

**COUNTY COMMISSION ON AGING  
TUESDAY, 9-7-2010  
COUNTY ADMINISTRATIVE BUILDING – ROOM 3212  
1:30 PM – 3:00 PM**

**MEMBERS PRESENT:** Audrey Kader, Chairperson, Sharon Hampson, Ann Fisher, Shirley Holman, Robert Keil, Betty Woodruff

**MEMBERS EXCUSED:** Patricia Boge

**OTHERS PRESENT:** Noreen Kuroski, Director, County Aging Unit

**CALL TO ORDER**

Audrey Kader, Committee Chair, called the meeting to order at 1:30 PM.

**APPROVAL OF MINUTES OF 7-6-2010**

**MOTION:** Motion by Robert Keil and seconded by Betty Woodruff to approve Minutes 7-6-2010. Pass unanimously. Boge excused.

**PUBLIC COMMENT**

None

**CONSENT AGENDA (informational)**

Aging & Long Term Care Committee Minutes of 8-9-2010. Place on file.

**DIRECTOR'S REPORT**

**POWERFUL TOOLS FOR CAREGIVING**

Noreen Kuroski provided a hand-out to the Commission Board members regarding Powerful Tools for Caregiving. Audrey Kader will teach this class beginning Wednesday, 9-22-2010 from 6:00 PM to 8:00 PM at the First Congregational Church.

**RELAX & REJUVENATE - A MINI-RETREAT FOR CAREGIVERS**

A Mini-Retreat for Caregivers will be held Tuesday, 9-21-2010 from 9:00 am to 3:00 pm at the Myrick Hixon EcoPark Center. La Crosse County Aging Unit in partnership with UW-L Continuing Education and Extension Gerontology Programs are the sponsors for this retreat.

**MONDAYS ON MAIN UPDATE**

No report.

**WISCONSIN PREVENTION SUMMIT 2010 UPDATE**

Noreen Kuroski attended the Wisconsin Prevention Summit 2010: Knowledge to Practice on August 5<sup>th</sup> and 6<sup>th</sup> at Stoney Creek Inn, Wausau, Wisconsin. The focus of the Prevention Summit was on the physical dimension, with the emphasis on how nutrition impacts wellness and chronic disease. A resource area with displays featured informational materials related to health promotion and disease prevention.

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**VOLUNTEER RECOGNITION – 8-3-2010 BAUS HAUS UPDATE**

Chairman Kader stated the entertainment was very lengthy but enjoyable and the serving of the meal in regards to the time was excellent for the Volunteer Recognition at Baus Haus on 8-3-2010. It was again a great success.

**PROPOSED CHANGES TO LARRY WHITE’S JOB DESCRIPTION**

A copy of the proposed changes to Larry White’s job description for the Year 2011 was given to the Commission on Aging Board members for discussion and review. Additional funding for this change will come from the Darryl Larson Estate. **MOTION:** Moved by Shirley Holman and seconded by Ann Fisher to accept the proposed changes to Larry White’s job description for the Year 2011 and additional funding from the Darryl Larson Estate if needed. Pass unanimously. Excused: Boge

**LA CROSSE COMMUNITY FOUNDATION- STEPPING ON GRANT**

La Crosse County Aging Unit was awarded \$6,583 for the senior-fall prevention program from the La Crosse Community Foundation. Larry White along with Va Thao will present and train individuals for the Stepping on Program on Thursday, 9-16-2010, Friday, 9-17-2010 and Saturday, 9-18-2010 at the UW-La Crosse. Two individuals will be coming from Utah for this program.

**SENIOR FUN DAY**

La Crosse County Aging Unit will have two cruises on the Mississippi Explorer for seniors Wednesday, 9-22-2010. Times of departure are 12:30 pm and 1:45 pm. Cost of this event is \$8.00 which will cover the cost of the cruise, snacks, drinks and other activities. The two cruises are filled with a waiting list of individuals in case of cancellations.

**FRANCISCAN SKEMP – SEPTEMBER SERIES**

Noreen Kuroski and Tina Johnson will be presenting “Sensible Caregiving” Wednesday, 9-8-2010 at the Marycrest Auditorium from 6:00 PM to 7:00 PM. Topics will include wise and practical tools for caregiving, financial planning, advance care planning, caregiver coping and more.

**MINNESOTA MARINE ART MUSEUM**

A flier on the Minnesota Marine Art Museum with a program entitled SPARK regarding a cultural program for people with memory loss was given to the Commission Board members. Several members have gone to the museum and found it very impressive.

**MEAL SITES**

**ONALASKA EXERCISE PROGRAM**

Noreen Kuroski reported the Onalaska Exercise Program conducted by the County Health Department has 30 participants.

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**FUTURE AGENDA ITEMS**

Year 2011 Budget

Policy for Political Members

**ADJOURNMENT**

**MOTION:** Motion moved by Robert Keil and seconded by Shirley Holman to adjourn. There being no further business, meeting adjourned at 3:00 pm. Motion carried unanimously. Boge excused.

**Approved:** 10-26-2010, Ruth Hafner, Recorder

