

Please use a blue-colored font for any 2016 goal progress notes.

**BUREAU OF AGING AND DISABILITY RESOURCES
AGING UNIT SELF-ASSESSMENT FOR 2016**

County/Tribe: GREEN LAKE County

Name of Aging Unit Director:

Betty Bradley, Director
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Approved by Commission on Aging?	Yes	X	No	Date approved	3-14-17, 3-15-18
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Part I: Compliance With the Wisconsin Elders' Act
Refer to Section 3-D (Statutory Requirements for the Structure of the Aging Unit) in your 2016-2018 Aging Plan

	Yes	No	Describe Change
Has the organization of the <i>Aging Unit</i> changed this past year?		X	
Has the organization of the <i>Commission on Aging</i> changed this past year?		X	
Does the aging unit have a full-time aging director?	X		
Is the membership of the <i>Commission on Aging in Compliance?</i> <i>Members of a county or tribal commission on aging shall serve no more than 2 consecutive 3-year terms. In the case of county board members, the requirement is 3 consecutive 2-year terms.</i>	X		

Members of the Commission on Aging (please list)

Official Name of the Aging Unit's Policy-Making Body:

Aging Advisory Committee

Name of Individual	Age 60 and Older (x)	Elected Official (x)	Mo./Year first term began	Mo./Year final term ends
Chairperson: Richard Trochinski	X	X	4/2012	
Yolanda Galegos	X		4/2015	4/2021
Barbara Reif	X		4/2014	4/2020
Barbara Behlen	X		4/2016	4/2022
Pat Flanagan	X		4/2016	4/2022

Part II: Activities to Help Older People Advocate for Themselves

1. What does the aging unit do to inform older people about the issues that affect their lives?

2016: The aging unit publishes a bi-monthly newsletter that goes out to over 900 seniors in the community. We also submit news articles and information to the local newspapers. Our EBS goes to each Sr. Center in the County at least once a month to provide information to seniors. The aging unit is a member of the local TRIAD committee and does several presentations at TRIAD meetings each year on various topics of interest to seniors. In 2016, we started having listening sessions at the area senior centers to both inform seniors on issues, and to listen to their concerns. The Aging Unit works closely with the local ADRC office to make sure they have information important to Seniors so the Resource Specialist can inform the consumers who come to the ADRC.

2017: The Aging Unit continues to publish its bi-monthly newsletter that goes out to over 900 seniors and business in the County. There is an advocacy page, which has all of the names, address and emails of all the State and Federal Representatives of our County so Seniors know how to contact them. We also publish articles of interest to Seniors in the newsletter and the local Newspapers. We continue to participate with the local TRIAD group and present on topics of interest to Seniors. Our EBS in out in the local Senior Centers weekly assisting and informing Seniors. In 2017, the four aging staff and the four ADRC staff each did at least two public presentations in the Community to help inform Seniors about issues and services that affect them. Three listening sessions were held in 2017, where seniors were informed about issues that affect their lives and they were able to give feedback to County staff on what they perceive their needs to be.

2. How does the aging unit teach older people to act as advocates?

2016: Our EBS and DBS work one on one with Seniors and the disabled to help them advocate for themselves, and to teach them how to advocate for themselves. We also hold listening sessions at Senior Centers on topics of interest and let seniors know whom to contact to make their voices heard. We have also started a page in our Sr. Newsletter that contains the contact information for our State and Federal Representatives so seniors know how to contact their representatives. Our EBS goes out weekly to the Sr. Centers in the county to meet one on one with Seniors and help them with various issues.

2017: Our EBS and DBS continue to work with consumers on an individual basis to assist them in advocating for themselves. We have a page in our newsletter that is dedicated to advocacy. We provide the names and addresses of all State and Federal Representatives in our newsletter. Green Lake County is holding at least two listening sessions each year to get important information out to Seniors and to get information from the Seniors on how programs, services and laws effect their lives. We are involved with our monthly TRIAD meetings in helping to educate Seniors in the County. Our EBS continues to have weekly hours at local Senior Centers to help Seniors with issues they may have.

3. How does the aging unit advocate on behalf of the older people it serves?

2016: The Aging Unit advocates by taking issues that concern our elderly consumers to the governing committees at the County level to try to influence local policy, procedures and budgets. We also provide training opportunities to County staff and officials to educate them on issues that concern the elderly population. Our EBS and DBS advocate on a one on one basis for our consumers with Social Security Administration, Economic Support Units, Insurance Companies, fuel suppliers, utility companies, landlords, Veterans Service Offices, the IRIS program and CMO's, to try to get the best outcomes we can for our consumers.

