

Waukesha County Nutrition Coalition Minutes

February 27, 2024

Attendance: Shannon Fogle- Eras Senior Network; Lyndsay Johnson- Food Pantry of Waukesha County; Michael Egly- Food Pantry of Waukesha County; Marissa Hartzell- The Women's Center; Lisa Topp- Waukesha County WIC; Nancy Munoz- Catholic Charities; Rosa Zibell- Waukesha Free Clinic; Chloe Bingenheimer- Community Smiles Dental; Kayla Kasprzak- IMPACT 211; Judy Rintelman -Eagles Wing Free Clinic; Abby Bussen- Waukesha Public Library; Shanna Krause- La Casa de Esperanza Early Head Start; Jillian Smith- UW-Madison Extension Health & Well Being; Jill Herz- UW-Madison Extension FoodWise.

Coalition Updates:

The WCNC will have meetings every other month in February, April, June, August, and October on the 4th Tuesday of the month during 2024. We are holding the meeting at different locations. If your organization would like to host an upcoming meeting (and/or provide a tour of your site to Coalition members), please let us know.

Food Recovery Updates- Michael Egly: There has been a Waukesha County Food Recovery Group that has met in the past, with the focus of reducing food waste and directing extra food to places that can use it. Since these agencies are all involved in the Coalition and the topic is so related to the WCNC, we have decided to include "food recovery" as an agenda item during WCNC meetings. There are no current updates, but this is just to notify everyone that we will provide updates as needed in the future. **Discussion about food recovery- Abby Bussen:** The city is doing a pilot for food scrap composting. If you are a city resident and you have food waste that you don't want to go to the landfill, they will take it. Check out the Waukesha city website to learn more.

Agency Updates:

Waukesha Public Library- Abby Bussen: The library has two positions open: a community engagement manager and a patron liaison position (security position w/ background in social work preferred). Many people come to the library from the shelter systems because they can't return until the end of the day. Looking to have someone in the library full time who could help people with social work services. Position is posted on website and city of Waukesha website.

Eagle's Wing Free Clinic- Judy Rintleman: Very slow at the clinic. Expected more people when insurance dropped off, but have not been seeing more people. Located in Mukwonago, and services are available to southeastern WI, for adults with no insurance or insurance with a high deductible. (Brochure distributed. The group discussed possibilities for spreading word).

IMPACT 211- Kayla Kasprzak: Calls are on the rise, especially for food-related resources. There was a jump when covid-related programs were sunseting. Fully staffed with 30 call specialists who provide resources for all of southeastern WI, from Dodge to Racine/Kenosha counties. (Group Discussion: Knowing the numbers/data of how many of those calls were related to food and nutrition would be great.)

Community Smiles Dental- Chloe Bingenheimer: Two clinics available in Waukesha and Menomonee Falls. Serving pregnant moms, kids, adults with special health care needs. Very busy- waitlists capped out at both clinics. Hiring a couple of hygienist positions; please refer if you know someone. Also hiring a couple of staff members for development team; CEO Renee Ramirez is retiring this year. Laugh for a Smile event is on April 18; the flyer will be sent out via the WCNC list. (Group Discussion: Q: How does the referral process work? A: Fill out referral form and fax it to them. The clinic will call the client directly.)

Waukesha Free Clinic- Rosa Zibell: The clinic has seen more aging populations, undocumented and without many resources. Clinic has become dementia- friendly, since this is a big concern for these populations. The clinic sees

many who don't qualify for health care assistance in any way. The clinic is never fully staffed. Hiring another nurse, 24 hours per week. Always looking for bilingual receptionists and bilingual nurses. There is also an open fundraiser/marketing director position. The countries that patients are coming from has changed; used to be Mexico, Venezuela, now Guatemala and Honduras. Due to patients' level of education, medical information is being shared at a 2nd grade level. Mental health is a primary need. High patient census with clinics every day of the week. Difficult to expect how many patients they will have day-to-day, fluctuates. Preparing for annual gala which will be in summer this year; will share the information at the next meeting.

