



Commission on Aging Meeting

Meeting Agenda

March 18, 2021

VIA ZOOM

<https://us02web.zoom.us/j/84955046896>

5:00 PM

Membership		Term Ends
Member:	Barbara Halper	2021
Member:	Al Kaluza	2021
Member:	Tiffany Nelson	2022
Member:	Phylcia Binotto	2022
Member:	Marylin Talarico	2023
Alternate:	VACANT	2023

Council Liaison: Peter Leo
Staff Liaison: Jackie Schulze

1. Call Meeting to Order
2. Appointment of Chair and Vice Chair
3. Michelle Weinrich – Cycling without Age Program Presentation/Proposal
4. Board Updates
5. Adjourn

COMMISSON ON AGING



Meeting Date:	March 18, 2021
Item Name:	Appointment of Chair and Vice Chair for 2021
Originating Department:	Administration
Presented by:	Jackie Schulze

RECOMMENDATIONS/ACTION/MOTION REQUESTED (Include motion in proper format.)

Motion to Appoint Commission on Aging Chair and Vice Chair for 2021.

EXPLANATION OF AGENDA ITEM (Include a description of background, benefits, and recommendations.)

The Commission on Aging needs to establish a chair and vice chair for 2021. Last year, the Chair was Barbara Halper and the Vice Chair was Marylin Talarico. The chair is responsible for running the meetings (calling the meeting to order, calling for a vote/motions/etc.) and the vice chair is responsible for this in the chair's absence.

If anyone is interested in stepping into the Chair role for the meetings, please let us know. The appointment of the Chair and Vice Chair will be done through a formal motion and vote.

COMMISSON ON AGING



Meeting Date:	March 18, 2021
Item Name:	Cycling without Age Program
Originating Department:	Administration
Presented by:	Jackie Schulze

RECOMMENDATIONS/ACTION/MOTION REQUESTED (Include motion in proper format.)

Discussion of Cycling without Age Program.

EXPLANATION OF AGENDA ITEM (Include a description of background, benefits, and recommendations.)

Michelle Weinrich will discuss her idea for a Cycling Without Age program in Waconia. An overview of the program is included. The Commission should then discuss if they like the City to assist with the program. If that is the case, logistics should be discussed such as costs, what is involved, etc. If the Commission wants to proceed with the program, we will likely present it to the City Council sometime in April.

Hi Jackie!

2/15/2021

Thank you for your phone calls and email! I also apologize for the phone tag! As mentioned, I work during the week at the Mn Oncology clinic in Waconia, but I do not work on Thursdays- and usually that's the easier day to get a hold of me.

My friend, Kent Bloudek, directed me to you when I asked if he might know where I should start with this new program idea that I have for Waconia. I first heard about the **Cycling Without Age** project a few years ago- either stumbling upon it online or TV news:

What: Free bike rides to local nursing home residents.

The Cycling Without Age Purpose: *"We dream of creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community.*

We do that by giving them the right to wind in their hair, the right to experience the city and nature close up from the bicycle and by giving them an opportunity to tell their story in the environment where they have lived their lives.

That way we build bridges between generations and we reinforce trust, respect and the social glue in our society."

My sister and I, along with a handful of friends, thought it would be an excellent program for our Waconia elderly residents living in the local nursing homes. Although, at the time, I had just lost my dad to cancer and was soon dealing with my mothers failing health as she shuffled back and forth from RMC to Westview Acres Assisted Living, then to Good Sam Nursing Home and ultimately passing away in Hospice. It was a blessing to have had the local care facilities in town so that I could care for my parents. I finally have free time to pursue that program that I had first thought about a few years ago. I know this will require some volunteer hours and I'm able and willing to do whatever work is required.

Here are some key points I have found out so far about the program:

- The Trishaw is a 3-wheeled bike with electric assist, if needed for hills, with a comfortable 2 person cushioned seat, canopy and foot rest.



- CWA will benefit facility residents in a number of ways, namely by:
 - bringing residents out of their structured, closed environment and into the outdoors and back into the community. The simple act of going outside and experiencing the outdoors can have positive health benefits for seniors living in nursing facilities.
 - encouraging social interactions between residents and volunteers, family, other residents, and members of the community. This enriches the daily lives of the residents in ways not always possible when they remain in a closed nursing facility environment.
 - providing opportunities for residents to tell their personal stories, particularly about their past experiences as members of their local communities, during their rides.
 - providing new experiences for residents at a time in their lives when new experiences are not commonplace for residents.
 - providing residents a feeling that they still belong to their communities. Seniors in trishaws are made to feel welcome again in communities where they might otherwise think they have been forgotten.

The Minnesota Department of Human Services. "Nursing Facility Cycling Without Age Program" May 2019,
<https://nfportal.dhs.state.mn.us/Reports/Cycling%20Without%20Age%20RFP.doc>

- When I asked about insurance requirements I was told that most nursing homes already hold liability insurance so additional insurance is not required.
- I'm also reassured that most bike shops are familiar with working on "Ebikes" if needed and for repair / routine maintenance.
- Local areas already involved: I have spoke with a representative at Medicine Lake Good Samaritan who said she would be willing to be a good reference for the program. Also just found out Martin Luther Care Center in Bloomington has a chapter too!
- Applying to be a Cycling Without Age "affiliate" will allow new chapters access to other chapter resources. – I recently did send my application and hope to hear back in the next couple of weeks.
- I received a quote from Cycling Without Age on a bike which was \$11,999. (Triobike Brose Taxi as pictured above , with removable foot rest to make it accessible for people in wheel chairs, a canopy and warm duffle blanket for cold or wet days, first service discount).

The Mn Department of Human Resources, are going to be offering another **grant program to assist with purchasing these bikes- The grants cover half the cost of a bike! Although, the applications need to come from a Medicaid-Certified Nursing Facility. And if a grant is received, there are a few requirements of the facility, per the MDHR website:

Selected nursing facilities must be willing to collect data on the numbers of facility staff and pilots [bike riders] trained, and during the first year report on the numbers of facility residents served and number of rides provided. Participating facilities must also agree to completion of a follow-up survey to assess the impact on residents, staff and family.

- Additional information about the Cycling Without Age Program can be found here: <https://cyclingwithoutage.com/>

I believe my next steps will be to first find a contact person at the Good Samaritan Nursing Home, (or another local facility) that would be interested in **launching and organizing** this program with me. Then, I hope to find some local groups / companies interested in helping to **raise funds** for the bike- some people have suggested approaching the Lions Club and starting

a GoFundMe page. I also hope to start a Waconia CWA Facebook page to **gather volunteers** interested in offering rides (these bikers are called "pilots" and are specially trained to know all about the bike- initial training is provided by a CWA representative).

I look forward to hearing any tips, suggestions or names of any resources that could be helpful with fundraising or helping me in anyway with this Waconia program. Please feel free to share my email.

With gratitude,

Michelle Weinrich
Cell 612.245.4742
Weinrich.michelle@hotmail.com