

**MINUTES
HEALTH AND AGING COMMITTEE
WEDNESDAY, MAY 17, 2006**

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

CALL TO ORDER

The Health and Aging Committee was called to order at 10:25 a.m. by Chairperson Charlene Brady.

NOTICE OF POSTING

Notice of Posting was given by Mrs. Brady.

APPROVAL OF APRIL 13, 2006 MINUTES

Motion David Radermacher; second Melvin Ewert to approve the minutes of the April 13, 2006 meeting. Motion Carried.

ELECTION OF CHAIR AND VICE CHAIR

Motion David Radermacher; second Melvin Ewert to close the nominations and cast a unanimous ballot for Charlene Brady as Chairperson of the Health and Aging Committee. Motion Carried.

Motion David Radermacher; second Charlene Brady to close the nominations and cast a unanimous ballot for Melvin Ewert as Vice Chairperson of the Health and Aging Committee. Motion Carried.

APPOINTMENT TO COMPREHENSIVE PLAN TECHNICAL ADVISORY COMMITTEE

Motion Charlene Brady; second Melvin Ewert to close the nominations and cast a unanimous ballot to appoint David Radermacher to the Comprehensive Plan Technical Advisory Committee. Motion Carried.

APPOINTMENT OF REPRESENTATIVE TO SOUTHEASTERN WISCONSIN AREA AGENCY ON AGING BOARD

Motion David Radermacher; second Melvin Ewert to close the nominations and cast a unanimous ballot to appoint Charlene Brady as representative to the Southeastern Wisconsin Area Agency on Aging Board. Motion Carried.

Motion David Radermacher; second Charlene Brady to close the nominations and cast a unanimous ballot to appoint Melvin Ewert as alternate representative to the Southeastern Wisconsin Area Agency on Aging Board. Motion Carried.

REVIEW OF NUTRITION SERVICES, KRISTEN HOSKING, RD., CD

Kristen Hosking reviewed Nutrition Services of the Washington County Senior Dining program through the Office on Aging. Brochures listing the meal site locations and information on the program were distributed.

Anyone 60 years of age or older, or the spouse of anyone 60 years of age or older are eligible for the program. Congregate and home delivered meals are available. The congregate numbers are steady with the largest numbers at Jackson Town Hall (which meets on Tuesdays only) and Germantown. The home delivered numbers are largest at West Bend, Hartford and Germantown. The home delivered meal numbers continue to go up.

Outreach for volunteers is done through local newspapers, radio stations and church bulletins. Volunteer drivers have the option to receive mileage reimbursement, but not all elect to receive it. Volunteer drivers serve as a contact each day for participants. If there seems to be a health problem or if the participant does not answer the door, the driver will report that to the meal site manager. The manager will then notify an emergency contact person of the situation.

Kristen serves as Dietitian for the program and creates the menu each month. She creates the menu to have variety. She also trains the meal site managers on food safety and nutrition. She takes into consideration likes and dislikes but must follow federal and state guidelines. A survey is conducted on the congregate and home delivered meals once a year.

Food temperatures are monitored for hot meals. Kristen also provides nutrition articles for the back of the monthly menu and nutritional information at the meal sites.

For the past two years Kristen has been facilitating the Steps to Healthier Aging program at the meal sites. The program teaches nutrition and encourages physical activity through walking. Classes have been held in Germantown, Hartford, Kewaskum, West Bend and Jackson Town Hall. The classes are generally held in the spring and summer months, due to the difficulty of walking in the winter. From beginning to end of the classes, participants are walking more. They receive a step counter to keep track of steps, which seems to be a motivator. The classes meet once a week for 10 weeks. Both a nutrition and an activity topic are discussed. At the start of each series each participant does a "Get Up and Go" test which times them from a sitting position, getting up, walking and sitting back down. This is done again at the end of the series. The test shows low, moderate or high risk for falls. By the end of the series 98% of the participants have lowered their risk. The test measures strength and stability.

