal sites) and Ms. Catherine Rudolph (senior apartment). The sessions were recorded and transcribed by a member of the research team who was not in attendance of the focus group. The transcriptions were reviewed by five members of Dr. Francis’ research team and analyzed for themes using standard focus group protocol (Rabiee, 2004). The sociodemographic data were analyzed via SPSS using descriptive statistics.

Participants:
Participants were white (100%) and mostly educated (75.8% some college or higher), females (72.2%), aged 71 to 80 years old) (53.1%) (Table 1). Most participants attended a congregate meal site (65.5%) (Table 1). Over three-quarters (84.4%) reported Social Security as their main income source and almost all were food secure (93.8%) (Table 1).
Table 1: General characteristics of focus group participants (33 total)

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Number (N)</th>
<th>Percent (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meal site attendance (n=32)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>11</td>
<td>34.4</td>
</tr>
<tr>
<td>Yes</td>
<td>21</td>
<td>65.6</td>
</tr>
<tr>
<td><strong>Age (in years) (n=32)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;60</td>
<td>2</td>
<td>6.3</td>
</tr>
<tr>
<td>60 to 70</td>
<td>7</td>
<td>21.9</td>
</tr>
<tr>
<td>71 to 80</td>
<td>17</td>
<td>53.1</td>
</tr>
<tr>
<td>81 and older</td>
<td>6</td>
<td>18.7</td>
</tr>
<tr>
<td><strong>Gender (n=33)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>24</td>
<td>72.2</td>
</tr>
<tr>
<td>Male</td>
<td>9</td>
<td>27.3</td>
</tr>
<tr>
<td><strong>Race (n=33)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>33</td>
<td>100.0</td>
</tr>
<tr>
<td><strong>Marital status (n=33)(^a)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Divorced</td>
<td>7</td>
<td>21.2</td>
</tr>
<tr>
<td>Married</td>
<td>9</td>
<td>27.3</td>
</tr>
<tr>
<td>Single, Never Married</td>
<td>7</td>
<td>21.2</td>
</tr>
<tr>
<td>Widowed</td>
<td>13</td>
<td>39.4</td>
</tr>
<tr>
<td><strong>Education (n=33)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;High School</td>
<td>1</td>
<td>3.0</td>
</tr>
<tr>
<td>High School Diploma or GED</td>
<td>7</td>
<td>21.2</td>
</tr>
<tr>
<td>Some College</td>
<td>8</td>
<td>24.2</td>
</tr>
<tr>
<td>Associates Degree or Technical Training</td>
<td>5</td>
<td>15.1</td>
</tr>
<tr>
<td>Bachelor’s Degree</td>
<td>7</td>
<td>21.2</td>
</tr>
<tr>
<td>Graduate Degree</td>
<td>5</td>
<td>15.2</td>
</tr>
<tr>
<td><strong>Transportation (n=32)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friend or Family</td>
<td>2</td>
<td>6.3</td>
</tr>
<tr>
<td>Friend, Family or Public Transport</td>
<td>1</td>
<td>3.1</td>
</tr>
<tr>
<td>Personal Vehicle</td>
<td>27</td>
<td>84.4</td>
</tr>
<tr>
<td>Public Transportation</td>
<td>2</td>
<td>6.3</td>
</tr>
<tr>
<td><strong>Income (n=33)(^b)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full-Time Work</td>
<td>1</td>
<td>3.1</td>
</tr>
<tr>
<td>Part-time work</td>
<td>1</td>
<td>11.1</td>
</tr>
<tr>
<td>Retirement Funds</td>
<td>7</td>
<td>21.2</td>
</tr>
<tr>
<td>Social Security</td>
<td>27</td>
<td>84.4</td>
</tr>
<tr>
<td>Other (e.g. pension, Veterans Affairs, stock portfolio)</td>
<td>7</td>
<td>21.2</td>
</tr>
<tr>
<td><strong>Food security classification (n=32)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food Insecure</td>
<td>2</td>
<td>6.3</td>
</tr>
<tr>
<td>Food Secure</td>
<td>30</td>
<td>93.8</td>
</tr>
</tbody>
</table>

\(^a\) Three participants selected more than one option
\(^b\) Participants could select more than one option
Over one-third reported their health status as ‘very good’ (37.5%) and a quarter reported it as ‘average’ (25%) (Table 2). Over half (53.1%) had a diagnosis related to cardiovascular disease (Table 2). Many (62.5%) reported they planned, prepared and served nutritious meals independently (Table 2). Almost all (93.8%) stated they were able to take care of all their meal purchasing needs independently (Table 2). The majority (84.4%) used their own personal vehicle for transportation (Table 2).

