



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

Monday, May 20<sup>th</sup>, 2019 – 2:30 P.M.  
ADRC of Door County @ The Community Center  
916 N. 14<sup>th</sup> 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 03/18/2019 ADRC Advisory Committee Meeting**
- 5. Public Comment**
- 6. Committee Response**
- 7. Welcome Sherry Schuelke!**
  
- 8. Old Business**
  - Introductions
  - Approve New ADRC Advisory Committee Members
  - Operations Update
  - Staffing Update
  
- 9. New Business**
  - Elect Chair and Vice-Chair Positions
  - Review Three Year Aging Plan : 2018 Self-Assessment
  - Disability Employment Awareness Month – Job Fair in October
  - Unmet Needs
  - Meeting Date and Time
  - Meeting Code
  
- 10. Items to be placed on a future agenda**
  
- 11. Confirm Next Meeting Date and Time**
  - The next ADRC Advisory Committee meeting is tentatively scheduled for July 8<sup>th</sup>, 2019 at 2:30 p.m.
  
- 12. 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:**

# **Aging & Disability Resource Center Advisory Board - Minutes**

**Monday, March 18, 2019 at 2:30 p.m.**

**The Community Center, 916 N. 14<sup>th</sup> 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 2:30**

- The meeting was called to order at 2:40 p.m. by Mike Green. Members present were: Helen Bacon, Mike Green, Christine Andersen, Judy Larson, Carol Moellenberndt, Lucille Kirkegaard and Tami Leist. Absent were: Melissa Wolfe and Tom Krueck. Other persons present were Vic Verni (on the phone), Roxanne Boren, Jake Erickson, Jenny Fitzgerald and Joe Krebsbach. Barb Snow took minutes.

### **2. A quorum was established and the meeting continued.**

### **3. Review and approve the agenda**

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

### **4. Review and approve the Minutes of the 01/21/2019 ADRC Advisory Committee Meeting**

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

### **5. Public Comment – None**

### **6. Council Response – The Board introduced themselves.**

### **7. Old Business**

#### **• Operational Update.**

- There was a \$2500 donation from Randy Halstead who put in for a grant to America's Farmers Grow Communities Donation and was accepted. Randy wanted to donate the money to our Nutrition Program to support our MOWs operations. Our 2019 Three Year Aging Plan nutrition related goal talks about expanding our frozen meal program for those who live in Southern Door, Northern Door and Washington Island. The money will go to purchase smaller chest freezers in those areas so that our participants have easier access to frozen meals.
- Jake went over the Alzheimer Association handout explaining that they are asking all ADRC's in Wisconsin to track "How did the caller hear about the ADRC?" to help better understand if callers connected to an ADRC because of the Wisconsin Campaign for Alzheimer's Awareness Advertising campaign.
- Jake discussed The Aging Advocacy Day handout and asked the board if they would be interested in going or if they know anyone that would be interested to feel free to extend an invitation to the event in Madison. Some topics could include caregiver support, the expansion on Dementia Care Specialist programs throughout the state along with other statewide aging related initiatives. We would leave the ADRC between 5:30am to try and arrive in Madison as close to 10:00 am as possible. We also might have the opportunity to meet up with Brown County ADRC and travel down to Madison with their group as well. That all depends on how many people we have register to attend.
- The ADRC Ambassador Volunder Program held its first volunteer meeting to discuss what the program is all about and the various ways ambassadors could assist the ADRC of Door County. The group consisted of about 5 individuals. They discussed the different jobs ambassadors could possibly assist ADRC staff in completing. A follow-up training is scheduled for those that couldn't make the last meeting and is more in-depth.
- The Aging Mastery Program (AMP) is a 10 week program that walks participants close to retirement through 10 topics to successfully navigate this phase of life. There is not a time set for class yet.

- **Staffing Update**
  - Jake explained to the board that Human Resources will be posting a part-time position in the kitchen. This is the position to replace the job that Linda Will was doing. It goes to the Admin Committee tomorrow for approval.
  - Jake mentioned to the council that recently Paula Braun has started working at the ADRC. Paula was connected to the ADRC from Curative Connections – Senior Training and Employment Program. Paula will support the front desk and with the Activities and Volunteer Coordinator, Cathy Keller. Paula is her for 20 hours a week.
  - Jeff Holland is our new Limited Term Employee (LTE) in the kitchen. We are actively recruiting for one more LTE kitchen casual on-call position. Anyone interested can apply online on Door County's webpage.
  
- 8. **New Business**
- **ADRC Advisory Committee New Members**
  - There are 2 committee positions open in April. Joe thanked Judy Larson and Christine Andersen for being a part of the ADRC Advisory Board. Judy and Christine have completed their maximum term limits and this will be their last meeting. Vic Verni will be replacing Judy's position and Roxanne Boren will be replacing Christine's position and representing Washington Island. Vic and Roxanne's bio will go in front of the County Board on March 26<sup>th</sup>. Mike Green, Carmen Schroeder, and Christine Andersen are at the end of their Nutrition Advisory Council terms as well. Replacing their positions on the council are Stephen Hey, Debbie Dahms and Roxanne Boren. The maximum time an advisory member can serve is 6 consecutive years. As stated in the by-laws every April the advisory council and committee will have elections for the position of Chair and Co-Chair.
- **Door County Cares Project**
  - Helen attended a recent Door County Economic Development Corporation meeting where they discussed local issues, such as, child care and paid caregivers. Christine Studebaker is compiling a list of places in Door County that provide caregiver resources, talk to them about what needs are being met and where the weak areas are. Some areas we are aware of are the challenges in staffing and in qualified caregivers. Things the board also discussed is promoting caregiving as a worthwhile profession, consider the needs of the caregivers, as well as the housing and transportation issues for caregivers to relocate.
- **Freedom From Falls**
  - 65% - 75% of EMS calls are due to falls. The ADRC and EMS have collaborated to create a referral system for those emergency calls for falls. Jake showed the board a video about a fall injury prevention program. The electronic referral form is already developed and they are currently working on flyers and brochures. The referrals will be sent to the ADRC email and forwarded to the on call I & A for followup. Roxanne asked about education before falls. Jake responded that we have a Fall Risk Assessment with Adam Peronto offered to folks and then the Stepping On class facilitated by the YMCA is offered on a regular basis as well.
- **Unmet Needs**
  - Joe updated the board about the status of Door County's public transportation program, Door2Door. There is not enough room in the budget to continue the program with the increase in operating costs coming next year as well as in future years. He explained that by the end of the year we will run out of funding to run the public transportation program as it is now. We contract Abbey Vans to run our Door 2 Door program but their contract expires at the end of the year. They are presenting this information to the County Board on March 26<sup>th</sup> at 10:00am if anyone is interested in attending.
- **Meeting Date and Time**
  - 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 3<sup>rd</sup> Monday of the month from 2:30 pm to 4:30 pm.
- **Meeting Code – 0318**
  
- 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 20<sup>th</sup>, 2019 at 2:30 p.m.
  
