

PHA

Partnership for Healthy Aging

Minutes
Monday, June 15th, 2009

Attendance: Ciara Schultz, ADRC-CW; Cheryl Steen, Aspirus Lifeline; Joyce Groshek, Community Member; Sue Rice, Physiotherapy Associates; Pam Frary, Parish Nurse-Eastside Parishes; Jan Wieman, Marathon County Board of Health; Nancy Campbell-Kelz, Aspirus VNA Home Health; Rosemary Forbes, Parish Nurse-First Presbyterian Church; Peggy Kurth, ADRC-CW.

- 1) Medication Bag Project
 - a. Funding availability and opportunities- ADRC-CW will put forth \$2,000 from grants and the group will submit for funding from the Aspirus Health Foundation as well
 - b. The medication bag project is still underway and moving along within the Aspirus organization
- 2) Healthy Weston Fest- July 25th
 - a. This event will be incorporating Healthy Marathon County priorities this year
 - b. The group decided that they would like to have a presence at the event and will have a booth with information and will conduct balance screenings. Members of the group volunteered to help out on this date- Peggy offered to follow up with the group with further details
- 3) September event- Falls Awareness Month
 - a. Wausau event will be held Tuesday, September 15th, from 9 AM-Noon
 - b. The event will break down the 4 risk factors for falling and have representatives from each risk factor to inform participants on ways to prevent falls
 - i. Ideas discussed:
 1. Home Safety: ADRC-CW Senior Home Repair Program; Lifeline
 2. Physical Mobility: Physiotherapy Associates- balance testing; vision expert available for assessments; evidence-based program demonstrations
 3. Medication Management: medication bags, pharmacist available for med reviews
 4. Community Safety: gait speed assessments, identity theft

- ii. Marketing ideas- 55 Feedback radio; Medical Monday articles for the Daily Herald

- 4) Arthritis Campaign Wrap-up
 - a. The final report is in progress and media coverage is showing as a strong aspect of the campaign
 - b. For the event, approximately 100 people came through to check out the activities
 - c. Placemats with the campaign message were distributed to restaurants and churches
 - d. The campaign also worked with the HEAL coalition for Marathon County to target worksites
 - e. Funding left over from the campaign will go toward a piece of equipment for the fitness center

- 5) Review
 - a. PHA SWOT Analysis and Goal Setting
 - i. Members received a handout of the discussed strengths, weaknesses, opportunities and threats from the previous group meeting- the group had an opportunity to make changes or additions
 - ii. Improvement Goals
 - 1. Goals for long, medium and short terms were reviewed as well as analyzing specific outcomes the group foresees
 - b. Healthy Marathon County Board Retreat results
 - i. Staffing issues is across the board with all groups
 - ii. There is a potential for health priorities to downsize or change- the group will be updated soon and any changes that may occur

- 6) Other
 - a. The Health Literacy Curriculum from Mid-State Technical College has a possibility for a volunteer training this fall. This would be a good asset for the group's goal of reaching senior living complexes.

Next Meeting: Monday, August 17th, 2009
3:00-4:30 PM
ADRC-CW Wellness Room