Table 2. Health status and food purchasing behaviors of focus group participants (33 total)

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Number (N)</th>
<th>Percent (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Self-Reported Health Status (n=32)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Somewhat poor</td>
<td>6</td>
<td>18.8</td>
</tr>
<tr>
<td>Average</td>
<td>8</td>
<td>25.0</td>
</tr>
<tr>
<td>Somewhat good</td>
<td>6</td>
<td>18.8</td>
</tr>
<tr>
<td>Very good</td>
<td>12</td>
<td>37.5</td>
</tr>
<tr>
<td><strong>Diagnoses (n=32)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancer</td>
<td>6</td>
<td>18.8</td>
</tr>
<tr>
<td>Cardiovascular related (e.g., hypertension, hypercholesterolemia, stroke)</td>
<td>17</td>
<td>53.1</td>
</tr>
<tr>
<td>Diabetes</td>
<td>5</td>
<td>15.6</td>
</tr>
<tr>
<td>Other (e.g., kidney disease, arthritis, depression)</td>
<td>8</td>
<td>25.0</td>
</tr>
<tr>
<td>None</td>
<td>7</td>
<td>21.9</td>
</tr>
<tr>
<td><strong>Meal preparation (n=32)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>“I can plan, prepare, and serve nutritious meals independently”</td>
<td>20</td>
<td>62.5</td>
</tr>
<tr>
<td>“I can prepare adequate meals if supplied with ingredients”</td>
<td>3</td>
<td>9.4</td>
</tr>
<tr>
<td>“I can heat and serve my meals”</td>
<td>2</td>
<td>6.3</td>
</tr>
<tr>
<td>“I can plan, prepare, and serve my meals but I don’t not maintain a nutritious diet”</td>
<td>4</td>
<td>12.5</td>
</tr>
<tr>
<td>“I can plan and prepare my meals, but choose not to. I prefer to frozen meals or eating out”</td>
<td>2</td>
<td>6.3</td>
</tr>
<tr>
<td>“I need to have my meals planned, prepared and served”</td>
<td>1</td>
<td>3.1</td>
</tr>
<tr>
<td><strong>Food/meal purchasing status (n=32)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>“I can take care of all my meal purchasing needs independently”</td>
<td>30</td>
<td>93.8</td>
</tr>
<tr>
<td>“I can shop independently for small purchases”</td>
<td>1</td>
<td>3.1</td>
</tr>
<tr>
<td>“I need someone else to do all my purchasing”</td>
<td>1</td>
<td>3.1</td>
</tr>
</tbody>
</table>

a Participants could select more than one option
Perception of Successful Aging

To start the discussion participants were asked to ‘Describe how aging successfully looks and feels for you?’ and a follow-up question, ‘What do you need in order to accomplish successful aging?’ The participants responded using personal experiences, feelings and thoughts about what aging successfully looks and feels like to them as well as what they need to accomplish this. The overall themes used to describe successful aging were socialization, maintaining/staying independent, and being engaged. The overall themes for what is needed in order to accomplish successful aging were support systems, access to health care, financial security, community activities for older adults, and transportation.

The theme of socialization was described as the ongoing interaction with family, friends and others. The phrases and concepts stated to conclude the theme of socialization were interaction, support, isolation, and companionship. For example, “At least in my experience, the older you get, the more isolated you get, especially if your family moves away or your neighbors move and you either stay or you move into some new area.” As the individual continued their statement she/he included what is needed to overcome isolation as an older adult, “So, having planned activities and meets [social interactions], that’s a thing, [that] kind of helps that.” Another stated, “[Successful aging means] that we could get out in the community…and interaction with other people our age.” The latter statement conveys the importance of socialization (interaction with other people our age), independence (we could get out), and being engaged (in the community).
Maintaining/staying independent was described as being mentally and physically able and active, as well as healthy/health. A quote that illustrates that successful aging is being able to stay independent was, “I think [for] successful aging [to occur] you have, if you have your health, you have everything.” One expressed how aging has adversely influenced their activities of daily living, “What I used to be able to do all day, takes me all day to do [now].” Another identified the resilience older adults must have in order to remain independent, “It’s learning to live with that decline, learn how to cope with the fact that we are not 30, 40 anymore.” The trend in these quotes is managing age-associated decline to keep the independence they had as a younger adult. “I wish we had the bodies we had when we were 20 or 30 and have the living experience we’ve had all those years, then you’d be something.”

