

Wednesday, February 15, 2023**8:30 AM****McFarland Municipal Center**
*Conference Room A***AGENDA**

1. CALL TO ORDER, ROLL CALL.
2. PUBLIC APPEARANCES.
 - a. This is an opportunity for members of the public to address the Senior Outreach Services Committee. Members of the public who wish to address the Committee should fill out a public comment form and turn into the meeting chairperson. Members of the public may speak during public appearances or during their selected agenda item as they designate on the public comment form. Please adhere to the 3-minute time limit. Additionally, you may send your public comments to senior.outreach@mcfarland.wi.us to be included as part of the meeting.
3. APPROVAL OF MINUTES.
 - a. Motion to approve the minutes of the October 12, 2022 meeting.
4. BUSINESS.
 - a. Update on change in meal vendors
 - b. Directors annual report
 - c. Upcoming year events
 - d. Update on community center planning
5. SCHEDULE NEXT MEETING DATE.
 - a. Wednesday, April 19, 2023 at 8:30 am.
6. ADJOURNMENT.

Any person who has a qualifying disability as defined by the Americans with Disabilities Act that requires the meeting or materials at the meeting to be in an accessible location or format should contact the McFarland Municipal Center at (608)838-3153, 5915 Milwaukee Street, McFarland, Wisconsin, or village.clerk@mcfarland.wi.us by 2:00 p.m. at least 5 business days prior to the meeting so that any necessary arrangements can be made to accommodate each request. If the meeting or request is less than 5 business days from the meeting, requests for accommodations may still be made and reasonable efforts will be made to accommodate each request.

VILLAGE OF MCFARLAND
Senior Outreach Services Committee Minutes

Wednesday, October 12, 2022 - 8:30 AM

1. CALL TO ORDER, ROLL CALL.

Carolyn Clow called the meeting of the McFarland Village Senior Outreach Services Committee to order at 8:31 a.m. in the Community Room of the McFarland Municipal Center and via zoom.

Members present: Carolyn Clow, Colleen McCormick, Barb Vander Werff, Jerry Adrian

Members not present: Michael Flaherty, Diane Mikelbank, Leilani Amundson

Staff Present: Matt Schuenke, Lori Andersen, Dawn Wallace

2. PUBLIC APPEARANCES.

There were no public appearances.

- a. *This is an opportunity for members of the public to address the Senior Outreach Services Committee. Please remember this is a virtual meeting conducted through the Zoom online meeting platform. Zoom meeting attendees wishing to address the Committee may do so using the Question and Answer feature within the Zoom online meeting platform. You may state your name, address, and provide your comments to the Committee for their consideration. Members of the public who are present in person and wish to address the Committee should fill out a public comment form and turn into the meeting chairperson. Members of the public may speak during public appearances or during their selected agenda item as they designate on the public comment form. Please adhere to the 3-minute time limit. Additionally, you may send your public comments to senior.outreach@mcfarland.wi.us to be included as part of the meeting.*

3. APPROVAL OF MINUTES.

- a. *Motion to approve the minutes of the June 15, 2022 meeting.*

Motion by Carolyn Clow, second by Jerry Adrian, to approve the minutes of the June 15, 2022 meeting. Motion carries 4 - 0 - 0 by acclamation.

4. BUSINESS.

- a. *Review recent data from Community Center Consultant*

Matt Schuenke reviewed the Project Updates from the consultant.

1. He reviewed the Engagement Log which breaks down the groups the consultants have met with along with online survey results.

They found that several consistent themes came up across the age groups (flex space, meeting rooms, community kitchen, event space and a gym).

2. The next phase in planning includes design principles, operational structure, phasing/timing and cost estimates. Matt Schuenke estimates that 2/3 of the current building will be opened up. Construction should begin in 2024.

- b. *Directors update*

Lori Andersen provided an update regarding Senior Outreach. The budget was presented to the Village Board on October 11th with minimal questions. She noted that we will

have a new food contractor in 2023 and there is a possibility that some supplies won't be included as they are currently so there is extra included in the budget for that. Because of changes to management at the Dane County level we are not sure how the budget will be determined for case management yet (it may be "per unit"). McFarland Senior Outreach provided 1100 units this year which has stayed steady (it has been approximately 550 units in past years). That number of units is the maximum that be can accommodated with the current staffing. The trend has been more "crisis" situations which involve short bursts of large amounts of time (rather than steady involvement over time). This fact led to the idea of a new caregiver series offered by Senior Outreach and the library in an effort to reach potential clients earlier in the process. The quarterly report includes information regarding transportation needs, meals, loan closet and programs that were offered. New brochures have been printed for McFarland Senior Outreach services and for the Endowment.

