

ROCK COUNTY, WISCONSIN



EDUCATION, VETERANS & AGING SERVICES COMMITTEE TUESDAY, MAY 19, 2020 - 4:00 P.M. CALL: 1-312-626-6799 MEETING ID: 874 1426 3374

Join Zoom Meeting

<https://us02web.zoom.us/j/87414263374>

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If you are interested in providing public comments on items on this agenda, you must submit your comments by noon on Tuesday, May 19, 2020. To submit a public comment use the following email: Tracey.Vanzandt@co.rock.wi.us.

Join from a telephone:

- On your phone, dial the phone number provided above
- Enter the meeting ID number when prompted, using your dial-pad.
- Please note that long-distance charges may apply. This is not a toll-free number.

- Supervisors: Please identify yourself by name
- Please mute your phone when you are not speaking to minimize background noises
- We are new at holding meetings this way, so please be patient

Instructions for the hearing impaired –

<https://support.zoom.us/hc/en-us/articles/207279736-Getting-started-with-closed-captioning>

EDUCATION, VETERANS & AGING SERVICES COMMITTEE
TUESDAY, MAY 19, 2020 - 4:00 P.M.

Agenda

1. Call to Order
2. Approval of Agenda
3. Election of Vice Chair
4. Set Meeting Date and Time
5. Approval of Minutes – January 21, 2020
6. Citizen Participation, Communications, Announcements, Information
7. Transfers
8. Review of Payments
9. Updates and Possible Action
 - A. Status of 1717 Center Avenue Project
 - B. Overview of Council on Aging
10. Committee Requests and Motions
11. Adjournment

The County of Rock will provide reasonable accommodations to people with disabilities. Please contact us at 608-757-5510 or e-mail countyadmin@co.rock.wi.us at least 48 hours prior to a public meeting to discuss any accommodations that may be necessary.

EDUCATION, VETERANS AND AGING SERVICES COMMITTEE

Minutes – January 21, 2020

Call to Order. Chair Richard called the meeting of the Education, Veterans and Aging Services Committee to order at 4:00 P.M. on Tuesday, January 21, 2020, in Conference Room, N-1, fifth floor, Courthouse East.

Committee Members Present: Supervisors Richard, Brien, and Gramke.

Committee Members Absent: Supervisor Owens and Leavy.

Staff Members Present: Josh Smith, County Administrator; Paula Schutt, Director of Council on Aging; Jennifer McIlhone, Mobility Manager; John Solis, Veteran Service Officer; Randy Terronez, Assistant to County Administrator.

Others Present: William Anderson Jr., Executive Director, RSVP; Patty Hansberry, Transportation Coordinating Committee Chair; Janet Smith, Jean Boyle and Janice Turner, Council on Aging Advisory Board; Jerry Braatz, Facilitator, UW Madison Extension Waukesha County.

Approval of Agenda. Supervisor Brien moved approval of the agenda as presented, second by Supervisor Gramke. ADOPTED.

Approval of Minutes – November 19, 2019. Supervisor Gramke moved approval of the minutes from November 19, 2019 as presented, second by Supervisor Brien. ADOPTED.

Citizen Participation, Communications, Announcements, Information. None.

Transfers. None.

Review of Payments. The committee accepted the report.

Public Hearing – 2020 DOT Funds. Chair Richard opened the Public Hearing for 2020 DOT funds at 4:02 P.M. Chair Richard asked for comments. Seeing none, he closed the public hearing at 4:03 P.M.

Resolutions.

Increasing the Number of Rock County Transportation Coordinating Committee Members to Include a Healthcare, Medical or Related Professional Representative.

“NOW, THEREFORE, BE IT RESOLVED that the Rock County Board of Supervisors duly assembled this ___ day of _____, 2019 does hereby add a representative from a health care, medical or medically related field to the Transportation Coordinating Committee. This will increase the membership of the committee to 16 members.”

Supervisor Brien moved approval of the above resolution, second by Supervisor Gramke. ADOPTED.

Creating Five 0.4 FTE and One 0.15 FTE Positions and Amending the Council on Aging Budget.