The third theme that developed from the question on successful aging was being engaged, which was expressed as being valuable, “To me, successful aging is we could still be of value.” Equally, being engaged was participating in the community, “I think one good thing is to stay active and help and volunteer, and where ever it’s needed.” Furthermore, participants believed being engaged was managing health, “[I’m] managing my medication just fine. I am managing my doctors. I am managing.” Despite the focus on independence, many did convey they needed or would need help to achieve this, “[we need] to admit we need help.” This last quote portrays the focus on independence and being engaged, “At our age, to be able to do things we, you know, to be able to do things on our own and keep our mind alert. Keep busy.”

As stated above, the themes of what is needed to accomplish successful aging were support systems, access to health care, financial security, community
activities for older adults, and transportation. Support systems were explained as family, friends, person who cares, health care, aging resources in the community. One stated, “Being surrounded by friends and family that care and notice these things [the decline of aging] and are not afraid to try to work with you or to try to help you to see these things or to see what they can do to help you manage better.”

Access to health care was illustrated with this quote, “Having enough income to take [care of] medical expenses and proper medical care and good doctors.” Other phrases included health care support and/or a story of the lack of health care support and the difficult experiences they had without the access the health care. The above quote also established the need for financial security. This was stated alone and was reiterated through discussions on money management, food security, purchasing power, and costs of activities/resources. For example, “To be free to buy something you need or something that you like.” Community activities was already addressed and it was apparent that most participants recognized having available activities for older adults was a necessity to age successfully and a need for transportation. Having the ability to attend these activities/event, be social and be engaged could be achieved or not due to transportation, “But there are some people that don’t have their own transportation and cannot get to [the local park].” Another person shared how public transport is his/her main source of transportation, “I use [local] bus to go to the grocery store, doctor’s appointments.”

The themes from both questions paint a picture on what successful aging encompasses. Socialization and being engaged are encouraged through community activities for older adults and support systems and are assisted through transportation.
and financial security. Independence is maintained through support systems, access to health care, financial security, and transportation. Independence can be demonstrated through participation in community activities and ability to complete activities of daily living.

MOTIVATORS AND BARRIERS TOWARD CONGREGATE MEAL PROGRAM PARTICIPATION

**Congregate meal site participation motivation over restaurants (participants)**

The main themes for motives behind choosing the congregate meal site over a restaurant were **socialization, affordability, access to a healthy meal** and the **location of the meal site**. The socialization aspect is having the opportunity to talk and interact with other people. Many stated socialization, fellowship, and the people, “I think it’s, you know as a person living alone… going into a fast food place alone is pretty easy but going into a decent restaurant alone is not that much fun. And to be able to come somewhere to eat with other people [and have] a good meal [e.g. the congregate meal site] is really valuable.” This quote articulates the desire for socialization, affordability and access to a healthy meal. A similar statement that answered the question of who or what encouraged you to attend the meal site was, “I just was curious and the fact that it would be a well-balanced meal. I would have to say if it were up to me to feed myself a balanced meal it wouldn’t happen…” Location, in this context, involves the proximity of the meal site to the participant’s living arrangement, and the transportation available to and from that location. This lack of transportation can limit their or others ability to
attend the meal site, “Well, it’s reachable, if I had to go to Des Moines or… and if people can’t drive they do have… the bus.” Lastly, the affordability theme, which was a reoccurring trend throughout the questions, was conveyed by the participant who said, “Finding an affordable place where you can be around people because to go to the nicer restaurants where you get a decent meal, healthy meal, it’s not affordable to a lot of us.”

**Meal site participation obstacles (non-participants)**

The main theme outlined by the question ‘I’d like to hear more about things that get in the way or prevent you and your friends from attending the local congregate meal program was **not being aware of the program**. All those who did not participate in a meal site (n=11) were not aware of an active congregate meal site. The majority knew of the congregate meal site they had that closed down but did not know of another in their location. One stated, “I didn’t know they had it anymore.” Another reported, “I never heard of any anymore.” In addition to not knowing of a congregate meal site location, they were not aware of the requirement/eligibility criteria for participating or the food offered. “I got stuff from the Lift people, and it sounded like you had to do all this stuff to qualify. I didn’t understand all of it…” Other than the theme of not being aware of the program, the themes of **transportation needs** and **not feeling the need to participate** emerged. Many stated that they do not drive or would not have a way to the meal site. Several also felt they didn’t need to participate. One stated “…I figured as long as I’m able to do my own, fixing of my own food at home. I don’t need to go just yet.” While another stated, “So, I mean I have used it…I just I don’t think that I’m ready for it yet.”
Meal site participation motivators (non-participants)

The two themes that emerged from the question, ‘what could we do to entice you to choose the congregate meal program over other restaurants and/or meal options?’ were price and socialization. It was a short conversation, but many agreed after a participant commented on the low price being a motivator to go. In addition to the majority agreement on low price, someone stated, “Like I said money and I think talking to other people from other places.” Moreover, their conversation re-enforced the socialization aspect that reappeared throughout the focus group discussion.