5. SCHEDULE NEXT MEETING DATE.

a. Wednesday, December 21, 2022 at 8:30 am.

6. ADJOURNMENT.

Motion by Village President Carolyn Clow, second by Member Colleen McCormick, to adjourn at 9:35 a.m.

Pursuant to law, written notice of this meeting was given to the public and posted on the public bulletin boards in accordance with Open Meetings Law.

Respectfully submitted,
Dawn Wallace
Nutrition Manager

**VILLAGE OF
McFarland
SUMMARY SHEET**

MEETING DATE: Wednesday, February 15, 2023

SECTION: Business

DEPARTMENT: Outreach

CONTACT:

AGENDA ITEM: Update on change in meal vendors

PREVIOUS ACTION:

ISSUE SUMMARY:

FINANCIAL/BUDGET IMPACT:

VILLAGE PLAN REFERENCE:

ORDINANCE REFERENCE:

BOARD, COMMISSION OR COMMITTEE RECOMMENDATION:

ATTACHMENTS:

None

2022 Senior Outreach Annual Report

Case Management

Units of service/hours

<i>McFarland</i>	<i>660.75</i>
<i>Town of Dunn</i>	<i>192.25</i>
<i>Village of Cambridge</i>	<i>28.5</i>
<i>Pleasant Springs</i>	<i>122</i>
<i>Rockdale</i>	<i>.25</i>
<i>Town of Christiana</i>	<i>0.0</i>

Total annual units of service 1003.75 (contracted for 653 units from Dane County) Exceeded that by 54%

Opened 86 clients.

Closed 35 clients.

Average monthly census of 205 clients

Medicare D annual enrollments -Nov 15th -Dec 7th 17 days 2.82 appts per day

48 appointments resulting in cumulative savings of \$141,336

Client situations continue to be more complex. There is a strong need for financial help as indicated by clients, especially in the area of housing. There is little to no available housing that is affordable, despite recent builds in our community. Most clients that we see and are in need of assistance, fall well below the financial guidelines for Sec 42 housing rates. Most would qualify for Section 8 if it was available as a voucher or more housing units were open. So, since there is a moratorium on Sect 8 housing vouchers and buildings, most of them are in an unstable housing situation. We can help with other programs to help offset the expense of rent but there is little to no programs to offset rent directly.

We continue to work with clients in varied situations and level of need. Caregivers continue to comprise many who we see and work with. Clients come to us from a variety of sources but most are self referrals.

Dementia and mental health needs were quite prevalent this year. We collaborated with the Mental Health Resource Team on developing a treatment plan. Whether they received help with medications, therapy, or clarified their medical needs, we felt that every client that agreed to a referral experienced an improvement in their quality of life. We referred 6 clients and did 4 consults on clients not referred. This was the first year of the contract for that program. The Mental Health Team has estimated 50 hours per referral. So they provided in excess of 300 hours of service to our clients.

We continue to work with the Are you ok program with the Officer Sydney, recently assigned.

And we work with our EMS Staff with shared clients to more effectively utilize their emergency services.

We also work with the Dane County sheriff department in the outlying areas for shared clients of concern. Several referrals resulted in Elder Abuse or Mental health referrals. A few involved legal outcomes.

Nutrition

McFarland

Home Delivered 10841 meals average 45 participants /5 days a week.

Meal Site 1006 meals average 7 participants/ 3 days a week.

Cambridge

Drive Up only 2027 meals served.

Total for both sites 13,874 meals served.

When a client is not home for a scheduled meal we follow up on a daily basis until we know that they are safe, by reaching out to them again, or a family member/ friend or by requesting a welfare check by law enforcement before the end of each day.

Transportation RSVP MEDICAL RIDES BY volunteers

Total rides in 2022: 335

McFarland residents- 265 rides

Dunn residents- 42 rides

Pleasant Springs- 28 rides

Unique clients in 2022: 31

McFarland -22

Dunn Residents-5

Pleasant Springs residents- 4

Total number of volunteer drivers: 13

Average number of rides/month-28 rides

Average number of rides per driver- 26 rides

Average number of rides per client-11 rides

Dane County Transportation contracted by Transit Solutions Inc. to shop locally intown and out of town shopping remains very underutilized. No one currently uses the service to come to the senior lunch either.

