

## Prevention Program Summary 2015

### **Stepping On:**

- 13 classes (180 participants) held throughout the Consortium.
- 6 new leaders trained in 2015

### **Living Well:**

- 6 Living Well with Diabetes Offered- 53 participants
- 4 traditional Living Well classes Offered – 23 participants
- 4 new HLWD leaders trained in Fall of 2015

### **StrongWomen/Strong Bones:**

- 75 classes held throughout the year in the Consortium. Site locations included: Waupaca, Fremont, New London, Iola (2-3 classes), Clintonville, Appleton (8 different classes), Kaukauna, Sherwood, Hilbert, Chilton (2classes), Brillion, New Holstein (4 classes)
- VPI added to their THRIVES program- trained staff
- New locations and class times to current locations added in Iola, Appleton, Clintonville

### **CarFit:**

- 2 events (25 cars checked) – one in Outagamie and one in Waupaca
- Event cancelled in Calumet due to no sign-ups- will try to combine with Senior Fest next year
- Last year of partnership with FVTC OTA Department- they decided to head a different direction moving forward.
- New partnership with Make the Ride Happen and Affinity Rehab- first meeting in December 2015 (maybe we can jointly offer several a year).

### **Walk with Ease:**

- Outagamie Class - 8 participants

### **Med-Wise:**

- Currently on hold due to waiting for new grant cycle (projection is Fall 2015 start date). Did offer 2 classes to Kimberly-Clark employees with permission from state to 22 total participants.

#### **CALUMET COUNTY-DHS**

206 Court St.  
Chilton, WI 53014  
**920-849-1451**  
[www.co.calumet.wi.us](http://www.co.calumet.wi.us)

#### **OUTAGAMIE COUNTY-DHHS**

401 S. Elm St.  
Appleton, WI 54911  
**920-832-5178**  
[www.outagamie.org](http://www.outagamie.org)

#### **WAUPACA COUNTY-DHHS**

811 Harding St.  
Waupaca, WI 54981  
**715-258-6400**  
[www.co.waupaca.wi.us](http://www.co.waupaca.wi.us)

## **Powerful Tools for Caregiving**

- 2 Classes offered in Waupaca County with 10 participants.

## **OTHER:**

- 3 Community ADRC/Fall Prevention Presentations (always started with ADRC Overview)- 107 total participants
- 6th Annual Fall Prevention Event coordinated by myself in September 2015. Partnerships with Affinity, Neuroscience Center, ThedaCare at Home, Network Health Plan, Thompson Center, YMCA, Rehab Arisces, Walgreens. 40 participants attended this year's event, ½ of last year. Had to change date to Monday this year, will be back to a Tuesday next year.
- 1<sup>st</sup> Annual Fall Prevention Event coordinated in Waupaca this year. Approximately 25 participants. ThedaCare, Hometown Pharmacy, Waupaca Senior Center were all partners.
- Offered Med-Wise to Kimberly-Clark Employees two different times. Very well received and attended. Med-Wise project still on hold waiting for new funding.
- 3-week Dietetic Intern from UW-Green Bay shadowed me, Updated and added to The Cook Book for Caregivers as her project.
- Trained volunteers at John Fischer Manor in Healthy Moves, continue to offer to residents
- Trained VPI staff at Brewster Village site in Healthy Moves- incorporated into their daily routine
- Trained VPI staff with the THRIVES program in Strong Bones- part of the curriculum
- Developed new partnership with ThedaCare for Stepping On with Injury Prevention Specialist- they trained 3 staff as leaders and will help advertise in the ER and Orthopedic Clinics (to start)
- Trained 14 PT's at Affinity Outpatient Services from all outlying areas to do the PT portion of the Stepping On class

Respectfully Submitted by:

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ADRC Consortium