



Aging & Disability Resource Center of Portage County

Services for Seniors, Adults with Disabilities,
their Families and Caregivers

Lincoln Center
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Stevens Point, WI 54481

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Governance

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Tonia Simmons, Leslie Smith

Foster Grandparent Program

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Karen Foss, Jennifer Loehrke,
Maureen Miller, Diane Shaver,
Ginny Williams,
Ex Officio - Julie Rekowski

The Holly Shoppe

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Shirley Kalpinski, Stacia Newby,
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Patti Kilawee, Ramona Kizewski,
Sharon LaBrie, Jan Lehrer,
Georgia Link, Virginia Ostrowski,
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RSVP

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Georgia Link, Mary Mahr,
Susan Morgenroth, Thom Ness,
Lynne Patrick, Carol Przybylski,
Edward Severson, Sally Topinka,
John Woyak, Warren Zander

Senior Center

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Fadner, Nancy Kemmeter,
Chai Moua, Karen Phelps,
Patricia Rous, Robert Sharafinski,
Tim Swiecki

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Bob Gifford, Cathey Hankison,
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Sam Levin, Tanya Mazur,
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Peterson, Robert Prosch,
Kathy Sankey, Jessica Schmidt,
Kim Vaguiero, Rose Williams,
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22	Matt Jacowski
23	Barry Jacowski
24	Gerry Zastrow
25	James Zdroik

(from the 2016
Portage County Directory)

Caregiver Support Services

Number of People Served by Caregiver Support Services Programs in 2016

- ◆ Adult Day Center: 40 participants and 11,416 participant hours
- ◆ Volunteer Caregivers of Portage County: 247 Care Receivers and 112 Volunteers including 10 Time Away volunteers
- ◆ Safe & Sound Registry for Wanderers: 73
- ◆ National and Alzheimer's Family & Caregiver Support Programs: 60 participants
- ◆ Family Caregivers Support Group average monthly attendance: 16 participants
- ◆ Memory Café average monthly attendance: 22 participants
- ◆ Memory screens: 143
- ◆ Dementia Friendly Community trainings: 609 participants
- ◆ Outreach: 15 presentations; 811 attendees

Dementia Friendly Community

The Dementia Friendly Community Initiative began in 2016. The initiative relies on volunteers and ADRC staff to educate the public. This last year, dementia sensitivity training was provided to 609 participants at area businesses and agencies in Portage County.



Community Resources

Long Term Care Enrollments

Professional Assessment of the ability to perform daily tasks; includes the administration of the Long-Term Care Functional Screen, Options Counseling, and enrollment into publicly funded programs.

- ◆ Long-Term Care Functional Screens: 208
- ◆ Enrollments into publically funded long term care programs: 155

Information & Assistance

Information & Assistance Specialists meet with people to discuss their needs and explain services available from the Aging & Disability Resource Center (ADRC) and within the community to meet an individuals specific needs and provide assistance to obtain these services.

- ◆ People served: 1,419
- ◆ Contacts with community members: 4,004

Disability Benefit Specialists

Benefits Counseling for adults ages 18 to 59 with physical disabilities, intellectual disabilities, mental illness and substance abuse disorders.

- ◆ People served: 197
- ◆ Financial impact: \$2,885,106

Elder Benefit Specialists

Red Tape Cutters is another name for the elder benefit specialists who are trained to help people 60 and older who are having problems with private or public benefit programs and assist with Medicare Part D enrollment.

- ◆ People served: 1,249
- ◆ Financial impact: \$4,815,243

Loan Closet

Assistive Equipment and other items are available at no charge to Portage County residents who have a need for them. Donations are welcome.

- ◆ People served: 1,231
- ◆ Items lent to community members: 1,866

2016 Key Point

Pilot: Person-Centered Thinking

Information & Assistance staff participated in a pilot project at the request of the Wisconsin Department of Health Services. The pilot was designed to test components of an on-line training regarding Person-Centered Thinking. The pilot started in May and ended in September of 2016. During this time, staff completed more than 40 on-line modules and participated in an all-day training. ADRC staff experiences were used to enhance the on-line information for the rest of the state.

