

Waukesha County Nutrition Coalition Minutes

November 17, 2015

Attendees: Mike Glasgow- ADRC; Mary Andruszkiewicz- Waukesha Co. Public Health-WIC; Chris Beck- Healing Hearts of Waukesha County; Regina Estrada- Blessings in a Backpack; Pam Cesarec- Food Pantry of Waukesha County; Michelle Montez-Waukesha County HHS Independent Living Program; Thomas Dobner- WCTC Student Nurse; Karen Cumblad- James Place; Karen Piotrowski, Judy Wachowiak- Eagles Wing Free Clinic; Margaret Brown- St. Joseph's Medical Clinic; Nancy Munoz- Catholic Charities; Mary Reich- Lake Area Free Clinic; Kerri Ackerman- Waukesha Community Health Center; Rachel Zuniga- Hispanic Health Resource Center & Community Outreach-ProHealth Care; Joan Reichelt, Barb Jacob- New Berlin Food Pantry; Jill Herz -UWEX.

Introductions, Advisory Committee Update- Regina Estrada

We are working on developing our calendar of speakers for next year. Considering offering meetings every other month. Also looking for suggestions for speakers and topics. Regina has approached Thriving Waukesha to speak in March. Nov 2015 is the end of Michelle's 2-year term as Nutrition Coalition co-leader. Please let Regina know if you are interested in the co-leadership role.

Presenters: Health Care for the Uninsured Panel: Mary Reich- Lake Area Free Clinic, Judy Wachowiak-Eagles Wing Free Clinic, Kerri Ackerman-Waukesha Community Health Center, Peggy Brown- St. Joseph's Medical Clinic.

Kerri Ackermann- Waukesha Community Health Center: Waukesha Community Health Center is an extension of 16th Street Community Health Center. WCHC is located on North Street, next to Jimmy Johns. Opened in Waukesha 3 years ago. Services available on a sliding fee scale. Immunizations free for anyone who qualifies. Available for anyone on state insurance. Will refer patients to free clinics if fee is too much. Will take walk-ins, but prefer appointments. Services include family practice, OB, behavioral health, social services, and AODA. Currently interviewing for additional AODA provider. Full time RN case manager will be on site soon, which will help lessen wait time for walk-ins. Many of the clinic's resources come from 16th Street. Will begin enrollment for WIC. Work closely with 180 Juvenile Diversion, performing drug screens and therapy. Availability of medications is restricted to WCHC patients. Do not need to be a medical patient to receive behavioral health services. The clinic has a relationship with Walgreens for reduced price medications. Almost all radiology is referred to Lake Area free clinic. WCHC sees 700 patients per month for medical and 350 per month for behavioral health.

Mary Reich- Lake Area Free Clinic: Lake Area Free Clinic is located in Oconomowoc, serving residents of Waukesha County and Oconomowoc school district. Individuals are eligible if they are uninsured, at or below 250% of Federal Poverty Level. Will see patients at least one time and provide an appropriate medical home by referral if they don't qualify for services. Do refer patients to Waukesha Community Health Clinic. Clinic services include diagnosing, treating, and managing chronic disease. Labs, X-rays, medications are available to patient if eligible. Cardio, GYN, Ortho, hematology, rheumatology, mental health all available. Walk-in clinic on Tuesday and Thursday evenings; follow up appointments can be made. Diabetes program is available, offered by dietitian and nurse practitioner. Lake Area Free Clinic has relationships with Kmart and Pick N Save pharmacies in Oconomowoc for reduced price medications. Staffed by over 250 volunteers; all physicians and nurse practitioners are volunteers. Employees include: part time case manager, part time volunteer coordinator, full-time director (Mary Reich). Have been helping patients determine eligibility for insurance and facilitate enrollment. An insurance agent is available at the clinic during open enrollment. All patients are encouraged to discuss potential costs and penalties so they can make an informed decision. Lake Area Free clinic sees 1,000 unduplicated patients per year, and about 200 visits per month. Patients may stay with the clinic for several months before finding another insurance resource. Board has been investigating adult dental services, which is a great need. About 30% patients are from city of Waukesha.

Judy Wachowiak- Eagle's Wing Free Clinic: Eagle's Wing Free Clinic began in 2011 and opened in June 2013 in Muskego in the lower level of city hall. Moved to Mukwonago in the old Aurora building (owned by Mukwonago Food Pantry). In Muskego, Eagle's Wing had 12 patients the first month. After moving to Mukwonago, numbers dropped. Some patients indicated Mukwonago location was too far. Currently hoping to get a location in Muskego again. Eagle's Wing sees patients that have no insurance, recently lost their insurance, or have a high deductible even though they have insurance. Not many recurring patients; patients may come 1-2 times until they can find something else. Clinic is open 1st and 3rd Thursdays; just added 2nd Thursday of the month. Limited lab and X-ray services. Basic lab work is available, as well as antibiotics and prescriptions on site. Appointments for chiropractic available; chiropractor will see patients at his clinic in Muskego as well. Actively recruiting more nurse practitioners. Had 12 patients this month so far, not counting chiropractic. Eagle's Wing is totally supported by donations by churches and individuals.