Catholic Charities- Nancy Munoz: Catholic Charities is in Waukesha but also has offices in other communities. All are welcome at Catholic Charities; you do not have to be Catholic and they do not discriminate against any religion. Catholic Charities connects people with resources to achieve better quality of life. Waukesha has a mental health therapist, bilingual therapist is also available. Payment is a sliding fee scale; most clients don't pay anything. There is a link to immigration services on their website; educational Youtube videos are available in different languages to help refugee and immigrant families with some processes such as how to ask a teacher about their child, how to call a child in sick at school, etc. Get lots of questions about immigration processes and asylum cases are very complicated. Don't have lawyers available to do this, but can give them info. Helping some people with in-home visits but don't currently have staff to take on more clients. (brochures distributed)

Waukesha County WIC- Lisa Topp: WIC continues to be very busy, with an influx of new clients applying. Have had a 1.5-2 week wait for appointments. Continue to offer hybrid services both in person and online. Began to focus on in-person appointments in the fall, but continued to offer phone if needed. Now there is an online document portal from the state office, where documents can be sent in advance and it merges with their WIC file. They can also upload their child's info from the doctor if that has been done already; WIC usually does height, weight, hemoglobin, and lead. Still working through technology aspects of that. Short staffed, just hired a new bilingual lab technician. (Group Discussion: Q: Is WIC underutilized, given the number of people eligible? A: Sometimes people think if they receive FoodShare they aren't eligible for WIC, which isn't true. They can have both at the same time, and if they are already receiving FoodShare, they are eligible. Sometimes people think they make too much money; you can check the income chart for eligibility. You can also call if you are uncertain whether you are eligible. WIC works with moms who are pregnant, postpartum, and/or breastfeeding, and kids up to the age of 5. Foster parents are eligible too. Q: Is there a monetary amount that goes on a WIC card? A: A quantity of foods goes on the card. WIC could be a future meeting location/meeting topic.)

Extension Waukesha County FoodWise- Jill Herz: FoodWise has been busy with in-school and afterschool programs for youth at several schools in Waukesha. New afterschool programs have been formed in collaboration with Extension's 4H programs, involving hands-on food prep and activities with youth at Hawthorne elementary and also Les Paul middle school. New adult and youth curricula has been going well, including *Around the Table* which is a mindfulness-based nutrition program. We have a brand new program called Create Better Health which focuses on building healthy meals; it is a hands-on cooking program geared for parents. Starting up some senior programs, including two Strong Bodies (strength-training and nutrition) programs for seniors, and some senior nutrition series. Will be starting planning processes for the upcoming fiscal year of our grant.

The Women's Center- Marissa Hartzell: Walk-in advocacy is available from 9-4 Monday-Friday, where you can talk to an advocate who can provide support. Also have support groups and educational workshops (distributed flyers). For the shelter program, if you know of someone in need, have that person call the hotline, as they need to be talking to the client directly. For Transitional Living, there are no vacancies at the moment. There has been an uptick in need. Have bilingual staff available.

La Casa de Esperanza Early Head Start- Shanna Krause: Hiring for a teacher for Early Head Start classroom. Waitlist for center-based program because a teacher is needed. Always looking for new clients. For Home-based program, work with prenatal parents up to the age of 3. For the center-based program, the child needs to be 6 weeks. The center-based program is 8:30-2:30 and is free. Work with lower-income families, qualifying for FoodShare.

Food Pantry of Waukesha County- Lyndsay Johnson, Michael Egly: Seeing an increase in client load: 124% increase in number of new clients, and 91% increase in number of visits. At the same time, there has been a dramatic decrease in TEFAP (emergency assistance food from federal gov). On May 18, will be holding a fundraising event. Doing some remodeling to assist with delivering services, make things more efficient for clients and volunteers (both the client services area and also parking lot). Discontinued drive thru, but do have an express option for scheduled orders. The Post Office drive is May 11, 2nd Saturday of the month.

Eras Senior Network- Shannon Fogle: Serves Waukesha County residents (also have Milwaukee County office). Volunteers provide support for those with disabilities and seniors, transporting to healthcare appointments and helping with other needs such as errands, medication pickup, grocery shopping, food pantry.

Extension Waukesha County Health & Well Being- Jillian Smith: Jillian is new Health & Well Being Educator at UW-Extension. Currently focusing on increasing the number of Strong Bodies classes in the county, which is a research-based strength-training program. Anyone can do it, but it is geared towards older adults. Currently there is an ongoing series at Holy Cross, and hoping to get one going in the Tower Hill neighborhood in Waukesha. Working on recruiting more volunteers for this program; please reach out if anyone is interested. Strong Bodies are 10-12 week sessions, and volunteers help keep the groups sustainable over time. The training for new volunteers is coming up in April and Extension will pay for it. Training is also available for Spanish-speaking volunteers in May. Will share this information to the WCNC list. Also planning for youth nutrition and gardening programs this summer.

Next Meeting: April 23, 2024 at 9AM

La Casa de Esperanza

Martin H. Frank Board Room (near the café)

More info will be sent out closer to the date