

Waukesha County Nutrition Coalition Minutes September 22, 2015

Attendees: Michelle Bertram, Mike Glasgow, Kerrie Mazeika- ADRC; Michael Egly, Kim Theno- Food Pantry of Waukesha County; Mary Jo Michels- Waukesha County Public Health-WIC; Nancy Munoz- Catholic Charities; Rachel Zuniga- Hispanic Health Resource Center & Community Outreach-ProHealth Care; Pat Shorr- Mukwonago Food Pantry; Jill Herz, Marcy Pichler-UWEX.

Welcome, Introductions and Advisory Committee Updates: Michelle Bertram

Last month, WCNC held a Community Food Challenge in place of the regularly scheduled coalition meeting. The Community Food Challenge was designed to simulate the challenges that limited-income individuals and families face in obtaining nutritious food. The simulation was very successful; over 40 people participated and shared their experiences during the simulation. A reporter from the Freeman wrote a great article on the simulation experience. Thanks to all who helped make the day a success. At the Advisory Committee meeting today, we will talk about membership and future topics for presenters. Please share any suggestions you have.

For the WCNC meeting on October 27th, Caroline Gomez will be presenting on the Affordable Care Act. For November, we planned to have a panel consisting of local free clinic representatives (Community Health Center, Lake Area Free Clinic, St Joseph's, Eagle's Wing Clinic). Members of the advisory committee will follow up with potential panel representatives. Please remember to submit your annual WCNC membership fee (\$10). There is no meeting planned for December.

Presenter: Kerrie Mazeika—Adult Protective Services Supervisor, Waukesha County ADRC.

In APS, there are 8 social workers with a caseload of 30-125. Social workers assess for vulnerability, risk, and safety. Case workers determine actions that need to be taken regarding an individual. In some cases, APS may take issues to court regarding issues such as guardianship of person or involuntary medications. An individual would need to be declared "incompetent" in those cases. Reviews occur on an annual basis. There is usually a guardian involved which may be family, a friend, or court-appointed.

- **When is it appropriate to make a referral to APS?** If you feel an individual is at risk, incompetent or incapacitated, please call the information and assistance line at 262-548-7848. Caseworkers are available on the phone 8-4:30. Cases may get forwarded to APS from there, depending on the situation.
- **How would I know if APS has looked into it?** APS cannot breach confidentiality, so they are unable to let agencies know what happened or if they followed up. If an individual signs a release of information, then APS could allow more information.
- **What is the typical time frame for follow up?** APS investigations must be within 24 hours but sooner if the situation is more acute.
- **What are some criteria APS looks for?** APS caseworkers look for evidence of abuse, financial exploitation, neglect, or self-neglect. Self-neglect (failure to obtain adequate food, dental, medical, clothes, etc.) is the primary reason for APS referrals. APS's first priority is to determine if they are safe. They conduct an interview with the elder or guardian by visiting. They may ask if they have a caregiver, what medications they have, when they last picked up medication, and other similar questions. They also determine if they have noticed changes in physical/cognitive abilities, if individual is able to communicate basic needs, and if their activities of daily living exceed what they can provide for themselves. The decision ultimately goes back to the question "are they competent?" APS tries to provide the least intervention possible to still keep them safe.
- **When would it be appropriate to contact police?** If you are concerned about safety, call the non-emergency police number and say, "I would like to do a "health and wellness check" for a person at this address/number." If it is before 4:30, you could call the ADRC. Use your best judgment; if a clear safety issue is imminent, call the police. If it is not as time-sensitive, call the ADRC.

Agency Updates:

ADRC, Michelle Bertram— ADRC is having an open house on November 12th from 3-7 at the HHS building. Attendees can learn about advance directives and planning and receive blood pressure and glucose screenings. Technology students will be available to help seniors with things such as apps, smartphones, and email. The event will also be caregiver focused as November is National Caregiver Month. Call the ADRC if you need respite in order to come to the program.

Rachel Zuniga- Hispanic Health Resource Center—Planning for group discussions for Advance Care Planning for Spanish-speaking individuals in September and October. They are free, hour-long group education sessions; registration is required. Call the Resource Center at 262-928-4181 for more information. The Resource Center can also assist by appointment. Will soon be filling vacant outreach nurse role.

UW-Extension, Marcy Pichler and Jill Herz—Will be starting daytime school education by the end of this month or beginning of next month. Currently navigating some significant changes to program guidelines and curriculum recommendations. Working on filling two UW-Extension coordinator positions: the Family Living Coordinator and Nutrition Education Program Coordinator.

Food Pantry of Waukesha County, Michael Egly—Currently conducting a backpack program for Whiterock and Head Start. The Food Pantry has fall produce stands with fresh veggies for clients. Will be participating in the Hispanic Collaborative Network's Hispanic Health Fair on October 28th from 5-7 at La Casa, as well as the Affordable Care Act Health Fair on December 5th at La Casa.

WIC, Mary Jo Michels—eWIC is currently being rolled out. Farmers Market checks are the only benefits printed on paper checks. Clients are excited about new program since the card offers more flexibility and is more discreet. Clients receive their card's balance on their grocery receipt. Benefits can be electronically loaded, which is convenient for clients with transportation difficulties. WIC recently educated grocery stores in the area; about 100 store supervisors came to the training at HHS to learn how eWIC works.

Catholic Charities, Nancy Munoz— (distributed a Programs and Services brochure) Catholic Charities accepts most insurance and has sliding fee option. Most clients don't pay any fee, even if they don't have insurance. Currently have two bilingual therapists and one English-only therapist. Catholic charities offers in-home support services for older adults and people with disabilities, such as cleaning, cooking, meal preparation, and shopping. Caseworkers also work with parents with mental health and cognitive disabilities to teach parenting skills and help provide referrals. In partnership with behavioral health, there will be an upcoming caseworker program on working with hoarders.

Mukwonago Food Pantry, Pat Shorr—Shred-it event will take place next month at the Resource Center. Also planning a cookie walk before Christmas and a casino night before Valentine's day. Upcoming classes include Healthy Living with Diabetes, Stepping On -Fall Prevention, and Powerful Tools for Caregivers.

Next Meeting: October 27, 2015

Topic: Affordable Care Act—presented by **Caroline Gomez, Covering Kids and Families**