

Agenda  
Eau Claire County  
Aging & Disability Resource Center Board  
Thursday, March 9, 2017, 12:00 Noon  
Courthouse-Rooms 1301/1302, Eau Claire WI 54703

1. Call to order
2. Introductions
3. Public Comment
4. Meeting minutes: February 9, 2017 / Discussion – Action      Handout #1
5. 2016 Annual Report Data      Handout #2
6. 2016 Self-Assessment for Aging Plan / Discussion – Action      Handout #3
7. LTC Updates
8. Nutrition Program
9. Legislative Updates
10. Director's Report
  - Hometown Health Grant      Handout #4
  - 2018 Transportation Vendor
  - WIHA update
11. Future meeting: April 13, 2017 - 12:00 Noon
12. Adjourn

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Eau Claire County  
Aging & Disability Resource Center Board  
Thursday, February 9, 2017, 12:00 Noon  
Courthouse-Room 1301/1302, Eau Claire WI 54703

Members Present: Tom Christopherson, Jason Endres, Mary Pierce, Carl Anton, Lauri Malnory, Katherine Schneider, Kimberly Cronk, David Mortimer, Stella Pagonis, Ruth Adix

Others Present: Jennifer Owen, Emily Gilbertson, Lisa Wells, Marlene Rud, Mark Peterson

Chair Pagonis called the meeting to order at 12:02 Noon.

Introduction of ADRC Board, staff and others in attendance.

Public Comment. Katherine Schneider attended Dementia Summit good program.

Meeting minutes: November 16, 2016 and January 20, 2017. Motion by Katherine Schneider to approval both meeting minutes as presented. Motion carried.

Dementia Summit Summary. Lisa Wells reviewed the 1<sup>st</sup> Dementia Summit held with 112 people in attendance, well represented by community members. The results of the dementia survey were shared at the summit and also included 4 educational sessions; options/resources, living well, dementia friendly community, red flags/crisis. Program evaluations were positive and would hold program annually. The group identified 3 top areas of concern in the community: disconnect in medical community, marketing campaign, neighborhood programs/awareness plan. The Dementia Coalition will work on suggestions.

ADRC Board Member Role & County Code. Stella Pagonis reviewed the part of the County Code that defines ADRC Board responsibilities from state statute. Board members were provided with a Conflict of Interest Policy for signature.

Legislative Updates. Jennifer provided ADRC Board members with web site reference for legislative updates. Janet Zander, lobbyist for GWAAR will provide legislative updates at the May ADRC Board meeting. Katherine Schneider requested a representative from Disability Rights WI also attend May meeting. Lauri Malnory also suggested Lisa Pugh, ARC Executive Director as a resource relating to adults with disabilities. The biannual state budget is looking positive, although funding for the Dementia Care Specialist program is not in the budget. Ruth Adix would like ADRC Board monthly legislative updates for next few months.

Health Promotion. After discussion the majority of the ADRC Board supported the offer to CVTC for the program, Healthy Living with Diabetes.

Chair Pagonis left the meeting at 1:20 pm.

ADRC Board Vice Chair Schneider asked for Long Term Care updates. Conference on healthy aging and self-determination will be held June 6 & 7. Next Long Term Care meeting is March 14.

Transportation. Emily Gilbertson shared rider concerns regarding Abby Van transportation; earlier service, door to door service all the time, driver's name on their shirt, specific in/out quick service.

Emily and Jennifer will meet with Eau Claire City Transit Manger and Eau Claire County Purchasing Director to discuss transportation RFP, option to extend current contract for 3, 1 year contracts. Abby Vans is interested in discussing contract option as well. ADRC Board members supported review of contract extension with discussion at March Board meeting. Eau Claire County Veterans Service has obtained a van and will start transportation for veterans to the VA Clinic in Minneapolis, beginning in March. When Veterans transportation is in place, ADRC will no longer fund transportation by Abby Vans for Veterans to the Minneapolis VA Clinic, only to Tomah or Chippewa VA Clinics.

Director Report. The ADRC Sub Committee met on February 8, 2017 and discussed the closing of the Fall Creek Valley Care Center and termination of the Nutrition Program contact March 3. Sacred Heart Hospital will provide meals for the Fall Creek area. ADRC Options Counselors will meet with Fall Creek Valley Care Center families for resident relocation. Community Table terminated Nutrition Program contract due to insufficient staff. ADRC staff may look at Community Table option again in the future. Sacred Heart Hospital will provide meals for the route. ADRC staff is in the process of looking at options for the 2018 RFP for the Nutrition Program. No updates on ADRC position vacancies.

