



## Commission on Aging Meeting

Meeting Agenda  
**September 10, 2019**  
**5:00 PM**  
Waconia City Hall  
201 South Vine Street

<u>Membership</u>		<u>Term Ends</u>
Member:	Tiffany Nelson	2019
Member:	Amanda Van Pelt, Chair	2019
Member:	Ron Kolb	2019
Member:	Marylin Talarico	2020
Member:	Amy Rottunda	2020
Member:	Barbara Halper, Vice-Chair	2021
Member:	Al Kaluza	2021

Council Liaison: Peter Leo

1. Call Meeting to Order
2. Approve Minutes from July 23, 2019 Meeting
3. Senior Space at City Hall
  - a. Update on partnership with Waconia Area Senior Center
  - b. Senior Center Grand Opening Celebration – September 28
4. Educational Series for Fall/Winter
  - a. Thursday, October 10, 5:00 p.m.
  - b. Begin identifying plan for next presentation/topic?
5. Adjourn

CITY OF WACONIA  
MINUTES OF SCHEDULED MEETING  
COMMISSION ON AGING  
July 23, 2019

**Members Present:** Tiffany Nelson, Amanda Van Pelt, Ron Kolb, Marylin Talarico, Barbara Halper, Al Kaluza

**Council Liaison:** Peter Leo

**Staff Present:** Jackie Schwerm, Susan Arntz

**Call Meeting to Order**

Van Pelt called the meeting to order at 5:03 p.m.

**Approve Minutes**

Talarico made a motion, which Kaluza seconded. All voted in favor of approving minutes from the February 6, 2019 meeting.

**Senior Space Tour and Discussion**

Schwerm provided a tour to the Commission of the newly completed Senior Space. The Commission was impressed with the space, and couldn't believe how different it looked from its original condition. They were happy with the tables and furniture selected, as well.

A discussion on the use of space followed, in which Schwerm talked about how the Waconia Area Senior Center is going to use the space on Wednesdays beginning in August, and Wednesday and Thursdays beginning in September. The grand opening celebration was also brought up, of which the Commission on Aging is invited to. The grand opening is scheduled for Saturday, September 28 at 11:00 a.m.

**Review Plan for Educational Series**

Schwerm presented the various options that Carver County Public Health provided to the Commission on Aging for the types of presentations/educational trainings that can be done. After talking about the options, the Commission focused on the Elder Abuse, Scams and Frauds, Dementia Friends, and Elderly Waiver as some of the topics that were most interesting to them. They decided to do a first session on Elder Abuse, presented by Carver County Adult Protection. Schwerm said that she would work with the County to find a date and time that worked for them, and loop back with the Commission once established. Schwerm asked if the Commission preferred the presentation in the morning/during the day or in the evening and the Commission felt that for the first one, on elder abuse, it would be a good early-evening presentation. The Commission felt that future presentations hosted could potentially be at different times of day and we would see how attendance is at the first presentation before making a decision on the next one.

**Schedule Future Meetings**

After looking at calendars, the Commission on Aging decided the next meetings would be September 10 at 5:00 p.m. and November 12 at 5:00 p.m.

**Future Meeting Topics**

Arntz mentioned that the Commission on Aging was asked to make a recommendation to the Park Board regarding making parks more senior friendly. This recommendation was discussed briefly by the Commission, and they agreed it is something that the Park Board could look into. It was also discussed that at the October meeting, the Commission would solidify any plans for the Elder Abuse presentation happening in the fall.

**Adjourn**

Motion by Kolb, Second by Van Pelt for the meeting to adjourn. All voted in favor of adjournment.

**Adjourn at 6:06 p.m.**

Respectfully submitted,

*Jackie Schwerm*

Jackie Schwerm  
Assistant City Administrator

## COMMISSON ON AGING



**Meeting Date:** September 10, 2019

**Item Name:** Senior Center Space at City Hall

**Originating Department:** Administration

**Presented by:** Jackie Schwerm

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

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

### **Waconia Area Senior Center Partnership**

The partnership with the Waconia Area Senior Center on the use of the back room at City Hall is going well. Initially, the Senior Center was using the room one day per week (Wednesday) but in September, they moved the schedule to two days per week (Wednesday and Thursday). So far, things are going well with the new schedule.

The school district also used the room for a training in late-August, and were very happy with the space. They said it was perfect for what they were looking for for their group.

### **Senior Center Grand Opening**

The Senior Center is also planning a grand opening event on September 28. This event will start with a ribbon cutting at 11:00 a.m. at City Hall. The invitation from Barb Brooks from the Senior Center Board of Directors is included in your packet. Any members from the Commission on Aging who would like to attend are welcome to.