Peggy Brown- St. Joseph's Medical Clinic. Since 1977 St. Joe's has been located in the old school building, provided by parish at no charge (dental clinic was also there until 2 ½ years ago). Offers diagnosis, treatment, and medications to patients. Have expanded

services to those at 250% of the Federal Poverty Level. St. Joseph's has 8 people on staff and is funded 1/3 by United Way, 1/3 by grants, 1/3 by contributions from the community. ProHealth writes off many tests per year. Clinics are on Monday and Thursday nights and Wednesday mornings. Other clinics (podiatry, women's health, physical therapy) available once per month. May refer to Lake Area Free Clinic or Waukesha Family Practice or Waukesha Community Health Center for other services. A community outreach nurse regularly comes in to help with prescription assistance and help with immunizations. Local nursing students also provide services. Expansion to provide case management for homeless is continuing. St. Joe's is very active assisting people with determining insurance eligibility and finding insurance. La Casa de Esperanza and St. Joseph's Medical Clinic are hosting a Health Insurance fair at La Casa on December 5th. There will be at least 6 brokers there to sit down with patients, determine their options, and help them enroll.

Additional discussion: More than half of those who enroll in the Healthcare marketplace later drop off because premiums are high. Services may still require a 30-40 dollar copay. Or, if someone visits the ER they may be charged 100s, then stop paying the premium because they need to pay for the medical bill. People need guidance so that they have an affordable plan throughout the whole year. Tax penalty this year will be \$695. The difference between insurance navigators and brokers: Insurance brokers can legally advise patients and try to find lowest overall cost. They can make recommendations. Navigators are told that they cannot make recommendations. A patient's best interest is to talk to a broker. St. Joseph's and Waukesha/Oconomowoc libraries have brokers available.

Agency Updates:

Food Pantry of Waukesha County, Pam Cesarec—Very busy doing Thanksgiving giveaway. Have enough turkeys and meat certificates to serve everyone. Still looking for a warehouse paid position that is full time. It is posted on Milwaukeejobs.com. If you know anyone who may be interested, let the Food Pantry know.

New Berlin Food Pantry, Joan Reichelt and Barb Jacob—Will start giving out Thanksgiving meals tomorrow. New Berlin firefighters will be bringing turkeys. Getting ready for Christmas and getting gift cards to families. Have been able to refer families to Christmas Clearing Council. Regarding WCNC meetings: Agree with every other month idea, or 6-7 meetings per year with December off.

James Place, Karen Cumblad—Regarding WCNC meetings: Have appreciated networking opportunities provided by the coalition. Would be fine with meetings monthly or every other month. Summers and December off sounds like a nice idea.

Rachel Zuniga- Hispanic Health Resource Center—Flu shot clinic for adults is being offered all day today (11/17) by appointment only at 262-948-4181. Next childbirth class for pregnant Spanish speaking moms will be January 22nd and 23rd at Waukesha Memorial. If interested, call same phone number to register. Partners or friends/family are welcome. Regarding WCNC meetings: Would be fine with meetings monthly or every other month. It has been very beneficial to hear of resources through the coalition.

Catholic Charities, Nancy Munoz—Catholic Charities provides casework and outreach, finding resources and connecting people to those resources. Provides holistic behavioral health services on sliding fee scale. In-home support services available for older adults or people with disabilities, which helps adults with tasks such as cleaning, cooking, grocery shopping, etc. These services are available on a sliding fee scale or insurance. Regarding WCNC meetings: Ok with every other month. Nancy is secretary for the Waukesha Hispanic Collaborative Network, which meets 4 times per year and has about 30 people at each meeting.

WIC, Mary Andruszkiewicz —Continuing to transition to eWIC card until December 8th. Clients have been very receptive of it. Regarding WCNC meetings: Perhaps members of WCNC could be recruited as speakers for upcoming meetings.

Healing Hearts of Waukesha County, Chris Beck- Currently wrapping up a program and beginning a new program on February 1st for families undergoing loss. Regarding WCNC meetings: It is nice to see the breadth of programming in Waukesha County. Simulations such as the Food Challenge are good eye-opening experiences.

ADRC, Mike Glasgow— No new updates. Regarding WCNC meetings: Summer off or every other month are good ideas.

UW-Extension, Jill Herz—Currently down two full time educator positions but also facing budget cuts—hoping it will be possible to fill vacant bilingual educator position.

Blessings in a Backpack, Regina Estrada—Fundraiser in September netted \$75,000—can feed kids for another year. Currently feeding 700 kids per week. Quad Graphics recently filled 2,500 bags. St. Mark's filled 1,200 bags. By the end of January, will need more. Will be creating a Sign-Up Genius for help filling bags on January 30th.

Next Meeting: January 26, 2016 Topic: Human Trafficking- Eileen Alvarado from UMOS