

## 2019 AAA Nutrition/Wellness Committee Work Plan

AAA Plan Goal Focus	Strategies	Person(s)/ Organization(s) Responsible	Benchmarks	Achieved
<b>Elder Nutrition Program</b>	Institute the Oliver paper meal tray and bowl system for home-delivered meals at 10 sites currently using aluminum containers and Styrofoam bowls with plastic lids for these meals. (By switching to meal trays, which are biodegradable and made from recycled materials, approximately 70,000 fewer aluminum trays and Styrofoam containers would go into landfills in 2019 and each year beyond.)	Aging Program Specialist, CFS Manager & Dane County Purchasing	Supplies & equipment ordered by 1/1/19	Completed
			Equipment received by 2/15/19	Completed
			Oliver System implemented by 3/1/19	Completed
	Increase funding for the Elder Nutrition Program to meet the increasing number of seniors in Dane County through a minimum 5% annual increase for catering and a COLA annual increase for site management.	Aging Program Specialist, NewBridge staff & Nutrition/Wellness Committee	Require monthly home-delivered meal letters for donations	Instituted 2/1/2019
			Advocacy for State change in funding formula by 5/1/19	
			Advocacy for 5% increase in catering by AAA Legislative/Advocacy Committee	
			Advocacy by NewBridge to City of Madison for nutrition funding in 2020	Provided % of Dane County funding verses City funding to City of Madison 3/2019
	Increase the number of People of Color participating in the Elderly Nutrition Program as diners, staff, and volunteers by 5% over three years.	Aging Program Specialist, RSVP & Focal Point staff	Add ethnic meal to CFS menu by 2/1/19	Added African American meal to CFS menu in Feb. 2019
			RSVP recruitment of POC volunteers for meal sites	
			Meal sites to increase programming around meal times inclusive of diversity activities	

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<b>Healthy Aging</b>	Offer evidence-based health promotion programs and increase completion rates of participants to reduce falls and improve chronic disease self-management in order to reduce falls, fear of falling, and ER visits and hospital admissions.	Safe Communities, AAA Healthy Aging Coordinator	Offer 27 <i>Stepping On</i> workshops with 162 completers by 12/31/19	3/20/19 Monona SO class ended with 12 completers. 3/2019 SO class at Verona with 12 completers. 4 more SO classes started in March 2019.
			Offer 5 <i>Healthy Living with Chronic Pain</i> workshops with 50 completers by 12/31/19	Powerful Tools for Caregivers class ended 3/21, with 8 completers; PTC class scheduled for 5/2019 and 5 Healthy Living with Chronic Pain classes scheduled for 2019 as of 3/1/2019.
	Research best practices for reducing isolation in homebound senior adults, with special emphasis on seniors living alone.	Aging Program Specialist	Create workgroup to determine any best practice solutions by 4/1/19	
			Present findings to AAA Access Committee by 12/31/19	
	Improve the environmental and emotional well-being of seniors by researching and providing information to Senior Focal Points of any existing low- or no-cost resources for healthy seniors to use when attempting to de-clutter their personal living spaces prior to the possibility of these life-long habits resulting in actual health endangering or hoarding issues.	APS, ADRC & United Way 2-1-1	Create list of existing services by 5/31/19	
			Propose gaps and seek partners to fill potential gaps by 12/31/19	