- 11. **Adjourn.**
  - A motion was made by Christine Andersen and seconded by Mike Green to adjourn.
  - Meeting was adjourned at 5:00 p.m.

The minutes for this meeting were recorded by Barb Snow.

## New ADRC/NAC Committee Member BIOs

### **Bio for Debbie Dahms who is recommended to replace Carmen Schroeder on our Nutrition Advisory Council:**

I have lived in Brussels for most of my life, in fact I tell people I never got too far in life as I live one mile from the house I was born in! I retired in 2011 after over 42 years of being a LPN. During that time I also was an EMT for DCEMS for 22 years. I grew up on a farm, which my brother now farms. My husband Frank will celebrate our 50th anniversary this year. We have 2 daughters and 1 son, and 8 wonderful grandchildren. Since retiring I have been volunteering at the VA clinic in Green Bay, quilting, reading and enjoying more walks.

### **Bio for Roxanne Boren who is recommended to replace Christine Anderson on both our Nutrition and ADRC Advisory Committees:**

I am a Registered Nurse. I have worked in intensive care units, trauma units and ER's. I have been an activity coordinator for a 120 bed skilled care unit although this was many, many, years ago. Most of my career has been in the education of heart patients. I have educated pediatric patients going for open heart surgery and adults. The job I left to move to the island was educating adult heart failure patients to prevent the readmission in the first 30 days upon returning home. The nationwide readmission rate was 24% and we got ours down to 14% with a lot of one on one education. :) I have worked at our Free Clinic educating people on affordable changes they can make in their life to help with hypertension. I was on the Patient Education Committee for the American Association of Heart Failure Nurses for two years. I am certified in Heart Failure and Anticoagulation Therapy Management. And now that I am on the island I just love to work with people and give back to the community I have now joined.

### **Bio for Steve Hey who is recommended to replace Mike Green on our Nutrition Advisory Council:**

Steve Hey is a retired Professor of Sociology from Willamette University in Salem, OR. In August of 1981 he graduated with his Ph.D. in Sociology from the University of Colorado where he also wrote his dissertation entitled, "Social Aspects of Becoming Visually Impaired in Later Life: A Study in the Socialization to Severe Visual Impairment". His last major assignment for Willamette University was to direct and teach in the University's study abroad program. Professor Hey has spent most of his time in retirement between Salem, OR and Baileys Harbor, WI. But since 2016, he now lives in Baileys Harbor full-time. Over the past four years, Professor Hey has served on the Board of the Baileys Harbor Historical Society and has sponsored two workshops on qualitative interviewing.

**Bio for Vic Verni who is recommended to replace Judy Larson on our ADRC Advisory Committee:**

Vic Verni retired a few years ago as the executive director of the Epilepsy Foundation North/Central Illinois, Iowa and Nebraska after 40 years of service to the epilepsy community and the City of Rockford. Verni was hired as the executive director of the foundation in April 1974, and was tasked with advocating for people with epilepsy and their families in Winnebago, Stephenson and Boone counties. With a budget of \$10,000 and a part-time secretary, Verni quickly realized the need for services in surrounding areas. Throughout his time working for the Epilepsy Foundation, Verni expanded the foundation's territory, which now includes 27 counties in north central Illinois, the entire state of Iowa and the entire state of Nebraska. While the territory has expanded, Verni remained committed to the improvement of Rockford by also serving as the 12th Ward alderman from 1989 to 2001. Vic and his wife now live in Egg Harbor. Vic currently serves on the Board of Representatives for the Landmark Resort.

**Bio for Winnie Jackson who is recommended to replace Judy Larson on our Nutrition Advisory Council:**

Winnie Jackson is the Administrative Assistant at First Baptist Church in Sister Bay. Winnie received her Bachelor's degree from Bethel College (MN) in Music Education. She taught in Rockford, IL before relocating back home to Sister Bay. Following 20 years of working in tourism, she is completing 14 years in her current position. Included in her duties are being the front line to the Koinonia Kupboard food pantry that has been providing food for over 30 years. This ministry has given Winnie insight into the needs of Northern Door among the ALICE community as well as retirees. She is looking forward to being a part of the Nutrition Advisory Council.