Motion by Jason Endres, second by Kimberly Cronk to adjourned at 1:30 pm.

Respectfully Submitted,

Marlene Rud, Clerk  
Aging & Disability Resource Center

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Chairperson

## #1 Information & Counseling

This program provides a central source of information about a broad range of community resources and benefits of interest to people age 60+ and adults with disabilities of all incomes and their caregivers. ADRC customers are helped to understand the various short and long term care options and benefits available, use their personal resources wisely, and delay or reduce the demand for public funding for services.

### OUTPUTS

	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>
Information & assistance contacts:	10,219	10,742	12,294	17,271
Options Counseling Referrals			1182	1,396
Disability Benefit Specialist Referrals	*2016 figure is March-Dec			326
Elder Benefit Specialist Referrals	*2016 figure is March-Dec			656
Medicare Annual Open Enrollment Referrals (October 15 - December 7)		306	313	265
Nursing Home Resident Contacts		194	205	171
Total Number of Volunteers				5
Hours Donated by Volunteers		505	399	167
Unduplicated number of people receiving assistance:	3,934	4,149	5,085	5,999
Contacts for assistance ages 60+ (standard is 1,344):	7,304	7,758	8,646	12,858
Contacts for assistance ages 18-59 (standard is 768):	2,422	2,984	3,648	4,413

<u>Performance Goal</u>	<u>Outcome Measures</u>	<u>Benchmark</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>
To provide ADRC customers with reliable and objective information so that they can access services and make informed choices about their short and long-term care options.	90% of individuals completing satisfaction survey will report the ADRC met or exceeded their expectations for assistance.	90%			100%
To provide nursing home residents with the information and assistance they need to safely relocate back into the community	We will assist a minimum of 27 nursing home residents in successfully relocating back into the community annually.	27	38	54	55

## #2 Nutrition

This program includes Meals on Wheels delivered throughout the county as well the mobile meals partnership program with The Community Table. Senior dining sites located at the Augusta Senior Center, LE Phillips Senior Center, Lynn's Chatterbox Cafe and St. John's Apartments are included. Additional services that support nutrition are also a part of this program area such as the liquid supplement program and volunteer drivers for Meals on Wheels.

### OUTPUTS

	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>
Congregate meals served:	12,262	7,847	9,200	8,850
Meals on Wheels delivered:	78,881	71,858	69,544	68,785
People served:	1,618	1,354	1,365	1,411
Cases of Liquid Supplements distributed:	1,202	1,087	1,214	1,384
Nutrition Risk Screens completed:	585	615	688	636
Total number of volunteers:				192
Hours donated by volunteers:	15,614	13,760	13,605	12,934

<b>Performance Goal</b>	<b>Outcome Measures</b>	<b>Benchmark</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
To make high quality Nutrition Program services available to eligible individuals, countywide.	85% of program participants responding to semiannual satisfaction surveys will indicate overall program satisfaction as good to excellent.	85%			96%

### #3 Prevention & Health Promotion

This program includes a variety of prevention and health promotions programs. Evidenced-based prevention classes such as Stepping On, Living Well with Chronic Conditions, Strong Bones, Powerful Tools for Caregivers and Healthy Eating for Successful Living are a part of this program area. Other prevention programs and promotion activities include: in home fall prevention screening and education, memory screening and referral, adaptive equipment loans, respite, and other supportive services such as in-home care or adult day services.

#### OUTPUTS

	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
Total Prevention & Health Promotion Classes Offered:				35
Total Number of Participants in Prevention & Health Promotion Classes:	113	284	370	428
Memory Screens Completed:	29	55	133	44
Adaptive Equipment Loans:			237	281
Total number of volunteers				16
Hours donated by Volunteers		89	491	622
Individuals receiving supportive and/or respite services:	91	27	61	47
1. Older Americans Act funded	39	7	26	19
2. Alzheimer Family Caregiver Support Program funded	14	18	27	14
3. Tax Levy Funded	38	2	8	14

<b>Performance Goal</b>	<b>Outcome Measures</b>	<b>Benchmark</b>	<b>2014</b>	<b>2015</b>	<b>YTD 2016</b>
To provide classes, risk screenings, counseling and education to ADRC customers in order to promote healthy practices and increased quality of life.	95% of individuals responding to post class surveys will indicate the information and education provided met or exceeded their expectations.	95%	100%	99%	100%
	90% of memory screens indicating risk will be referred to the participant's physician.	90%			80%
	95% of adaptive equipment loans will be returned within 90 days.	95%			100%

### #4 Transportation

The county partners with the City of Eau Claire to provide transportation for people age 60+ and adults with disabilities who do not have access to transportation. Rides are provided for medical, nutrition, social, and employment purposes. The program is funded with a WI Department of Transportation grant and levy match.

