

2020 AAA Nutrition/Wellness Committee Work Plan

AAA Plan Goal Focus	Strategies	Person(s)/ Organization(s) Responsible	Benchmarks	Achieved
Elder Nutrition Program	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 & AAA Board	Increase cost per meal in Managed Care Contracts to increase revenue for program meals	
			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 2021	
	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	Open Hmong meal site in 2020	
			Open My Meal-My Way Mexican restaurant in 2020	
			RSVP to continue to recruit POC for meal site volunteers	

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Healthy Aging	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.	AAA Healthy Aging Coordinator & Safe Communities	Offer 25 <i>Stepping On</i> workshops with 220 completers by 12/31/20	
			Offer 3 <i>Healthy Living with Chronic Pain</i> workshops with 25 completers by 12/31/20	
			Offer 3 <i>Mind Over Matter</i> workshops with 30 completers by 12/31/20	
			Offer 3 <i>Healthy Living with Diabetes</i> workshops with 25 completers by 12/31/20	
			Offer 1 <i>Living Well</i> workshop with 10 completers by 12/31/20	
			Offer 2 <i>Powerful Tools for Caregivers</i> workshops with 16 completers by 12/31/20	
			Offer <i>Physical Activities for Life</i> workshop for first time with 10 completers by 12/31/20	
	Report on the findings and feasibility of offering programs/services that reduce isolation in homebound older adults, with special emphasis on seniors living alone, to the AAA Nutrition & Wellness Committee to recommend a budget priority to the AAA Board.	Aging Program Specialist	Continue to collect loneliness baseline data to determine area of need and best strategy for implementation in 2021	
	Encourage Dane County seniors to focus on individual energy conservation (as part of the environmental area of wellness in the seven dimensions of wellness) by providing Senior Focal Points with <i>Focus on Energy</i> resources to educate and link older adults to free or low-cost energy conserving materials they can access and deploy in their homes and communities.	Aging Program Specialist & Senior Focal Points	Distribute <i>Focus on Energy</i> resources to Focal Point Case Managers by 6/30/20	