2017: The Aging Unit continues to take issues concerning Seniors to the governing committees at the County level, to try to influence local policy, procedures and budgets. We provide training and educational opportunities to the local governing boards, County staff and officials to educate them on issues concerning the elderly. Our EBS and DBS continue to advocate on a one on one basis with SSA, Economic Support, Insurance Companies, fuel suppliers, utility companies, property owners, VSO offices, the IRIS program and CMO's to get the best outcomes for the consumers they work with.

Part III: Progress on the Aging Unit Plan for Serving Older People

Aging Unit Plan Goals	Progress Notes <i>(briefly summarize only those activities completed as of Dec. of each year; explain if a goal was not accomplished)</i>	Check if Done		
		2016	2017	2018
Focus Area 6-A. Involvement of Older People in Aging-Related Program Development and Planning				
<p>Goal #1: This goal will be for all three years of the plan period, in order to increase the opportunities for older adults to have input into County issues and programs for older adults, of each year of the plan period the Green Lake County Aging Unit will hold at least two listening sessions at two different Senior Centers in the County where older adults gather. One listening session will be held by May 31st each year and the other by October 31st each year. The goal will be to have at least 10 Seniors at each listening session.</p>	<p>2016; This process was started in the second half of the year. One listening session was held at the Princeton Senior Center on Oct. 27th. 32 seniors were present and participated in the discussion. Top priorities mentioned were transportation and dementia services.</p> <p>2017: In 2017 three listening sessions were held. May 5, 2017 at the Markesan meal site, with 5 people attending; main issues identified were transportation and health care. On July 16, 2017 at the Green Lake meal site, with 16 people attending; main issues identified were social outing opportunities and finances. On August 11, 2017 at the Senior Picnic with 190 in attendance; the main issues identified were isolation, transportation, financial stability, dementia services and health issues.</p>	X	X	
Focus 6-B. The Elder Nutrition Program				
<p>Goal #1: To increase nutritional choices and provide a new experience for diners at the Berlin Senior Nutrition Dining site, the Green Lake County Aging unit will work with the Berlin Senior Center Nutrition Staff to begin offering a salad bar at the Berlin Senior Nutrition Dining site by 12-31-16.</p>	<p>2016: The salad bar was started in February of 2016. The salad bar is offered at least one time per week. The Seniors enjoy having green salad more often. Having this as a choice does not seem to effect the number of Seniors choosing to dine at the Berlin Senior Center.</p>	X		

	<p>2017: The salad bar is no longer being offered. The caterer sighted a lot of food waste, and consumer preference not to have the salad bar as a reason to discontinue. The caterer is offering green salad two to three times a week, and does offer a baked potato bar that they feel the consumers enjoy.</p>			
<p>Goal #3: The City of Princeton in Green Lake County had to close their Senior Dining site several years ago. To increase senior dining options to the residents of the Princeton area the Green Lake County Aging Unit will work with local restaurants in the city of Princeton to attempt to establish a senior dining site within the restaurant. The aging staff will hold listening sessions with the local seniors by 12-31-16 to get input on the concept and ideas as to restaurants Seniors would be interesting in dining at. Based on the information gathered at the listening sessions Green Lake County will meet with at least two local restaurants to find an area business interested in participating in the program and discuss menu options by 12-31-17. If the local seniors are interested and if a collaborating restaurant can be found the Green Lake County Aging Unit will establish a Senior Dining site within a local Princeton restaurant, and the site will be operational by 12-31-18.</p>	<p>2016: A listening session was held at the Princeton Senior Center on 10-27-16 with 32 Seniors attending and Senior dining options were discussed. The Sr. Center is not interested in becoming a Sr. dining site most of those in attendance said they would not attend the meals on a regular basis. About 10 individuals said they might be interested in a dining site in a restaurant, depending on which restaurant it is. Based on this information the Green Lake County Aging Unit will contact restaurants in Princeton to see if any would be interested in collaborating on this project. This will all be done in 2017.</p> <p>2017: At the end of 2017, we were still unable to identify a restaurant that was interested in collaborating with the County to become a Congregate meal site. We are continuing to have discussions with Aunt Judy's Café. Discussions are centered around menu options, costs, confidentiality and how to have a meal site manager on site. This is the only restaurant that has showed any interest in at least having a discussion.</p>	X	X	

