

Name of Meeting: Living Well FDL meeting

Facilitator: Kya Schnettler

Date of Meeting: 2/16/2016 **Time:** 8am

Recorder: Kya Schnettler

Attendance: Jeff Butz, Jennifer Walters, Laura Stalland, Dr. Amy Emmer Sheldon, Nicole Wiegert, Colleen Deanovich, Sharon Simmon, JJ Raflik, Barbara Sippel, Dusty Krikau, Kya Schnettler, Heather Schmidt, Jen Norton, Deb Winterhack, Sarah Olson, Alexandria Berg, Melanie Kautzer, Joel Mason, Sarah Kloetzke

| Topic: | Major Points Discussed: | Action Required: | Assigned to: | Due Date: |
|---------------------------|---|--|---------------------|------------------|
| Welcome | | | | |
| | <p>Introductions: Dr. Jen Norton joins us as a new integrative medical physician at Agnesian HealthCare starting later this spring. Sarah Kloetzke joins us as a new population health nurse at Agnesian working on the population referral project. Deb Winterhack joins us from Generations to share about the Finding Your Way Home program for seniors. Sarah Olson joins us from the Fond du Lac Senior Center as the new outreach, program, and wellness coordinator.</p> | | | |
| Update on Programs | | | | |
| | <p>Health Kids Day May 7th - Time TBA Kya has been working on a state wide YMCA Healthy Living committee which</p> | <p>Volunteers will be needed for May 7th once the activity has been picked. A walk</p> | All | May 7th |

| | | | | |
|-------------------------|---|--|--|---|
| | received a \$4000 grant to implement projects around walkability. YMCA's will receive a free fit bit to use how they like if they sign on to do one of 5 walkability activities at their local healthy kids day. | with a legislature or walking safety rodeo are activities to pick from. Hope to have coalition presence! | | |
| | Community Garden Initiative Multiple organizations were discussed as potential lead organizations for the project at previous stakeholder meeting in November 2015. Kya and Dr. Schmidt do not feel the coalition has capacity at this time for full leadership but want to assist in moving the conversation forward and encouraging access to healthy foods. Attaining an Americorp member should be looked into. | Continued conversation. Kya will look into Americorp placements and follow up with the city parks department. | | Ongoing |
| Resource Sharing | | | | |
| | Agnesian Physician Referral Project Update Heather, Nicole, and Sarah provided update on referral. Set to go live week of February 22 with Dr. Schmidt and Dr. Colmenares. Discussion around senior center programming on referral was discussed. | Additional programming for referring please email or get information to Nicole Wiegert. | | |
| | YMCA Blood Pressure Management Program - Community Site Needed Kya shared a new request for proposal has come out from YUSA for the program. Program is part of CDC Million Hearts Campaign to save 1 million heart attacks and strokes by 2017. This program encourages those with high blood pressure to self | Kya will be submitting application by March 7 and follow up with school district, grocery stores, and others to finalize community site. | | March RFP deadline Program June 2016 start |

| | | | | |
|--------------------------|--|--|--|--|
| | <p>monitor. Participants pay small fee to YMCA and must have BP measured twice throughout 4 month program. Office hours are held and nutrition talks. One community site is required for program. Coalition can be link to community site. Lively discussion with coalition occurred with multiple entities offering community site.</p> | | | |
| FONDY5210 Updates | | | | |
| | None at this time. | | | |
| Announcements | <p>Finding Your Way Home - Sarah Olson and Deb Winterhack from Generations shared a new program for seniors. Coalition members held discussion on additional locations and showed interest in offering this program more than once a year. Flyer is attached.</p> <p>Walking to Memphis - See attached flyer. Sarah Olson shared a new initiative at the senior center where seniors are encouraged to walk enough miles from Fond du Lac to Memphis. At the end, Elvis will visit the senior center for a party. Connections were made with the YMCA and the Walk with a Doc program as overlap of senior walking programs.</p> <p>Walk with a Doc - Agnesian and Dr. Schmidt are officially part of the Walk with</p> | | | |

