

**MINUTES  
HEALTH AND AGING COMMITTEE  
PUBLIC AGENCY CENTER, ROOM 1023  
WEST BEND, WI  
WEDNESDAY, SEPTEMBER 19, 2007  
10:30 a.m.**

**PRESENT:** Charlene Brady, Linda Olson, David Radermacher and Melvin Ewert

**ALSO PRESENT:** Kristen Hosking, RD, CD, Aging & Disability Resource Center Dietitian

**CALL TO ORDER**

Chairperson Charlene Brady called the meeting to order.

**NOTICE OF POSTING**

Notice of Posting was given by Mrs. Brady.

**APPROVAL OF AUGUST 22, 2007 MINUTES**

Motion David Radermacher; second Melvin Ewert to approve the minutes of August 22, 2007, as presented. Motion carried.

**SENIOR DINING AND WELLNESS UPDATE – KRISTEN HOSKING, RD, CD**

A report on a survey conducted regarding customer satisfaction in the congregate and home delivered meal program was presented. The goal is to have 90% positive satisfaction in the program.

Motion David Radermacher; second Melvin Ewert to approve this report and compliment the staff for a job well done. Motion Carried.

A report on the Gentle Yoga classes held at the Germantown Senior Center was also provided. The percentage of participants who improved their flexibility after taking the eight week Yoga class was 76%.

An emphasis on falls prevention has Washington County working with Ozaukee County and the Health Department to conduct Stepping On classes. These classes help to change any behaviors that put people at risk for falls.

Information was also presented on the Chronic Disease Management classes that will be starting in Washington County. Washington County has received a license to conduct the Chronic Disease Management classes. Kristen will be working with Nancy Gloede, RN on conducting these classes.

Motion Melvin Ewert; second David Radermacher to accept the reports. Motion Carried.

### **AGING AND DISABILITY RESOURCE CENTER UPDATE**

A report was given as to the progress of the ADRC application and contract. Everything is on hold until the state passes the budget. We are still planning and expect the funding to be available by January 1, 2008.

### **CAREGIVERS GRANT FROM SOUTHEASTERN WI AREA AGENCY ON AGING**

The ADRC has applied for \$2,500 from the Area Agency on Aging to supplement the caregivers programs. In-home assessments will be done to determine the need for adaptive equipment and to hold a fair focusing on Durable Medical equipment and adaptive aids.

### **DESIGNATION OF NEXT MEETING DATE**

The next meeting of the Health and Aging Meeting Committee will be on Wednesday, November 7, 2007 at 9:00 am.

### **ADJOURNMENT**

Motion David Radermacher; second Melvin Ewert to adjourn the meeting. Motion Carried. Meeting adjourned 11:30 a.m.