



COUNCIL ON AGING ADVISORY BOARD MINUTES
Wednesday March 17, 2021, 9:00 a.m.

- A. Call to Order:** The meeting of the Council on Aging Advisory Board was called to order at 9:00 a.m. by Chair, Chuck Wilson. All present were participating via ZOOM or the telephone.
- B. Approval of Agenda:** A motion was made by Janice Turner and seconded by Pat Burhans to approve the agenda.
- C. Roll Call:**
Present: Janice Turner, Patricia Burhans, Rena Dewar, Tom Brien, Karen Ferguson, Vicky O'Donnell, Debbie Kraus, Sherrill Gilbertson, Jeff Didelot, Chuck Wilson, Pam Bostwick, Jack Kooyman, Sue McGinniss, Jeff Didelot

Excused: Vicky Gobel

Unexcused: none

Staff Present: Paula Schutt, Lisa Messer, Lachel Fowler, Ryan Booth
- D. Introduction of Visitors:** Meghan McCarthy of Taja Hereford of the Rock County Health Dept and Megan McCarthy, from Beloit College who is a Health Dept intern.
- E. Approval February Advisory Board minutes.** A motion was made by Tom Brien and seconded by Sue McGinniss. Motion carried.
- F. Citizen Participation, Communications and Announcements** –Pat Burhans thanked Paula for the presentation to the Parkinson's Support Group. April is Parkinson's Awareness month. Sue McGinniss thanked those responsible for Steering Into the Skid. It was a very good play that made you think. Janice Turner also attended and enjoyed it. She noted people from all over the United States were involved.
- G. Monthly "This is Good to Know" Report** - Meghan McCarthy intern with the Rock County Health Dept and Taja Hereford spoke about the Community Health Assessment that is now being conducted by the Health Dept. They are gathering data from a survey that is available on their webpage concerning what the barriers are to good health in Rock County. Meghan talked specifically about Community Conversations which are focus groups. She invited any of the board who wanted to form a focus group to work with her. They will be collecting data until mid- April. Sue McGinniss said not to be intimidated because it was really very simple to be involved in the process and you could simply take notes or help suggest other groups or people they could interview.

H. Staff Reports:

- 1. Mobility Management** – Jennifer reported she is working on a survey with the Transportation Coordination Committee concerning transportation needs in Rock County. The state group (WAMM) Wisconsin Association of Mobility Managers is also working on a statewide survey. WAMM is involved in many areas as well as having people who attend the joint finance committee meetings at the capital. AARP has cancelled all of their in person events through September of this year. They do have programs and classes on line that are available. A winter version of Wednesday Walks, the Snowshoe Event, scheduled for this month got cancelled because it was 60 degrees on the day it was to happen. Upcoming Wednesday Walks has 21 walks planned for this spring, summer and fall. They all begin at 10 am, they are free to the public. The first one is scheduled for May 5th and it is a Wildflower Walk at Carver Roehl Park with Dave Bedlan. Jenny is currently working the City of Janesville Recreation division to help provide a place for this seasons Cycling With Age. We have been given permission to store the tri-shaw in a shed at Palmer Park and rides will take place each Friday from 9:30 a.m. – 11:30 a.m. by appointment. The rides are open to seniors as well as adults with disabilities. Sue McGinness asked about Cycling without Age and about the Tri Shaw and Jenny explained how it worked. Paula shared a picture on the screen of people getting a ride last summer in the Trishaw at Palmer Park.
- 2. Director:** Paula reported that she is currently working with Jennifer Thompson of the ADRC and they are having Zoom meetings with people from other counties that have already integrated. They are asking a set of questions compiled by staff from both the ADRC and The COA. The goal is to get a sense what works and what does not work as we build the outline for what our integration will look like. Paula also talked a bit about the Aging Services Plan that is currently being conducted. She reminded board members that Angie Sullivan has outlined at last months meeting. She reported that she presented information about the COA to the Parkinson's support group on March 3. The Aging Mastery Class has just two more classes before this group is finished and graduated. Paula is hoping to hold an in person class in the fall at the new location. She will also be attending a Beloit Senior Fair meeting next week and that group will begin discussion on how best to offer the Senior Fair for 2021. Paula also reported she met with fiscal staff at the ADRC and worked with them on our budget to explain how it works. She reported she is starting to offer subscriptions to the monthly COA newsletter as well as that most senior centers are beginning to make plans to open, or have opened.
Sue McGinness asked Paula if she no longer had control of the COA Budget. Paula explained that she did, the meeting was just to explain how it would work because the fiscal staff at Human Services would be taking over management of the budget as of January 2022.
Sue Also asked if there was any more news on board makeup with the integration and where we were at with the move. Paula reported the move is tentatively set to begin in July or August but there was no schedule yet on which department was moving first. Sue also asked if the board could see the results of the meetings with the other counties and look over the answers they give to our questions. Paula said she would make sure the board members got a copy of the document when it was finished.

