

GREEN LAKE COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

HEALTH & HUMAN SERVICES

571 County Road A

Green Lake WI 54941

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222 Leffert St.

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Post Date:

5/14/25

The following documents are included in the packet for Commission on Aging Advisory Board held on Wednesday, May 21, 2025.

- May 21, 2025, Commission on Aging Advisory Board agenda
- March 19, 2025, Commission on Aging Advisory Board Draft minutes
- Diabetes Prevention Program handouts
- Online Healthy Living Guide [Health & Human Services – Health Unit - Green Lake County, WI](#)
- 3-year Aging Goals 2025-2027



GREEN LAKE COUNTY
DEPARTMENT OF HEALTH & HUMAN
SERVICES

Office: 920-294-4070 Fax: 920-294-4139 Email: glcdhhs@greenlakecountywi.gov

Health & Human Services Commission on Aging Advisory Committee Meeting Notice

Date: May 21, 2025, Time: 10:30 AM

Green Lake County Government Center Room County Board Room #0902
571 County Road A, Green Lake, WI 54941

AGENDA

Committee Members

Harley Reabe-Chair
Sue Jungenberg
Andrew Brendemihl
Vacant
Vacant

Virtual attendance at meetings is optional. If technical difficulties arise, there may be instances when remote access may be compromised. If there is a quorum attending in person, the meeting will proceed as scheduled.

This agenda gives notice of a meeting of the Commission on Aging Committee. It is possible that individual members of other governing bodies of Green Lake County government may attend this meeting for informative purposes. Members of the Green Lake County Board of Supervisors or its committees may be present for informative purposes but will not take any formal action. A majority or a negative quorum of the members of the Green Lake County Board of Supervisors and/or any of its committees may be present at this meeting. See State ex rel. Badke v. Vill. Bd. of Vill. of Greendale, 173 Wis.2d 553, 578, 494 N.W. 2d 408 (1993).

1. Call to Order
2. Certification of Open Meeting Law
3. Pledge of Allegiance
4. Introductions
5. Minutes: (3/19/25)
6. Correspondence
7. Health & Human Services Board Report
8. Diabetes Prevention Program Presentation- Nancy Gimenez, Green Lake County Public Health Nurse
9. 3-year Aging Plan Update
10. Committee Discussion
 - Future Meeting Date: July 16, 2025, at 10:30am
 - Future Agenda items for action & discussion
11. Adjourn

This meeting will be conducted through in person attendance or audio/visual communication. Remote access can be obtained through the following link:

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 249 598 070 002

Passcode: mqskMK

Dial in by phone

[+1 920-659-4195,,127048550#](#) United States, Green Bay

[Find a local number](#)

Phone conference ID: 127 048 550#

Kindly arrange to be present, if unable to do so, please notify our office.
Sincerely, Ryan Bamberg, Aging/Long Term Care Unit Manager

Please note: Meeting area is accessible to the physically disabled. Anyone planning to attend who needs visual or audio assistance, should contact the County Clerk's Office, 294-4005, not later than 3 days before date of the meeting.

Commission on Aging Advisory Committee Meeting

March 19, 2025

The regular meeting of the Health and Human Services Aging Advisory Committee meeting was called to order by Chair Reabe at 10:36 am on Wednesday, March 19, 2025, in the County Board Room, Green Lake County Government Center, Green Lake WI. The meeting was held in person and via Teams. The requirements of the open meeting law were certified as being met. The Pledge of Allegiance was recited.

Present: Harley Reabe, Gloria Lichtfuss, Sue Jungenberg,

Absent: Andrew Brendemihl

Others present: Ryan Bamberg, Aging/Long Term Care Unit Manager, Kayla Yonke, HHS Financial/Business Manager, Jane Mundro.

Introductions:

Not applicable.

Minutes of 1/15/2025:

Motion/second (Lichtfuss/Jungenberg) to approve the minutes of the January 15, 2025, meeting. Motion carried with no negative vote.

Correspondence:

None.

Health and Human Services Board Report:

No Report

Senior Transportation Program:

Ryan Bamberg reported on changes with the 85.21 senior transportation program. Green Lake County receives State grant funding to provide transportation to seniors. The rides are going well. Committee agreed for Bamberg to explore a waiting stipend for the drivers if it stays within the 85.21 grant amount allocated. Update will be given at the next meeting. Discussion followed.

ADRC Marketing:

Bamberg reported that the state has pushed out a bunch of ADRC marketing ads. This funding to produce this came to the state and will hopefully bring more awareness to our area.

Meal Sponsor Discussion:

Ryan Bamberg asked for feedback on advertising to sponsored meals, like the sharing a holiday meal. Looking into doing a mass marketing campaign. Committee directed Bamberg to explore this option looking at a different time that won't affect the sharing a holiday meal. Exploring reaching out to local

churches and fitness clubs to help with donations. Bamberg will explore and report back. Discussion Followed.

