



Leck Grant Final Report

The purpose of the internet access for older adults' project in 2022 was to provide low-income older adults with a free laptop computer, installation of basic computer software and internet access so they could participate virtually in senior center activities as well as attend doctors' appointments, and interact with family and friends. A portion of the grant money was used to pay for one year's worth of internet service for these individuals. This project provided ready-to-use computers, and the case managers or D&I program staff delivered them and provided basic hands-on training. Participants had to be 60 or older and verify a need for financial assistance to qualify. We targeted older adults who were interested in having a computer but could not afford monthly internet service fees. We began distributing computers in August and stopped taking referrals in October. Four Dane County Senior Focal Points and the county-wide Diversity and Inclusion Program took advantage of this project.

NewBridge requested \$22,240 in our Leck Grant application but received \$8,545 and had to reduce the number of individuals, from 45 to 28, we were able to serve with this grant. The cost to run the project was just over \$21,000. A grant from UW Credit Union covered the difference. The cost per individual to receive a computer, with software installed, and a year of internet access was approximately \$58.42/mo. per person.

Of the 28 participants, 10 were from rural communities; 25 were female; and 17 were Black or Hispanic. We received 12 surveys from participants of our project. All but one felt comfortable using a computer and 55% need less instruction in using the computer than before. Other results from the survey indicate the following:

- 92% indicated having the computer and internet access has been helpful for them
- 55% used their computer to attend Senior Focal Point programs and social events virtually
- 67% used it to pay bills online
- 58% used it to attend doctor's appointments or other appointments virtually
- 83% used it to connect with family or friends online

Providing computer access and internet service for low-income older adults has been a great success! 90% of those surveyed indicated having this project has helped them feel less isolated. 60% of respondents are using a computer more than before as a result of this project. We will look for funding to continue this project in 2023-2024 and urge Dane County Human Services to provide financial assistance as the need is out there.

Prepared by: J. Krueger, Executive Director, NewBridge Madison



Medication Safety for Seniors: How to Choose safe Over-the-counter Products

2022 Henry Norman Leck Endowment Fund Final Report



A major risk to older adults is taking medications that can increase their risk of falls or lead to hospitalizations. Inappropriate OTC medication use leads to 178,000 hospitalizations in the United States every year. Despite representing only 16% of the U.S. population, older adults account for approximately 40% of all OTC medication use.

The idea for this project stems from the research the University of Wisconsin-Madison School of Pharmacy is doing to reduce medication safety. ***As a partner of the Fitchburg Senior Center, the UW team can help us educate our senior community members and improve their medication selection skills, with the goal of reducing medication misuse in our community.***

Our goal is to make our community members more aware of the potential risks that OTC medications pose on their health and wellness. We want to increase their understanding of why these medications are not safe for them to take, and educate them on how to safely select an appropriate alternative.

First, we recruited three older adult volunteers at the Fitchburg Senior Center to participate in an educational team and be trained as a “teacher”. They were older adults who were interested in learning about the impact of OTC medication on their health, and how they could help their peers improve their health. The UW Pharmacy Team met with Fitchburg Senior Center staff and the three older adults twice to discuss OTC safety and learn how to teach this information to their fellow senior center community members. In a third meeting, the entire group met at a Walgreens Pharmacy to learn about the challenges of selecting safe OTC medications.

Following the training the Senior Center hosted 2 pharmacy field trips during the fall of 2022. Field trips were advertised at the Fitchburg Senior Center. Each field trip was intended to support 8-10 older adults. 8 older adults participated in the first field trip and 6 in the second. Older adults were invited to drive to the Walgreens pharmacy on their own or were offered transportation paid for by the grant. During the field trips, one of the older adult “teachers” led the group of older adult participants through the Walgreens pharmacy, with a prompt about how they might select an OTC medication for a frequent symptom such as pain or insomnia. UW Pharmacy collaborators were available to answer questions. While the older adult navigated the pharmacy, and ultimately selected an OTC medication, the older adult “teacher” provided support and feedback.

The ultimate goal for the field trip was to demonstrate how challenging it is to safely select an OTC medication, and based on feedback by our participants, we achieved our goal.

The older adult “teachers” also provided positive feedback about their participation, and have requested that the Fitchburg Senior Center offer these field trips in the spring when the weather improves. They believe that this grant helped jump start an important educational opportunity for their peers at the Fitchburg Senior Center.