“NOW, THEREFORE, BE IT RESOLVED that the Rock County Board of Supervisors duly assembled this ___ day of _____, 2020, does hereby approve creating five part-time positions in the County Budget to replace current Manpower positions, altering the 2020 Budget under the terms set forth below.

.....”

Supervisor Brien moved approval of the above resolution, second by Supervisor Gramke.
ADOPTED.

Amending the 2020 Council on Aging Budget to Adjust Title III-B, C1, C2, NSIP, Title III D, NFCSP, AFCSP, MIPPA and SHIP Allocations.

“NOW, THEREFORE, BE IT RESOLVED that the Rock County Board of Supervisors duly assembled this ___ day of _____, 2020 does hereby amend the 2020 Rock County Council on Aging budget as follows:

.....”

Supervisor Gramke moved approval of the above resolution, second by Supervisor Brien.
ADOPTED.

Amending the 2019 Council on Aging Budget to Adjust Title C1, C2, Allocations.

“NOW, THEREFORE, BE IT RESOLVED that the Rock County Board of Supervisors duly assembled this ___ day of _____, 2020, does hereby amend the Adopted 2019 Rock County Council on Aging budget as follows:

.....”

Supervisor Brien moved approval of the above resolution, second by Supervisor Gramke.
ADOPTED.

Updates and Possible Action.

Status of 1717 Center Avenue Project. Mr. Smith said they are a little behind schedule on the drawings but will have them available at the next General Services meeting. Bids will go out in March and construction expected to start this year. Everything still on track to move in to the building in early 2021.

Recommendations from the Aging Services Integration Review Advisory Committee. Mr. Braatz introduced himself to the committee. He reviewed the study process with the committee. He said he spoke with eight benchmark counties, and Fond du Lac County is the only county of the eight that was not integrated. The Aging Services Integration Review Advisory Committee recommended integration with a vote of 6-4 in favor.

Ms. Janet Smith said she was on the Advisory Committee. She shared her concerns with the committee if integration happens. The benefits of integration are not compelling enough. She believes that co-location will address a lot of the current concerns.

Ms. Jean Boyle said she also was on the Advisory Committee. She thanked the County for the time and effort put into this study. She voted against integration. She supports co-location. She asked why we could not start working on the seven recommendations in the study before it is decided to integrate.

Ms. Janice Turner said she has been a geriatric nurse for 47 years and has used the services of both COA and ADRC. Each agency serves a very different population with different needs. She supports co-location without integration.

Mr. Smith said this report will be presented to the Human Services Board tomorrow. The Advisory Committee did not make a recommendation on what the organizational structure would look like with integration. Mr. Smith said the next step would be for the governing committee to decide to move forward with the recommendation and go to County Board with a resolution.

Ms. Jean Boyle reminded the committee that the integration recommendation was not an overwhelming vote. There is still much hesitation.

Chair Richard thanked everyone for their input.

Semi-annual Reports. The committee accepted the reports.

Committee Requests and Motions. None.

Adjournment. Supervisor Gramke moved adjournment at 4:52 P.M., second by Supervisor Brien. ADOPTED.

Respectfully submitted,

Tracey VanZandt,
Human Resources Secretary

NOT OFFICIAL UNTIL APPROVED BY COMMITTEE.