Nutrition

Senior Nutrition Services - Congregate and Home Delivered Meals for Seniors 60 and Older
 The Senior Nutrition Program assists seniors to remain independent and live successfully in their own homes. By providing opportunities for socialization and volunteerism, the program helps ensure community engagement and a positive mental outlook. Hot meals supplying 1/3 of the daily requirements optimize nutritional health which in turn reduces frailty during the aging process. In addition, involvement in the programs provides easy access to community supportive services.

The ADRC program operates six senior dining sites and coordinates home delivery of meals throughout the county. Home delivered meals in Stevens Point and Whiting are provided by Meals on Wheels of Stevens Point, Inc.

<u>Participants</u>	<u>Meals Served</u>	
ADRC Senior Dining Sites	25,262	1,277
ADRC Rural Home Delivery	29,461	231
Meals on Wheels of Stevens Point	31,560	293



Senior Dining Sites: Lincoln Center; Hi-Rise Manor; Jensen Center, Amherst; Park Lodge, Junction City; Plover Municipal Building; Faith Lutheran Church, Rosholt

Program Highlights

Of home delivered participants, 95% felt the meals helped them remain independent and living in their own home. Additionally, 97% reported maintaining a healthier diet with the home meals and 93% are satisfied with the meal and delivery service.

In addition to 54,723 personally served/delivered meals, the ADRC provided 126 in-home assessments and 220 wellness checks during bad weather or following an acute illness. Of reported outcomes, 78 referrals were made to community supportive services and 169 interventions were made to avert or respond to health and safety issues.

In 2016, 199 volunteers provided 14,916 hours of service. These volunteers help with the service and cleanup of meals at the dining sites, delivery of home meals (on rural roads and in all weather), assist with recreational programs, and help with planning and administrative tasks.

Volunteer Hours 2016

Nutrition Program 199 Volunteers 14,916 Hours



Senior Center

Evidence-Based Health Program Highlights

- ◆ 17 evidence-based workshops were held with 150 total participants.
- ◆ Two of the 17 workshops were held in partnership at community locations: Rosholt Public Library and Saint Michael's Hospital.
- ◆ Six new evidence-based program volunteer leaders were trained.
- ◆ New partnerships were developed with local health agencies, including a referral system for health care providers.



The mission of the Live Well, Live Long Coalition is to help Portage County residents live fuller and healthier lives by increasing awareness and access to evidence-based fall prevention and chronic disease management programs. The coalition hosted Falls Prevention Awareness Day on September 20, 2016. The event featured 27 presenters from the community with 113 registered participants.

Stepping On Falls Prevention Program success story: "I took Stepping On because I was afraid of falling again. Taking Stepping On has improved my balance and given me confidence to achieve more mobility. From the exercises I learned in class, my physical health has improve tremendously." From the participant's husband: "She is so much happier than before. She has been able to start driving again. If she wants to do something at the house, she now can do it. This class has done so much for her, I recommend it to many people."



Senior Center Classes, Programs and Activities

Our mission is to offer Portage County seniors, adults with disabilities, and caregivers a diverse selection of educational, health, creative and recreational classes and activities, and volunteer opportunities. Lincoln Center partners with a host of community groups and prides itself with offering a wide array of programs and services.



2016 Statistics

- ◆ 1,266 individuals participated in Senior Center classes, programs, and events (Classes in order of highest participation: educational, recreational/social, health)
- ◆ 144 were new participants
- ◆ 109 Senior Center volunteers contributed a total of 5,226 hours

Senior Center

- ◆ New Classes, Programs, and Activities Offered in 2016: Basic Computer Class, a revised format for Continuing Spanish Class, and the presentation, “What Matters Most and How This Impacts Your Advance Care Planning”
- ◆ Fundraising Events: Bridge Appreciation Event, \$1,294



The Holly Shoppe

The Holly Shoppe provides an exclusive artists' outlet for Portage County residents 55 years of age or older and adults with disabilities. In 2016, The Holly Shoppe celebrated its 45th year, and was voted Portage County's Best Speciality Gift Store by area residents.

- ◆ 92 active volunteers generously contributed 5,875 hours of service
- ◆ 105 crafters registered 8000 hand-crafted items in 2016; 105 special orders were filled for customers seeking more customized merchandise
- ◆ The Holly Shoppe total annual sales were \$40,939 with \$29,685 in artisan payments. Shoppe commissions in 2016: \$11,254
- ◆ Fundraisers in 2016, including the 16th Annual Plant Sale, raised a total of \$16,998
- ◆ In 2016, UWSP students created a website for The Holly Shoppe

As of January 1, 2017, The Holly Shoppe formed its own non-profit entity and partnered with the ADRC. The Holly Shoppe is funded by a variety of sources, including participant donations, membership fees, sales commissions, endowment fund interest, memorial donations and fundraising.



