1. 4:00 P.M. Commission On Aging Agenda

Documents: COA_20150409_AG.PDF

1.I. 4:00 PM Complete Packet

Documents: COMPLETE PACKET 4-9-15.PDF

Agenda
Commission on Aging
Thursday, April 9th, 2015
4:00pm
City Hall

NOTICE IS HEREBY GIVEN that there will be a meeting of the Fitchburg Commission on Aging at 4:00P.M. on Thursday, April 9th, 2015 in the Fitchburg City Hall, 5520 E. Lacy Road, Fitchburg.

1. Call to Order

2. Approval of February 2015 minutes

3. Director's Report

4. Annual Report – David Hill, Assistant Senior Center Director

5. Fitchburg Senior Center Friends Report – Sue Sheets

6. Old Business – Room Fee/Instructor Policy Update

7. New Business – Approval of Program Cancellation Policy

8. Such Other Matters – Next meeting June11th, 2015

9. Adjournment

NOTE: It is possible that members of and possibly a quorum of other governmental bodies of the municipality may be in attendance at the above-stated meeting to gather information. No action will be taken by any governmental body at the above-stated meeting other than the governmental body specifically referred to above in this notice.

Please note that upon reasonable notice, efforts will be made to accommodate the needs of disabled individuals through appropriate aide and services. For additional information or to request this service, contact Jill McHone at 5510 E. Lacy Road, Fitchburg, WI 53711. (Phone 608-270-4290).

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DRAFT MINUTES
FITCHBURG COMMISSION ON AGING
THURSDAY, February 12, 2015

MEMBERS PRESENT: Anne Scott, Nancy Foss, Dick Rydecki, Jim Sosnouski, Richard Bloomquist
STAFF PRESENT: Jill McHone, Mandi Miller

CALL TO ORDER

- Chair Sosnouski called meeting to order at 4:05pm
- Approval of December 11 meeting minutes.
- Motion: Minutes of December 11, 2014 meeting be approved. Seconded, Passed.

DIRECTOR'S REPORT

- December saw a reduction in activities because of the Christmas holidays.
- AARP tax assistance will begin in March, Fridays only.
- Three UW students are volunteers for the cleaning of refrigerators coils. They are part of the Energy Taskforce. The will be available on Wednesdays, 11am – 1pm.
- Pickle Ball is going well on Tuesdays.
- Mandi Miller secured a grant from Subaru to assist the Meals on Wheels program. The program Sharing Sundays is designed to decrease isolation of seniors. Hy-Vee will be preparing the meals that will be served at the Senior Center.
- FSC's computer lab will be converted to a tech lab. The computers will be replaced with training on IPad and other personal information devices.
- United Way has awarded funds for medicine review. Hometown Pharmacy will be working with FSC.
- The Annual Report is being developed. The data base project contributes substantially to this effort. Mandi is working on this project.
- The acoustic tiles will be replaced in Oak Hall. Bids for the work have been received.
- Jill is working on transportation options. The shared route option appears to be the preferred option.
- Installation of signage is underway. The signs will be placed on the buildings in Phase 1.
- Donations were received for a bench in the name of a long time visitor to the senior center.
- Mandi is a practitioner of meditation. She has provided an overview of meditation. Two people have volunteered to assist in the sessions as teachers.
- Motion to amend the meeting agenda to include topics of the Fitchburg Senior Center Friends. Seconded. Passed.

FITCHBURG SENIOR CENTER FRIENDS (FSCF)

- The FSCF contributed $10,475 to senior center related project, programs and equipment.
- Some of the things the FSCF helps with… golf cart rides, purchase of dining room chairs, meals for veterans on Veterans Day, Thanksgiving and Christmas meals at Independent Living, provision of gift cards to seniors in need of financial help, emergency meal options in case food delivery is cancelled.
- Pancake Breakfast is scheduled for Sunday, March 22, 8am to noon.

