

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

History

Early in 1995, Dane County senior adults and the Commission on Aging (later to be named the Area Agency on Aging Board of Directors) were privileged to receive a bequest from the estate of Mr. Henry Norman Leck. Mr. Leck was killed in a car accident in 1992, and he left over \$150,000 to serve Dane County elders. Realizing how quickly these funds could be spent, the Commission on Aging chose to create the Henry Norman Leck Endowment Fund (also referred as the Leck Grant) at the Madison Community Foundation. Since 1996, the Leck Endowment Fund has made grants totaling \$176,976.75.

1996 Leck Grants \$5,000 awarded

Alzheimer's Association of South Central Wisconsin (Alzheimer's & Dementia Alliance of Wisconsin)
\$2,500

PROJECT: *What to do When Your Friend Has Memory Problems*

This program empowered seniors to understand and support their peers who were coping with memory loss. It provided education to prevent safety risks, isolation, misdiagnosis, elder abuse, excessive use of alcohol/drugs, and poor nutrition. Volunteers and staff visited meal sites, presented information, answered questions, provided useful handouts, and followed up through the telephone help line. Alzheimer's Association volunteers answered this five days per week.

PICADA (Prevention & Intervention Center for Alcohol & Other Drug Abuse)

\$2,500

PROJECT: *Positive Aging Theater Group*

A group of senior adult actors and actresses provided skits on "positive aging." They demonstrated how to manage aging and life changes in a positive way to eight senior sites in Dane County. The traveling theater group followed each performance with an audience discussion of aging issues. They provided a senior adult resource list (e.g., *Fun Things You Can Do When You Are 50 Years Old and Older*, elderly health resources) and opportunities for support group participation. Participants nominated a senior adult at each site who was a role model for positive aging.

1997 Leck Grant \$2,500 awarded

Continued funding PICADA's Positive Aging Theater Group (described above). PICADA became a non-profit organization – the Centers for Prevention & Intervention – and the Theater Group is still performing.

1998 Leck Grant \$3,000 awarded

Stoughton Area Senior Center

\$3,000

PROJECT: *Nutrition*

This project enabled senior adults to increase their knowledge about their nutritional needs. It provided access to various information and services, and increased the abilities of low income seniors to take better care of themselves in their own homes or while attending the Stoughton Area Senior Center.

Leck Grant Funded Projects
Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

1999 Leck Grant	\$3,000 awarded
------------------------	------------------------

Stoughton Area Senior Center
\$3,000

PROJECT: *Safe Watch*

This project provided early identification and intervention of seniors at risk with needed services. City personnel and staff, senior volunteers, service organizations, service providers, and community members were trained to identify and refer seniors at risk of suicide, AODA issues, isolation, poor nutrition, and elder abuse.

2000 Leck Grants	\$13,494 awarded
-------------------------	-------------------------

Belleville Senior Center
\$5,000

PROJECT: *Sugar River Senior Walkers Club*

A walking program for senior adults in the Belleville area using a community trail with rest and exercise areas appropriate for senior adults. The Walkers Club is open to anyone age 55 and over. Younger senior adults signed up walkers, who had an opportunity to achieve various levels of success and receive premiums for their efforts. The trail is located in the Community Park in Belleville, surrounded by Lake Belleview and the Sugar River.

Independent Living, Inc.
\$4,994

PROJECT: *Financial Management and Counseling Program*

This program empowered senior adults to effectively manage their finances. They were taught to budget responsibly, reduce and repay debts, maintain their assets, and avoid unscrupulous individuals and organizations attempting to gain control of their finances. Three peer volunteers were trained to help with in-home counseling.

Fitchburg Senior Center
\$3,500

PROJECT: *SOAAR (Supporting Older Adults at Risk)*

“SOAAR” trained senior volunteers, private caregivers, community business members, and City employees were trained on recognizing and referring at-risk senior adults who were in need of social, medical, mental health, or other services.

2001 Leck Grants	\$9,492 awarded
-------------------------	------------------------

Independent Living, Inc.
\$4,992

PROJECT: *Financial Management and Counseling Program*

A program designed to empower senior adults to take charge of and effectively manage their finances by budgeting responsibly to enjoy a quality life style, reduce and repay debts, maintain their assets, and avoid unscrupulous individuals and organizations attempting to gain control of their finances. Volunteers were recruited from the financial industry and trained as Leck Volunteer Financial Specialists, who were then matched with senior adults to provide in-home financial counseling.

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

Retired Senior Volunteer Program

\$4,500

PROJECT: *Local Triads–Keeping Seniors Safe*

RSVP staff organized local Triads in Dane County with the support and encouragement of local police and sheriffs in communities throughout Dane County. Local Triads consisted of the sheriff, police chief, and older or retired leaders in the community who agree to work together to reduce criminal victimization and abuse of the elderly. Local Triad volunteers educated and empowered senior adults to become proactive and more knowledgeable about telemarketing, safety, elder abuse and security issues. The Local Triads used successful state projects to guide their efforts (e.g., File of Life, Neighborhood Watch, daily security checks for seniors, telemarketing, frauds and scams, Beacon Light project, safe car checks, educating law enforcement about senior issues, police academies, resource fairs geared to safety issues, and crime prevention). Local Triads meet on a monthly basis.

