

Wednesday, February 21, 2024

8:30 AM

McFarland Municipal Center
5915 Milwaukee St, McFarland
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 December 20, 2023 meeting.
4. BUSINESS.
 - a. Update on Community Center process
 - b. Discussion and update of Senior Outreach strategic planning
5. SCHEDULE NEXT MEETING DATE.
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, December 20, 2023 - 8:30 AM

1. CALL TO ORDER, ROLL CALL.

Members present: Carolyn Clow, Michael Flaherty, Diane Mikelbank, Colleen McCormick, Barb Vander Werff, Jerry Adrian, Lowell Prill

Members not present:

Staff Present: Lori Andersen, Matt Schuenke, Dawn Wallace

Carolyn Clow called the meeting of the McFarland Senior Outreach Services to order at 8:34 am in Conference Room A of the McFarland Municipal Center.

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. 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.

Motion by Member Jerry Adrian, second by Member Diane Mikelbank, to approve minutes dated 10/25/23. Motion carries 7 - 0 - 0 by acclamation.

- a. *Motion to approve the minutes of the October 25, 2023 meeting.*

4. BUSINESS.

- a. *Annual contract with Dane County*

The contract with Dane County has been signed and returned. It includes an increase for Case Management services.

- b. *Endowment committee update*

Lori Andersen noted that the Endowment Committee will be tracking categories of expenditures in 2024. Currently, there is \$4,800 available for grants. They may also do a fundraiser in May to tie in to Older Americans Month. The committee was increased from 4 to 7 members (with 1 position yet to fill).

- c. *Volunteer handbook draft*

Lori Andersen presented a draft version of a volunteer handbook being created for Village volunteers. More specific information may be added for roles such as meal delivery driver, kitchen volunteer, etc. An application may be included for general Village volunteer opportunities (RSVP coordinates the paperwork for meal drivers, medical appointment drivers and kitchen volunteers).

- d. *Directors report*

Lori Andersen presented a draft of the 4th Quarter Director's Report. Dane County will be providing numbers related to Medicare Part D savings to clients. All Senior Outreach

events in 2023 met or exceeded the anticipated number of participants. Lori shared several client cases in which Senior Outreach worked with the Police Department. It was suggested by the group that efforts be made to retain the connection between Senior Outreach and the PD with them having moved to the new building (i.e. inviting them to events or asking them to help out, have new officers do orientation with Senior Outreach, include Senior Outreach services information in their materials, etc.).

e. Community Center update

In October the Village Board approved a 2-story building. It is anticipated that the first floor will house Senior Outreach and Senior Center, Community Center, and possibly the Youth Center. Administrative services will be on the second floor.

The Concord Group has been chosen as the Owner's Rep. The next step is hiring the architectural company (which will be finalized in January 2024).

5. SCHEDULE NEXT MEETING DATE.

The next meeting will be held Wednesday, February 21, 2024 at 8:30 am.

6. ADJOURNMENT.

Motion by Member Colleen McCormick, second by Village Trustee Michael Flaherty, to adjourn at 9:40 am.

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

Respectfully submitted,
Dawn Wallace
Nutrition Manager

McFarland
SUMMARY SHEET

MEETING DATE: Wednesday, February 21, 2024

SECTION: Business

DEPARTMENT: Outreach

CONTACT:

AGENDA ITEM: Update on Community Center process

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 21, 2024

SECTION: Business

DEPARTMENT: Outreach

CONTACT:

AGENDA ITEM: Discussion and update of Senior Outreach strategic planning

PREVIOUS ACTION:

ISSUE SUMMARY:

FINANCIAL/BUDGET IMPACT:

VILLAGE PLAN REFERENCE:

ORDINANCE REFERENCE:

BOARD, COMMISSION OR COMMITTEE RECOMMENDATION:

ATTACHMENTS:

1. Complete planning document draft (2) (2)

Senior Outreach/Community Center Planning

We all have seen statistics which indicate the rising Senior population. Dane County and McFarland are also seeing growth not only in the general population but seniors as well. The latest group of seniors bring some newer issues to the forefront, along with some ongoing concerns.

Some of the trends that are being seen-

Aging Orphan Seniors who have no significant other or children involved in their lives

Distinction between younger old, middle old and oldest old -Seniors now represent a wide range of ages from 60's to over 100. This also represents a range in interests and functional abilities and needs.

Health consciousness- desire for education classes and self-advocacy has given rise to evidenced based education, variety of physical fitness classes and change in diet

Aging in Place-more seniors remaining at home

Personal choice- aging population is used to many options and freedom in choosing supports just as options become more limited in certain categories

Disparity in financial status

Ongoing concerns that will need to be addressed by governmental and social service agencies include -

Housing types and affordability

Transportation options

Economic stability and cost of living

Programs to address a variety of functional changes including physical and cognitive abilities

Health related coaching and support

Rising dementia and mental health support and programs

Substitute care givers for services that historically have been filled by family members, including help with Activities of Daily Living and Independent Living skills, home maintenance, and informal and legal decision making

So, planning for this cohort will require innovative community based social service programs, prioritizing caregiving role and supports, evidenced based health teaching, increased opportunities for decision making when possible, and innovative housing options.

In addition, developing a sense of community, embracing diversity /cultural/ functional abilities to enrich the group, and the values of sustainability and green living will be important factors for this group as well in aging.

A vibrant community space to accommodate these needs must be welcoming and comfortable, provide adaptable and accessible space, and must promote sustainability and inclusivity.

Population trends for McFarland

Based on projections from the McFarland Community Development department, growth is estimated in three ranges- high, mid, low. For our purposes we looked at mid-range growth projections.

From the American Community Survey (ACS) it is estimated that the medium population estimate for McFarland in 2040 will be 12,847

The overall population is expected to grow by 3984.

2020-2025	862
2025-30	946
2030-35	1038
2035-40	1138

Our area has around 22 % seniors. At 22% that adds 876 seniors.

The number of clients we are requested to serve through our Dane County contract reflects 3.5% of the senior population in *all* our service area, which is currently estimated at 5121 seniors or 179 clients.

An increase in 876 McFarland seniors would be an increase in **31 clients**.

Population trends for Senior Outreach Service Area

Dane County estimates a 15 % overall increase in senior population. Our supervisory district had a 22.4-25 % population over age 60 as reported in the Dane County Aging plan

Most of the townships in our contracted service area are concerned about their aging populations, as stated in their strategic long-range plans. None mentioned McFarland Senior Outreach specifically.

Based on their published strategic plans-

Cambridge currently has 351 seniors with a 6.8% annual growth for 2019. And a 32 % growth since 2000.

Christiana has seen a decrease in the number of seniors

Town of Dunn There were 25% over 60 in 2010 with an estimated decline of the overall population by 5.6 % by 2035. Yet the median age increases by 6.5 years

Rockdale no information

Pleasant Springs average age of its population is increasing. Estimate overall population increase is 8.6% by the year 2035.

Clients from the outlying areas have typically made up around 40% of our reported case management units. However, based on expected growth patterns it appears as Cambridge could add 13 clients, Pleasant Springs 7 new clients and the rest remaining the same or declining for a total of 20 new clients, by the year 2037. Please keep in mind this a narrowly focused group of individuals based on contract criteria. This does not include responsibilities, expectations or services towards clients that do not meet the reportable criteria.

Overall impact on Case management needs/staffing

An increase of 51 clients (31 McFarland and 20 outlying areas) represents a 60/40 split.

Currently we spend an average of 4 hours per client a month. An increase of 51 clients would raise the case management hours by 17 hours a month or 204 hours a year for an overall increase of 30%.

