

# 2018 ANNUAL REPORT

## AGING & DISABILITY RESOURCE CENTER OF PORTAGE COUNTY

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



# GOVERNANCE 2018

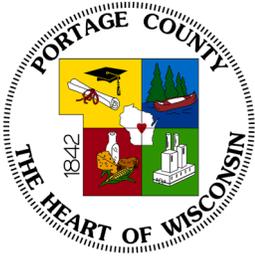
## Commission on Aging/Aging & Disability Resource Center Board

Jim Clark, Bernie Coulthurst, Chris Doubek, Charles Gussel, Meleesa Johnson, Richard Judy, Judy Ordens, Bernice Woitczak, Bill Zimdars

## Advisory Councils

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Nutrition Services : Jean Berna, Janice Thompson Caitlin, Dianne Gallenberg, John D. Giles, Donna Hayes, Patti Kilawee, Ramona Kizewski, Carol Klesmith, Jan Lehrer, Georgia Link, Virginia Ostrowski, Betty Simon, Barb Zwickey



Lincoln Center Senior Center: LindaCarol Bunge, John D. Giles, Mary Millman, Karen Phelps, Tom Rowe, Bernie Sevenich, Chai Moua, Phil Czapinski, Nancy Kemmeter

Senior Corp: Mike Bilbrey, Barb Clementi, Charisse Fogarty, Carol Johnson, Georgia Link, Mary Mahr, Susan Morganroth, Thom Ness, Lynne Patrick, Diane Shaver, Sally Topinka, Ginny Williams, John Woyak

Portage County Transportation Coordinating Committee (TCC): Anton Anday, Jeanne Dodge, Bob Gifford, Jim Gifford, MacKenzie Kinney, Tanya Mazur, Karalyn Peterson, Cindy Piotrowski, Robert Prosch, Kathleen Sankey, Rose Williams

## Portage County Executive

Chris Holmen

## Portage County Board of Supervisors By District

1. Vinnie Miresse; 2. Chris Doubek; 3. Meleesa Johnson; 4. David Medin; 5. Julie Morrow; 6. Mildred Neville; 7. Dave Ladick; 8. Joan M. Honl; 9. Ntxhais Chai Moua; 10. Bob Gifford; 11. Stan Potocki; 12. Mike Splinter; 13. Donald Jankowski; 14. James Gifford; 15. Al Haga; 16. Daniel Martinson; 17. Dennis Raabe; 18. Larry Raikowski; 19. Dale O'Brien; 20. Charles Gussel; 21. Jeanne Dodge; 22. Matt Jacowski; 23. Barry Jacowski; 24. Gerry Zastrow; 25. James Zdroik (from the 2018 Portage County Directory)

# CAREGIVER SERVICES

The Aging & Disability Resource Center (ADRC) and Portage County recognizes that support for caregivers continues to be a growing need here and across the nation. There is a shortage of caregivers available to provide services to aging and disabled populations. More than 80% of long-term care services for people 65 and older are provided informally by families and friends.

## Number of people served by Caregiver Support Services Programs

- Adult Day Center - 43 participants (10,511 participant hours)
- Volunteer Caregivers of Portage County - 1,189 hours of service provided by volunteers (cleaning, cooking, minor home repairs and transportation services); 78 people served
- Safe & Sound Registry for Wanderers – 86 participants
- National and Alzheimer’s Family Caregiver Support Programs - 91 participants, 736 services, \$46,000 in financial support
- Memory Café - 17 participants
- Virtual Dementia Tour® - 113 participants
- Portage County Dementia Support Network conducted 13 Dementia Friendly Business trainings in 2018



## Testimonials

“Thank you for putting us in your program. Without this money I’m not sure we could have kept [Dad] home. We were able to work together as a family the way he wanted. The last month he needed lots of care and we were able to make it work. Tough times but we did it.”  
~National and Alzheimer’s Family Caregiver Support Program participant

“I’m grateful for the ADC. Providing care 24/7, especially for a frail elderly adult, can be very stressful and at times, overwhelming. Having regular breaks during the week has enabled me to keep doing the work I love.” ~ Caregiver of Adult Day Center participant



# NUTRITION



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. 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, Park Ridge and Whiting are provided by Meals on Wheels of Stevens Point, Inc.

	<u>Meals Served</u>	<u>Participants</u>
ADRC Senior Dining	23,858	1,349
ADRC Home Delivered Meals (Rural)	27,434	256
Meals on Wheels of Stevens Point	25,112	215

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

## Program Highlights

- 52,174 personally served and/or delivered meals
- Before/After results from 130 in-home assessments showed that 87.8% of people improved or maintained their nutritional status
- 756 wellness checks were completed during bad weather or following an acute illness; 292 referrals/interventions to avert or respond to health and safety issues.
- 202 volunteers provided 14,658 hours of service assisting with serving, cleanup, delivery of meals, recreational programs, planning, and administrative tasks.