## HUMAN SERVICES STATISTICS

UNIT	2017	2018	1st Qtr 2019
<b>AGING &amp; DISABILITY RESOURCE CENTER (ADRC)</b>			
Unduplicated Memberships	686	2,178	197
Total Participation - Activities & Events	12,413	21,086	6038
Volunteers / Hours	114 / 4,692	263 / 6,297	124/1740.50
I & A Contacts	4,814	4,533	2005
Elderly Benefits Specialist (EBS) Consumers - Cases Open/Contacts	705	804 / 512	117/89
Disability Benefits Specialist (DBS) Consumers - Cases Open/Contacts	1,983	178 / 1,364	36/188
Total Consumers	7,502	6,409	
<u>Congregate Meals:</u>			
Baileys Harbor	1,520	1,370	263
Brussels - Opened October 2018		318	218
Forestville - Closed October 2018	856	659	0
Liberty Grove	1,197	1,279	267
Sturgeon Bay	11,003	17,155	3692
Washington Island	987	1,059	221
Meals-Congregate TOTAL	15,563	21,840	4661
<u>Meals on Wheels:</u>			
Sturgeon Bay	17,838	17,051	3026
Scand	1,251	1,568	433
Washington Island	739	832	196
Meals on Wheels TOTAL	14,899	19,451	3655
Meals-Frozen TOTAL	4,914	4,523	889
All Meals TOTAL	35,376	45,814	9205
Door 2 Door Rides	43,932	42,573	10,866
ADRC Bus	7,073	5,941	1,498
Transportation- SRC Bus & Door2Door TOTAL	51,005	48,514	12,364
<b>Adult Protective Service (APS)</b>			
Referrals	294	174	
<b>BEHAVIORAL HEALTH (BH)</b>			
Crisis - DCDHS Mobile Face to Face	178	118	
Crisis Calls to Family Services		629	
Inpatient Admissions	79	77	
Inpatient Costs	\$ 552,988.00	\$ 486,940.24	
<b>CHILDREN &amp; FAMILY SERVICES</b>			
Child Welfare Referrals	404	415	
Youth Service Referrals (Juvenile Justice)	71	76	
Birth-Three Participants	75	148	
CCS/CST		97	
Children's Case Management:			
CLTS (Children's Long Term Services)		76	
CCOP (Children's Community Options Program)		39	
TCM (Targeted Case Management)		16	
DD (Developmentally Disabled)		22	
CCOP/CST/CCS/DD - (Previous Years Combined)	170	250	
<b>COMMUNITY SUPPORT PROGRAM (CSP)</b>			



**BUREAU OF AGING AND DISABILITY RESOURCES  
AGING UNIT SELF-ASSESSMENT FOR 2018**

County/Tribe: Door County

Name of Aging Unit Director: Jake Erickson

Approved by Commission on Aging?	Yes	X	No	Date approved	April 9 <sup>th</sup> , 2019
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**Part I: Compliance With the Wisconsin Elders' Act**

*Refer to Section 3-D (Statutory Requirements for the Structure of the Aging Unit)  
in your 2016-2018 Aging Plan*

	Yes	No	Describe Change
Has the organization of the <i>Aging Unit</i> changed this past year?		X	
Has the organization of the <i>Commission on Aging</i> changed this past year?		X	
Does the aging unit have a full-time aging director?	X		
Is the membership of the Commission on Aging in Compliance? <i>Members of a county or tribal commission on aging shall serve no more than 2 consecutive 3-year terms. In the case of county board members, the requirement is 3 consecutive 2-year terms.</i>	X		

**Members of the Commission on Aging (please list)**

Official Name of the Aging Unit's Policy-Making Body: ADRC Advisory Committee

Name of Individual	Age 60 and Older (x)	Elected Official (x)	Mo./Year first term began	Mo./Year final term ends
Chairperson: Helen Bacon	x	x	04/2018	04/2021
Roxanne Boren	x		04/2019	04/2025
Mike Green	x		04/2017	04/2023
Lucille Kirkegaard	x		04/2016	04/2023
Vic Verni	x		04/2019	04/2025
Carol Moellenberndt	x		04/2016	04/2024
Tom Krueck (PD Representative)	x		04/2014	04/2020
Melissa Wolfe (DD Representative)			04/2016	04/2022
Tami Leist (DD Representative)			04/2016	04/2022

**Members of the Commission on Aging (please list)**



Official Name of the Aging Unit's Policy-Making Body:

Nutrition Advisory Council

Name of Individual	Age 60 and Older (x)	Elected Official (x)	Mo./Year first term began	Mo./Year final term ends
<b>Chairperson: Megan Lundahl</b>		x	04/2018	04/2022
<b>Sue Clemens</b>	x		04/2014	04/2020
<b>Lynn Ballendux</b>	x		04/2014	04/2020
<b>Debbie Dahms</b>	x		04/2019	04/2025
<b>Roxanne Boren</b>	x		04/2019	04/2025
<b>Winnie Jackson</b>	x		04/2019	04/2022
<b>Steve Hey</b>	x		04/2019	04/2022

**Part II: Activities to Help Older People Advocate for Themselves**

**1. What does the aging unit do to inform older people about the issues that affect their lives?**

A monthly newsletter is distributed both on-line and in hard copy to keep the older adults and adults living with a disability residing in Door County informed on issues that affect their lives. Contributing to our newsletter on a monthly basis with community news and educational articles are the following local agencies and groups: Door County Caregiver Coalition, Adult Protective Services, Elderly Benefit Specialist, Door County Housing Authority, Door County Medical Center, Sunflower Cottage Adult Day Program and Door Tran.

Almost every Monday from 8-11am, unless he has a scheduling conflict, Mark Moeller or better known around our facility as the "Gadget Guy", conducts one-on-one appointments with older adults interested in learning more about a technological device. He is a popular guy. This service we find extremely beneficial to our older adults in teaching them how to navigate the world of technology.

On January 15<sup>th</sup> NWTC held a presentation on "Healthy Cents: Getting the Most for Your Food Dollars"

On February 5<sup>th</sup> Asera Care Hospice gave a presentation on "How to Cope with Grief & Loss"

On February 13<sup>th</sup> Dr. Staudenmaier from Staudenmaier Chiropractic gave a presentation on "Aging Gracefully"

On February 20<sup>th</sup> Mary Bink, Elderly Benefit Specialist gave a presentation on "New Medicare Cards: What You Should Know"

On February 21<sup>st</sup> the Door County Fire Chief gave a presentation “Safe at Home”

On February 27<sup>th</sup> Public Health gave a presentation on “The Importance of Oral Health for Older Adults”

Starting on March 21<sup>st</sup> – May 23<sup>rd</sup> the ADRC and YMCA held an Aging Mastery Program Spring session. This was a ten week class that helped older adults gain a new perspective, knowledge and skills from experts in the field to help individuals master the following age-related topics: Navigating Longevity, Exercise & You, Sleep, Healthy Eating & Hydration, Financial Fitness, Medication Management, Advance Planning, Healthy Relationships, Fall Prevention and Community Engagement.

On March 1<sup>st</sup> we started a brand new “Apple Mac User Group” class. Classes were intended to teach and inform older adults how to use Apple devices more effectively. Classes occurred on the 1<sup>st</sup> Thursday of every month.