Appendix- McFarland Population projections (McFarland Community Development based on American Community Survey data)

McFarland population by Age group – McFarland Strategic Plan

Historic Population trends 1980-2010 Town of Dunn strategic plan

Fulltime employees by Department/Function Village of McFarland Strategic plan

Case management

The primary purpose of the department is to provide Case management and Outreach to seniors in a specific geographical area which is defined as the Village of McFarland, Cambridge, Town of Dunn, Pleasant Springs, Village of Rockdale and the Town of Christiana. We currently employ two case managers who are full time to perform these duties along with some limited volunteer management duties for the Village as a whole.

The case management we provide involves linkages to services through face to face and phone contacts with clients, families and collaterals. Outreach may include events or short-term services such as our loan closet, transportation and some limited educational and recreational programs. We are hoping the village can expand these offerings to include more things as a community center model develops. We already work in collaboration with the local library and the Fire/EMS and Police Departments on joint programs/events. We provide close to 700 hours of case management services to over 155 clients annually. This represents at least a 40% increase over the past 6 years.

We provide a loan closet for medical equipment also.

STAFFING FOR CASE MANAGEMENT STAFF ONLY

We are looking to expand staffing to accommodate a growing need over the next 5-7 years.

Total staff would be-4.5 FTE. Director 1.0 /Case manager lead 1.0 /Case manager 1.0 /Social Worker (Shared with First responders) 1.0

Administrative assistant .5

SPACE

Designated- Secure Offices (6), Volunteer offices, medical consultation area, 1 conference rooms(private), storage for loan closet x4, supply area.

Resource area for written information/brochures/self-help tablets/computers

Equipment sanitizing area near offices and loan closet storage.

Shared space- classroom and mixed-use area, gathering place, conference room.

Display for posting events electronically inside building.

Accessible building/bathrooms

Main entrance with covered drive up.

Access to emergency response system

COST

Personnel, offices, phones, computers, internet, training, expenses, licensing

Nutrition program

We are a Dane County contracted meal site and home delivery meal program. This is considered an essential service. Over the past two years our home delivery program more than doubled. We realize that in part it was due to food insecurity with COVID, and since we added delivery territory based on our county contract. Even prior to the closure of the meal sites due to the pandemic, our meal site was marginally attended. It has become obvious that in order to make this service appealing to the new generation of seniors, there needs to be change incorporated. Dane county is looking at alternative menus, places etc. We as a provider need to look at our environment, among other things. The setting must be less sterile and more homelike yet be easy to maintain and clean. Our kitchen space must accommodate several people rather than just one manager, and we must have options as far as securing our equipment. Flexibility of space is necessary too as we want to look at private pay or restaurant catered options as well may. (We oversee a meal site in Cambridge, but the Nutrition Coordinator is not based here)

MCFARLAND BASED NUTRITION STAFF

Total of 1.0 FTE and substitute/additional staff for an estimated 80 hours annually.

Nutrition Manager .5 increased to 1.0. (see duties under volunteer management)

Substitute certified kitchen manager as needed.

Paid Event assistants- 2 as needed (Set a maximum of hours a year)

Kitchen volunteers 5 per week in kitchen

Meal on Wheel volunteers 5 per day or 20 volunteers a week

Event coordinator and oversight on off hours (as determined for community center)

SPACE

Commercial kitchen design/commercial appliances/ and license

Covered doorway for food delivery and weather-controlled access into kitchen

Lighting and video options

Outdoor area

Designated- Lockable storage area for equipment and supplies/decor. Laundry area.

Separate refrigerators/double microwaves/wall ovens/double dishwashers and stove top for classes

Semi designated-Dining area to comfortably sit 150 people including those with special needs or equipment/easy to be rearranged/storage area for tables and chairs /sound/video /lighting options.

Indoor lounge area with separate food/kitchen area. Could have salad bar or breakfast area, maybe a food cart model for short term rentals.

Space for volunteers near the kitchen (optional)

Nutrition continued

COST

Appliances and Equipment supplies on a regular basis, personnel, training and licensing, Computer, cell phone, emergency responder, increased janitorial. Laundry area for table linens and towels.

Appendix-2020 McFarland monthly meal statistics

Health and Wellness

As of now Senior Outreach provides access to some health and wellness programs that are part of the aging network services. The desire by attendees and other seniors is to expand this area of programming. It is one area that is largely unmet from the other community providers such as the library and school recreation program.

Some suggestions are massage, meditation and mindfulness, brain health activities, balance screening, Nutrition counseling, cooking class, weight management, Evidenced based exercise classes such as Strong Women, Yoga and Tai Chi etc. Evidenced based classes such as Mind over Matter, Living well with Chronic Conditions, Walk with Ease, Stepping on, Caregiver Tools, etc.

STAFF

Health Wellness Coordinator .05 FTE

Contracted evidenced based instructors

SPACE

Classroom 50 ppl, exercise room 50 ppl, set up for recording and broadcasting,

Designated- Private area for confidentiality - "treatment room" for blood pressure, weigh ins, foot care, diabetic monitoring, with access to bathroom and waiting area. Soundproof. Video conferencing set up.

Designated -Storage for instructors, not participants

COST

Certification for instructors (Currently the Senior Outreach Director, a case manager and one EMS staff are certified to teach three separate evidenced based classes)

Equipment for individual classes-books, posters, white board, internet access, power point, sound system easily used by "guest" instructors, video conferencing capabilities, sound proofing. Payment structure for contracted instructors

Planning and scheduling software and staff, oversight, Liability, contract development, small refrigerator along with water bottle fill up, storage of equipment for classes. We **do not** recommend a storage area for personal equipment and supplies by *participants* due to limitations on space, liability and oversight.

Health and wellness continued

Appendix-Aerobic exercise for Men (Administration for Community Living)

Aerobic exercise for Women (Administration for Community Living)

Preventing Falls, Managing Chronic Conditions 1 and 2, Supporting Family Caregivers,

Encouraging physical activity (Excerpts from Wisconsin Institute of Healthy Aging annual report 2018-2019)

Recreational programming

This is a service that is mainly addressed through some long-standing independent groups that utilize our space, and through programming in the library. Suggested interests include photography, painting, writing, arts and crafts, games such as backgammon, checkers, chess, cribbage.

Current available is cards (very limited basis) and mah Jong.

Special events held several times a year such as Senior picnic, Mardi gras, Pie day, Luau, BBQ, Earth day, Christmas, Thanksgiving, St Pats, coffee with cops, Volunteer appreciation.

Cultural places/trips, indoor and outdoor gardening, play or performances, sporting events, community events, festival /fairs, historical sights.

Outdoor physical exercise such as biking, hiking, walking, kayaking, pickleball, tennis, bocce, horseshoes, bowling

STAFF

Recreation Coordinator .05 FTE

Instructors or leaders of groups and activities and trips -paid or unpaid. Chaperones.

People to take down room or set up room for activity.

Event assistants (see under Nutrition)

Volunteer management

Janitorial

SPACE

Open area with tables/chairs, easy clean floor to accommodate 25-50 ppl.

Outdoor recreation/seating

Designated- Secure craft area 4-8 tables

Craft and equipment storage

COST

Staff for oversight/coordination, Instructors, games and supplies, project costs, up-front costs for reservations made, transportation, supplies purchased, tickets bought, entertainment hired, décor.

Scholarships for those who cannot afford private pay events/trips.

Volunteer management

Current staff

Beginning in 2017 volunteer management was placed in the Senior Outreach Department by transferring funds from the village board budget to Senior Outreach to add 2.5 hours/weekly avg to an existing part time position. Since that time there have been three case managers in that role. The current person in that role joined the department in 2019. Her skill set has demonstrated the value of that role in several different capacities. Since demonstration of the wide range of events she has impacted, it impacts feasibility of projects based on availability. So, if the role expands there is a need for increased hours dedicated towards volunteer management. As a result, in 2021, the hours increased from 24=40 hours with a loose division of labor designating 30 hours/weekly case management and department volunteer needs and 10 hours/weekly village wide volunteer management. Due to COVID, part of her responsibilities coordinating medical rides for seniors has been put on hold, while coordination of home delivered meal volunteers has increased.