Making Fitchburg a Dementia Friendly Community – Mandi Miller

- The project will work to improve the quality of life of people with dementia and their caregivers. The aim of this work is to have a community that is supportive, welcoming and understanding.
- This program is getting exposure in Wisconsin with Watertown, Middleton and Eau Claire, and soon in Fitchburg.
- Fitchburg will be partnering with the Alzheimer's and Dementia Alliance.
- Statistics show women are more likely to develop memory issues than men (1 in 6 vs. 1 in 11)
- The purpose of the project is to increase awareness, decrease isolation and stigma, create community involvement and improve quality of life.
- The training is used to help business personnel identify persons with memory problems and their care givers and how to communicate with them respectfully.
- The focus of the training will not be only on businesses but also neighborhood associations and churches.
- Costs related to this project will be time of business staff for training, signage, city personnel time (Mandi and FACT).
- Other costs will have grant monies available.
- The Fitchburg city council will approve this program at the February 24 meeting.
- City of Fitchburg employees will be trained at end of March.
- Hometown Pharmacy will be a partner in this project.
- Future plans include introducing the Fitchburg Chamber of Commerce to the program with a plan to train ten Fitchburg businesses.
- Provide the opportunity for people of Fitchburg to see the movie "Still Alice" at Star Cinema and/or the Senior Center.

OLD BUSINESS

- The committee addressing room fees and contractor pay will be meeting on Thur, Feb 19.

NEW BUSINESS

- R-04-15 Expressing City of Fitchburg's Commitment toward becoming a Dementia Friendly Community. Motion to approve/accept document. Seconded. Passed.

DRAFT

ADJOURNMENT

- Motion to Adjourn. Seconded. Passed.
- Meeting adjourned at 5:15pm
- Next meeting is Thursday, April 9, 2015, 4pm.

DRAFT

THE CITY OF Fitchburg

SENIOR CENTER

2014 Annual Report

Mission Statement

The mission of the Fitchburg Senior Center is to meet the diverse needs of the age 50 and over adult population. This is accomplished by providing a range of programs and meaningful volunteer opportunities that will enrich quality of life, and by offering services and advocacy that will maintain and/or enhance independence.

Staff

Jill McHone, Director	**40 hours**
David Hill, Assistant Director	**40 hours**
Amy Jordan, Social Worker	**40 hours**
Sarah Folkers, Social Worker	**32 hours**
Mandi Miller, Volunteer Program & Nutrition Site Manager	**40 hours**
Susan Hoerchner, Office Assistant	**20 hours**

2014/2015
Fitchburg Senior Center Friends

Peter Eaton - Chairperson
Mary Cochems - Vice Chairperson
Bob Davis - Secretary
Robert Hillner - Treasurer
Georgia Ascher
Judy Breunig
Judy Broad
JoAnn Danielsen
Mary DeVaal
Denny Olin
Sherry Klinkner
Bob Rottman
Sue Sheets
Tom Swant
Sandy Weisberger

Commission on Aging

Richard Bloomquist, Alderman
Ruth Domack
Nancy Foss
Dick Rydecki
Sue Sheets
Jim Sosnouski
Anne Stone

Looking Back…

A major highlight of 2014 was adding a part-time office assistant to the Senior Center staff. This new position has allowed us to offer more consistent customer service, improve on payment tracking and program registration, and better monitor ride requests.

The Fitchburg Senior Center Friends group continued to make huge strides in becoming more autonomous by adopting a logo and tag line.

Trends we experienced include a progression towards more tech-related classes such as ipads, the "Cloud", iphones, and E-readers.

Volunteer-led programs increased with the addition of a Grief Support Group, and a Women Supporting Women group. Still highly successful and volunteer-led are the Men's and Women's Groups, Book Club, Tai Chi and Learning Annex.

Health and wellness continued to be a focus as we began offering acupuncture, pickle ball and collaborated with Pinnacle Health Club in hosting a successful indoor mini triathlon.

Looking Ahead…

Our 2015 focus includes:

- **Making Fitchburg Dementia Friendly**
- **Expansion of Energy Task Force Team**
- **Implementing on-line registrations**
- **Accepting credit cards**
- **Adding outdoor building signage**
- **Installing acoustic panels /Oak Hall**
- **Improving outreach to apartments and parish nurses**

2014 Programs Report

2014 again was a very busy year for the Fitchburg Senior Center programs. Doors are open at 8:00 a.m. Monday through Friday and participants fill the building shortly thereafter! The focus each year is to deliver top-notch programming, which includes staff assistance, instructors and guest speakers. In addition to that, we rely on word-of-mouth satisfaction for our participants, and it's working! Exercise programs rank consistently high year in and year out. Yoga, Tai Chi and health education are surprise expansions this year. Listed below are the top attended programs at the Fitchburg Senior Center. New and exciting programs are already set in motion for 2015!

