

COMMISSION ON AGING MEETING MINUTES
Tuesday, August 2, 2016
Stoughton Room, Stoughton Area Senior Center

Present: Robert Barnett, Rosalind Gausman, Lou Havlik, Nan Hoffman, Dennis Kittleson, Don Mix, Mary Onsager, Jeanne Schwass-Long, David Sharpe, Charlotte Snow

Staff Present: Cindy McGlynn, Hollee Camacho

Absent & Excused: David Bacon, Ron Jensen

Call to order: J. Schwass-Long called the meeting to order at 11:02 AM.

May Minutes: Moved by D. Kittleson, and seconded by N.Hoffman to approve; passed unanimously. (June and July meetings did not have a quorum)

Director Comments: Cindy McGlynn

- The Stoughton Wellness Coalition has purchased medication lock boxes that are free to the public to help detour the misuse of prescription medications. They can be picked up at the Senior Center. Participants are asked to take a brief survey. As always, any medications you are no longer using may be taken to the Medication Drop located outside the police station.
- C. McGlynn distributed the Community Assessment survey the Stoughton Wellness Coalition is conducting in its efforts to reduce youth substance use. A link to it is also available on our Senior Center Facebook page.
- Discussion followed regarding the great issues among not just consumers but also the providers and supplying practices that result in over-prescribing medications.

Strategic Plan: Ad Hoc Committee Update

- Now that we have the feedback from the focus groups categorized, Cindy would like the COA's guidance in determining the next steps. In looking at the feedback, the big question is whether we have the staff capacity to expand on services and programming.
- Additionally, in the past, the bulk of the work needed to accomplish the action plans that have come out of the Strategic Planning or Accreditation processes has fallen back on staff. And so it is important we set realistic, attainable goals.
- Cindy calls for the COA's assistance in 1) continuing to call on volunteers to take on leadership roles to assist, especially with Committee work, and 2) providing the data needed to prove the need for increasing paid staff.
- Cindy explained we feel stretched when:
 1. Staff take vacation or sick time (i.e. For the next month Cindy, Hollee and Tricia must cover meal site and Meals and Wheels operations on top of their regular responsibilities)
 2. Tricia is scheduling much desired programming, but her part-time status often leaves the set-up and other needed tasks to other staff.
 3. Staff has great brainstorming sessions for fundraising efforts, but in order for these projects to get the time they need to succeed it is difficult with 1 & 2.
 4. In past COA meetings we've talked about reacquiring the annex space next door. We know we could easily fill the space, but again, we come back to our staff capacity for coordinating the extra programming.

- D. Kittleson requested if staff could assist with providing direction at the initial Committees meetings, and suggested Doodle Pool for scheduling. Cindy agreed and said the staff in charge of each committee (Cindy = Public Relations and Fund Development, Hollee = Evaluation, Tricia = Program and Volunteer) will send out some dates.

Committee Membership

- C. McGlynn emphasized the need for more community members. Contact her with ideas for who may have the skills and interest to serve on these committees.
- Descriptions of the committees are in the COA bylaws or attached flyer.

Dementia Friendly Community

- The Senior Center is involved in a committee looking at making Stoughton a Dementia Friendly Community. This initiative involves increasing awareness of dementia and decreasing the stigma for those who live with the disease and educating local businesses on how to recognize and best assist someone with dementia and their caregiver. The committee is comprised of members from the Alzheimer's & Dementia Alliance, Alzheimer's Association, Dane County ADRC, Stoughton Hospital, and several community organizations. As a first step, we are asking the COA to propose a proclamation/resolution to City Council on "Expressing the City of Stoughton's Commitment Toward Becoming Dementia Friendly."
- H. Camacho distributed a proposed resolution for the COA to review. Discussion followed about the importance of advocating for people with dementia and their families in hopes of decreasing the stigma that often leads to isolation. D. Sharpe motioned and R. Barnett seconded to accept the resolution with the changes discussed (attached); passed unanimously.
- What is especially exciting, H. Camacho added, is the prospect that the momentum of this committee's work may make supporting a Memory Café in Stoughton possible. Memory Cafes are monthly social gathering for individuals with memory loss, mild cognitive impairment, early Alzheimer's or other dementias to meet in a relaxed environment to visit and share common interests. We have been trying to put one together for the past couple years but continue to struggle with finding a location and volunteer facilitators. Chorus, a new downtown venue has expressed interest in hosting their space.

Senior Center Community Service Project

- September is Senior Center month. We want to recognize those agencies who are especially nice to our Center (i.e. Fosdal's who give us there day-old treats, Radioshack who donate phones to our recycling fundraising program, Food Pantries who think of us when they have excess). Tricia will be preparing thank you cards for our participants to send and will be mentioned in our newsletter.
- D. Kittleson asked if businesses have been asked if they want to be recognized and if so, wondered if the Mayor could make a mention at a Council meeting for further recognition.
- At the last meeting there was discussion that for SC month, the Center might arrange for ways to give back to the community. Cindy said that with staff time, we decided to start small this year.

- D. Sharpe offered one thing we could do is organize a group of Senior Center volunteers to clear up community trails.

Legislative Update

- The statewide expansion of Family Care is set for 2018.
- A staff person from Senator Johnson's office stopped in last month, and Cindy shared her concerns with the expansion of bigger managed care systems. While reducing waiting lists is a good goal and appears to offer great cost-savings on paper, the quality of service often changes as the larger companies take over. Often times, the in-home care is inconsistent, the transportation is no longer local, and there is confusion over what services are covered by their plan. When a client does not have family to help them navigate the system, our staff is asked to assist. We are involved with these clients, but we are not getting paid for a service they are contracted to do.
- Thursday City Dept. Heads will meet with City Council representatives to look at the City Budget. Budget workshops will be Oct. and approval is expected in Nov.
- D. Kittleson suggests Cindy requests for more staff. Cindy said she is too late to substantiate for this budget. While she feels the need, she doesn't have the research. D. Kittleson replied that it won't hurt to mention it and that it would be helpful to the Council to know what may be coming down the pike.
- J. Schwass-Long questioned whether the Program/Volunteer Coordinator position is still covered through next year. Cindy confirmed it is and funded by the Bryant Foundation. Seven staff are covered by the City, and one part-time case manager is covered by township funding.

Meeting Adjourned: Moved by R. Barnett seconded by R. Gausman to adjourn the meeting. Carried unanimously. Meeting adjourned at 11:52 AM.

Next Meeting: Tuesday, September 6, 2016 at 11:00 AM.