Foot Clinic

We have continued with two choices for foot services. Artistic Salon is offering a reduced rate service with the Senior Endowment paying for nail kits.

Stoughton Hospital also provides foot clinics at their Highway B location on set dates. Neither serve diabetic clients.

Loan Closet

Approximately 123 unique individuals utilized the loan closet.
178 items lent/approximately 165 items returned.

For a Total of 343 items that needed to be stored, removed, cleaned, checked and recorded for avg of more than one each workday.

Social Recreations/Wellness

24 Senior Outreach events for a total attendance of approx. 888 people (SEE LIST)

In addition-

Strong Bodies -M/W group had 159 enrollees this year.

Strong Bodies-T/TH smaller attendance. No estimated number

Tai Chi- 90 participants

Mah Jong-18 players weekly

Yoga -70 enrollees

RSVP Sewing/Threads of Resilience -meets regularly to sew items for RSVP including busy lap quilts for clients with Dementia, patient dolls for doctors to use with surgical and abused pediatric patients along with other projects.

They were the receptacle for the Threads of Resilience community project which produced 15 afghans during the pandemic After being displayed at the library they were distributed to community members who had lost loved ones (any age) throughout the year. So far all but 4 have been distributed. Those that received them were very touched by the remembrance.

(See the attached flyer that accompanied them.)

Endowment

Grants to cover items included gas, food cards, car repairs, insurance payments, air conditioner, cab voucher, pet care, medications, personal care provided to 10 individuals for a total of 2115.57.

We continue to work in conjunction with other area assistance such as the food pantry and Dan Chin Foundation to make sure clients' needs aren't duplicated and smaller needs are met as well. Many times, we are serving the same people /families, often multigenerational.

Department Volunteers

McFarland Meal Drivers approximately- 7500 hours

McFarland kitchen help- 300 hours

Cambridge kitchen help- 160 hours

Miscellaneous- 25 hours

7985 hours x \$15 estimated hourly wage = volunteered \$119,775 manpower

We held a volunteer appreciation lunch in which we had three speakers present on scams, CPR AND SAFETY. They also were presented with a small token gift. During the holiday we also gave each of our volunteers a small present.

Outreach

Most notable we have now developed a display board that we are able to set up at events. We shared space with the police department at the Community festival for the entire festival handing out newsletters, brochures, and files of life.

We also now have a department power point explaining our services.

<https://mcfarland.wi.us/DocumentCenter/View/2443/Senior-Outreach-Power-Point> It was used during a presentation we did to kick off our Caregiver series. Our caregiver series was 4 evening presentation from guest speakers covering a range of topics.

Our nutrition manager became certified and led a class on Stand up and Move, an evidenced based 7-week class to incorporate movement into our everyday lives. It is not an exercise class.