<b>OUTPUTS</b>					
		<b><u>2013</u></b>	<b><u>2014</u></b>	<b><u>2015</u></b>	<b><u>2016</u></b>
Total number of para-transit trips			21,459	20,365	25,121
Total number of after-hours trips on Saturday evening & Sundays			2,697	2,582	3,720
Total number of out of county trips			263	213	315
Total number of rides for people age 60+		9,841	8,250	6,969	10,997
Total number of rides for people with disabilities		16,844	16,169	16,201	17,987
Total number of volunteers					
Total number of hours donated by volunteers					
<b><u>Performance Goal</u></b>	<b><u>Outcome Measures</u></b>	<b><u>Benchmark</u></b>	<b><u>2014</u></b>	<b><u>2015</u></b>	<b><u>2016</u></b>
To ensure individuals using Specialized Transportation are satisfied with the service.	90% of users responding to semi annual surveys will indicate they are satisfied to very satisfied with Specialized Transportation services.	90%	90%	90%	94%

## **#5 Outreach & Public Education**

This program promotes awareness of ADRC programs and issues relating to aging and disability including: staff presentations, website, Facebook page, newsletter, resource directory, posters, ads, mailings, news releases, health fairs, and a wide variety of other educational activities. It also includes education presentations such as Medicare & You, Owning Your Future, Final Affairs, The Caregiver Townhall Meeting and more.

<b>OUTPUTS</b>					
		<b><u>2013</u></b>	<b><u>2014</u></b>	<b><u>2015</u></b>	<b><u>2016</u></b>
Staff presentations and educational outreach:		76	134	184	194
Number of people attending presentations:		7,590	5,143	9,557	6,585
Newsletters distributed:		21,236	24,319	26,151	28,690
ADRC website hits:		50,299	57,089	26,030	27,657
ADRC Facebook page likes:		173	252	336	423
Total number of volunteers					20
Total number of hours donated by volunteers					191
<b><u>Performance Goal</u></b>	<b><u>Outcome Measures</u></b>	<b><u>Benchmark</u></b>	<b><u>2014</u></b>	<b><u>2015</u></b>	<b><u>2016</u></b>
To provide a variety of educational opportunities and informational materials to ADRC customers and professionals who work with ADRC customers.	95% of all scheduled presentations and events will not be canceled due to low participation.	95%	99%	99%	99%

## **#6 Public Long-Term Care Programs**

This program includes administering the Adult Long Term Care Functional Screen for people age 65+ and adults with physical and developmental disabilities to determine their functional eligibility for publicly funded long-term care programs: Include, Respect, I Self Direct (IRIS) and Family Care.

<b>OUTPUTS</b>					
Total Family Care Enrollments		<b><u>2013</u></b>	<b><u>2014</u></b>	<b><u>2015</u></b>	<b><u>2016</u></b>
1. ContinuUs			147	172	248
2. Care Wisconsin		N/A	N/A	N/A	32
Total IRIS Enrollments			37	44	46
Medical Assistance Applications the ADRC Assisted With		N/A	191	155	202
<b><u>Performance Goal</u></b>	<b><u>Outcome Measures</u></b>	<b><u>Benchmark</u></b>	<b><u>2014</u></b>	<b><u>2015</u></b>	<b><u>YTD 2016</u></b>
To provide functional eligibility determination in an accurate and timely manner.	100% of ADRC staff certified to conduct the functional screen will successfully complete Continued Skills Testing to maintain their certification.	100%	100%	100%	100%

**BUREAU OF AGING AND DISABILITY RESOURCES  
AGING UNIT SELF-ASSESSMENT FOR 2016**

**County/Tribe:** Eau Claire

**Name of Aging Unit Director:** Jennifer Owen

**Approved by Commission on Aging?**

Yes

x

No

**Date approved**

3/9/2017

**Part I: Compliance With the Wisconsin Elders' Act**

*Refer to Section 3-D (Statutory Requirements for the Structure of the Aging Unit)  
in your 2016-2018 Aging Plan*

