

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

**March 27, 2024  
10:00 - 12:00 Noon**

**Committee Members Present:** Lincoln County: Dora Gorski, Nancy Uerling, and Charlene Seetan; Langlade County: Penny Hurlbert; Marathon County: Krista Mischo, Randi Hartwig; Kue Her; Dana Ponak; Wood County: Faith Peaslee, Dar Cosh, Athena Boardman, and Kevin Stellman

**Others Present:** Erin Wells, Director of Aging & Wellness; Mike Rhea, Executive Director; Ronda James, Nutrition Program Director; Barb Hartwig, Nutrition Supervisor; Kacie Niemuth, Caregiver Support Coordinator; Holly Thompson, Administrative Supervisor; Bill Clendening; Board Member; and Tami Swenson, PhD, Wood County Citizen (UWSP)

**Excused Absence:** Langlade County: Roy Dieck and Carol Krochalk

**MINUTES**

1. Call to Order
  - a. Meeting called to order by Erin Wells at 10:00am
  - b. Due to several new faces, the committee members each took a moment to introduce themselves.
  
2. Public Comments
  - a. No public comments
  
3. Approval of Minutes from January 24, 2024
  - a. Motion to approve the January 2024 minutes by Dar Cosh, seconded by Dora Gorski
  - b. Motion carried, minutes approved
  
4. Update on Advisory Committee: James Torgerson has decided to step down from the ADRC-CW Advisory Committee. Best wishes to James and thank you! Advisory Committee Openings: Lincoln County (1) and Langlade County (1)
  - a. Erin Wells explained that after some struggles with scheduling and the acceptance of a different position, Lincoln County representative, James Torgerson, has stepped down from his position with the Advisory Committee. There is currently an Advisory Committee position open in Lincoln County as well as a position open in Langlade County.
  - b. Erin Wells also shared that the term for Langlade County representative, Carol Krochalk, ends in July, so there will soon be two positions open in Langlade County.
  
5. Advocacy Days Updates::

- a. [Alzheimer’s Advocacy Day](#): February 20, 2024 (update from Erin Wells)
    - i. Erin Wells provided details regarding her experience attending the Alzheimer’s Advocacy Day in February. Erin explained that the top 3 priorities discussed included 1) Crisis grants to help emergency responders understand how to work with individuals diagnosed with dementia; 2) Determining the definition of memory care due to the fact that facilities can put “memory care” on their list of services without an enforced definition of what memory care stands for; 3) The finalization of the Wisconsin State Dementia Plan
  - b. [Disability Advocacy Day](#): March 20, 2024 (update from Kevin Stellman) <http://www.survivalcoalitionwi.org/index.php/events/>
    - i. Kevin Stellman provided details regarding his experience attending the Disability Advocacy Day in March. Kevin explained that there were 6 primary topics discussed. These included 1) The Long Term Care program; 2) Children’s Long Term Care; 3) The caregiving workforce; 4) Special education funding and mental health/transition services within schools; 5) Transportation; and 6) Voting
  - c. [Aging Advocacy Day](#): Tuesday May 14, 2024 in Madison (Wisconsin Aging Advocacy Network): Registration is open until April 29: [gwaar.org](http://gwaar.org)
    - i. Erin Wells encouraged participation in the upcoming Aging Advocacy Day and offered carpooling options. Registration ended on 4/29/24.
6. Aging Plan: 2025-2027 Aging Plan Timeline
- a. January- May 2024: Gather preliminary ideas and input from the public
  - b. Developing targeted questions on our key program areas
  - c. Will interview individuals 60+
    - i. Erin Wells described the purpose, process, and guidelines of creating the Aging Plan and explained that staff will be completing interviews with members of the public in order to collect feedback. There will also be polls on the ADRC-CW’s social media accounts. The questions asked in the interviews and polls have been developed to be specific to areas we would like to improve upon as well as the customer experience.
7. Nutrition Program Overview and Brainstorming (Ronda James and Barb Hartwig)
- a. Erin Wells explained that the ADRC-CW is looking to brainstorm more modern ways to offer the senior dining program.
  - b. Ronda James provided an overview of the Senior Nutrition Program and detailed the funding sources and eligibility requirements of the program. Ronda shared that the ADRC-CW has several dining sites within the region. Each site has its

own weekly schedule, and customers need to reserve by noon the day before they would like to dine.

