



**Aging and Disability Resource Center Advisory Committee Meeting
NOTICE OF PUBLIC MEETING**

Monday, March 18th, 2019 – 2:30 P.M.
ADRC of Door County @ The Community Center
916 N. 14th Avenue, Sturgeon Bay, WI 54235

AGENDA

- 1. Call to Order at 2:30 p.m.**
- 2. Establish Quorum**
- 3. Review and Approve Agenda**
- 4. Review and Approve Minutes from the 01/21/2019 ADRC Advisory Committee Meeting**
- 5. Public Comment**
- 6. Committee Response**

- 7. Old Business**
 - Operations Update
 - Staffing Update

- 8. New Business**
 - ADRC Advisory Committee New Members
 - Door County Cares Project
 - Freedom From Falls
 - Unmet Needs
 - Meeting Date and Time
 - Meeting Code

- 9. Items to be placed on a future agenda**

- 10. Confirm Next Meeting Date and Time**
 - The next ADRC Advisory Committee meeting is tentatively scheduled for May 20th, 2019 at 2:30 p.m.

- 11. Adjourn**

In compliance with the Americans with Disabilities Act, any person needing assistance to participate in this meeting should contact the Office of the County Clerk at (920)746-2200. Notification 72 hours prior to a meeting will enable the County to make reasonable arrangements to ensure accessibility to that meeting.

Deviation from the printed order may occur.

Posted:

Joint ADRC Advisory Board & Nutrition Advisory Council - Minutes

Monday, January 21, 2018 at 3:00 p.m.

The Community Center, 916 N. 14th Ave., Sturgeon Bay, WI

THESE MINUTES HAVE NOT BEEN REVIEWED AND APPROVED BY THIS BOARD AND ARE SUBJECT TO REVIEW AND REVISION BY THE BOARD AT THEIR NEXT REGULARLY SCHEDULED MEETING.

Business Meeting

1. Call meeting to order at 3:00

- The meeting was called to order at 3:00 p.m. by Helen Bacon. Members present were: Helen Bacon (ADRC), Megan Lundahl (NAC), Mike Green (ADRC & NAC), Christine Andersen (ADRC & NAC), Sue Clemens (NAC), Lynn Ballendux (NAC), Carmen Schroeder (NAC), Judy Larson (ADRC), Melissa Wolfe (ADRC), Carol Moellenberndt (ADRC), and Tami Leist (ADRC). Absent were: Tom Krueck (ADRC), Jenny Spude (NAC) and Lucille Kirkegaard (ADRC). Other persons present were Jake Erickson, Jenny Fitzgerald. Barb Snow took minutes.

2. A quorum was established and the meeting continued.

3. Review and approve the agenda

- A motion was made by Christine Andersen and seconded by Mike Green to adopt the agenda. The motion was carried unanimously.

4. Review and approve the Minutes of the 10/19/2018 Nutritional Advisory Council Meeting

- A motion was made by Carmen Schroeder to approve the minutes and was seconded by Megan Lundahl. The motion was carried unanimously.

5. Review and approve the Minutes of the 10/22/2018 ADRC Advisory Committee Meeting

- A motion was made by Judy Larson to approve the minutes and was seconded by Carol Moellenberndt. The motion was carried unanimously.

6. Public Comment – No Public

7. Council Response – No Response Necessary

8. Old Business

Operational Update.

- Jake compared 2017 to 2018 numbers from Nutrition, Participation, Information and Assistance, and Elder Benefit Specialist as well as volunteers.

	<u>2017</u>	<u>2018</u>
▪ Total Participation	12,413	28,086 for a 125% increase
▪ Unduplicated Participants	686	2,178 for a 217% increase
▪ Volunteers	519 - 750 hours	1,815 - 3,160 hours
▪ I&A	4,899 contacts	4,533 contacts

The decrease was due to losing an I&A and working with only 2 I & A's for most of 2018. The top 3 topics for 2017 were 1) Public Benefits Long Term Care (LTC). 2) Home Services and 3) Housing. The top 3 topics for 2018 were, 1) Public Benefits LTC 2) Home Services and 3) Caregiving.

▪ Monthly call averages for I&A	408 calls	479 calls
▪ Population/Demographics		
• 60+	72%	70%
• Physical Disability	18%	25%
• Developmental Disability	8%	10%
• Mental Health	4%	9%
• Dementia	3%	7%.