In 2020 there were 47 volunteers recruited for the meal program alone. Scheduling, recruitment, orientation and follow-up are estimated to be 7 hours a week.

Ride coordination for the first three months of 2020 was 97 hours, or 8 hours a week.

If "normal" duties return, Senior specific volunteer coordination would consume an estimated 15 hours (8 plus 7) out of 40/week. That leaves 25 hours weekly to divide between village specific volunteer needs and case management services. The breakdown would be 15/weekly CM and 10/weekly village wide volunteer management. This does little to help the growing senior case load and outreach needed and only minimally covers the village volunteer needs.

Proposed staffing pattern-

New titled position Volunteer and Outreach Coordinator-

Village wide Volunteer coordination/Outreach 20 hours a week

Community Center volunteer 15-20 hours a week

Eliminate the Senior Outreach MOW driver coordination 7 hours a week (see below)

Eliminate the 8 hours/week medical ride coordination

Eliminate Case Management from dual position

Volunteer management continued

New duties include developing orientation packet, job descriptions, supervising, troubleshooting, developing and overseeing events, coordinating with app department and outside entities, working with Comm/Tech on promotional releases/videos/marketing

Would result in the following change-

Increase Nutrition Coordinator from 20-40 hours

22 hours Nutrition management

10 hours MOW driver coordination/scheduling/management

8 hours of outreach activities to meal site / MOW recipients/senior specific seasonal event i.e., tax, flu shots, seasonal event, special food distribution (in conjunction with food pantry if needed/farmers market vouchers, holiday meals etc.)

Back fill Case manager 40 hours a week (8-10 hours a week would then be medical ride coordination)

OR

Volunteer/ Outreach Coordinator

15 hours a week for Senior Outreach volunteer recruitment and schedules

25 hours for Village outreach and volunteers

Nutrition manager does 22/8/10 hours respectively

Still backfill Case management position

Space

Volunteer office adjacent to volunteer check in area/personal storage.

Conference room nearby

Cost

Personnel

Supplies for events offered when appropriate/ volunteer apparel and recognition

Office supplies/technology including, laptop, cell phone, software management

Liability insurance

Implement contracts with outside providers

Administration

Structure for a Community Center does not exist currently. Senior Outreach Director oversees the case management and the nutrition services that are under a Dane County contract. In addition, there are outreach, educational and limited recreational programming that is done. Director develops and implements the budget for these programs. The Director may be involved with other village duties as well. Currently, Volunteer management is under this department. All other duties such as payroll, budgeting and accounting, and human resources are handled under the Administrative office and directed by the Village Administrator and Village Clerk. Oversight is provided by an elected Village Board.

Outreach/public liaison/ opportunities/licensing and accreditations/ budget/ oversee maintenance and janitorial would be needed for Community Center in addition to current duties

Staff – See current org chart

1 FTE Director in addition to Senior Outreach Director (Sample 1)

Or

Community Outreach Director and Assistant Director (Sample 2)

After hours on call person

Administrative Assistant

Space

Offices /meeting space

Cost

Personnel

Center maintenance and repair

Office furnishing/technology

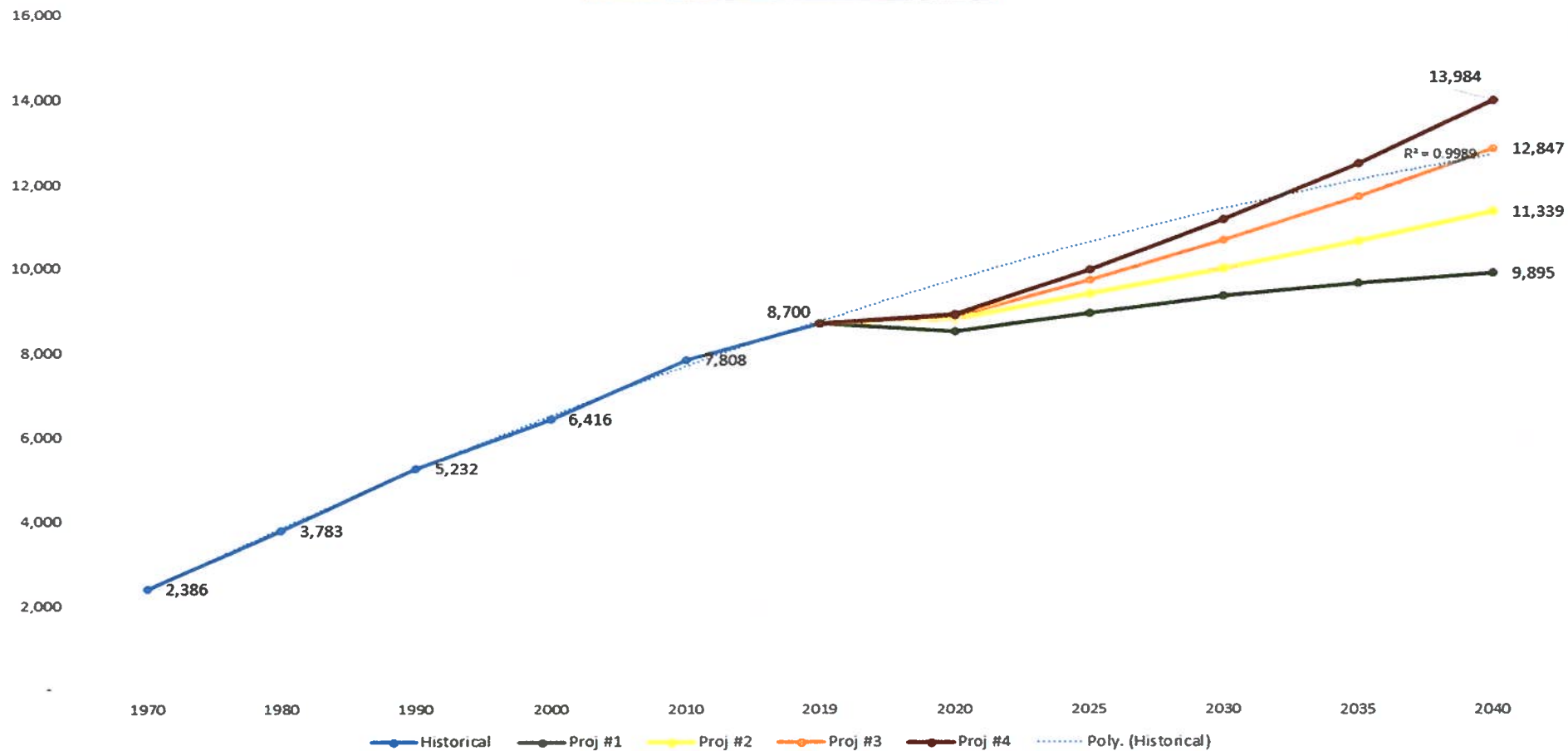
Shared administrative costs.

