

Age-Friendly Maple Grove Leadership Team Meeting

June 9, 2023 | 8:30am-10:00am

Via Webex

MINUTES

Attendees: Liz Faust, Lydia Morken, Kara Melvin, Byron Byraiah, Jim Betzold, Carrie McLachlan, Cheryl Theuninck, Deb Stock, Nya Taylor (intern at North Memorial this summer), Sarah Adams, Jane Warren

Welcome & Introductions

Report-Outs from Subcommittees: Transportation and Community Support & Health Services

- **Transportation:** The Transportation subcommittee was unable to meet in time for the June Leadership Team meeting to discuss and react to needs assessment findings. They plan to do so at the July meeting.
- **Community Support and Health Services:** Patty Anderson was unavailable to provide the report, but she sent prepared answers to the questions that reflect input from three committee members: herself, Kelly Swanson, and Deb Stock. *See end of this document for those notes.*
 - **Discussion:**
 - Suggestion related to need for information for older residents on home modifications – people need help identifying contractors and knowing what can/should be done, how, and by whom

Team Updates

CROSS – Kara Melvin

- Numbers for Meals on Wheels are going up. They are the highest since she started, close to a year ago. Kara has been doing recruitment of individuals for Meals on Wheels – identifying people who come in to visit the food shelf, e.g.
- CROSS is looking for a new food vendor who can provide fresh food, versus food that is prepared in Minneapolis and heated up at CROSS. Among other things, this will help expand those served by MoW. Kara would like to offer the service to others, such as new moms who need good nutrition but don't have time to cook balanced meals, or people recently discharged from the hospital.
- She is a social worker and helps provides a unique service to Meals on Wheels recipients: home visits. This is rare and makes CROSS' MoW program stand out.

During visits, CROSS can learn more about the person's needs and situation and help connect them to additional resources or supports.

- Needs remain high after COVID, in general – they see this clearly at CROSS with the individuals and families who come in.

Alzheimer's Association – Deb Stock

- There are three Caregiver Support Groups meeting at the Community Center monthly now, along with one presentation a month.
- Also did a presentation at Arbor Lakes senior living recently as well. Potentially will do one at SilverCreek on Main in the future.
- Memory Café offered the 3rd Friday every month was slow to build but is now getting great attendance.

MG Parks & Rec – Liz Faust

- Liz hosted a booth at the Fire Dept. Summer Safety Fair on June 8, representing Age-Friendly MG and the 55 Forward senior programs.
- Fall programs for Parks & Rec are due Monday, which includes planning through December.
- Summer senior programs have been well attended so far. The Farmers Market is weekly on Thursdays and Town Green concerts start soon.
- There is still no update on whether LifeTime Fitness will sell to the City and relocate, but we should know soon.

MG Rotary – Jim Betzold

- Rotary worked with Lions and the City to plant 60 trees on the east side of Central Park.
- They are looking for young volunteers to push during the bed races at MG Days.
- Still making and donating beds through CROSS to kids in need.

Trellis – Sarah Adams

- They administer older American act funds and June 23 is the deadline for people to apply.

North Memorial Health – Carrie McLachlan

- Continues to work on the community health implementation plan focusing on racial disparities in health and life impacting traumas. Work is being done for black women and breast cancer.
- Hoping to offer an outreach type conference in late summer/early fall, maybe in August.

Report-Outs from Subcommittees: Social and Civic Engagement, and Housing

- **Social & Civic Engagement:** Liz shared notes from the subcommittee (herself, Giannina Posner of Three Rivers Park District, and Kara Melvin of CROSS). The notes are included at the end of this document.
- **Housing:** Lydia shared written notes compiled by three members of the Housing team (Cindy Heckler, Jane Warren and Lydia) and reflecting previous input from

other members (Joe Hogeboom and Heidi Schneider). The notes are included at the end of this document.

Age-Friendly Action Plan Examples:

Lydia shared two sample action plans that AF MG might learn from and be inspired by: Washington DC and Pittsburgh, PA. See links below:

- [Age-Friendly Washington DC Strategic Plan:](#)
 - Notable elements:
 - Three “pillars” under which domains are organized (Built Environment, Changing Attitudes About Growing Older, and Lifelong Health and Security)
 - Under each domain, a section with a handful of metrics/data points called “Where Are We Now” – helps showcase positives and establish a baseline from which to work
- [Age-Friendly Pittsburgh Area](#)
 - Notable elements:
 - Attractive and compelling graphic layout
 - Good use of messaging and framing
 - Three categories called People, Community, Culture, with action items organized under each.
 - Action items included non-traditional ones such as “Collective Grief”

Discussion

- Advocacy – Disappointment in lack of funding for older adults from legislature and governor, including that related to needs at care facilities, etc – given demographic shifts. Is there a role for us in this work?
 - Lydia suggested connecting with AARP MN as they are an advocacy leader, and to attend the quarterly AARP MN meetings of age-friendly network members to see what other communities are doing on this front. If this is a priority of the group, we can pursue it. Lydia will send information about upcoming AARP meeting.
- Lack of preparation of acknowledge of launching into later life. We mark and celebrate baby showers, getting married, etc. but not retirement. Could we put together a resource packet to help prepare people for that after 55 or 65 point of life?
- There was some good legislative news this session related to housing funding.

