

**Wednesday, October 29, 2025****8:30 AM****McFarland Municipal Center**  
5915 Milwaukee St, McFarland  
Community Room

## AGENDA

The public may attend in-person or remotely through the Zoom webinar or telephone options listed below. Please Note: Virtual attendance is offered as a convenience, but technical difficulties beyond the Village's control may prevent or limit its availability at any meeting. The public is encouraged to attend the meeting in person to assure full access to the proceedings.

PLEASE CLICK THE LINK BELOW TO JOIN THE ZOOM WEBINAR:

<https://us02web.zoom.us/j/84839806341>

Or by Telephone: +1 (312) 626-6799

Webinar ID: 848 3980 6341

Press \*9 to raise/lower hand. Press \*6 to mute/unmute.

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](mailto: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 September 17, 2025 meeting.
4. BUSINESS.
  - a. Discuss the proclamation to recognize November 9th through 15th as Social Connection Awareness Week and discuss programs during the month of November to raise awareness of the negative impact of social isolation and loneliness for older adults.
  - b. Discuss progression of Dane County budget and impacts on McFarland Senior Outreach funding.
  - c. Discuss some senior center models in Dane County that can serve as examples for future senior center program and space expansion.
  - d. Discuss program planning for 2026.
5. SCHEDULE NEXT MEETING DATE.
  - a. Schedule next meeting for Wednesday, November 17, 2025.
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](mailto: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.

# Senior Outreach Services Committee

## Meeting Minutes

Wednesday, September 17, 2025

8:30 AM

McFarland Municipal Center

### 1. CALL TO ORDER, ROLL CALL

Village Trustee Prill and Ken Boyd not present. Discussed options on how to proceed. Motion to appoint Jerry Adrian as Chair for the meeting by Diane Mikelbank. Second by Colleen McCormick. Vote 5-0 in favor.

Members Present: Jerry Adrian, Colleen McCormick, Barb Vanderwerff, Diane Mikelbank, Kathy Lyons

Members Not Present: Lowell J. Prill, Ken Boyd

Staff Present: Katie Gletty-Syoen, Matt Schuencke

### 2. PUBLIC APPEARANCES

- a. There 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 in into the meeting chairperson. Members of the public may speak during public appearances or during their selected agenda items 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](mailto:senior.outreach@mcfarland.wi.us) to be included as part of the meeting. There were no public appearances

### 3. APPROVAL OF MINUTES

- a. Motion to approve the minutes of July 16, 2025 Meeting.

Motion by Member Colleen McCormick. Seconded by Barb Vanderwerf. Vote 5-0 in favor.

### 4. BUSINESS

- a. Review Village of McFarland Proclamation that September is recognized as Fall Prevention Awareness Month.

Committee discussed the Village of McFarland proclamation that September is recognized as Fall Prevention Awareness Month. Staff discussed the programming and initiatives taking place during the month of September. McFarland Senior Outreach Services will continue to focus on falls prevention throughout the entire year and has a falls brochure available. The individual classes/programs discussed:

- 1.) Stepping on Class: Evidence based class through WIHA with 8 sessions featuring guest speakers to address perspectives on fall risks for seniors. This class has been offered in the past by McFarland Senior Outreach Services and is being offered again currently.
- 2.) Denying Gravity: screened educational film written and performed by older adults followed by a virtual panel discussion. Fifteen older adults in attendance (September 9, 2025).
- 3.) Aging with Wisdom Series- Falls Prevention: Presentation from Falls Free Dane Coalition (September 25, 2025).
- 4.) Only Leaves Should Fall: Presentation by Dr. Zorba Paster regarding strategies for maintaining independence and keeping upright by preventing a fall. (September 30, 2025).

b. Discuss Dementia Friendly Initiative

The formation of a “Dementia Friendly McFarland” group was approved by the Village Board. The plan is to start with training all Village Departments beginning January 1<sup>st</sup>. Training will be provided for free by Ellen Taylor and Kayla Wade, Dementia Specialists with Dane County Health and Human Services. Katie Gletty-Syoen explained the process on how the Village as an entity can fulfill requirements to become designated as “dementia friendly” by training a certain % of staff members, noting that fire/EMS employees will require a higher level of training. Board and committee members will also be offered the training. After Village employees are trained, the proposed plan is to reach out to schools, businesses, community groups, and more in McFarland. The importance of volunteers for this initiative was also highlighted and Senior Outreach plans to promote the initiative and recruit volunteers at upcoming events such as hosting a booth at the McFarland Community Festival on Saturday, September 27<sup>th</sup> and hosting a team for the Dane County Walk to End Alzheimer’s on Sunday, October 5<sup>th</sup>.

