

2021 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	Support n4a advocacy to call for more COVID meal funding in 2021 at Federal level	
			Advocacy for State change in funding formula by 5/1/2021	
			Advocacy for 5% increase in catering by AAA Legislative/ Advocacy Committee	
			Advocacy to increase catering funding in 2022 by 20% to meet increased cost and need.	
	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	Explore opportunities to pilot Black owned catering contracts to provide meals to AA community sites in 2021	
			Continue to support Hmong meal site participation and funding of on-site preparation of meals.	
			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 in-person and virtual workshops in 2021	
			Offer 1 in person <i>Healthy Living with Chronic Pain</i> workshop by end of 2021	
			Offer 3 <i>Mind Over Matter</i> virtual or in person workshops with 20 completers by 12/31/21	
			Offer 1 <i>Healthy Living with Diabetes</i> workshop by 12/31/21	
			Offer 1 <i>Living Well</i> workshop with 10 completers by 12/31/21	
	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 2022	