Top programs in 2014

- **Aerobics, Functional Fitness & Yoga**
- **FACTv Tech Programs**
- **Lecture Series**
- **Trips**
- **Energy Task Force Program**

Volunteer Program Report:

The City of Fitchburg continues to benefit from the dedication of around 150 volunteers. These volunteers make it possible for the Senior Center to offer a variety of life-sustaining services for seniors. If we didn't have the volunteers that we do, the city would have to hire approximately six full-time employees with benefits to maintain the current level of service for the Fitchburg senior community. With our growing population of seniors who have skill sets, we are looking forward to how to better manage and contain this large group.
In 2014, our volunteers performed 11,553 hours of service in the community.

Senior Nutrition Program Report:

- **Fitchburg was the only site in Dane County to see an increase in funding for the program in 2014 due to the increase in attendance the previous year.**
- **In 2014, we served approximately 11,242 meals to congregant and home-delivered meal participants.**
- **We are seeing an increase in diversity at our meal site.**
- **We have a total of 45 meals on wheels drivers who deliver meals to three different routes, five days per week.**
- **We have 36 Kitchen Assistants who pack up meals and serve meals on-site to clients five days per week.**
- **The nutrition program continues to be "green" by using re-usable containers for the hot portion of our meals. (See photo of tray below.)**
- **In an attempt to encourage healthy eating habits, we have a salad option served one time per week at the dining site. (See photo of salads below.)**

2014
Congregate meals: 4,336
Home-Delivered Meals: 6,906

Participants planting the garden.

2014 Social Work Program Report

Social Work services include two types of contacts: Case Management (CM), and Information & Assistance (I & A). CM services are provided to seniors who need ongoing monitoring and services for an indefinite period of time in order to remain independent in their homes. I & A services are provided to seniors who are in need of one-time or sporadic information and/or assistance, and who are able to remain independent without the ongoing monitoring of a Social Worker.
In 2014 the following units of service (1 unit = 15 minutes) were provided by the Senior Center Social Workers:

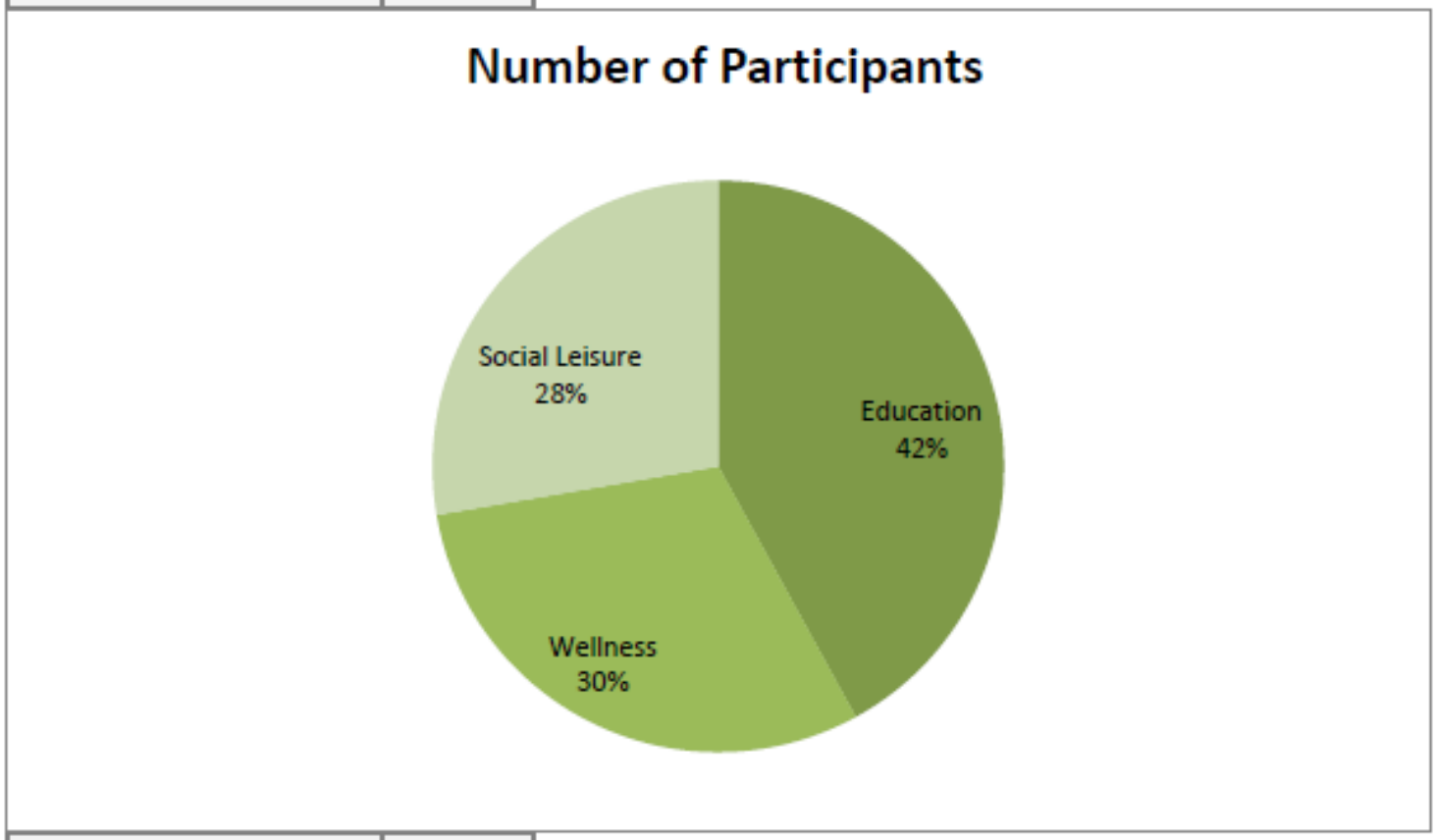
CM – 6,747 units of service (219 unduplicated clients)
I & A – 2,833 units of service (354 unduplicated clients)
Medical Assistance – 1,277 units of service (24 unduplicated clients)