- Elder Benefit Specialist Numbers include:

	<u>2017</u>	<u>2018</u>
Unduplicated consumers	487	520
Cases Opened	839	869
New Clients	346	327
Lives at home	41%	39%
Below Federal Poverty level	19%	22%
Monetary Impact	3,106,029	4,023,474

Top 3 topics – Health Insurance, Income Benefits, Community Support & Services

- Congregate Meals

	2017	2018
Sturgeon Bay	10,980 (44 daily)	17,155 (70 daily meals)
Baileys Harbor	1,520 (15 daily)	1,370 (14 daily meals)
Liberty Grove	1,197 (9 daily)	1,279 (10 daily meals)
Washington Island	987 (8 daily)	1,059 (9 daily meals)
Forestville/Brussels	856 (9 daily)	Quarter 1-3 Forestville 659 (9 daily meals) Quarter 4 Brussels 318 (14 daily meals)
- Meals on Wheels

	2017	2018
Sturgeon Bay	17,863 (71 daily)	17,051 (70 daily meals)
Scandia	1,251 (4 daily)	1,568 (5 daily meals)
Washington Island	739 (6 daily)	832 (7 daily meals)
- Total Deposit \$49,298 \$82,585
- Average Daily \$199.59 \$342.68
- Average Donation per meal \$3.17 \$3.78
- Sturgeon Bay Meal Site is about 56% difference from last year. 2017-2018 = 6,175
- We are working on 2 new volunteer programs.
 - ADRC Ambassador Volunteer Program. Brown County has had an ADRC Ambassador Volunteer Program for the past three years and we have reached out and asked them about their training for volunteers. We are currently working on job descriptions and selecting volunteers to be our Ambassadors.
 - EBS Volunteer Program. Linda Darmody would be volunteering with Mary Bink to help with things like Medicare Open Enrollment, ABCD's of Medicare presentations, and outreach.
- Jake passed around the brochures for ADRC, EBS, DBS, Nutrition and Caregiving for those on the boards that hadn't seen them before.
- Jake showed the boards a draft of the ADRC website that we are working on with TWEAK. Jake also mentioned that we are going from 3 posts per week to 4 posts per week. Our age demographic from Facebook is in the 55-75 year range.

• Staffing Update

- Lorraine Fahrenkrug was hired as the Disability Benefit Specialist. She has come to us with an extensive background in working with those who have disabilities. Her position is 24 hours a week, and she works Tuesdays, Wednesdays, and Fridays.
- Jessica Holland, who used to be our Disability Benefit Specialist for 5 years, is now our Information and Assistance Specialist. She has gone through the training and is now taking calls.
- The Kitchen has hired Kathy Ash from part time to full time on January 2nd. There is also a posting for an LTE position in the kitchen for 16 hours a week working from 6:00 am to 2:30 pm.

9. New Business

• Three Year Aging Plan 2019 Goals Review

- The Three Year Aging Plan for 2019 has been submitted and approved by GWAAR. We received positive remarks from GWAAR on the public input part of the plan.
- Jake reviewed the 2019 goals from the Three Year Aging Plan.
 - Focus Area 6-A. Advocacy Related Activities. Jake explained that Helen was working with the League of Women Voters to empower older adults to get involved in advocating for issues regarding policies that may affect their lives. The League of Women Voters has a training program. This should create 1) an Advocacy Training and 2) an Advocacy Coalition.