**COMMITTEE REVIEW REPORT
WITH DESCRIPTION
FOR THE MONTH OF MARCH 2020**

Account Number	Account Name	PO#	Check Date	Vendor Name	Description	Inv/Enc Amt
30-3900-0000-63100	Office&Misc Exp	P2000713	03/26/2020	US BANK	OFFICE SUPPLIES	275.84
Senior Citizen Program PROG TOTAL						275.84
30-3903-0000-62105	Food Services	P2000664	03/26/2020	BEST EVENTS	HDM MEALS 2ND PART JAN	8,638.25
30-3903-0000-62119	Other Services	P2000754	03/26/2020	MANPOWER GROUP US INC	SITE MANAGERS W/E 03/08	4,602.46
		P2001034	03/12/2020	NUTRITION AND HEALTH ASSOCIATE	JAN 20 CONSULT -DIETITIAN	1,475.10
30-3903-0000-63100	Office&Misc Exp	P2000713	03/26/2020	US BANK	OFFICE SUPPLIES	4.14
30-3903-0000-63200	Pubs/Subs/Dues	P2000713	03/26/2020	US BANK	2020 MEMBERSHIP	225.00
Nutrition Program PROG TOTAL						14,944.95
30-3904-0000-62105	Food Services	P2000664	03/26/2020	BEST EVENTS	CONCRETE 2ND PART JAN	5,481.16
30-3904-0000-62119	Other Services	P2000916	03/12/2020	BELOIT MEALS ON WHEELS INC	FEB 2020 BEL MEALS ON WHEELS	3,759.00
		P2001027	03/12/2020	GREEN COUNTY HUMAN SERVICES	66 MEALS-BURCHARD	485.41
Delivered Meals PROG TOTAL						9,725.57
30-3905-0000-62100	Cont Personnel	P2000754	03/26/2020	MANPOWER GROUP US INC	TRANSIT DRIVERS W/E 03/08/20	35,384.02
30-3905-0000-62410	R&M-Vehicles	P2000671	03/26/2020	GORDIE BOUCHER FORD LINCOLN ME	21-REPAIR EXHAUST	3,857.29
		P2001029	03/19/2020	BUDGET TRUCK AND AUTO BODY INC	15-REPAIR LIFT	1,641.20
30-3905-0000-63501	Gas/Other Fuels	P2000830	03/12/2020	KWIK TRIP EXTENDED NETWORK	TRANSIT FUEL FOR 02-2020	5,992.27
30-3905-0000-64629	Other Transport	P2001037	03/12/2020	BANDT COMMUNICATIONS INC	REPEATER SER 4-9 TO 10-9	624.00
Elderly/Handicapped Transport PROG TOTAL						47,498.78

**COMMITTEE REVIEW REPORT
WITH DESCRIPTION
FOR THE MONTH OF MARCH 2020**

Account Number	Account Name	PO#	Check Date	Vendor Name	Description	Inv/Enc Amt
30-3908-0000-62625	Outreach Service	P2000713	03/26/2020	US BANK	LEADER TRAINING	1,500.00
Title III-D PROG TOTAL						1,500.00
30-3915-1405-64615	Client Costs	P2000846	03/12/2020	OCHSMAN INC	RESPITE SERVICES FOR LARSEN	229.50
		P2000908	03/12/2020	BRIGHTSTAR CARE	RESPITE SERVICES FOR PERKINS D	70.00
		P2001031	03/12/2020	ALTERNATIVE HOME CARE INC	RESPITE SERVICES FOR J SCHAAF	340.00
		P2001038	03/12/2020	SCHMITZ,RICHARD	REIMBURSE RESPITE TO CLIENT	567.00
		P2001053	03/12/2020	HENNING,ROBERT	REIMBURSE RESPITE TO CLIENT	150.00
III-E In-Home Respite PROG TOTAL						1,356.50
30-3915-1408-64615	Client Costs	P2000973	03/12/2020	ALBRECHT,JOCELYN	3 MONTHS BEEMS LIFELINE	45.00
III-E Supplemental Services PROG TOTAL						45.00
30-3916-0000-62625	Outreach Service	P2000713	03/26/2020	US BANK	ONLINE FACE BOOK ADS	31.00
30-3916-0000-63104	Print/Duplicate	P2000713	03/26/2020	US BANK	HANDOUT FOR CLASSES	41.36
30-3916-0000-64200	Training	P2000713	03/26/2020	US BANK	MOBILITY MNG TRAINING	496.00
Mobility Manager Grant PROG TOTAL						568.36
30-3920-1405-64615	Client Costs	P2000908	03/12/2020	BRIGHTSTAR CARE	RESPITE SERVICES FOR MESLER C	81.00
		P2000974	03/12/2020	SEVERANCE,LINDA	REIMBURSE RESPITE TO CLIENT	168.00
		P2001030	03/12/2020	KANDU INDUSTRIES INC	RESPITE SERVICES FOR LUEDTKE J	130.00
		P2001031	03/12/2020	ALTERNATIVE HOME CARE INC	RESPITE SERVICES FOR LAVEEN J	885.00
AFCSP In Home Respite PROG TOTAL						1,264.00
30-3920-1408-64615	Client Costs	P2001052	03/12/2020	RICHARDSON,KATHY	REIMBURSEMENT FOR SUPPLIES	116.24