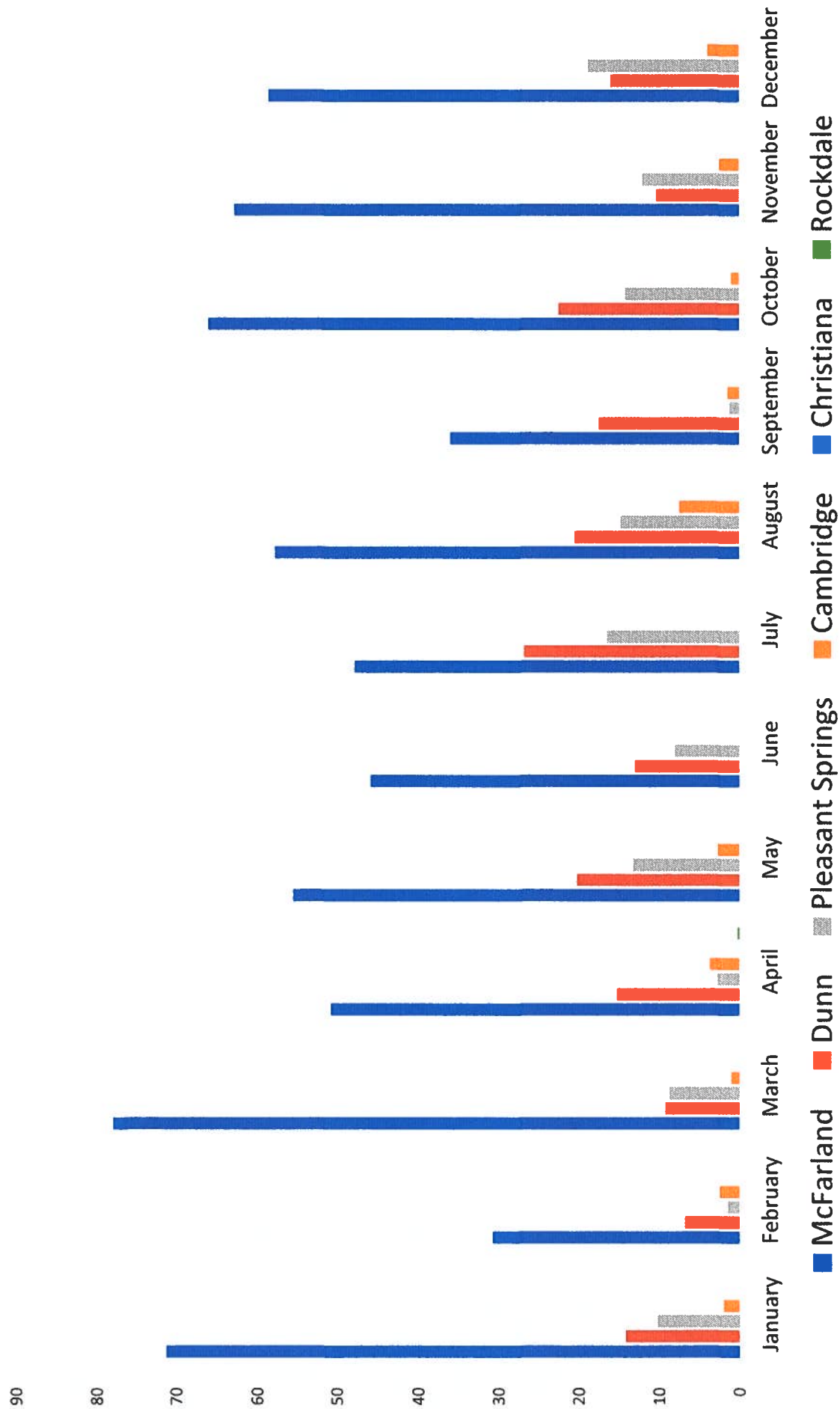
We had 8 participants for that class.