- Focus Area 6-B. The Elder Nutrition Program. This goal is to expand the frozen meal program by placing freezers in our meal site areas throughout the county to provide an opportunity for caregivers or individuals access to home delivered meals without having to drive to Sturgeon Bay to get them.
- Focus Area 6-C. Services in Support of Caregivers. The ADRC in partnership with the Door County Caregiver Coalition will hold a caregiver specific training once a month throughout 2019. Jenny explained that although they strive for once a month training they strive for at least 12 trainings in 2019 with some trainings being in the same month. Planned trainings already include Options for Independent Living, 2 Alzheimer's Association programs and a Dental Hygienist. Ideas from the board include, A speaker that Sue heard on PBS, Megan said Self-Care would be a great training, and Jenny said they were thinking of Music and/or Art Therapy.
- Focus Area 6-D. Services to People with Dementia. The ADRC and Emergency Management Services (EMS) are partnering together in the Purple Tube Project. Jake explained that EMS sometimes has a difficult time getting necessary information from those who have Dementia. With the Purple Tube Project there is a packet of information that would consist of specific knowledge that would help EMS identify information such as, Medication and safety plans, emergency contacts, primary care physicians etc. The information would be placed in the Purple Tube and put in a specific area where Emergency teams could easily access the information. Rock Island has the Purple Tube Project and they said it works better when partnered with the 911 dispatch as well.
- Focus Area 6-E. Healthy Aging. To prevent Older adults from further injury and re-hospitalization due to frequent falls, the ADRC is partnering with EMS to develop a referral process for them to connect the older adults with the ADRC. EMS would have a form on their device to send the ADRC an email referral. Board members mentioned checking to see if those that are referred are living alone. They also mentioned talking to the mail carrier and if their mailbox has been full for a couple days call dispatch for a wellness check.
- Focus Area 6-F. Local Priorities. Jake explained the intergenerational events to the board and the freedom to tailor certain goals to our community.
- **NAC/ADRC Advisory Committee Compositons**
 - The board discussed the term limits that were about to expire. Judy Larson (ADRC), Christine Andersen (ADRC, NAC), Tom Krueck (ADRC), Carmen Schroeder (NAC) and Mike Green (ADRC, NAC) will finished their terms in April. Jenny Spude (NAC) is stepping down from the board. Jake discussed Vic Vernie as a potential board member. Vic is in Florida until April and Jake mentioned that he might see if he can set up a GoTo meeting with Vic to introduce him to the board in March. Christine said that she would check with her board on Washington Island and see if someone wants to take her place. On the ADRC Board, Tom's position requires the member to represent the physically disabled and Judy and Mike's position requires the member to represent the Elderly. On the NAC board the members should represent the different areas of Door County, such as, Washington Island, Northern Door, Southern Door and Sturgeon Bay. The ideas presented for future board members were, Northern Door Wellness Center, NWTC, and Helen will call 2 Northern Door and 1 Southern Door possibilities.
- **Meeting Date and Time**
 - The Nutrition Advisory Council will change their meeting date from Fridays to Mondays. Future meetings will be held on the 3rd Monday of the month from 9:00 to 11:00 am.
 - The ADRC Advisory Board change the time of the meeting from 3:00 pm to 2:30 pm. Future meetings will be held on the 3rd Monday of the month from 2:30 pm to 4:30 pm.
- **Meeting Code – 121**

10. Items to be placed on a Future Agenda

11. Confirm Next Meeting Date and Time

- The next Nutritional Advisory Council meeting is tentatively scheduled for March 18th, 2019 at 9:00am.
- The next ADRC Advisory Committee meeting is tentatively scheduled for March 18th, 2018 at 2:30 p.m.

12. Adjourn.

- A motion was made by Megan and seconded by Carol to adjourn.
- Meeting was adjourned at 5:00 p.m.

The minutes for this meeting were recorded by Barb Snow.



Wisconsin Campaign for Alzheimer's Awareness

February 6, 2019

Jake Erickson
ADRC of Door County
832 N. 14th Ave.
Sturgeon Bay WI 54235

Dear Jake:

The Wisconsin Campaign for Alzheimer's Awareness, funded by a grant from the Wisconsin Department of Health Services, will officially launch on Tuesday, February 19. The campaign, themed "Know Where Alzheimer's Hides", will have visibility on billboards, print ads, radio spots and digital ads all over Wisconsin through May 31. The campaign is co-branded with the ADRC logo, in recognition of the vitally important role that Aging & Disability Resource Centers play throughout Wisconsin in connecting individuals and their families to dementia specific information and resources.

As a major program partner in this awareness campaign, we are asking every ADRC in Wisconsin for their assistance in collecting data that will be shared with the Department of Health Services and our state legislators regarding the overall impact of the campaign. The single question we are asking each ADRC to track – "How did the caller hear about the ADRC" – will help us better understand if callers connected to an ADRC because of the Wisconsin Campaign for Alzheimer's Awareness advertising campaign.

We want to make this as easy as possible for call center staff to track these results, so we have crafted a very simple paper tracking sheet, and an electronic spreadsheet with tabs for multiple months. Please feel free to use the form that works best for your ADRC. Data will also be collected by Alzheimer's Association 24/7 Helpline staff, numerous program partners, and via our campaign website, alz.org/Wisconsin. Data will be collected beginning with the campaign launch on February 19, and should be reported monthly with the first report due on April 1. All data collected will be used in a final report due to the State on August 31.

Thank you in advance for your partnership and in assisting with data collection. It is very important for DHS and our state legislators to understand the ultimate value of this awareness campaign, and the ability to drive increased traffic to our ADRC's for local information and referral.