Appendix- Senior Outreach Organizational chart

Organizational chart sample one

Organizational chart sample two

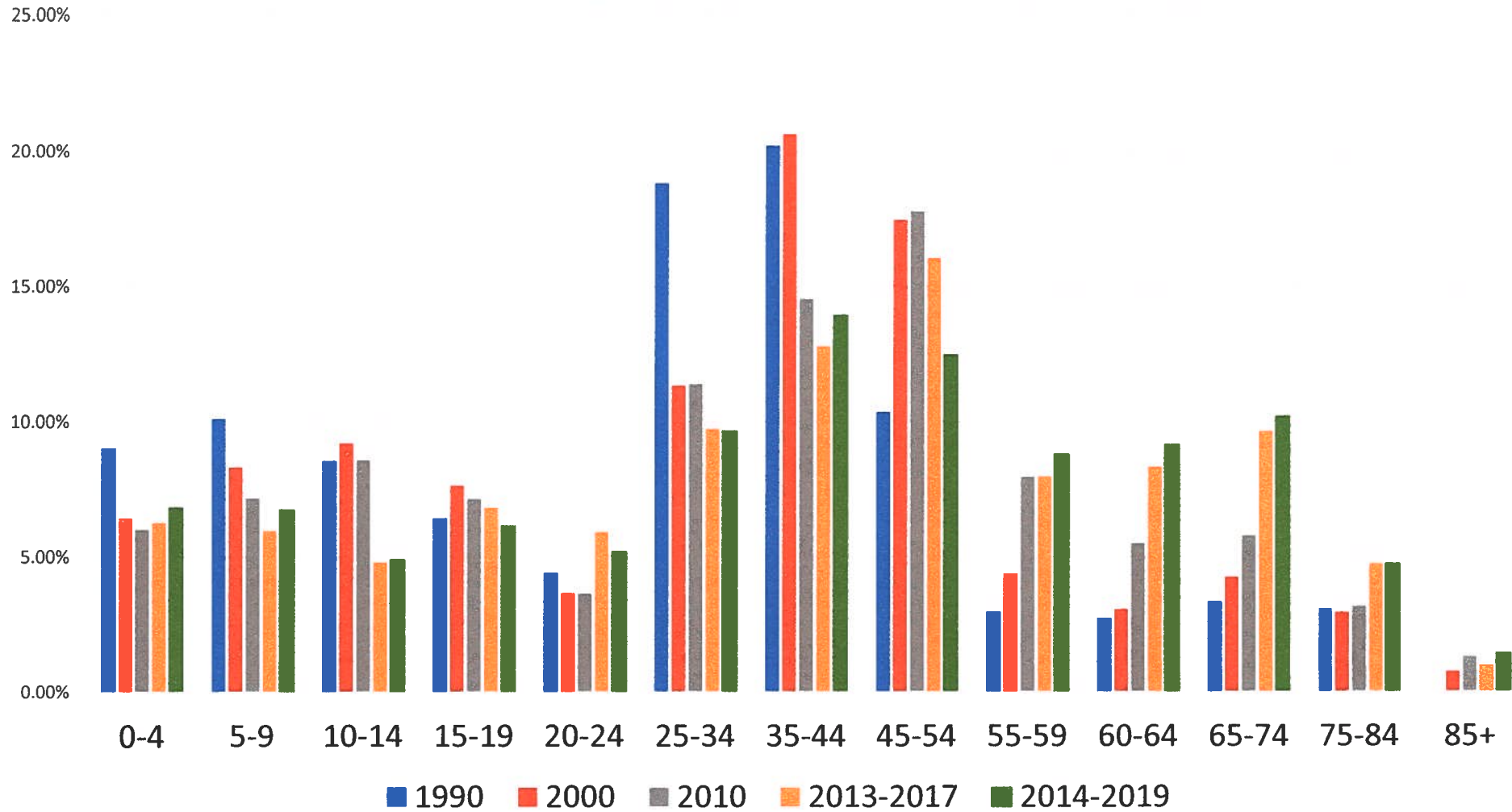
McFarland Population Projections



Population	1970	1980	1990	2000	2010	2019	2020	2025	2030	2035	2040	
McFarland	2,386	3,783	5,232	6,416	7,808	8,700						
						8,700	8,490	8,930	9,335	9,635	9,895	DOA
						8,700	8,810	9,384	9,995	10,646	11,339	Village (L)
						8,700	8,863	9,725	10,671	11,709	12,847	Village (M)
						8,700	8,899	9,963	11,155	12,490	13,984	Village (H)

Source: Village of McFarland Department of Community Development

McFarland Population by Age Group



Source: Village of McFarland Strategic Plan

Table 1.1 Historic Population Trends 1980-2010

	Census 1980	% Change	Census 1990	% Change	Census 2000	% Change	Census 2010	% Change
Dunn (T)	4,966	-	5,274	6.2	5,270	-0.1	4,931	-6.4
Oregon (T)	1,798	-	2,428	35.0	3,148	29.7	3,184	1.1
Rutland	1,393	-	1,584	13.7	1,887	19.1	1,966	4.2
Pleasant Springs	2,529	-	2,660	5.2	3,053	14.8	3,154	3.3
Dunkirk	2,098	-	2,121	1.1	2,053	-3.2	1,945	-5.3
Cottage Grove (T)	2,952	-	3,525	19.4	3,839	8.9	3,975	0.9
Oregon (V)	3,876	-	4,519	16.6	7,514	66.3	9,231	22.9
McFarland	3,783	-	5,232	38.3	6,416	22.6	7,808	21.7
Stoughton	7,589	-	8,786	15.8	12,354	40.6	12,611	2.1
Fitchburg	11,973	-	15,648	30.7	20,501	31.0	25,260	23.2

Source: US Census & Town of Dunn Comprehensive Plan 1.6

Village of McFarland

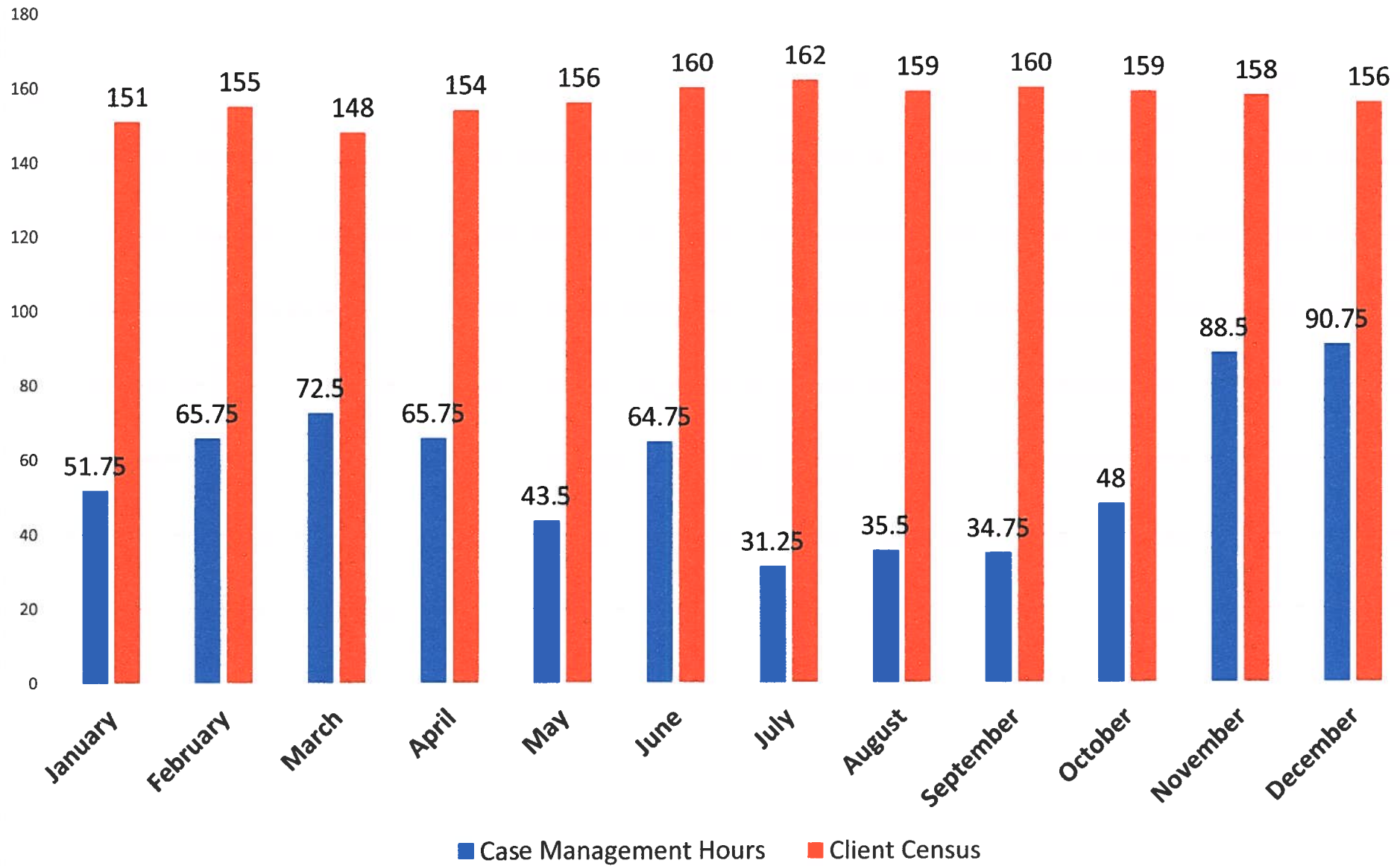
Fulltime Employees by Department/Function

