



COUNCIL ON AGING ADVISORY BOARD MINUTES
Wednesday, July 19, 2017, 9:00 a.m.

Call to Order: The meeting of the Council on Aging Advisory Board was called to order by Chair Pam Strom at 9:00 a.m. at the Council on Aging office, 3328 US Highway 51 North, Janesville, Wisconsin.

Approval of Agenda: A motion to approve the agenda was made by Supervisor Norvain Pleasant, seconded by Jean Boyle. Motion carried.

Roll Call:

Present: Jean Boyle, Dawn Fossum, Sonja Heiser, Jo Ann Koltyk, Supervisor Norvain Pleasant, Suzanne Rasmussen, Jenny Schmidt, Cherie Scholz-Baker, Peg Slaback, Pam Strom, Aaron Thomas

Excused: Nancy Arnold, Jim Farrell, Char Levzow, Chuck Wilson

Staff Present: Joyce Lubben, Julie Seeman, Lisa Lucas

Introduction of Visitors: Also present was Maureen Birchfield, Hedberg Library.

Approval of May 17, 2017 Advisory Board Minutes: A motion was made by Peg Slaback, seconded by Supervisor Norvain Pleasant, to approve the May 17, 2017 minutes. Motion carried.

Citizen Participation, Communications and Announcements: Joyce Lubben shared a picture submitted by Chuck Wilson of the bench that was placed by the Lion's Club at Leeson Park, Beloit, in honor of Daryl Porter. All agreed the bench was a very fitting tribute.

Joyce Lubben reported the Council on Aging is in the process of initiating a Cycling Without Age program. This will bring trishaws to Rock County that enable older adults to enjoy getting a bike ride.

Staff Report:

New Transit Vehicle: Joyce Lubben stated that a new vehicle is being purchased for Rock County Transit that will be a bit larger to accommodate more individuals on Family Care who are traveling to sheltered workshops. Another vehicle is currently being auctioned by Wisconsin Surplus Online Auction.

Health Promotion Updates: Lisa Lucas provided an update on new programs being initiated by the Council on Aging:

- Sip and Swipe Program: a program that utilizes volunteers to teach beginning users of tablets or iPads. This program is 4 hours, spread over 2-4 sessions. Sessions are held in connection with a local café or coffee shop. Volunteer tutors are needed for this.
- Walk with Ease Program: a program from the Arthritis Foundation that teaches older adults how to safely include physical activity as a part of their everyday life. The program will be offered initially through the Footville Church of Christ, starting September 11, 2017. The program can also be used as a self-guided course.
- Stand Up Program: a new name for the former Sit Less Program. Joyce Lubben reported that this program has been funded but she is waiting for instruction from the UW-Madison and CAARN.

Family Caregiver Updates:

- Fall Caregiver Events: Julie Seeman stated that November is National Family Caregiver month. She provided a handout on all the events scheduled for caregivers this fall.
- Dementia Friendly Community Activities: Ms. Seeman reported that the Dementia Friendly Communities initiative is focusing on recruiting additional businesses to become dementia friendly. A subcommittee is working on a recognition/celebration event which is scheduled for October to recognize businesses already dementia friendly. Businesses that are interested in becoming dementia friendly will be invited to attend. The Dementia Crisis Committee is working on strategies to enable first responders to better deal with individuals who have dementia and may be in crisis.

Mobility Management Updates:

- Wednesday Walks: Ryan Booth has held three Wednesday Walks (Riverside Park, Carver-Roehl Park and The Milton House) with 3-11 participants.
- Pedestrian Safety Promotion: Mr. Booth has designed a brochure that outlines the state law on pedestrian rights. He collaborated with the Janesville Police Department who sent out a Nixle release on pedestrians and the right of way. Lamar provided a public service announcement on the Milton Avenue electronic billboard.
- Travel Training: Individual and group travel trainings have been provided. One group training was with the Stateline Literacy Group with 20 adult students which was very successful.
- AARP Classes: Ryan Booth is now a trained CarFit technician and a trained facilitator for the "We Need to Talk" program.

Old Business:

Hedberg Library Caregiver Project: Maureen Birchfield presented information on the caregiver project that was initiated in collaboration with the Council on Aging. She brought a sample of kits that caregivers may check out of the library. Each kit has activities that can help provide

some respite to caregivers in the home. She also provided information on other adult programming at the library.

Reports:

County Board of Supervisors: None

ADRC of Rock County: Dawn Fossum reported the ADRC continues to update their website. Staff is still enrolling clients in Family Care and IRIS, although they are now seeing a shorter wait time for Family Care (from 3 years to two years). Cori Marsh continues with the Memory Cafes.

Items for Future Agendas: Sonja Heiser suggested the group might want to learn more about the correlation between loss of hearing and dementia.

Adjournment: A motion was made by Sonja Heiser, seconded by Cherie Scholz-Baker, to adjourn the meeting. Motion carried. Meeting adjourned at 10:05 a.m.

Minutes not official until approved by the Council on Aging Advisory Board.