

Age-Friendly Maple Grove Leadership Team Meeting

December 10, 2021, | 8:30am-10:00am
Webex Meeting

Attendees: Liz Faust, Jim Betzold, Patty Anderson, Cheryl Theuninck, Caitlin Enright, Mark Carpenter, Lydia Morken, Chuck Schwalbe, Lauren Carter

MINUTES

Co-Chair/Communications Chair Discussion – Lydia & Liz

- Co-chair: No one has expressed interest/availability to step in to fill the co-chair position being vacated as Mark Carpenter steps down from the role effective Jan. 1, 2022. The position will remain open, and in the meantime, Liz will assume responsibility for Mark's roles—agenda development and distribution, tracking the budget, and any other appropriate tasks.
- Secretary: The LT also will need a new secretary, whose primary role is to record LT meeting minutes. The minutes are then reviewed by co-chairs and anyone else as needed before being distributed. If no one volunteers to take on this role on an ongoing basis, we can ask people to sign up to take minutes at one meeting, so it is less of a commitment.
- Communications chair: No one has volunteered to fill the recently vacated communications subcommittee chair role. The team has slowed its work in recent months and hasn't had regular meetings, etc. Liz and Lydia suggested that they could be responsible for maintaining core functions: 1) Facebook posts, 2) website updates, and 3) City Focus newsletter (with shorter articles that focus on highlights of AF MG's latest work).
 - If a group of people becomes interested in taking on a specific project, such as doing a full website review to recommend changes/more significant updates, that could be approached on a project-by-project basis rather than having a team meet regularly to discuss ongoing business. The LT expressed support for this approach.
 - Patty also suggested a partnership with the Teen Center as an opportunity for intergenerational work around communications and social media.
 - The LT will continue to discuss communications at monthly meetings, and communications will be an important part of 2022 work on the community needs assessment.

Community Support & Health Services - Patty

- 1) Deb Stock will be offering three classes around dementia at the MG Community Center—one each month in January, February and March, each on a different topic. The team is going to try to get the word out more to people in the community with a goal of 5-15 people in those trainings, as that is the ideal number. The team also wants to reconnect with churches again (to maintain connection after reaching out to them as part of the dementia grant work earlier this year), and also making

connections with senior living communities so they can get word out to their residents.

- 2) A few team members met with three members of the Fire Department and had a very inspiring meeting. The three FD members are all relatively new to the City and are very focused on supporting older residents. Meeting highlights include:
 - a. FD is still focusing on functioning smoke alarms for all city residents, especially seniors. They are collaborating with CROSS/Meals on Wheels. Fire Education Specialist Jeremy Berger has delivered a meal to every Meals on Wheels recipient in Maple Grove to connect and let them know they could have their smoke alarm fixed/replaced. Jeremy delivers meals once/month to MG recipients and also visits every new recipient who joins the program.
 - i. FD staff noted “excessive storage” (slightly different from hoarding) as a common issue with many older people. There is a possibility of AF MG helping to bring awareness to that.
 - ii. Also some discussion about what information could be delivered Meals on Wheels recipients? Resources such as Senior Community Services, SNAP/food assistance, AF MG, My Ride, Metro Mobility, etc. This is something to pursue.
 - iii. The CSHS teams hope to meet with CROSS early 2022 to understand residents’ needs.
 - b. FD has developed a Home Safety Assessment Survey, a booklet that guides you through doing your own home assessment. They are trying to empower older residents to take good care of themselves. They also are recruiting active seniors for volunteer positions. They hope to have a fire demo trailer someday but would need some fundraising to acquire one.
 - c. FD had some gift ideas for older people: 1) headlamps instead of flashlights (that way people are hands-free when walking around), and 2) stovetop fire stops, a gadget you put on your range that would put out a fire if it detects one.
 - d. The team has thought about trying to pinpoint areas of the city where there are a lot of isolated seniors—though they are scattered, as well. The FD said that Boundary Creek has already largely turned over so they are a lot of younger families there. But there are other pockets in the city.
- 3) Marie is transitioning out of work on the committee. She will still support Patty to some extent.
- 4) Lauren suggested sharing copies of a flyer that MG Hospital/North Memorial recently developed to help address isolation and mental health during the holidays. A beautiful tip sheet is available and she will share with Liz to help distribute. Lauren is also looking into Older Adult Mental Health First Aid online curriculum and whether the hospital could help fund that; this was arranged for a year ago but cancelled as NAMI didn’t have the online curriculum for the class.
- 5) Caitlin also suggested Coffee Talk (Little Brothers - Friends of the Elderly) as a good call-in resource for older people needing social connection. Senior Community Services also has a resource for helping people use technology to connect with family/friends.

Civic and Social Involvement Update - Liz

- Liz, Pat and Giannina met recently about how to approach next year. They plan to meet routinely but not monthly, maybe quarterly. They also plan to participate in and assist with the Community Needs Assessment process as appropriate.

Transportation Update - Cheryl

- The team met to talk about how to move forward next year. They will determine a new meeting schedule according to how work unfolds.
- Cheryl thanked Mark for all of his work on the Transportation team these past years, and most recently for taking the lead on the bench audit.
- Mark provided the written summary of the bench audit to Liz. He hopes to get an updated map from Ben J. at the city that reflects more current info about bench locations; the audit summary can then include a link to that map. Mark will follow up with Ben about that.
- Cheryl noted they hope to remain in touch with Mike Opatz over 2022, and Lydia noted that he will definitely be included in the community needs assessment process.

Housing Update - Lydia

- The team will likely meet less frequently over the course of 2022 but hopes to stay in touch with the City's work on housing during that time.

Community Needs Assessment

Lydia

9:25-945

- Lydia presented a few slides laying out the preliminary workplan and timeline for upcoming Community Needs Assessment (attached with this agenda).
- She will email the Leadership Team inviting interested people to attend a kickoff CNA Committee meeting in January. It may only require a small group—1 or 2 people in addition to Liz and Lydia—to lead the work as an ad hoc team. The LT and others will participate in various ways throughout the process.
 - Cheryl noted that COVID may yet skew data collection and results.
 - Lauren noted that the hospital is approaching their Community Health Needs Assessment (which will be underway at the same time) from a perspective of two pandemics: COVID, and systemic racism/civil unrest.

There was no time for additional news and updates.

Lydia thanked Mark on behalf of the team for his investment in and commitment to Age-Friendly Maple Grove for so long, and for being a trusted, conscientious, and thoughtful partner in this work. The Leadership Team bids him a very fond farewell and will miss his leadership and presence as co-chair!

Next Meeting Date – January 14, 2022