c. Review Presentation on Ageism

Katie Gletty-Syoen had an opportunity to speak with DEI on the topic of ageism at the August 18<sup>th</sup> DEI Committee meeting. She presented information on the Global Report on Ageism from the World Health Organization where three main points were indicated on combatting ageism: information and education, policy change, and intergenerational opportunities. Discussion was held on how to bring awareness to negative stereotypes on aging. Katie is planning to attend Flip the Script on Aging presentation on Wednesday, October 22<sup>nd</sup> hosted by SAIL, featuring Dr. Regina Koepp, where she will lead a table discussion on how to eliminate ageism and foster dignity and respect for older adults.

d. Present and discuss operational structure and service delivery for SOS.

Context for Services presentation was delivered by Katie Gletty-Syoen regarding the organizational structure for service delivery from federal, state, county and local entities originating with the Older Americans Act(OAA). Topics of discussion included how the AAA funding works in conjunction with the Dane County Supervisor, the services provided by McFarland Senior Outreach, guidelines for home delivered meal programs, # of meals served daily, how seniors in the community are referred to the program, what other models in the surrounding community are doing to refer seniors to the program, and how congregate meals play a crucial role in building community. Highlighted importance of monthly newsletter to reach more seniors in the community who may not have access to technology. Discussion of evolving from Senior Services Model to Senior Center model emphasized scope, staff, and space. Katie Gletty-Syoen has been researching focal points within Dane County and determined five focal points that can be utilized as models to explore in more depth including: Fitchburg, Waunakee, Stoughton, Oregon, and Middleton. Topics of discussion for future meetings include the services provided, space and staff requirements, and how to engage older adults in the community for feedback.

- e. Review upcoming events and programming for Senior Outreach for the remainder of 2025.

Katie Gletty-Syoen highlighted some of the upcoming events and referred committee members to the McFarland Senior Outreach newsletter. Highlighted events including upcoming Oktoberfest Meals with Melody and a special coffee hour, “Village Visions, Senior Voices,” featuring staff from other departments to talk about the upcoming Well 5 project to give older adults an opportunity to become more engaged in upcoming village projects.

- f. Discussion and action to increase the frequency of SOS committee meetings from bi-monthly to monthly.

Discussed increasing meetings to monthly for a limited time and then going back to bimonthly meetings. Diane motioned for monthly meeting approval and Kathy seconded motion. 5-0 in favor.

## 5. **SCHEDULE NEXT MEETING DATE**

Next meeting will be scheduled Tuesday, October 15, 2025 at 8:30am.

## 6. **Adjournment**

Colleen motioned to adjourn the meeting and Diane seconded motion. 5-0 in favor.



  
**McFarland**  
**SUMMARY SHEET**

**MEETING DATE:** Wednesday, October 29, 2025

**SECTION:** Business

**DEPARTMENT:** Outreach

**CONTACT:**

**AGENDA ITEM:** Discuss the proclamation to recognize November 9th through 15th as Social Connection Awareness Week and discuss programs during the month of November to raise awareness of the negative impact of social isolation and loneliness for older adults.

**PREVIOUS ACTION:**

**ISSUE SUMMARY:**

McFarland Senior Outreach strives to address the issue of Social Isolation and Loneliness, which studies have proven have negative physical and mental health implications for individuals, which can be exacerbated in older adults. We will discuss the proclamation to designate the week of November 9th through 15th as Social Connection Awareness Week, which has been designated by the Wisconsin Coalition for Social Connection. Staff will reference research from the 2023 US Surgeon General's Report, "Our Epidemic of Loneliness and Social Isolation," and share resource, "Understanding Loneliness and Social Isolation: How to Stay Connected," from the National Institute on Aging. Staff will discuss specific strategies during the month of November, including the Senior Social Connection Bingo to promote engagement with local older adults via enhanced and varied programming.

