

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 | 2/1/2020 |
| | | | Advocacy for State change in funding formula by 5/1/2020 | State has proposed changes to ACL-on word yet. |
| | | | Advocacy for 5% increase in catering by AAA Legislative/ Advocacy Committee | Priority #2 Leg/Adv Com. Ask |
| | | | Advocacy by NewBridge to City of Madison for nutrition funding in 2021 | on hold due to COVID |
| | 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 | opened 1/2/2020 |
| | | | Open My Meal-My Way Mexian restaurant in 2020 | Opened 1/6/2020 |
| | | | RSVP to continue to recruit POC for meal site volunteers | on hold due to COVID |

2020 AAA Nutrition/Wellness Committee Work Plan

| AAA Plan Goal Focus | Strategies | Person(s)/ Organization(s) Responsible | Benchmarks | Achieved |
|---------------------|---|--|---|--|
| 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 | On Hold due to COVID |
| | | | Offer 3 <i>Healthy Living with Chronic Pain</i> workshops with 25 completers by 12/31/20 | On Hold due to COVID |
| | | | Offer 3 <i>Mind Over Matter</i> workshops with 30 completers by 12/31/20 | Virtual class set for 1/2021 |
| | | | Offer 3 <i>Healthy Living with Diabetes</i> workshops with 25 completers by 12/31/20 | On Hold due to COVID |
| | | | Offer 1 <i>Living Well</i> workshop with 10 completers by 12/31/20 | On Hold due to COVID |
| | | | Offer 2 <i>Powerful Tools for Caregivers</i> workshops with 16 completers by 12/31/20 | On Hold due to COVID |
| | | | Offer <i>Physical Activities for Life</i> workshop for first time with 10 completers by 12/31/20 | On Hold due to COVID |
| | 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 | Question added to Nutrition survey - on hold until Spring 2021 |

2020 AAA Nutrition/Wellness Committee Work Plan

| | | | |
|---|--|---|----------------------|
| 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 | on hold due to COVID |
|---|--|---|----------------------|