

MINUTES

COMMISSION ON AGING

4:00 PM, NOVEMBER 17, 2022

PEAK 155, W Lewis Street

Platteville, Wisconsin

I. CALL TO ORDER

- a. Called to Order by Joyce at 4:03 p.m.**
- b. Present: Allyssa Shanahan, Jill Goffinet, Kathy Kopp, Ray Banfi, Joyce Bos, Ela Kakde, Joie Schoonover, and Fallon Zimmerman**
- c. Absent: Ellen Stelpflug**

II. APPROVAL OF MINUTES

- a. Motion by Joie to accept Minutes of October 20, 2022, meeting, second, Ray, all in favor, Minutes are approved.**

III. WELCOME

- a. Meeting to be moved to 4:30 PM on the 3rd Thursday until further notice.**

IV. REPORTS

a. Senior Center

- i. Ally Shanahan presented a survey sent out to seniors on October 1st to the Commission. Key points the data shows:**

1. Age Range

- a. 45% of our seniors are 70-79**
- b. 32.5% of our seniors are 60-69**

2. Attendance

- a. 27.5% of our seniors come to the center a few times a week**
- b. 22.5% of our seniors come to the center at about once a week**

- c. **20% of our seniors come to the center a few times a month**
 - 3. Reasons Seniors Visit the Senior Center**
 - a. **47% to see friends/meet new people**
 - b. **53% Cards, BINGO, and Other Games**
 - c. **68% Guest Speaker**
 - d. **38% Exercise Class**
 - 4. Benefits of Attending the Senior Center**
 - a. **80.56% Improved Connections with others through social activities**
 - b. **47.22% Improved Sense of Belonging**
 - c. **47.22% Improved Mental Sharpness**
 - d. **36.11% Improved Strength/Flexibility/Balance/ Health from fitness programs**
 - ii. **Ally to post Commission on Aging flyer to Facebook once approved by Joyce**
- b. PASS**
 - i. **PASS Minutes from November 14th Meeting**
 - 1. Congratulation to Ally Shanahan who is our new PEAK Director.**
 - 2. Chair yoga has been added to the list of activities for the senior citizen. The new class started November 11, 2022.**
 - 3. The Senior Center will have a table at the November 19th Craft Fair located at the High School. Jill Goffinet will set up for the day and be relieved by Joyce Bos from 11:00 am to 1:00pm. A volunteer is currently needed for the 1:00 pm to 3:00 pm position.**
 - 4. Deb Browning donated a pop-up tent to PEAK. Due to the fact that PEAK has purchased two new pop-up tents, the tent will be donated**
 - 5. The propane gas tanks used for the brat sell will be wintered at Ray Banfi's home.**
 - 6. Larry McRenalds donated his Thrivent \$250 to be used for the purchase of beef for the canned beef.**

7. **Presenters and topics have started to be planned for 2023. Program topics such as Senior safety and self-defense, signs of a heart attack, music bingo are a few of the planned programs.**
8. **PEAK has budgeted \$550 to pay for insurance for our current van per year and \$1,500 has been budgeted for fuel.**
9. **PEAK continues to be in discussion with ADRC about the future of the meal plan currently distributed by PEAK.**
10. **The fire station may potentially be breaking ground September of 2023.**

c. Council

- i. **November 8 Council showed support of move to City Hall**
- ii. **November 22: Council to vote**

V. BUSINESS

- i. **Commission is asked to define “Disabilities” for Common Council**
 1. **May want to discuss with James Schneider after the 1st of the year**

VI. COMMENTS and ANNOUNCEMENTS

- a. **Joyce and Kathy would like to be cc'd on further communication with the ADRC**
- b. **Joie Moves to support the move to City Hall, second by Ela**

VII. ADJOURNMENT

- a. **Next Meeting: January 19, 2022 @ 4:00 PM**

If your attendance requires special accommodation needs, write or call the City Manager's office, PO Box 780, Platteville, Wisconsin 53818, (608) 348-9741; for TDD accessibility call (608)348-2312.