

**Aging and Disability Resource Center of Wisconsin (ADRC-CW) ADRC-CW Advisory
Committees Meeting
Minutes
Wednesday, March 23, 2022**

Mission: The Aging and Disability Resource Center of Central Wisconsin promotes choice and independence through personalized education, advocacy, and access to services that prevent, delay and lessen the impacts of aging and disabilities in the lives of adults.

Committee members present: **Marathon County:** Dana Macalalad, Krista Mischo; Randi Hartwig; **Lincoln County:** unavailable; **Langlade County:** Carol Krochalk; Roy Dieck; **Wood County:** unavailable

Others Present: Director of Aging and Wellness Jennifer Cummings, Caregiver Support Coordinators Meagan Fandrey and Kacie Niemuth, Dementia Care Specialist Jennifer Thompson and Clerical Assistant Kelly Crothers, and Judy Nagel, Langlade County Clerk

Excused Absence: None to report

1. Call to Order

The meeting was called to order by Jennifer Cummings, Aging and Wellness Director, at 10:00am.

2. Public Comments

Reminder by Jennifer Cummings that we are still recruiting for Advisory Committee Members.

Current need: Langlade County : 2 members

Marathon County: 1 member

Wood County: 4 members

If current committee members know of anybody interested, please refer them to Jennifer Cummings for further information.

3. Approval of Minutes-From January 26, 2022

A motion to approve the minutes was made by Carol Krochalk, seconded by Krista Mischo. Minutes approved.

4. Review of meeting packet materials:

Committee member packets include the following information for today's meeting:

- Meeting agenda and draft minutes from the January meeting
- Copy of the powerpoint slides provided by the Caregiver Team
- 2022 Alzheimer's Facts Sheet
- Stepping on Workshop Leader Flier

- Copy of Leadership Reports from February and March

The list of commonly used abbreviations and the current membership list were sent by email with the rest of the materials as well.

5. Caregiver Team Presentation:

Caregiver Team Introductions were provided to the committee members. Meagan Fandrey, Kacie Niemuth, and Jennifer Thompson all provided an overview of what services the ADRC provides to caregivers, grants monies, and an overview of the Powerful Tools for Caregivers class.

The next class for Powerful Tools for Caregivers will be April 6th, 2022 @10am virtually. On April 7th, 2022 an in person session will start in the Wausau office. The class will continue once/week for 6 weeks.

Meagan Fandrey discussed the new Caregiver Support Group that will be starting at the end of April. The group is a hybrid model offering both in person and virtual attendance. The support group will be held on the 4th Monday of each month from 10:30am-12:00pm. Interested people may utilize technology at the ADRC offices throughout the region to attend virtually if they prefer.

Kacie Niemuth continued the discussion with what respite care is and how it differs for everybody. There is a high demand for respite care and caregivers are needed. Although there are options to have their care recipients attend day centers, respite care centers, etc., caregivers often feel guilty taking the time to do what they need to do for themselves. The Caregiver team tries to stress the importance of a person who is a caregiver taking care of themselves as well as their loved one or the person needing care.

Jennifer Thompson gave an overview of Dementia and the three pillars of the Dementia care specialists role:

- 1) Prepare and maintain a Dementia Capable ADRC-CW (staff education)
- 2) Community education and the development of partnerships
- 3) Provide direct support to caregivers and people living with dementia

The Department of Health Services had "left over" dementia care funds and are allowing agencies to request extra funding for dementia specific projects. The ADRC-CW has submitted a request to obtain additional funding to purchase the Dementia Live program which provides a dementia simulation experience and equipment such as glasses/goggles to mimic impaired vision, gloves to mimic motor skill loss and headphones to mimic hearing issues. If granted, the money would also be used to purchase supplies for fidget blankets, and to expand the resource library with books and DVD's.

Krista Mischo asks if there are currently any evening classes available. Jennifer Cummings explained that there have been classes offered in the evenings, however, there currently are not evenings scheduled. When individuals call to inquire about the classes, we do note if they prefer evening classes and can gauge interest in scheduling one. We maintain interest lists accordingly.

Randi Hartwig inquires as to how people can find/access to these classes. Classes are listed in the Choices magazine and the ADRC-CW Resource Directory that is provided to doctor offices, grocery stores, etc., as well as on the ADRC-CW website. Jennifer Cummings reiterated that word of mouth is the best way to keep people informed, whether that be via radio, or TV station stories. There have been some videos made by the ADRC-CW to try to reach other audience targets and discussion is taking place to determine the best way to get information to the public. One thought has been to have the video advertisements played in movie theaters.