Three-year Aging Plan Update

Ryan Bamberg reported he will continue to provide updates on the Aging Plan goals at each meeting.

Goals are:

1. Senior transportation program- as per update above.
2. Minimize social isolation (Senior Friends Volunteer Program)- promote health promotion programs- Looked at getting more community members enrolled. Bamberg reported currently working on outreach to participate in Health Promotion programs. The goals would be to increase health and engage people in the community.

3. Nutrition program-

Initial feedback from Community is people like the new menu with Markesan Resident Home.

Jan 2024 vs Jan 2025

2024 – Carry out 161 – HDM 1699 – Congregate 311

2025 – Carry out 54 – HDM 1426 – Congregate 365 (Berlin #s are down and Markesan #s are up)

4. Create a Peer-to-Peer Volunteer Database- no update.
5. Increase opportunities for Tribal Nations to access services- no update

Committee Discussion

Future meeting date: May 21, 2025, at 10:30am.

Future Agenda Items: Combine the ADRC committee and the Commission on Aging Advisory committee.

Adjourn

Chair Reabe adjourned the meeting at 11:20am.



THE PREVENT T2 PROGRAM

The Prevent T2 lifestyle change program can help you make small changes towards a healthier lifestyle and can reduce your risk of developing type 2 diabetes by 58% (In those 60 and older- 71%)! It is supported by the Center's for Disease Control and Prevention (CDC) and is proven to work.



When you are ready to commit to a healthier lifestyle.....

CONTACT US

Address

571 Cty Rd A. Green Lake Wi. 54941

Phone

(920) 294-4070

Or, visit us on the web at:
[www.greenlakecountywi.gov/
departments/health-human-
services-health-unit/](http://www.greenlakecountywi.gov/departments/health-human-services-health-unit/)



Public Health
Prevent. Promote. Protect.

Green Lake County Health Department

YOU CAN PREVENT TYPE 2 DIABETES

with the

Green Lake County Diabetes Prevention Program





**1 IN 3 HAVE
PREDIABETES,
DO YOU?**

Prediabetes can lead to Type 2 Diabetes

One out of every three Americans have prediabetes, yet most do not know it. Prediabetes means your blood sugar is higher than normal, but not yet high enough to be diagnosed as diabetes. It raises your chance of developing type 2 diabetes, heart disease and stroke.

Without making lifestyle changes, prediabetes typically advances to diabetes within 5 years. Diabetes can be a costly, challenging disease to manage and can lead to complications like heart attack, stroke, blindness, kidney failure and amputation.

The lifestyle changes that you learn to make with our program can help halt or delay progression to diabetes.

YOU MAY HAVE PREDIABETES IF YOU...

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Participate in moderate physically active less than 3 times a week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby weighing more than 9 pounds
- Your Hemoglobin A1c is between 5.7-6.4% or your fasting blood sugar is between 100-125 mg/dl

TAKE THE RISK TEST AT:

www.cdc.gov/prediabetes/risktest

If you score 5 or higher, contact your provider. They may order lab tests to screen for diabetes or prediabetes.

If it is determined you have prediabetes, don't worry, our program is here to help!



WHAT OUR PROGRAM PROVIDES

- A CDC- approved curriculum
- Certified lifestyle coaches
- Skills to help you lose weight and become more physically active
- Support from others who have similar goals
- A full year of programming that starts with weekly meetings and transitions to monthly meetings the last 6 months



Green Lake County Health Department

www.greenlakecountywi.gov/departments/health-human-services-health-unit/

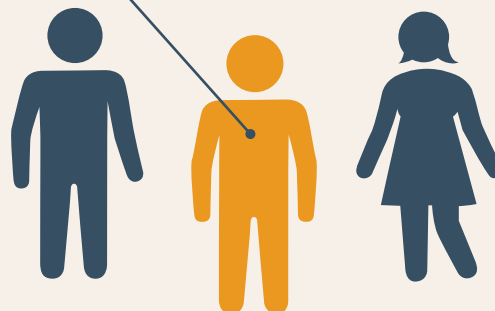
PREDIABETES

COULD IT BE YOU?