Respectfully submitted,



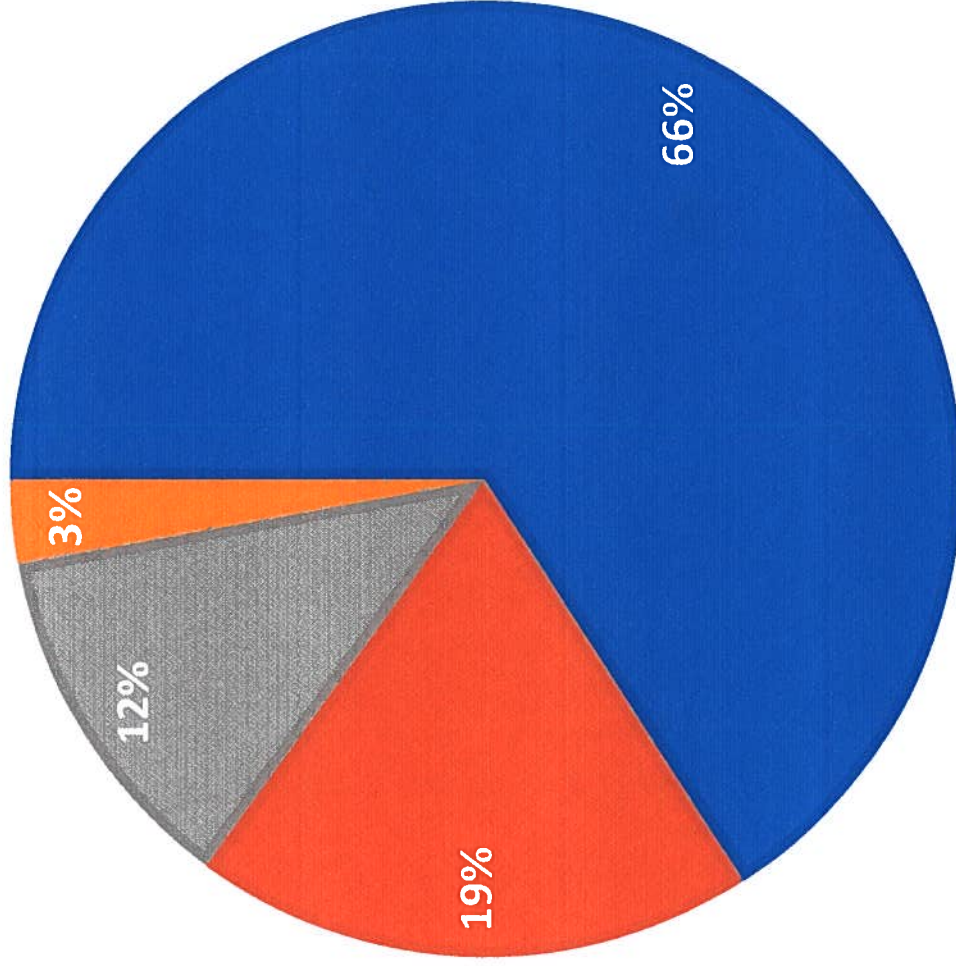
Lori Andersen, Director

2022 Case Management Hours by Municipality



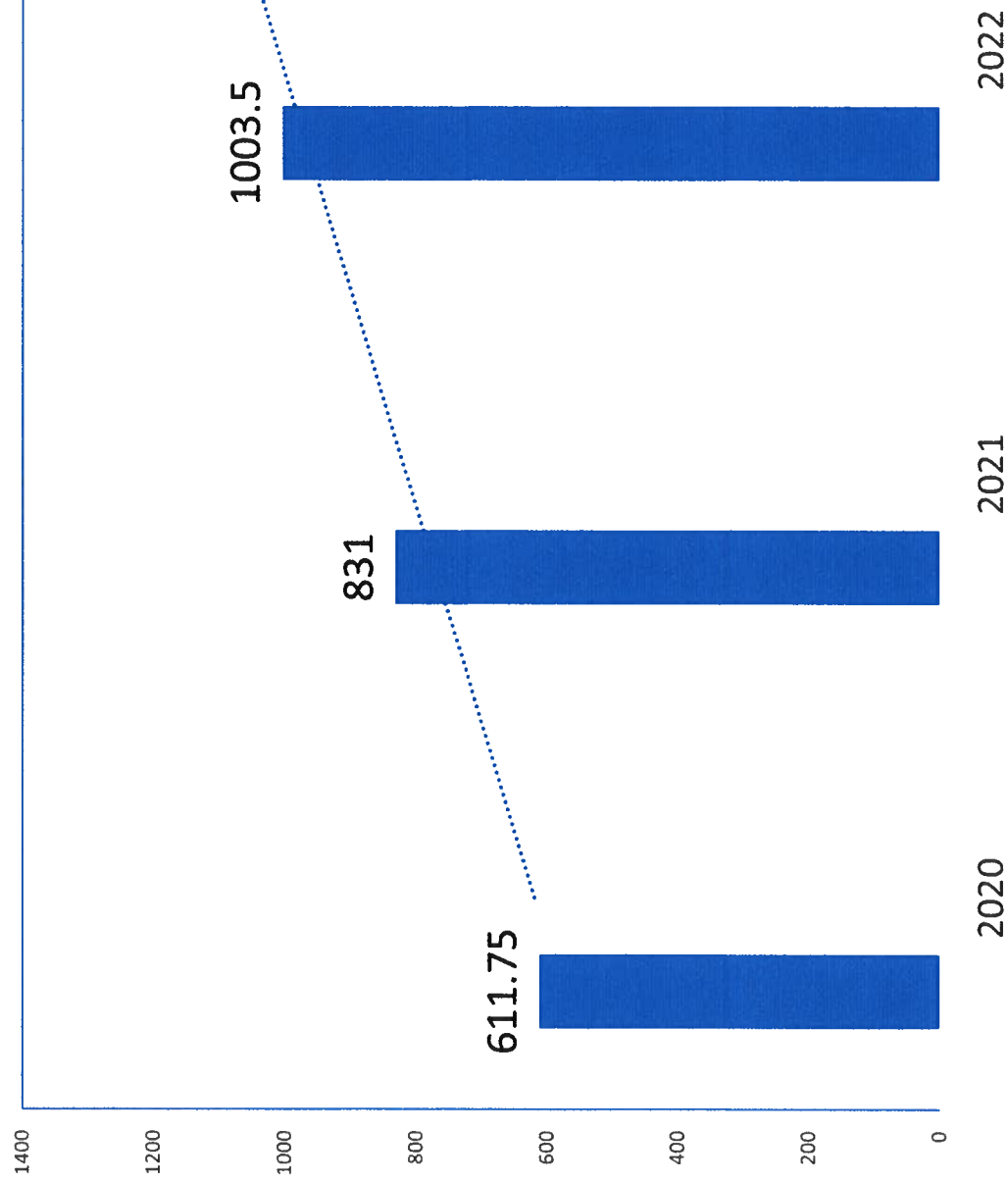
CM HOURS BY MUNICIPALITY 2022

■ McFarland ■ Dunn ■ Pleasant Springs ■ Cambridge



*Rockdale and Christiana received less than 1%

Total Case Management Hours 2020-2022



2021-2022: 21% Increase

2020-2022: 64% Increase



Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

**McFarland Senior Outreach
McFarland Municipal Center
Community Room
5915 Milwaukee Street**

****REVISED****

**Thursdays from 1:30 – 3:00 pm
September 15th
September 29TH
October 6th
October 13th
November 10th**

**Class size is limited to 12 and
the class is FREE!**

**Call Dawn Wallace at 608-838-7117
for more information and to register
for the program.**

How much is too much time sitting during the day? Find out and learn strategies to help you...

Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting. Research shows that too much sitting is bad for your health.

The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.

Join a Stand Up and Move More class to learn:

- ♦ The consequences of too much sitting time and the benefits of more standing time
- ♦ Strategies for incorporating more standing time into your day
- ♦ To set achievable goals and address problems or barriers

- Are you over age 55?
- Do you sit for 6 or more hours per day?
- Can you stand on your own?

If you answered yes to these questions, you are eligible for this class!

**STAND UP
MOVE MORE**

wiha
Wisconsin Institute
for Healthy Aging

wihealthyaging.org/standup

Senior Caregiving: Where Do I Begin?



A series of **FREE** informational presentations to improve caregiving knowledge so you can better assist and advocate for your loved ones.

September 20th

Resources for an Aging Parent