2014-2018

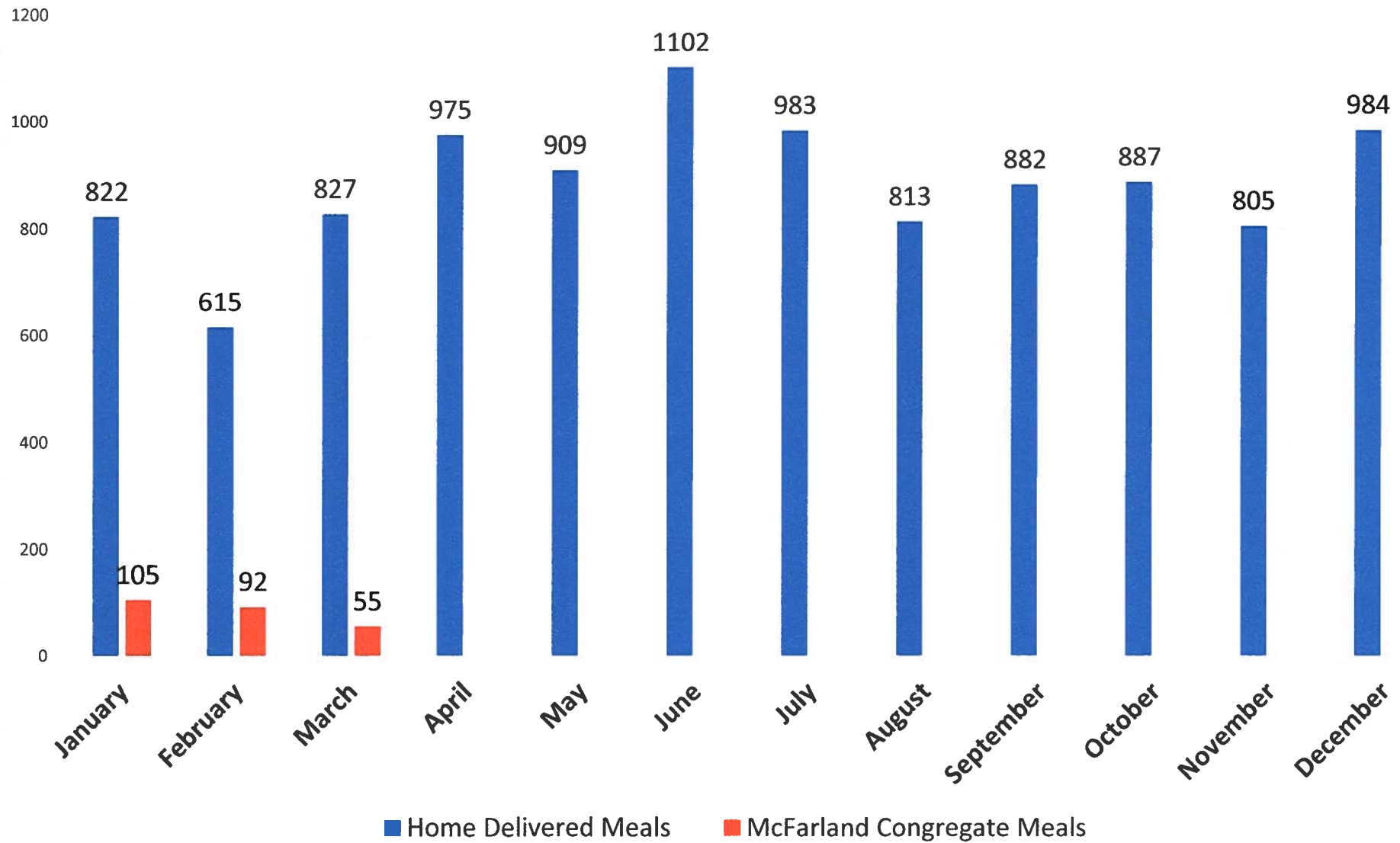
Function/Program	2014	2015	2016	2017	2018
General Government	9.7	10.14	10.56	9.26	10.45
Public Safety/Emergency Communications	19.18	21.71	22.76	23.78	25.35
Public Works	11.43	12.45	12.72	12.87	12.90
Public Health	0.00	0.00	0.00	0.00	0.00
Libraries	7.78	8.19	9.06	9.21	9.29
Social Services (Outreach)	3.09	3.01	3.04	3.11	3.02
Beach and Recreation	0.0	0.0	0.0	0.0	0.0
Education	0.0	0.0	0.0	0.0	0.0
Total	51.18	55.50	58.14	58.23	61.01

Source: Village of McFarland Strategic Plan page 65

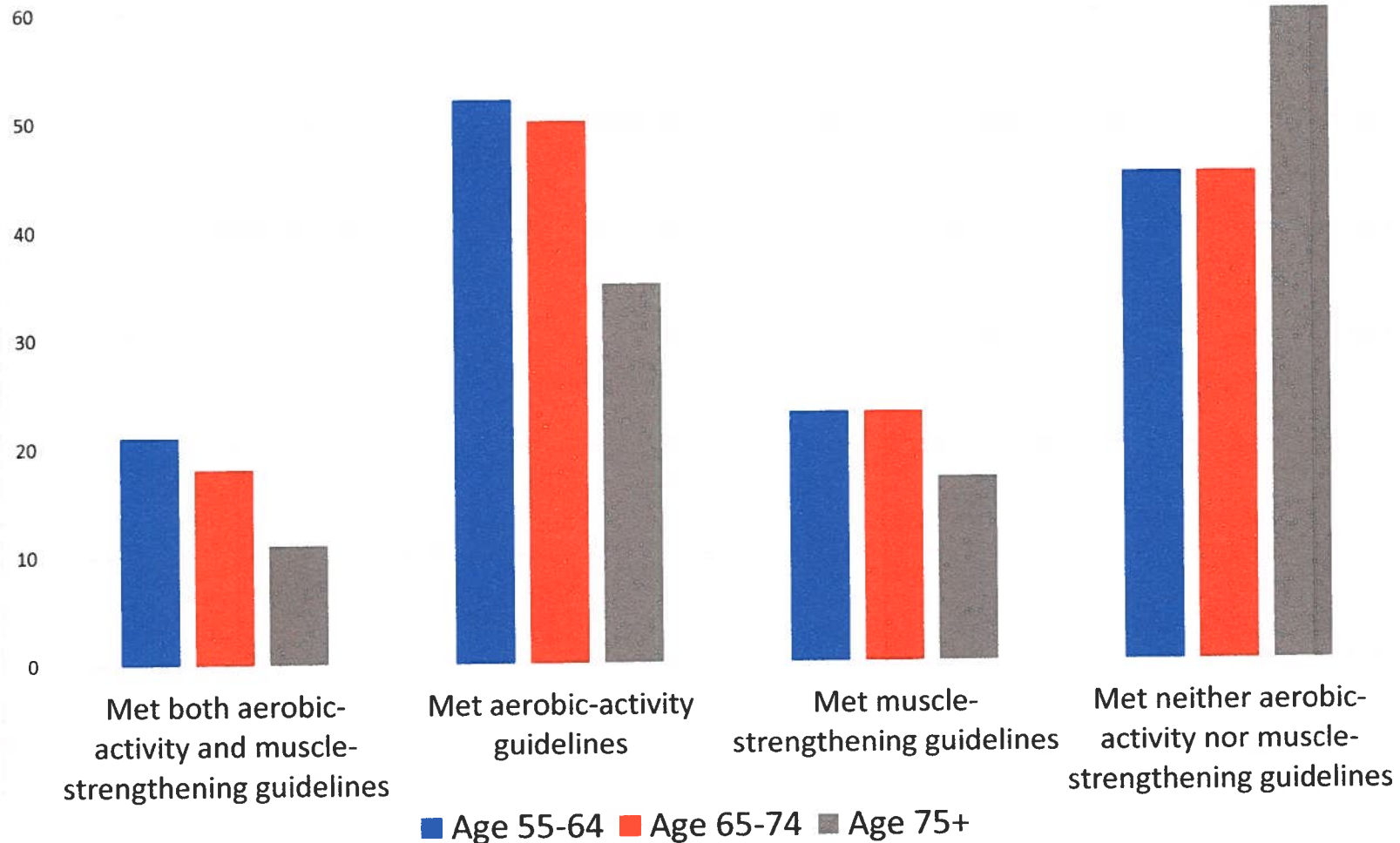
2020 McFarland Senior Outreach Case Management