*see photos next page



Area Agency on Aging of Dane County
2022 Leck Fund - Final Report

Proposal Information

Project Title	Building Intergenerational Bridges Within the Dane County Russian Community
Amount of money requested	\$2,000
Agency name	Jewish Social Services of Madison
Communities where project had occurred	Dane County
This project is: <input checked="" type="checkbox"/> a new project or <input type="checkbox"/> an expansion of an existing project.	

About Jewish Social Services

Jewish Social Services of Madison (JSS) empowers families and individuals across generations and cultures to build community and self-sufficiency, with a strong commitment to the Jewish community and inspired by Jewish values. Jewish Social Services is a non-profit organization working to help Dane County residents get their basic needs met. We offer services in the areas of short-term advocacy, long-term case management, guardianship, a senior nutrition site, and programs for seniors. While we serve people of all ages and backgrounds our primary focus is on immigrants, refugees, and older adults.

JSS programs have focused on seniors since 1978. Many of our current case management clients were refugees in the 1990s and now are clients of our older adult case management and senior adult programming.

About Intergenerational Bridges Programming

JSS of Madison was awarded \$2,000 with the Leck Grant to create a new program that would meet the expressed desire of Russian seniors to interact with the larger Russian community and reduce their isolation. They specifically have spoken about their wish to connect with younger people.

All of the event presenters are current clients of JSS. During the meetings with case managers, they frequently expressed their wish to share their knowledge and skills with the new generations. This program was created with those wishes in mind. Each senior was able to share a skill (such as doll making) or knowledge (World War II stories) with the group of kids by doing a presentation, then having the children ask questions.

In 2022, JSS of Madison completed the following:

- Created an advisory committee of Russian community members to develop intergenerational programs.

- Developed five programs to promote intergenerational connections and engage seniors and young people in language and culture.
- We held the following programs/events:
 - Homing Pigeons
 - Russian Doll Making
 - Russian Folk Music
 - Holocaust Survivors' stories from World War II
 - Cooking class
- All programs were held in various community settings: Elver Park, Good Shepherd Lutheran Church and Oakwood West Assisted Living community.
- By the end of 2022, about 25 seniors participated in the programs.
- 9 of the 25 were presenters; others participated by bringing their grandchildren to the events and participated by helping children during the events.

This program has been evaluated on the following:

- The program had two goals:
 - 1-To decrease loneliness in Russian speaking older adults.
 - 2-To increase knowledge of children, teens and younger adults about Russian culture and history.
- Feedback from program presenters, indicating a desire to repeat the events, their satisfaction with being able to share their time, experience and skills with the younger generations of the Russian community.
- Presenters and senior participants were asked to complete a pre/post survey that measured isolation and loneliness. The Russian translation of UCLA 3-Item Loneliness Scale was used to measure isolation (<https://www.icmha.org/wpcontent/uploads/2020/02/UCLA-Loneliness-Scale.pdf>).
- Feedback from participants, indicating the desire to repeat the events, especially the Folk Music and cooking event. There was a request from multiple participants to set up an event for adults only to hear the Holocaust survivors' stories.

Presenter Feedback

"I enjoyed teaching kids how to cook the Russian dumplings. I do not get to see my grandkids as often as I would like, and being with this group of children was like being surrounded by my own grandchildren. They shared their secrets with me while we were cooking together. They brought so much energy that I did not feel tired myself. Because of my health, I typically cannot be on my feet for more than a few minutes. The event lasted almost 4 hours, I was standing the whole time, and yet I never felt tired. I think I will feel that energy for many weeks still. Thank you so much for giving me the opportunity to do this" (translation from Russian)

Attendants' Feedback

About 30 children attended the events. The parents were asked to provide written feedback to the following questions:

- 1 – Which fact you /your child learned today that was the most interesting?
- 2 – How often does your child see/have contact with seniors? (Circle one):
 - At least once a week
 - Once a month
 - Less than once a month
- 3 – Which topic would be interested to you/your child in the future?

We received a lot of positive feedback with the main request to repeat some of the programs and create

new ones along the same lines. We also got a request to repeat the Holocaust Survivors' event for adults only.

The unexpected result of the programming was how attached the children became to each other after the five programs. The children got to know each other during activities and new friendships developed between Russian-speaking children.

Cash or in-kind support for JSS in 2022:

- Leck Grant \$2,000
- JSS staff hours were in-kind
- Advertising materials were in-kind

Cash or in-kind support for JSS in 2022:

- Oakwood West provided free space for three of the events
- Madison Russian School provided free advertisement of the event on their website and by sending out emails to everyone on their list serve.
- Madison Russian Store – Intermarket – provided free advertisement on their events/news board in the store. All the snacks for the events were also purchased at their store to provide culturally appropriate food during the programs.