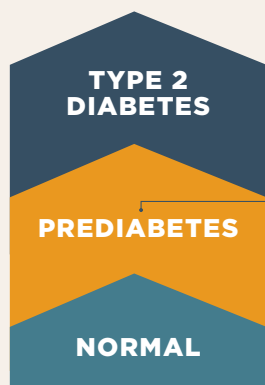
96
MILLION

96 million American adults — more than 1 in 3 — have prediabetes

1 IN 3



MORE THAN 8 IN 10 adults with prediabetes don't know they have it



With prediabetes, your blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



TYPE 2
DIABETES



HEART
DISEASE



STROKE



If you have prediabetes, losing weight by:



EATING
HEALTHY



BEING
MORE
ACTIVE

can cut your risk of getting type 2 diabetes in

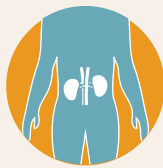
HALF



If you ignore prediabetes, your risk for type 2 diabetes goes up — type 2 diabetes increases your risk for serious health complications:



BLINDNESS



KIDNEY
FAILURE



HEART
DISEASE



STROKE



LOSS OF TOES,
FEET, OR LEGS

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES —

See your doctor to get your blood sugar tested



- ✓ eat healthy
- ✓ be more active
- ✓ lose weight

JOIN A CDC- RECOGNIZED

diabetes
prevention
program



LEARN MORE FROM CDC AND TAKE THE **PREDIABETES RISK TEST** AT
www.cdc.gov/diabetes/basics/prediabetes.html

REFERENCE

Centers for Disease Control and Prevention. National Diabetes Statistics Report. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2022.

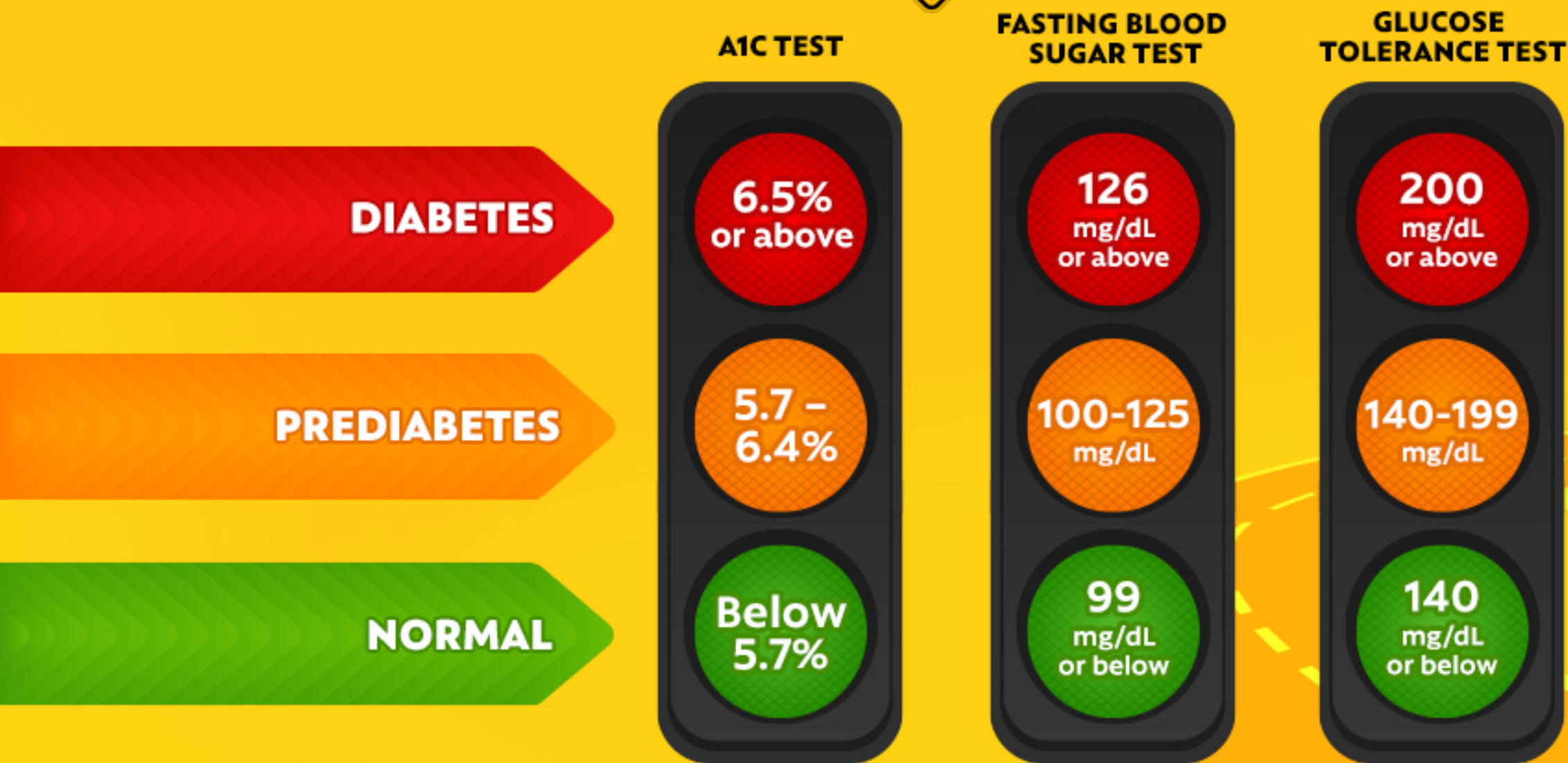
CDC's Division of Diabetes
Translation works toward a world
free of the devastation of diabetes.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