	Yes	No	Describe Change
<b>Has the organization of the <i>Aging Unit</i> changed this past year?</b>		x	
<b>Has the organization of the <i>Commission on Aging</i> changed this past year?</b>		x	
<b>Does the aging unit have a full-time aging director?</b>	x		
<b>Is the membership of the Commission on Aging in Compliance?</b> <i>Members of a county or tribal commission on aging shall serve no more than 2 consecutive 3-year terms. In the case of county board members, the requirement is 3 consecutive 2-year terms.</i>	x		

**Members of the Commission on Aging (please list)**

**Official Name of the Aging Unit's Policy-Making Body:**

ADRC Board

Name of Individual	Age 60 and Older (x)	Elected Official (x)	Mo./Year first term began	Mo./Year final term ends
<b>Chairperson: Stella Pagonis</b>		X	4/2011	4/2017
Sandra McKinney		X	4/2016	4/2022
Carl Anton		X	4/2016	4/2022
David Mortimer		X	4/2016	4/2022
Kimberly Cronk		X	9/2016*	4/2022
Katherine Schneider	X		7/2015*	4/2021
Lauri Malnory			4/2011	4/2017
Ruth Adix	X		4/2016	4/2022
Jason Endres			4/2015	4/2021
Mary Pierce	X		4/2014	4/2020
Thomas Christopherson	X		4/2013	4/2019

**Part II: Activities to Help Older People Advocate for Themselves**

**1. What does the aging unit do to inform older people about the issues that affect their lives?**  
(2016) In Blue please

The ADRC has a fairly robust marketing and outreach plan. Many of the outreach efforts are used to raise awareness of specific ADRC programs and services; some are also used to inform older people about the



issues that affect their lives. We have a monthly newsletter with a circulation of over 3,000. We also use our senior dining sites as a way to share information with older people. Our health promotion and prevention programs continue to be one of the most effective means for sharing information since the participation numbers in these classes is so high. We also use social media, TV, radio and other mediums to disseminate information.

**2. How does the aging unit teach older people to act as advocates?**

(2016) In Blue please

The ADRC teaches older people to act as advocates by sharing information on important issues that may affect older adults. The ADRC also makes available to customers a list of local legislators and their contact information. ADRC board and advisory committee members also advocate on behalf of all the populations served by the ADRC.

**3. How does the aging unit advocate on behalf of the older people it serves?**

(2016) In Blue please

The ADRC works closely with the State and other community partners to ensure programming, services and supports are useful to older people in our County. Through participation on work groups, community coalition, state committees, etc. the ADRC serves as resource for change and development of services. The ADRC solicits input from older people which is then used for sharing with decision makers.

**Part III: Progress on the Aging Unit Plan for Serving Older People**

Aging Unit Plan Goals	Progress Notes <i>(briefly summarize only those activities completed as of Dec. of each year; explain if a goal was not accomplished)</i>	Check if Done		
		2016	2017	2018

**Focus Area 6-A. Involvement of Older People in Aging-Related Program Development and Planning**

In order to create awareness and continued support and involvement of older adults in our ADRC programing and services, we will create an online survey, available on our website, which will allow older adults the opportunity to provide input on what services they would like to see added, improved, or continued in the ADRC. This will be up and running by May 1, 2016. In addition, staff at the ADRC will establish outreach between May and June via email, presentations, outreach events and marketing flyers. We will implement with the community in July of 2016-October of 2016. The ADRC supervisor will keep track of results and gather ideas to present to the ADRC Board in November of 2016. The ADRC board will review, assess new ideas and set priority goals for the ADRC in the 2017 calendar year with this gathered information.

(2016) In Blue please  
  
All 2016 activities have been completed.

X

In order to create awareness and continued support and involvement of older adults in our ADRC programing and services, we will hold 4 listening sessions, in a lunch and learn style, regarding our programs and services. We will do this by June 1, 2017 with the intent of gathering input from consumers, both in Eau Claire (2) and our rural communities (2). This will allow older adults the opportunity to provide ideas on what services they would like to see added, improved, or continued in the ADRC. The information from these listening sessions will then be presented to our ADRC Board for consideration in the fall of 2017 to implement in 2018.

