

CONSUMER INVOLVEMENT COMMITTEE
August 11, 2017
10:00 AM - 12:00 PM
CONFERENCE ROOM, UNITED WAY OF LONG ISLAND, DEER PARK, NY

<u>MEMBERS PRESENT:</u>	<u>MINUTES</u> <u>MEMBERS ABSENT:</u>	<u>GUESTS</u>
Nancy D. Co-Chair	Keith A	Maureen McKeon-Simone
Lance M. Co-chair	Ed M.	
Arthur B.	Glenn L.	
Clara C.	Juanita C-F	
Marci E.	Clement W.	
Wendy A.	Margret H.	
Traci S.	James H.	
Robert S.	Angie P.	
June T.	James C.	
William D.	Joseph P.	
<u>STAFF:</u>		
Georgette Beal		
JoAnn Henn		
Stephanie Moreau		

I. Welcome/Introductions

Nancy D. called the meeting to order at 10:10 am. She welcomed everyone and introductions were made. There was a moment of silence to remember those living and those whom we have lost.

II. Nutrition and HIV-

Ms. McKeon-Simone, a certified nutritionist and diabetic educator from Stony Brook SPARC, gave a lively and informative presentation on the importance of good nutrition. Good nutrition is important to all people, whether or not they are living with HIV/AIDS. Eating well is the key to maintaining strength, energy, and a healthy immune system. In addition, because HIV can lead to immune suppression, good nutrition and food safety are of great concern for those individuals living with HIV/AIDS.

Ms. McKeon-Simone stressed the importance of food safety and sanitation. She reminded those present that most of our food grows in the soil, which by definition is dirt and needs to be properly cleaned and stored before consuming. It's common sense, but how many of us properly wash the fruits and vegetables we bring home before eating them? Aside, from the obvious dirt, there can be bugs and pesticides, neither of which contribute to good health. It is important to inspect produce after properly washing and drying, storing them in cool dry places.

Nutritional resources-

Ms. McKeon-Simone gave a number of websites for additional information including:
Myplate.gov www.hiv.gov www.fightbac.org (a partnership for food safety education).
Snapebt.gov (healthy eating on a budget)

In addition to the printed materials which were distributed, Ms. McKeon-Simone also brought in fresh herbs and teas for the members to sample. Each member received a portion bowl which explained the size and portion of a single serving. This was accompanied by various examples. The bowl was an excellent teaching tool as it gave a visual representation and reference of the serving size of particular food groups. Those present were surprised and somewhat disappointed to learn how small an actual serving sizes is.

Ms. McKeon-Simone also informed the committee about recent recalls, Sabrett Hotdogs and Bush's Beans. Useful hacks and tips included: putting carrot tops and other vegetables in water to grow, which can then be put into canned soups to boost nutritional value. Extend milk freshness by putting on refrigerator shelf instead of door. (This is because the constant opening and closing of the door affects temperature and can shorten shelf life of milk). The temperature of the refrigerator should be below 45⁰.

Questions were asked and answered throughout the presentation. Ms. McKeon-Simone thanked the committee for the opportunity to speak and committee members were appreciative of the information and education they received.

III. Approval of June 9, 2017 Minutes-

The minutes were approved without correction. A motion was made by Mr. Brown and seconded by Ms. Egel.

5 Approved 0 Opposed 3 Abstentions

IV. Cab Updates/Regional Trends-

- Thursday's Child is planning a support group for long term survivors (15+ years). The focus of this support group is to offer more opportunities to socialize while participating in various fun activities. Interested? See Marci.
- Saturday, August 26, is a Prayer Walk, to raise awareness sponsored by NBLCA. Participants will be meeting at Pronto in Bay Shore.

VII. Other Business

There was no other business

VII. Announcements/Adjournments

- WAD event is Friday, December 1, 2017 6:30-10:30 at Carlyle on the Green. There will be a WAD meeting on Thursday, August 24, 2017 12pm-2pm.
- September 27th 6:30pm-10:30pm is Options 35th Anniversary Gala and Casino Night at Fox Hollow Country Club

A motion was made by Marci E. and seconded by Clara C. to adjourn August 11, 2017 Consumer Involvement Committee meeting. **All in Favor-Motion carried**