

**RESOLUTION
ROCK COUNTY BOARD OF SUPERVISORS**

Education, Veterans & Aging
Services Committee
INITIATED BY



Joyce Lubben
DRAFTED BY

Education, Veterans & Aging
Services Committee
SUBMITTED BY

April 9, 2014
DATE DRAFTED

AMENDING THE COUNCIL ON AGING BUDGET FOR LIGHTENUP! PROJECT

1 **WHEREAS**, the Aging and Disability Resource Center of Kenosha County has received grants to
 2 continue a research project titled LightenUp!; and,
 3
 4 **WHEREAS**, Kenosha County has requested that the Rock County Council on Aging partner with them
 5 on the second phase of this research project; and,
 6
 7 **WHEREAS**, the purpose of this project is to reduce depression and improve well-being among older
 8 adults and adults with disabilities by promoting mental health and preventing exacerbation of chronic
 9 conditions; and,
 10
 11 **WHEREAS**, the Rock County Council on Aging will be responsible for project planning, recruiting local
 12 class facilitators, scheduling classes, marketing, recruitment, screening and enrollment of local
 13 participants, and maintaining class data.
 14
 15 **NOW, THEREFORE, BE IT RESOLVED** that the Rock County Board of Supervisors duly assembled
 16 this 24 day of April, 2014 does amend the Council on Aging budget as follows.

14-4C-004

<u>Account/Description</u>	<u>Budget at 1/1/2014</u>	<u>Increase (Decrease)</u>	<u>Amended Budget</u>
<u>LightenUp! Grant</u>			
<u>Source of Funds</u>			
30-3932-0000-46002	0	20,000	20,000
Other Grants and Contracts			
<u>Use of Funds</u>			
30-3932-0000-62119	0	20,000	20,000
Other Contracted Services			

Respectfully submitted,

Education, Veterans & Aging Services Committee

Finance Committee Endorsement

Terry Thomas
Terry Thomas, Chair

Reviewed and approved on a vote of
4-0

Wayne Gustina
Wayne Gustina, Vice Chair

Mary Mawhinney
Mary Mawhinney, Chair

Steve Howland
Steve Howland

Edwin Nash
Edwin Nash

Rick Richard
Rick Richard

Amending the Council on Aging Budget for LightenUp! Project.

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FISCAL NOTE:

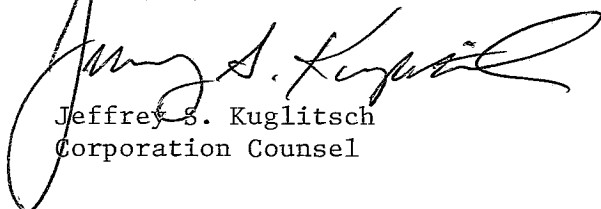
This resolution authorizes the expenditure of \$20,000 in grant funds passed through Kenosha County for the LightenUp! program. No County matching funds are required.



Sherry Oja
Finance Director

LEGAL NOTE:

As an amendment to the adopted 2014 County Budget, this Resolution requires a 2/3 vote of the entire membership of the County Board pursuant to sec. 65.90(5)(a), Wis. Stats.



Jeffrey S. Kuglitsch
Corporation Counsel

ADMINISTRATIVE NOTE:

Recommended.



Craig Knutson
County Administrator

Executive Summary

The Rock County Council on Aging has an opportunity to partner with the Aging and Disability Resource Center of Kenosha County on the second phase of a research project called LightenUp!. Kenosha County has received two-year grants from the Wisconsin Department of Health Services and the Wisconsin Partnership Project to continue this research. The purpose of the project is to reduce depression and improve well-being and sleep among older adults. Many older persons are isolated by geography, disability, and low income, placing them at greater risk for depression and low well-being. Psychological distress can reduce quality of life and add to the difficulty of living independently, managing chronic disease and participating in programs that promote healthy aging. Preliminary results from the first year of the project show a significant decline in depressive symptoms and improved well-being among the older adults and adults with disabilities who participated in the initial phase of the project.

Participants will participate in eight 90-minute sessions of 12-15 people each. In-person sessions will be held in comfortable, accessible community settings, each facilitated by a trained leader. Class content involves theories of well-being, cognitive behavioral therapeutic perspectives on emotion, group discussion and brainstorming. Daily homework is the maintenance of a well-being diary.

Research will be done on what marketing strategies encourage older adults and adults with disabilities to participate in health promotion workshops. The information gained will be valuable for marketing all of the Council on Aging's health promotion activities.

No county tax levy is required for this project.