



COUNCIL ON AGING ADVISORY BOARD MINUTES
Wednesday June 17 2020, 9:00 a.m.

Call to Order: The meeting of the Council on Aging Advisory Board was called to order at 9:07 a.m. All present were participating via ZOOM or the telephone.

Approval of Agenda: A motion was made by Mark Richardson and seconded by Pat Burhans to approve the agenda. Motion carried.

Roll Call:

Present: Vicky O'Donnell, Mark Richardson, Janet Smith, Janice Turner and, Patricia Burhans, Jean Boyle, Robert Borremans, Tom Brien, Sue McGinniss, Debbie Kraus, Jack Kooyman, Karen Ferguson

Excused: Sherril Gilbertson, Rena Dewar, Vicki Gobel

Unexcused: none

Staff Present: Paula Schutt, Lisa Messer, Ryan Booth, Lachel Fowler, Jennifer McIlhone

Introduction of Visitors: None

Approval of May 20, 2020 Advisory Board Minutes: The following corrections were noted on the May 2020 minutes: Sue McGinniss reported that her name was spelled incorrectly. Under the Caregiver report the word big was misspelled as "bit". A motion was made by Sue McGinniss and seconded by Karen Ferguson, to approve the May 20, 2020 Advisory Board minutes. Motion carried.

Citizen Participation, Communications and Announcements:

Staff Reports:

Director: Paula reported that the EVA committee met last night and the new members received the original presentation on the proposed merger. Janet asked if those who were not in favor of the merger would have a chance to comment once again to the new board. Paula said she was not sure but she would find out.

Elder Benefit Specialist: Lachel reported that she is working remotely and things are going smoothly. She has not made any appointments yet but does have a list of those who will need to do that. People are mailing her documents and she prepares them and mails them back.

Mobility Management: The pantry program has transitioned over to RSVP. Will Anderson has agreed to do this for the next 12 months. He has gotten funding to do this. They will be expanding it. AARP has made the decision to not run any programs for the rest of 2020. Cycling without Age is running each Friday in Palmer Park from 9am – 11 am. This is in cooperation with the City of Janesville Rec Dept. It is for people over the age of 50. Wednesday Walk s is quickly approaching. July 1 is the first walk and it is a guided tour of the Court House historical district run by Rich Fletcher. Transportation is not being provided this year. Paula asked how many people attended the most recent Trishaw event. She reported she had 9 people. Mark Richardson asked if Beloit just said no the program or if something else happened? Jennifer explained we were attempting to set it up and it reached a snag with their legal department. Jean asked how the rides in Palmer Park being advertised? Jennifer replied that it is in the City of Janesville Rec Dept Activity Guide that gets mailed to all city households. It is also on Facebook and in COA newsletter as well as email blasts, press release and the COA website. She also did a mailing blitz to all walkers from last year. Janis Turner asked to be mailed a brochure.

Transportation Supervisor – Ryan reported that Bus # 28 is finally in service. For bus 26 and 27 we are waiting for the plates. The number of rides are increasing. In March we were doing 20 – 30 per day and now we are up to 67 – 75 per day. We need to bring in a couple of more drivers. We are still limiting the number of passengers on the bus to 4 with no one sitting behind the driver. Jean asked if drivers and passengers were required to wear masks. Ryan replied that both drivers and passengers were wearing masks. After each person leaves the bus, the driver’s sprays down all common areas with disinfectant. Passengers with disabilities are not required to wear masks if they are not able to.

Caregiver Specialist - Julie is preparing for her Wacky Wednesday presentation and is not present.

Health Promotion Coordinator:

I have kept in contact with participants, by email or phone, who had signed up for the 2020 workshops. I find out what kind of information they are in need of, or how they could use support during the safer at home phasing. People are very happy to receive COA’s new newsletter, flyers, resource guides, website or Facebook info, etc. and grateful to learn about different resources and activities that COA provides, or services we provide with other agencies.

Workshop updates

For current status or to enroll: <https://www.co.rock.wi.us/aging-classes-workshops/senior-wellness>

Even though dates and times are in place – timeframes and locations may be affected by organization, county and state COVID policies! Social distancing, wearing of personal protective equipment (facemasks) plus availability of hand sanitizer, extra cleaning before and after workshops will be exercised.

Stand Up Move More: Due to the UW Madison University research team policies they are not working with the “at risk” populations yet. As a result, the July 1, 2020 start date at Grinnell Hall in Beloit has been moved to August 5th - still on Wednesdays from 1-3 pm. This class is considered full due to we may need to limit numbers. SUMM is still planned for Janesville at the COA office from 10-12 noon on Tuesdays, starting August 4. *There is room for more participants to sign up for this workshop!*

Powerful Tools for Caregivers:

The March PTC workshop participants are contacted by the leaders on a regular basis as they only got two sessions in. Leaders from ADRC and Alzheimer’s Alliance are planning how to resume the workshops safely either in person on line or both. The PTC workshop at the Edgerton

Hospital is still planned to begin on Fridays 9-11 am August 7th. *However a virtual workshop is being discussed as I write this!!!*

Healthy Eating for Successful Living: The Evansville workshop had been postponed due to COVID and now no location to hold it during summer. Have been in contact with Senior First apartments and may be up for opening up for classes for residents in August. Will be taught by Amy Karas of Nutrition and Health Associates. Amy will also teach Healthy Eating workshop at the Clinton Senior Center on Monday mornings starting Sept 14th.

