

## Waukesha County Nutrition Coalition Minutes

November 18, 2014

**Attendees:** Michelle Bertram, Mike Glasgow- ADRC; Barbara Jacob, Joan Reichelt- New Berlin Food Pantry; Brittany Straley-Addiction Resource Council; Judy Cesarec- Food Pantry of Waukesha County; Mary Jo Michels- WIC; Rachel Zuniga- Hispanic Health Resource Center-ProHealth Care; Karen Cumblad-James Place; Christie Eckdahl- Salvation Army; Kurt Schmidt- United Way; Jill Herz, Abby Demler, Melinda Stuart, Jan Skell-UWEX.

### **Welcome, Introductions, and Advisory Committee Update:** Michelle Bertram

The advisory meeting takes place immediately after the WCNC meeting. Today the Advisory Committee will be planning topics and speakers for next year.

**Presenter:** Char Norberg, ADRC Specialist. Topic: Waukesha County Transportation System. Waukesha County has unique transportation needs- no other county has same setup. With a population of over 390,000, 8% are adults with disabilities and 20% are adults over age 60.

- **Waukesha Metro Bus** is most affordable. It has two routes serving the city and town of Waukesha and into Pewaukee. A 1-day pass costs \$5 and a month pass costs \$36. All buses are accessible. The Metro Lift is a curb to curb service within  $\frac{3}{4}$  mile of any fixed bus route. Free rides to bus station to get a metro lift card are available. Metro lift users need to be able to get to the bus (not door to door).
- **ADA Paratransit Service** is a door-to-door van service with no fixed stops, running the same hours as the Metro Bus. Requires advance notification. Will come to outermost door of building and take you to outermost door of destination. Will push wheelchair or walk along if you have a disability.
- **Rideline Medicare Van Service** will take you wherever you request on a sliding scale fee. Requires minimum 24 hours advance notice or 48 hours if going to Milwaukee. Will do medical appointments and work-related stops first; shopping trips or personal stops are scheduled according to availability. Serves age 65 or older OR disabled individuals under 65.
- **Six nonprofit senior taxis** and for-profit taxis are available through Best Cab Company or Waukesha Cab Company. Users receive \$5.50 discount off total fare with a taxi card—passenger pays first \$3.50, county covers \$5.50, passenger pays rest. Serves individuals 18-64 with a disability or seniors over 65; need to be ambulatory.
- The **Menomonee Falls senior shuttle** is a door to door service throughout all of Menomonee Falls, running Monday-Friday, serving anyone who can enter and exit a schoolbus; \$2 fee or \$1 to go to senior dining site. The **Sussex-Lisbon senior shuttle** has specific pickup locations and schedule on certain days of the week and does not visit senior meal sites.
- **Volunteer services** are available through HHS as well as Interfaith. Interfaith will take seniors grocery shopping or to the food pantry, or will do one medical ride per week for those who are homebound. American Cancer society will take patients 1x/week to cancer-related appointments. Hospitals have some services; Froedtert helps with transport for lower income individuals and ProHealth has medical van for anyone who can't utilize a different system to attend appointments. The ADRC reaches out to congregations to meet specific needs on the weekends, such as getting seniors to church.
- **Free non-emergency medical transportation** is available if enrolled in BadgerCare, Medicaid, other services in Medicaid program for any medical appointment. Call MTM, Inc. to schedule a ride. It is a volunteer driver program; reimbursement for transportation costs is available if you have a vehicle or someone can drive you.

For more information: Visit Interfaith's website: "find a ride Waukesha" or call Interfaith to speak to Mobility Manager. ADRC is an excellent resource and can help find an appropriate transport program.

Agency Updates:

**ADRC**, Michelle Bertram—WCNC will be looking for next leader as Karen Tredwell is finishing her 2 year term. This is a shared-leadership position. Duties include helping to lead WCNC meetings and developing a calendar for speakers in collaboration with the Advisory Committee. Please let us know if you are interested or would like to nominate someone. Nomination process and voting will take place electronically; new leader will be in place by January.