Transportation

Transportation Program

The ADRC Transportation services are more than just a ride. The face-to-face personal contact between drivers and participants have developed relationships that go beyond the trip and into each others' lives. The drivers also provide a safety check to a person who may be frail or isolated. In some instances, this may be the only contact the person has that day.

ADRC Bus

- ◆ 11,363 rides to senior dining sites, for home-delivered meals, shopping, Adult Day Care, and more; 337 special event rides

Volunteer Escort Driver Program

- ◆ 36 active volunteer escort drivers drove 135,044 miles
- ◆ 6 volunteer coordinators and office volunteers served the Transportation Program
- ◆ 42 volunteers with a combined contribution of 6,989 hours
- ◆ 18 active DAV/VTS volunteer drivers put on 49,262 miles and contributed 1,897 volunteer hours

1,086 Individuals Used ADRC Transportation Services

- ◆ Volunteers and staff coordinated 3,518 driver escort trips, 1,937 taxi trips and 967 DAV/VTS trips
- ◆ Total trips provided: 17,785

The focus of the ADRC transportation program remains on coordination of services and service options for all our participants, fostering independence and quality of life. Through Mobility Management Portage County is the first and only volunteer wheelchair accessible vehicle to operate in the DAV/VTS program. Allowing 69 veterans in wheel chairs transportation to VA medical facilities. Mobility Management continues to develop new ways of providing service for our community by developing partnerships with service providers and stakeholders throughout the county and beyond.

Participant Comments:

"My driver is kind, caring, and always has a smile"

"I live alone and cannot drive, this program is a God Send"

"The veterans are fortunate to have the DAV service in Portage County."

"What a great bunch of volunteer drivers."

"Portage County has the best transportation services, Thank You."

"Bless You All"



Volunteer Services

Foster Grandparent Program

The Foster Grandparent Program (FGP), a program of the Corporation for National and Community Service (CNCS), places older adults in schools and Head Start, to serve children who need extra help. Income eligible participants volunteer 15-20 hours a week and are paid an hourly stipend that is considered a reimbursement for volunteer expenses.

- ◆ 22 Foster Grandparents provided 18,471 hours of service tutoring and mentoring 768 children
- ◆ Foster Grandparents helped students in 9 schools and 1 Head Start location throughout Portage County including the villages of Almond, Bancroft, Amherst, Junction City, Plover, and the City of Stevens Point
- ◆ Pre- and post-evaluations showed that 97% of the children with whom the Foster Grandparents worked improved in the areas of academic gains (literacy/reading, math) or academic engagement (social skills, life skills, behavior)

In July of 2016, the ADRC was informed that DHS would no longer be allowed to sponsor the program statewide. The future of the program was in question. The federal legislators for Portage County all assisted in getting CNCS to streamline the grant application and allocation process. The ADRC wrote for and received a 3-year grant allowing this valuable program to continue in Portage County.

Retired & Senior Volunteer Program (RSVP)

The Retired and Senior Volunteer Program (RSVP) is part of Senior Corps, a program administered by the Corporation for National and Community Service. RSVP coordinates volunteer opportunities and placements for people age 55 and older in non-profit and public agencies to deliver priority services to people of all ages. In 2016, 549 RSVP volunteers provided 55,438 hours of service to our community by helping 64 non-profit agencies achieve their missions.

- ◆ 18 RSVP volunteers prepared federal and state returns for more than 800 income eligible taxpayers
- ◆ More than 130 RSVP volunteers packaged and delivered over 23,000 meals to homebound seniors
- ◆ 62 RSVP volunteers provided tutoring and/or mentoring to 321 students in local schools
- ◆ 15 volunteer instructors led more than 160 participants in evidence-based health promotions classes
- ◆ 22 RSVP volunteers encouraged more than 350 second grade students to make better choices and decisions through the Beginning Alcohol and Basic Education Studies (BABES) program
- ◆ More than 100 RSVP volunteers served over 1,000 veterans by providing rides to VA clinics, crafting quilts, crocheting hats and scarves, addressing holiday cards, stuffing envelopes, and crafting blankets with students
- ◆ 36 RSVP driver escort volunteers provided more than 3,518 rides to seniors and/or disabled individuals
- ◆ 40 RSVP volunteers helped to ensure that more than 900 families received emergency food supplies



