



COUNCIL ON AGING ADVISORY BOARD MINUTES
Wednesday August 19 2020, 9:00 a.m.

Call to Order: The meeting of the Council on Aging Advisory Board was called to order at 9:00 a.m. by Jean Boyle. All present were participating via ZOOM or the telephone.

Approval of Agenda: A motion was made by Tom Brien and seconded by Janice Turner to approve the agenda with two changes. Aging Report Goals will be revisited in October and one speaker will be moved to the top of the list due to time constraints. Motion carried.

Roll Call:

Present: Mark Richardson, Janet Smith, Janice Turner and, Patricia Burhans, Robert Borremans, Jack Kooyman, Vicky Gobel, Rena Dewar, Sue McGinniss, Tom Brien, Karen Ferguson, Jean Boyle

Excused: Vicky O'Donnell, Debbie Kraus, Sherril Gilbertson

Unexcused: none

Staff Present: Paula Schutt, Lisa Messer, Ryan Booth, Lachel Fowler, Julie Seeman

Introduction of Visitors: Pam Bostwick, Terri Carlson

Approval of July 15, 2020 Advisory Board Minutes: A motion was made by Mark Richardson and seconded by Tom Brien to approve the minutes with noted correction (one typo).

Citizen Participation, Communications and Announcements: Pam Bostwick applauded the COA staff for all of their work.

Staff Reports:

Caregiver Specialist – Julie reported on the variety of virtual programs she has been offering recently. She is offering the Sage Elder Care workshops, and has also partnered with Jefferson County to offer them to seniors there as well. She is presenting Joyful Moments at Home as well as the Armchair Travel Series. She has purchased individual sessions for her caregivers as well. She is planning a fall caregiver conference workshop as well.

Director: Paula reported she has been working on grants, RFP's and the newsletter. She announced we will be losing our Transportation Dispatcher, Crystal Kreyer, who is moving to Texas with her family. The position has been posted. Paula submitted the Mobility Management Grant to the D.O.T. and finished the RFP (Request for Proposal) to be sent to Janesville Transit for the paratransit service. She is finishing quarterly reports for GWAAR and working on the next monthly newsletter.

Sue McGinniss asked if the Mobility Management Position was the only position we needed to write a grant for. Paula said it was.

Elder Benefit Specialist Lachel reported she has had a number of requests for those who want to begin their retirement at age 62. She believes it has something to do with the difficulty many have had accessing unemployment payments. Since she cannot meet with large groups or meet people in the office, she has been meeting outside the COA office and also in parks. She is gearing up for open enrollment and this year it will be done mostly by mail. She is having a virtual presentation on Sept 21 and another on Oct. 5 on Senior Care.

Sue McGinniss commented on the large number of people applying for retirement and asked if Lachel thought we would see a continued increase. She also asked why Lachel was going to be conducting Open Enrollment by mail. Lachel explained that GWAAR was requesting that EBS staff not meet in person with clients and no group meetings. Lachel said that it is hoped that this method will help to cut down on the possibility of spreading covid.

There was also a short discussion on the mail service and its current challenges. Jean Boyle thanked Lachel for going the extra mile and said she was a good example of the quality of employees at the COA.

Mobility Management: Paula reported for Jennifer who was on a Wednesday Walk event. Cycling with Age had 42 participants in June. August 21 and 28th are the last dates for seniors to ride the tri-shaw. August 25 the tri-shaw will be used to deliver meals in an area by Kandau. Wednesday Walks have had 102 participants since June. The Sept 2 Wednesday Walk scheduled for Wisconsin Wagon has been cancelled and replaced with an extra trip to Hoo's Woods. Jennifer has also been elected to the Board of Directors for the Wisconsin Association of Mobility Management. Board member Janice Turner said that she has participated in the Wednesday Walks and they are very well organized.

Transportation Supervisor – Ryan Booth reported that this Friday is Crystal's last day. She has been a leader in transportation and her knowledge will be missed. He also reported that all 3 of the new buses are now on the road. We have retired bus 16. We are back down to a fleet of 12 vehicles. In July we average 70 trips per day with an average of 5 buses. We have also had a new driver start. Ryan reported that one of our drivers averted a health crisis when he found a passenger collapsed on the floor in their home. Proper authorities were alerted and needed medical attention was obtained. Quick action on the part of the driver helped this person to avoid a major medical incident. State Patrol also did their yearly inspection of the vehicles and everything passed.

Paula also mentioned we are out for bid for a company to manage the van drivers. Manpower's contract ends in 2020.

Health Promotion Coordinator

Health Promotion Coordinator Report for Advisory Board Meeting – August 19, 2020

By Lisa Messer, RDN, CD

Workshop updates

To find a workshop in person or online statewide go to: <https://wihealthyaging.org/workshops>

To enroll in Rock County call 757-5309 or go to: <https://www.co.rock.wi.us/aging-classes-workshops/senior-wellness>

Timeframes and locations of leader trainings and workshops have been affected by organization, county and state COVID policies! WIHA has developed in person programming safety protocols and approved by Rock Co HD staff.