On March 9<sup>th</sup> Economic Support staff gave a presentation on “Energy Assistance: Program Overview”

On March 13<sup>th</sup> we started a brand new basic computer information class for older adults. Participants were asked to bring their own laptops and devices. Classes were held on the 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month.

On April 17<sup>th</sup> Door-Tran gave a presentation on “Transportation Resources in Door County”

From May 7<sup>th</sup> – June 25<sup>th</sup> the ADRC in partnership with the Door County YMCA held a Stepping On: Falls Prevention Program.

On May 23<sup>rd</sup> the ADRC and the Rotary Club of Door County hosted a “Hearing Loop Presentation” by Dr. Juliette Sterkens.

On May 18<sup>th</sup> Dietician Carmen Schroeder gave a presentation on “Healthy Snack Ideas” for older adults.

On June 15<sup>th</sup> the ADRC and the Washington Island Community Health Program (WICHP) hosted an open house event on Washington Island. There were representatives from each of the following agencies: Door-Tran, Unity Hospice, LifeAssist, Door County Medical Center, HELP of Door County, Sturgeon Bay Health Services and the United Way of Door County.

On June 19<sup>th</sup> Vickie Daoust gave a presentation on Sivananda Style Yoga.

On June 19<sup>th</sup> the Alzheimer’s Association gave a presentation on “Financial & Legal Issues”.

On July 11<sup>th</sup> we started a ten week “BE! Brain Enrichment Course”. Participant’s learned all about the brain’s processes of Attention, Working Attention, Long-Term Memory, Reasoning and

Problem-Solving. Use mental exercises to engage and stimulate the brain. Learn about lifestyle practices for maintaining brain health. Practice strategies for improving thinking and memory.

On July 12<sup>th</sup> Cathy Keller, RD, gave a presentation on “The MIND Diet”. What are the top 10 foods for brain health?

On July 25<sup>th</sup> Calvin Richtig, ATP, gave a presentation on “Gadgets and Devices for the Hard of Hearing”. A show and tell style session of equipment that can assist you in your life with hearing loss.

On August 16<sup>th</sup> Sue Exworthy from Behavioral Health gave a presentation on “Mental Health and Aging”. This was the first event of a series of mental health wellness topics in partnership with Behavioral Health.

On August 23<sup>rd</sup> Marggie Hatala gave a presentation on “What is an Elder Care/End of Life Doula?”

On August 23<sup>rd</sup> the American Heart Association gave a presentation on “High Blood Pressure” and provided participants the opportunity to have their blood pressure checked.

On August 30<sup>th</sup> Carmen Schroeder gave a presentation on “Hot Topics in Nutrition for Older Adults”.

On September 10<sup>th</sup> NWTC gave a presentation on “Healthy Cents: Food Choices on a Budget”.

On September 14<sup>th</sup> Mary Bink, Elderly Benefit Specialist gave a presentation on “ABCD’s of Medicare”.

On September 20<sup>th</sup> AARP held a “Smart Driver Course” for older adults. The course taught participants defensive driving techniques, new traffic laws and rules of the road, how to deal with aggressive drivers, how to safely navigate adverse weather conditions and useful information on automatic technology.

Throughout the month of October the ADRC in partnership with the DC Medical Clinic held a four part series called “Art for Health”. Every Wednesday throughout the month of October participants took part in the following art classes for the betterment of their overall health and wellbeing: The Joy of Collage, Mindful Meditation & Chair Yoga, Essential Oils and The Creative Mind & Art of Storytelling.

On October 15<sup>th</sup> Carmen Schroeder, RD, gave a presentation on “Seniors Eating Well: Great Grains Discovery”.

On November 12<sup>th</sup> Sue Exworthy, from our Behavioral Health Unit, gave a presentation on “Sleep and Chronic Pain”. Sue discussed co-existing conditions and the vicious circle of one impacting the other. Sue also offered participants ideas for fellow pain and sleep sufferers in a relaxing and open forum.

On November 16<sup>th</sup> Carmen Schroeder, RDN, gave a presentation on “A Diabetes-Friendly Guide to Counting Carbs”.

On November 19<sup>th</sup> Imelda Delchambre from UW-Extension gave a presentation on “All Star Senior Snacks”.

On November 27<sup>th</sup> Dr. Luke Staudenmaier gave a presentation on “The Latest Findings About Pain and Alzheimer’s Disease.”

On November 29<sup>th</sup> a group of UW-Madison students gave a presentation on “What You Should Know About the Pneumonia Vaccine”.

On December 4<sup>th</sup> Rachel Reas of Aurora BayCare Medical Center in Green Bay lead a discussion on “Stroke Awareness”.

## **2. How does the aging unit teach older people to act as advocates?**

Throughout 2018 the ADRC helped enhance, advertise and/or facilitate the following monthly support groups: Memory Café, Caregiver Support Groups, Stroke Support Group, Parkinson’s Support Group, Pulmonary Support Group, Cancer Survivors Support Group, Grief and Loss Support Group, Early Memory Loss Support Group, Hearing Impaired Support Group and the Low Vision Support Group. Each of the following groups mentioned above work on teaching people how to become better advocates for themselves or a loved one they are caring for. Throughout the year each group also will periodically schedule a guest speakers to discuss local community topics and resources.

On January 9<sup>th</sup> Andrea Patza from Aurora Health Clinic gave a presentation on “How to Speak to Your Provider”

On January 10<sup>th</sup> Nicolet Bank gave a presentation on “The Equifax Breach & How to Protect Yourself Financially”

On April 24<sup>th</sup> Managing Attorney Jessica Trudell with the Guardianship Support Center of WI gave a presentation on “Guardianship”. Participants learned about the process of establishing guardianship, what it means to have or be a guardian and alternative options to guardianship.

On May 8<sup>th</sup> the ADRC hosted a webcast for consumers to learn more about the Medicaid – SSI Managed Care Program Changes.

On June 15<sup>th</sup> hosted a presentation on “Elder and Senior Financial Scams”.

On September 13<sup>th</sup> the ADRC in partnership with the League for Women Voters hosted a Candidate Forum for the Door County Sherriff Election. During the candidate forum members of the League of Women Voters helped new voters, citizens who have moved or changed their name register to vote. Those who attend the forum were able to hear from both candidates running for Door

County Sherriff.

