

Innovative Practices Wisconsin Senior Dining Programs

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Greater Wisconsin Agency on Aging Resources (GWAAR) website. We have a lot of best practices posted on this website that you can use and modify to best meet your needs. A couple highlights include: www.gwaar.org click on “For Professionals” then on “Elderly Nutrition Program”.

- **Beneficial Bites:** Way to introduce functional, powerhouse foods into the diets of seniors and onto the menu, complete program of nutrition education to a consistent message is shared and to increase familiarity with foods they may not have otherwise eaten on a regular basis. Download the materials at: <http://gwaar.org/for-professionals/elderly-nutrition-program-for-professionals/elderly-nutrition-program-for-professionals-2/10-articles/aging-programs-and-services/109-beneficial-bites.html>
 - For specific questions Email Leslie Fijalkiewicz at adrc@co.barron.wi.us or bcaging@co.barron.wi.us and put “Beneficial Bites Question” in the subject line.
- **Activity Booklet (Version 1 and 2):** <http://gwaar.org/for-professionals/elderly-nutrition-program-for-professionals/elderly-nutrition-program-for-professionals-2.html> Scroll down to Activity Booklet 1(Theme Days i.e. Music Monday, Wellness Wednesday, etc...) or Activity Booklet 2 (resource for activity ideas plus peer activity suggestions).
- **Theme Month Materials:** Way to communicate consistent message on a variety of nutrition, health and wellness topics <http://gwaar.org/for-professionals/elderly-nutrition-program-for-professionals/theme-month-materials.html>
- **Poster Contest:** Opportunity for seniors to give back to and be involved with the Elderly Nutrition Program and to show they have something to contribute. All photos were submitted by seniors or someone closely related to the nutrition program like a HDM volunteer.

Formulating Strategic Business Plans for Healthy Aging Program (A toolkit for Community-Based Organizations) Toolkit from Hebrew Senior Life gives you the basic understand and template for formulating a business plan that you can adapt to meet your needs. Download it at <http://www.ncoa.org/assets/files/pdf/center-for-healthy-aging/MA-EBDP-Grant-Final-Report.pdf>

1-on-1 Interviewing: Tips and Tools:

- **Be prepared:** It is best to set interviews up in advance, think about what you want to know, and make the interview short (at least the initial one), about 30 minutes.
- **Keep it informal:** A one-on-one interview differs from a job interview, a survey or an academic approach. You do not have a standardized set of questions- you go with the flow, looking for body language, sources of passion, personal histories, etc...
- **Look for connections:** Ask questions to keep the conversation flowing. Look for connections and contrasts in experience between yourself and your interviewee, but resist launching into long stories about yourself. The other person should do most of the talking.
- **Ask direct questions:** Find out what is important to the other person. For instance, ask her about her connections to her home, and how she came to her job. Find out the public issues that make her angry or energized. “Why did you get involved in this group?” “Why do you care about this issue?” “What have you learned from this experience?”
- **Avoid asking yes or no questions:** They are too quick and you don’t learn much. If you do ask them, follow up with “why?”
- **Listen well:** Build on what your interviewee has already said. This involves paying close attention. An interviewee who feels listened to is likely to talk more than someone who feels that their words are falling on deaf ears.
- **Be sure you understand:** Clarify what the talking is saying by restating what you’ve heard and asking if you’ve got it right.
- **Look for the energy for action:** If you can see that the person is fired up about a public problem, ask if they have ever taken action on it before and how. Find out what they would be interested in working with others to take further action. Plan a follow-up, if you think it would be useful.
- **Evaluate:** Afterward, think about the outcome of the interview. What worked? What can you do better next time?

MOWAA *Stories from the Heart:* Lives lived. Stories told. They are who we are as individuals. They are what make us unique. The seniors we serve are the same people who helped shape our nation. Using their minds, ingenuity and hard work, they were there when we needed them. They fought for our freedom, invented machines, developed medicines, dared to dream and ensured a brighter future for us all. Their stories are our stories. We share their stories with you in honor of all of the seniors whom we serve and who inspire us to do what we do. This is a story of Mrs. Jillson, notice her gift to play piano, is this a way for her to give back to others? For example, is someone taped her playing and shared that CD with other home delivered meal participants. <http://www.agidnet.org/DataFiles/Documents/NPS/SurveyInstrument2011.pdf>

NCOA One Away Campaign for Economic Security

<http://www.oneaway.org/content/keyword/Video> Scroll down to “One Away in North Carolina-Meet Geneva” This is a powerful reminder of why we do what we do. Good to share with your governing and advisory bodies and to potential partners/funders.



National Survey of Older Americans Act (OAA) Participants 2011 Survey tool

<http://www.agidnet.org/DataFiles/NPS/> By using some of the questions on this survey in your local surveys you will have a larger database to compare your information with and the questions have been well researched and can provide rich, meaningful and powerful information.

Older Americans Act Nutrition Program Toolkit. Contains a wealth of information. Chapter 11 on Evaluation is very useful. We must remember to evaluate changes we make by establishing a baseline and then monitoring on a regular basis so we can know if the changes/initiatives we are trying are making a difference or if we need to make modifications or abandon the idea. (Adopt, Adapt or Abandon).

Wisconsin Institute for Healthy Aging (WIHA) website. Showcases and coordinates our evidence-based programs. The main ones we offer presently are Chronic Disease Self-Management from Stanford that we call “Living Well” with chronic conditions and Stepping On, a falls prevention workshop. More evidence based programs will be added in the near future.

<http://wihealthyaging.org/>

MeYou Health is the social well-being company. Every day they help both individuals and corporate employees improve well-being through the small, healthy actions that are within reach for everyone <http://www.meyouhealth.com/> This is free and a great resource to help people make small changes and increase their awareness of various dimensions of wellness. Sign up for free daily challenges. Example: *Recall your favorite subject in high school, and list 3 reasons why you liked it. (Life Evaluation)* Daily Tip August 13, 2012.

Monthly Menus:

- **Ashland County Aging Unit October 2012**
<http://ashlandaging.info/images/stories/menus/monthly%20menu.pdf>
- **St. Croix County Menus (April- October)** http://www.co.saint-croix.wi.us/index.asp?Type=B_BASIC&SEC={D483F492-1C1D-411B-850E-8C0691B95B9E}
- **Barron County Menu with Beneficial Bites.** Their website is being updated, if you would like a copy of current or past monthly menus please email Leslie Fijalkiewicz at adrc@co.barron.wi.us or bcaging@co.barron.wi.us and put “Beneficial Bites Question” in the subject line.

Quantity Recipe Websites:

- **Integrative Publishing Food Cooking & Recipes** <http://bulkfoodrecipes.tpub.com/recipes/>
- **South Dakota Department of Social Services**
<http://dss.sd.gov/elderlyservices/services/seniormeals/menusandrecipes.asp>
- **National Food Service Management Institute**
<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTewMiZpc0lncj10cnVl>