NEW! Eat Smart, Move More, Weigh Less! – FREE (\$230 value) online 15 week nutrition workshop through University of North Carolina and taught by Registered Dietitians. See flyer or August COA LINKS newsletter! Workshops start in September and October. We have 10 paid spots thanks to GWAAR funding!

Better Choices Better Health- A national program online for managing chronic conditions (similar to Living Well with Chronic Conditions). I am speaking with state staff 8/19/20 to inquire about offering this to our Rock County residents.

Living Well with Chronic Conditions (TOOLKITS):

These are \$45 self-toolkits available for people to do at home and do a call in / phone in conference with a leader and other participants if desired. 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, but there are none? Meghan Timm of SSM health considering being trained as a leader for LWCC in October 2020, contact Lisa if interested in becoming a leader for LWCC.

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. (Leader training may be moved from Stevens Point to Rock Co, Lisa is helping find locations. **If someone wants to be trained as a workshop leader talk with Lisa quick!**) 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. CoA maybe has funds to do this. An HLCP online workshop is being planned in October for Rock county participants (if the leader training takes place

Walk with Ease: An evidence-based program designed to help people living the arthritis better manage their pain. It's also ideal for people without arthritis who want to make walking a regular habit. Sessions consist of group discussion and walking. **Leader training is 3 hours online with self-directed participation.** This could be a great walking program in each community for the fall season. If interested contact Lisa- training is free!

Stand Up & Move More! (A research study.) All four pilot counties have rescheduled workshop until spring of 2021 due to logistics/ Covid-19. Lisa will teach in spring. All Beloit participants wanted to sign up for 2021!

Powerful Tools for Caregivers:

The PTC in person workshop at the Edgerton Hospital was cancelled but an online/virtual workshop began on Fridays 9-11 am August 7th- Sept 11th with 9 participants! Leaders from Rock and Jefferson County ADRC's Handouts have to be printed out and mailed (by me) to all people, as many don't have a printer. The March PTC Beloit workshop participants only got two sessions in before they had to stop the sessions. The leaders (from ADRC and Alzheimer's Alliance) contacted the 13 participants on a regular basis. They just resumed this group as an online workshop to continue where they left off. Many fewer participants though. **Looking for more leaders for PTC! Online training in October if interested – sign up is NOW!**

Healthy Eating for Successful Living: Amy Karas of Nutrition and Health Associates would like to teach Healthy Eating workshop on Monday mornings starting in September. Clinton senior center was the original location planned, but no public spaces large enough for 6-8 people + instructor are available in Clinton. Have asked churches and fire dept. looking at 3 other spaces in Beloit and Janesville areas.

Stepping On: All classes are postponed in person due to Covid concerns, lack of space to hold it and lack of leaders to teach it. State WIHA office is test piloting online version of SO now in four counties. **Sept is Falls Prevention Month** and NCOA, WIHA & Rock County will be doing promotions through media different ways to increase awareness. WI has highest rate of fatal falls of any state. If interested in being a Stepping on Leader training will be in 2021.

Mind over Matter (MOM): In person *leader* training is still planned for September 2 & 3 in Waupaca. The *participant* workshops may be in person or virtual! May refer Rock County folks to other counties who have online workshop openings this fall who have openings. If interested in the leader training or workshop contact Lisa ASAP.

Healthy Living with Diabetes:

Paula S and Pat B were to be trained as leaders for HLWD in August in Fond du Lac and a program has been scheduled for October 15-November 19 at Grinnell Hall in Beloit. The leader training was cancelled last minute due to low enrollment People dropped out due to covid concerns) We tried to relocate

training to Rock county, but master leader could not travel that far. Training r/s to April 2021. 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 leader training has been postponed until 2021. So May 2021 earliest for HLWD.

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! Over 150 sent out!

HEAR (Health Equity Alliance of Rock Co): July and August had guest speakers about Racial Health disparities, Covid-19 stats, and how the pandemic as changing how we provided services to our clients. CHIP survey feedback due by Sept.

WIHA (WI Institute of Healthy Aging) State updates:

For counties who don't have leaders we should be refer people 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 some leader training updates. Heard from many across the state who are offering virtual programming- pros/cons. WIHA is adapting the National Council on Aging's "Falls Prevention Toolkit" for all WI counties to use for the month of September which is fall's Prevention Month.

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>

Mark Richardson asked Paula if the companies that were going out for bid for the drivers had the number of people they would need to fill the positions. Paula explained that whoever received the bid would be hiring the staff they needed.

New Business – none

Old Business – A vote was taken on the revised by-laws. The two significant changes were extending the time a board member could serve. It was changed so that they must take one term off and then they are able to run again after a two term appointment. A motion was made by Sue McGinniss and seconded by Karen Ferguson to accept the bylaws with noted changes. Motion passed.

Board Membership Report Reports:

County Board of Supervisors, Tom Brien: Tom reported that the County Board was scheduled to begin meeting in person again in September, but due to a result of a vote, that will be postponed until the first of the year.

ADRC of Rock County, Vicky O'Donnell: absent...

Adjournment: A motion was made at 9:50 a.m. by Pat Burhans and seconded by Sue McGinniss to adjourn the meeting. Motion carried. *Minutes not official until approved by the Council on Aging Advisory Board.*