Starting on October 8<sup>th</sup> the ADRC in partnership with DC Medical Clinic started a Powerful Tools for Caregivers course.

On October 11<sup>th</sup> the ADRC held an "Identity Theft: Protect & Prevent" presentation.

### **3. How does the aging unit advocate on behalf of the older people it serves?**

The Door County ADRC advocates on behalf of older people largely through collaboration with other organizations and agencies throughout our community, direct service with consumers and their families and in the creation of resources and programs that meet a need within our community. We have staff who regularly on a monthly basis participate on an Interdisciplinary Team to share resources, knowledge and make recommendations to better serve our high risk older adults.

The Assistant ADRC Director also leads and facilitates a monthly Caregiver Coalition meeting. During that time we meet with other community organizations every other month to advocate for those who are caring for an older loved one. The mission of our Caregiver Coalition is to explore and make recommendations on how to meet the needs of individuals who are in a caregiving role for someone they love.

Additionally, our ADRC is an active member of a number of community oriented advocacy groups the following are a few: the Northern Door County Health and Wellness group, the Door County Aging Provider's Network group, Door Tran Board, Transportation Resource Improvement Partners (TRIP) Committee, I-Team facilitated by our APS Unit, Northern Door Aging Coalition, Hoarders Task Force, Operation Fresh Start, County Communities on Transition (CCoT), Door County Parish Nurse Network, Emergency Food & Shelter Committee and the Quality & Safety Sub-Committee for the DC Medical Center.

Throughout the month of June the ADRC and APS Unit held a series of events and programs all focusing on elder abuse awareness. The events and programs held throughout the month included the following: Pinwheel Display outside the ADRC (each pinwheel represented an open elder abuse case), prescription medication collection event, a presentation on the Silver Alert program, a presentation on scams and how to protect yourself against scams and a presentation from HELP of Door County's elder abuse advocate on supporting older adults who have experienced intimate partner abuse. We also encouraged people to wear purple throughout the month of June to show their support for elder abuse prevention.

On Saturday, September 29<sup>th</sup> our ADRC team participated in a Walk to End Alzheimer's here in Sturgeon Bay.

Part III: Progress on the Aging Unit Plan for Serving Older People			
Aging Unit Plan Goals	Progress Notes <i>(briefly summarize only those activities completed as of Dec. of each year; explain if a goal was not accomplished)</i>	Check if Done	
		2016	2017
<b>Focus Area 6-A. Involvement of Older People in Aging-Related Program Development and Planning</b>			
<p>In order to increase the visibility of the Advisory groups; ADRC, Senior Advisory Committee and Nutrition Council, the ADRC Director and Aging Unit Manger will work with the three committees to explore options for increased advertisement, collaboration, and information sharing to the policy making boards. By December 2016, the group will have three action recommendations, one in each area for implementation in 2017.</p>	<p>This goal was accomplished. Throughout 2016 the ADRC and Aging Unit met to discuss future programmatic development and planning. The ADRC Director and Aging Unit Manager worked with their prospective advisory groups to explore options for increased advertisement, collaboration and information sharing in order to boost each advisory group's visibility. We increased their partnered outreach efforts throughout the year. On several occasions one of our advisory committee members partnered with a staff member in conducting an outreach presentation. Our advisory groups also sponsored several events we held at our facility. For instance, in May they sponsored an ADRC/Aging Unit Open House. During the event several advisory committee members were recognized and gave a presentation on different aspects of our organization. Lastly, the third action recommendation was to increase the advisory committee member's volunteer involvement. A number of our committee members volunteered to help out at one of larger monthly celebrations and in other program areas like our community garden or in facilitating our arts and crafts group.</p>	<p>X</p>	

<p>In an effort to enhance the Aging Unit and ADRC's operational effectiveness within the community we serve, both units will work towards building a more integrative arrangement by December 2017. This will include the following tasks: designating one agency name which is the "Aging and Disability Resource Center (ADRC) of Door County." In addition to one agency name there will also be one agency phone number, which is 920.746.2372(ADRC). There will also be work towards creating one comprehensive marketing plan which will include one unified brand and website. Having one comprehensive marketing plan will further promote our agency as one entity and support a greater "one stop shop" philosophy. Lastly, the ADRC Director and Aging Unit Manager will work to combine the Senior Services Advisory Committee with the ADRC Advisory Committee, keeping the Nutritional Advisory Council separate.</p>	<p>Following the recommendations crafted by the ADPAW Committee, we have accomplished this goal. Throughout 2017 our Aging Unit gradually was folded into the ADRC structure. We no longer have an Aging Unit Manager. That position has been reclassified as our ADRC Assistant Director. However, the job description was minimally effected. Our ADRC Assistant Director still takes the lead on overseeing the operations, including staff, for our OAA programs and services. We are strictly known as the ADRC of Door County. Our phone number is (920)746-2372 and email is <a href="mailto:ADRC@co.door.wi.us">ADRC@co.door.wi.us</a>. Lastly, we just finalized the combination of our ADRC and Senior Services Advisory Board keeping our Nutritional Advisory Council as a stand-alone entity.</p>	<p style="text-align: center; color: red; font-size: 2em;">X</p>	
<p>In order to increase older adults knowledge of programs or services available to them, including the impact local state and federal legislators have on those services, the ADRC will work with the Learning in Retirement Group to present three programs specific to aging services to their curriculum before December 31<sup>st</sup> 2018.</p>	<p>This goal was completed. As soon as we moved into our new building in January of 2018 we met with the Learning in Retirement (LIR) leadership group. Together we came up with the following list of classes and presentations:</p> <ol style="list-style-type: none"> <li>1. CSI: STURGEON BAY/DOOR COUNTY Presenters: Arleigh Porter, Pat McCarty Friday, March 9<sup>th</sup> (92 registered)</li> <li>2. FRAGILE GROUNDWATER: DOOR COUNTY'S PRECIOUS RESOURCE Presenter: Brian Forest Tuesday, February 13<sup>th</sup> (71 registered)</li> </ol>	<p style="text-align: center; color: green; font-size: 2em;">X</p>	