| | | | | |
|-----------------------------|---|---|-----|--|
| | <p>a Doc program, a walking program for seniors. Currently held at the Forest Mall on Thursday from 8:30-9:30am. When weather gets warmer, more walks will occur around the community with outdoor sites including the Loop.</p> <p>LIVESTRONG at the YMCA - New exercise program for cancer survivors starts Feb. 16 at the Y. 9 patients enrolled in class. Next class will start in April. Contact Alexandria Berg at the YMCA to refer patients.</p> <p>Farmers Market volunteer information is on website. Please pass along to interested volunteers. http://www.downtownfdl.com/fminvolvement.html</p> <p>WIC Grant - applied for Fit Families 2017 grant. May receive up to \$10,000 for staff time to do 1 on 1 session with families discussing lifestyle changes which align with the 5210 concepts!</p> | | | |
| Future Meeting Dates | <p>April 19, 2016 October 18, 2016 June 21, 2016 December 20, 2016 August 16, 2016</p> | Mark calendar for future meeting dates. | All | |

Finding Your Way Home

Who will be your voice if a financial, emotional, legal or medical crisis hits?

Meet the many faces and levels of health care at this monthly **FREE*** workshop. Be prepared for the aging process and know the resources available to help you stay independent. **Limit 60 participants.**

Call **(920) 322-3630** by **Thursday, April 7, 2016** to reserve your seat!

Thursday, April 14 @ 1:30—3:00 p.m.

Understanding the Legal and Financial Aspects of Aging

Mike Gibbs, Attorney

Topic: Legal Planning for Health & Finance

Teresa Westing, Advanced Funeral Planning Specialist, Uecker Witt Funeral Home

Topic: Funeral Planning: Costs & Preplanning

Deb Winterhack, Generations Home Care & Hospice

Topic: Understanding Five Wishes, Aurora Health Care

Thursday, May 12 @ 1:30—3:00 p.m.

Navigating through the ADRC & City/County Programs

Sandy Tryon, Fond du Lac County ADRC

Topic: Navigating the Aging & Disability Resource Center

Community Cares Inc. and Lakeland Care District

Topic: Navigating & Understanding Family Care

Rick Patton, Department of Veteran Services

Topic: Navigating V.A. Benefits

Julie Hilbert, Benefits Specialist; Fond du Lac County Senior Services

Topic: Insurance after Medicare

Thursday, June 9 @ 1:30—3:00 a.m.

How Can I Stay in My Own Home?

Above & Beyond Home Care Solutions;

Donna Yellen, Comfort Keepers

Topic: What is Non-Skilled Home Care?

Deb Winterhack, Generations Home Care & Hospice; Rehab Arices

Topic: What are Medical Home Care Options?

Kathy Kempf, Agnesian Adult Day

Topic: Adult Day Services

Bluestone Group

Topic: Visiting Physicians

Tanya Taylor, Agnesian Health Shoppe

Topic: Durable Medical Equipment

Lori Anderson, Fond du Lac County Senior Services

Topic: Senior Services & Meals on Wheels

*Participants must attend all sessions, lunch will be provided

Thursday, July 14 @ 1:30—3:00 p.m.

When Home is No Longer an Option

Ann Calnin, Residential Services, Inc.

Topic: What is Assisted Living?

Tina Hittman, ManorCare; Jody Goebel, Harbor Haven

Topic: What is Skilled Nursing & Rehabilitation, How do I pay for it?

Thursday, August 11 @ 1:30—3:00 p.m.

Who will Be my Voice?

Deb Winterhack, Generations Home Health & Hospice;

Bryan Johnson, Heartland Hospice

Topic: Understanding End of Life Choices:

The role of hospice & passing the torch



**Senior Wellness
Coalition**

Walking to Memphis Event

*Put on your “blue suede shoes”
and walk to Memphis with the
Senior Center!*



During the month of March, we will record our steps with the goal of collectively walking 1,384,000 steps (629 miles), the distance from Fond du Lac to Graceland! Everyone who signs up to walk will receive a pedometer to keep track of their steps and a free one month membership to the Lutheran Home's Wellness Center. Each walker will be responsible for recording their daily steps, which will be due to the Senior Center by Friday every week, so we can chart our progress. If we meet our goal of 1,384,000 steps, we will have a celebration with Elvis!

If you'd like to “Walk to Memphis” join us for an

Information Meeting

Thursday, February 25; 10—11 a.m.

Call the Senior Center at 322-3630 to register.

Free pedometers and Lutheran Home Wellness Center membership will be given out at the informational meeting.

Hurry, space is limited to 40 walkers!