<p>Goal 2: Physical activity and weight loss were identified as critical components to healthy aging during the Aging Unit 3-year planning process. The Aging & Disability Resource Center will broaden their educational outreach in the multi-county community by communicating the importance of physical activity and the benefit it has on health through a minimum of two preventative workshops/presentations annually, with a goal of reaching 120 people, along with articles in all four senior newsletters at least twice each year, for each year of the plan period.</p>	<p>2016: Two community presentations were given in the quad county area with a total of 40 individuals attending the presentations. Three articles were published in the Sr. Newsletter that is published bi-monthly and goes out to over 900 seniors in Green Lake County. 2017: This year no presentations were done in Green Lake County, they were held in Marquette County, which is a part of our ADRC. 3 articles were published in the Senior Sentinel during the year. The newsletter is circulated to over 900 seniors in Green Lake County.</p>	<p>X</p>	<p>X</p>	
<p>Focus 6-C. Services in Support of Caregivers</p>				
<p>Goal #1: During every year of the plan period, to increase attendance at the Caregiver Support group, Green Lake County will schedule Speakers on various caregiving topics at least three times a year. The goal will be to increase attendance at Caregiver Support Group meetings by 20% (1 to 2 additional attendees) by 12-31-17.</p>	<p>2016: This year we had guest speakers on the following topics: Grief and Loss; Importance of Physical Fitness; and What is the ADRC and how can it assist you. The average number of people attending the meetings is 4, there was a 0% increase in attendance this year. 2017: this year presentations were held on The Mind/Body Connection The Power of positive Thinking; Critical Points to Consider When Choosing a Care Facility; and a presentation by Historian and Author Jerry Apps. On average approximately 4 people attend the support on a monthly basis, on months when there is a scheduled speaker/topic the attendance increases by 40% to an average of 6 attendees.</p>	<p>X</p>	<p>X</p>	
<p>Focus 6-D. Services to People With Dementia</p>				
<p>Goal #1: In order to provide more community education on the topic of dementia, the Green Lake County Dementia Coalition will partner with the Alzheimer's Association and the local ADRC staff to put on a community</p>	<p>2016: This training was held on June 8, 2016. 40 people attended the training, both Human Service staff and community members. No one</p>	<p>X</p>	<p>X</p>	

<p>training presenting The 10 Warning Signs of Alzheimer’s Disease at one of the UW Extension Training Room in Green Lake, at which 5 interested community members will also have a memory screen done by ADRC staff, by 12-31-16.</p>	<p>took advantage of the opportunity to have a memory screen done. 2017: Green Lake County had a staff person complete a Dementia Crisis Training – Train the Trainer course through the University of Green Bay Behavioral Health Training Partnership. This staff then co-led a “Dementia Awareness and Skills” workshop on May 25, 2017, which 40 professionals attended. She also did training for our Dementia Coalition, which 12 people attended. She also did a training at Triad which 22 people attended.</p>			
<p>Goal #2: To provide community education about dementia and dementia services the Green Lake County Aging Unit will partner with the ADRC to staff a booth at the Women’s Night Out Health Fair to provide educational materials on dementia and to offer memory screenings and provide them to at least 5 participants, and then provide one on one information on follow up services available to them in the community, each year of the plan.</p>	<p>2016: This event was not held in 2016 so we were unable to be a part of it. We will work with our local hospital to be a part of their 2017 event. 2017: This event was not held again in 2017. Green Lake County in partnership with our ADRC did hold a memory screen event in October at which three consumers attended and had memory screens completed. Each consumer was provided a one on one discussion with a Resource Specialist to discuss the outcome of the screen, and were provided with follow-up services if appropriate.</p>		X	
<p>Focus 6-E. Healthy Aging</p>				
<p>Goal 1: For each year of the plan period, the Department of Aging will, through a Memorandum of Understanding with the Aging & Disability Resource Center, allocate each year’s Title III-D funds for the purpose of offering in Green Lake County, and by December 31 of each year, a minimum of two high-level, evidence-based health promotion programs to at least 60 individuals during the three year period of time. Workshops offered may include Living Well with Chronic Conditions, Healthy Living with Diabetes,</p>	<p>2016: 2 Healthy living with Diabetes classes – 9 attended; and one Stepping On – 18 participants, were held this year. 2017: This year the following classes were held: Healthy living with Diabetes, 9 attended; Tai Chi, 17 attended; Stepping on, 6 attended, and Walk with Ease, 8 attended.</p>	X	X	