September 29th

Navigating Legal Decisions

October 27th

The ABC's of Senior Housing

November 17th

Hospice & Palliative Care Services



- 6 p.m. to 7:30 p.m.
- E.D. Locke Public Library
5910 Milwaukee Street, McFarland
- Register for single sessions or the entire series
- To register, call 608-838-7117



McFarland Senior Outreach Services

5915 Milwaukee St.

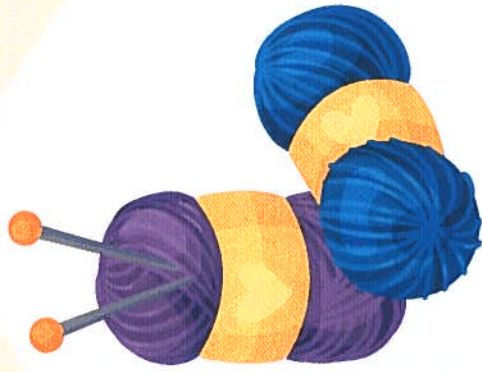
P.O. Box 110

McFarland, WI 53558

608-838-7117

senior.outreach@mcfarland.wi.us

mcfarland.wi.us/senioroutreach



"Knit on with
confidence and hope
through all crises."

- Elizabeth Zimmermann,

'Knitting Without Tears'.

McFarland
VILLAGE OF
Senior Outreach

Threads of Resilience

May 2022

McFarland Senior Outreach
& E.D. Locke Public Library



AGE MY WAY: MAY 2022

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

<https://acl.gov/oam>

Casting On

The Threads of Resilience community craft project was devised in 2020 to engage older adults in the creation of collective art during a time of fear and isolation. Volunteers contributed crochet or knit blanket squares that were then carefully pieced together to create vibrant symbols of our community's strength and resilience in the face of adversity.



Older American's Month

For the Month of May, in conjunction with Older Americans Month, images of the completed blankets will be displayed at E.D. Locke Public Library. We honor and celebrate the artistry, skill, and generosity of all of the older adults in our community who contributed to this project.

Comfort and Hope

After the exhibition closes at the end of May, some blankets will remain on permanent display as community art at the McFarland Municipal Center for all to enjoy for years to come. The remaining blankets will be donated to local organizations to provide warmth and comfort to older adults in need.