6. Senior Farmers' Market voucher program (SFMVP) distribution 2022

Char Seetan had emailed Jennifer regarding this program and how to improve access. Jennifer reached out to her State contacts as no information for the 2022 season has been made available. She is still awaiting a response. However, this program is available to individuals 60+ years old or 55+ years old if Native American, that meet specific household income requirements. Each eligible household will receive a voucher for \$25.00 that can be used at any farmers market in the State of WI that participates in the program. The vouchers must be used for fresh fruits and vegetables. Items that are processed, such as honey or maple syrup do not qualify. The ADRC-CW was able to adapt the administration of this program during the pandemic so that interested individuals were able to contact ADRC offices, complete registration forms, and then get the vouchers mail to them. Prior to the pandemic, the ADRC scheduled in-person events that included a required educational presentation and then on-site voucher distribution. It is anticipated that the ADRC-CW will be able to provide vouchers to those eligible this year. This is a USDA sponsored program that the ADRC offers to administer. There is no reimbursement to the ADRC-CW for this program. Hopefully more details will be made available soon.

7. Executive Director Reports from February 2022 and March 2022 Highlights:

February:

- 1) A community health worker position was discussed. The ADRC-CW did not feel that we were able to take on this pilot project at this time, so it is not currently being pursued.
- 2) A request for proposal to caterers for the Hmong dining site will be distributed soon. Dining site menus have been created that meet the program nutritional requirements. Additional program details are being addressed i.e. menus need to be translated into Hmong, will the Hmong American Center assist with taking meal reservations, etc.

March:

- 1) Mike Rhea, Steve Prell, Ronda James, and Angela Hansen attended a recent Langlade County Board meeting regarding the topic of a potential relocation of the ADRC-CW office to a shared building adjacent to the Senior Center. No funding is available through the State of WI. Other avenues for funding were going to be followed up on by Langlade County Members. Rent and accommodations are to be given to the ADRC-CW board for future discussion and decisions.
 - a. Roy Dieck expressed concerns that the survey done by Angela Hansen to the Antigo staff may be a bit one sided. Feels that consumers of the dining site and meals on wheels consumers, along with those at the senior center (350+ members) should be asked their thoughts/opinions as well. Jennifer Cummings states that this is certainly a possibility, as it has been discussed already.
 - b. Judy Nagel states that she is excited for the prospect of the ADRC-CW and the Senior Center sharing a common location and is thankful for the commitment by all parties for not giving up and continuing to work together.
 - c. The next ADRC-CW board meeting is scheduled for April 14, 2022.
- 2) Masking update: Signage has been changed in all offices stating that while masks are recommended, they are not required. ADRC-CW offices will open fully on May 2, 2022 and staff will begin accepting walk-in appointments again. Some staff are still wearing masks and customer preference/comfort is respected.
- 3) Annual event: May 11, 2022 is the virtual Aging Advocacy Network day from 1-4pm. A previous email was sent to all advisory committee members with registration information. This event promotes education on aging priority issues and the need to contact legislators requesting their support on these issues.
- 4) StockBox Program: Previously known as the food commodity program, the stockbox program is for 60+ year old people who fall within income guidelines. The stockbox includes non-perishable items such as pasta, peanut butter, etc. along with 1 block of cheese. The ADRC-CW has partnered with other organizations in hopes that the community partners embrace the program and take charge independently of the ADRC-CW eventually.
- 5) Nutrition Program: The Nekoosa senior dining site has not re-opened yet, as the ADRC-CW is still in need of a site manager. In addition we are currently recruiting for a nutrition driver position for the Wisconsin Rapids/Marshfield area. If members know of anybody who may be interested, please refer them to Jennifer Cummings. Volunteers are always needed within the organization as well.

In addition, Angela Hansen and clerical support staff are working with a new software program, Route 4 Me, which plots out the addresses of meals on wheels participants,

creates maps, and works to improve the efficiency of mileage and time for volunteers and nutrition drivers. There are details that need to be figured out, but we are hoping that this allows the ADRC-CW nutrition program to improve our reach to individuals who are interested in receiving meals on wheels.

8. Future Agenda Items: Jennifer Cummings asks for agenda recommendations. Discussion ensued about respite care facilities, providers, etc. Discussed that when someone contacts the ADRC-CW, they will be connected with a resource specialist who listens to their specific concerns or need for information. We have a resource directory that provides lists of certain providers. Early planning and considerations about their health, living environment, needs such as advanced care directives, asset determination, etc. is important. Resource specialists and Benefits specialists help people navigate through these questions. Krista Mischo asks if the possibility of the resource and/or benefits specialists could host question and answer sessions on the radio, or virtually to allow those general questions to be asked and answered. While an open forum would be difficult due to each person's individual needs, Krista's suggestion is welcomed. Prior to COVID, there had been a plan to have staff "office hours" out in public locations i.e. libraries, senior centers. Jennifer will plan to have a resource specialist and benefit specialist attend the next meeting to discuss their roles and services.

Questions, comments, concerns should be sent to Jennifer Cummings to add to the agenda prior to the next meeting on May 25th, 2022. Jennifer Cummings will reach out to other Advisory Committee Members who were not in attendance at today's meeting to assess their continued interest with this committee.

12. Adjournment

The motion to adjourn was made by Jennifer Cummings and seconded by Krista Mischo and Randi Hartwig. Meeting adjourned at 11:21 a.m.