# SENIOR CENTER

The Mission of the Senior Center is to offer Portage County seniors, adults with disabilities, their families and caregivers a diverse selection of educational, health and wellness, evidence-based, creative art, 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.

New classes, activities and programs offered in 2018 include: Cycling Without Age - Stevens Point, a computer tutor program, open wood carving, a summer movie series, a laughter health class, sheepshead, cornhole, and a dance social. Categories of classes in order of highest participation were: Health/Fitness, Educational/Information, Services.

## 2018 Lincoln Center Senior Center Statistics

- 1,468 individuals participated in Senior Center classes, programs, and events
- 148 new participants in recreational/social activities, arts classes and health screenings
- 162 Senior Center volunteers contributed a total of 5,503 hours
- The Senior Center Bridge appreciation fundraising event raised \$1,294



# EVIDENCE-BASED HEALTH PROGRAMS

## 2018 Programs Highlights

- 36 evidence-based workshops were offered in 2018
- 210 individuals participated in Evidence-Based Programs in 2018
- 7 new volunteers were recruited to lead Evidence-Based Health Program classes
- 51 formal referrals were received from area medical professionals to our program

## Five Workshops Were Held in the Community

- Adventure 212 - Healthy Living with Diabetes and Stepping On
- Junction City Park Lodge – two StrongBodies sessions
- Plover Municipal Center - one StrongBodies session



The Live Well, Live Long Coalition's Falls Prevention Awareness Day, September 25, 2018

- 21 agencies
- 114 attendance

## Testimonials

"This Living Well [with Chronic Conditions] class helped me realize that there are a variety of things I can do to distract myself from negativity and stress. I love the book we received with the class! It helps me remember what we talked about."

"Years ago I injured my knee. The doctor said it would heal in time, but I got used to recurrent bouts of pain from time to time as it never seemed to heal 100%. Since I've started StrongBodies, my knee has been pain free. Strengthening the muscle must have been what was needed and I wasn't getting that through my every day activity! I am very happy with StrongBodies! I am also grateful for stronger muscles and my toned up batwings...."



## CENTRAL TRANSPORTATION

Aging & Disability Resource Center (ADRC) Transportation services are more than just a ride. The face-to-face personal contact between drivers and participants has developed relationships that go beyond the trip and into each others' lives. The drivers provide a safety check to a person who may be frail or isolated, which may be the only contact the person has that day.

2018 was the first year of the merged transportation programs. Open communication between City Transit and the ADRC kept the program going forward with very few hiccups. Despite all of the changes, there were no formal complaints from participants about the rides. This is a positive indicator on how well the merged program is working.

### ADRC Bus

- 7,650 rides to senior dining sites, for home-delivered meals, shopping, Adult Day Care, Special Events and more

### Volunteer Escort Driver Program

- 26 active volunteer escort drivers drove 196,269 miles
- 6 volunteer coordinators and office volunteers served the Transportation Program
- 32 volunteers with a combined contribution of 6,368 hours

### 700 Individuals Used ADRC Transportation Services

- Volunteers and staff coordinated 3,382 driver escort trips, 2,968 taxi trips

**Total Trips Provided: 14,000**

## VOLUNTEER SERVICES

The Foster Grandparent Program (FGP), a program of the Corporation for National and Community Service (CNCS), places older adults in schools and Head Start centers 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.

### Program Highlights

- 19 Foster Grandparents provided 16,808 hours of service tutoring and mentoring 154 children one-on-one, and interacted with 806 students overall.
- The Foster Grandparents helped students in 8 schools and one 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).



The **Retired and Senior Volunteer Program (RSVP)** is part of Senior Corps, a program of the Corporation for National and Community Service. RSVP coordinates volunteer opportunities and placements for people ages 55 and older in non-profit and public agencies to deliver priority services to people of all ages. In 2018, 491 RSVP volunteers provided 51,692 hours of service to our community by helping 43 non-profit or government agencies achieve their missions. Independent Sector values this contribution at \$1.3 million to the community.

