

# Age-Friendly Maple Grove Leadership Team Meeting

October 13, 2023 | 8:30am-10:00am

Via Webex

## MINUTES

*Attendees: Deb Stock, Kara Melvin, Liz Faust, Lydia Morken, Anita Vang, Sarah Adams, Byron Byraiah, Sharon Noble, Gabbie Clark, Jen Olson, Cheryl Theuninck*

### **Action Plan: Update & Discussion**

Lydia gave an overview of the timeline for completing the action plan between now and the end of the year. A draft plan will be reviewed and commented on by the Leadership Team, subcommittee members, city staff, key informants who were interviewed for the plan, and other community partners prior to its completion.

### **Planning an AF MG Open House:**

The subcommittee that has been leading the needs assessment and action plan development is planning an AF MG Open House/Kickoff event for Jan. 2024. Potential dates are Jan. 9 and 10. The purpose would be to celebrate progress and achievements to date, and to kick-off implementation of our next action plan. AARP MN would also attend to present the plaque/certificate acknowledging the completion of our first five-year cycle.

### **Team Updates:**

#### **Byron/Hindu Temple:**

- Sunday celebrating Festival of Lights, Diwali
- Groundbreaking ceremony coming up soon for new school— about 150 students

#### **Deb/Alz Association Volunteer**

- Still overwhelming number of people at caregiver support groups – 34 between the two groups.
- Looking for more facilitators. There is a training program offered through Alz Association. People should have good facilitation skills, don't have to be an expert about the disease. AF MG can share some info on Facebook about the opportunity.

#### **Jen Olson, Silver Creek on Main**

- Jen is the new Sales and Marketing Director at SilverCreek on Main. She has taken what was Heidi Schneider's position. Jen has a lot of experience with senior living communities in Brooklyn Park.
- SilverCreek is having a groundbreaking for new townhomes this month—will be 8 buildings and 18 units.

**Kara Melvin, CROSS**

- Let's Do Lunch is a rebrand of Meals on Wheels. They have shifted to a local caterer and the food is excellent. They have tripled the number of people getting meals – don't even need to market the program anymore.
- Finding drivers is a big need. Lots of drivers are leaving for the winter – more volunteers are needed! Schedule is M-F, from about 10am-1pm. Currently no weekends. Kitchen help is also needed.
- Kara can share a flyer with information.
- Kara is able to meet with seniors who have more complex cases because she has extensive relevant experience as a social worker on these issues.
- Kara and Jeremy from the FD had been going out to meet with people together, but Jeremy has been out on medical leave so that's on hold right now. Goal is to get paired up with FDs in all communities that CROSS serves with Let's Do Lunch; it's a really valuable partnership in Maple Grove that would be great to replicate in additional places—right now CROSS serves meals in about 7 cities (Rogers, Maple Grove, Osseo, Corcoran, Hanover)

**Carrie/North Memorial and MG Hospital**

- North Memorial held its Trauma Summit on Oct. 6. About 122 people came (180 registered). Met the mark in terms of what we wanted to do. Difficult conversations but left with message of hope.
- In Washington state, where Carrie used to work, they eventually did become a trauma-informed county. It would be great to do that here, too; it took about 10 years.

**Sharon/Gabbie – Library**

- Medicare update program scheduled for 10/18; Trellis/Senior LinkAge Line will facilitate. Best marketing tends to be putting in Osseo-MG Press.
- New library director visited MG Library – feel promising to have a good new director after a quite a while.
- Library is having archiving for community groups – if you need help with maintaining records for a community organization – free program at Golden Valley
- Weekly craft program remains really popular. Just walk-in, no RSVP.

**Liz Faust – 55 Forward:**

- Fall programs going well – high registration. Everything is filling up, even things that don't usually fill up completely.

**Sarah Adams, Trellis:**

- Senior LinkAge Line is gearing up for open enrollment. Opportunities for presentations as well as 1:1 counseling
- Trellisconnects.org website – find support options there.
- On EDP (Eldercare Development Partnership) side – gearing up for grants coming out in 2024: MN Board on Aging Dementia Grants as well as GEAR grants (Grants, Equity, Access, and Research) out of MN DHS.

**Anita Vang – two choices:**

- Anita is a Occupational Therapy Doctoral student at the UMN. She will be working with AF MG for her capstone project beginning in summer 2024.

- Anita has been in communication with Liz and Lydia to identify an appropriate project focus. Two final options are:
  - Housing – collaborating with Community Development team to make houses more age-friendly.
  - Finding barriers/solutions to reach isolated or disconnected older adults and get them more involved in the community.
- Sharon: Library would like to be connected to Anita’s project if she focuses on connecting with older adults. Library is interested in that, too.
- Anita: Library would definitely be included. Among other things, will need to figure out how to identify these people.

### **Lydia**

- Age-Friendly MN held its first event in late September – a two-day virtual conference followed by an in-person event called the Regional Exchange held simultaneously at seven sites throughout the state.
- The conference featured AFMN Grantees presenting on a range of topics as well as a general session on “Missing Middle Housing” brought to the conference by AARP MN.
- The Exchange focused on gathering input for AFMN’s development of a ten-year Multisector Blueprint on for an Age-Friendly Minnesota. Turnout was solid in light of tumultuous weather.
- Videos and slides from all sessions are available at <https://www.agefriendlymn.org/2023Conference>.