Stepping On: Beloit Health systems had expressed an interest in teaching Stepping ON prior to the COVID pandemic. They were put in contact with the state director, but I will follow up with them. They have a satellite clinic in Clinton too where we have had requests. It is unknown if we can have a SO class in 2020 yet- as our 2 active leaders are 60+, and 3 affiliated with health organizations and their jobs affected by COVID. Mercy has stated they may sponsor a leader since 1-2 of the SO leaders were from this organization. Talks of holding it at JPAC have been suggested vs at a medical facility or clinic. Mercy would fund.

Mind over Matter (MOM): Leader training is still planned for fall, but no date set – this workshop may be in person or virtual! This is going very well in other counties! Due to the pandemic, if the leader training and the program can be delivered online, Due to the pandemic, if the leader training and the program can be delivered online, Vicki is willing to be a leader.

Healthy Living with Diabetes: Paula S and Pat B will be trained as leaders for HLWD in August and a program has been scheduled for October 15-November 19 at Grinnell Hall in Beloit- 9-11:30 am on Wednesdays. The Spanish version of HLWD, Vivir Saludable con Diabetes, was to be taught by Zylvia R. and Andrea L. from Beloit Area Community Health Center, but has been postponed until 2021 as leader training is suspended until 2021.

Living Well with Chronic Conditions (TOOLKITS):

There are \$45 self-toolkits available for people to do at home and do a call in / phone in conference with leaders and other participants. It is not quite the same as the workshops and therefore the funding is different than the workshops. We are looking for people who have taught LWCC workshops (within the past two years) to possible lead this if we have funding.

Healthy Living with Chronic Pain:

Laura Meyer–Junco a Clinical Pharmacist from Illinois who works at Mercy Clinic in Janesville is being trained as a HLCP leader in September will do an online HLCP program in Illinois. We are looking to pair her up with a HLCP leader from Rock County (through BASE out of Evansville). BASE director Jennifer Braun is asking if any stipends or funding can be provided to pay the salary of one of her leaders. SSM health has in the past. Further talks need to continue to decide if this will be a virtual workshop or in person in Rock co.

AMP toolkits: are available through Rock County – Contact Paula Schutt. They are different than the workshop but a nice lead up to taking that series and something people can do at home!

HEAR (Health Equity Alliance of Rock Co): A lot of stats about the Covid Cases in Rock County and the greater effects on Latino and African American Populations. Discussed Health disparities and all shared program updates serving client with the ongoing pandemic and phasing back in.

WIHA (WI Institute of Healthy Aging) State updates:

For counties who don't have leaders we should be able go across county lines to meet the needs of participants. WIHA is working with the program developers to test pilot virtual formats of the evidence based workshops to offer to clients as a program option. Offering virtual learning for leader training updates. Heard from many across the state who are offering virtual programming-pros/cons. Next week's WIHA talk will be about those experiencing Loneliness & Social Isolation- how can we help?

Rock County COA is looking to expand types & numbers of workshop offered, where they are offered and increase the number of leaders from all neighborhoods and areas of the county! If you know someone who may be interested please have them call Lisa or look on the Wisconsin Institute of Healthy Aging (WIHA) site to view program and leader information: <https://wihealthyaging.org/become-a-program-leader>

New Business Paula none

Old Business – Aging Report Goals. Paula briefly reviewed the Aging Goals and stated that she is meeting with GWAAR in July to update them and assess where we are at. Once she gets the updated report back from GWAAR, she will send the new report to the board members. Paula also asked if either the Beloit Senior Fair or the Rock County Senior Fair was being held this year. Both committees are meeting soon and they will decide.

Debbie asked a questions concerning the goal for the 2021 Elder Nutrition Program. She was curious if the program run in a restaurant would have COA bringing in food or if the restaurant provides the food. Paula explained that COA works closely with the restaurant and they cook the food on site and provide several choices and diners can dine in a window of time rather than at a set time. Debbie also asked what the COA's relationship was with GWAAR. Paula explained that GWAAR is the agency our Federal and State finances are funneled through.

Pat Burhans asked about new board member training that was being discussed the epidemic hit. Paula replied that training booklets have been prepared and the new members can stop in a pick them up and we will find out how many want to do a Zoom Training vs in person training.

Board Membership Report Reports:

County Board of Supervisors, Tom Brien: Tom reported that the Rock County Board is still meeting via Zoom. They are doing a survey to find out how many would be willing to return to in-person meetings. Mark Richardson asked if anyone who wanted to attend could. Tom replied that it is open to the public and anyone who wants to participate is able to.

ADRC of Rock County, Vicky O'Donnell: no report.

Adjournment: A motion was made at 10:00 a.m. by Mark Richardson, seconded by Tom Brien to adjourn the meeting. Motion carried. *Minutes not official until approved by the Council on Aging Advisory Board.*