



AGING & DISABILITY RESOURCE CENTER
OF SW WI IOWA COUNTY
ADRC BOARD
MEETING MINUTES

May 28, 2013

1:00 p.m.

HHSC

Dodgeville, WI

Vice Chairman Rosalie Zweifel called the meeting to order at 1:00 p.m.

ROLL CALL: **Present:** Lorraine Drews, Lorraine Fristch, Dan Nankee, Carol Calhoun, MaryClaire Murphy, Margaret Peat, Nona Chappell, Rosalie Zweifel, Therese Hess, Marlene Stenner, **Excused:** Mildred Swedland, Ron Benish, Marjorie Bomkamp. **Also in Attendance:** Erin Estabrook, Laura Crowley, Angela Sullivan, Rebecca Wetter, Stacey Terrill, Darla Burton, Danielle James

INTRODUCTIONS: Stacey Terrill introduced Darla Burton to the Board. She is the new part time Elder Benefit Specialist and part time Wellness & Prevention Coordinator. Danielle James is a new intern with the ADRC office. Welcome to both.

CERTIFICATION: Laura Crowley indicated that this meeting was certified in posting and publishing and also faxed to newspaper and radio. We currently post in three locations.

AGENDA: Rose Ross made the motion to approve the Agenda for the May 28, 2013 meeting. Lorraine Fritsch seconded the motion. There was no discussion. All members present were in favor.

MEETING MINUTES: Dan Nankee made the motion to approve the April 25, 2013 meeting minutes. Margaret Peat seconded the motion. There was no discussion. All members present were in favor.

REPORTS/COMMENTS FROM BOARD MEMBERS/AUDIENCE: Rosalie Zweifel indicated that she has 130 people going to Washington DC – 3 buses. Will be gone from the 20th of June until the 25th.

FINANCIAL REPORT: The Expense/Income Report for the month of April was distributed to the Board for their review. The Board will address this financial report later on the agenda in this meeting. Copies are available in the ADRC Office.

SUN REPORT: Cecile McManus, the Director of the SUN Program was not available for today's meeting. Margaret Peat talked about The Healthy Eating Program that she attended that was put on by SUN. She and Dan discussed how informative it is (was) and how much they enjoyed learning about different kinds of foods, etc.

BENEFIT SPECIALISTS REPORTS:

EBS – Stacey Terrill: Copies of the EBS Monthly Report for the month of April were distributed to the members. Copies of the report are available in the ADRC office. EBS had 24 new clients and opened 29 new cases in the month of April. The total number of cases closed this month was 46. Benefits gained this month were \$73,995 with a total of benefits gained year to date of \$248,293. The number of information calls for the month of April were 81. Meetings attended were a WABS Conference (by phone) The Volunteer Luncheon at Bloomfield and Clean It Up Day that was held at the HHSC. There was also a Supervisor Attorney Training that covered program updates, second Harvest, Incarceration & Public Benefits, SSR & SSD, Elderly Financial Abuse. Visits were also paid to the Mineral Point & Dodgeville Low Income Apartments to update and share information about Nixel.

I & A Erin Estabrook: Copies of the I & A Report for the month of April were distributed to the members. Copies of the report are available in the ADRC office. The total number of contacts for the month of April was 203 – these would be phone calls, walk-ins, scheduled office appointments or home visits for people requesting Information and Assistance. There were 4 functional screens administered. Four people were enrolled in Family Care and 1 was referred to IRIS. I & A Staff took part in a monthly Family Care Meeting, Caregiver Intake Process Meeting, OE Meeting, TAC Meeting, Medicaid Trng., Clean It Up Event, Options Counseling Meeting x3, Functional Screen Team Mtng., Volunteer Luncheon and Outreach with Upland Hills Hospital Social Work Assistant.

DBS Angela Sullivan: Copies of the DBS Summary Report for the month of April were distributed to the members. Copies of the report are available in the ADRC office. There were 9 new clients during the month of April. The Summary Report shows the breakdown of gender, age, living arrangement, race/ethnicity and disability. 6 cases were closed for this period. The monetary impact of cases closed is \$31,361. Angela attended two mandatory trainings in Madison regarding the disability program and communicating with the Disability Determination Bureau. Also, a meeting for the Morale Committee, Nancy's Retirement Party, Emergency Management Trng., the Volunteer Luncheon and The Clean It Up event.

Office Assistant/Transportation: Laura distributed the Transportation Report for the Month of April. Copies of the report are available in the ADRC office. We held the Transportation Public Form on May 16th. The goals and activities suggested by the attendees were written on large easel paper and were shared with the Board. Then the attendees were asked to put colored circles by the goals and activities that they felt were most important. The goals that were perceived as most important were *Increase advertisement/effectiveness to reduce stigma of “for elderly only”, *Focus on Key Words – Non jargon language, *Keep doing what we're doing – working well according to riders that were present, *Rideshare, *Rethink some of the names that are being used – Care A Van and Escort specifically. Laura thanked everyone for their attendance and support at the Volunteer Luncheon – a small thank you for all that our Volunteers do to help support our communities. The April Transportation numbers are running close to

last April's also higher in some areas, lower in other areas. Generally doing well – always looking for new and different places to go to hopefully attract new riders. We'll be going to the next new campus at Epic in August.

