

**WINNEBAGO COUNTY COMMISSION ON AGING
PROJECT PROPOSAL - 2010**

1. PROGRAM NAME Senior Center Supervisor – Menasha Senior Center

2. PROVIDER IDENTIFICATION:

NAME City of Menasha

ADDRESS 140 Main Street

CITY Menasha

TELEPHONE 920-967-3600

EMAIL ADDRESS sbull@ci.menasha.wi.us

3. PROJECT DIRECTOR:

NAME Sylvia Bull TITLE Senior Center Supervisor

ADDRESS 116 Main Street, Menasha TELEPHONE 920-967-3531

4. UNITS OF SERVICE TO BE PROVIDED:

ONE UNIT IS DEFINED AS 1 hour of service

NUMBER TO BE PROVIDED 2080

COST PER UNIT \$37.22 (DIVIDE TOTAL PROJECT COST
BY UNITS TO BE PROVIDED)

5. PROGRAM INCOME: DESCRIBE YOUR ACTIONS IN THE AREA OF
CONTRIBUTIONS AND/OR PROGRAM INCOME:

Senior citizens participating in the Senior Center programs, services, workshops, classes, and seminars share in the cost through program fees and donations. Monthly fund raisers such as parties and other social events provide additional income. A senior citizen unable to participate in any center activity because of financial hardship can request to have fees waived or reduced.

6. PERSON WHO COMPLETED THIS PROPOSAL:

NAME Susan Nett RN MPA TITLE Public Health Director

AUTHORIZATION TO REQUEST FUNDS

I hereby certify that City of Menasha (Agency, Gov't Unit, Organization has legal authority to enter into contractual agreements and has authorized me to sign on its behalf to request funds from the Winnebago County Commission on Aging. I further certify that funds awarded will be used solely for the purposes(s) set forth in accordance with all applicable laws, regulations, policies and procedures of Federal, State and Winnebago County.

SIGNED _____ DATE _____

SECTION III - SERVICE FUNDED FOR 2010

111. A. Service Funded for 2010

1. Program Name Senior Center Supervisor – Menasha Senior Center

2. Program Description The Menasha Senior Center plans programs, services, and social activities according to the needs and requests of the senior citizen population. Program development and ideas are supported by an active senior center planning committee. The Senior Center also provides information and referral services to seniors. The Senior Center is completing the accreditation process in 2009. The Senior Center supervisor will be actively involved in planning the one day convention "Living in the 2010's".

3. Geographic area to be served City of Menasha and surrounding area
4. Provider Information:
 - a. Name of Provider Menasha Senior Center
 - b. Address 116 Main Street
Menasha, WI 54952
 - c. Contact Person Sylvia Bull
 - d. Telephone Number 920-967-3531
 - e. Provider Type: Public Non-Profit For-Profit
 - f. Minority Provider:
 - g. Contract Period: January 1, 2010 to December 31, 2010

5. Estimated Population to be served:

a. Number of all Older Persons:	2900
b. Number of Minority Older Persons: 1%	29
c. Number of Low-income Older Persons: 35%	1015
d. Number of Frail and Disabled Older Persons: 2%	58
e. Number of Rural Older Persons: 95%	2755

6. Estimated Number of Units of Service to be Provided: 2080 hours

SECTION IV – BUDGET FOR 2010

IV. A. Supportive Services Budget – 2010

Program Name: Senior Center Supervisor – Menasha Senior Center

Program Activity	Title III-B A.	Title III-D b.	Senior Comm. Serv. C.	State Ben. Spec. d.	Program Income e.	Local Match f.	Other Resources g.	Total (a-g) h.
1. Personnel	15575					1731	47492	64798
2. Travel							300	300
3. Rent/Utilities					3920			3920
4. Communications					943			943
5. Consultants								
5. Training							250	250
7. Supplies					200			200
8. Equipment								
9. Other Specify					Dues 105		* 6910	7015
10. Total Costs	15575				5168	1731	54952	77426

* #9 includes liability insurance, contract services (pest control), building repair/maintenance.

**WINNEBAGO COUNTY COMMISSION ON AGING
PROJECT PROPOSAL - 2010**

1. PROGRAM NAME Activity Coordinator – Menasha Senior Center

2. PROVIDER IDENTIFICATION:

NAME City of Menasha

ADDRESS 140 Main Street

CITY Menasha

TELEPHONE 920-967-3600

EMAIL ADDRESS sbull@ci.menasha.wi.us

3. PROJECT DIRECTOR:

NAME Sylvia Bull TITLE Senior Center Supervisor

ADDRESS 116 Main Street, Menasha TELEPHONE 920-967-3531

4. UNITS OF SERVICE TO BE PROVIDED:

ONE UNIT IS DEFINED AS 1 hour of service

NUMBER TO BE PROVIDED 2080

COST PER UNIT \$24.30 (DIVIDE TOTAL PROJECT COST
BY UNITS TO BE PROVIDED)

5. PROGRAM INCOME: DESCRIBE YOUR ACTIONS IN THE AREA OF
CONTRIBUTIONS AND/OR PROGRAM INCOME:

Senior citizens participating in the Senior Center programs, services, workshops, classes, and seminars share in the cost through program fees and donations. Monthly fund raisers are held to provide additional income. A senior citizen unable to participate in any center activity because of financial hardship can request to have fees waived or reduced.

