

**MINUTES
HEALTH AND AGING COMMITTEE
THURSDAY, JULY 7, 2005**

THOSE PRESENT: Linda Olson, Delores Kruepke, Charlene Brady, Ralph Hensel, Doug Johnson, Mark Baldwin, John Schnabl – Southeast Wisconsin Area Agency on Aging

CALL TO ORDER

The Health and Aging Committee was called to order at 9:03 a.m. by Chairperson Charlene Brady.

NOTICE OF POSTING

Notice of Posting was given by Mrs. Brady.

APPROVAL OF JUNE 2, 2005 MINUTES

Motion Delores Kruepke; second Charlene Brady to approve the minutes of the June 2, 2005 meeting. Motion Carried.

CLOSED SESSION

Motion Delores Kruepke; second Charlene Brady to go into closed session in accordance with Wisconsin State Statutes Section 19.85(1)(c) considering employment, promotion, compensation or performance evaluation data of any public employee over which the governmental body has jurisdiction or exercises responsibility; namely to conduct annual performance review of Veterans Service Officer. Motion passed by unanimous roll call vote.

RETURN TO OPEN SESSION

Motion Delores Kruepke; second Ralph Hensel to return to open session. Motion passed by unanimous roll call vote. Returned to open session 9:30 a.m.

NUTRITION UPDATE, KRISTEN HOSKING, NUTRITIONIST, OOA

Kristen Hosking, Nutritionist, OOA presented an update to the Steps to Healthier Aging program. The program just finished a month ago at Meadowcreek Apartments in Kewaskum and in West Bend at the Senior Center. The program was held at the Meadowcreek Apartments in Kewaskum to reach seniors who don't get out. Nine people completed the program in Kewaskum. In West Bend, 20 people completed the program.

Kristen administered the "Get Up and Go" test to all participants at the beginning and again at the end of the program. The test is timed and requires the participants to stand up from a chair, walk 10 feet and come back to the chair. All participants at the West Bend site improved their time. All but one participant in Kewaskum improved their time.

The Kewaskum group walked a total of 2,000,000 steps (880 miles) in a 10-week period. The West Bend group walked a total of over 900 miles.

A survey was done at the end of the program and consisted of what the participants liked and disliked about the program. There were no negative comments except that one person did not like the new food guide pyramid.

Some positive remarks were regarding learning to read food labels, participants lost a few pounds, learned portion sizes were too big, loved using the pedometer. The best feedback was from a participant from West Bend who is a diabetic and had their blood sugars improve.

The program will begin at the Hartford Senior Center July 20, 2005. It will start at the Germantown Senior Center July 28, 2005. Each program will continue for a 10-week period. There will also be programs beginning in the near future in Slinger and Jackson.

OOA is distributing Farmers Market vouchers again this summer. The amount of vouchers was cut down to 64 for the entire county. Last year Washington County received 78 vouchers. Distribution of the vouchers is going well. There are only three sets of vouchers left. The first year Washington County participated, there were some left over. However, people are finding out about the vouchers by word of mouth.

Each person receiving vouchers is allowed \$30.00. The vouchers can be used through October 31, 2005. The vouchers can be used for fruits, vegetables and herbs only. Everyone who participates really enjoys the program. The West Bend, VFW, Menomonee Falls, Slinger and Hartford farmers' markets all have farmers who participate. Germantown seniors who have vouchers go to the Menomonee Falls market.

A Congregate Senior Dining Meal Survey was done. The questions included asking about the satisfaction of overall meal temperatures. The majority of participants were satisfied. It was also asked who provides participants meals on weekends. Most answered they prepare their own meals, family members prepare meals or they eat fast food.

In the last survey, the majority of participants felt the vegetables were too mushy. The Congregate participants wanted the vegetables more crisp. The caterer sent crispier vegetables and the meal site managers keep the temperature at 140 degrees. It is a concern that the home delivered meals vegetables may be more crisp.

Also, during the summer months the meal sites are each having a picnic. The caterer goes out on a chosen day and grills either brats or hamburgers. Each site gets to choose two side dishes, two vegetables or a fruit and a vegetable and watermelon. Lemonade, milk and ice cream are also included. The Kewaskum meal site advertises their picnic in the newspaper. The meal counts are higher when the sites have picnics.

There are also at least two theme meals at the meal sites during the year. "Red Day" is held for the American Heart Association's "Go Red for Women" campaign which raises awareness for women and heart disease. The "Festa Italiana" themed meal will be held at the meal sites on July 21, 2005.

The West Bend meal site is running a trial on new home delivered meal containers. The containers are being tested to try to keep meal temperatures up. It is called the Oliver container. It is heat sealed so each compartment stays heated. Feedback has been very positive. The Oliver container can go into the microwave and has shown to be keeping meals hotter. Using the Oliver container omits the concern of aluminum trays going into the microwave. The new goal is to keep checking the temperatures of home delivered meals, especially those at the end of long routes.

There are packaging costs involved. The machine is free, but there is a charge for the wrap. The trays and the film must be purchased. The cost is based on how many home delivered meals there are. There are a certain number of machines that would be rent free and the rest would carry a one time rental fee. The Washington County Senior Dining program would need at least 3 or 4 machines. The tray price is very similar to the current trays now being used.