In order to create awareness and continued support and involvement of older adults in our ADRC programming and services, we will host an advocacy event led by older adults, in our Eau Claire County community. This will spread awareness of what the ADRC does, as well as give older adults the opportunity to educate on programs and services they currently participate in, and market to other adults in the community to sign up to be leaders with prevention programs, volunteer for our Meals on Wheels program, and other opportunities within our agency. We will work with the older adults to create marketing videos and

The ADRC is currently working with a local marketing and production firm which will result in 3-4 different promotional videos for the ADRC and more specifically for volunteer recruitment. Videos will be complete by May 2017.

radio announcements that we will also post on our Facebook page and social media accounts and local radio stations. This will be done by November 1, 2018.				
<b>Focus 6-B. The Elder Nutrition Program</b>				
By March 1, 2016, ADRC staff will visit each site and ask participants what type of programming, activities, civic engagement opportunities that would like to see offered at the sites and how often. She will also hold focus groups or listening sessions in at least 3 locations throughout the county where older adults congregate that are NOT senior dining sites. This will provide valuable data from people who currently don't participate. She will then work with the congregate dining site hosts to schedule monthly programming based on older adults input, to compliment the meal time which will increase meal site participation by 25% by December 31, 2016.	(2016) In Blue please  The Nutrition Program Supervisor spoke with senior dining participants at the meal sites throughout Eau Claire County as well as conducted a survey to solicit input from participants. Unfortunately, meal site participation declined in 2016 from the previous year.			
To increase congregate dining sites in Eau Claire County, the ADRC will open one restaurant based meal site that offers multiple breakfast meal options by September 1, 2016. The site will be open X day(s) per week?	(2016) In Blue please  A restaurant site at Lynn's Chatterbox Café was opened in July 2016 operating 2 days per week- Tuesdays and Sundays.	X		
Through outreach, recruiting and organizing volunteer delivery drivers, developing and scheduling routes, purchasing supplies, and ensuring a quality product, we will increase the Community Table Mobile Meal Program which serves the city limits of Eau Claire and areas up to X miles outside of city limits, to 100 participants by January 1, 2017.	As of February 2017, the agreement with The Community Table and the Meals on Wheels program has been terminated. Because of capacity issues, The Community Table was unable to increase the number of participants served.			
Through partnership with The Community Table, churches, schools and other appropriate organizations in Eau Claire, we will meet and plan the best way to offer/implement an intergenerational meal site. Meetings will be held throughout 2017 with the goal of having the first intergenerational meal site open by June 1, 2018 that will meet a minimum of once a month.				

**Focus 6-C. Services in Support of Caregivers**

<p>In order to increase awareness of adaptive equipment options specifically for caregivers, we will create an online database linked to our ADRC website for resource with adaptive equipment helpful in caregiving situations. This will include products, instructions and links to videos of demonstration on the items. We will also link a directory of items that our office has and other resources for items if we do not have them. We will work with our IT department to create a link and system to use by June 1, 2016. This will be available starting June 1, 2016 and continue on as long as it is being utilized.</p>	<p>(2016) In Blue please The ADRC is currently working with the Information Systems department to explore options for the ADRC's website, including functionality. Ideally, we will have a new and redesigned website up and running by the end of 2017 at which point we will also include the chat feature and video demonstrations.</p>			
<p>In order to increase awareness and participation in the Grandparents and Others as Parents Program, we will hold a large outreach event, partnering with other area agencies including Dunn and Chippewa County ADRCs. This event will be held at the local Children's Museum. We will hold one event per year for two years. We will start planning and coordinating with the other interested agencies by January 1, 2017 so that we will be able to implement a program and complete marketing for the event by August 1, 2017.</p>	<p>In September 2016, the ADRC partnered with the Kinship Care program, other area ADRCs and the Children's Museum to hold a special event for grandparents.</p>	<p>X</p>		
<p>In order to increase caregiver support, we will create a caregiver group, much like a Memory Café, where caregivers can get away once per month and meet with other caregivers to discuss their caregiving situation and for support. The ADRC will provide funding for respite care as needed through our NFCSP program. Meetings will occur in informal settings such as a coffee shop, restaurant or the library and possibly rotating depending on caregiver preference and need. The ADRC will promote and market the group by February 1, 2018, with an implementation date of September 1, 2018. The ADRC NFCSP Coordinator will be an initial point of contact for the group. The goal will be for the group to become self-sustaining with members, and the NFCSP coordinator will be available for questions and concerns. The ADRC will also be the point of contact for respite services and resources.</p>	<p>In 2016, the ADRC started a caregiver café at The French Press. A group of caregivers who met through Powerful Tools for Caregivers workshop helped with starting this café.</p>	<p>X</p>		