2020 McFarland Senior Outreach Nutrition Program McFarland HDM & Congregate Meals Served

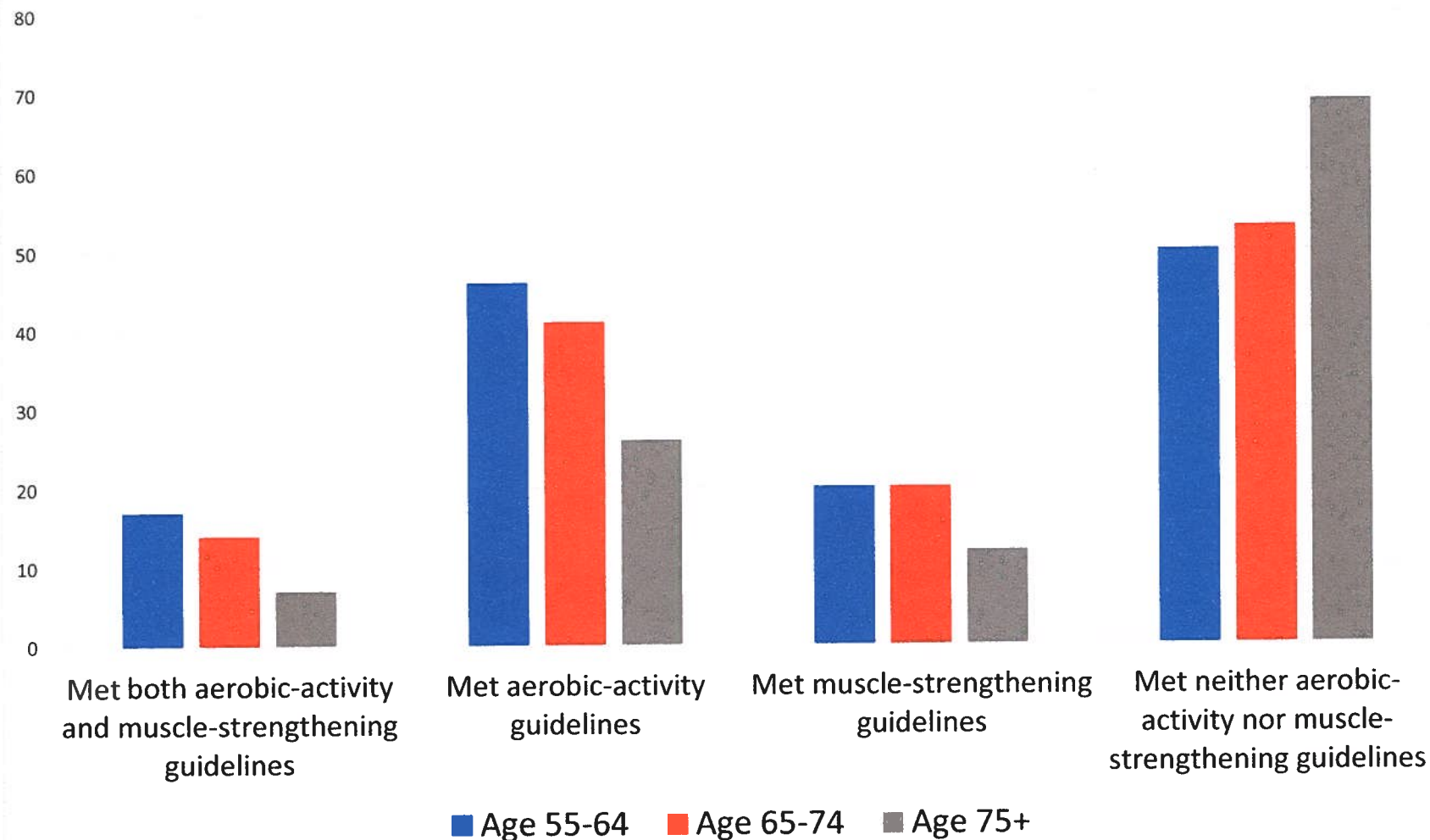


Percentage of Men Age 55 and Older Who Met Aerobic-activity and Muscle-strengthening Guidelines by Age Group, 2017



Source: 2019 Profile of Older Americans. Published by the Administration for Community Living, which includes the Administration on Aging, an operating division of the U.S. Department of Health and Human Services. Data originally compiled by Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.

Percentage of Women AGE 55 and Older Who Met Aerobic-activity and Muscle-strengthening Guidelines by Age Group, 2017



Source: 2019 Profile of Older Americans. Published by the Administration for Community Living, which includes the Administration on Aging, an operating division of the U.S. Department of Health and Human Services. Data originally compiled by Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.

Our Network

2018-2019

Stepping On

Launched: 2008

158



Program Providers

383



Workshops

337



Program Leaders

66



Counties/Tribes

Our Impact

4,454

Program Participants

31%

Reduction in falls

\$345

Average cost savings per participant

Calculated by comparing the direct cost of the program to averted medical costs.

Preventing Falls

Falls are the leading cause of injury-related death for older adults in Wisconsin.



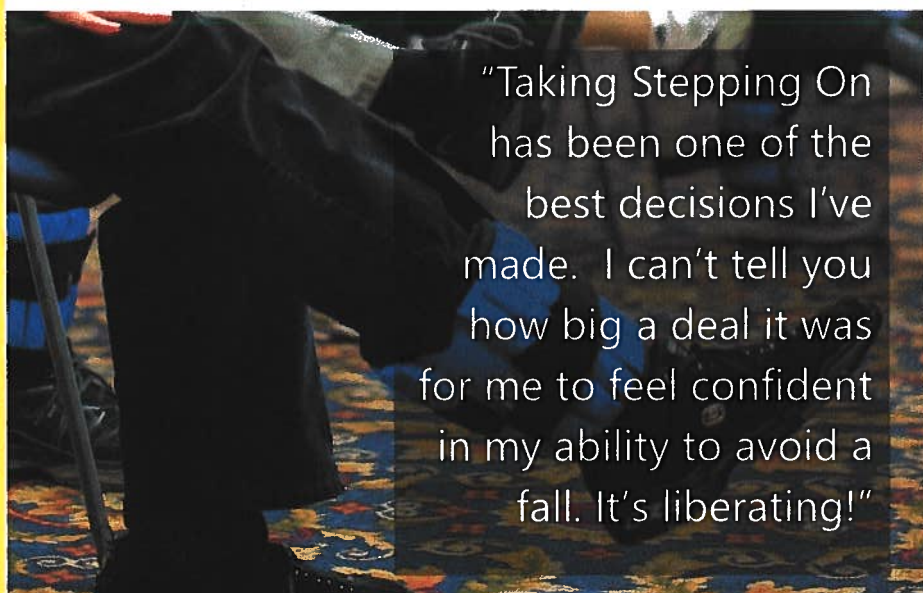
Wisconsin ranks

#1 nationally

Program

Stepping On

Falls are common in older adults, but they're not a normal part of aging. We're all about preventing them. That starts with creating awareness of falls and the hazards that cause them and teaching falls prevention strategies to help older adults reduce their risk and build confidence in their ability to avoid a fall.