CS328103C

THE ROAD TO TYPE 2 DIABETES



GREEN LAKE COUNTY DIABETES PREVENTION PROGRAM (DPP) REFERRAL FORM



This is a referral for an adult to participate in Green Lake County's DPP. For providers completing this form, please provide a copy to the patient. **Fax or mail the referral form to Green Lake County Health Department- Contact information below.**

(First Name)	(M.I.)	(Last Name)	(D.O.B)
(Address)	(Phone #)	(E-mail)	

To qualify for enrollment in the Green Lake County DPP, the following eligibility criteria MUST be met:

- Be 18 years or older
- **Not** have type 1 or type 2 diabetes
- Not currently be pregnant
- Be overweight (body mass index of ≥ 25 **or** ≥ 23 if Asian American)
Ht_____ Wt._____ BMI_____

NOTE: Medicare beneficiaries with End Stage Renal Disease do not qualify

Additionally, the prospective participant must meet ONE of the following:

- ☐ Have a blood test indicating prediabetes within the last 12 months (Medicare requires this)
 - ☐ **Hemoglobin A1C: 5.7-6.4%** Result:_____ Date _____
 - ☐ **Fasting plasma glucose: 100-125 mg/dl (110-125 for Medicare)** Result: _____ Date: _____
 - ☐ **2 hour plasma glucose: 140-199mg/dl (after a 75 gm glucose load)** Result: _____ Date: _____
- ☐ Received a “high risk” result on the Prediabetes Risk Test- (Not allowed for Medicare)
- ☐ Previously diagnosed with gestational diabetes (May be self-reported. Not allowed for Medicare)

Provider Name: _____

Provider Signature: _____ Phone Number: _____

Green Lake County Public Health Department
571 Couty Rd A., Green Lake Wi. 54941
Phone: (920) 294-4070 Fax: (920) 294-4139



Prediabetes Risk Test

**NATIONAL
DIABETES
PREVENTION
PROGRAM**

1. How old are you?

Younger than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)

Write your score in
the boxes below

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
You weigh less than the 1 Point column (0 points)			

Adapted from Bang et al., Ann Intern Med 151:775-782, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



DPP Clinic Use ONLY

Contact attempts: Date: _____ Date: _____ Date: _____. Comments: _____

Payer Source: ☐ MC : _____ ☐ MCA : _____ ☐ Comm Ins: _____

Notified of Discovery session date on: _____ by (int) _____

Entered in Welld on: _____ by (int) _____ How Hear about program? _____

Commission on Aging Committee Meeting May

3-year Aging Goals 2025 - 2027

1. Senior Transportation Program
 - a. Starting June 1st, riders will need to contact the ADRC to complete a brief pre-approval assessment in order to receive rides through 85.21
 - i. Purpose – ADRC will have the ability to connect with individuals to discuss other resources and explore other transportation resources to help fill their needs. Also, this allows the opportunity to discuss the suggested contribution and have a better idea of who is receiving rides and why.
 - ii. Drivers Procedures and Riders Procedures have been created. Reached out to other Counties including Marquette and Kewaunee County that have Volunteer drivers for 85.21 Program to reference which policies they have in place.
 1. Riders and Drivers will sign the policies
2. Minimize Social Isolation (Senior Friends Volunteer Program) – promote health promotion programs
 - A. Advocap Senior Friends has a few volunteers now. ADRC is looking to assist connecting the Volunteers to people in the Community to enroll in the program.
3. Nutrition Program – Highlight on menus most liked meals and create pop-up events
 - a. Home Delivered Meals are continuing to increase. In Markesan we serve 50 to 55 daily. We regularly have 8 to 15 eating at the Congregate site in Markesan and have 7 to 10 people eating regularly at the Berlin Site.
 - b. Pop up event:
 - i. June 19th Parking lot Tailgate Party
 - ii. May 16th Markesan – Music, Health Promotion Education, and Public Health Speaker
 - c. Meal Counts:
 - i. Carry-out 136 meals avg donation \$4.63 – 2024: 508 Carryout
 - ii. HDM – 5,949 meals avg donation \$3.36 – 2024: 6,690 HDM
 - iii. Congregate 1686 avg donation \$3.53 (Markesan \$2.95) – 2024: 1,523
4. Create a Peer-to-Peer Volunteer Database
 - a. No update
5. Increase opportunities for Tribal Nations to access services
 - a. No update