2002 Leck Grants	\$8,500 awarded
-------------------------	------------------------

Stoughton Area Senior Center

\$5,000

PROJECT: *The Year of the Caregiver*

This six-part series informed, educated, supported, and validated both the aging older adult and their caregivers through education, public awareness, and advocacy. This program minimized the disparity in a caregiver's quality of life and that of their peers. Techniques on stress reduction, transportation and respite were provided as needed. Participants learned how to access help regarding coping with caregiving, financial matters, guardianship, alternative living, legal matters, how to lift/transfer, equipment available, stress reducers, and files of life. Topics presented during the series included: Dealing with Difficult Situations, Home Away From Home, What's New in the Field of Dementia & Alzheimer's Disease, The "Benefits" of Old Age, Getting Your Affairs in Order, and Care of the Caregiver.

Retired Senior Volunteer Program

\$3,500

PROJECT: *Local Triads–Keeping Seniors Safe*

(An expansion of the 2001 Leck Grant)

RSVP staff continued to support newly established local Triads in Dane County. Leadership volunteers served as the catalysts for local Triads in Dane County communities. Triads focused on three areas of concern: Older people becoming familiar with common scams and abuses and more able to recognize them as such; Informing the community about potential frauds in their area; and Empowering senior adults to report scams when they are victimized (or there is an attempt to victimize) to curb abuses.

2003 Leck Grant	\$0 awarded
------------------------	--------------------

No projects were funded due to proposals not meeting requirements.

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

2004 Leck Grants	\$13,000 awarded
-------------------------	-------------------------

Independent Living, Inc. (ILI)
\$5,000

PROJECT: *Healthy Advocates for the Elderly*

This project was a new initiative building on a collaboration started in 2002 between the UW Medical School and ILI. The initial program matched UW-Madison medical students with senior adult residents of the Independent Living Retirement Community. The medical students gained the opportunity to work with seniors and they helped the residents realize optimum benefits from their interaction with their own physicians. Each student was matched with an older resident with whom they visited and to whom they provided support in wellness issues. In some cases, the students were able to attend doctor's visits with their partner and to help them better understand and comply with physician's directives. The Leck Grant enabled ILI to launch a similar pilot project investigating and testing strategies matching retired health professionals with senior adults in Dane County in need of health-related support. Senior adult participants without family or other resources to assist them in the preparation for, follow-up to, and actual interaction on physician's visits, were selected to participate in the project.

East Madison/Monona Coalition of the Aging (EMMCA)
\$5,000

PROJECT: *Senior Mentor Program*

Hosted within EMMCA's Adult Day Center, this project developed volunteer recruitment materials aimed at senior adults, targeted recruitment efforts, and trained volunteers to work with senior adults who have specialized needs. Senior adult volunteers developed their own mentoring activities depending upon skill and comfort levels and worked with group activities or individuals. Each mentor was asked to make a minimum 2-hour weekly commitment.

Peer Support Program
\$3,000

PROJECT: *Coordinator Position*

The Peer Support Program was a proactive approach to preventing or decreasing the risk of serious mental health issues in vulnerable, frail older persons through the use of Elder Friends. The project empowered trained senior adult volunteers to use their skills to interact with at-risk senior adults (peers helping peers). It benefited the at-risk clients by connecting them to an Elder Friend, gave them support that was needed to help them to live more independently, connected them to their community, and increased their emotional stability. The Leck Grant enabled the hiring of a centrally located program coordinator to help senior focal points recruit volunteers with appropriate skills, to facilitate training and orientation of new volunteers, provide support and training for previously trained Elder Friends, recognize volunteers, and follow-up with record-keeping. This resulted in the retention of volunteers and increased the effectiveness of the program. The Program Coordinator position provided stability and continuity to the Peer Support Program; it also served as a liaison to the case managers at the senior focal points, collected data, matched volunteers with senior adults, and ensured the relationship was developing and meeting the needs of the senior adult.

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

2005 Leck Grants	\$4,500 awarded
-------------------------	------------------------

Independent Living, Inc. (ILI)
\$4,500

PROJECT: *Wellness Walkers: Motivational Partnerships to Encourage Active Living for Older Adults*

This project paired senior adults who walked as a means of exercise and enjoyment with seniors who needed encouragement, motivation, and companionship to get into an exercise routine (i.e., regular walking). It specifically addressed “concerns of inactivity, obesity, and the associated health risks in senior adults.” Turning to their Occupational Therapy and Nursing staff, ILI developed realistic goals (with medical approval) for the walkers and conducted pre- and post-tests of the walkers to determine if changes occurred following a 6-month period. Upon completion of the project, materials and “lessons learned” were shared with other providers of senior adult services.

2006 Leck Grants	\$7,041 awarded
-------------------------	------------------------

South Madison Coalition of the Elderly
\$4,991

PROJECT: *Client-Directed Case Management*

Through a series of presentations held at the Madison Senior Center and Romnes Apartments, 72 individuals were informed of community resources available in the following areas: caregiving, financial assistance, education and recreational activities, housing, medical and health care, safety, transportation, and how to access resources. Case management staff provided follow up with senior adults by providing home visits to those seniors identified as having skills to be able to access needed services. Outcomes were measured by follow-up phone contact with participants.