## Jackie Schwerm

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**From:** Barbara Brooks <barb100@mchsi.com>  
**Sent:** Tuesday, September 03, 2019 2:32 PM  
**To:** Susan Arntz; Jackie Schwerm; Ann Meyerhoff; Lacey Shaw  
**Subject:** Invitation to the Waconia Area Senior Center Grand Opening

Hello,

Although it's not pretty, please consider this a formal invitation to attend the Grand Opening Ceremony of the Waconia Area Senior Center on Saturday, September 28<sup>th</sup>, 11 am – 2 pm at City Hall. The festivities will begin outside City Hal at 11 with a ribbon cutting ceremony courtesy of the Chamber of Commerce. We'd be delighted if any of you would like to say a few words. Please let me know. As Board Chair, I intend to give a bit of history and to thank the many who have contributed to the creation and on-going activities of the Center. The Lions will be presenting a check, also. After the initial remarks outside (assuming good weather), we'll move inside where Nick Sharpe will wow us with his magic tricks. Cake, punch and coffee will be served.

All of us on the Board sincerely hope that you will be able to attend and help us celebrate this partnership of the citizens and city government. Please feel free to invite others who may be interested.

With gratitude,

Barbara Brooks  
Board Chair  
Waconia Area Senior Center  
952-442-2575  
Barb100@mchsi.com

## COMMISSON ON AGING



**Meeting Date:** September 10, 2019

**Item Name:** Educational Series for Fall/Winter 2019

**Originating Department:** Administration

**Presented by:** Jackie Schwerm

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

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

At the July 23, 2019 Commission on Aging meeting, the Commission directed City staff to work with Carver County Public Health to find a date and time for an elder abuse presentation. Upon working with Carver County, Thursday, October 10, 2019 was selected as the date that works best for the presenters. The presentation will take place at 5:00 p.m. at City Hall.

At this meeting, the Commission should discuss how they'd like to promote the event. The City and Carver County Public Health have created a Facebook event and a flyer, which is included in your packet. The event will take place in the City Council Chambers, and we will need assistance getting things set up if some people can show up around 4:30 p.m.

Additionally, the Commission should review the list included in the packet about various other educational programs that the County can assist with. What the Commission would like to see as their next session should be identified so that City staff can begin work with the County to find a time or date in the winter that will work.



# Abuse No More

Thursday, October 10

5:00 PM

Waconia City Hall

201 South Vine Street

Council Chambers

**Elder abuse is in the news, in our communities, and is often a silent crime. Carver County Adult Protection explores the definition of Elder Abuse and helps you understand the most common types of abuse which affect our seniors. They will also discuss how you can recognize signs of abuse and what you can do to help someone whom you think may be a victim of abuse.**

**Sponsored by:**

**Waconia Commission on Aging  
Carver County Adult Protection  
Carver County TRIAD Senior Safety**

## Commission on Aging Educational Series

<b>Presentation</b>	<b>Presenter</b>	<b>Length</b>	<b>Description</b>
Elder Abuse	Carver County Adult Protection- Kathleen Borowick and Lori Knacke	1 hour	Carver County Adult Protection explores the definition of Elder Abuse and helps you understand the most common types of abuse which affect our seniors. They will also discuss how you can recognize signs of abuse, and what you can do to help someone whom you think may be a victim of abuse.
Scams and Frauds	Town Cop for your City	1 hour	Tip on how to recognize and report scams either
Independent Living Home Safety	Ridgeview Rehabilitation Services Director - Anne Voas		Occupational therapist will speak on home modification tips and tricks
Dementia Friends	Colleen Fritsch	1 hour	Learn what Dementia is, what it is like living with the disease, tips for communicating with people who have dementia.
Dementia Champions	TBA	1.5 hours	Become a Master Trainer to offer Dementia friends discussions throughout your community.
Suicide Loss Moravian Church	Jen Withrow	2 hours	Support Groups and discussion for people who have experienced loss of loved one to suicide
Grief Support	Ridgeview – Sue DeGolier	1.5 hours	Self-Care & healing following death of loved one
Elderly Waiver	Carver County Home & Community Based Services – Ann Fuller	1 hour	Tailored to group’s needs. Can share more about waivers for services in the community and how to get in touch with programs that serve seniors
Tax Services	Local Library	TBD	Typically, available in spring prior to April 15 <sup>th</sup> – assistance in completing taxes for free or nominal fee
Homelessness or Housing Issues	Carver County CDA - Jen Romero	TBD	Securing immediate shelter for homeless individuals or those at risk of homelessness.
Diabetes 101	Carver County Public Health – Holly Kranz PHN	1 hour	Diabetes basics, healthy eating and how to prevent diabetes from causing other health problems. Holly is working on chronic disease prevention materials and can also tailor presentations about stroke prevention, high blood pressure and heart disease to group’s interest level.
Medication Management at Home	Carver County Public Health – Holly Kranz	1 hour	Basics of how to manage medications at home when dealing with multiple prescriptions, common drug interactions and side effects and strategies for managing someone’s medications when memory loss is present.