**Focus 6-D. Services to People With Dementia**

<p>In order to assure early diagnosis and treatment, and resources to living well with memory loss, the ADRC will partner with the Eau Claire County Dementia Coalition to engage and educate health care providers by providing validated cognitive assessment tools, presentations, resource packets, and outreach to area clinics, physicians/nurses, hospitals/ER, and social work/discharge planners by December 31, 2016.</p>	<p>(2016) In Blue please</p> <p>Three outreach events were held in September, October and November for healthcare professionals. Education was provided by a physician as well as other professionals on dementia.</p> <p>Meetings have been scheduled with Marshfield Clinic and tentatively with Mayo Clinic to provide more one on one education with their physicians.</p>	<p>X</p>		
<p>In order to promote awareness of Alzheimer’s disease and related dementias, the ADRC will coordinate with the City/County Health Department to develop an awareness campaign such as a link on their website, disseminate messages about risk reductions for preserving cognitive health and lifestyle and disease management techniques, integrate dementia into community health assessments, and community health planning processes by December 31, 2016.</p>	<p>(2016) In Blue please</p> <p>The Eau Claire City-County Health Department has been very involved and collaborative for dementia related initiatives. They have been well represented on the dementia coalition and were heavily involved in the dementia summit. They assist with securing LEEPS volunteers through their Medical Reserve Corps volunteers. They also are assisting, along with UWEC nursing students, in starting another memory café, support group for men, online training video and more.</p>	<p>X</p>		

<p>In order to maintain a dementia friendly business status, businesses are expected to train all new hires, volunteers and those who were not able to attend the original dementia friendly training. For the purpose of sustainability, the ADRC will produce a half hour webinar of the training and post on the ADRC website and Facebook page for employers to utilize for orientation of new employees, etc. by December 31, 2016.</p>	<p>(2016) In Blue please</p> <p>UW-Oshkosh created a 20 minute, free online dementia training to be utilized for community and for businesses to use. Currently working with nursing students to create a video that will be specific to Eau Claire County.</p>	<p>X</p>		
<p>In order to provide a safe environment for individuals living with memory loss, as well as their care partners, to enjoy interaction with others in a setting free from awkwardness and stigma, the ADRC will collaborate with the Eau Claire County Dementia Coalition to offer an additional memory café and early stage support group by December 31, 2017.</p>				
<p>In order to increase awareness of issues, concerns and caregiving for those with Alzheimer’s disease and related dementias, the ADRC will produce a quarterly e-newsletter to be sent via email to the Eau Claire Chamber of Commerce and other social network opportunities by July 1, 2018.</p>				
<p><b>Focus 6-E. Healthy Aging</b></p>				
<p>In order to increase participation in Living Well and other evidenced-based health promotion workshops, ADRC staff will collaborate with Public Health and Healthy Communities Chronic Disease Action Team to create an evidenced-based programs resource folder or guide to aid provider/employer referrals to workshops, outreach to at least 10 primary care providers to increase awareness of evidenced-based programs, and increase marketing efforts through direct emailing to area businesses with Employee Health &amp; Wellness coordinators by December 31, 2016. The goal is to have a 20% increase in EB program enrollment.</p>	<p>(2016) In Blue please</p> <p>Health promotion participation grew by 16% in 2016 from 2015 with a total of 428 individuals. This goal will be continued into the 2<sup>nd</sup> and 3<sup>rd</sup> plan years.</p>	<p>X</p>		
<p>In order to increase physical activity levels among sedentary older adults, ADRC staff will implement at least one Physical Activity for Life for Seniors (PALS) program in collaboration with CAARN by December 31, 2016</p>	<p>(2016) In Blue please</p> <p>The ADRC successfully offered two PALS programs in 2016.</p>	<p>X</p>		
<p>In order to improve strength and balance among older adults and meet growing demand, ADRC staff will recruit at least two new Strong Bones leaders and conduct at least four Strong Bones workshops targeting new participants by December 31, 2017.</p>				
<p>In order to increase fall prevention awareness and participation in Stepping On workshops, ADRC staff will implement annual fall</p>				

