



COUNCIL ON AGING ADVISORY BOARD MINUTES
Wednesday October 21, 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 Janet Smith and seconded by Mark Richardson to approve the agenda with two changes.

Roll Call:

Present: Mark Richardson, Janet Smith, Janice Turner, Patricia Burhans, Vicky Gobel, Rena Dewar, Tom Brien, Karen Ferguson, Jean Boyle, Vicky O'Donnell, Debbie Kraus, Sherril Gilbertson

Excused: Robert Borremans, Jack Kooyman, Sue McGinniss

Unexcused: none

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

Introduction of Visitors: Pam Bostwick, Josh Smith, Randy Terronez, Ellen Wiegand

Approval of August 19, 2020 Advisory Board Minutes: A motion was made by Janice Turner and seconded by Karen Ferguson to approve the minutes

Citizen Participation, Communications and Announcements:

Staff Reports:

Director – Paula announced she had been asked to participate in a committee being formed at UW Whitewater. AIRE – the Aging Research and Education Initiative will be exploring offering an undergraduate from UW Whitewater in Health and Aging and an online Gerontology degree. They are also exploring opening an Elder Technology Center that will help educate older adults in how to use the internet and social media safely and efficiently.

Elder Benefit Specialist - Lachel reported her open enrollment is one of her busiest times of year. Everything this year is done by mail and phone. Most of her clients will not use Zoom. Lachel has her first batch of plan finders ready to go. She is getting referrals from the ADRC as well as Mercy Health. Debbie Kraus asked how many people attended her online classes she offered. Lachel replied that for Medicare savings she had no participants and for Senior Care she had 3 calls, but two were her clients already. She was able to help the other person. She was asked if there was an increase in requests for her services this year. She said she is about right on track with last year. She has mailed out about 400 packets so far. She also made the forms available on the COA website for clients.

Mobility Management – Jennifer is attending a WAAM Board Zoom meeting and was not available. She will have a complete report on the end of her Wed Walks and Tri Shaw season.

Transportation Supervisor –Ryan announced our new dispatcher Brian Hoppe has begun his duties one month from the date of this meeting. He is excelling and learning quickly. Ride Statistics for the past couple months are climbing. In August the department averaged 72 rides per day with 6 buses. In September we provided 76 rides per day with 6 buses. We are still limiting the number of people on the bus to 4, due to COVID restrictions. Maintenance for the buses is going well.

COVID precautions continue with all vans used being sanitized and wiped down on common surfaces after each rider exits. Both drivers and passengers continue to wear masks. The ventilations system is also kept running to circulate air in the vehicles.

Caregiver Specialist – Julie reported she has initiated three caregiver workshops. She has also partnered with Jefferson County on those. The Journaling class had 8 participants and was very well liked by those who attended. She also offered a Joyful Moments Class and Arm Chair Travel to 20 participants. She reported her intakes for caregiver grants has increased. Her Dementia Live class will soon be offered virtually. Those are being done in conjunction with the ADRC and will be scheduled in December. November is Family Caregiver Month.

Health Promotion Coordinator

Health Promotion Workshop Schedule & Informational Links

Submitted by Lisa Messer, RC COA HPC

Rock County Council on Aging Senior Wellness Workshop website:

<https://www.co.rock.wi.us/aging-classes-workshops/senior-wellness>

(For local workshop information or to enroll in a workshop through Lisa)

WiHA's "Find a workshop" website: <https://wihealthyaging.org/workshops>

To find a list of workshops being offered (statewide) for yourself, another person or patient.

2021 Wisconsin Institute for Healthy Aging (WiHA) Leader training schedule: *Please note: The leader training application and fees will be available by November 1, 2020.*

https://wihealthyaging.org/_data/cms_files/Leader%20Training%20Schedule/2021%20ONLINE%20Leader%20Training%20Schedule%20FINAL%2009.18.20%20%282%29.pdf?u=1VYH4H

September Falls Prevention Month information:

Commented [LM1]

<https://www.facebook.com/rockcountyCOA>

Posts of radio, video, interviews, and handouts / Rock Co COA Facebook page

Duke University Mask Study

<https://nypost.com/2020/08/11/duke-university-face-mask-researchers-share-more-on-study/>

Rock County Council on Aging offers evidence-based health and wellness classes for older adults and caregivers. These classes cover a number of topics and are low or no cost.