Monona Senior Center
\$1,500

PROJECT: *Lend an Ear to a Peer*

This project identified and addressed barriers to participation with the Monona Senior Center’s Low Vision Support Group. Three goals were achieved: exposed an increased number of participants per meeting with vision impairments to empowering speakers; increased group attendance by 66%; and offered senior adult speakers with vision impairments while leading satisfying and enriching lives.

North/Eastside Senior Coalition (NESCO)
\$550

PROJECT: *Free Samples—A Healthy Alternative*

Structured around a six-week timeline, enrolled participants tried a sample of what they currently purchase, and compared it to a free easy alternative sample which would be better for their health. Themes included: Salty Snacks, Sweets, Light Breakfasts, Dairy, and Meats. Participants wrote down a specific list of everything they ate over a two-day span; the food logs were used to identify easy alternatives. During each session, the participants completed comment sheets concerning taste, price, and health benefit for each product sample. The end of each session included a round table in which participants voiced their opinions about each product. Those that made it through the first five weeks took a trip to the local grocery store with the group and used a \$5 gift certificate to purchase a healthy alternative to a product they regularly ate.

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

2007 Leck Grants	\$8,984 awarded
-------------------------	------------------------

Alzheimer's Association of South Central Wisconsin (Alzheimer's & Dementia Alliance of Wisconsin)
\$4,984

PROJECT: *Memory Booster Program*

Developed by the Early Stage Advisory Committee that includes persons with dementia, this pilot program provided cognitive stimulation and memory enhancement for people diagnosed with Mild Cognitive Impairment (MCI) or early stage dementia. This popular program continues to be offered under its newer name, Meeting of Minds.

North/Eastside Senior Coalition (NESCO)

\$1,550

PROJECT: *Reaching Out: Isolation Reduction & Cultural Expansion*

This project provided a culturally enriching experience for both of our senior groups in a "combined" bus trip to Milwaukee. The Latino Cultural Diversity Program senior adults toured the Centro de la Comunidad United Community Center while the African American Cultural Diversity Program senior adults toured the Wisconsin Black Historical Museum. Following a joint lunch at *Club Timbuktu*, both groups experienced the Humphrey Imax Dome Theater's *Deep Sea* presentation at the Milwaukee Public museum. Most of the participants aren't able to afford the bus trips that are available to the senior population at large and few of these companies provide "culturally significant" offerings. Most of our Latino seniors in Madison are very isolated and they don't have the opportunity to travel. Similarly, many of our African American participants live in subsidized housing and have little money left over for any kind of special event.

RSVP of Dane County

\$1,500

PROJECT: *Home Safety Project*

Trained volunteers conducted 30 home safety assessments and distributed needed safety equipment to senior adults. This included grab bars, nightlights, med boxes, and timers. In addition, Files of Life and smoke detector batteries were distributed. Senior adults who were at risk of falling were identified and referrals were made to the local senior focal point for case management follow-up.

Independent Living, Inc. (ILI)

\$500

PROJECT: *Emergency Preparedness*

This program trained volunteers in assisting senior adults in preparing emergency supplies to be used in case of a disaster as simple as a power outage of as difficult as emergency evacuation. Two hundred volunteers were invited to participate in numerous training sessions. A fifteen minute video "Just in Case; Emergency Readiness for Older Adults and Caregivers" was utilized as the backbone for the 45-minute training session. A packet including an emergency plan, checklist, evacuation kit, and other written materials were given to each volunteer.

Leck Grant Funded Projects
Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

RSVP of Dane County
\$450

PROJECT: *Triad Crime Prevention & Safety Conference*

This grant was to support the annual conference held at Lakeview Lutheran Church. Guest speakers included: Dane County Sheriff, Madison Police Chief, and Wisconsin State Attorney General. Workshops included: Juvenile Gangs, Financial Elder Abuse, Identity Theft, Disaster Preparedness, Safe Driving, Home Safety and Security, Scams and Frauds, Understanding Law Enforcement, and Avoiding Financial Exploitation. Exhibitors and a blood pressure screening were also featured.

2008 Leck Grants	\$10,745.31 awarded
-------------------------	----------------------------

Safe Communities
\$5,000

PROJECT: *Falls Prevention Public Education*

This funding supported the creation and dissemination of a tai chi for balance video that is still playing on local cable access stations and area senior centers/focal points. Health care providers are also distributing the video to senior adult patients whom they feel would benefit from gentle balance exercises. To receive copies of this video, call Safe Communities at (608) 441-3060.

Mental Health Center of Dane County
\$2,500

PROJECT: *Elderly Hmong Health Education & Prevention*

A total of 285 Hmong elders attended 10 preventative health care workshops at Kajsab House that included topics addressing cancer, diabetes, healthy nutrition, stroke-hypertension, physical exercise, Dementia/ Alzheimer's, Long Term Care, Hospice Care, Depression, and Post Traumatic Stress. At the completion of each workshop, a questionnaire was distributed to the participants; the results were: 65% indicated they learned something from the workshops, 55% planned to attend future workshops, 75% wanted more workshops to be offered, and 80% were satisfied with the presenters and staff involving in planning for these workshops.