Next meeting: Friday, July 14, 2023

INPUT FROM SUBCOMMITTEES ON NEEDS ASSESSMENT FINDINGS

Community Support and Health Services Committee Input on AF MG Community Needs Assessment Findings – June 2023

1. What stood out to you?

- Q#29 - The local resources are known best – City’s Senior/55 Forward program, Fire Alarm Replacement Program, and CROSS
- #30 and #33 - Need for support and resources for maintaining home and/or yard is a minor/moderate problem now and could be anticipated to be a greater challenge in the future.
- **Embedded social worker** (who is or soon will be hired by the city and embedded in the Police Department) would be an excellent added resource to supporting older resident needs as we know how important mental health is especially with isolated older residents.
- **Scam education:** Ongoing or additional scams education for older residents. Impacts many people.

2. Where do you see opportunities for AF MG to contribute?

- Collaborate with departments to start conversation and connections.
- Be the resource for senior related questions through website, flyers and articles.
- Educate community about innovations and new ways seniors are aging well.

3. Are there issues not reflected in the findings that your subcommittee feels are important and would like to work on?

- The need to address dementia and memory loss was in this domain before – it might be addressed in other areas, but should be addresses.
- Support for families who are primary caregivers of older adults.
- Support local businesses in the community by helping them see gaps that could be improved to support older patrons in the growing demographic in Maple Grove) (e.g., accessibility, larger print menus, safe walking space/crossings, etc.)

4. If you have any specific ideas for the action plan (such as goals, priorities, strategies, etc.), what are they?

- Keep a focus on the website, social media and written material in the Senior Center as this seems to be a “go to” source for information.
- Explore having a designated area at the government center for senior related handouts.
- Collaborate with teens interested in journalism to write articles for newsletter or website work.

- Collaborate with building inspectors to pursue ways to connect with businesses doing home maintenance for seniors. Explore ways to help fund these services if homeowner has limited resources.
- Helping with awareness about resources, adding to city website, flyers, mailers, etc. (i.e. social work, scam education and awareness, etc.)

An email was sent to all former committee participants

Email contributors

- *Kelly Swanson*
- *Patty Anderson*
- *Deb Stock*

AF MG Social & Civic Subcommittee – Input on CNA findings

May 31, 2023

Where do you see opportunities for AF MG to contribute?

Not aware of volunteer/employment/civic opportunities, looking for ways to connect with new friends, volunteering is important to people (70% do) but do not know about all opportunities, Meals on Wheels with FD – check smoke alarm (2-3 homes once a month), Connect city employees with community resources so they can pass along to public when they have specific need (financial assistance, snow removal, etc.).

Are there issues not reflected in the findings that your subcommittee feels are important and would like to work on?

Language barrier in promotional materials/services,
Affordability of basic needs/groceries due to the current economy

If you have any specific ideas for the action plan (such as goals, priorities, strategies, etc.), what are they?

Could MyRide expand to Rogers, beyond just serving CROSS.

Peace of Mind at CROSS: financial assistance application to help with bills (process)... share resource with city employees & community members.

Crossover scholarship at CROSS: apply to have kid activities covered (up to 18)

Partner with police social worker

Promote free tax service – finance dept should know about it

Ageism: shift perspective on aging, leverage experience. Teach next generation (American culture doesn't prioritize respect to elders)

Resources for isolated adults / "solos"

Digital inclusion: results from CCX Media survey

Intergenerational programs

Promote Farmers Market & do events/programs at local shops (community feel in large city)

AF MG Housing Team – Input on CNA findings

June 2023

1. What stood out to you?

- **Survey questions:**
 - Does your current residence need any modifications, changes, or major repairs to enable you to stay there for as long as possible?
 - Yes or Maybe - 31%
 - Could you afford to make those changes? – 39% said no or not sure
 - Under the right circumstances, would you be interested in any of the following living arrangements now or in the future?
 - “Co-housing (intentional community with small private homes clustered around shared space)” - 62% said yes or maybe
 - If I want or need to move out of my current residence, Maple Grove has housing options that are affordable and appropriate for me. – 59% said not sure or disagree
- **Survey – open comments:**
 - *6 comments mentioned:* Need for more affordable housing
 - *5 comments mentioned:* Desire for more one-level housing options (could include townhomes, etc) that are not in large multi-unit buildings -
 - *3 comments mentioned* Interest in small, one-level single-family homes/”tiny houses”
 - *3 comments mentioned:* Dislike of many big apartment complexes being constructed
- **City directors/staff** suggestion that AF MG continue to provide input related to housing developments, esp. affordable housing
- **Key Informant Interview** input: Overall concern related to affording aging, which definitely includes housing

2. Where do you see opportunities for AF MG to contribute?

- Continue to raise age-friendly housing priorities and considerations with the City
- Provide input on City plans upon request

- Stay connected to broader AF housing models and possibilities; explore and highlight those as appropriate for Maple Grove
- Stay connected to landscape of affordable housing to bring that information to AF MG's work

3. Are there issues not reflected in the findings that your subcommittee feels are important or would like to work on?

Assessment findings confirmed the issues we understand to be important and priorities.

4. Action Plan ideas: goals, strategies, actions? (Optional)

Not quite yet.