**COMMITTEE REVIEW REPORT
WITH DESCRIPTION
FOR THE MONTH OF MARCH 2020**

Account Number	Account Name	PO#	Check Date	Vendor Name	Description	Inv/Enc Amt
AFCSP Supplemental Services PROG TOTAL						116.24
30-3920-1412-64615	Client Costs	P2001026	03/12/2020	ZENKE,DEBRA	REIMBURSE RESPITE TO CLIENT	900.00
AFCSP In-Home General Care PROG TOTAL						900.00
30-3921-0000-64200	Training	P2000848	03/12/2020	WISCONSIN ASSOCIATION OF BENEF	REGISTRATION LACHEL FOWLER	100.00
Benefit Specialist Grant PROG TOTAL						100.00

COMMITTEE REVIEW REPORT
WITH DESCRIPTION
FOR THE MONTH OF MARCH 2020

Account Number	Account Name	PO#	Check Date	Vendor Name	Description	Inv/Enc Amt
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I have reviewed the preceding payments in the total amount of **\$78,295.24**

Date:

Dept Head _____

Committee Chair _____

COMMITTEE REVIEW REPORT
WITH DESCRIPTION
FOR THE MONTH OF MARCH 2020

Account Number	Account Name	PO#	Check Date	Vendor Name	Description	Inv/Enc Amt
38-3800-0000-63100	Office&Misc Exp	P2000022	03/12/2020	US BANK	OFFICE SUPPLIES	49.77
38-3800-0000-64200	Training	P2001035	03/12/2020	CVSO ASSOCIATION OF WISCONSIN	CVSO 2020 SPRING CONF-THURSDAY	105.00
Veterans Services PROG TOTAL						154.77

I have reviewed the preceding payments in the total amount of **\$154.77**

Date: _____ Dept Head _____
Committee Chair _____

**COMMITTEE REVIEW REPORT
WITH DESCRIPTION
FOR THE MONTH OF APRIL 2020**

Account Number	Account Name	PO#	Check Date	Vendor Name	Description	Inv/Enc Amt
30-3903-0000-62105	Food Services	P2000664	04/30/2020	BEST EVENTS	CONGRETE MEALS 1ST HALF MAR	10,763.64
30-3903-0000-62119	Other Services	P2000500	04/02/2020	DE VERE COMPANY INC	APRL DISHWASHER LEASE RH	109.00
		P2000754	04/30/2020	MANPOWER GROUP US INC	SITE MANAGER W/E 04-12	4,992.36
		P2001034	04/30/2020	NUTRITION AND HEALTH ASSOCIATE	MARCH CONSULT & DIETITIAN	4,651.51
30-3903-0000-62625	Outreach Service	P2001117	04/02/2020	ROSS,CINDY	REIMBURSEMENT OR MILK FOR	5.90
30-3903-0000-64124	Consumables	P2000664	04/30/2020	BEST EVENTS	CONGRETE SUPPLIES	967.12
		P2001054	04/30/2020	DE VERE COMPANY INC	MAY-CLINTON-LEASE	218.00
Nutrition Program PROG TOTAL						21,707.53
30-3904-0000-62105	Food Services	P2000664	04/30/2020	BEST EVENTS	HDM 1ST OF MARCH MEALS	23,722.00
30-3904-0000-62119	Other Services	P2000916	04/16/2020	BELOIT MEALS ON WHEELS INC	BOW-MARCH BILL	3,973.50
		P2001027	04/30/2020	GREEN COUNTY HUMAN SERVICES	MARCH HDM ONEILL	989.01
30-3904-0000-64124	Consumables	P2000664	04/30/2020	BEST EVENTS	HDM SUPPLIES	464.20
Delivered Meals PROG TOTAL						29,146.71
30-3904-2020-62119	Other Services	P2000754	04/30/2020	MANPOWER GROUP US INC	SITE MANGERS W/O 04-19-20	1,065.51
HDM COVID-19 Funding PROG TOTAL						1,065.51
30-3905-0000-62100	Cont Personnel	P2000754	04/30/2020	MANPOWER GROUP US INC	TRANSIT DRIVERS W/O 04-19-20	24,539.01
30-3905-0000-62410	R&M-Vehicles	P2000671	04/30/2020	GORDIE BOUCHER FORD LINCOLN ME	24-OIL CHANGE	8,163.62
		P2001029	04/30/2020	BUDGET TRUCK AND AUTO BODY INC	26-GRAPHICS	7,746.45
30-3905-0000-63501	Gas/Other Fuels	P2000830	04/16/2020	KWIK TRIP EXTENDED NETWORK	TRANS FUEL MARCH 2020	3,431.60
30-3905-0000-64629	Other Transport					

