

**MINUTES
HEALTH AND AGING COMMITTEE
TUESDAY, JANUARY 18, 2005**

THOSE PRESENT: Charlene Brady, Delores Kruepke, Linda Olson, Kristen Hosking, Wilmer Ehlke, Excused: Ralph Hensel

CALL TO ORDER

The Health and Aging Committee was called to order at 10:00 a.m. by Chairperson Charlene Brady at Jackson Town Hall.

NOTICE OF POSTING

Notice of Posting was given by Mrs. Brady.

APPROVAL OF OCTOBER 14, 2004 MINUTES

Motion Delores Kruepke, second Charlene Brady to approve the October 14, 2004 minutes. Motion carried.

STEPS TO HEALTHIER AGING – KRISTEN HOSKING, RD

Kristen Hosking, RD, gave a summary report on the Steps to Healthier Aging program conducted at the Germantown Senior Center in 2004. There were 53 out of 57 participants who completed the project. This project was one of 10 in the nation to study the effects of improved nutrition and exercise on the health of older adults. The Office on Aging will be partnering with Cedar Community to expand this program to Kewaskum, West Bend, Hartford, Slinger, Jackson and Germantown in 2005.

2005 TITLE III ALLOCATOIN REVISIONS

2005 Title IIIB budget revisions were presented. When the budget was completed, 2004 allocations were used. The state has issued new allocations for 2005. The budgets have to be revised. Amendments to the county plan were presented. Washington County will be receiving \$9,984 in additional funds in the Title IIIB programs. Motion Delores Kruepke, second Charlene Brady to approve the budget revisions. Motion Carried.

COMMENTS FROM JACKSON AREA SENIORS

Wilmer Ehlke, president of the Jackson Senior club discussed the need for Benefit Specialist services at the Jackson Town Hall. People there are satisfied with the meals provided by the Washington County Senior Dining program. They also indicated that the county should approach the club about making a donation to the program rather than raising the cost of the meal.

DIRECTOR'S REPORT

Powerful Tools for Caregivers classes will start on 2/14/05 at the Hartford Senior Center from 1:00 pm to 3:00 pm. The class will meet on Mondays for six weeks. A donation will be asked of \$15.00 per person. Advance registration is required.

Tax assistance will start at the various locations on February 2, 2005. This service is free and provided by AARP volunteers.

The Office on Aging will be participating in the Celebrate Families and the Farm Fair in February. The Senior Conference is scheduled for May 5, 2005 at Washington County Fair Park.

Nancy Bindas and Joyce Tuchscherer have completed their CIRS-Aging certification. We now have four of the staff who are certified.

The next Health and Aging Committee meeting will be held on Thursday, February 3, 2005.

ADJOURNMENT

Meeting adjourned at 12:00 p.m.