Many of the classes are offered several times this year; choose the session that fits your schedule. Scholarships are available!! To enroll go to: <https://www.co.rock.wi.us/aging> (click on classes and workshops)

If you have any questions about the workshops listed below or need assistance in enrolling, please call Lisa Messer, Health Promotion Coordinator, at: (608) 757-5309 or email:

Lisa.Messer@co.rock.wi.us

Eat Smart, Move More, Weigh Less is an online weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical

activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor.

This cost is free to first 10 participants! (a \$235 value)

Better Choices, Better Health

A program for people living with an on-going health problem such as arthritis, hypertension, COPD, depression and others. This self-management workshop is done entirely online and has about 25 participants per workshop. You can choose the days and times that are most convenient for you. Simply log on 2-3 times each week for a total of 1-2 hours per week for six consecutive weeks. The web-based workshops are secure and meet government privacy requirements.

HEALTHY EATING FOR SUCCESSFUL LIVING IN OLDER ADULTS is 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. Facilitator: Nutrition and Health Associates. **Cost:** Free!
Register by September 17th.

LIVING WELL WITH CHRONIC CONDITIONS is a six-week workshop that provides information and support to people with any kind of ongoing health condition: e.g., Parkinson's, arthritis, depression, high blood pressure, heart disease, chronic pain, anxiety, cancer, and any others. These highly participatory workshops build the participant's confidence in their ability to manage their health, communicate more effectively with family members and healthcare providers, de-stress and relax, and maintain active and fulfilling lives.

Online/virtual workshops are being conducted this fall throughout the state – Limited spots available! Contact Lisa for assistance to find a workshop and register!

In person six-week workshop for 6-8 people with social distancing and masks required:

Mondays 10-12 noon, September 21 - October 26, 2020; Beloit Public Library

STEPPING ON is a seven-week class that is proven to reduce falls. Classes are focused on improving balance and strength, home and environmental safety, vision, and a medication review. Research shows that Stepping On participants have a 31% reduced risk of falls.

Suggested Donation: \$10.

In person has been postponed until 2021. To be offered online in 2021 as well.

Sign up now to be placed on the interest list!

POWERFUL TOOLS FOR CAREGIVERS and its adaptation for Parents of Children with Special Needs: Caregiver support program is a six-week class for caregivers designed to help them better cope with the challenges of caregiving. Proven to decrease negative emotions related to caregiving, increase confidence, increase awareness and use of community resources for family caregivers. Participants will receive support and resources that will help make their caregiving journey easier.

Suggested Donation: \$10.

A six week ONLINE Powerful Tools for Caregivers workshop series is planned for Tuesdays, 10am-Noon, October 20 - November 24, 2020 - Register by October 13, 2020! NEW!

NEW! MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER. Three sessions over five weeks. Designed to give older women learning strategies for preventing or lessening symptoms - researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%.

Next Online session Nov 5 - Dec 3, 2020 - 5:00 PM - 7:00 PM, Thursdays!

Online/virtual workshops being conducted this fall throughout the state- contact Lisa Messer for assistance in finding a workshop and to register. 2021 workshops will be available in person and online.

NEW! Healthy Living with Diabetes /Vivir Saludable con Diabetes* – Self-management program for people with diabetes offered in English and Spanish* - proven to increase knowledge

and confidence in dealing with diabetes, improve self-care behaviors, and reduce emergency department visits and hospitalizations for diabetes. *We are working with Beloit Community Health Center to get two Spanish speaking staff members to get trained as a leaders to lead Vivir Saludable.

Online/ virtual workshops are available throughout the state this fall.

Please call or email Lisa Messer to find out more. Register below to get on a waiting list!

NEW! Stand Up & Move More! The University of Wisconsin-Madison, is extending an invitation to adults older than 55 years of age to participate in a “Stand Up and Move More” Program. This fun, interactive workshop will determine the health benefits of standing up and moving more throughout the day. Those eligible to participate are adults older than 55 years of age, who sit more than six hours a day, and are without major medical conditions. The program consists of meetings held once/week for 5-weeks, a refresher session at 8 weeks and an assessment at 12 weeks. Those who finish the workshop and complete assessments will receive up to \$60 in gift certificates. (See flyer)

Postponed until spring of 2021- Please register after January 1, 2021

There will be two sessions – one in Beloit and one (likely) in Janesville, Wisconsin

