

**AGING & DISABILITY RESOURCE CENTER OF CENTRAL WISCONSIN
ADVISORY COMMITTEE MEETING**

**September 27, 2023
10:00 - 11:30 am**

MINUTES

Mission: The Aging and Disability Resource 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: **Lincoln County:** Nancy Uerling, Charlene Seetan, Dora Gorski
Langlade County: Roy Dieck **Marathon County:** Krista Mischo, Randi Hartwig **Wood County:** Dar Cosh, Jennifer Dolan, Athena Boardman, Faith Peaslee

Others Present: Erin Wells, Director of Aging & Wellness; Mike Rhea, Executive Director; Tami Swenson, PhD, Wood County Citizen (UWSP)

Excused Absence: **Marathon County:** Dana Ponak; Kue Her **Lincoln County:** James Torgerson, **Langlade County:** Carol Krochalk, Ken Kubacki; Penny Hurlbert

1. Call to Order

- a. The meeting was called to order by Erin Wells at 10:01am.
- b. Due to many new faces, everyone present took an opportunity to introduce themselves.

2. Public Comments

- a. Mike Rhea announced that the ADRC-CW is looking for a member for the board to represent the 60 and older population.
- b. Dora Gorski inquired if there are any limitations to which Mike Rhea stated the applicant would need to reside within the ADRC-CW four-county region.
- c. Dora Gorski provided an update regarding Pinecrest in Merrill, WI. Community feedback is being requested by participating in an online survey. This is a great disadvantage to those primarily affected as it is a population that may have difficulty with computer literacy.
- d. Jen Dolan expressed concern about UTIs in dementia patients as there are severe health effects that can happen from untreated UTIs. Rapid treatment is very important. Awareness and prevention are key. In addition, with covid cases on the rise and no mask mandates in hospitals, the vulnerable population is at risk. Masks need to be accessible.

- i. Erin Wells agreed that providing awareness and education is very important, and she shared the idea of including an article in the monthly Choices newsletter.
 - ii. Erin Wells also explained that the ADRC-CW is limited to providing information only and cannot provide medical advice.
- e. Char Seetan explained that the Foto News is limiting what is published regarding political and other community issues. Tina Scott is the Foto New contact.
 - i. Erin Wells mentioned that it is more and more difficult to get things published in the papers all throughout the region.
- f. Char Seetan brought up concern that groups like the Catholic relief fund are actively promoting illegal immigration by providing aid. Char inquired if there are any ADRC policies that would allow or limit the organization's involvement in something like that.
 - i. Erin Wells explained that it would fall outside the ADRC focus.

3. Approval of Minutes from July

- a. The July meeting minutes were not provided in the meeting packet for approval. Erin extended apologies. The minutes will be added to November's agenda.

4. Welcome New Advisory Committee Members: Faith Peaslee and Athena Boardman

- a. Erin Wells welcomed the new Advisory Committee Members, Faith Peaslee and Athena Boardman, as representatives of Wood County.

5. Update on Wood Co Dining Sites:

a. Closing of Huntington House (WI Rapids): August 2023

- i. Erin Wells reviewed the information previously provided in an email regarding the closing of the Huntington House dining site.

b. Opening of Nekoosa Dining Site: October 2023

- i. Erin Wells explained that the email also mentioned the reopening of the Nekoosa dining site. The opening date mentioned was 10/16/23, but that date has been pushed up to 10/9/23. Past volunteers have been contacted, but it is important to get the word out that we are looking for more volunteers.
- ii. Krista Mischo asked which days the Nekoosa dining site operates to which Erin Wells answered on Monday and Wednesday each week.

6. Updates:

- a. **GWAAR Annual Review of the ADRC-CW Aging Plan (Presentation): August 21, 2023**

- i. Erin Wells shared information regarding the Aging Plan which is required from all counties every 3 years and is submitted to GWAAR. The current plan is in place for 2022-2024. Progress is reported to GWAAR annually. Erin provided some detail regarding the focus areas of Advocacy, Nutrition, Equity, Health Promotion, and Community Engagement. Erin concluded that an aging plan is a group effort, and the way the organization is wrapping up the current aging plan is pleasing. Stay tuned for details regarding the future aging plan.
- ii. Krista Mischo inquired if the organization identifies areas to work on or if that is determined by GWAAR to which Erin Wells informed that, yes, GWAAR determines the focus areas.
- iii. Mike Rhea explained that GWAAR gives a broad area of focus and then, as an organization, we can navigate and narrow the focus in a more specific direction.

b. Improve Your Balance: Prevent Falls Resource Fair: 9/20 NTC Wausau

- i. Erin Wells shared that 90-100 people visited the Prevent Falls Resource Fair. It was the ADRC-CW's first time hosting an event like this, and it was a collaboration of planning with the Medical College of Wisconsin. An exit survey was offered, and approximately 70% of attendees participated. The results of the survey will be shared in the future.