3. LIFE ON THE GREAT LAKES  
Presenters: G. Herdina, D. Hunt, D Paape  
Wednesday, May 2<sup>nd</sup> (102 registered)

4. NORMAN ROCKWELL: A VISIT  
Presenters: Craig & Tony Berken  
Thursday, April 5<sup>th</sup> (75 registered)

5. WOODEN BOATS: A TALE OF WOODEN  
BOATS AND IRON MEN IN 1850 DC  
Presenter: Dennis Trygvie Jensen  
Thursday, April 19<sup>th</sup> (72 registered)

6. Alzheimer's: Healthy Living for your  
Brain and Body Friday, September 14<sup>th</sup>

7. Alzheimer's: The Basics—Memory Loss,  
Dementia & Alzheimer's Disease  
Friday, October 19<sup>th</sup>

8. Alzheimer's: Caregiver Stress  
Friday, November 16<sup>th</sup>

9. Eating for One  
Wednesday, October 24<sup>th</sup>

10. Exploring County Government  
Monday, October 29<sup>th</sup>

11. Hospice 101 and Advanced Directives  
Wednesday, October 17<sup>th</sup>

12. Insomnia Diagnosis and Management  
Friday, October 12<sup>th</sup>

	13. Social Security: An Overview Tuesday, October 2 <sup>nd</sup>		
<b>Focus 6-B. The Elder Nutrition Program</b>			
<p>To increase access to fresh produce and enhance eating habits of our older population, the Aging Unit will offer weekly on-site vendors for farmer's market and increase participation of the evening soup and salad bar by 25% offered by the Sturgeon Bay Meal site by December 2016.</p>	<p>This goal was not accomplished due to a shortage in staff and a change in our hours of operation. Our evening soup and salad bar program ran from 3:30-5:30 pm Monday-Friday. In September of last year we made the decision to change our hours of operation from 7:30am-6:00pm to 8:00am-4:30pm. This decision also meant the discontinuation of our evening soup and salad bar program. However, agency-wide we focused on increasing the overall Elder Nutrition Meal Program participation through increased advertisement and outreach efforts. In 2015 our Elder Nutrition Program served a total of 42,180 meals and in 2016 we served a total of 48,503 meals.</p>	X	
<p>To improve the coordination of meals for individuals being discharged from medical care, the ADRC will work with discharging units at local medical facilities including those in Brown County. By December of 2017, we will have a referral form to be included with all discharges for individuals over the age of 60.</p>	<p>This goal has been partially accomplished. We have improved and strengthened our home delivered meals coordination with our local medical providers. We are still working towards the improvement in coordination with Brown County medical facilities.</p>	X	
<p>To improve access to nutritious options throughout the county and reach more of our older population, we will work to relocate our Southern Door meal site from the Forestville community to the Brussels community by December 31, 2018.</p>	<p>This goal was accomplished. On October 2<sup>nd</sup> of 2018 we relocated our Southern Door County meal site location from Forestville to Brussels. That change in location has increased the amount of people we are serving a nutritious meal to in Southern Door County. We are on target to serve 25% more meals in Southern Door County in 2019 than we did in 2018.</p>	X	

<b>Focus 6-C. Services in Support of Caregivers</b>			
<p>To increase the availability of Caregiver support, by the end of 2016, Door County will have 8 individuals trained in caregiver program facilitation.</p>	<p>The Aging Unit and ADRC accomplished this goal. Throughout last year we had four individuals get trained in facilitating the Powerful Tools for Caregiving evidence based program and four individuals get trained in a caregiver support group facilitation training.</p>	<p>X</p>	
<p>To continue with efforts to increase availability of Caregiver support groups, by December 2017 we will have caregiver support programs in four geographical locations throughout the county.</p>	<p>We have accomplished this goal. Currently we have caregiver support groups in the following four locations: Washington Island, Sister Bay, Sturgeon Bay and Brussels. Additionally, we have created a few brand new support groups with the help of some key community partners. Those new support groups support caregivers caring for someone with dementia, early memory loss and Parkinson's. Those support groups include a Northern Door Memory Café, Early Memory Loss and Northern Door Parkinson's Support Group.</p>	<p>X</p>	
<p>By the end of 2018, Door County will have an average participation of six or more caregivers attending our caregiver programs in each of our locations.</p>	<p>This goal was not accomplished. We are not currently averaging 6 caregivers in each one of our caregiver support groups. However, in every caregiver support group besides our Northern Door group, we had over six caregivers attend throughout the year. We held a total of 168 caregiver support group sessions where a total of 33 different caregivers attended. We are hoping to continue to improve our participation in our caregiver support groups throughout the next three year aging plan 2019-2021. This goal will continued to be worked on in the future.</p>		
<b>Focus 6-D. Services to People With Dementia</b>			
<p>To increase the knowledge of available community resources regarding</p>	<p>This goal was accomplished by reaching out to</p>		

<p>Alzheimer's and other dementias the Caregiver Coalition, ADRC and Aging Unit will identify six additional opportunities to provide the Door County Resource Guide in addition to the medical providers in the county by December 2016.</p>	<p>our community partners, including medical providers, and provided them copies of our Door County Community Resource Guide. Some of the partners included the following: Door County Medical Center, Neighbor-to-Neighbor, Sunflower Cottage, Aurora Clinic and the Alzheimer's Association to name a few.</p>	<p>X</p>	
<p>To raise awareness and understanding of dementia and its impact on our community, the Aging Unit and ADRC will designate one staff member to complete additional dementia specific training by December 2017. This one staff member will also be tasked with the responsibility of conducting several outreach and educational events related to dementia throughout the year 2017 and moving forward.</p>	<p>We have accomplished this goal. Anna Zahorik, I&amp;A Specialist, has completed additional dementia specific training. She also conducted a number of trainings throughout the 2017 calendar year. One of those trainings was an introductory "Understanding Dementia" training during a local Door County Dementia Summit. The Summit was very well attended and included other professionals from our community including the Sheriff's Department, Police Department, Emergency Medical Services, and local medical facilities to name just a few.</p>	<p>X</p>	
<p>To help students understand the challenges of Alzheimer's disease, the Aging Manager will work in collaboration with the hospital to offer a Virtual Dementia Tour as part of the Life Skills programs to each of the school district by December of 2018.</p>	<p>The original goal was not accomplished. We did not have very much success throughout 2018 in scheduling a Virtual Dementia Tour in any of the school districts in Door County. Instead we amended the goal and held a Virtual Dementia Tour event at the new ADRC in Sturgeon Bay on June 29<sup>th</sup> and 30<sup>th</sup>. The Virtual Dementia Tour was very well attended.</p>	<p>X</p>	
<p><b>Focus 6-E. Healthy Aging</b></p>			
<p>To provide ongoing education regarding health, by December 2016 we will provide a minimum of three evidence-based training programs such as living well with chronic illness in Sturgeon Bay.</p>	<p>This goal was accomplished. Throughout last year the Aging Unit and ADRC offered three different evidence based classes. The three programs were the following: Aging Mastery Program, Strong Women and a Grapevine</p>	<p>X</p>	