**COMMITTEE REVIEW REPORT
WITH DESCRIPTION
FOR THE MONTH OF APRIL 2020**

Account Number	Account Name	PO#	Check Date	Vendor Name	Description	Inv/Enc Amt
		P2000753	04/09/2020	OCCUPATIONAL HEALTH CENTER	ALCOHOL TEST -KNECHT	30.00
		P2001037	04/30/2020	BANDT COMMUNICATIONS INC	28-NEW VAN-RADIO LABOR	3,032.70
30-3905-0000-67105	Motor Vehicles	P2001178	04/09/2020	A AND J VANS INC	WIS TITLE AND LICENSE FEE FOR	13,768.00
Elderly/Handicapped Transport PROG TOTAL						60,711.38
30-3911-1405-64615	Client Costs	P2001120	04/30/2020	HERNANDEZ,RUTH	REIMBURSE RESPITE TO CLIENT	190.00
III-E Under 60 In-Home Respite PROG TOTAL						190.00
30-3911-1406-64615	Client Costs	P2001120	04/02/2020	HERNANDEZ,RUTH	REIMB FOR JAN MEMBERSHIP	19.31
		P2001121	04/02/2020	STATELINE FAMILY YMCA	DUES FEB-DEC 2020-OCANA	230.45
III-E Under 60 Facility - Day PROG TOTAL						249.76
30-3915-1402-64615	Client Costs	P2001258	04/30/2020	OLSON,KERI	SUNNY SIDE UP INSPIRATIONAL	400.00
III-E Caregiver Training PROG TOTAL						400.00
30-3915-1405-64615	Client Costs	P2000846	04/09/2020	OCHSMAN INC	RESPITE SERVICES-FERGUSON	189.00
		P2000908	04/09/2020	BRIGHTSTAR CARE	RESPITE SERVICES-PERKINS	151.00
		P2000928	04/02/2020	HOME AT EASE	RESPITE SERVICES-ROSE	1,395.00
		P2000973	04/02/2020	ALBRECHT,JOCELYN	REIMBURSE RESPITE TO CLIENT	112.50
		P2001031	04/30/2020	ALTERNATIVE HOME CARE INC	RESPITE SERVICES-CONE	1,120.00
		P2001038	04/30/2020	SCHMITZ,RICHARD	REIMBURSE RESPITE TO CLIENT	504.00
		P2001053	04/16/2020	HENNING,ROBERT	REIMBURSE RESPITE TO CLIENT	180.00
		P2001140	04/02/2020	WILSON,JIM	REIMBURSE RESPITE TO CLIENT	240.00
		P2001168	04/09/2020	MYERS,EUGENE	REIMBURSE RESPITE TO CLIENT	120.00
		P2001203	04/16/2020	HITER,LINDA	REIMBURSE RESPITE TO CLIENT	120.00
III-E In-Home Respite PROG TOTAL						4,131.50