Encouragement to attend meal site (participants)

When asked the question, ‘Think back to when you first started attending the meal site. What or who encouraged you to come?’ the themes were friends/family and advertisement. The friends/family theme stemmed from multiple experiences including the attendance of their parents. One stated, “My mother and dad lived with us…for 15 years…and they started coming here [congregate meal site], and they just loved it. It was so good for them to get out and socialize and they got a good meal…And then when we became of age we started coming…” Others reported that a friend invited them, “I had a neighbor that encourage me to come, and she had a friendly friend that encouraged them to come.”

Another motivator for attending was feeling a personal connection. One commented, “You feel like family when you come here” while another participant said “You do, you feel important. You’re not taking advantage of a free meal. You feel
welcomed.” One of the groups stressed the role the meal site manager had with their decision to attend and replied, “I saved the phone number and finally called and talked to [the meal site manager] and she made the difference whether [I went]… [she] told me all about it, how to access it, and all that.”

In addition to friends or family, advertisement such as television ads, reading about it in the newspaper, picking up a brochure, hearing about it over the radio and seeing it on Facebook influenced their decision to attend. One commented, “It had been in the newspaper. I do believe announcing it and kind of went the way of the world and then I was reminded again by [local station], but then it was in the ‘what to do today’ in the newspaper again.”

**Participants’ initial and current feelings about the congregate meal program**

The questions, ‘What were your initial feelings about the program?’ and, ‘In what ways have your feelings changed?’ were answered together and/or the answer to how their feelings have changed inferred what their initial feelings were. Initial feelings about the program brought up the notion of low expectations, and the feeling of nervousness. As a follow-up of how participants’ feelings have changed, the themes were exceeded expectations and feeling welcomed or included.

The low program expectations held by the participants led many to feel impressed and have their low expectations exceeded. “It’s better than I thought, I mean, my expectations weren’t that great. Since I’ve been coming it’s been really, really nice.”

Another commented, “Cause I just didn’t think it would be as good as this.” These statements are from two different focus groups explaining their feelings.
Feelings of nervousness to feeling welcomed or included were not as straightforward but the reason behind the nervousness show their relationship. Many had similar experiences and/or feelings to those described in these following quotes, “I was apprehensive cause I don’t like to be around crowds, particularly people I don’t know. I’m not comfortable with that.” This participant later stated, “I have grown dramatically in that aspect since I’ve come here. There’s some people I don’t know by their first name but I know their face. But I know a lot of them now.” Another participants commented, “I had a lot of fear…I remember the first day I came here, I was standing in that doorway over there and looking around, and there’s all these people. And I’m going oh my gosh, now what do I do?” However, most agreed that when they finally made the decision to attend, they felt welcomed as demonstrated by these quotes, “You feel like family when you come here.”, “You feel important. You’re not taking advantage of a free meal. You feel welcomed.”

**Words of encouragement for non-participants (participants)**

Current meal program attendees were asked to ‘Think about a friend or family member who is age 60 years or older and is not attending the congregate meal program. What would you say to them to encourage them to attend?’ The identified themes were **cost**, **good/healthy food**, **opportunity to socialize**, and **offer to take them to the meal site so they’re not alone**. The meaning behind cost is the participants would encourage others by telling the non-participant about the voluntary contribution-based cost. For example, “And we certainly aren’t going to find anything for less money. That is a big factor for a lot of us.”
The idea of offering to take a friend to the meal site so they’re not alone was characterized by the phrases, “I always tell them that you can sit at my table”, “We will show them the ropes”, and “I offered to give her a ride.” Thus, companionship helps address the barriers associated with nervousness and fear. In addition to companionship, some participants reported a lack of transportation in their area as a barrier, “There are plenty of people that are land locked in to their houses and if we can help get some of those out.”

