

SENIOR OUTREACH SERVICES COMMITTEE

Thursday, November 19, 2020

8:30 A.M.

McFarland Municipal Center

MINUTES

Call to order.

1. The meeting was called to order by Chair Clow at 8:32 am.

Present: Carolyn Clow (Trustee/Chair), Jerry Adrian, Leilani Amundson, Lori Andersen (Director), Kathleen Blair, Brad Czebotar, Monica Macarra, Colleen McCormick, Diane Mikelbank, Barbara Vander Werff, Sara Sprang (Case Manager)

Absent: Carol Lobes, Becky Losby

2. **Public Appearance**

No public appearances

3. **Approval of minutes from September , 2020**

Motion to approve by Clow and second by Vander Werff. Motion carries 10-0.

4. **Business**

- a. **Introduce future planning draft document**

- Discussed the 6 Senior Outreach planning goals and structure. Sub committees were discussed but does not lend itself well related to the infrastructure of holding meetings. Are not a viable way to proceed. Director encouraged everyone to participate. Not limit the discussion where does Senior Outreach want to be.

- b. **Begin discussion on item #3 and #4**

- **Health and Wellness**

- a. **Services/Programming: Currently: 2 LWWCC, LWWD and Powerful Tools for Caregiving, Exercise: Strong Women, Yoga and Tai Chi. In the past, B/P screening. Ideas for programs: Own space for foot care with a deep sink, non-carpeted, semiprivate room. Room Could also serve as reflexology and chair massage. Space to wait for these services. Meditation and mindfulness to calm people and keep alertness. Wellness clinic: blood pressure and pulse-a way to identify people if they need more services. Diabetic foot care is not offered at Artistic nail salon or Stoughton Home Health. Desirable list: Strength and Training, balance and fall prevention, massage, meditation, yoga, nutrition counseling, dementia support group, grief and other support groups, brain health(multi-functional class room for art, writing, exercise for the brain), telehealth or connecting with family,**
- b. **Staff: Foot clinic, reflexology and chair massage are contracted out in Monona. Participants pay them directly. Senior Center staff make and confirm the appointments. Additional staffing would be needed for these added services**

c. **Space Needs: Storage for exercise equipment**

d. **Cost:**

- **Recreational Programming**
 - **Services/Programming: What we offer: Euchre Group, Mah Jong, Off site: ROMEO, Single over Sixty, JULIET. 3-4 a year music programs and entertainer. Groups for shopping, expand upon. Cultural-going to plays, Brewer games, different places to visit. A walking track, bike trail, lakes, someone needs to organize it, pickleball courts, offer pickleball lessons, organize teams, bocce courts, bathrooms are needed. Recreational Director. Diversify the parks, senior bike ride, walking, promoting local business and socialization. Form Cohesive group. Parks and Rec Committee of Village: SOS could work with this committee-cooperative effort-let them know what desire and wants are. Writing classes was the best therapy. Online meet ups, subgroups of walking group, going for coffee, writing group. Self-promoted groups online meet up would be the platform. Library for writing classes and meet up. 2018 Survey results for Park, Recreation and Natural resource. Helpful to categorized groups: within the building and outside the building. Coffee area or sitting area, welcome space, place for people to go and be and develop relationship. Dedicated staff to programming. Collaborate with school district. Dome used throughout the year at community park, rental space, walking space with enough outside space. Flexible room space, dividers, one large room and divide rooms. Multi use space. Space dedicated to privacy and HIPPA laws related to online MD visits, secure and soundproof. Staff: committed to flipping the room in a multi space facility.**
- 5. Schedule Next Meeting Date:**
Thursday, December 17, 2020 at 8:30am.
- 6. Adjournment**
- Motion to adjourn at 9:55 am by Czebotar, seconded by Adrian.

Submitted by,
Sara Sprang