	<p>Health Initiative through the WI Women's Health Foundation.</p>		
<p>To increase the availability of healthy activities to our older population, we will complete a feasibility study by December 2017 to determine the interest in programming and location options for providing healthy physical activity programs or classes in the county.</p>	<p>We have completed this goal twice over. The distribution of an activity interest survey was done at first in the beginning of 2017 and once again in the beginning of 2018 when we moved into our brand new building. We received roughly 80 surveys back each time.</p>	<p>X</p>	
<p>To provide additional healthy activities by December 2018, we will provide at least two additional programs at sites where there is a demand based upon the above mentioned feasibility study.</p>	<p>This goal was accomplished. Throughout 2018, we put on and scheduled a number of additional programs at sites outside of Sturgeon Bay. We partnered with UW-Extension and Imelda Delchambre. Imelda is a FoodWise Bilingual Nutrition Educator for both Door and Kewaunee Counties. Almost every month Imelda visited each meal site outside of Sturgeon Bay to discuss a nutrition related topic related to older adults eating better. For example, one month her topic was "Great Grains" and another month her topic was "Healthy Snacking for Older Adults". In December of last year we also scheduled a time for someone from Door-Tran to visit each meal site to discuss Door County's various transportation options available to all residents. In October of last year, Kim Versteegen conducted a presentation on WI's Volunteer Ombudsmen Program. Jeff Kersten from the Bureau of Consumer Protection gave a presentation at the Bailey's Harbor meal site on "Identity Theft: How to protect&amp; Prevent".</p>	<p>X</p>	
<p><b>Focus 6-F. Local Priorities</b></p>			
<p>To continue to enhance our current transportation system which has been crucial to the mobility of our senior population and to help reduce isolation,</p>	<p>In 2016 we did not add an additional taxi vehicle. However, there was a need to increase the amount</p>		

<p>we will look to have an increase in local financial support. The goal will be to add at least one additional taxi to the system by December of 2016.</p>	<p>of available transportation hours on Saturdays. The purpose for increasing the hours on Saturday was due to an increase in ridership demand for available transportation on Saturdays. A total of 8 additional hours were added to the regular Saturday transportation schedule.</p>	<p>X</p>	
<p>We have significantly increased the number of socialization events/activities at the Sturgeon Bay meal site. In 2017, one additional special event will be held at the other four locations.</p>	<p>We have accomplished this goal. Throughout the 2017 calendar year we worked through our meal site coordinators from Washington Island, Liberty Grove, Baileys Harbor and Forestville to plan and carry out one additional special event at each location. In fact we held multiple events at each location as a means to increase the level of socialization within our older adult population.</p>	<p>X</p>	
<p>Through collaboration with community partners we will work to identify need and options for adult day services. The goal is to work with at least one community partner to develop one to two sites where day services are available five days per week by December 2018.</p>	<p>This goal was accomplished. Early in 2016, staff from the ADRC of Door County worked closely alongside the Sunshine House in support of their development of a brand new adult day services program called the Sunshine Cottage. We partnered with the Sunshine House and hosted a series of listening sessions and outreach events for individuals from the general public to participate in and express their feelings in regards to the new program.</p>	<p>X</p>	

**Part IV: Progress on the Aging Unit Plan for Serving Older People – National Family Caregiver Support Program (NFCSP)**

*This section is not required for tribal aging units.*

**Minimum Service Requirements:** *The minimum service requirements of NFCSP must be provided by the aging unit or contracted with another agency. Please indicate who provides these services.*

Service	Aging Unit (X)	Other Agency (please list)
Information to caregivers about available services	X	
Assistance to caregivers in gaining access to the services	X	

Individual counseling, support groups, and training to caregivers	X
Respite care	X
Supplemental services (e.g., transportation, assistive devices, home modifications, adaptive aids, emergency response systems, supplies, etc.)	X
<b>Caregiver Coordination:</b> <i>To ensure coordination of caregiver services in the county, the aging unit shall convene or be a member of a local family-caregiver coalition or coordinating committee with other local providers who currently provide support services to family caregivers.</i>	
<p><b>Does the aging unit belong to a local caregiver coalition?</b></p> <p><input checked="" type="checkbox"/> YES      <input type="checkbox"/> NO</p> <p><b>Name of Coalition:</b> Door County Caregiver Coalition</p> <p><b>If YES, please provide a brief update on coalition activities conducted each year.</b></p> <p><b>If NO, please explain plan for compliance.</b></p>	<p><b>2016 Activities:</b></p> <p>The Caregiver Coalition continued to meet regularly (six times a year) to plan, implement and advocate for support and services to caregivers in our community.</p> <p>The Caregiver Support Groups of Door County, initiated by the Aging Unit in 2001 continues to be professionally facilitated and offered at several locations throughout Door County. We changed from hiring someone from outside our Aging Unit to facilitate those support groups to having our own staff facilitate those support groups. As a result of this change we had four staff members receive caregiver support group facilitation training. Since the change we have seen an overall increase in the level of participation in our caregiver support groups across the board.</p> <p>The Coalition continued to offer monthly Memory Cafe events for those individuals who might be experiencing minor to moderate memory loss.</p> <p>On Tuesday May 17<sup>th</sup> our Caregiver Coalition hosted a Dementia-Friendly Communities panel discussion. The presentation was from 10-12pm at NWTTC, a local technical college. During the panel discussion a number of our Coalition members presented on the Dementia Friendly Communities concept and what that could mean for the Door County community.</p>

The Coalition hosted our annual Caregiver Appreciation Luncheon on Tuesday, November 1<sup>st</sup>. We had 85 participants take part in this free event, which included opportunities for relaxation, socialization and education. There was a keynote speaker. The keynote speaker was Charles Schoenfeld who shared with our group his experiences as a professional CNA and caregiver.