3. Caregiver Specialist Julie not in attendance – no report

4. Elder Benefit Specialist – Lachel not in attendance – no report

5. Transportation Supervisor – Ryan reported there were 82.47 trips in January and we used, on average, 7 buses a day. In February we offered 99.6 rides a day with an average of 8.4 buses being used. Rides are increasing. We are still limited to the number of people we can have on each bus. We require all who ride the buses to wear a mask. We are in the process of interviewing for new drivers. Hopefully by this time next month we will have three new part time drivers. Training involves 24 hours of class room training in addition to a number of ride along trips. Ryan noted that March is National Transit Driver Recognition month. Chuck asked about driver training and who rode with drivers in training. Ryan explained that he had senior drivers in good standing take the new recruits along and he usually paired them with several drivers so they could get a variety of experience.

6. Lisa Messer, Health Promotion Coordinator

March is National Nutrition Month![®] is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity: For all kinds of nutrition information, handouts, food prep tips, etc. go to: <https://www.eatright.org/>

- 20 ways to enjoy more fruits and vegetables: https://www.eatright.org/-/media/feature/eatright/campaign/nnm2021/tip_sheets/20-ways-to-enjoy-more-fruits-and-vegetables-2021_english_final.pdf
- 20 Health tips: https://www.eatright.org/-/media/feature/eatright/campaign/nnm2021/tip_sheets/20-health-tips-2021_english_final.pdf

2020 HP report - In the March LINKS Newsletter was missing half of the report due to tech issues. My full report will be in the April LINKS newsletter. There were many more long term programming positives than short term negatives. Here is the report in a PDF link if you would like it to view it.

In progress programs:

Eat Smart Move More Weigh Less – Ongoing through 2021. we have had six people complete it (most did all 15 weeks so was 15 hours education) , one participant is in progress right now, and I secured another “seat” for Rock Co that another County could not use. So we have 4 seats left for 2021. So this will make 11 free slots we were able to receive funding for through GWAAR.

Living Well with Chronic Conditions (online) a joint partnership with Sheboygan County ADRC and its leader. Nine people enrolled total. Eight from Rock Co and one from Sheboygan.

Stand UP & Move More! (Online research study.) State staff, Erin Eggert, is facilitating this workshop and I am doing tech support as I learn from Erin. Many “Beloit-ers” who were signed up to do in person last year signed up again. Many Rock Co people (late surge of Milton folks) signed up for SUMM and they are going to allow to participation opportunity in other SUMM workshops statewide this spring if openings have.

Planned 2021 programs:

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

Powerful Tools for Caregivers (online) May 5-April 14, 2021 open to eligible caregivers from all WI counties/tribes. I have two flyers. Husband/ wife and dad/daughter.

Mind Over Matter – *Leader training in April (Sherril) and possible online workshop in late spring/early summer (maybe I can help do tech part) or in person in fall.*

Stepping On - Looking at late July / August for an in person SO workshop pending leader/location availability and /covid guidelines. Rock Co people can sign up for VIRTUAL Stepping On workshops in other counties by going to: <https://wihealthyaging.org/workshops>

Healthy Living with Diabetes / Vivir Saludable con Diabetes: Planning to get two bilingual employees of the Beloit Area Community Health Center trained in Person in late summer to have a fall in person Spanish version workshop.

Healthy Eating for Successful Living - Likely to be taught in person again by Amy Karas of NHA pending curriculum changes and updating.

Walk with Ease – any interest in a walking programs in your community?

Tai Chi Prime - any interest for Rock Co?

Lighten Up! – Grant submitted in February and results should be found out in July 2021 if WI got funding. Name will be changing as will be promoted as a “well-being” program for mental health – Ideas welcome! (Some thought ‘lighten up’ was a weight loss program.)

Potential Leaders – if you think you would like to be a trained leader – attend a workshop! View the leader video in the program of interest at the Wisconsin Institute of Healthy aging WiHa site: <https://wihealthyaging.org/become-a-program-leader>

I. New Business: Paula asked Debbie Kraus if she had any updates on when Grinnell hall may open. Debbie said they have not gotten an official word on it yet.

J. Old Business - update on the 2022-24 Aging Plan. Paula shared a picture of the front page of the April newsletter that included a story on the upcoming Aging survey and she also informed them the link to the survey could be obtained by going to the front page of the COA website. She presented the survey to the EVAS committee And asked them to spread the word and she is making arrangements to present it to the Rock County Board as well.

K. Board Membership Report Reports:

1. County Board of Supervisors, Tom Brien no report
2. ADRC of Rock County, Vicky O'Donnell: no report.

L. Adjournment: A motion was made to adjourn the meeting at 9:54 a.m. by Tom Brien and seconded by Debbie Kraus. Motion carried. *Minutes not official until approved by the Council on Aging Advisory Board.*

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