

**WINNEBAGO COUNTY  
AGING & DISABILITY RESOURCE CENTER (ADRC) COMMITTEE**

**MEETING MINUTES**

**DATE:** June 11, 2018

**TIME:** 3:00 p.m.

**PLACE:** Neenah Human Services Building, Room 008

**Members Present:** Debra Hogue, Susan Locke, Mike Norton, Harold Singstock, Claire Steger, Michael Conley-Kuhagen, Donna Lohry, Kate Pfaendtner, Paul Janty

**Members Excused:** Eileen Leinweber, Pete Christianson

**Staff Present:** Beth Culp, Mark Weisensel, Brian Nagler, Julienne Gohde

**Others Present:** Rob Paterson, Joanne Murphy Spice, Cindy Draws, Jan Olson

Donna Lohry called the meeting to order at 3:00 p.m.

**1. Public Comments:**

None

**2. Approve Minutes of the May 14, 2018 ADRC Meetings:**

Kate Pfaendtner moved for approval of these minutes as written; seconded by Susan Locke and carried.

**3. Public Health Presentation on Evidence Based Classes- Cindy Draws and Joanne Murphy Spice:**

Evidence Based Chronic Disease Self-Management Classes- new classes this year with the campaign of "Helping People Help Themselves to Better Health". Perceptions about aging impact your health. Positive perceptions increase longevity by 7.5 years. Evidence based health promotion programs can help you improve your health and save money. Winnebago County offers a variety of Evidence based health promotion programs. Data shows that falls surpass motor vehicle crashes as most common cause of injury related death. These classes focus on prevention of falls by improving balance.

*Strong Bones:* Strength training program for women and men of ages 55+. This Strength Training Program includes progressive resistance training, balance training and flexibility exercises. Outcomes include: increased muscle mass and strength, improved bone density and reduced risk for osteoporosis and related fractures, reduced risk for diabetes, heart disease, arthritis, depression and obesity, improved self-confidence, sleep and vitality. In 2018 there have been 6 classes with 114 participants. There will be 6 more classes coming up.

*Stepping on:* A falls prevention program in which trained leaders coach you to recognize your risk of falling and help you build the balance, strength, and practical skills you need to avoid a fall.

Meets 2x per week for 7 weeks. Stepping On has been researched and proven to reduce falls by 30%

Guest speakers include: Physical Therapists, Vision Specialists, Pharmacists, and Community Safety Experts. In 2018, there have been 4 classes with 66 participants. One more class is being planned for this year.

*Tai Chi:* A slow, graceful exercise that promotes calm mental focus and alignment while building leg strength, endurance and stability. Proven outcomes: Helps relieve pain and stiffness, Decreases stress and depression, Improves concentration and memory, Improves balance and coordination, Improves posture and biomechanics, Integrates body and mind. In 2018, there has been one class with 26 participants, 40 people are on the waitlist!

*Healthy Living with Diabetes:* A six-week workshop for adults of all ages who have type 2 Diabetes, pre-diabetes, or who live with someone that does. Healthy Living with Diabetes participants are shown to have a 53% reduction in emergency department visits. Participants get information and advice for: Healthy eating and nutrition: food label reading and meal planning, Relaxation techniques, Partnering with your healthcare provider, Short-term goal setting, Fitness for exercise & fun, Feedback and problem- solving, Stress and depression management, and Communicating effectively with friends, family, and your medical team.

*Walk with Ease:* Evidence-based intervention program that has been proven to improve the lives of people with arthritis. People without arthritis who want to make walking a regular habit can benefit too. This class meets for six weeks, 3x per week for 1 hour. Proven Outcomes: Reduced pain and discomfort of arthritis, increased balance, strength, and walking pace, built participant's confidence to be physically active, and decreased disability.

*Powerful Tools for Caregivers:* Empowers caregivers with the skills and tools they need to maintain their own well-being while caring for another person. This class meets for 6 weeks, 1x per week for 2.5 or 1.5 hours each week. The schedule consists of: Week 1: Taking Care of You, Week 2: Identifying and reducing personal stress, Week 3: Communicating feelings, needs, and concerns, Week 4: Communicating in challenging situations, Week 5: Learning from our emotions, Week 6: Mastering Caregiving Decisions. The proven outcomes are: Greater self-efficacy (the belief you can make the changes to take care of yourself), Better emotional well-being, Increased use of self-care behaviors, and Increased awareness and use of community resources.

- Election of New Chairperson:** Mike Norton nominated Paul Janty for chairperson. Paul accepted the nomination. Mike made a motion to close the nominations and to cast the ballot

unanimously for Paul Janty. Kate Pfaendtner seconded the motion. All were in favor, none were opposed.

5. **Caregiver Conference Update:** The conference was not as well attended as was hoped for. Martin Schreiber was a wonderful keynote speaker. Outstanding remarks and feedback from surveys that were returned. Hope to expand more next year.
6. **Emergency Protective Placement Facilities Update:** Brian Nagler was pleased to report that the consumer that was reported on last month is happily at Atrium of Neenah. He is now on MA, which gives the facility a payer source. His ultimate final place is still King Veteran's home, where he is still on the waiting list.

7. **Reports:**

- a. Manager Report – Beth Culp

*Elder Abuse Awareness Day:* Human Services has a large sign up with many pinwheels up representing each case of elder abuse from last year in Winnebago County. Event is being held on Wednesday, June 13<sup>th</sup> at the Thompson Center in Appleton. Press release went to the Oshkosh Northwestern and the Oshkosh Herald. Outagamie County is handling the press release in the Post Crescent and the Green Bay media.

*Dementia Care Specialist Position:* Human Services Board approved this position on June 4<sup>th</sup>. The Personnel and Finance Board approve it on Thursday, June 7<sup>th</sup>. The next step is the County Board on Tuesday, June 19<sup>th</sup>. If they approve it, the position will be posted on Friday, June 22<sup>nd</sup>. The interview dates are already scheduled.

*Wheelchair Wash:* Friday, June 22<sup>nd</sup> from 10:00am-2:00pm at Oshkosh North High School. 10 signed up already. Beth spoke of the event on WOSH. The ADRC will have “to-go bags” made from recycled bottles. They are waterproof and will have emergency preparedness kit inside of them. They fit very nicely on the back of wheelchairs.

- b. Complaints / Grievances – Beth Culp

None noted

- c. Committee member updates:

Susan Locke noted that Mark Weisensel will be the emcee for the Senior Games.

Donna Lohry joined the Noon Optimist Club. She mentioned to the club about the bussing issues. They invited Mark Rohloff to come and give a presentation. He mentioned that as they move forward with bussing, they may hold public forums.

8. **“Community Beat” – Sharing of Compliments / Complaints from Community, Consumers, Providers – Committee Members**

No reports.

**9. Next Meeting – July 9, 2018 Oshkosh Human Services Building, Room 33, Downstairs**

With no further business, Harold Singstock moved for adjournment; seconded by Claire Steger and carried at 4:05 p.m.

Respectfully submitted: Julienne Gohde, Recorder