30-3915-1408-64615 Client Costs

COMMITTEE: ET - SENIOR CITIZEN PROGRAMS

**COMMITTEE REVIEW REPORT
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FOR THE MONTH OF APRIL 2020**

Account Number	Account Name	PO#	Check Date	Vendor Name	Description	Inv/Enc Amt
		P2000973	04/30/2020	ALBRECHT, JOCELYN	REIMBURSE SUPPLIES TO CLIENT	112.93
		P2001169	04/09/2020	GIES, MARY	REIMBURSE RESPITE TO CLIENT	145.48
		P2001205	04/23/2020	MOMS MEALS	MEAL SERVICES FOR J CARTA	161.74
III-E Supplemental Services PROG TOTAL						429.15
30-3920-1405-64615	Client Costs					
		P2000908	04/30/2020	BRIGHTSTAR CARE	RESPITE SERVICES-MESLER	243.00
		P2000974	04/09/2020	SEVERANCE, LINDA	REIMBURSE RESPITE TO CLIENT	168.00
		P2001052	04/30/2020	RICHARDSON, KATHY	REIMBURSE RESPITE TO CLIENT	198.00
		P2001277	04/30/2020	KRAKAU, JACKIE	REIMB RESPITE TO CLIENT 02-09	2,018.25
AFCSP In Home Respite PROG TOTAL						2,627.25
30-3920-1408-64615	Client Costs					
		P2000975	04/16/2020	LAMIA, DIANE	REIMBURSE RESPITE TO CLIENT	74.98
AFCSP Supplemental Services PROG TOTAL						74.98
30-3920-1411-64615	Client Costs					
		P2000910	04/02/2020	VISITING ANGELS LIVING ASSISTA	RESPITE SERVICES L LARSEN	300.00
		P2000976	04/16/2020	LAMIA, RANDY	REIMBURSE RESPITE TO CLIENT	300.00
		P2001031	04/30/2020	ALTERNATIVE HOME CARE INC	RESPITE SERVICES-LAVEEN	780.00
		P2001052	04/30/2020	RICHARDSON, KATHY	REIMBURSE SUPPLIES TO CLIENT	47.22
AFCSP Homemaker/Chores PROG TOTAL						1,427.22
30-3920-1412-64615	Client Costs					
		P2000976	04/02/2020	LAMIA, RANDY	REIMBURSEMENT RESPITE T	120.00
		P2000978	04/02/2020	WAKEFIELD, CORRINE	REIMBURSING RESPITE TO CLIENT-	1,655.50
		P2001031	04/09/2020	ALTERNATIVE HOME CARE INC	RESPITE SERVICES-LAVEEN	640.00
AFCSP In-Home General Care PROG TOTAL						2,415.50

**COMMITTEE REVIEW REPORT
WITH DESCRIPTION
FOR THE MONTH OF APRIL 2020**

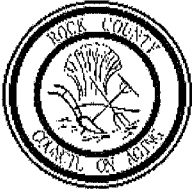
<u>Account Number</u>	<u>Account Name</u>	<u>PO#</u>	<u>Check Date</u>	<u>Vendor Name</u>	<u>Description</u>	<u>Inv/Enc Amt</u>
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I have reviewed the preceding payments in the total amount of **\$124,569.49**

Date:

Dept Head _____

Committee Chair _____



Rock County Council on Aging Programs

The mission of the Rock County on Aging shall be to advocate for the independence, self-worth and dignity of residents of Rock County by assisting them to meet their varied health, nutrition, economic and social needs.

Benefit Specialist Program

The Benefit Specialist helps older persons who are having a problem with their private or government benefits. Benefit Specialists are often called "red tape cutters" because they are experts in helping with the complicated paperwork that is often required in benefit programs. The Benefit Specialist can assist with Medicare, Medicare Supplemental Insurance, Supplemental Security Income, Social Security, Homestead Tax Credit, Food Share and much more. For more information. Call **757-5414**.

Caregiver Support Program

Caregiving can be rewarding, but it can also be hard even if you're caring for a loved one or friend. The Family Caregiver Support Program is a place where you can turn for help. This program provides information, support and resources to help caregiver's better care for their loved ones – and themselves. Whether arranging for services (e.g., respite care, transportation, support groups, etc.) or helping families understand their options for care or just a shoulder to listen. Relatives as parents program can offer assistance to grandparents and other older adults who have taken on the responsibility of surrogate parenting due to the absence of the parent. We offer information, support and resources to help grandparent's better care for their loved ones – and themselves. For more information call **758-8455**.

