

**MINUTES
HEALTH AND AGING COMMITTEE
WEDNESDAY, JUNE 6, 2007**

THOSE PRESENT: Linda Olson, David Radermacher, Melvin Ewert, Charlene Brady

ALSO PRESENT:

Kristen Hosking, RD, Washington County Senior Dining Program

CALL TO ORDER

The Health and Aging Committee was called to order at 10:32a.m. by Chairperson Charlene Brady.

NOTICE OF POSTING

Notice of Posting was given by Mrs. Brady.

APPROVAL OF APRIL 18, 2007 MINUTES

Motion David Radermacher; second Melvin Ewert to approve the minutes of the April 18, 2007 meeting. Motion Carried.

SENIOR DINING REPORT – KRISTEN HOSKING, RD

Kristen Hosking, RD, Washington County Senior Dining reported on the program. The Congregate meals sites are stable, but always looking for ways to encourage people to attend. The Older Americans Act states this program is for those 60 years old and above.

An annual survey will be conducted at the end of June. Postcards will be sent out to participants who haven't been there in awhile or attended once. The postcard will include a "miss you" "thanks for attending" note and provide one free meal coupon. There will be space for each meal site manager to personalize the card.

During the summer more fresh fruits and vegetables will be served. The program had much success last year with theme meals based on ethnic festivals in Milwaukee, i.e. Festa Italiana. Bastille Days and German Fest. Also, each meal site picks a cookout day with brats and hamburgers and side items. The caterer grills the meat at the site on that day.

The Home Delivered Meal program need is always increasing. The need for volunteer drivers is still an issue. The Germantown, Hartford and West Bend meal sites need more drivers. A news release was sent to the newspapers.

Linda discussed the possibility of paying the drivers for a limited term. She will make this part of the budget process. They would be paid an hourly rate to have some control over the drivers' attendance. The drivers are presently reimbursed for their mileage. However, only 60% of the drivers claim their mileage. The paid drivers would be placed on the longer routes.

Mr. Radermacher noted that the home delivered meals play a big part in keeping the homebound in their own homes as long as possible.

The Germantown Senior Citizens Activities Center will begin expansion of their building within the next two weeks.

Kristen will attend Wellness and Prevention Thursday and Friday of this week and next week. The training will be on Chronic Disease Self-Management. After completion, Kristen will be certified.

The Steps to Healthier Aging classes will continue. The next goal is to set up a class at one of the senior housing locations. The residents are people who may be more frail and could benefit from the class. Classes will be started at Meadowbrook Manor in West Bend.

Kristen has spoken at Cedar Ridge and the Germantown club about nutrition education. A Gentle Yoga class has been started in Germantown with an eight week session with sixteen participants. A second eight week session is about to begin with sixteen participants. The instructor is certified and from Milwaukee.

The first class results were self rated and very positive. Seventy-six percent of the participants actually improved their flexibility.

The yoga is beneficial towards less falls and less fractures. The class will continue in Germantown for another eight weeks at a time. The class is partially paid for by the participants, \$20 each. The remaining cost is picked up by the County. The goal is to eventually go to other areas of Washington County with the yoga class.

Kristen will also work with the West Bend YMCA to provide more Health and Wellness classes around Washington County.

Farmers market vouchers will be distributed this month. Recipients must be 60 years old or above and 185 percent of the poverty level. Enough vouchers for only 60 people in the county were received this year, totaling \$1,800.00.

Distribution will be on a first come first served basis. The County will start a waiting list if more people would like vouchers than receive them.

Some seniors may not even go to the Farmers Market if they didn't get the vouchers. Also, they are more willing to try new foods they find at the market.

Each participant will receive \$30.00 worth of vouchers that are only valid towards Wisconsin grown fresh fruits, vegetables or herbs. The Farmers Market season goes from June 1 – October 31.

The vouchers are good towards Wisconsin grown products only. They are approved for use at the Hartford, Kewaskum, Menomonee Falls, and both West Bend Farmers Markets. The program benefits farmers also due to the fact that recipients can only buy Wisconsin grown products.

Not every county in Wisconsin participates. There are authorized markets in every county throughout Wisconsin including some roadside stands. Each Farmers Market has to be authorized by the state and so does each farmer. Participating vendors have a yellow sign posted stating they are authorized for Senior Farmers Market and WIC.

AGING AND DISABILITY RESOURCE CENTER PROGRESS

The office remodeling is in process. Five new offices are being added. Two Information and Assistance Specialists have been hired from Department of Social Services and will move to the ADRC as soon as offices are completed.

The goal for the beginning of ADRC phone operation is June 18, 2007. The phone number from the Resource Center will come down to the ADRC. All other phone numbers will remain the same. Business cards, letterhead, etc. will change. The target to have the office space completed with furnishings, computers, etc. is July 1.

The County Board will make appointments to the ADRC Board at their meeting next Tuesday, June 12. Five people will be appointed. Three members will be Washington County residents and two members will be County Board members.

Once the appointments are made, a meeting will be set up to organize the ADRC Board. Policies and procedures of the ADRC will go through the ADRC Board, then on to the Health and Aging Committee and from there on to the County Board.

There will be a Public Hearing tomorrow at Fair Park. The OOA issues will be the ADRC and initiatives with Health and Wellness. DSS and CCSA will also be reporting. After this year, the ADRC will not have to report at a Public Hearing.

The Coalition of Wisconsin Aging Groups will hold a convention July 19-20 in Stephens Point. SEWAAA has registration forms. Linda asked if anyone from the Committee would like to attend. The deadline for registration is July 4.

DESIGNATION OF NEXT MEETING DATE

The next meeting of the Health and Aging Committee will be held on Wednesday, July 18, 2007 at 8:30 a.m. in Room 1023 of the Public Agency Center.

ADJOURNMENT

Motion David Radermacher; second Melvin Ewert to adjourn the meeting. Motion Carried. Meeting adjourned 11:27 a.m.