Thank You

This was truly a community effort. Volunteers donated hundreds of squares to create 15 blankets. Blanket squares lovingly created by community volunteers including:

Ann Brink

Mary Curtin

Jean Duchrow

Sheri Gehrke

Sandra Gerick

Pam Gerstl

Carolyn Grede

Sharon Joswiak

Georgia Kinder

Linda Lund

Beth Mack

Mary Miller

Susan Olsen

Sheryl Rowe

Mary Rux

Karen Snowberg

Nancy Vidlak

...and more who wish to remain anonymous.

"I love the things that
handmade items. They still
have the person's mark on
them, and when you hold
them, you feel less alone."
- Aimee Bender,
The Color Master: Stories.

2022 EVENTS

Event	Date	Time	Location	Speaker/Guest	Number of Participants
Coffee Hour	3/9/2022	9:00-10:00 am	Community Room		Approx. 20-25
Lunch & Learn	3/11/2022	11:45-1:15pm	Community Room	Shannon Gabriel	25
Pi Day	3/14/2022	2-3:00 pm	Lobby/Comm Room		96
Coffee Hour	3/23/2022	9:00-10:00 am	Community Room		Approx. 20-25
Volunteer App	4/14/2022	10-2:00 pm	William McFarland Soccer Park Shelter	Joel/Mitch/Amy Scarr	Approx. 30-35
Coffee Hour	5/4/2022	9:00-10:00 am	Training Room		Approx. 20-25
Mother's Day	5/11/2022	1:00-2:30pm	Lewis Park Shelter	Amy Crull (meditation/yoga)	24
Coffee Hour	6/8/2022	9:00-10:00 am	Lewis Park Shelter		Approx. 20-25
Additional Coffee Hour	6/22/2022	9:00-10:00 am	Community Room	Building Consultants	Approx. 30-35
Lunch & Learn	6/10/2022	11:45-1:15pm	Community Room	Amy Scarr	25
Father's Day	6/22/2022	1:00-2:30 pm	Lewis Park Shelter	Golf Instructor?	Canceled
Coffee Hour	7/13/2022	9:00-10:00 am	Lewis Park Shelter		Approx. 20-25
RB Floats	7/27/2022		Lewis Park Shelter		Approx. 40
Coffee Hour	8/10/2022	9:00-10:00 am	Lewis Park Shelter		Approx. 20-25
Picnic	9/9/2022		William McFarland Soccer Park Shelter	Bahama Bob	125
Coffee Hour	9/14/2022	9:00-10:00 am	Community Room		Approx. 20-25
Stand Up & Move More	9/15-11/17	1:30-3:00	Community Room		8
Lunch & Learn	9/30/2022	11:45-1:15pm	Community Room	MHRC	20
Caregiver Series	Fall		Library	Staff, A Place for Mom, Agrace, Attorney	100
Coffee Hour	10/19/2022	9:00-10:00 am	Community Room		Approx. 20-25
Halloween Lunch	10/31/2022	11:45-1:15pm	Community Room		20

Medicare Seminar	11/12/2022	9-11:30	Training Room		Approx. 40
Coffee Hour	11/16/2022	9:00-10:00 am	Community Room		Approx. 20-25
Holiday Lunch	12/14/2022	11:45-1:15pm	Community Room	Hwy 51	40

**VILLAGE OF
McFarland
SUMMARY SHEET**

MEETING DATE: Wednesday, February 15, 2023

SECTION: Business

DEPARTMENT: Outreach

CONTACT:

AGENDA ITEM: Upcoming year events

PREVIOUS ACTION:

ISSUE SUMMARY:

FINANCIAL/BUDGET IMPACT:

VILLAGE PLAN REFERENCE:

ORDINANCE REFERENCE:

BOARD, COMMISSION OR COMMITTEE RECOMMENDATION:

ATTACHMENTS:

None

**VILLAGE OF
McFarland
SUMMARY SHEET**

MEETING DATE: Wednesday, February 15, 2023

SECTION: Business

DEPARTMENT: Outreach

CONTACT:

AGENDA ITEM: Update on community center planning

PREVIOUS ACTION:

ISSUE SUMMARY:

FINANCIAL/BUDGET IMPACT:

VILLAGE PLAN REFERENCE:

ORDINANCE REFERENCE:

BOARD, COMMISSION OR COMMITTEE RECOMMENDATION:

ATTACHMENTS:

None