A better-connected community has been a part of the Mayor's initiative over the past two years. In 2014, 15% of the Social Workers' time was spent on community collaboration. An emphasis was placed on the Dane County No Falls Task Force, Dane County Caregiver Alliance, Dane County Care Transitions Coalition, and the Dane County Aging Focal Points Coalition. The No Falls Task Force focuses on prevention and elimination of falls in the elderly. The Dane County Caregiver Alliance focuses on education of and support for caregivers of the elderly. The Care Transitions Coalition focuses on improving transitions from hospital to home for Medicare-eligible individuals in Dane County. The Aging Focal Points Coalition focuses on networking and training on topics related to maintaining seniors' independence in the community. Each group meets on a monthly basis, and hosts events to publicize their specific efforts at bettering the community.

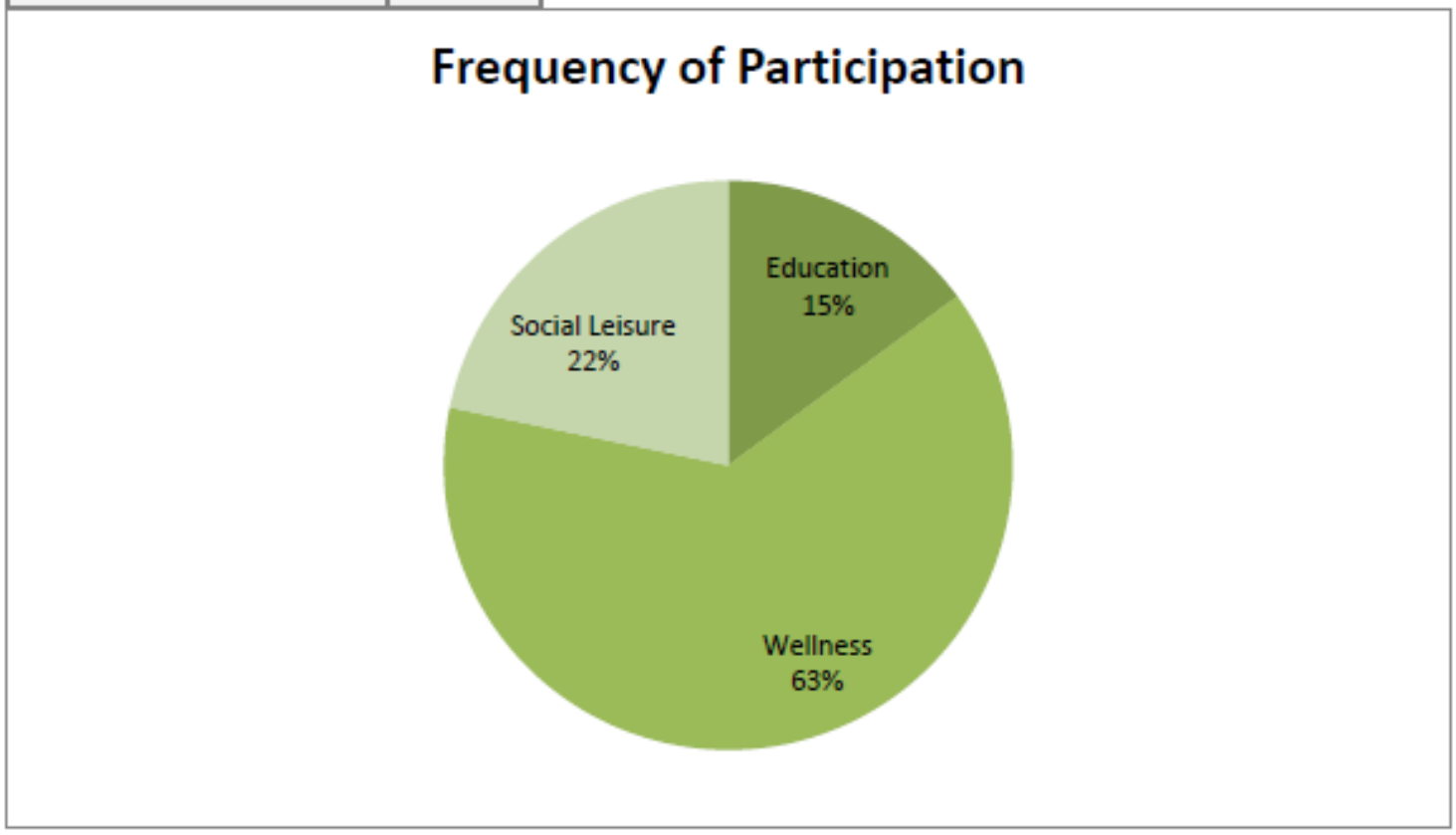