"Taking Stepping On has been one of the best decisions I've made. I can't tell you how big a deal it was for me to feel confident in my ability to avoid a fall. It's liberating!"

Stepping On North America

30



Program Providers

18



States Offering Stepping On

As the national license-holder for Stepping On, WIHA spreads falls prevention beyond Wisconsin's borders. Program providers in states outside Wisconsin receive training and technical support to deliver Stepping On in communities throughout the country.

"I was skeptical that anything would help me, but now I'm a believer."

I can feel better today than I did yesterday."

Managing Chronic Conditions

85%

of older adults have at least one chronic disease; 60% have 2 or more

Programs

Living Well with Chronic Conditions (LW) & Tomando Control de su Salud

Healthy Living with Diabetes (HLWD) & Vivir Saludable con Diabetes

Healthy Living with Chronic Pain (HLCP)

Mind Over Matter: Healthy Bowels, Healthy Bladder

Our 2018-2019 Network

Living Well with Chronic Conditions & Tomando Control de su Salud

Launched: 2007

108

Program Providers

122

Workshops

250

Program Leaders

47

Counties/Tribes

Healthy Living w/ Diabetes & Vivir Saludable con Diabetes

Launched: 2013

98

Program Providers

168

Workshops

272

Program Leaders

49

Counties/Tribes

Healthy Living with Chronic Pain

Launched: 2019

46

Program Providers

38

Workshops

102

Program Leaders

27

Counties/Tribes

Mind Over Matter: Healthy Bowels, Healthy Bladder

Launched: 2019

30

Program Providers

26

Workshops

37

Program Leaders

15

Counties/Tribes

Preventing Diabetes in Wisconsin

With a grant from the Wisconsin Department of Health Services, WIHA supports National Diabetes Prevention Program (NDPP) Lifestyle Coaches and generates referrals to both the NDPP and clinical diabetes self-management education programs in Wisconsin.

Our Impact

Living Well with Chronic Conditions
& Tomando Control de su Salud

1,324
Participants

27%
Reduction
in ED visits

\$714 Average cost savings
per participant

*Calculated by comparing the direct cost of the program to
averted medical costs.*

Healthy Living with Diabetes
& Vivir Saludable con Diabetes

1,793
Participants

53%
Reduction
in ED visits

\$816 Average cost savings
per participant

*Calculated by comparing the direct cost of the program to
averted medical costs.*

Healthy Living with Chronic Pain

368
Participants

Decreased pain
& improved
mental health
and self-efficacy

Mind Over Matter

221
Participants

71%
Reported
improvement in
bladder symptoms

Managing Chronic Conditions

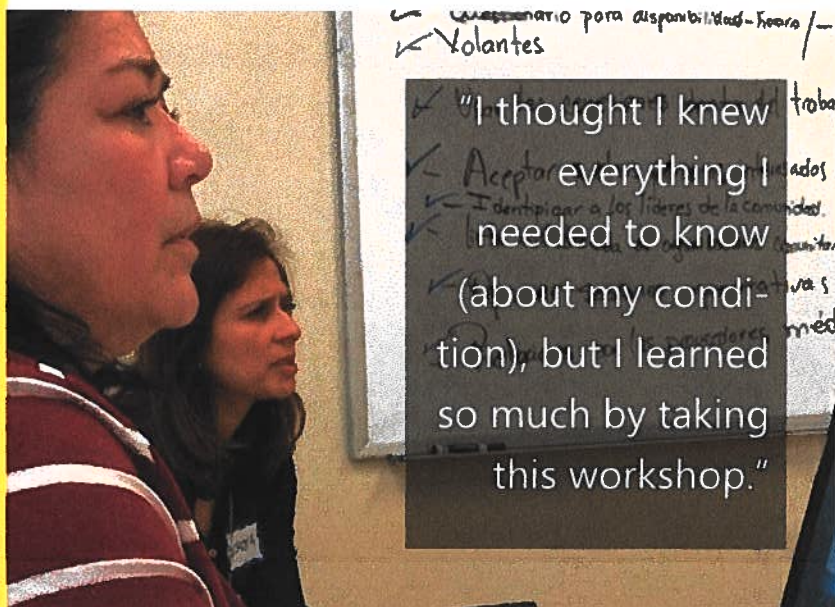
90%

of the nation's \$3.5 trillion
annual health care spend-
ing is on chronic and
mental health conditions.

**High blood pressure. Diabetes. Cancer.
Depression. Incontinence. Heart disease.**

People struggling with the day-to-day
management of a chronic condition often feel
out of control with little ability to change or
improve the way they feel.

Learning self-management strategies that
encourage behavior change and promote
self-confidence are key to improving health
and wellness. WIHA programs provide people
with the skills, support and motivation to
improve health habits combined with the time
needed to make those changes stick.



Our 2018-2019 Network

Powerful Tools
for Caregivers

Launched: 2013



Program Providers



Workshops



Program Leaders



Counties/Tribes

Our Impact



Improved
physical &
emotional
self-care and
self-efficacy

Supporting Family Caregivers

24

hours per week

Average amount of time that family caregivers spend providing care; 1 in 4 spend 41 hours or more

Programs

Powerful Tools for Caregivers

Powerful Tools for Caregivers:

For Parents of Children with Special Needs

Caregiving for a family member can be a rewarding experience. For many, however, it can be hard to admit that it's a struggle too. When the stresses and difficulties that often come with family caregiving become overwhelming, it's critical that caregivers take care of themselves.

WIHA programs help family caregivers identify and manage the physical, emotional and financial challenges that caregiving can present and connects caregivers with others who are facing some of the same feelings and problems they face.

"I was tired, stressed and felt guilty. Boy, was I not alone! Powerful Tools taught me strategies to better manage that stress.

Helping my mom became a much better experience for both of us."



"I was a bonafide couch potato. Small changes — that's all it took. Now I make moving a part of my day **every** day."

Encouraging Physical Activity

150
minutes

Moderate-intensity aerobic and muscle-strengthening activity recommended per week

Programs

Physical Activity for Lifelong Success (PALS)

Walk With Ease

Physical activity goes beyond traditional exercise and provides a myriad of health benefits for people of all ages — including older adults.

WIHA programs provide both the structure and support to get older people moving at their own pace along with information and encouragement to help them stay motivated and make physical activity a healthy habit they can maintain.