LIGHTEN UP is an eight-week workshop that promotes quality of life and wellbeing in persons age 60 and older. The program is designed to help people manage their daily lives in more positive ways through techniques meant to process and understand the internal thoughts and barriers that influence daily decisions. Activities include group discussion, self-reflection, and journaling. **Cost: FREE not being offered in 2020.**

WALK WITH EASE is a six-week gentle walking program offered three days/week. It is designed to teach participants how to safely make physical activity part of their everyday life. The program helps people living with arthritis better manage their pain, but it is also ideal for people without arthritis who want to make walking a daily habit. Each workshop begins with a short informational “lecturette,” and then the group gets up and walks together outside (weather dependent) for the remainder of the time. **Cost: \$12 total** A self-directed version of WWE may be offered in fall of 2020. Please call to inquire!

New Business – Josh Smith explained how the proposed recommendation on integration will be beneficial. Expanded Medicaid revenue will possibly allow the hire of an additional Elderly Ben spec. A Shared data base between ADRC and COA, shared location. The options presented in the proposed memo were as follows:

1. Status quo – no changes to ADRC or COA
2. COA would merge with ADRC and move into Human Services
3. COA and ADRC would merge and become a separate department
4. The COA Ben Spec would be transferred to the ADRC.

He is recommending option #2 as he feel sit would free up resources and maximize funding. He explained in October it went before the EVAS committee just as information presented (no decision made). Ultimately a resolution will be presented to the two governing committees and the decision would go before the County Board, possibly in December of 2020 or January of 2021. Integration would officially take effect in January of 2022.

The COA Advisory committee did not get the memo delivered with their agenda, so Paula will email it out to all members for their review.

Jean Boyle asked if work was being done on the new building. Josh replied that JP Cullen had received the bid and the current plan is for it to be completed in the 3rd quarter of next year. The earliest date for moving in will be September of 2021.

Janice Turner asked how the integration would benefit the COA. Josh explained both staff from COA and ADRC will have input.

Jean Boyle asked if we have further questions do we send them to both Josh and Paula. Josh said yes and we would package them for the next meeting update. Janet Smith expressed a wish to follow up with EVA’s committee. Josh encouraged anyone who is interested to direct questions

to the EVAS Committee so they would know how the COA Advisory Board felt on the matter. He explained that EVAS Committee meets the third Tuesday of each month.

2021 Budget – Josh explained that there will be a public hearing at the County Board on the 2021 Budget on November 4th and the board will vote on the adoption of the budget on November 10. He explained the changes in the transit program. The Specialized Transit drivers will become Rock County employees as of January 1, 2021. There were what appeared to be reductions in funding for the nutrition program, but that was because of excess federal funding that was received in 2020 and causing the original funding to remain, which will be carried over. He explained the change in how the county will be budgeting for health care costs in 2021. Each department will pay a flat FTE allocation for each employee.

Old Business – Paula reviewed the aging goals report and explained that the majority of them were achieved. Due to COVID there were a couple which would have to be revised.

Because Citizen Participation was missed in the beginning of the meeting, it was covered at this point in the meeting. Ellen Wiegand from Beloit Meals on Wheels reported that during the COVID outbreak this summer, they had been utilizing curbside pickup for their volunteers. They received a small grant from United Way to help with remodeling their building to allow volunteer drivers to once again enter the building safely and pick up their meals. Since June of this year 4,000 shelf stable emergency meals have been distributed. This gives a couple of weeks supply to all MOW recipients in case of unforeseen events. They also distributed a “We Care” package to each recipient with the help of several sponsors including the Beloit Senior Fair Committee. It included a box of essentials as well as an activity book, put together and funded by the Beloit Senior Fair Committee.

Jean Boyle asked if Rock County Nutrition was sending out extra meals, other than the Blizzard Boxes and Paula explained they were looking into the possibility.

Board Membership Report Reports:

County Board of Supervisors, Tom Brien: Tom reported that the Rock County Board was into the budget process. They are currently trying to figure out a “hybrid” process for meeting so more residents can participate safely in the Board meetings.

ADRC of Rock County, Vicky O’Donnell: Vicky reported that Cori Marsh, the Dementia Care Specialist is also distributing care packages for dementia clients. She also announced their new ALEXA program which is currently being offered to those who qualify.

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