The state of Wisconsin is pushing evidence based health prevention programs and the Steps to Healthier is one of these programs. These programs promote wellness and prevention. Brad Peele with the Southeastern Wisconsin Area Agency on Aging is looking for opportunities to offer self management classes on chronic disease, i.e. diabetes, heart disease, lung disease and fibromyalgia. A moderator for the group would discuss nutrition and how to talk to family and physicians. The classes would serve as support groups and participants would learn from each other how to manage conditions.

There has been a positive response to the meals catered by Samaritan. This has been their fourth year with the contract renewed last summer. There are cookouts at all meal sites once a year. The Committee has met at different meal sites in the past to try the meals.

Kristen discussed the cost of the meals and the qualifications. This includes doing a home assessment for each client. The home delivered meal program asks for a donation of \$3.90. Participants receive a statement at the end of each month for the meals they receive.

If a participant is financially eligible for a funding source, the COP program is offered and will cover the cost of the meals.

The menu offers one meal choice per day. Hartford also offers a low sodium menu. The menu is considered a general diet, but lower fat and salt items are included. Statistics have shown that in some cases the meal is the only hot meal participants may get in one day.

Meal participants are offered a cold meal sack lunch option that can be used as a supper meal. The meal includes a sandwich, fruit, dessert and milk.

If someone under 60 years old wanted to eat at a meal site they would have to pay full cost for the meal. If someone's spouse is under 60, they would pay the same as their spouse. The congregate suggested donation is \$3.60.

In 2005, 46,984 home delivered meals and 24,426 congregate meals were served. People are staying in their own homes longer. The baby boomers will be coming to the congregate sites.

The Office on Aging also carries Ensure liquid dietary supplement. Senior citizens can get it at cost with a doctor's order.

REVIEW OF OFFICE ON AGING GOALS AND PLANS

Linda Olson distributed an overview of the Office on Aging and provided a presentation to the Committee entitled "Building a Bridge to the Future".

One of the major goals of OOA is to allow older adults to remain independent and be able to make good decisions for themselves. This includes keeping them in their own homes as long as possible.

There is a growing number of older adults in the state of Wisconsin. There are 17,065 Medicare beneficiaries in Washington County. This is 14% of the county's residents.

The presentation included age groups served in Washington County, nutrition services overview and prescription drug assistance.

Other services reviewed continued with caregivers support, respite care, Alzheimer's Adult Day Centers, "Most Admired Senior" contest/Senior Day at the Fair.

OOA communicates information to the public through newspapers, newsletter, and radio programs.

OOA staff also assisted residents with SeniorCare and Patient Assistance enrollments. Other OOA services reviewed include Outreach, Caregiver, Homestead Tax, Celebrate Families, Senior Conference, Senior Day at the Fair, Hartford Senior Fair and the Business Fair.

There is a Public Hearing scheduled for June 1, 2006 and will include the Department of Social Services, OOA, and CCSA. Public comment will be considered on what is to come for the next year.

REVIEW OF BENEFIT SPECIALIST SERVICES

There were 3,400 residents served through group presentations and 670 served with individual counseling for Medicare Part D. Also, 31 physically disabled residents under 60 years old were served. A Senior Law Attorney partnered with the OOA staff once a week during the open enrollment period.

The review also included Benefit Specialist cases served. The monetary impact of the Benefit Specialist services was seven (7) times over the budget.

NEXT MEETING DATE

The next meeting of the Health and Aging Committee will be held on Wednesday, July 19, 2006, immediately following the Board of Health meeting at approximately 10:00 a.m. in Room 1000 A of the Public Agency Center, 333 East Washington Street, West Bend, WI 53095.

ADJOURNMENT

Motion David Radermacher; second Melvin Ewert to adjourn the meeting. Motion Carried. The meeting was adjourned at 11:35 a.m.