**2017 Activities:**

The Caregiver Coalition continued to meet regularly (six times a year) to plan, implement and advocate for support and services to caregivers in our community.

The Caregiver Coalition was instrumental in implementing the CareTalks program throughout the 2017 calendar year. The CareTalks kickoff meeting was held on June 8<sup>th</sup> and the follow up workshops were held on June 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> of last year.

Our Caregiver Coalition actively participated in planning a Dementia Crisis Provider Community Conversation. The conversation was held on September 28<sup>th</sup> and was well attended. The event led to a very healthy conversation regarding the state of our emergency service system in Door County and how said system is trained to respond to individuals with dementia and their caregivers. This conversation led to a number of community-wide changes. The following are some of the results of the conversation: a Northern Door Aging Coalition, additional training for emergency first responders and a Dementia Crisis Planning Interdisciplinary Workgroup.

The Coalition hosted our annual Caregiver Appreciation Luncheon on Friday, November 10<sup>th</sup>, 2017. We had roughly 75 participants take part in this free event, which included opportunities for relaxation, socialization and education. There was a keynote speaker. The keynote speaker was Dr. Rolf Lulloff, an experienced physician. Dr.



Lulloff gave a presentation on how caregivers can understand not only what their affected family member is dealing with, but also how to help them minimize their healthcare concerns and issues.

**2018 Activities:**

The Caregiver Coalition continued to meet regularly to plan, implement and advocate for support and services to caregivers in our community. But we changed the meeting frequency from every other month to monthly. The reason for the change in meeting frequency was largely due to the coalition's feeling of spending more time in planning and developing new and innovative ways to support caregivers in our community.

On March 14<sup>th</sup> at the ADRC in Sturgeon Bay, April 11<sup>th</sup> at the Northern Door YMCA in Fish Creek and on April 16<sup>th</sup> in Brussels at the Community Center in Southern Door County, the Caregiver Coalition hosted a series of Caregiver Community Conversations. During the conversations we showed the PBS documentary "CARE". The documentary "CARE" depicts the beauty and social importance of home-based care. It also illuminates the close relationships between direct care workers and the older adults and families whom they serve. After viewing the documentary we held an open discussion about the status of family caregiving throughout Door County.

On November 8<sup>th</sup> the ADRC and Caregiver Coalition held our first annual Door County Caregiver Conference. The conference was a full-day educational conference designed exclusively for caregivers. During the event we had four different breakout sessions and two keynote speakers which included Former Gov. Martin Schreiber and Dr. Kodras from the Door County Medical Clinic. The event was well attended. We had around 80 caregivers attend on that day.

### **Part V: Significant Accomplishments or Issues Not Included in the Aging Unit Plan**

*(Unplanned accomplishments or issues that had a significant impact on the aging unit's activities during the previous year. This is not meetings attended or actions that fit under plan goal objectives but may reflect noteworthy events or achievements.) This section is not required.*

Throughout 2017 a large focus for our Aging Unit/ADRC staff was a new building project and the integration of both our ADRC and Aging Unit. We also had a number of significant operational changes within the structure of our agency. Jake Erickson was hired as our ADRC Director in August. Jennifer Fitzgerald was hired as our ADRC Assistant Director in October. And we hired a full-time Activities/Volunteer Coordinator in December. Her official start date was technically in January of 2018.

2018 was a year of significant change for the Aging and Disability Resource Center (ADRC). On January 29<sup>th</sup> we moved into the beautifully refurbished highway shop. With the move came an incredible level of excitement which brought an increased use of the facility and the programming. The increase remained steady throughout 2018. The move into the new facility also solidified the integration of two historically separate programs, the ADRC and the Senior Resource Center. As of January 2018, we were officially referred to as one program, the ADRC of Door County.

To truly illustrate the degree of growth we experienced throughout last year, I'd like to share a few key statistics comparing last year, 2018, to the previous year, 2017.

The number of unduplicated individuals who participated in an activity or event at the ADRC dramatically increased from 686 individuals in 2017 to 2,178 individuals in 2018. That is an increase of 1,492 new members or consumers who had never been to the ADRC before. That number does not include a good portion of those consumers served by our three Information & Assistance Specialists, Disability Benefit Specialist or Elderly Benefit Specialist.

The overall number of times consumers checked in for activities and events increased from 12,413 in 2017 to 26,086 in 2018. We went from working alongside 114 volunteers for a total of 4,692 hours in 2017 to 263 volunteers for a total of 6,297 hours in 2018.

The total number of meals served at the Sturgeon Bay congregate meal site increased dramatically from 11,003 meals in 2017 to 17,155 meals in 2018. The average daily meal served at the Sturgeon Bay congregate meal site rose from 44 meal participants in 2017 to just over 70 meal participants in 2018. We also served our largest meal at one congregate meal site in program history last year for 220 meal participants. Which was 60 more meals than our largest meal ever served at one meal site in the old building.

In October of 2018 we relocated our Southern Door County meal site location from Forestville to Brussels. That change in location has increased the amount of people we are serving a nutritious meal to in Southern Door County. We are on target to serve 25% more meals in Southern Door County in 2019 than we did in 2018.

**Part VI: Coordination Between Titles III and VI**

*If the county includes part or all of a federally-recognized tribe, indicate how the county aging unit and the tribal aging unit have worked together in the previous year to coordinate and ensure the provision of services to tribal elders.*

*If the county does not include part or all of a federally-recognized tribe, please indicate: Not Applicable*

Not Applicable