Alzheimer's Association of South Central Wisconsin (Alzheimer's & Dementia Alliance of Wisconsin)
\$1,354

PROJECT: *Providing Care at Home with Dementia*

This four hour skill building program was specifically designed for elders caring for a spouse in the home and focused on personal care strategies. Each participant left with a specific action plan designed for their individual situation. Developing individual plans that change as the disease progresses continues to be a focus of the agency.

Northwest Dane Senior Services
\$1,146

PROJECT: *Eat Better Move More Program*

This 12-week program combined nutritional guidelines with exercise guidelines to support healthy eating decisions, encourage physical activity, increase overall wellness and teach participants how to be proactive about their health. It used a myriad of studies that statistically supported the benefits of proper nutrition coupled with proper exercise for senior adults (i.e., healthy food

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

choices balanced with appropriate exercise go a long way in the management of many chronic conditions).

Coalition of Wisconsin Aging Groups (CWAG)

\$745.31

PROJECT: *Senior & Intergenerational Statesmanship Advocacy Program*

Provided a three-day program for senior adults to receive a first-hand look at how state government operates and how to be involved in local and state governmental affairs. The annual training was offered to senior adults from all over the state of Wisconsin. They learned about the operation of state government and their potential role in formulating public policy. Participants gained political skills to become effective advocates and community role models.

2009 Leck Grants	\$8,010 awarded
-------------------------	------------------------

Today Not Tomorrow

\$2,000

PROJECT: *Ana Mae Mitchell Senior Idol Competition*

Honoring senior adult community activist Ana Mae Mitchell, this project invited talented senior adults (age 55 and older) to compete in an Idol-themed contest. Open auditions were held in Madison, Stoughton, and Sun Prairie while the final competition was hosted at the CUNA Mutual Auditorium. The contestants ranged in age from 55 to 86 and included singers, poets, and musicians. All contestants received awards to include a top and runner-up award. A resource fair with information about community resources was also offered.

South Madison Coalition of the Elderly

\$2,000

PROJECT: *Health Care 101—You Are Your Own Best Health Advocate*

Provided six educational sessions for over 80 senior adults at Quaker Housing, Romnes Apartments, and the Madison Senior Center presenting information on the following topics: how to communicate effectively with your doctor, how to pick your own health-care team, how to work with your doctor and other health-care providers, how to be your own advocate while in the hospital, how to determine your role as a patient, and how to understand your health-care needs. Nurse/Case Managers and other health-care professionals from the community assisted with the presentations.

North/Eastside Senior Coalition (NESCO)

\$1,600

PROJECT: *Mind-2-Mind*

This unique program recruited and trained five “Boomer” aged volunteers to work with current NESCO senior adult case management clients suffering from severe mental illness. The volunteers were matched with a senior client and communicated with them several times a week. Much of this time was spent helping the clients with basic tasks like arranging doctor’s appointments and transportation, completing paperwork, and reminding them of scheduled appointments. The volunteers meet with a NESCO case manager weekly to review progress and set a plan for the next week.

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

Fitchburg Senior Center

\$1,300

PROJECT: *Designing the Next Phase Series*

Retired Human Resources professionals offered three information sessions providing valuable retirement information to include job search resources, educational opportunities, electronic resumes, needs assessment survey, and Social Security benefits. The series targeted senior adults who had recently lost their jobs and/or those who needed to go back to work.

Northwest Dane Senior Services

\$630

PROJECT: *Senior Strength Training*

This 12-week series was offered by a certified Fitness Specialist for senior adults. Each weekly hour-long class helped seniors explore easy ways to enhance strength, balance, and flexibility by sampling Tai Chi, Yoga, and several techniques for muscle strength enhancement.

Southwest Dane Outreach (Mt. Horeb Senior Center)

\$480

PROJECT: *Exercises for the Body, Mind, and Spirit*

An 8-week course taught by a Reike Master Teacher and Fitness Specialist for Older Adults, the project incorporated Tai Chi, yoga, and strength building into the different topics of nutrition, self care, feelings, healthy choices, stressors and stress management, caregiver needs, and holistic approaches. 20 senior adult women regularly attended and were provided weekly handouts and stretch bands. Initial personal concerns included poor balance and fear of falling. Evaluations reported the simple group exercises and sharing ideas through discussion and journaling resulted in a better understanding of the importance of physical movement and how it contributes to overall good health. They not only felt better, but their attitudes were more positive.

2010 Leck Grants	\$8,745 awarded
-------------------------	------------------------

Madison Senior Center Foundation

\$2,000

PROJECT: *Connecting Older Adults with Life Enhancing Programs*

Addressed reluctance of senior adults to drive downtown, pay parking fees, and taking the bus to participate in the Madison Senior Center by providing direct contracted bus and taxi service (10 am-3 pm) 1 day/week, parking coupons, and bus/para-transit reimbursement during a seven month period.

Alzheimer's & Dementia Alliance of Wisconsin

\$1,500

PROJECT: *Outreach Concerning Dementia/Alzheimer's Disease in African American Elders*

African Americans are considered "silent partners" with all forms of dementia as the prevalence is higher but the population is less likely to be aware of local resources and early intervention strategies available to enhance quality of life. This initiative allowed the multicultural outreach specialist to train five African American ambassadors for door-to-door canvassing and develop culturally specific dementia materials now used at health fairs and educational programs.