### Program Highlights

- 19 volunteers prepared and filed 1,084 federal and 1,086 state returns, resulting in federal refunds totaling \$630,000 for Portage County residents
- 175 volunteers helped serve or deliver more than 76,000 meals to 471 homebound seniors and individuals with disabilities and 1,300 congregate dining site participants
- More than 145 volunteers tutored, mentored and/or instructed over 300 Portage County youth at local schools, Portage County Juvenile Detention Center, and Charles F. Fernandez Center for Alternative Learning Woodshop
- 10 volunteer instructors led more than 160 participants in health promotions classes
- More than 370 second grade students were encouraged to make better choices and decisions through the Beginning Alcohol and Basic Education Studies (BABES) program lead by RSVP volunteers
- RSVP Silver Threads and Community Crafters groups donated 1,395 hand crafted items (valued at \$19,285) to local non-profit organizations for distribution to individuals, and patriotic-themed afghans and quilts (valued at \$2,107) to 74 local veterans
- 36 volunteer drivers logged more than 4,900 trips providing free rides to veterans, seniors and disabled individuals



# CONTRIBUTIONS

## \$100 or More

### Evidence-Based Health Programs

Wisconsin Literacy Council

### Loan Closet

Audrey Olds  
Benita Kulick

### Nutrition

Bushmans' Inc.  
Troy and Debbie Lepper  
Plover Area Business Association  
Rosholt Lions Club  
Tomorrow River Lions and Lionesses

### Senior Center

Sharlene Falkavage  
Dorothy Kizewski  
Grenadiers Silver Tone Band  
Polish Heritage Awareness Society

### Volunteer Caregivers Program

#### Individuals/Families

Steven and Susan Bergin,  
*In Memory of Henry/Hortense Bering,  
Willard/Antonia Schnur, and  
Lois Knope*  
Richard Christofferson  
Richard and Janice Doxtator,  
*In Memory of Lois Knope*  
Ken and Meg Eler  
Betty Ermatinger  
Margaret Faber  
Vickie Gukenberger  
William Jenkins  
Rose Jirous  
Tom and Lynne Kissner  
Jeri Kopecko  
Judith Mabie  
Dan and Donna Marx  
Dick and Carol Okray  
Germaine Okray