- c. Ronda James also educated the committee on the Cafe60 program explaining that vouchers are provided to eligible individuals that can then be used to dine with a suggested contribution at Wild Steer in Stratford. No reservations are needed, and the number of vouchers per individual are limited to 22 vouchers per month.
- d. Ronda James stated how senior dining is not just nutrition, it is socialization. She then asked the committee for feedback and explained that what the ADRC-CW has in place is working well but questioned if it is the best way to serve our customers.
- e. Krista Mischo shared how she joined senior dining at the Hmong American Center and stated that it was a good experience, everyone was very friendly, and the food was good. Krista expressed that participating can be intimidating until you try it.
- f. Ronda James shared the intention to identify and start a senior dining location in Marathon County. She asked the committee their thoughts and if they were aware of any locations that should be considered.
- g. Open discussion was shared among the committee, and it was clarified that it is simpler to start the nutrition programs at existing locations compared to starting from scratch.
- h. Ronda James requested that, if a committee member thinks a restaurant would be a good fit for the Cafe60 program, they should bring the information to the ADRC-CW, so the location can be contacted for consideration. Ronda offered a reminder that the location needs to be affordable for the ADRC-CW, and there is a desire to look at more rural locations. Ronda also shared that some restaurants may have staffing concerns regarding their capacity to take on the Cafe60 program.
- i. Dar Cosh inquired about how the menu is created when a restaurant participates in the Cafe60 program.
- j. Ronda James shared that the Cafe60 menu is separate from the restaurant's primary menu. The Cafe60 menu is created to meet nutrition requirements, and portion sizes are different from the typical restaurant portion.
- k. Open discussion continued and the conversation shifted toward senior dining locations. Potential location ideas, such as local churches, the VFW, and Greenheck, were shared.
- l. Ronda James stated that, traditionally, a senior dining site has one hired employee, and volunteers support them while a caterer prepares and brings the food.

- m. Erin Wells stated past barriers that have prevented potential dining site locations from moving forward have included the flexibility with the potential space, availability of parking, and accessibility to the building.
  - n. Ronda James shared nutrition program ideas that other ADRC locations have tried, including the My Meal My Way program and pop-up dining site locations.
8. AFCSP/NFCSP Overview and Brainstorming (Kacie Niemuth)
- a. Kacie Niemuth gave a presentation on the Alzheimer Family Caregiver Support Program and the National Family Caregivers Support Grant. Kacie explained the eligibility requirements of each program and how each program operates to provide reimbursement for caregiving services. Kacie shared how her role as a caregiver support coordinator is to connect with caregivers to help find resources and to provide ongoing support. Bringing awareness to the programs and grants available is a very important aspect of the caregiver support provided.
9. Mini Grants (IIId ARPA): Available for evidenced based fall prevention programs. Applications due March 27.
- a. Erin Wells shared how the ADRC-CW asked the State if mini grants could be offered to help people set up evidence-based programs such as Strong Bodies, Stepping On, and Bingocize. When the evidence-based programs are started, the ADRC-CW would be able to assist with training and the supplies needed. 4-5 grant applications are to be turned in.
10. Upcoming Events to share:
- a. Powerful Tools for Caregivers (Six weeks): Registration is required.
    - i. Antigo: Senior Center of Langlade County from April 10-May 15, 2024 from 1:00-2:45 pm.
    - ii. Wausau: ADRC-CW office: April 18-May 23, 2024 from 4:00- 5:45 pm
  - b. Topic Tuesdays: Registration Required
    - i. Merrill: Dementia Basics April 16 from 3:00- 4:00 pm and Brain Health Basics April 23 from 3:00-4:00 pm
    - ii. Marshfield: Dementia Basics: April 16 from 3:00- 4:00 pm and Brain Health Basics April 23 from 3:00-4:00 pm
  - c. Stepping On: 7 week class: Registration is required.
    - i. Wisconsin Rapids: YMCA: April 5- May 17, 2024 from 9:30-11:30 am
    - ii. Wausau: The Landing: April 18- May 30, 2024 from 1:00-3:00 pm
    - iii. Wausau: SAFER Fire Department: April 30- June 11, 2024 from 9:30-11:30 am
    - iv. Spencer: St. John's Lutheran Church: May 6- June 24, 2024 from 9:30-11:30 am

1. Erin provided a shoutout about the different programs coming up and asked the committee to help spread the word.

#### 11. Operations Reports and Board Meeting Minutes

- a. January: Minutes
- b. February: Minutes and Operations Report
- c. March: Operations Report
  - i. January board minutes, February board minutes, February Operations Report, and March Operations Report provided in the Advisory Committee packet.
  - ii. Erin Wells highlighted the increase in the ADRC-CW budget and explained how the increase is being used to create a new Information and Assistance position.
  - iii. Mike Rhea explained that 4 out of 5 of the ADRC-CW office leases were up for renewal and informed the committee that each lease has been approved.
  - iv. Mike Rhea shared that Angela Hansen resigned in February. Upon her departure, the needs of the ADRC-CW were assessed, and a new communications and public information position was created. The new hire will start in June 2024.
  - v. Penny Hurlbert stated how Angela helped with the Choices newsletter and inquired if more information, like bus schedules and workshops, will be able to be added to the newsletter in the future.
  - vi. Erin Wells explained that The Buyer's Guide has reduced the amount of content that can be included in the newsletter, but the new hire will be able to investigate options.

#### 12. Agenda items for next meeting

- a. Request for Peggy Kurth, Volunteer Coordinator, to join the next meeting to review volunteer recruitment talking points and provide an overview of the packet to send to interested volunteers.

#### 13. Next Meeting: May 22, 2024

- a. Erin Wells offered a reminder that the next advisory meeting is scheduled for 5/22/24 and will be held at the Wisconsin Rapids ADRC-CW Office.

#### 14. Adjournment

- a. Motion to adjourn by Dora Gorski at 11:42am, seconded by Dana Ponak
- b. Motion carried, Meeting adjourned