**FINANCIAL/BUDGET IMPACT:**

**VILLAGE PLAN REFERENCE:**

**ORDINANCE REFERENCE:**

**BOARD, COMMISSION OR COMMITTEE RECOMMENDATION:**

**ATTACHMENTS:**

1. Our Epidemic of Loneliness and Social Isolation Brief
2. Staying Okay

# Our Epidemic of Loneliness and Isolation

Key takeaways from the U.S. Surgeon General’s Advisory on the Healing Effects of Social Connection and Community

---

## Humans are wired for social connection, but we’ve become more isolated over time

Social connection is as essential to our long-term survival as food and water. But today, loneliness is more widespread than other major health issues in the U.S. Our epidemic of loneliness and isolation is a major public health concern.

---

## Social connection significantly improves the health and well-being of all individuals

Social connection reduces the risk of premature mortality. It can predict better physical and mental health outcomes and ease stress. Higher levels of connection can influence health-related behaviors. Educational and economic achievement are even impacted by connection.

---

## Social connection is vital to community health and success

Socially connected communities enjoy better population-level health. They are more prepared for — and resilient in the face — of disaster situations. They also experience greater economic prosperity and reduced levels of crime and violence.

---

## Together, we can advance social connection and improve our nation’s public health

Fostering social connection requires that we each commit to our relationships and communities. Our actions today can create sustainable changes to society and bring better health to all.

We all have a role to play in supporting social connection. Learn how you can take action by reading the advisory at: [surgeongeneral.gov/connection](https://surgeongeneral.gov/connection)



engAGED

The National Resource Center  
for Engaging Older Adults



Connecting You to Community Services

# Staying OK

## Tips for Supporting Your Social Connections and Emotional Wellness



The ebbs and flows of the COVID-19 pandemic have been hard for many of us. The pandemic changed the way we interact with others, often resulting in feelings of disconnection or isolation. The good news is that there are many ways we can stay connected and engaged with others—which can help us all stay encouraged and cope when times are tough.

## What Is Social Engagement?

Being socially engaged simply means connecting with others! There are many ways to stay socially engaged, including volunteering or working, taking art or wellness classes, and participating in social activities such as group meals, book clubs and more. All of these activities can take place in person, over the phone, on platforms like Zoom and Facebook or on public access television. Engaging with others in ways that feel safe can help you maintain connections with your community.



## Social Engagement Tips and Tools

The COVID-19 pandemic led many of us to change our routines and cut back on in-person interactions. Following the tips below can help us engage our minds and bodies—and stay connected to our communities.

### Maintain social connections

Connect with family and friends near and far over the telephone, through social media, on porch visits and walks, or through letter writing and emails. Share book, meal or television recommendations, reminisce about past experiences or plan fun activities for the future. Finding regular times to stay in touch with a friend can turn into events that you both can look forward to.

Staying socially engaged is related to better physical, emotional and mental health and well-being. For older adults, social engagement and strong social connections can likely decrease risk of disability<sup>1</sup> and depression<sup>2</sup> and even increase a person's lifespan.<sup>3</sup> Being socially engaged also enables you to share your knowledge, skills, experience and wisdom with others.

If you're looking for ways to stay connected to others, read on to discover tips and resources to support your social and emotional well-being!

1 <https://pubmed.ncbi.nlm.nih.gov/21300745/>

2 <https://pubmed.ncbi.nlm.nih.gov/34912487/>

3 <https://pubmed.ncbi.nlm.nih.gov/20668659/>

## Stay Physically and Mentally Active

Reach out to neighbors and friends to plan group walking dates or participate in fitness classes to establish regular ways to connect with others. Activities like drawing, journaling, writing a poem or short story, painting and knitting allow for creative expression and are another great conversation starter with friends and family. Inviting neighbors and friends over for games such as cards, puzzles or checkers are other ways to stay connected with others—on your porch, backyard or inside your home! Invite others to join you in visiting museums or attending cultural events virtually or in person.

## Build Purpose and Contribute to Your Community

Contributing your time and skills to support others through volunteering can benefit both communities and volunteers. Research shows that volunteering for as little as two hours each week can lead to improved mental, emotional and physical health, and helps us feel engaged and purpose-driven. You can volunteer by delivering meals or providing transportation to other older adults safely. Other volunteer opportunities include mentoring, serving on local boards or participating in a friendly caller program.