Furthermore, participants identified that the good and healthy food was worth mentioning when trying to encourage a non-participant to attend. The word good and healthy were used interchangeably in the focus groups, one example was “I would encourage them that you’ll be sure you’ll eat right. Because at home you’ll just kind of cook what you like and when you come here you get a variety.” Opportunities to socialize represent not only the socialization that happens during the meal but also the activities the meal site offers for older adults. For example, “We’ve had another couple we’ve invited to come, and then we play cards afterwards.” Another group was discussing different learning events and service that the meal site provides and added, “And it forces people to get out of the house. And you know, get socially active.” People also mentioned other hobbies and/or activities someone would want to participate in and would tell them how they have the space to get others involved, and/or there are groups that meet each week.

**Ideal meal program vision (all)**
All focus group participants were asked, ‘If you were given the money and the authority to create the perfect meal program for adults age 60+, what would it look like?’ There were many responses and ideas when exploring the topic of their ideal meal program. The themes that emerged were choice, variety of activities and the ambience. Participants were also asked, ‘What would keep people coming back?’ The identified themes were food quality, welcoming ambience and a variety of events/activities.

When discussing choice, it is choice within the menu. Participants want to see a flexible menu that has a variety of food options for health conditions, and buffet-style. There was a lot of excitement from the pilot site where Hy-Vee is catering. Many said it would look a lot like what it is now. This group went on to describe a buffet style serving where they have the ability to choose between what meats they wanted, and other components of the meal including a “high class salad bar.” There were also conversations on how there is a variety in the food choice, “I mean, it’s never the same so you can’t really get bored.” All the groups mentioned health conditions and being health conscious in their food selection. One stated, “They should give the option for non-sugar [for people with diabetes].” Another replied, “… I don’t want the fried foods; I don’t want that and the red meat. But somebody else might want steak and fried potatoes and French fries….” Furthermore, one theme the focus group participants thought would keep people coming back was the quality food. Although, food choice was a main theme for ideal meal program, they also wanted that food to be quality food, indicating that having a choice of the food will do nothing if the food is not appetizing. One quote that portrays the concern of quality food was, “I think what helps bring people
back in is if the meals are really good. I mean, cause that’s what they’re initially coming in for.”

The meal site ambience was identified as a crucial component for a meal site to be successful. The ambience, which is defined as the character and atmosphere of a place, is very influential. A positive and welcoming ambience will not only, according to the participants be their ideal meal program, but will motivate others to keep coming back. There was discussion on negative experiences at meal sites and the only factors that were brought up were about the ambience. The negative experience was the unwelcoming people, lack of space, and not feeling important. For example, “I think we get put on the bottom rung of the ladder.” Conversely, it was discussed how being welcomed influences participants in the other way, “And she [the meal site manager] makes sure people kind of inter-mix and get along and life’s good and the world turns. Which makes a big difference in the facility that you visit...” Stories about how the meal site staff has made them feel were apparent in all focus groups. For example, “There is a sense of treating people with dignity...” A major ambience issue reported by several groups was the issue of shared space, which did not allow the meal site to really function as a place for older adults. One stated, “It would be a facility that would be owned by the senior center....It’s not rented out. It’s for the seniors.”

The majority felt an ideal congregate meal program would offer a variety of activities that support the diverse interests within participants and will serve as a motivator for continued participation. One example demonstrating the support for a variety of activities was, “I think there could be two types of events one kind of, you know board games or... something like that you know for fun. Then the other thing
might be some kind of education or programming where you have a choice of going or not going…” Having space for these activities was also mentioned, “Thinking more of having break out rooms where different people can go to different activities. That way there’s a choice, but still it’s not a spot for everybody. I mean, not everybody is interested in all this, you need to have some kind of separation.”

**Ideal program audience (all)**

When asked, ‘Who would come?’ participants replied **single older adults** and **people in need**. ‘In need’ was defined as those who could use a nutritious meal, those who are not financially secure, and those who need socialization. Older adults, especially single older adults was mentioned, “It’s for anyone who is 60 and older.” and, “I think too it [would] be ideal for single people cause it’s really hard to cook for one person.” In addition to those who need a meal, those with lower finances should be targeted, “Probably a lot of us older people or anyone’s one finances weren’t real good, you know? So, I think as long as they’re physically capable to get here.” One stated, “Seems to be that it would be good if we target towards the people who need to have a good meal, and those people that are lonely. And there’s a lot of seniors that are lonely.” Targeting adult children as also suggested, “Family members who are aware of their mother, their father, their aunt or uncle that lives alone and they find them sad or not having anything to do or whatever.”

