COUNTY COMMISSION ON AGING MEETING
TUESDAY, 9-03-2013
LA CROSSE COUNTY ADMIN BLDG Room 3212
1:30 PM – 2:30 PM

MEMBERS PRESENT: Dave Holtze, Robert Keil, Audrey Kader, Ann Fisher, Pat Boge

MEMBERS EXCUSED: Charles Spiker, Betty Woodruff

OTHERS PRESENT: Noreen Holmes, Director, County Aging Unit, Amy Brezinka, Caregiver Coach Coordinator, Sue Betz

CALL TO ORDER
Dave Holtze, called the meeting to order at 1:32 PM.

PUBLIC COMMENT
None

APPROVAL OF MINUTES OF 7-30-2013
MOTION: Motion by Robert Keil and seconded by Ann Fisher to approve minutes of 7-30-2013. Passed unanimously.

CONSENT AGENDA (informational)
Aging & Long Term Care Committee Meeting Minutes 8-5-2013
Placed on file

DIRECTOR’S REPORT
CAREGIVER COACH UPDATE FROM AMY BREZINKA
Amy started working with the Aging Unit in February. She has spoken with 42 caregivers, mainly women, caring for people with Alzheimer’s and Dementia. She receives referrals from Gundersen Lutheran, Mayo Health System, and people who have read about the program in Senior Life. She has recently started a Lunch Bunch Group that meets monthly at Riverplace Apartments, offering peer support and an opportunity to build new friendships between caregivers. She has had the ADRC and Dawn Jorstad, Nutrition Coordinator with the Aging Unit, speak of services that can be provided. Audrey Kader suggested Joanne Dierkop, Transportation Coordinator with the Aging Unit, speak at an upcoming meeting.

PRELIMINARY AGING UNIT BUDGET 2014 CONCERNS
We are looking at $23,000.00 in cuts due to sequestration for 2014.

DARREL S. LARSON ESTATE, $85.21 TRUST, AGING FUND BALANCE
The $85.21 trust can only be used for transportation. Any savings accumulated is used for transportation operating expense, vehicles or match for additional transportation funding opportunities. The Darrell S. Larson Estate and Aging Fund Balance programs
could potentially run another 3.5 years provided we are able to keep costs near the same over the next few years.

GRANTS APPLIED FOR
Noreen applied for three grants in August. 1) Tai Chi classes - to assist in strengthening the body to prevent falls. 2) Elder Tree - connects elderly with lap tops, notebooks or ipads so they can stay connected with family, friends, medical and home care providers. 3) n4a (National Association of Area Agencies on Aging) – provides technical support and training to make our communities a good place to grow up and grow old.

CAREGIVER RETREAT IN OCTOBER
The Caregiver Retreat will be held at the Black River Beach Neighborhood Center, 1433 Rose Street, La Crosse on October 17th from 1:00 – 4:00 pm. The purpose of the retreat is to give caregivers emotional, physical, spiritual, and mental respite. Caregivers take care of others every day; this day is set aside to take care of the caregivers.

AGING IN PLACE, RADISSON, NOVEMBER 18, 2013
Monica Summerfield will be the guest speaker at the Aging in Place Conference. She will speak about ways to adjust your home to make it more aging friendly.

LARRY WHITE’S RETIREMENT
Larry will be retiring on September 6th. We will have cake at 1:30 on September 5th.

VOLUNTEER BANQUET WEDNESDAY, AUGUST 21, 2013 UPDATE
This years’ volunteer recognition celebration was at All Star Banquets, 4735 Mormon Coulee. 147 people attended. It was a nice day for all.

AFFORDABLE CARE ACT UPDATE
Noreen attended an all day training seminar on Monday, August 26th. Three companies; Gundersen Lutheran, Mayo Health System, and a third, to be determined, will offer affordable care options. Costs are not yet known. A navigator service will explain options. There is a meeting Friday, September 6th to determine how we in the La Crosse County offices can help support this program. The program requires 16 hours of training in order to provide assistance. Persons on Medicare do not need to be concerned about the Affordable Care Act or the Market Place. The La Crosse Tribune will have more information in their newspaper to help decrease concerns about the program.

AGING UNIT SELF ASSESSMENT GWAAR APPROVAL
The GWAAR approved our self assessment for 2012. They commended Noreen, the commission, staff and partners for developing and providing innovative services to the older adults, caregivers and residents of La Crosse County.

MEAL SITES
COST OF MEALS
The average cost to provide one meal, including overhead and labor is $7.37. The suggested donation amount for a congregate meal is $3.25. The suggested donation amount for a home delivered meal is $3.50.

TRANSPORTATION
None

FUTURE AGENDA ITEMS
Gifted Hands update

ADJOURNMENT
MOTION: Motion by Bob Keil and seconded by Audrey Kader to adjourn. There being no further business, the meeting adjourned at 2:24 PM.