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

OutReach

\$1,500

PROJECT: *LGBTIQ Senior Resource Information Project*

Provided 16 presentations to 25 lesbian, gay, bisexual, transgender (LGBT) individuals (including four senior adults) by 19 Dane County aging network agency staff at the OutReach office or Madison Senior Center. A total of 10 LGBT senior adults, including the program coordinator, were directly involved in planning this 6-month project. Participants increased their knowledge of Dane County resources. Needs assessment included: keeping in touch with LGBT senior adults and their needs, agency staff sensitivity training, increased transportation options, soliciting friendly housing and in-home care, and focused advocacy efforts.

Safe Communities

\$1,380

PROJECT: *Peers Talking with Peers About Living Well with Chronic Conditions & Fall Prevention Programs*

A seven-week program for people who were at risk of falling. It covered the primary risk factors for falling: medications, home safety, lack of exercise, and vision. Living Well with Chronic Conditions was a six-week program that facilitated brainstorming, problem solving, and goal setting around better management of chronic health conditions. No Falls was an evidence based exercise program that increases flexibility and balance to prevent falls. Small honoraria (\$35 per presentation) were provided to senior adults experienced with these programs to give brief presentations to existing groups. Senior adults were chosen because they were peers and trusted sources who could interest people in signing up for upcoming groups. An estimated 28 presentations occurred over the course of the program.

North/Eastside Senior Coalition (NESCO)

\$1,050

PROJECT: *Aging in the Latino Community*

The project provided Latino senior adults with basic information about diabetes. Four seniors received additional group facilitation skills training to start up a monthly Latino Diabetes Support Group, with the assistance and support of the NESCO Latino Cultural Diversity Program Specialist. This monthly support group continues to be entirely offered in Spanish.

Northwest Dane Senior Services

\$935

PROJECT: *Body in Balance—Tai Chi*

Offered three 6-week classes to instruct senior adults about the gentle exercise Tai Chi, which is proven to increase flexibility, strength, and fitness in addition to promoting correct body posture, integrating mind and body, and improving energy that governs all functions of the body. The Leck Grant enabled the agency to introduce this form of exercise to their seniors with an experienced Tai Chi instructor.

Southwest Dane Outreach (Mt. Horeb Senior Center)

\$380

PROJECT: *Body and Balance*

This 8-week hour-long course (also taught by a Reike Master Teacher and Fitness Specialist for Older Adults), focused on balance, fall prevention, and exercise for arthritis. 20 senior adults (age

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

72-96) worked on standing and sitting exercises to improve their balance, their range of motion, and upper body strength.

2011 Leck Grants	\$7,952.65 awarded
-------------------------	---------------------------

Catholic Charities—Diocese of Madison

\$2,000

PROJECT: *Respite Care Team Ministry, A Volunteer-Based Support Service for Frail Elders*

Expand service to individuals who are marginalized by caregiver stress fragilities of aging, isolation, poverty, and racial inequities in rural and urban communities. Two teams were created.

North/Eastside Senior Coalition (NESCO)

\$2,000

PROJECT: *Caregiver Family Resource Fair*

This project provided caregivers with the support and resources to help them deal with the rigors of helping dependent seniors to remain in their home as long as possible. The caregivers were spouses (often a senior adult) or family members who provided basic needs for a senior adult, on a daily basis, that took up a good portion of their time. The Caregiver Family Resource Fair brought together caregiver resource providers to answer individuals questions. There was also five breakout sessions, led by caregiver service providers, to discuss issues related to caregiving and demonstrating ways to take care of the caregiver.

Independent Living, Inc. (ILI)

\$1,350

PROJECT: *Stepping on Falls Prevention Initiative*

Using the nationally recognized, evidence-based fall prevention “Stepping On” program, a 7-week course (20 hours of education) was offered to 12 low income senior adults—who otherwise could not afford to participate. The course was presented by a trainer and peer leader. Evaluations ranked location, learning environment, and group leaders as excellent.

OutReach

\$1,000

PROJECT: *LGBT Senior Specific Sensitivity Training*

Offered four trainings to assist health care professionals to better serve LGBT senior adults in areas including housing, medical, and social services.

Alzheimer’s & Dementia Alliance of Wisconsin

\$900

PROJECT: *Hope, Honor & Remember*

Hosted a service to acknowledge, honor, and remember all whose lives have been touched by Alzheimer’s disease and related memory disorders.

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

DeForest Area Community & Senior Center

\$500

PROJECT: *Exercising as We Age*

Offered sessions by a physical therapist, fitness trainers, and other professionals to provide on-going assistance to seniors who want to begin an exercise program by using the equipment available at the senior center.

Nutrition Committee

\$202.65

PROJECT: *Nutrition Site Manager Training*

Dane County hosts a seven county (Columbia, Dane, Dodge, Jefferson, Marquette, Rock, and Sauk) annual training required for all nutrition site managers. This day-long training provides 3.5 hours of the required 6 hours of annual professional education training determined by the State.