**Ideal program events/programs and topic interests (all)**
This is a combination of the question ‘What events would occur?’, ‘What types of programs/learning opportunities would you like to see offered?’ and ‘What topics are you passionate about?’ The three themes that came up for ideal program events/programs were field trips, general educational programs, health promotion and hobby-related activities. Field trips featured participants’ desire to get out in the community and to learn. One mentioned, “Do some educational things like maybe go down to [a local university] and participate in some of their educational programs.” Field trips or day excursions through the meal site was another desired program. Some trips mentioned included county fairs, local tourist attractions and high school plays. For example, “Take field trips. Like to ball games the library…”

The desire to continue education was prominent among the participants, “[Something that] Keeps your mind working.” The main topic of interest was history followed by a variety of topics including technology and nutrition/cooking. One mentioned, “Some kind of education or programming were you know you could have a choice of going or not going, but you know, informative maybe more than educational. Not always about medical issues, I hear enough about those.”

Participants named numerous hobbies that interested them. The main hobbies stated were photography, crafting, gardening and games (e.g., cards, pool, etc). Overall, they wanted to see a program that supports different hobby-related activities. As one described an experience at a non-Iowa meal site, “There was something there for everybody. Which they do here too. But…you want to feel like you’re a part of something.”
Health promotion was focused on exercise and comprehensive nutrition. Exercise was mentioned frequently and highlighted how the exercise programs should be tailored for older adults. They wanted access to exercise equipment, walking/jogging tracks and exercise classes, all tailored for older adults. For example, “Walking in a pool is good for people who have bad joints and back problems.” Multiple people showed interest in chair yoga and ergonomics, “There’s a lot of hints about that [proper sitting, standing and walking] as we get older that really are important.” The overall desire to have health promotion within the meal site was undeniable, “The whole purpose is to get people in so they get a healthy meal. And it’s supposed to be wonderful for our spirits, but it should be good for our, not just good for feeding our bodies, but help [our bodies] too.” Another stated, “I think a really important thing is health.” Health is confusing and the knowledge we have now is different from when they learned about it. One conveyed confusion towards nutrition, “Educational programs on that [nutrition] too. Cause you don’t know what to believe.”

Preferred program structure (all)

The structure of the ideal program/events should be expert-led, group-based presentations, age appropriate and planned around meal schedule. Expert-led was described as an expert or a fellow meal site goer who would teach different activities they were passionate about. Many made it known that they would prefer ‘easy to learn’ activities/event or something simple. As a result, they believed an expert would help with the ease of understanding. One mentioned, “Well, I mean they can break it out [series of classes of one topic] according to what it is. And, or they could have a short
deal on just basic information with questions and answers. And let the experts kind of tailor this.” In addition to simple and understandable programming, they wanted age appropriate material. The other theme was having activities and events planned around the meal and transportation schedule. One participant described the influence transportation could have on attendance for these programs, “I think another thing is we have a lot of people that take the bus. And they might want to take these classes, but because transportation, they would not be able to do it.” Lastly, a participant shared how their meal site has structure events, “…an hour before lunch on Monday they have games, and an hour back they have trivia.”

**Ideal food and/or meals (all)**

The themes that emerged regarding the meals included **special diets**, **salads/produce** and **variety of foods**. There were stories on how the limited food selection deterred some individuals from attending the meal site. There was a suggestion on having a note that lists what to choose or how to modify the meal for a specific health condition or to be more health conscious (healthier). The main diets of concern were gluten-free, diabetes and low sodium. For example, “Providing foods that were appropriate for someone with anything with their heart, kidneys, or diabetes. They would feel, oh okay, they foods going to be safe for me to eat. The sugar and starch, you’ve got to balance that out differently than what you’re doing now for diabetics.” Another stated, “So the diabetic people, go in and order their meal. A person with low sodium can order their meal or someone who is on a general diet can have whatever
they want.” Viewed as ideal for the older adults were, “Cold salads, warm salads.”, “Yeah different kinds of salads.” and “Love salads and the veggies raw, a lot of them.”

Food variety was explained by their desire for a breakfast dish for lunch, their need for more seafood in the menu, wanting more protein-rich meals and ethnic foods, such as, “In general, [more fish options] and I think I like to try different foods and so occasionally having the choice of something that is more unusual.” One stated, “Just not the same meat and potatoes, peas and corn.” Another mentioned, “But you know try different things and different options. I always think about our food here in the mid-west, we are so meat and potatoes but we all love it, let’s face it. But different options are good too.”