The Alzheimer's Association Wisconsin Chapter Network team looks forward to working with you and your team on this groundbreaking Alzheimer's awareness campaign!

Sincerely,

A handwritten signature in cursive script that reads "Wendy Betley".

Wendy Betley
Program Director

**Wisconsin Campaign for Alzheimer's Awareness
Aging and Disability Resource Center Tracking Form**

Please only utilize this form if the conversation with the caller includes concerns about any type of memory loss or dementia.

Month _____

Name of ADRC: _____

How did you hear about the ADRC? (Tally totals)	TOTAL
Billboard _____	_____
Smartphone/Digital Display _____	_____
Kiosk at Walmart _____	_____
Newspaper _____	_____
Radio _____	_____
Social Media _____	_____
Website _____	_____
Unknown _____	_____

Thank you for your assistance in tracking the impact of the Alzheimer's Campaign!!!!

*****Data Collection Start Date: February 20th 2019 – End Date July 31st 2019**

You can e-mail or fax this form to: Wendy Betley, wbetley@alz.org 414.479.8819

Registration Opens February 26, 2019

Aging Advocacy Day!

May 14, 2019, Madison, WI

10:00 a.m.* – 3:00 p.m.

Park Hotel, 22 S. Carroll St., Madison and the
Wisconsin State Capitol

Join advocates from around the state to help
educate state legislators about issues affecting
older adults and care-givers in Wisconsin!

No experience necessary; training is provided prior to
your meetings with state lawmakers at the State Capitol.

Schedule:

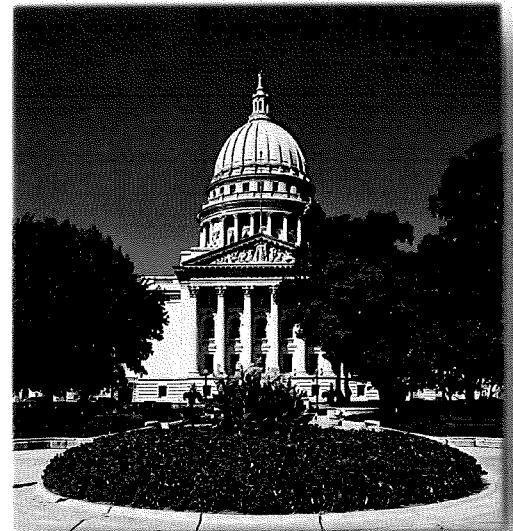
- 9:00 a.m. Check-in and registration, Park Hotel
- 10:00 a.m. Issue briefing/advocate training
District planning time & lunch
- 12:15 p.m. Cross the street to the State Capitol
- 12:30 p.m. Group photo
- 1:00 p.m.- Legislative visits, advocacy activities/networking,
3:00 p.m. debriefing and check-out

Make a Difference. Let Your Voice Be Heard!

Aging Advocacy Day 2019 activities focus on connecting aging advocates with their legislators to share the WAAN priorities and discuss state policy solutions to improve the health and well-being of the state's older adults.

Registration begins February 26, 2019 at: <https://gwaar.org/AgingAdvocacyDay> or
contact your local aging unit or ADRC. **Registration deadline is April 30, 2019.**
#WIAgingAdvocacyDay #WIAAD.

* *Registration and check-in begin at 9:00 a.m.*



WAAN Advocacy
Wisconsin Aging
| Advocacy | Network

1. AMP Overview

The Aging Mastery Program® (AMP) empowers older adults to make and maintain small but impactful changes in their behaviors. AMP offers an innovative approach to help individuals successfully navigate this phase of life. The program incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools they need to achieve measurable improvements in managing their health, remaining economically secure, and contributing actively to society.

NCOA is partnering with community organizations and foundations across the country to develop, evaluate, and bring AMP to scale nationwide. An assessment of the initial AMP pilot project showed that older adults who participated in AMP significantly increased their social connectedness, physical activity, healthy eating habits, understanding of preventive benefits, medication management, communication with their health care team, and use of advanced planning.

The Aging Mastery Program® consists of a core program (10 classes), elective classes, and specialty programs (including AMP for Caregivers and Jewish-focused AMP). Individuals are encouraged to participate in the core program or a specialty program before taking elective classes. Some sites have also launched AMP clubs to provide AMP participants with a forum that encourages them to “keep going” with the program, stay involved in their communities, and continue to engage with their peers.

“AMP is the best program we've ever done. Participants love it. At the end of the program, they say, 'What's next!' They want to learn more, stay engaged, and stay connected with friends they have made. I highly recommend AMP. It's a game changer.”