6. PERSON WHO COMPLETED THIS PROPOSAL:

NAME Susan Nett RN MPA TITLE Public Health Director

AUTHORIZATION TO REQUEST FUNDS

I hereby certify that City of Menasha (Agency, Gov't Unit, Organization has legal authority to enter into contractual agreements and has authorized me to sign on its behalf to request funds from the Winnebago County Commission on Aging. I further certify that funds awarded will be used solely for the purposes(s) set forth in accordance with all applicable laws, regulations, policies and procedures of Federal, State and Winnebago County.

SIGNED _____ DATE _____

SECTION III - SERVICE FUNDED FOR 2010

111. A. Service Funded for 2010

1. Program Name Activity Coordinator – Menasha Senior Center

2. Program Description The activity coordinator is responsible for monitoring day to day functions and planning special events, programs, classes, and trips. The activity coordinator promotes a supportive atmosphere, and has the capability of overseeing the Senior Center in the absence of the Senior Center supervisor.

3. Geographic area to be served City of Menasha and surrounding area
4. Provider Information:
 - a. Name of Provider Menasha Senior Center
 - b. Address 116 Main Street
Menasha, WI 54952
 - c. Contact Person Sylvia Bull
 - d. Telephone Number 920-967-3531
 - e. Provider Type: Public Non-Profit For-Profit
 - f. Minority Provider:
 - g. Contract Period: January 1, 2010 to December 31, 2010

5. Estimated Population to be served:

a. Number of all Older Persons:	<u>2900</u>
b. Number of Minority Older Persons: 1%	<u>29</u>
c. Number of Low-income Older Persons: 35%	<u>1015</u>
d. Number of Frail and Disabled Older Persons: 2%	<u>58</u>
e. Number of Rural Older Persons: 95%	<u>2755</u>

6. Estimated Number of Units of Service to be Provided: 2080 hours

SECTION IV – BUDGET FOR 2010

IV. A. Supportive Services Budget – 2010

Program Name: Activity Coordinator – Menasha Senior Center

Program Activity	Title III-B A.	Title III-D b.	Senior Comm. Serv. C.	State Ben. Spec. d.	Program Income e.	Local Match f.	Other Resources g.	Total (a-g) h.
1. Personnel	10219					1135	31577	42931
2. Travel							300	300
3. Rent/Utilities							3920	3920
4. Communications							943	943
5. Consultants								
6. Training							200	200
7. Supplies					1670			1670
8. Equipment								
9. Other Specify					Subscription 85		Liability Ins. 500	585
10. Total Costs	10219				1755	1135	37440	50549

WINNEBAGO COUNTY COMMISSION ON AGING
PROJECT PROPOSAL - 2010

1. PROGRAM NAME 60 Plus Health Program

2. PROVIDER IDENTIFICATION:

NAME Menasha Health Department

ADDRESS 316 Racine Street

CITY Menasha

TELEPHONE 920-967-3520

EMAIL ADDRESS snett@ci.menasha.wi.us

3. PROJECT DIRECTOR:

NAME Susan Nett RN MPA TITLE Public Health Director

ADDRESS 316 Racine Street TELEPHONE 920-967-3521

4. UNITS OF SERVICE TO BE PROVIDED:

ONE UNIT IS DEFINED AS 1 Health Screening or Nursing Service Encounter or 1 Health Education Session per individual.

NUMBER TO BE PROVIDED 2800

COST PER UNIT \$10.09 (DIVIDE TOTAL PROJECT COST BY UNITS TO BE PROVIDED)

5. PROGRAM INCOME: DESCRIBE YOUR ACTIONS IN THE AREA OF CONTRIBUTIONS AND/OR PROGRAM INCOME:

A donation container is routinely displayed at each health screening/health education activity for awareness of the program's need. Donations are used to defray costs of the program and purchase such items as screening supplies, printing, and promotional materials for large screening events such as wellness screening and skin cancer screening.

6. PERSON WHO COMPLETED THIS PROPOSAL:

NAME Susan Nett RN MPA TITLE Public Health Director

AUTHORIZATION TO REQUEST FUNDS

I hereby certify that City of Menasha (Agency, Gov't Unit, Organization has legal authority to enter into contractual agreements and has authorized me to sign on its behalf to request funds from the Winnebago County Commission on Aging. I further certify that funds awarded will be used solely for the purposes(s) set forth in accordance with all applicable laws, regulations, policies and procedures of Federal, State and Winnebago County.