7. Upcoming (FYD):

a. Powerful Tools for Caregivers:

- i. Erin Wells provided information regarding the upcoming Powerful Tools for Caregivers class and requested promotion amongst the community. Upcoming classes are being offered in Wausau: Tuesdays, Oct 3- Nov 7 from 10:00-11:45 am, Wisconsin Rapids at St Luke's Church : Tuesdays, Oct 3- Nov 7 from 10:00-Noon, and Marshfield: Thursdays, Oct 5- Nov 9 from 10:30-12:15 pm. Erin explained that the class is offered to caregivers and provides them with tools to care for themselves while continuing to care for their loved ones.

b. Stepping On (Fall Prevention):

- i. Erin Wells provided information regarding the upcoming Stepping On classes. The classes will be offered in Kronenwetter: Tuesdays Oct 3- Nov 14 from 9:30-11:30 am (Class is FULL), Marshfield: Wednesdays Sept 13- Oct 25 from 1:00-3:00 pm (Currently happening); Wisconsin Rapids: Wednesdays, Oct 4- Nov 15 from 10:00- Noon (Clas is FULL)
- ii. Erin Wells informed of the need for Stepping On leaders or co-leaders. Classes are filling up just as fast as they can be planned. The leader would

need to be comfortable in front of a group, but there is a limit on group size (usually around 15 people). There needs to be two leaders to be able to hold a program.

- iii. Dar Cosh offered encouragement to continue the programs as she has received great feedback about the programs.

c. Nutrition On Site Assessment: October 20, 2023

- i. Erin Wells informed that GWAAR comes every 3 years to do an on site review of the nutrition program. Due to covid, it has been a while since GWAAR has completed this review. It is now planned for 10/20/23.

d. Caregiver Celebration: November 1, 2023: Covenant Community Church

- i. Erin Wells announced that a Caregiver Appreciation Celebration is planned to take place on 11/1/01, and it is the 1st time the ADRC has offered it. The celebration has been planned by the Caregiver Support Team and is intended to bring together caretakers within the community.

e. Senior Center of Langlade County: Senior Health Fair November 15, 2023 from 10:00 am - noon.

- i. Erin Wells explained that the ADRC-CW will be participating in the Senior Health Fair. It will be a great opportunity for people to get some good information.

8. Operations Reports and Board Meeting Minutes from July and August. September 2023 Operations Report.

- a. The Operations Report and Board Meeting Minutes from July and August were included in the Advisory Committee Meeting Packet
- b. Erin Wells provided highlights from the July Operations Report including the volunteer celebrations and the caregiver support resources that are available.
- c. Highlights from the August Operations Report included events in the nutrition program and changes to the Cafe60 locations, the closure of the Huntington House dining site, and the reopening of the Nekoosa dining site.
 - i. Krista Mischo inquired about the Hmong American Center being the only dining site in Marathon County and asked if there is a barrier to getting other sites opened in the area.
 - ii. Erin Wells expressed that the need for a kitchen set up, appropriate availability/timing at a facility, parking, and reasonable overhead costs can be limiting.
 - iii. Mike Rhea provided further insight into the challenges of internal staffing, capacity and time, and budget aspects. He explained that while the dollars that it takes to function are changing, the funding remains the same. In response, it is time to get creative. New options, like a pop-up dining site, are being explored.

- iv. Open group discussion was shared regarding the need for meal programs in rural areas, the success of dining sites like the Gleason Lion's Club, and concerns that dining sites like Jenny Tower consisting of primarily resident participants are not necessarily inviting to the rest of the community.

9. Overview of Dementia Simulation (Scott Seeger and Jennifer Thompson). *Dementia simulation will be offered after the Advisory Committee meeting is adjourned in the ADRC Wausau office.*

- a. Erin Wells introduced Scott Seeger, Dementia Care Specialist.
- b. Scott Seeger explained that the agency has been able to purchase the rights to offer the dementia simulation program and provided an overview of the experience. Scott provided further knowledge regarding plans to take the simulation "on the road" in order to offer the experience to more individuals.

10. Agenda items for the next meeting?

- a. No suggestions were made.

11. Next Meeting: November 15, 2023 (Please note the change to the 3rd Wednesday due to the Thanksgiving holiday)

- a. Erin Wells offered a reminder of the date change to the November meeting.

12. Adjournment

- a. Dora Gorski motioned to adjourn the meeting at 11:01am. Motion seconded by Randi Hartwig.
- b. Motion approved.