

Menasha aldermen occasionally attend meetings of this body. It is possible that a quorum of Common Council, Board of Public Works, Administration Committee, Personnel Committee may be attending this meeting. (No official action of any of those bodies will be taken).

**CITY OF MENASHA
COMMITTEE ON AGING**

September 13, 2019

1:00pm-2:30pm

Menasha City Center

100 Main Street

MENASHA, WI

AGENDA

- A. CALL TO ORDER
- B. ROLL CALL/EXCUSED ABSENCES
- C. MINUTES TO APPROVE
 - 1. August 9, 2019
- D. CORRESPONDENCE
- E. REPORT OF DEPT HEADS/STAFF/CONSULTANTS
 - 1. Senior Center
 - a. Reports
 - 2. Public Health
 - a. Sixty Plus Grant – Programs
 - I. Public Health Nurse Update
 - b. State Health Plan Mini-grant update
- F. NEW BUSINESS
 - 1. Strategic Planning: Mission, Vision, Values, Goals
 - a. Review Mission, Vision, Values, Goals – apply timeframes
- G. HELD OVER BUSINESS
 - 1. Signage
 - 2. Rental Fees and Policies
 - 3. Safety Manual
 - 4. Cost study
- H. ADJOURNMENT Next meeting Friday October 11, 2019 1:00 PM at the City Center (Health Department) on 100 Main Street Menasha, WI.

"Menasha is committed to its diverse population. Our Non-English speaking population and those with disabilities are invited to contact the Menasha Senior Center at 967-3530 24-hours in advance of the meeting for the City to arrange special accommodations."

CITY OF MENASHA
COMMITTEE ON AGING
August 9th, 2019
Minutes

A. Meeting called to order at 1:08 PM.

B. ROLL CALL: Present: Joyce Klundt, Nancy McKenney, Cheryl Richard, Brenda Marks, Pat Irwin, and Tom Stoffel

Excused: Beatrice Kohanski

Guests: Meghan Pauly

C. MINUTES TO BE APPROVED: Joyce Klundt moved to approve the July 12th, 2019 minutes, seconded by Tom Stoffel. Motion passed.

E CORRESPONDENCE: None

F. REPORT OF DEPT HEADS/STAFF/CONSULTANTS:

Senior Center: Cheryl Richard reports the July 2019 numbers were 1589 services provided to 823 people.

Public Health and Health Screening 60+ Grant: Meghan Pauly stated that 132 people attended 60+ grant programs with 168 services provided. Meghan discussed the results from the SHA were reported to the Common Council on August 5th, 2019. Meghan reports that the Community Corny Walk was August 7th at Jefferson Park.

Policies and Procedures Discussion: No report

G. NEW BUSINESS: None

H. HELD OVER BUSINESS: Mission Vision and Goals: The committee reviewed the Mission and Vision. Changes were made.

No report. Safety Manual:

Cost Study: No report

I. ADJOURNMENT: Brenda Marks moved to adjourn the meeting, seconded by Joyce Klundt . Motion passed.

The next meeting will be held on Friday, September 13th at 1:00pm at the Menasha Health Department on 100 Main Street Menasha, WI.

2019 Mission Statement:

The mission of the Menasha Senior Center is to maintain and enhance the quality of life of older adults by providing education, recreational, social, and wellness programs and to meet these needs as requested by the community.

Quality of Life:

Maintain and grow cognitive functional levels

- Brain fitness activities
- Educational presentations
- Cognitive games
- Memory café
- Resource guide for referral to community resources
- Healthy behaviors

Maintain and increase physical functional levels

- Exercise classes
- Health screenings and classes
- Stretching and Balance classes
- Falls prevention activities
- Provide the means to keep seniors active and living in their own homes
- Remain independent

Maintain and increase social emotional functional levels

- Social gatherings
- A place to read
- A place to socialize
- Movies/Presentations
- Creating resale items
- Access to counselors
- Aging and resource center support
- Meal site and meal site activities
- Center provides a culture of inclusion
- Creating healthy emotional balance
- "Every individual is valued"
- Awareness of senior issues
- Combating loneliness
- Neighborhood support

Increase participation in peer group and community activities

- Opportunities to bring large groups together
- Marketing materials such as newsletters, newspaper articles for awareness
- Opportunity to meet people with like interest
- Volunteering
- Opportunities to give financially

Menasha Senior Center

Mission Statement

The mission of the Menasha Senior Center is to maintain and enhance the quality of life of older adults by providing educational, recreational, social, and wellness programs and to meet the needs as requested by the community.

Vision

Flexible opportunities for all to participate in healthy activities, services, and friendships.

Values

Opportunities; Friendships; Health; and Learning

Goals

Goal 1: Coordinate community-driven plans, programs, and events or other opportunities.

Objective 1.1 By XXXX revise committee structures as prioritized in the 2010 Community Needs Assessment and 2018 Survey.

- Fundraising
- Planning
- Social

Objective 1.2 By XXXX develop committee charges and procedures.

- Terms of committee co-chairs (staggered terms)

Objective 1.3 By XXXX plan and implement a talents and treasures member survey.

Objective 1.4 By XXXX recruit volunteers for committee co-chair roles.

Objective 1.5 By XXXX recruit program coordinator for activities and programs.

Objective 1.6 By XXXX develop volunteer and staff committee orientation and training.

- Orientation to include Senior Center policies and procedures Emergency Plan
- Ideally two volunteers at each event

Objective 1.7 By XXXX list current activities and programs

- Health Screening 60+ programs
- YMCA programs
- City programs
- VNA programs

Objective 1.8 By XXXX Identify new activities and programs.

Objective 1.9 By XXXX prioritize new activities and programs for planning.

Goal 2: Increase partnership within our community.

Objective 1.1 By XXXX Identify current and future partnerships

Objective 1.2 By XXXX match activities, programs and partnerships.

Objective 1.3 By XXXX identify opportunities for Senior Center members to volunteer

- Honor heroes in the community at a regular banquet.
- Organize a food pantry drive.

Goal 3: Increase advertising for programs and events.

Objective 3.1 By XXXX plan, implement and evaluate media plan.

Develop a brand for the Senior Center

Identify spokesperson for activities and programs

Train volunteers and staff

Objective 3.2 By XXXX develop a calendar of events to share with media outlets

Objective 3.3 By XXXX invite newspaper and TV to activities.

Objective 3.4 By XXXX invite membership to share messages to promote events

Roles and Responsibilities

Committee on Aging (COA) – monitors spending and advocate for the Senior Center

Health Department – oversight, submit budgets, contracts, Health Screen 60+, convene COA

YMCA – provides program operation, exercise programs and social activities

Community Partners – support and promote participation

Definitions:

Quality of Life:

Maintain and grow cognitive functional levels

Brain fitness activities

Educational presentations

Cognitive games

Maintain and increase physical functional levels

Exercise classes

Strengthening programs

Maintain and increase social emotional functional levels

Provide social activities

Meal programs

Increase participation in peer group and community activities

Provide club activity

Provide awareness and increase understanding of issues that affect the lives of Seniors

Workshops, speakers

Eight Dimensions of Wellness:

- Social
- Emotional
- Spiritual
- Intellectual
- Physical
- Environmental
- Financial
- Occupational

