

CONSUMER INVOLVEMENT COMMITTEE

April 11, 2025
10:00 AM - 12:00pm
Meeting Minutes

MEMBERS PRESENT:

Susan B. Co-Chair
Pam B. Co-Chair
Arthur B.
Avis G.
Barbara G.
Clara C.
Denise R.
Ernest B.
John V.
Joseph P.
Patricia R.
Tyrone B.

MEMBERS ABSENT:

Angie P.
Brian H.
Cathy M.
Eileen B.
Gaisu C.
Gerard S.
James C.
Juanita C.
June T.
Lance M.
Lisa C.
Margret H.
Nancy D.
Paul B.
Traci B.
Wendy A.

GUESTS

Jose Avila

STAFF:

Georgette Beal
JoAnn Henn
Katie Ramirez
Nancy O'Keefe

STAFF Absent

Myra Alston

I. Welcome/Introductions

Pam B, Co-Chair, opened the April 11, 2025, CIC meeting at 10:10am with a welcome and introduction. She requested a moment of silence to remember those who have paved the way before us, and those who are no longer with us.

II. Approval of February 14, 2025 meeting minutes.

Attendance errors were corrected. Mr. Burke made a motion to approve the February 14, 2025, meeting minutes, as corrected. Ms. Ragsdale seconded the motion
9 approvals 3 abstentions 0 opposed

III. MNT Conference

Ms. O'Keefe gave a brief update on the Medical Nutrition Therapy (MNT) conference that was held on Friday, March 28, 2025, at the Sons of Italy Hall in Deer Park. The purpose of the conference was to increase awareness and knowledge of MNT services and educate consumers about how medical nutrition therapy can improve their health outcomes.

Twenty-two people attended the conference. Participants were asked to complete short pre- and post-surveys to assess their knowledge and benefits of MNT and were asked if they planned to implement any changes as a result of what they learned at the conference.

During the conference, there were presentations by RW Part A registered dietitians/nutritionists, a panel discussion, and Dr. McGowan spoke about the impact of weight loss drugs. The event had food preparations and sampling and activities such as chair yoga and nutrition bingo. A healthy lunch was served, all of which reinforced the idea of food as medicine, an initiative that integrates food and nutrition into healthcare to treat or prevent diseases and improve health equity. There was also a resource table with sample recipes and information on local services and programs.

At the end of the event, participants were given a bag filled with a cookbook, food scale, measuring cups, and MyPlate, (a visual aid representing the five food groups to help individuals make healthy food choices and build a balanced diet) and other items to help them make healthy choices. Interestingly, March was National Nutrition Month so it was very fitting to host the conference in March. Attendees appreciated the opportunity to attend the MNT conference as the information is beneficial and of great importance for those aging and suffering with co-morbidities.

IV. Computer training-Mr. Jose Avila

In response to the success of the previous computer training conducted by Mr. Avila, a follow-up training was scheduled. This training was built upon previously learned skills. The training began with a topic that was on the mind of many, how to recognize a scam, especially when emails appear to be genuine. A good practice is not to open any email with an address you do not recognize. Committee members were reminded that the Social Security Administration and IRS do not send emails. Also, personal information like SSNs, banking or credit card account numbers

Many of the committee members brought their laptops. Some had questions about upgrades and needed assistance with some computer issues. Mr. Avila talked about cookies, what they are and how to delete them as well as how to review a search history. Committee members were introduced to Google Docs, EXCEL and the different applications in which those programs can be used. It was important that consumers had a better understanding of how to use computer technology more effectively and to have their questions answered. Consequently, the training ran longer than anticipated. Mr. Avila offered to hold one-on-one sessions in the future with anyone who needs extra help.

VI. CIC Mini-Orientation (Handout and Reference Guide)

In the interest of time, since the computer training ran longer than anticipated, there was a quick explanation of the mini-orientation handout, *How to Be a Better Member* that was distributed. The guide began with a description of the Consumer Involvement Committee and its mission.

Member roles and responsibilities, ground rules for a structured, well-run meeting, and the transportation request process were also included. The purpose of this guide is to have consumers gain a better understanding of the importance of the committee's mission to encourage, outreach, educate, and empower. Consumer participation is vital to the necessary decision-making process. The goal is to work together to get the work done and ultimately to make a difference.

VI. Announcements/Adjournment

The committee requested that the Nassau and Suffolk Departments for the Aging be contacted regarding the resources and programs that are available to seniors. Ms. Henn informed the committee members that representatives from both county departments for the aging will be at the June 13th CIC meeting to share information and answer questions.

A motion was made by Barbara G. and seconded by Arthur B. to adjourn the April 11, 2025, Consumer Involvement Committee meeting. **All in Favor-Motion carried.**