Mobility Management

Mobility Management connects residents to the entire transportation spectrum available to them. Whether it is information on bus routes, travel training, pedestrian safety, or driver safety classes, Mobility Management is the one-stop informational resource on all things related to transportation. For assistance with finding your options, call **757-5408**

Senior Dining:

Seniors (age 60+) enjoy a delicious and nutritious noon meal, vital socialization, and networking at five dining sites around the county (Beloit, Clinton, Evansville, Janesville, and Milton). Loneliness is averted; friendships are formed; and seniors find a welcome diversion to their day. Meals are available for a suggested \$4 donation; however, no one is denied a meal based on inability to contribute. For more information call **608-757-5474**

Home Delivered Meals

Homebound seniors (age 60+) are delighted to see their driver, who delivers a hot, nutritionally balanced daily meal, providing social interaction, and a safety check. These meal recipients, many of whom are frail and alone, are greatly appreciative of not only the prepared meal but also of the caring, friendly drivers. Family members/caregivers are grateful and relieved to know not only that their loved one is receiving a wholesome daily meal, but that someone is regularly checking on them. When a meal recipient doesn't answer the door, their emergency contact is called, to verify their safety. This precautionary measure has saved the lives of many individuals over the years. While a \$4/meal donation is suggested, meal delivery is not dependent on ability to pay. For more information, call **608-757-5474**

Rock County Transit

Providing help to those who cannot drive. Door to door transport throughout the county with vehicles that are wheel chair accessible for adults 55 and older, those with disabilities and general public if room permits. Transportation to medical appointments, employment, education, nutrition, and social/recreational events. Transit also provides transportation for those who are not able to ride the city bus. This is a "shared ride" program that charges a small fee. For more information, Call Rock County Transit at **608-757-5413**.

Healthy Aging Workshops

What happens in your doctor's office is responsible for just 20% of your health. Much more - 30% - is up to you and how well you take care of yourself. Our classes help you help yourself to better health. Healthy aging programs help you live longer, and live better.

***Healthy Eating For Successful Living in Older Adults**

A six week class designed to assist older adults in the self-management of their nutritional health. The focus of this program is to encourage participants to implement eating and activity behaviors that support heart and bone health. Cost: FREE

***Living Well With Diabetes**

Self-management program for people with diabetes offered in English and Spanish. This program is proven to increase knowledge and confidence in dealing with diabetes, improve self-care behaviors, and reduce emergency department visits and hospitalizations for diabetes.

***Stand Up and Move More**

“SUMM” is a four week health education workshop to help you get off the couch and move more! This class is a research study conducted by UW-Madison. The program involves taking the workshops, assessments, providing feedback, and attending a refresher at 8 weeks and an assessment at 12 and 14 weeks. For this research class, participants will receive up to \$60.00 in gift certificates for completing the program and the assessments.

***Lighten Up**

This class promotes quality of life and well-being for older adults. It encourages positive ways to live a happier, fulfilled life.

***Living Well With Chronic Conditions**

A course that gives you confidence in your ability to manage your health, communicate more effectively with family members and healthcare providers, de-stress and relax, and maintain active and fulfilling lives.

***Powerful Tools for Caregivers** Promotes positive changes for caregivers to help them better cope with the challenges of caregiving. Participants will receive support and resources that will help make their caregiving journey easier.

***Stepping On**

This seven week class takes fall prevention step-by-step. Learn how to build and maintain the physical strength and balance you need to walk confidently. From footwear to prescriptions, learn what increases your risk of a fall, how to avoid it, and make an individualized action plan to stay on your feet and living life the way you want.

***Mind Over Matter: Healthy Bowels, Healthy Bladder**

Three sessions over five weeks. It is designed to give older women the tools they need to take control of bladder and bowel leakage. Learning strategies for preventing or lessening symptoms. This workshop is researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%.

***Aging Mastery Program**

Aging Mastery is comprehensive and fun approach to living that celebrates the gift of longevity. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity. The path to mastery is entirely individual. In this free, 10 course class participants set their own goals and create their own pathways to these goals.

For more information on any of these classes, call **608-757-5309**.

Rock County Council on Aging Organizational Chart