Our 2018-2019 Network

Physical Activity for Lifelong Success (PALS)

Launched: 2019

14
Program Providers

12
Workshops

22
Program Leaders

14
Counties/Tribes

Walk With Ease

Launched: 2017

30
Program Providers

43
Workshops

44
Program Leaders

17
Counties/Tribes

Our Impact

Physical Activity for Lifelong Success (PALS)

96
Participants

Improved walking speed and walking distance

Walk With Ease

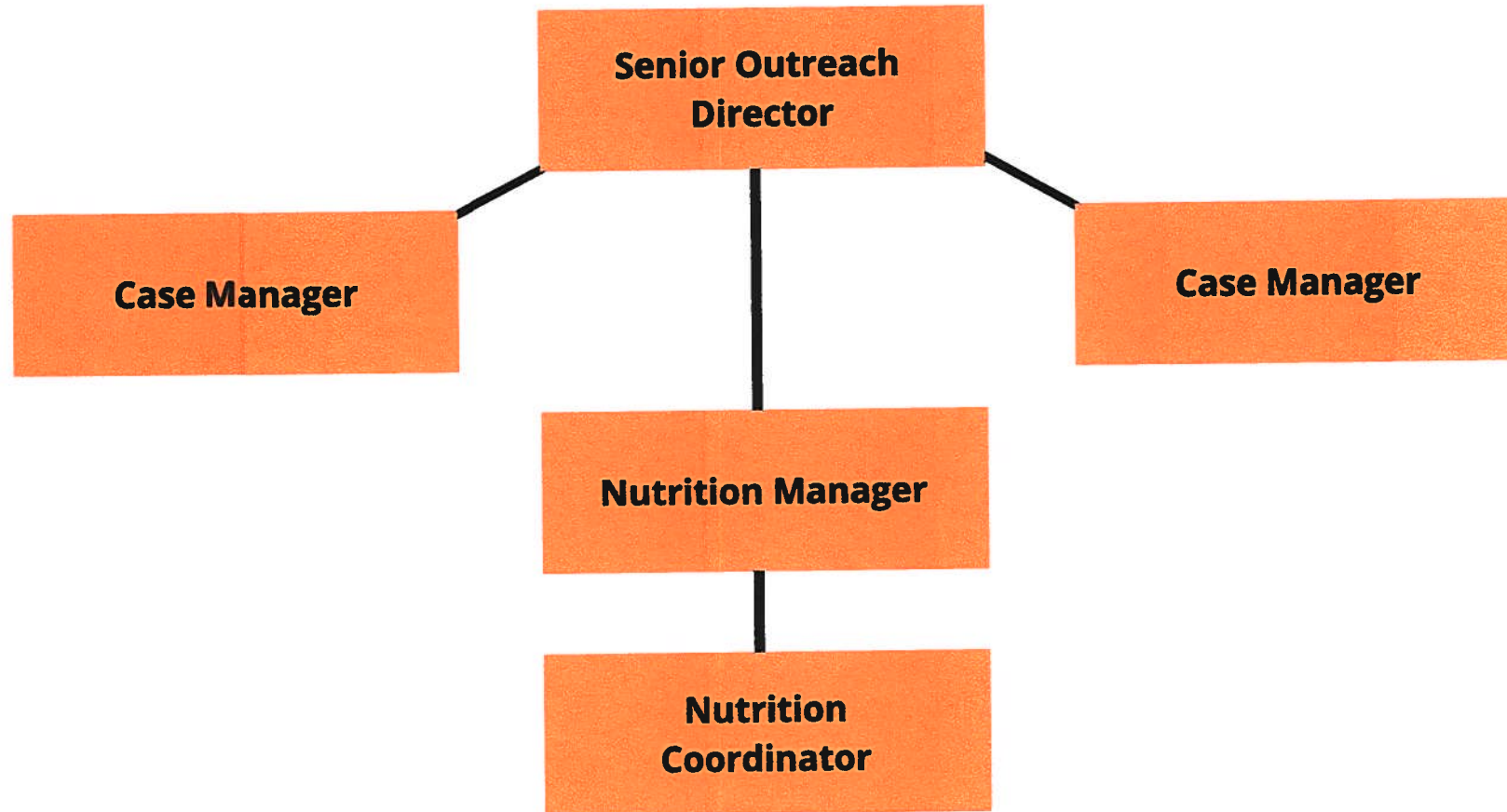
266
Participants

Reduced arthritis pain, improved balance, strength, walking pace and overall health

McFarland Senior Outreach Services

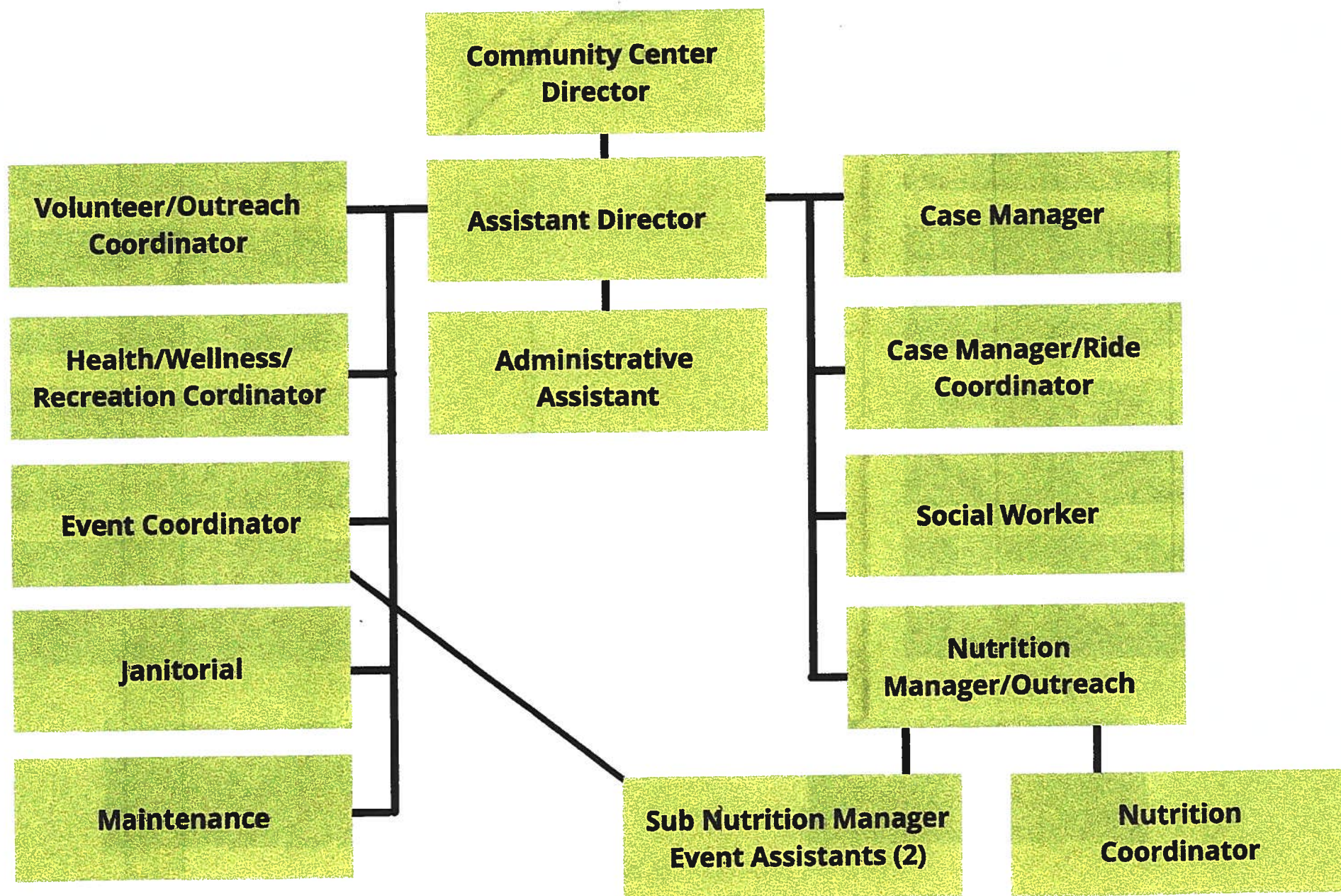
Organizational Chart

Current (01.21.2021)



McFarland Community Center Organizational Chart

Sample 1



McFarland Community Center Organizational Chart

Sample 2