SIGNED _____ DATE _____

SECTION III - SERVICES FUNDED FOR 2010

III. A Services Funded for 2010

1. Program Name 60 Plus Health Program

2. Program Description See next page for description

3. Geographic area to be served City of Menasha and surrounding area served by the Menasha Senior Center.

4. Provider Information:

a. Name of Provider Menasha Health Department

b. Address 316 Racine Street
Menasha, WI 54952

c. Contact Person Susan Nett RN MPA

d. Telephone Number (920)967-3520

e. Provider Type: Public Non-Profit For-Profit

f. Minority Provider:

g. Contract Period: January 1, 2010 to December 31, 2010

5. Estimated Population to be served:

a. Number of All Older Persons: 1000

b. Number of Minority Older Persons: 1% 10

c. Number of Low-income Older Persons: 35% 350

d. Number of Frail and Disabled Older Persons: 2% 20

e. Number of Rural Older Persons: 95% 950

6. Estimated Number of Units of Service to be Provided: 2800

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Question #2

1. Health Screening Activities:

Various health screenings such as blood pressure, anemia, hearing, vision (glaucoma), diabetes, hemocult, urine (sugar, nitrite, protein) screenings are scheduled monthly throughout the year at the Menasha Senior Center. Selected health screenings are offered during the year at Elizabeth Court Apartments, Lakeside Commons Apartments, and Keenagers Home For Independent Living. Additional single special screening/health events are coordinated with other health organizations, i.e. Cholesterol/"Wellness Panel" screening through ThedaCare labs, and skin cancer screening with local dermatologists and ACS. Influenza and pneumococcal vaccines are provided in cooperation with Neenah/Menasha Visiting Nurse Association. These screenings have become increasingly more important to the elderly. As the cost of health care rises, this is one way to keep the costs down for those on a limited budget and yet provide a very affordable preventive health service. In 2010, staff in this program plan on working with the steering committee in the scheduling of health screenings for Living in the 2010's convention.

2. Health Education Activities:

Education is used to keep today's health consumer well informed. These educational methods include: monthly health reviews in the Menasha Senior Center newsletter which reaches about 1,000 elderly; distribution of health information through Menasha Senior Center activities; and health educational brochures by medical and health specialists available upon request to the public. The Twin Cities News Record of the Post Crescent has printed health information when requested to increase public awareness. Lastly, health information is distributed semi-annually in the City of Menasha newsletter which is delivered to every residence in Menasha.

3. Health Counseling and Consultation:

Older adults have access to a professional public health nurse for health guidance, information and referral on medical concerns on an individual basis as needed. These individual health conferences are held at the Menasha Health Department, the Senior Center and the low income elderly housing complexes. Home visits are also scheduled by the public health nurse when more comprehensive health assessment and counseling is needed, or by referral from community providers, families, friends, and neighbors.

4. Health Promotion Activities;

A recent Behavioral Risk Factor Surveillance System survey (Nov 2005) completed in the Fox Cities indicates that adults over the age of 65 were the most likely to be overweight, while those in the 50-64 age category were the most likely to be obese. The 60+ Health Program has partnered with the Menasha Senior Center and the Menasha School District and annually offers an "Early Morning Indoor Walking program" at Menasha High School during the months of January, February, March, and April. During the remaining months of the year, emphasis has been placed on "Walk to Win" and biking. An increase in activity helps to improve sedentary lifestyles, and reduces the risks of cardiovascular disease, osteoporosis and mental health issues. A chair exercise program has been implemented at the Menasha Senior Center. A "Healthy Steps to Aging" program was developed in 2008 and expanded in 2009.

5. Collaboration:

Collaborative efforts are ongoing between the Menasha Health department, the Menasha Senior Center, Affinity, Aurora, and Theda Care Health Systems to provide affordable and easily accessible health promotion/educational events.

SECTION IV – BUDGET FOR 2010

IV. A. Supportive Services Budget – 2010

Program Name: 60 Plus Health Program

Program Activity	Title III-B A.	Title III-D b.	Senior Comm. Serv. C.	State Ben. Spec. d.	Program Income e.	Local Match f.	Other Resources g.	Total (a-g) h.
1. Personnel	24729					1098		25827
2. Travel					50			50
3. Rent/Utilities						\$125/mo 1500		1500
4. Communications					150	150		300
5. Consultants								
6. Training					100			100
7. Supplies					375			375
8. Equipment								
9. Other Specify					Liability Ins. 100			100
10. Total Costs	24729				775	2748		28252