Stepping On, or any other workshop that meets the criteria. Workshops will be determined based on consumer interest and need.				
Goal 3: To increase community participation in all the health promotion programs, the ADRC Health Promotion Coordinator will begin developing a referral process with at least one hospital and/or clinic Green Lake County by 12-31-17. Referrals to the health programs will increase by 10%, or 5 individuals, for each year of the plan period.	Our Health Promotions Coordinator through the ADRC has worked with Berlin Hospital, Wild Rose Hospital, Family Health/La Clinica, and Marquette County EMS to begin the process of setting up a referral system. She has successfully set up a referral system with the Waushara County EMS. Referrals into the program from these healthcare systems increased 16.5% from 2015 to 2016. 2017: This year one additional referral source was developed with the Thedacare office in the City of Green Lake. In 2017 the referrals stayed the same as 2016 no increase.	X	X	
Focus 6-F. Local Priorities				
Goal #1: In order to provide community education for each year of the plan the Green Lake County EBS will partner with the ADRC DBS to provide at least two Welcome to Medicare classes for the citizens of Green Lake County.	2016: A Welcome to Medicare Class was held on April 26, 2016 with 18 consumers attending. A second class was held on August 28, 2016 with 12 consumers attending. 2017; A Welcome to Medicare class was held on April 6, 2017 with 14 people attending and a second class was held on August 24, 2017 with 11 people attending.	X	X	
Goal #3: The Green Lake County Aging Unit will be a member of the Green Lake County Wellness Coalition to work on the focus area of "Adequate, Appropriate and Safe Food and Nutrition" with a goal of reducing obesity and increasing good nutrition, the Aging Unit will administer the Senior Farmer's Market Nutrition Program in Green Lake County and provide \$25.00 worth of vouchers to 103 individuals over the age of 60, by October 31 of each year of the plan.	2016: the aging unit is a member of the Green Lake County Wellness coalition. We sit on the nutrition focus area and focus on promoting nutrition through the Sr. Nutrition Program, publishing articles in our Sr. Newsletter relating to proper nutrition and why it is important. In 2016 Green Lake County Aging Unit distributed	X	X	

	<p>Farmers Market Nutrition Program vouchers to 103 seniors in the community.</p> <p>2017: The Aging Unit continues to be a part of the Wellness coalition. We continue to publish articles on proper nutrition and exercise in our Sr. Newsletter. In 2017, we issued 103 Senior Farmers Market Vouchers to Seniors in Green Lake County to help them purchase locally grown fruits and vegetables.</p>			

Part IV: Progress on the Aging Unit Plan for Serving Older People – National Family Caregiver Support Program (NFCSP)

This section is not required for tribal aging units.

Minimum Service Requirements: *The minimum service requirements of NFCSP must be provided by the aging unit or contracted with another agency. Please indicate who provides these services.*

Service	Aging Unit (X)	Other Agency (please list)
Information to caregivers about available services	X	
Assistance to caregivers in gaining access to the services	X	
Individual counseling, support groups, and training to caregivers	X	
Respite care	X	
Supplemental services (e.g., transportation, assistive devices, home modifications, adaptive aids, emergency response systems, supplies, etc.)	X	

Caregiver Coordination: *To ensure coordination of caregiver services in the county, the aging unit shall convene or be a member of a local family-caregiver coalition or coordinating committee with other local providers who currently provide support services to family caregivers.*

Does the aging unit belong to a local caregiver coalition?

YES NO

Name of Coalition: Green Lake County Dementia Care Coalition

2016 Activities: Our coalition met three times in 2016. Our first meeting of the year was a planning meeting. At our second meeting we had a presentation/training on “Grieving Alzheimer’s, Managing the Loss”. Our third meeting was our joint training in June with the Alzheimer’s Association providing training on Early detection and Crisis response. Due to staff medical leave, we did not have a fall meeting.

If YES, please provide a brief update on coalition activities conducted each year.

If NO, please explain plan for compliance.

2017 Activities: Our Coalition met three times in 2016. Our first meeting was the annual planning meeting. At our second meeting, we had a presentation by staff member Kristen Dorsch, who is a certified trainer through the UW Green Bay Behavioral Health Training Partnership, on “The Three D’s, Dementia, Delirium and Depression. Our third meeting was a presentation on improving early dementia care through health literacy.

	2018 Activities:
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Part V: Significant Accomplishments or Issues Not Included in the Aging Unit Plan
(Unplanned accomplishments or issues that had a significant impact on the aging unit's activities during the previous year. This is not meetings attended or actions that fit under plan goal objectives but may reflect noteworthy events or achievements.) This section is not required.

2016:

2017: On September 13, 2017, in Partnership with Wisconsin Health Literacy, the Green Lake County Aging Unit sponsored a "Improving Early Dementia Through Health Literacy" workshop. Seven individuals attended and gained knowledge on what health literacy is and why it is important in our understanding and treating Dementia.

On September 19, 2017, the Green Lake County Aging Unit collaborated with the attorney of the GWAAR office to offer a "Simple Will and Power of Attorney Help for Low Income Seniors" workshop. 13 individuals attended and were assisted in writing a will or POA document or both.

Part VI: Coordination Between Titles III and VI
If the county includes part or all of a federally-recognized tribe, indicate how the county aging unit and the tribal aging unit have worked together in the previous year to coordinate and ensure the provision of services to tribal elders.

If the county does not include part or all of a federally-recognized tribe, please indicate: Not Applicable