<p>prevention awareness events such as Fall Risk Screenings at UWEC's Senior Americans Day, utilize the short 'What We Learned' Stepping On video created from a 2014 Stepping On reunion event in outreach presentations, other events and social media accounts, and collect and use personal stories for outreach in the ADRC newsletter and other channels by December 31, 2017.</p>				
<p>In order to increase self-efficacy among Stepping on past participants, ADRC staff will work with Stepping On leaders to increase the number of participants attending booster sessions by 20% and/or reporting a continuation of exercises at follow up by December 31, 2018.</p>				
<p>In order to reduce barriers and increase participations in evidenced based programs for individuals unable to attend in person classes, ADRC staff will use technology to connect participants to Living Well and/or Healthy Eating for Successful Living classes via live remote access or online groups by December 31, 2018. The goal will be to have this option utilized by at least 5 participants.</p>				
<p><b>Focus 6-F. Local Priorities</b></p>				
<p>In order to create awareness of mental health and AODA issues in older adults, the ADRC will provide outreach, administer evidenced based screening tools and refer individuals to follow up with their doctors or other medical professionals for treatment. ADRC staff will be trained to use the Patient Health Questionnaire (PHQ-9) and the Short Michigan Alcoholism Screening Instrument-Geriatric Version (SMAST-G). This will be implemented by October 1, 2018 and incorporated into our options counseling procedures when talking with consumers during home and office visits. Outreach will be provided through newsletters, Facebook, email announcements and at ADRC events.</p>	<p>(2016) In Blue please The ADRC Manager is currently researching these instruments and will work with the Options Counseling team for implementation in 2018.</p>			
<p>In order to keep up with the demands and desire for consumers to have multiple means to contact the ADRC, we will work with the Information Systems department within Eau Claire County to incorporate an on-line chat function from our website by December 31, 2018, for consumers to use when they have questions.</p>	<p>It has been identified that this goal will be possible with the County's current website vendor, Vision. Implementation will require many steps, including a complete rebuild of the ADRC's webpage. On target for implementation in 2018.</p>			

**Part IV: Progress on the Aging Unit Plan for Serving Older People – National Family Caregiver Support Program (NFCSP)**

*This section is not required for tribal aging units.*

**Minimum Service Requirements:** *The minimum service requirements of NFCSP must be provided by the aging unit or contracted with another agency. Please indicate who provides these services.*

Service	Aging Unit (X)	Other Agency (please list)
Information to caregivers about available services	X	
Assistance to caregivers in gaining access to the services	X	
Individual counseling, support groups, and training to caregivers	X	
Respite care	X	
Supplemental services (e.g., transportation, assistive devices, home modifications, adaptive aids, emergency response systems, supplies, etc.)	X	

**Caregiver Coordination:** *To ensure coordination of caregiver services in the county, the aging unit shall convene or be a member of a local family-caregiver coalition or coordinating committee with other local providers who currently provide support services to family caregivers.*

<p><b>Does the aging unit belong to a local caregiver coalition?</b></p> <p><input checked="" type="checkbox"/> YES    <input type="checkbox"/> NO</p> <p><b>Name of Coalition:</b> Chippewa Valley Family Caregiving Alliance</p> <p><b>If YES, please provide a brief update on coalition activities conducted each year.</b></p> <p><b>If NO, please explain plan for compliance.</b></p>	<p><b>2016 Activities:</b></p> <p>The annual Caregiver Town hall meeting and Resource Fair was held in November 2016.</p>
	<p><b>2017 Activities:</b></p>
	<p><b>2018 Activities:</b></p>

**Part V: Significant Accomplishments or Issues Not Included in the Aging Unit Plan**

*(Unplanned accomplishments or issues that had a significant impact on the aging unit's activities during the previous year. This is not meetings attended or actions that fit under plan goal objectives but may reflect noteworthy events or achievements.) This section is not required.*

(2016) In Blue please  
Not applicable.

**Part VI: Coordination Between Titles III and VI**

*If the county includes part or all of a federally-recognized tribe, indicate how the county aging unit and the tribal aging unit have worked together in the previous year to coordinate and ensure the provision of services to tribal elders.*

*If the county does not include part or all of a federally-recognized tribe, please indicate: Not Applicable*

(2016) In Blue please  
Not applicable.