## Build Intergenerational Connections

Connect with younger adults or children to share your experiences and perspectives with other generations and build your community. Volunteering at schools or with youth organizations, mentoring college students, or offering cooking, music or other lessons are a few examples of community building activities you may find interesting and fulfilling.

## Find Social Engagement Opportunities Near You

Local organizations such as Area Agencies on Aging (AAAs) and Title VI Native American Aging Programs offer a variety of social engagement opportunities in communities across the country. Contact the Eldercare Locator, a federally funded public service for older adults, caregivers and others, to get connected to AAAs and tribal aging programs or other organizations that offer engagement opportunities in your community. You can reach the Eldercare Locator at (800) 677-1116, Monday through Friday from 9:00 am to 8:00 pm ET or online at [eldercare.acl.gov](https://eldercare.acl.gov).



## Need More Support?

If you have concerns about your mental health beyond pandemic fatigue, such as depression, anxiety or other mental health concerns, consider:

- **Contacting your primary care physician.** Call your health insurance provider to find in-network providers if you do not currently have a primary care physician. Have questions about your Medicare coverage? Connect to your local Area Agency on Aging ([eldercare.acl.gov](https://eldercare.acl.gov)) or State Health Insurance Program ([www.shiphelp.org](https://www.shiphelp.org)). If you don't have health insurance, you can find a local community health center by visiting: [findahealthcenter.hrsa.gov](https://findahealthcenter.hrsa.gov).
- **Connecting to a mental health or behavioral health professional.** Contact your insurance plan to find in-network mental health or behavioral health providers or search for a mental health or behavioral health professional in your community through the Substance Abuse and Mental Health Services Administration behavioral health treatment services locator at: [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov).
- **Calling a friend or family member.** Tell a friend or family member how you've been feeling. They may also be able to help you find a provider who can help.
- **Reaching out to a faith leader.** If you have a faith or spiritual leader, they can also help connect you to local mental health resources in your community.

**If you're in an emergency situation related to your mental health or feel like you are a threat to yourself or others, head to your local hospital emergency room or dial 911 for help.**

## CAREGIVER SPOTLIGHT

**Are you a family caregiver?** While caregiving is rewarding in so many ways, it can also be an isolating experience, impacting social and emotional wellness. Staying connected to others positively impacts well-being, especially during difficult times. The Eldercare Locator can also connect you to family caregiver support programs, which are another way to connect with others, including caregivers who are facing similar issues.



## Resources

### Finding Resources and Support

Many Area Agencies on Aging (AAAs) offer friendly caller or telephone reassurance programs where AAA staff and volunteers make regular phone calls to older adults in the community. Some AAAs have pen pal programs that pair older adults with students and volunteers to build new friendships through letter writing. AAAs also offer nutrition services, including meals served in group settings such as senior centers or faith-based locations. Participating in these activities is a win-win: you can receive a healthy meal and connect with others.

To get connected to the AAA in your area, visit the Eldercare Locator at [eldercare.acl.gov](https://eldercare.acl.gov) or call (800) 677-1116.

You can also contact the Institute on Aging's Friendship Line at (800) 971-0016 or the AARP Friendly Voice call line, (888) 281-0145 (English) or (888) 497-4108 (Spanish), to speak with trained volunteers who can lend a friendly ear.

If you or someone you know needs emotional support or is experiencing suicidal thoughts, call the 24/7 **988 Suicide and Crisis Lifeline** at 988 or visit [www.988lifeline.org](https://www.988lifeline.org). For those with a mental health or substance abuse concern, contact the **Substance Abuse and Mental Health Services Administration** national helpline at (800) 662-HELP (4357) to connect with a trained counselor. The **National Alliance on Mental Illness (NAMI) HelpLine** at (800) 950-NAMI (6264) is staffed by volunteers who will answer questions, offer support and provide next steps.



## Published By

---

### **engAGED: The National Resource Center for Engaging Older Adults** [engagingolderadults.org](http://engagingolderadults.org)

engAGED: The National Resource Center for Engaging Older Adults is a national effort to increase the social engagement of older adults, people with disabilities and caregivers by expanding and enhancing the Aging Network's capacity to offer social engagement. engAGED is funded by the U.S. Administration for Community Living, administered by USAging and guided by a Project Advisory Committee with representatives from national organizations and resource centers.