2012 Leck Grants	\$8,928.22 awarded
-------------------------	---------------------------

Alzheimer's & Dementia Alliance of WI

\$1,900

PROJECT: *Memory Café @ Middleton Senior Center*

Using a successful international model, the café will be an informal gathering place for socialization, support, and creative enrichment for seniors (and their family members & friends) with memory loss.

Catholic Charities—Diocese of Madison

\$1,900

PROJECT: *Caregiver Support Group*

(An expansion of the 2011 Leck Grant for *Respite Care Team Ministry*)

Expand service to individuals who are marginalized by caregiver stress fragilities of aging, isolation, poverty, and racial inequities in rural and urban communities. Two additional teams will be created.

North/Eastside Senior Coalition (NESCO)

\$1,900

PROJECT: *Caregiver Support Group*

Will provide caregivers and resources to help them deal with rigors of remaining in their own home. Monthly caregiver support group will be offered.

Tenant Resource Center

\$1,900

PROJECT: *Senior Outreach & Housing Counseling*

To provide a series of presentations at Dane County senior centers & focal points to discuss tenant-landlord rights and responsibilities. Video of presentation will be created & shared.

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

DeForest Area Community & Senior Center

\$500

PROJECT: *Exercising as We Age*

(An expansion of the 2011 Leck Grant)

Offer sessions by a personal trainer to provide on-going assistance to seniors who want to begin an exercise program by using the equipment available at the senior center.

Southwest Dane Outreach (Mt. Horeb Senior Center)

\$420

PROJECT: *Women's Wellness*

Provide a 4-week health wellness series with local health professionals: nutrition, rieke, exercise, and healthy heart.

Nutrition Committee

\$408.22

PROJECT: *Nutrition Site Manager Training*

(An expansion of the 2011 Leck Grant)

Dane County hosts a seven county (Columbia, Dane, Dodge, Jefferson, Marquette, Rock, and Sauk) annual training required for all nutrition site managers. This day-long training provides 3.5 hours of the required 6 hours of annual professional education training determined by the State.

2013 Leck Grants	\$8,596.43 awarded
-------------------------	---------------------------

Alzheimer's & Dementia Alliance of Wisconsin

\$1,684.43

PROJECT: *Young Onset Memory Café & Early Stage Advisory Committee*

Based on the success of the first Dane County Memory Café which opened in October 2012, a second café will be established for those with young onset dementia while forming an Advisory Committee to expand and guide early stage programming—helping individuals with early memory loss and their care partners. (*Expansion of an Existing Program*) Received \$1,880 Leck Grant in 2012

East Madison/Monona Coalition of the Aging

\$1,588

PROJECT: *Community Connections*

In collaboration with the Monona Senior Center, this monthly education and engagement series will connect Madison eastside senior adults with community programs and resources—while also connecting seniors with other seniors. The focus will be on health and wellness issues. (*New Project*)

Madison Senior Center Foundation

\$1,324

PROJECT: *Updating Computer Skills in Older Adults*

Senior adult computer lab volunteers from throughout Dane County will receive updated computer training to improve their skills—allowing them to adequately instruct their peers on current versions of computer programs. (*New Project*)

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

North/Eastside Senior Coalition

\$2,000

PROJECT: *Peer-to-Peer*

Senior adults receiving case management services will volunteer to serve as a buddy for homebound senior adult case management clients. By matching seniors with similar needs, the project will reduce isolationism as the buddy will provide the homebound senior with someone who can relate with them as they discuss how to deal with the physical and emotional struggles associated with aging. This project will focus on Spanish speaking clients. *(New Program)*

West Madison Senior Coalition

\$2,000

PROJECT: *Senior Issues on the Air*

Collaborating with WORT-FM Radio, senior adult volunteers will write, present, and edit five-minute radio inserts addressing topics affecting seniors while also informing the public about senior events, programs, and services offered throughout Dane County. *(New Project)*

2014 Leck Grants	\$8,295.55 awarded
-------------------------	---------------------------

North/Eastside Senior Coalition

\$4,193

PROJECT: *Internet Cafe*

The NESCO Internet Café, located at the Warner Park Community Recreation Center, will provide senior adults with free access to 6-8 computers, internet, and printer. A senior adult volunteer will be available to teach and assist those needing help. The Café will be open Monday-Thursday, 8-11:30 am and will also provide seniors with an area to socialize. Coffee and light breakfast foods will be sold (at cost). The first Friday each month the Internet Café will host a Multicultural Senior Computer Morning with participants from the Latino Cultural Diversity Program using the computers. An additional four computers will be donated by a local business; Madison Parks is also a partner in this project. *(New Project)*

OutReach

\$2,850

PROJECT: *LGBT Seniors of Color Engagement Project*

This project will identify lesbian, gay, bisexual, and transgender senior adults of color in Dane County and determine how to serve their unmet needs. The project will re-activate a diversity program conducted 2009-2011 which involved the OutReach Board, staff, and community activists. OutReach's LGBT Senior Alliance staff, LGBT seniors, and allies of color will contact community agencies that currently serve people of color to identify potential project participants. The goals include increasing the attitude of acceptance of LGBT seniors of color in the community and increase the LGBT seniors of color's knowledge of OutReach's services and programs. OutReach is also a partner in this project. *(New Project)*

(The remaining \$1,252.55 funding was combined with the 2014 Mally Grant winner—Journey Mental Health Center: *Mental Health First Aid Training for Senior Focal Point Case Managers.*)

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

2015 Leck Grants	\$8,005 awarded
-------------------------	------------------------

Funding was used for a County-wide pilot program “Mental Health Consultant for Focal Point Case Managers.”