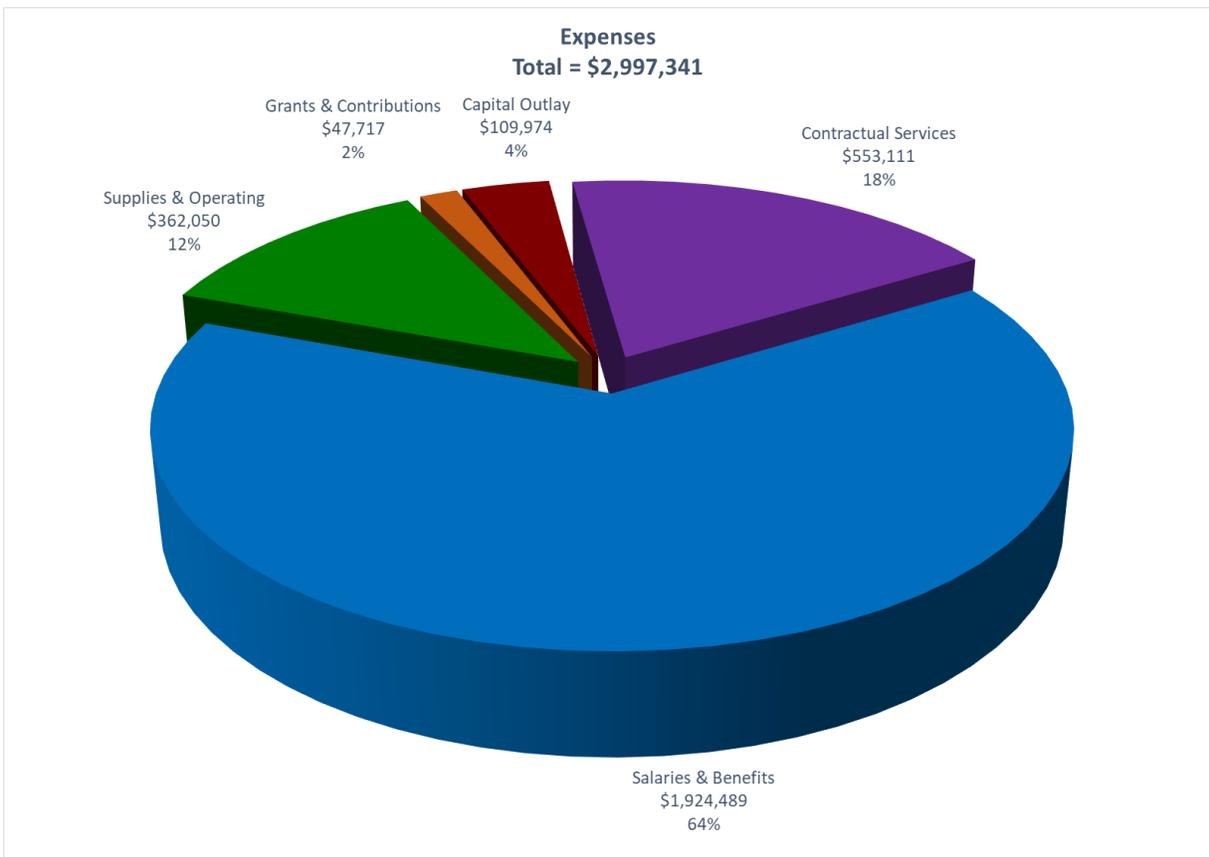
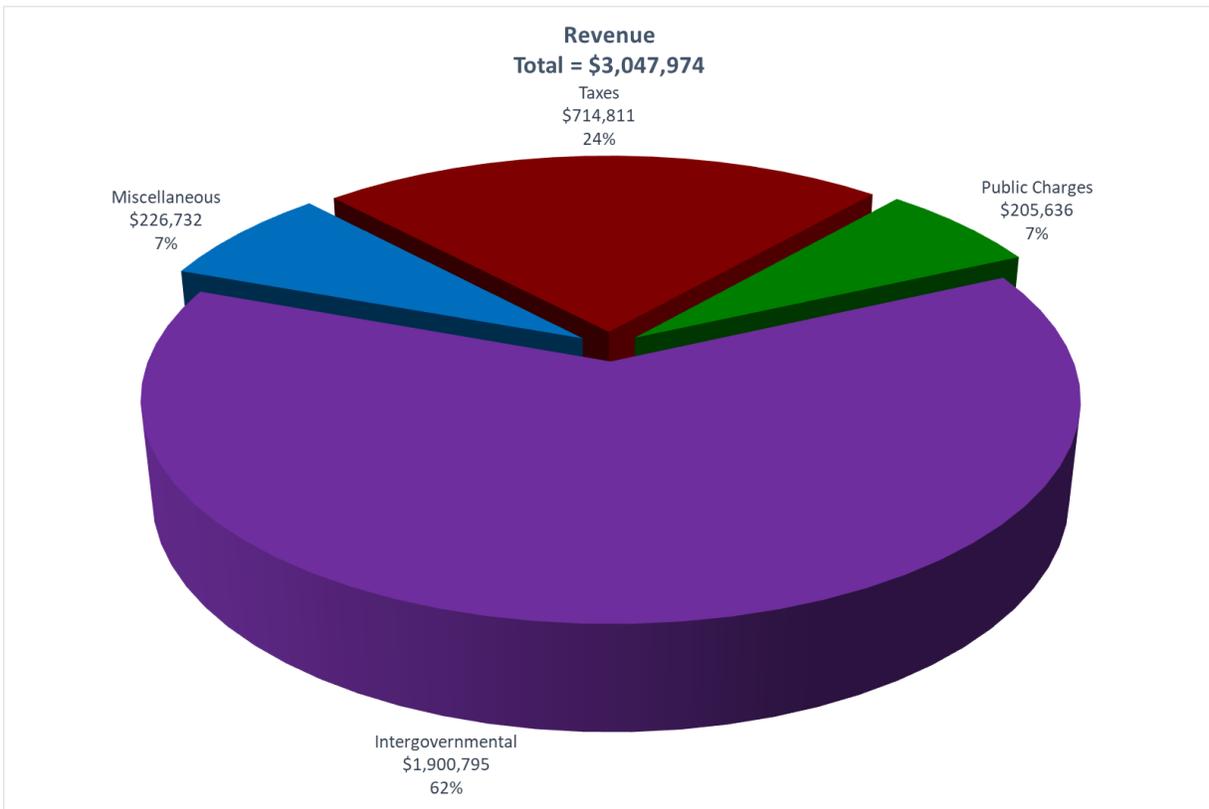
# Thank You!

Bruce and Dorothy Olson  
Nancy Page  
Stevens and Jeanne Regnier  
David and Roseann Rosin  
Dale and Annette Schuh  
James Schuh, *In Memory of Jeff Schuh*  
Michael and Mary Swanson  
John Wiltse  
Elaine Wrone

#### Organizations

Dental Health Center, S.C.  
Nelsonville Lutheran Congregation  
Edward J. Okray Foundation  
Saint Joseph Parish  
Saint Peter Parish Family Life Committee  
Stevens Point Junior Woman's Club  
Trinity Women of the E L C A  
Woodlands Church

# 2018 ADRC ACTUAL SUMMARY



## 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 List  
Elder/Domestic Abuse Referral  
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  
My Meal, My Way

### **Caregiver Support Services**

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

### **Transportation Services**

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

### **Senior Center**

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

### **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