INFLUENCING ATTENDANCE FACTORS AND PROGRAMMING PREFERENCES

Factors influencing restaurant selection (all)

The cost, cleanliness, peaceful atmosphere, proximity and food quality influence participants’ restaurant selection. The majority of these themes was just listed by the focus group participants, therefore, there is not much to analyze. It is clear that they want low price, a clean restaurant, quiet and peaceful atmosphere, close to home and good food. There was some description for the atmosphere and reasons behind proximity. For example, “Bunch of us just go out and we go out literally to be able to walk, kind of in a, sort of, in a private atmosphere, away from here, honestly. Just so we can have our own talk and be able to talk freely.” A quote describing a restaurant they used to go to, “Very few kids. Very quiet. A lot of people don’t know about it. You get
huge meals for what you’re paying for.” After a few people mentioned location being a factor for what restaurant they choose another individual stated, “I have groceries, but if I’m going out, it’s either going to be convenient or, or well convenient and it’s something I like. Otherwise, I’m going to go home and fix something.”

Factors influencing meal enjoyment (all)

When asked to think about a time they enjoyed a meal and what made it enjoyable the prominent factors were the people, the conversation, not having to make the meal, overall relaxing and good food. The majority shared stories or described a big family meal or a time out with friends. As a result, the people and conversation were suitable top themes for this question. Another theme that was paired with family meals was good food, for example, “…what I think about is the holidays and the specialty food we have at the holidays.” Another example, “I enjoy big family meals too…I don’t do any cooking anymore.” This tied in how they enjoyed their meals because they did not have to make the meal. Not having to cook could add to the overall relaxing state of the meal. The main reason for this theme was the stress on not being rushed out of the restaurant, “You can sit there and the people working there is not telling you that you have to leave because no one is there.” This quote was in context to a group of individuals describing how they enjoying going to restaurants at a certain time because no one is there so there is no rush. This is important as many commented during prior conversations that many meal sites only have the location for a specific timeframe. Another stated, “Not being hurried or made to feel hurried. That is more enjoyable. Relaxing.”
**Program marketing (all)**

The main themes of how participants learn about program/event opportunities were **free local print media**, TV and **word of mouth**. Free local print media was popular for participants. They mentioned the “Penny Saver,” local newspaper, local community magazines. A monthly calendar was also mentioned, “Also, they give us a calendar at the beginning of the month that tells us about all the activities. It has events.” Word of mouth can also be very influential, “Just knowing from other people that have been to the same place, and that had a good interaction, and they want to go back.”

**Attendance decision factors (all)**

Factors influencing whether they attend an event were the **cost**, **location/accessibility** and **social encouragement**. Social encouragement encompasses family, friends and desire to be social. Some people shared stories on event or activities they do with family member or for family members. For example, “Well, I go if its event, and my family asks me to go or something I want to go or something they’re in, I’ll go…” As noted before, location is a factor when going out because of transportation. Other comments included accessibility to restrooms and parking.

**Limitations**
Due to the small sample size and the limited diversity of participants, generalizations should be made with care. The convenience-based recruitment methods may have resulted in the inclusion of older adults who are more vocal and/or passionate. Additionally, all participants were white and most were female.

**Things to consider moving forward**

The information acquired during these focus group discussions has provided insight on how the congregate meal program can evolve into a community nutrition program that is viewed favorably by the participants and community. Below are the key areas we suggest be considered and/or addressed as the Innovations in Nutrition Program project moves forward.

**Marketing/Advocacy**

Being a 'hidden gem' in a community is not what a congregate meal program should be. Strong advocacy and marketing campaigns are needed to promote awareness of and support for the meal program. The materials should be primarily in print form as this appeared to be the preferred format of participants. Advocacy materials should be developed for the Area Agency on Aging (AAA) and other meal program supporters to use during city/community council meetings and fund raising campaigns that will convey the value of the congregate meal program and perhaps result in better funding and support.

Marketing materials must highlight the primary reasons older adults are attending the meal program—socialization and a voluntary contribution-based cost healthy meal.
The materials should include testimonials from meal participants, quantifiable outcomes data (e.g., reduced nutritional risk), and images of vibrant, active, happy, older adults from diverse backgrounds. The message needs to also convey the program is for all people over age 60, not just those who are lower income or unable to cook.