Kristen is working on the bid specs for providers with this information included. OOA is required every three years to bid this service out. Gas and food prices have increased, so the cost of meals will probably go up.

FOOD GUIDE PYRAMID – KRISTEN HOSKING NUTRITIONIST, OOA

Kristen distributed the new Food Guide Pyramid. Kristen explained that people either like or don't like the new pyramid. The web site for the new pyramid is www.mypyramid.gov. There are two fake sites ending in ".org" and ".us". They look authentic but they are not.

One change to the new pyramids is that the food groups are listed vertically not horizontally to show not everyone can eat the same. Physical activity has also been added. The milk group is widened from 2-3 daily serving to 3 minimum.

The second page of the pyramid is where education comes in. Some people do not approve of the new pyramid because it is based on a 2000 calorie diet and the majority of Americans shouldn't be eating that much.

The pyramid does show that more whole grains should be consumed rather than refined. Also, more green and orange vegetables, fresh fruit, dairy, lean meats, dried beans and peas should be eaten.

Ninety-percent of people over estimate activity level and won't have positive results. The bottom of the scale, in small print, explains activity level. Eighty- percent of people fall into the sedentary level.

On the new pyramid, each calorie level tells how many servings from each food group should be consumed. The pyramid previously listed portions in ½ cup quantities. The new pyramid lists foods in full cup portions. The pyramid lists meats in ounces.

The purpose of the pyramid is trying to tell people the way to eat. However, people don't eat perfectly every day. The pyramid is based on calories rather than portion to give flexibility.

On the web site you can enter a person's age, weight and gender to make your own pyramid. Seniors who don't have the internet are not finding out about the pyramid because it is web based at this time. Seniors may mistakenly go to fake sites.

SENIOR CENTER FUNDING

Linda discussed the Washington County Senior Centers in Hartford, Germantown and West Bend desiring financial assistance. Linda is meeting with the Hartford Senior Center today. The importance of senior centers is rising.

The matter of assisting the senior centers with operating costs has never really been addressed. This may be a decision item on the budget. However, a decision needs to be made if the county wants to get into financial assistance to the senior centers.

The purpose to try to formalize relationships and make the senior centers a satellite to OOA is to be able to serve the whole county and to bring other areas of the county into these senior centers.

Linda will invite the senior center representatives and ask them to come in with a proposal, before OOA gets too far into the budget, and come up with a plan. This will be long term, but it is a start. Linda will write letters to invite them.

DIRECTOR'S REPORT

OOA is now working with a new Elder Law Center back-up attorney, Theresa Perez. She is meeting with Cheryl Gray today at the OOA office. She comes from the Elder Law Center in Madison.

The attendance to the Medicare Part D presentations has been disappointing. People who did attend found the presentation valuable. There are now letters going out from Social Security and people are beginning to realize they should come to the presentations.

There will be a presentation on Wednesday, July 13 at 9:30-10:30 a.m. at the West Bend Senior Center and Wednesday, July 27 at 9:30-11:30 a.m. at the Germantown Senior Center. Linda asked the Committee members to encourage people to attend.

Linda asked the newspaper to do a story, but they have not called. Publicity is needed. It will be on WTKM radio. There will be a Senior Fair in Hartford. Jennie Pinnow, the Senior Law attorney working with OOA, will be going.

Some people have already been receiving letters saying that their insurance will be dropping them because Medicare Part D has better coverage. SeniorCare will be in existence perhaps two years. The waiver expires in June of 2007. SeniorCare is better

than Medicare Part D. Not all levels of Senior Care may be deemed as good or better than Medicare Part D. The highest level will have high out of pocket costs ?.

Jennie will have office hours in September and October to meet with individuals. There will be appointment days set aside for this purpose. People should call for appointments.

John Schnabl commented that he believes Washington County is taking a smart approach to have Cheryl Gray, Benefit Specialist, keep regular office hours and have Jennie cover Medicare Part D appointments.

The 2004 Journalism Award was presented to Express News reporter, Katie Klein for her article "Police receive another elderly scam complaint" on con artists taking advantage of seniors. Ms. Klein received a plaque from the Wisconsin Association of Aging Unit Directors and Wisconsin Association of Area Agencies on Aging. She received a promotion and is now an editor. Linda asked her to do an article on Medicare Part D.

The next meeting of the Health and Aging Committee will be held on Thursday, August 4, 2005, at 9:00 a.m. in Room 1000 A of the Public Agency Center.

Charlene attended The Challenge of and Aging Society statewide summit in Wisconsin Rapids on June 27 and 28, 2005. Approximately 150 people attended the conference. Herb Kohl spoke and a preview on the PBS documentary "Almost Home", which will air in January 2006, was presented. Copies of the film are available. Charlene also took a tour of the senior center which was a converted Wal-mart department store.

ADJOURNMENT

Motion Delores Kruepke; second Ralph Hensel to adjourn the meeting. Motion carried. Meeting adjourned at 10:35 a.m.

Note: Meeting Friday, August 19, 2005, at 9:00 a.m. in Room 1000 A of the Public Agency Center.