The logo for engAGED features the word "engAGED" in a purple, sans-serif font. A green, wavy line underlines the letters "A", "G", and "E".

The National Resource Center  
for Engaging Older Adults

### **Eldercare Locator** **(800) 677-1116 (Monday–Friday, 9:00 am–8:00 pm ET)** [eldercare.acl.gov](http://eldercare.acl.gov)

Launched in 1992, the Eldercare Locator is the only national information and referral resource to provide support to consumers across the spectrum of issues affecting older Americans. The Locator was established and is funded by the U.S. Administration for Community Living and is administered by USAging.



Connecting You to Community Services

### **USAging** [usaging.org](http://usaging.org)

USAging is the national association representing and supporting the network of Area Agencies on Aging and advocating for the Title VI Native American Aging Programs. Our members help older adults and people with disabilities throughout the United States live with optimal health, well-being, independence and dignity in their homes and communities.

The logo for USAging features the word "USAging" in a purple, sans-serif font. A green, wavy line underlines the letters "A", "g", and "i".

Leaders in Aging Well at Home

---

*This project #90EECC0002 is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$450,000 (or 74 percent) funded by ACL/HHS and \$161,554 (or 26 percent) funded by non-government sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.*

  
**McFarland**  
**SUMMARY SHEET**

**MEETING DATE:** Wednesday, October 29, 2025

**SECTION:** Business

**DEPARTMENT:** Outreach

**CONTACT:**

**AGENDA ITEM:** Discuss progression of Dane County budget and impacts on McFarland Senior Outreach funding.

**PREVIOUS ACTION:**

**ISSUE SUMMARY:**

Discuss the progression of the Dane County Budget process and the impact upon the Case Management and Senior Meal Program revenue for McFarland Senior Outreach, as one of the Point of Service organizations.

**FINANCIAL/BUDGET IMPACT:**

Due to the \$31 million deficit in Dane County, all departments were asked to cut 4% from the budgets. The Department of Health and Human Services's budget included a 4% cut to the Case Management services, across the board to the 12 senior focal points, including McFarland Senior Outreach. County Executive Agard then included an additional 4% cut to the Senior Meal Program funding for the 12 senior focal points. Amendments are being proposed to offset the budget cuts and replenish funding to these direct service agencies for these budget items.

**VILLAGE PLAN REFERENCE:**

**ORDINANCE REFERENCE:**

**BOARD, COMMISSION OR COMMITTEE RECOMMENDATION:**

**ATTACHMENTS:**

None

  
**McFarland**  
**SUMMARY SHEET**

**MEETING DATE:** Wednesday, October 29, 2025

**SECTION:** Business

**DEPARTMENT:** Outreach

**CONTACT:**

**AGENDA ITEM:** Discuss some senior center models in Dane County that can serve as examples for future senior center program and space expansion.

**PREVIOUS ACTION:**

**ISSUE SUMMARY:**

During the September SOS meeting, staff shared examples of senior focal points in Dane County that can serve as models for potential expansion of McFarland Senior Outreach into a more traditional Senior Center model. These examples are all senior focal points that are embedded within suburban municipal governments, including Middleton Senior Center, Oregon Area Senior Center, Fitchburg Senior Center, Stoughton Area Senior Center and Waunakee Senior Center. Staff will begin to explore the attributes of these organizations, including space, staffing, programming and budget.

**FINANCIAL/BUDGET IMPACT:**

**VILLAGE PLAN REFERENCE:**

**ORDINANCE REFERENCE:**

**BOARD, COMMISSION OR COMMITTEE RECOMMENDATION:**

**ATTACHMENTS:**

None

  
VILLAGE OF  
**McFarland**  
**SUMMARY SHEET**

**MEETING DATE:** Wednesday, October 29, 2025

**SECTION:** Business

**DEPARTMENT:** Outreach

**CONTACT:**

**AGENDA ITEM:** Discuss program planning for 2026.

**PREVIOUS ACTION:**

**ISSUE SUMMARY:**

Staff will review program planning that is in process for 2026. This will include expansion of senior meal site, continuing programs, and new programs.

**FINANCIAL/BUDGET IMPACT:**

**VILLAGE PLAN REFERENCE:**

**ORDINANCE REFERENCE:**

**BOARD, COMMISSION OR COMMITTEE RECOMMENDATION:**

**ATTACHMENTS:**

None