2016 Leck Grants	\$7,725 awarded
-------------------------	------------------------

Colonial Club Senior Activity Center
\$2,000

PROJECT: *Hora de Café (Coffee Hour)*

Hora de Café or Coffee Hour was developed with the support and input of several community Latino senior adults and is a key step towards the goal of providing services and programs to non-Caucasian older adults. A peer-to-peer educational group, it began with a couple of English-speaking participants learning a few Spanish words and phrases and Spanish speaking individuals learning English. Led by a bilingual senior, it has participants from Wisconsin, Mexico, El Salvador, and Puerto Rico. The project will expand the scope of the coffee hour to include more structured language training, sponsor an event to celebrate the one year anniversary of the group, and promote the group to the greater Sun Prairie community. The goal is to encourage Spanish speaking seniors to create more groups and activities that support Sun Prairie's growing senior Spanish speaking population. (*Expansion of an Existing Program*)

Journey Mental Health Center (JMHC)
\$1,000

PROJECT: *Mental Health First Aid for Older Adults Training*

The objective of *Mental Health First Aid for Older Adults* is to train 20 staff and volunteers in Senior Centers across Dane County. This training will improve their recognition of signs and symptoms of emerging mental health disorders and mental health crises among older adults. Participants also learn a five-step action plan for assessing and guiding older adults with mental illnesses to appropriate professional and community supports. The training also enhances knowledge and improves attitudes towards adults age 60+ by teaching that anxiety, depression, and other mental health disorders are not a part of the normal aging process. (*Expansion of an Existing Program*)

North/Eastside Senior Coalition (NESCO)
\$2,540

PROJECT: *Artful Aging*

Artful Aging is designed for senior adults and is geared toward exercising each person's artistic tools and processes of communication and social engagement through creativity. This project will bring different cultures together using art to break down cultural barriers and stereotypes. The focus will be on encouraging people who enjoy art but are isolated or have minimal interaction with other cultures. The *Aging Artful* class will be held once a week over a 12-week period beginning August 2016. The weekly class will explore different mediums of art to identify which one is best for each participant depending on her/his stage in life, abilities and interests. Participants will be asked to bring in something that represents themselves and their culture. The group will learn something about each object and its significance and participants will talk about its impact on them over the course of their lifetime. The instructor will then guide participants using the different mediums of art to reproduce each object. Each week participants will be paired up with another senior. They will provide one another with support and talk about some of their

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

similarities and differences of their cultures. The project will end with two public art displays in the community during November. (*New Project*)

West Madison Senior Coalition (WMSC)

\$1,185

PROJECT: *Keep Meadowood Senior Dining Site Open*

WMSC was awarded a Revitalization Grant by the Bureau of Aging and Disability Resources to open a Nutrition Site in the space between the Meadowood Neighborhood Center and the Meadowridge Library. The goals are to increase minority attendance, increase meaningful opportunities for social engagement between minority seniors and youth, and offer the evidence-based program *Living Well with Diabetes* for minority seniors. The grant runs October 2015 through September 2016. Located in a service area with 1,170 seniors of color, WMSC currently serves 4% or 46 minority seniors. A large percentage of minority seniors reside just outside of the Beltline on the far west/southwest side of Madison where there is currently no meal site and no grocery store. The area is a "food desert." To improve the number of minorities served in the nutrition program, WSMC partnered with the newly renovated Meadowood Neighborhood Center and Meadowridge Library located in a revitalized strip center. In the renovation process for these two entities, a kitchen and dining room area was added between the two organizations to be a shared resource. With additional staff funding, the dining site will remain open through December 2016. (*Expansion of an Existing Program*)

Safe Communities

\$1,000

PROJECT: *Only Leaves Should Fall Conference*

The Dane County Falls Prevention Task Force, supported by Safe Communities, hosts an annual falls prevention event, "Only Leaves Should Fall" (OLSF) in the month of September. This annual event brings together each of the major health-care systems in Dane County, nonprofit organizations serving older adults, senior centers, UW-Madison, and Edgewood College. OLSF is a half-day event where older adults are able to learn about local falls-prevention programs/classes, receive screenings and reviews for blood pressure, cognitive function, medication, and urinary incontinence; and to participate in program demonstrations, such as *Tai Chi* and *Stepping On*. Participants leave with community resources and information about how to best prevent a fall. The goal is to plug participants into an appropriate falls prevention program after the event concludes whether that is physical therapy or one of Dane County's many offerings of falls prevention and strength classes. We anticipate 80 attendees this year. Funding will help cover space costs, supplies, and transportation. (*Expansion of an Existing Program*)

2017 Leck Grants	\$7,465 awarded
-------------------------	------------------------

Safe Communities

\$5,000

PROJECT: *Only Leaves Should Fall Conference*

(An expansion of the 2016 Leck Grant)