ADRC is very busy with calls and follow-ups on elders and people with disabilities. Michelle has accepted a new position with the caregiver program. ADRC Newsletter was distributed—if you would like to be on the mailing or email list contact the ADRC.

**Food Pantry of Waukesha County**, Judy Cesarec—Working on distributing Thanksgiving meals (including turkey and fixings) over 2 week period as people make their regular visit. Have been experiencing low numbers. Food donations have not been plentiful but are managing for now.

**Salvation Army**, Christa Eckdary—Food from recent food drive is gone already, will be receiving commodity food today. Whittier Snack Pack program is going well. Will be starting angel tree and toy drives shortly. Currently there isn't a shelter waiting list; there will not be overflow beds this year. Turkeys are being distributed—the Salvation Army will be putting a link on Facebook encouraging turkey donation. 32 turkeys have been donated, but 200 people would like one.

**UW-Extension**, Abby Demler, Jill Herz—UW-Extension is finishing up the first nutrition lesson on healthy snacking in K-5 elementary classrooms; will be scheduling the next lesson on vegetables soon.

**WIC**, Mary Jo Michels—Numbers are down at about 100 fewer families; unusual when entering the cold season.

**Addiction Resource Council**, Brittany Straley—In the process of moving. Will be in new office at the end of December or beginning of January.

**Hispanic Health Resource Center**, Rachel Zuniga— Have completed 111 vaccinations at clinic. Call Hispanic resource center or community outreach nurse for more info.

**James Place**, Karen Cumblad- Number of job needs has remained steady. This Thursday, James Place will be holding a Lunch and Learn on nutrition and exercise from 12-1.

**UW-Extension**, Jan Skell- Currently finishing up FY14 federal reports and gearing up for programming for next year.

**UW-Extension**, Melinda Stuart- Thank you to everyone who attended 20<sup>th</sup> anniversary celebration. The video shown at the celebration is on UW-Extension's Facebook page, Youtube, and the WCNC website. Abby Demler posted all of the materials for the SNAP Challenge on the WCNC website. The SNAP Challenge was very inspiring to others. A group in Racine/Kenosha have decided to do a challenge in their counties, and WCTC will also use the video as a way to recruit people to do the challenge. Please fill out the WCNC 20<sup>th</sup> Anniversary survey that Abby Demler sent out. Parenthetical is a web blog for parents of kids ages 10-16 at [www.parenthetical.com](http://www.parenthetical.com). Parenting the Preschooler newsletters for parent of 3-5 year olds are available at <http://fyi.uwex.edu/parentingthepreschooler/>. Last month, we held a Poverty Simulation in Oconomowoc. If you are interested in holding a Poverty Simulation; it is a good way to help people understand day to day realities of making ends meet. A similar program called Community Food Challenge is also available, which UW-Extension may do next year. 40-75 people are needed for a Poverty Simulation, about 20 people are needed for the Community Food Challenge. Martha Hubert is now working with Melinda on financial education and looking at getting grants to offer those programs for free. They will be planning a Money Smart week in April- if you know anyone interested or would like to be part of an ad-hoc committee, let Melinda know. If you would like to participate in a bus trip to Madison to visit with legislators and share positive experiences with UW-Extension, let Melinda know. We will be recruiting for the trip in January.

**New Berlin Food Pantry**, Barb Jacob and Joan Reichelt- Very, very busy- there have been new sign ups each week. Police and firefighters will be bringing turkeys next week. A landscaping business has recruited 10 other businesses to stuff a dump truck—they will be bringing what they collected tomorrow. There has been lots of school food drive activity as well. Will be handing out turkey dinners during the next two weeks.

**United Way**, Kurt Schmidt- Currently at 33% of goal as of today, which is down from last year. Mukwonago Food Pantry has 100 turkeys to give out this year. The resource center is struggling; a board is needed. ADRC, Eagle's Wing, and others operate out of that building, and it is \$1200 a month just to keep building.

**NO meeting in December- Happy Holidays! Next meeting: January 27, 2015; Topic: WIC, presented by Mary Jo Michels**