Contributions

\$100 or More

The Holly Shoppe

Karen Fadner/In Memory of G. Westenberger
Betty Lake Memorial

Loan Closet

Ken Beadle
Ellen Andrews
Terri Donlan
Margaret Faber
Lois Knope
Pat Mages

Nutrition

Amherst Lioness Club
Bushmans', Inc.
Plover Area Business Association
Rosholt Lions Club
Saint James Altar Society

Project Lifesaver

Traci Hintz
Mid-State Sisters of Skate

RSVP

Disabled American Veterans Chapter 30

Senior Center

Stevens Point Area Retired Teachers
Norman Swenson Memorial
Ed Tubilewicz Memorial

Volunteer Caregivers of Portage County

Ed and Penny Bancker
Richard Christofferson
Marg Coker-Nelson
Tom and Cindy Eagon
Ken and Meg Erler
Betty Ermatinger
Margaret Faber
Mary Gust
Rose Jirous
Dick and Mary Lou Judy
Tom and Lynne Kissner
Lois Knope
Daniel and Janet Kortenkamp
Judith Mabie
Dan and Donna Marx
John and Patricia Noel
Germaine Okray
Richard and Carol Okray
Nancy Page
David and Roseann Rosin
Justin Rueb
Dale and Annette Schuh
James and Martha Schuh
Roger Siskoff
Mary Weis
Todd and Jennifer Williams
David and Elaine Wrone

Delta Dental of Wisconsin
Dental Health Center
GFWC Stevens Point Junior Woman's Club
Holy Spirit Parish
Nelsonville Lutheran Congregation
Edward J. Okray Foundation, Inc.
Saint Joseph Parish
Saint Peter Parish
Trinity Lutheran Church