The Dane County Falls Prevention Task Force, supported by Safe Communities, hosts an annual falls prevention event, "Only Leaves Should Fall" (OLSF) in the month of September. This annual event brings together each of the major health-care systems in Dane County, nonprofit organizations serving older adults, senior centers, UW-Madison, and Edgewood College. OLSF is a

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

half-day event where older adults are able to learn about local falls-prevention programs/classes, receive screenings and reviews for blood pressure, cognitive function, medication, and urinary incontinence; and to participate in program demonstrations, such as *Tai Chi* and *Stepping On*. Participants leave with community resources and information about how to best prevent a fall. The goal is to plug participants into an appropriate falls prevention program after the event concludes whether that is physical therapy or one of Dane County's many offerings of falls prevention and strength classes. 80 attendees are expected again this year. Funding will help cover space costs, supplies, transportation, lunch, and door prizes. (*Expansion of an Existing Program*)

Village of Deerfield

\$2,465

PROJECT: *Pickleball Programming*

The Village of Deerfield Parks Committee is addressing new ways of keeping the increasing senior population active, connected, and healthy. Current Deerfield parks were planned for youth and young adults—the Committee is striving to provide some balance with physical activities for seniors. The new Pickleball Court will offer innovative activities that promote wellness, fitness, and social interaction. Pickleball is exploding in popularity due it being easy to learn and play (it's a cross between tennis and pingpong and is played on a court half the size of a tennis court.) The goal is to establish an ongoing program for seniors with experienced player trainers. The components of this program include providing training with the rules and skills, organizing specific instruction opportunities throughout the day/week to accommodate the schedules of seniors, and provide supervision for personal safety. The trainers will assess the ability and progress of participants and their preferences to play with females, males, or mixed play. The Village has four trainers that include a community center athletic director, high school coach, high school physical education teacher, and retired teacher who is certified as a senior program's director. Over 50 seniors are expected to participate in this program. Funding will help cover personnel and supply costs. (*New Program*)

2018 Leck Grants	\$7,174 awarded
-------------------------	------------------------

Alzheimer's & Dementia Alliance of Wisconsin (ADAW)

\$3,500

PROJECT: *Development of Two New Memory Cafes in African American Churches*

ADAW started the first Memory Café in Wisconsin in 2012 in Sauk City and currently sponsors nine Cafés along with being affiliated with five more who follow best practices. This grant will fund two new Cafés in African American churches—Fountain of Life (south Madison) and The Faith Place (Sun Prairie)—so persons of color have an opportunity to fully participate. Memory Cafés are a place for socialization and intervention: conversation, laughter, music, mild stimulation, movement, arts & crafts, food/refreshment, and fellowship. Research reports Alzheimer's disease currently affects more than 110,000 Wisconsinites. Alzheimer's in the lives of the African American community is defined by researchers as a "Silent Epidemic" due to the under reporting of the disease in communities of color. African Americans develop the disease at twice the rate of caucasians. The disease is less likely to be diagnosed and often diagnosed at a much later stage. The objective of this initiative is to allow persons with early memory loss to socialize, share common interests, and enjoy refreshments. Persons of all races, religions, and cultures will be

Leck Grant Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

welcome but African American senior adults will be targeted. Care partners will also learn about other community education programs to enhance their caregiving skills. *(New Project)*

North/Eastside Senior Coalition (NESCO)

\$3,674

PROJECT: *UW Learning Kitchen Classes—Cooking for One or Two & Healthy Soul Food Cooking*

Many senior adults who attend senior dining sites no longer cook because they do not know how to cook for just one or two people. Over the past five years, meal participants have requested "Cooking for One or Two" as the number one choice for nutrition education. This grant will offer 25 senior adults living in the DeForest, northside of Madison, or Sun Prairie areas to attend four cooking classes and learn how to prepare healthy meals for one or two in the state-of-the-art UW Learning Kitchen at the American Center. Further, inclusion of "Soul Food" in the catering menu of our dining sites has been requested by African American seniors. They report they rarely attend senior meal sites because "soul food is not on the menu." A group of 10-12 African American seniors will work with the UW Learning Kitchen Chefs and Dieticians over the course of three cooking sessions to convert traditional culturally-specific recipes into a healthier version. These new recipes will then be added to future menus at multiple dining sites in 2019. Cooks from the County's catering contracts will also attend the sessions in order for them to learn the recipes as well.

2019 Leck Grants	\$6,823.50 awarded
-------------------------	---------------------------

NewBridge Madison, Inc.

\$6,823.50

PROJECT: *Portable Food Pantry*

This project will expand an existing food security program operated on the north side of Madison which provides free monthly food pantry delivery service of nutritious food for older adults in need. The grant will expand to other areas in Madison by hiring a part-time staff coordinator, purchasing food (to fill voids when donations aren't enough), and provide funding to reimburse mileage for staff and volunteers. Collaborations will continue with The River Food Pantry (for monthly food items) and RSVP of Dane County (to recruit and train 10-15 volunteers to deliver the food each month). With additional funding, the five year goal is to serve 500 low-income older adults living in Madison and Monona.