MANAGER'S REPORT & TRAININGS: Rebecca mentioned a few of the workshops. June 6th – we will be at the BalloonFest at Bloomfield. This year we are going to try something different and give away cotton candy. June 3rd and June 10th there will be a workshop called the ABC's of Dementia, we are doing that in sponsorship with Alzheimer's Alliance of Wisconsin at the HHSC at 5:30. Dr. Dunn will be presenting at the first meeting. On June 10th, Deana Truedson from the Alliance will be presenting. On June 12th Rebecca will be starting a Living Well with Chronic Conditions class also here at the HHSC. That starts at 9:00 a.m. and goes for 6 weeks. Rebecca and Nurse Kari Bennett from the Health Department will be leading the class. Walk with Ease will be starting on June 3rd and that is being held in Avoca. For all of these classes, call or stop by our office. Stepping On is starting July 31st – Darla and Janet Butteris will be leading those classes – that is a fall prevention class that will be held here in our HHSC for 7 weeks from 1 p – 3 p. We have brochures for all of these classes for your information and to share with others.

At our 1st May meeting of the Regional Board, a gentleman from the Lafayette Board wanted us to be considerate of helping people be aware of safety and their own personal safety. We talked about this issue at our staff meeting and put several articles in the newsletter. Rebecca wondered if this board wanted to discuss this issue. Several Board members shared personal stories and made suggestions about personal safety. One suggestion was to have 'personal checkers' just so someone is checking in on someone each day. Even a signal like a light on or something that tells another that all is well. Several of the members have a LifeLine and suggested that it is a very good thing to have. The hospital has a new type of lifeline. Rose Ross commented that with that lifeline they call you each month to reset.

This year we are looking to do something similar to last year's Plan & Prepare. Rebecca was looking for ideas as to what might be in this year's event. One suggestion was to show folks how to properly use walkers, canes, etc. Another was to bring back the speaker that discussed Scams. Rebecca is hoping to get that speaker back again this year. Also, possibly have a form about what would one do in case of....? Hoping that this would help people think through different situations before they might possibly happen – examples: a break in, a fire, etc. FEMA has some really good brochures about self-preparedness. AARP does also. Rebecca discussed that these are the reasons that we work with Emergency Management with, for instance, Nixel and also to develop lists of folks/locations that have special needs that could be used in times of disasters. We're just in the planning stages, so we will revisit the possibilities for this upcoming event again.

Rebecca was contacted by Paul Mross, who is a Yoga Instructor at Upland Hills. He is in the process of writing for a grant. He is wanting to develop a program involving Yoga

that would help decrease the number of falls in aging persons. He was asking for our support, refer people, and advertise in News & Views. We said that we would. He is writing for some additional funding because it is going to be a formal research project. . He is getting some assistance from a professor who has helped develop the Stepping On Program which we are also providing. Darla began working with Paul Mross last week. The grant had been on hold because he did not have a primary investigator from U.W. for the research but now he does and would like to move forward. The Letter of Intent that is just our backing that we would support the grant and that we would be willing to work with him. The grant is dedicated to improving the health and well-being of the public through investment, research, education and evidenced based practice leading to environment, institutional or policy change. We are thinking that it could be a win-win situation that we could refer Stepping on participants to this program and vice versa. We would like the Board to move forward with providing a formal letter. So, this would be an action item. Lorraine Drews made a comment about Yoga and that it can get into meditation and that she did not feel comfortable with that part of it. She did not want to stop this possible action, just wanted to voice her feeling uncomfortable with the meditation part. Therese asked if this was something coming through the ADRC. There followed some discussion about what a Letter of Intent from us would mean, what responsibilities. If this is a Support Letter or a Letter of Intent – there is a difference. The recommendation from the Board was that we think that it is a good idea, but we will bring back again next month – June Agenda - giving Rebecca and Darla time to have some questions answered. Lorraine Fritsch made a motion – that we feel that this is a good idea, but we would like to receive more information before bringing it back to the Board also that if Rebecca and Darla receive more information and decide that it is not a good idea that they may make the decision to not move forward. Rosalie Zweifel 2nd the motion. All members present were in favor.

ACTION ON FINANCIAL REPORT: The Financial report was distributed earlier in the meeting, after Board review, Rosalie Zweifel asked if there were any questions about the Financial Report. Margaret Peat made a motion to approve the April bills to be paid. Nona Chappell seconded the motion. All members present were in favor.

FINAL THOUGHTS: NEXT MEETING:

Our next meeting will be scheduled for Tuesday, June 25th 2013 at 1:00 p.m. at the HHSC, Dodgeville, WI

There being no further business, Vice Chairman Zweifel asked for a motion to adjourn. Rose Ross made the motion to adjourn, Carol Calhoun seconded the motion. All members present were in favor.

There being no further business,
The meeting was adjourned at 2:21 p.m.

Respectfully submitted
Laura Crowley ADRC Staff