The campaign should target local print media (e.g., newspapers, community magazines, community calendars) as well as network with local agencies/organizations that are frequented by older adults. These may include local senior apartments and retirement communities, physician’s offices, churches, stores, libraries etc. It would also be advantageous to determine a program name that conveys positive recognition for meal sites across Linn County, and eventually the state, to use; the current model allows communities to use different names (senior meal, senior lunch, congregate meal program). The purpose of a standard name is two-fold. First, the terms ‘senior meal,’ ‘senior lunch,’ and ‘congregate meal program’ don’t adequately convey what the meal program is about. Second, if there was a standard name, it would allow for more consistent ‘branding’ of the program across the county and state. This would allow for stronger advocacy/marketing campaigns and better program awareness. Given the falling participation rates across the state, it may be beneficial to use some of the current grant funding to work with a marketing agency to develop materials that could be adapted for use throughout Iowa following this two-year project.

Facilities

Much of the negative feedback obtained through the focus groups centered on the physical nature of the meal site facilities. Many participants expressed feeling as
though their community did not value older adults as evident by not having a designated center for older adults to use exclusively in an accessible location. All the sites included in this focus group study were held in rented space that were made available to older adults during limited hours. The location and condition of a meal site is paramount to its success. Transportation was mentioned repeatedly as a barrier toward participation. Additionally, the ambience of a meal site/restaurant was very influential in whether a person chooses to go. In order to ensure that communities are choosing appropriate facilities for the congregate meal program, we recommend creating an “Ideal Meal Site” guide sheet. This sheet should include key attributes desired by older adults such as whether a facility can be exclusively dedicated to older adults, it’s location in proximity to public transportation, the acoustics, availability of additional space for various programs, cooking facilities, etc.

**Partnerships/Collaborations**

Given the congregate meal program budget constraints, community partnerships and collaborations are critical. First, in the area of programming, AAAs should work with local agencies (e.g., Extension, libraries, schools, service agencies, etc) to devise a regular lunch and learn series that addresses a wide variety of topics. This lunch and learn approach may help draw in older adults who are not currently participating in the meal program. Having a preplanned lunch and learn series, would allow for stronger marketing efforts in local magazines and activity calendars. The interests of older adults are as diverse as they are; therefore, the learning programs need to be varied. The most common desired topics were local history, nutrition/cooking, exercise, how to use
technology (e.g., smart phones, tablets), and field trips to community events/activities, parks, and local areas were a group could go together. For example, AAAs could work with local high schools to identify students who could work with meal site participants on how to use their phones, tablets, etc. This would not only contribute to the topic need, but would also promote intergenerational interaction.

The second key collaboration that needs to be made is with local transportation; particularly for the non-centralized meal sites (e.g., Lowe Park). The transportation collaborations should expand beyond the traditional bus service such as educating participants about Uber or Lyft, working with retirement communities that have vans, creating ride-shares, etc.

**Meals/Menu**

During the focus group discussion there was an apparent difference in ‘meal excitement’ between the study location in Marion and the two Polk County sites. In addition, there was a visual difference in the food quality and presentation amongst the study site and two non-study sites. One issue that emerged is the discrepancy among older adults as to what is healthy. There is the perception that the meal program meal isn’t healthy. In the marketing materials, it would be advantageous to choose other terms to describe the ‘healthiness’ of the meals. For example, ‘meets one-third of your daily nutrients needs,’ ‘enjoy a meal with a protein, grain, produce and dairy,’ or ‘enjoy a MyPlate-friendly meal.’

Today’s older adults want meal variety. They don’t want to be served casseroles consistently. When looking at the foods during the recruitment phase for this focus
group study at the non-study sites, the visual appeal of the food was low. The colors were variations of beige and the green vegetables were olive in color. The partnership with HyVee that is currently being tested appears to fit well with what the focus group participants are wanting—buffet style, colorful and tasteful produce, and high quality food. Given Hy-Vee’s reach across the state, it is important to consider conducting a cost analysis to determine if this partnership is (1) sustainable beyond the grant-funded period and (2) replicable across the state. A nutritional assessment must also be done to ensure that dietary requirements of the program are being met (e.g., are the servings meeting the recommendations or are they larger?). This partnership has the potential to allow for a statewide menu, standard food quality, and perhaps less salary expenses at meal sites since servers and cooks would not be needed. It also allows for the potential for HyVee to serve as a meal site in communities where the facilities are limited.

It is apparent that the congregate meal program is valued among those who choose to participate. The feedback obtained through these focus groups help provide better understanding of what can be done to further expand program to meet the needs and preferences of Iowans age 60 years and older.