

Commission on Aging Disability Board Meeting Minutes
April 10, 2019

The Commission on Aging and Disability met in conference room A/B in the Community Services Building at 221 West Seminary Street, Richland Center, WI 53581

Members present: Sandra Kramer, Gary Peters, Cindy Riley, David Scribbins, Van Nelson, and Belinda Granger
Members absent: Virginia Wiedenfeld, Carolyn Denman, Sharyn Knudson, Linda Symons and Paul Kinney
HHS Staff present: Becky Dahl and Linda Batten
Others present: Denise Lins and Barb Wentz

1. Call Meeting to Order: Meeting was called to order at 1:00 p.m. by David Scribbins

2. Posting and Agenda: Linda Batten verified the agenda was posted properly. Gary Peters made a motion to approve the agenda; Sandra Kramer seconded. Motion carried.

3. Approval of March 13, 2019 Commission on Aging and Disability Meeting Minutes:

- Sandra Kramer made a motion to approve the March 13, 2019 Commission on Aging and Disability meeting minutes; Van Nelson seconded. Motion carried.

4. Board Education: Tai Chi – Tracy Gobin and Barb Wentz from Symons Recreation:

- Tracy was not able to make the meeting. Denise Lins came in her place and gave the board the history of the Tai Chi classes and how it came about. Denise also informed the board that Symons is looking at Sauk and Iowa counties to have Tai Chi classes.
- Denise reported to the board that this years' first Tai Chi class there were 18 people.
- Becky complemented Symons on being very cost effective.
- Barb Wentz told the board how her health changed when she started going to the Tai Chi classes. Her blood pressure and her eye sight improved.
- Barb demonstrated some of the Tai Chi moves. Board members were invited to join in. Becky and Belinda participated. Barb said it is important to have every part of your body relax when doing Tai Chi and clear your mind of other thoughts.
- Barb said the cost of the Tai Chi classes is very reasonable. The cost for people 60 and over is a donation base.
- Denise stated that 2700 people use Symons monthly and of that number 700 are seniors.

5. Transportation Update:

- Linda reported that the volunteer trips are up and because of this volunteers are always needed. She further stated that bus trips (routes) are down, primarily due to poor weather this year.
- Becky told the board that the volunteer provided over 4000 one way trips in 2018 and the mileage for these trips was nearly 190,000 miles.
- Becky and Linda reported that there will be a Driver Appreciation luncheon/training at this end of this month. Linda is getting donations from various businesses to give to the volunteer drivers.
- Becky reported that the new minivan is in the "modification" stage. No one knows how long this stage will take.

6. ADRC Update:

- Becky went through Roxanne's notes. Living 50 Plus, it was previously called Senior Expo, will be April 17th at the Community Center with transportation providing free rides.
- Becky reported that the ADRC staff are continuing to work on the Adaptive Equipment change project. She further stated to the board that the state has highlighted two of the change projects in the state and that they have originated in Richland County.
- Becky said that staff were trained in Dementia Live last month and that Jodi and Karn will be going to training so they can teach the community about Dementia Live. Becky encouraged the board to do this training as it helps people understand what people with dementia experience every day.
- Becky reported that Gina Laack put on three Let's Talk about Dementia events. A total of 31 people attended between all three events.
- Becky said that Roxanne and Symons (Denise Lins and Tracy Gobin) will be speaking at an upcoming WIHA (Wisconsin Institute of Healthy Aging) Health Promotion webinar about the longstanding partnership and about the Stepping On and Tai Chi classes.

7. Reports from Aging and Disability Organizations:

- Cindy Riley stated that the new CNO at the hospital is increasing.

8. ADRC Budget review:

- Becky reported from Roxanne's notes, that 20% of the ADRC budget has been utilized and she sees no concerns for the 2019 budget. Transportation has utilized 21.8% of its budget.
- Becky reported that we are still waiting to see what the new budget allocation from the state will look like and how it affect the region and the local ADRCs.

9. Aging Advocacy Day, May 14, 2019:

- Becky stated that she has went to a couple of these and she thought it was a very good experience and encouraged the board members to go to voice their concerns to the legislature.

11. Citizen Comments:

- Sandra Kramer reported about all the activities that will happen the weekend of July 26th for the 100th anniversary of the American Legion. She said that there will be activities every day and that anyone who wants to attend is welcome.

10. Schedule Next Meeting:

- Next meeting is scheduled for Wednesday, May 8, 2019 at 1:00 p.m. in Conference Rooms A & B of the Community Services Building, 221 West Seminary Street, Richland Center, WI 53581.

11. Adjourn:

- Motion to adjourn until Wednesday, May 8 2019 at 1:00 p.m. was made by Sandra Kramer; Gary Peters seconded. Motion carried. ;

Respectfully submitted,

Linda Batten
ADRC of Eagle Country - Richland Center Office