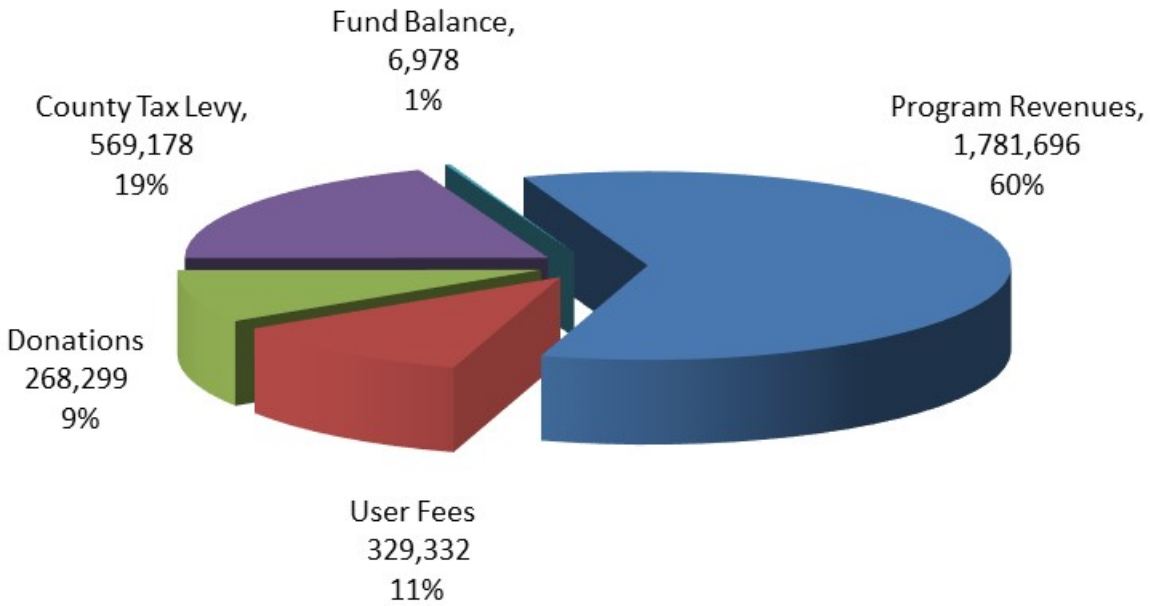
Thank
You

2016 ADRC Budget Summary

COMBINED ACCOUNTS

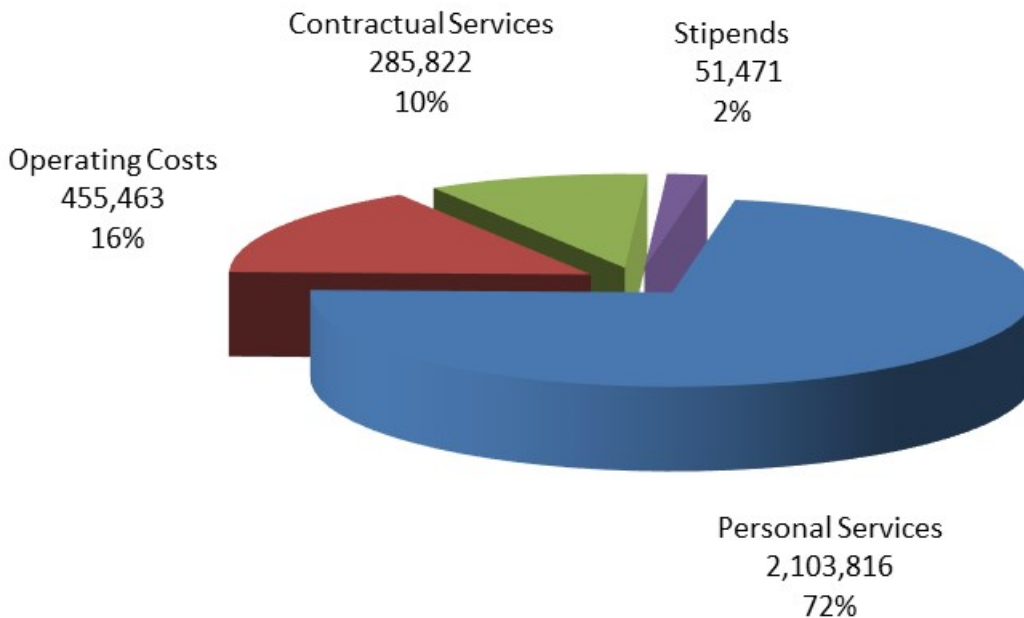
Revenues

Total = \$2,955,483



Expenses

Total = \$2,896,572



Aging & Disability Resource Center of Portage County



Lincoln Center
1519 Water Street
Stevens Point, Wisconsin 54481

Monday – Friday 7:30 A.M. to 4:30 P.M.
Voice: (715) 346–1401 or
1–866–920–2525
TTY: (715) 346–1632

adrc@co.portage.wi.us

www.co.portage.wi.us/department/adrc

Mission Statement

The mission of the Aging & Disability Resource Center is to support seniors, adults with disabilities, and their families and caregivers by offering easy access to services and by fostering a caring community that values lifelong contributions, maximum independence, and individual dignity.

Portage County provides employment and services to any eligible person without regard to age, race, religion, sex, national origin, sexual orientation, handicap, color, marital status, physical condition, developmental disability, or ability to pay.

Funding for services is provided through grants and allocations from federal, state and county governments, the United Way of Portage County, underwriting by local businesses, private contributions, and participant fees and donations.

Services

Community Resources

Benefits Counseling
Chore Provider Coordination
Elder/Domestic Abuse Referral
Falls Prevention Assessments
Family Consultations
Housing Referral
Information & Assistance
Long-Term Care Functional Screening
Options Counseling
Supportive Home Care Referral
Transitional Youth Services

Nutrition Services

Senior Dining Sites
Home-Delivered Meals

Caregiver Support Services

Adult Day Center
Dementia Friendly Community Initiative
Memory Screening
Volunteer Caregiver Program

Transportation Services

Rides to senior center, dining sites, Adult Day Center, volunteer work stations, grocery shopping, medical appointments

Senior Center

Educational Programs
Evidence-Based Health Programs
Recreation and Social Events
Health and Exercise Programs
Creative Classes and Activities
The Holly Shoppe

Volunteer Resources

RSVP
Foster Grandparent Program

Other Services

Adaptive Equipment Loan Closet
Newsletter (“The Post”)
Project Lifesaver
Telecare Telephone Reassurance
Safe & Sound
Support Groups
Vital Information Program