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**Title of Project:** *Stand in the Light* Dementia Chorus

**Project Description:**

The Stand in the Light dementia chorus uses the power of singing to move people with Alzheimer’s disease and related dementias and their care partners to rediscover themselves, make new friends, laugh together, learn together, and contribute to their community. Singing in the chorus is a meaningful way to engage in community life, not simply a way to occupy time. A participant stated, “What I really like about the choir, is regardless of the fact that I have Alzheimer’s, it does not interfere with my ability to sing. So, this is a place where I can be like everybody else. Here you have music and you sing it and it’s like a freedom for us.”

The priority of the chorus is to meet the needs of people with Alzheimer’s disease and other dementias that live in the community, outside of care facilities, because they generally have fewer opportunities to socialize and be creative. Likewise, their care partners often feel isolated and alone. People living with dementia are often marginalized and nearly invisible after a diagnosis. Nonetheless, weekly rehearsals provide a powerful atmosphere of joy, social interaction and the satisfaction of working toward a goal.

The choral director has more than 40 years of teaching choral and vocal music throughout the state of Wisconsin. She is also known for her many performing roles in regional theater, recording commercial jingles, private voice studio and conducting four local choirs. Not only does she have experience in the music and vocal field, but also is very familiar with dementia. Her sister passed away from Frontotemporal dementia (FTD) in 2016.

In November of 2016 the chorus had their first concert. More than 150 people were in attendance to hear the much anticipated first-ever dementia chorus in the Chippewa Valley. Three more concerts are scheduled for 2017 including partnering with an intergenerational chorus. A local church provides a high-quality facility for rehearsals and performances. The location also sends a strong message to the singers, care partners, families, friends, and the community at large – that the chorus is valued and respected and should experience the same environment as other quality artists.

**Community Need:**

Alzheimer’s disease is the only chronic disease of the top ten that cannot be cured, prevented or slowed. One in nine people over the age of 65 have dementia, almost 50% of those 85 and over have dementia. In Eau Claire County, these numbers result in more than 2,000 people currently living with dementia. These demographics tell us that until there is a substantial breakthrough in the prevention or treatment of Alzheimer’s disease, we will see a steady increase in the number of people living with dementia over the next several years. Furthermore, the areas of the brain that recall music and nurture singing are among the last to be affected by Alzheimer’s disease. Many people can still enjoy choral singing and gain health benefits from it well after other opportunities for creating, learning, and enjoying friends seem out of reach. Care partners benefit from singing as well. Research has also shown that memories produced while singing contribute to self-discovery, self-understanding and identity.

**SMART Objectives:**

- The choir will expand to a minimum of 35 participants, including those living with dementia, their care partners, and volunteers by December 31, 2017.
- The ADRC will partner with the choir director, accompanist, and administrative assistant to increase awareness of the choir by giving at least five short presentations at older adult ministry programs in local churches, and other opportunities as they present by August 31, 2017. In addition, increased awareness of the choir will also challenge negative stereotypes and contribute to celebrating the full potential of people living with dementia.
- At least two organizations will be contacted to explore fundraising for expenses for concert performances (scarves for participants, refreshments for social time, sound person, programs, marketing) by June 30, 2017.

**Geographic Area Served:** Eau Claire County

**Population Served:** 98,736 total Eau Claire County population

**Expected Outcomes:**

- The chorus will be a safe place, free of judgment, for singers with dementia and their care partners.
- Improved quality of life as singers living with dementia will gain a sense of purpose and a source of pride.
- Care partners will have an opportunity to have a fun experience with their loved ones.
- Reduced stigma of Alzheimer's disease and other dementias in Eau Claire County resulting in a dementia friendly community.

**Sustainability:** The Aging & Disability Resource Center will build community involvement and partnerships through collaboration with local churches, facilities, agencies, businesses, healthcare, in-kind donations, volunteers, and singer registration fees to financially and socially sustain the Stand in the Light Dementia Chorus. The music director, accompanist and administrative assistant are very committed and creative, and interested in continued collaboration in seeking additional funds to allow the chorus to continue.

**Partners in Collaboration:** Lutheran Church of the Good Shepherd and volunteers.

**Funding Request:** \$25,000 (includes music director, accompanist, administrative assistant, music, materials and supplies, location, marketing, refreshments, printing/copying, postage, scarves for participants, decorations)

**Other Project Funding Sources:** Singer registration fees (donation)