

## Waukesha County Nutrition Coalition Minutes

March 24, 2015

**Attendees:** Michelle Bertram, Mike Glasgow- ADRC; Karen Cumblad-James Place; Mary Jo Michels- WIC; Regina Estrada- Blessings in a Backpack; Christie Hanson- The Salvation Army; Cynthia Eggleston- Mukwonago Food Pantry/Resource Center; Jill Herz, Abby Demler, Melinda Stuart, Jan Skell-UWEX.

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

The Advisory meeting will be ½ hour immediately after today's meeting and is open to anyone who would like to attend. At today's Advisory meeting, we will discuss the online quality survey, membership, and changes to the website.

**Presenter: Mike Glasgow, ADRC Nutrition and Transportation Services Supervisor.** Older Americans Act (OAA) Senior Program Overview: The number of people 65 or older is increasing in Wisconsin. Demographic information indicates that currently 25-27% of the population is over the age of 65 in a few northernmost counties in Wisconsin. In 15 years, it is projected that 1 in 3 people will be 65 or older in about 20 Wisconsin counties. The majority of older people live in rural, northern counties where there are not many available services. The Older Americans Act continues to be funded, but funding will need to be reassessed as percentage of older adults increase. The OAA is carried out through Health and Human Services→Administration of Community Living/Administration on Aging→State Units on Aging→Area Agencies on Aging (GWAAR, Dane, Milwaukee)→County/Tribal Units on Aging. Every one of Wisconsin's 72 counties has an aging unit. In Wisconsin, decisions are made on the county level; in most states, the state unit would make those decisions.

The OAA began in 1965. Its purpose is to "improve quality of life for all older Americans by helping them to remain independent and productive." It oversees development of services, providing support for caregivers as well as health and wellness programs. OAA is the foundation for economic, health, and social support for millions of older and disabled adults. Medicare and Medicaid were created around the same time.

Within the OAA, Title 3 includes all supportive services, with Part C (Nutrition) being the largest part (includes congregate meals, meals on wheels). Title 1 and 2 outline the act, Title 4 includes training and research, Title 5 is community service employment for older Americans, Title 6 is Tribal services, and Title 7 is elder rights protection. Nutrition (congregate meals and Meals on Wheels) services are for anyone 60 or older. OAA targets low-income, minority, rural, and socially/economically needy populations. There is no income or asset test and it is not an entitlement program. Participants must have the opportunity to contribute but cannot be charged a fee. In Wisconsin, 1/3 of the program on average is funded by participant donations, which are voluntary. This indicates that the program is very highly valued. Congregate Meals goal is to reduce hunger and food insecurity as well as promoting socialization, leading to health and wellness. Participants can go to any site in the county and do not have to be US residents but must be over 60. Spouses (even if not over 60) can also participate. Anyone can participate if they pay full cost. Meals on Wheels go to largely homebound individuals or disabled individuals that reside with an eligible individual. Spouses may also participate if it is in the best interest of the homebound individual.

County agencies must have a nutrition director, dedicated site manager, and dietitian. Service must be provided 5 days a week at some dining site in the county, and both congregate and home delivered meals must be provided. Nutrition education for participants is required at least one time per quarter. Meals must meet 1/3 of the DRI and follow the most recent dietary guidelines for federal reimbursement. General diet is provided based on an 1800-2000 calorie diet; can do a low-calorie, low-sugar dessert for diabetic clients. Contracting with another provider (Caring Place, Three Pillars) is necessary for special diets. 620-640 meals are served per day in Waukesha County; the vast majority (350-450) are home-delivered. Locations for most congregate meal sites are low-income senior apartments and community centers. The HHS building is a home-delivered meal distribution center; all sites provide home delivered meals except La Casa.

The ADRC is unable to do fundraisers or advertising—promotion is accomplished through outreach and education, community partners, and word of mouth. More information on congregate meal locations and phone numbers are in the ADRC Senior Dining & Home Delivered Meals flyer. If you would like ADRC flyers to distribute, contact Mike Glasgow.

## Agency Updates:

**ADRC**, Mike Glasgow—In the state budget, it is proposed to remove ADRC's right of first refusal. This allows the state to contract with one large entity (or piece it out to other agencies) to do services that the ADRC is currently providing. Most of aging programs are currently housed in ADRCs.

**UW-Extension**, Melinda Stuart- UW-Colleges/UW-Extension is facing a 350 million dollar cut in the state's proposed budget. If these cuts go through there will be impact on state and local programming. We will be making our Madison trip on April 30<sup>th</sup>, which will be an opportunity for those who have worked with Extension to share their experiences with legislators. If you would like a flyer, ask Melinda.

**James Place**, Karen Cumblad— Currently very busy during walk-in hours. Distributed an updated flyer for James Place services.

**WIC**, Mary Jo Michels— Numbers at WIC are still low, lowest they have seen for more than 20 years. Census data shows that there is a need. WIC is currently serving 42 percent of eligible families. Hoping that this will improve with the new debit card system that will be implemented later this year.

**Salvation Army**, Christie Hanson — Pathway of Hope is a new program being rolled out. When a client looks for assistance, Pathway of Hope enrolls them so they can follow up, identify and address problems. This has been shown to be successful and beneficial.

**Mukwonago Food Pantry/Resource Center**, Cynthia Eggleston—Upcoming events: On April 12<sup>th</sup> from 12-1 there will be a food pantry open house. On Saturday April 18<sup>th</sup> there is a Community Shred-it event from 9-12 at Mukwonago Resource center. CPR classes will be held at the Resource Center in May on 4 Saturdays—kids can attend on two Saturdays, certificates are available on two Saturdays.

**UW-Extension**, Jan Skell- Currently in the process of hiring for the Camp Whitcomb summer program, where UW-Extension teaches nutrition as part of the Boys and Girls Club program. This is probably the last year UW-Extension will be able to do it. Many changes are coming through to our program including funding cuts (funds are being redistributed based on higher FoodShare need) and more lesson series as opposed to single lessons.

**ADRC**, Michelle Bertram—Michelle has been working on programs as part of her new position that assist people in overcoming certain hurdles and difficulties (e.g. obtaining a bath in their home, homemaker services, emergency alerts). On the first Thursday of the month, the ADRC holds a Caregiver Intermission program, which is a time for caregivers to share and have fun. Have been working with Feed My Sheep through Elmbrook, who have provided a meal for participants.

**Blessings in a Backpack**, Regina Estrada- Currently able to feed 150 children at Blair, but 300 are in need. Blair has the highest need aside from Whittier, which is served by the Salvation Army. Volunteers from St. Mark's Lutheran church have been managing the process and storing food at the church since Blair does not have room. On "In as Much" day, St. Mark's church filled 500 backpacks.

**Next meeting: April 28, 2015; Topic: Waukesha Community Dental**