2014 Social Work Trends:

- **Increase in under-60 population needing services**
- **Housing concerns in relation to poor economy**
- **Increase in people living on fixed incomes unable to pay bills**
- **Increase in clients with severe/persistent mental illness**
- **Increase in people unable to afford health insurance and dental work**
- **Transportation issues for those who are unable to drive**
- **Transitions to skilled care (nursing home, assisted living, adult family home) due to loss of ability to live independently**

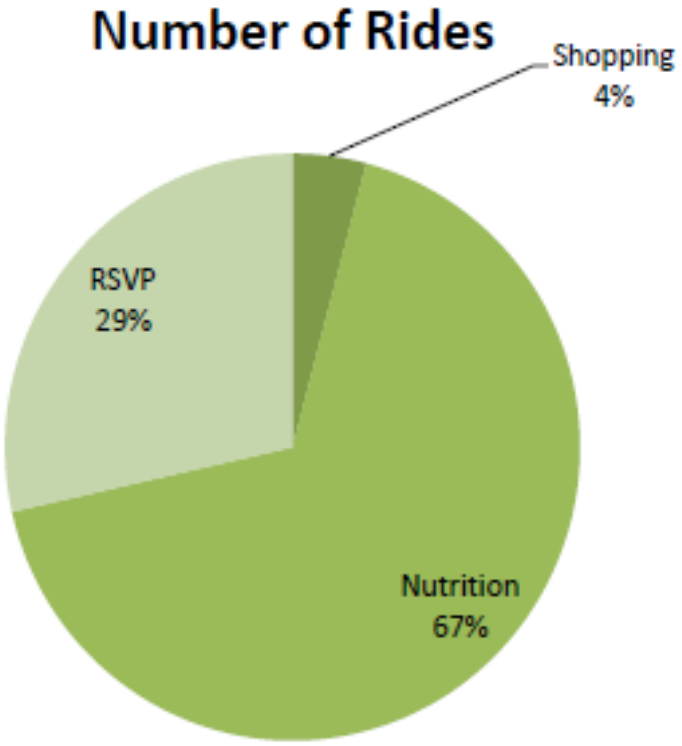
Education	576
Wellness	415
Social Leisure	380



Education	2020
Wellness	8596
Social Leisure	2948



Shopping	132
Nutrition	2150
RSVP	911



Cancellation Policy – Please Note

Class payments must be received within 7 days of registration. Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible. Thank you for your understanding.

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3-24-15