—Joanne Moore
Director, Duxbury Senior Center

NCOA developed the curriculum for AMP with input from several senior organization directors, subject matter experts in the field of aging, and NCOA staff. Topics for the core classes have been chosen based on a number of factors, including alignment with the Aging Mastery® mission to help people enjoy meaningful lives, AMP pilot studies, community focus groups, and NCOA's knowledge of topics that are most relevant to older adults. All courses adhere to principles of adult learning in that they are problem-centered with a focus on turning learning into doing—or what we call “mastery” as shown in the following diagram:



Figure 1: From learning to mastery

For each course, we outline a set of learning objectives, match these objectives with tangible action steps, and perform a literature review to ensure that the information in each course is evidence-informed.

Incentives are an essential feature of the program and contribute to the AMP philosophy of turning learning into doing. The incentives tie directly to the action steps in each class. Participants earn points for each action step they accomplish. At the end of the core curriculum, program sites can offer rewards based on the number of total points a participant has achieved. Rewards can come in many forms—from vouchers for organization classes to a movie ticket or a small gift card. Our experience has shown that the amount of the reward matters less than the promise of a reward. Working toward a reward—even a small one—is motivation enough for many to make small changes in their behaviors.

The following testimonials highlight the impact of the program on participants:

- *"This program was very uplifting. I learned that the aging process can be done gracefully. I am working on a plan for the future to share with my family."*
- *"I sleep better, exercise regularly, socialize regularly, and eat healthier."*
- *"My sleep habits have improved greatly and my physical activity by participating in Tai Chi, strength training, and other exercise programs."*
- *"I was reminded that it was important to feel and express gratitude each day, and I have tried to make this part of my morning routine."*
- *"I developed a more positive acceptance of both my past and future."*
- *"I have re-examined my will and health care proxy."*

–AMP Participants

2.4. Speaker Recruitment

You will need to line up speakers in a number of different topic areas. Here is a short description of each topic covered in the core curriculum (please find additional resources online at ncoa.org/AMPCommunity if you are hosting an AMP specialty course):

Table 2: Core Curriculum Class Descriptions

Navigating Longer Lives: The Basics of Aging Mastery	Introduction to the program and its philosophy, with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, and quality of life.
Exercise and You	Discussion of the importance of aerobics, strengthening, flexibility, and balance as they relate to aging, with a focus on strategies for incorporating physical activity into daily routines.
Sleep	Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.
Healthy Eating and Hydration	Review of nutrition as it relates to aging, with a focus on strategies for incorporating healthy eating and hydration into daily routines.
Financial Fitness	Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and family.
Medication Management	Best practices covering how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.
Advance Planning	Guidance around key steps needed to manage health care, financial, and housing/care decisions, with a focus on considering the role of personal values and beliefs in these decisions.
Healthy Relationships	Exploration of the benefits of being socially active, as well as the risks of isolation, with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.
Falls Prevention	Overview of the importance of falls prevention among older adults, and strategies to prevent falling.
Community Engagement	Introduction to the value of continuing contribution for individuals and for society, with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.



in-home **FALL RISK screening**

**Afraid you will have to leave your
home due to a fall?**

**At risk of falling, have a fear of falling, or have
fallen at least once?**



ADRC can help you stay independent.

Call for more information: 920-448-4300

- 1) Call the ADRC to speak with an Information and Assistance Specialist about your fall risk concerns.
- 2) Meet with an ADRC volunteer (retired medical professional) in your home to complete an in-home fall risk screen. Together, you will find ways to prevent falls, helping you stay safe & comfortable in your home.

Benefits:

- Identify and prioritize areas of fall risk
- Discover ways to stay safe and independent in your home
- Learn how to discuss falls prevention with your doctor
- Follows the American Geriatric Society Guidelines to prevent falls

“My mother fell while carrying a pack of water from the grocery store into the house. She was really worried she would have to move to an assisted living or nursing home. With the help of the ADRC, she had an in-home fall risk screen. My siblings & I were shocked to learn of all of the services that would support our mom to stay in her own home and save her money/assets, which is what we all wanted anyways. My mom lived another five years after the fall in her home, happy and thriving.

- Dave, son of participant

ADRC of Brown County

920-448-4300

300 S. Adams Street
Green Bay, WI 54301



www.adrcofbrowncounty.com
adrcbrowncountywi

*Serving older adults, adults
with disabilities, and their
caregivers in Brown County.*