

**AGING AND DISABILITY RESOURCE CENTER OF LA CROSSE COUNTY**

**Monday, July 2, 2018**

**La Crosse County Administrative Center, Room 2106**

**2:00 PM**

<b>MEMBERS PRESENT:</b>	Don Hammes, Sharon Hampson, Robert Honeywell, Cindy Jensen, Andrea Richmond, Sr. Kathy Stuttgen, Ramona Van Riper
<b>MEMBERS EXCUSED:</b>	Rhonda Staats
<b>MEMBERS ABSENT:</b>	
<b>OTHERS PRESENT:</b>	Diane Brose, Peggy Herbeck, Carissa Pagel-Smith, Cheryl Neubauer

**CALL TO ORDER**

Chair Andrea Richmond called the meeting to order at 2:00 pm.

**PUBLIC COMMENT**

None

**APPROVAL OF MINUTES**

Motion by Van Riper/Jensen to approve the minutes of the ADRC of La Crosse County Advisory Committee held June 4, 2018. Motion carried with one excused-Staats.

**COMMITTEE EDUCATION: HEALTH PROMOTION/TAI CHI**

Carissa Pagel-Smith, ADRC Manager/Director provided an overview of the Older Americans Act Title III Part D, Disease Prevention and Health Promotion Services. Carissa reviewed the purpose and eligibility of funding, as well as related policy and examples of past/current programming, including Tai Chi. Diane Brose, Tai Chi instructor, provided an overview of Tai Chi and facilitated a demonstration.

**DISCUSSION OF VOLUNTEER-LED MEAL SITE MODEL**

Carissa Pagel-Smith, ADRC Manager/Director, presented information on a volunteer-led meal site model. Carissa discussed logistics including how participants would reserve and receive their meals, as well as the potential duties of volunteer(s). In addition, Carissa provided costs of current meal site model in comparison to proposed volunteer-led model. Committee members discussed pros and cons.

**DIRECTOR'S REPORT/UPDATES**

Carissa Pagel-Smith, ADRC Manager/Director, provided current updates. Updates included:

- Mental Health First Aid Training is scheduled for July 31, 2018 from 12:30 PM to 4:45 PM and August 1, 2018 from 8:00 AM to 12:15 PM; committee members are welcome to participate
- Another 12-week session of Tai Chi will begin July 16, 2018 at Onalaska United Methodist
- A final community listening session will be held July 3, 2018 at Carroll Heights; 10:30 AM

**FUTURE AGENDA ITEMS**

None

**ADJOURNMENT TO THE NEXT MEETING TO BE HELD MONDAY, AUGUST 6, 2018.**

**MOTION** by VanRiper/Jensen to adjourn. The meeting adjourned at 3:24 pm.

Carissa Pagel-Smith, Recorder