



SENIOR ADVISORY COMMISSION
Agenda for October 19, 2023 – 9:00am
NYA City Hall Council Chambers

SENIOR ADVISORY COMMISSION and PARTNERS

Communicating the social, economic, recreational, cultural, and personal needs of the senior portion of the City's population.

COMMISSION MEMBERS

Carolyn Durbin*, LaVonne Kroells*, Lois Schultz*, Tom Simmons*, Kay Hampshire*, Cathleen Williams*, Mary Spille*, Elroy Latzig*, Betty Settergren*

SENIOR HOUSING ADVISORS

Ranemma Walker – The Haven, Laurie Hilgers – The Harbor, Brenda Schmitz – Peace Villa, Representative– Oak Grove

COMMUNITY/CITY REPRESENTATIVES

Alan Krueger*- City Council, Karen Hallquist – City Hall, Corp. Jordan Voigt –CC Sheriff Office, Dawn Plummer– CC Public Health
(*) voting members

1. Call meeting to Order

2. Pledge of Allegiance

3. Adopt Agenda

4. Approve minutes from September 21, 2023

5. Introductions, Presentations, and Public Comment

(Citizens may address the Senior Advisory Commission about any non-agenda item of concern. Speakers must state their name, address, and limit their remarks to three minutes. The Senior Advisory Commission will take no official action on these items but may refer the matter to staff for a future report or direct that the matter be scheduled for a future meeting.)

6. Updates

Monitor and expand housing options for seniors –

6.1 Senior Residence Updates

6.1.1 Harbor / Haven

6.1.2 Peace Villa

6.1.3 Oak Grove

Provide safe options for seniors to get around –

6.2 City Bus Update

6.2.1 Out & About Trip – Thursday, October 26th 10am-2pm

Identify and promote education and social options for seniors –

6.3 NYA Senior Center

6.4 Carver County Public Health – Move Mindfully, 2nd & 4th Wed of January-March 2024 (6 sessions)

6.5 Carver County Sheriff's Department

7. New Business

7.1 Senior Dance Update

7.2 Lunch & Learn Idea

8. Old Business

8.1 Lunch & Learn Session “Your Right to Stay: Assisted Living and Nursing Home Rights & Know Your Rights: Scams and Consumer Fraud” on Wednesday, September 27th from 11am-1pm at the Pavilion.

9. NYA City Council Update

10. Adjournment

Next Senior Advisory Meeting – Thursday, November 16, 2023 @ 9:00am @ City Hall

UPCOMING MEETINGS / EVENTS

October 23	City Council Workshop/EDA/Council Meeting	5:00 PM/6:00 PM
October 23-27	Manufacturers Week in the City of NYA!	
October 25	NYA Manufacturers Day	Tours of local manufacturers, presentation and luncheon 8:230am – 2:30pm
November 7	Planning Commission Meeting	6:00 PM
November 8	Economic Development Commission Mtg	6:00 PM
November 13	City Council Meeting	6:00 PM
November 16	Senior Advisory Commission Mtg	9:00 AM
November 21	Parks & Recreation Commission Mtg	5:30 PM
November 23-24	City Hall Closed for Thanksgiving Holiday	
November 27	City Council Workshop/EDA/Council Meeting	5:00 PM

Senior Advisory Commission
September 21, 2023, 9am
Minutes

Commissioners In Attendance: LaVonne Kroells, Carolyn Durbin, Kay Hampshire, Elroy Latzig, Lois Schultz, Mary Spille, Betty Settergren, Tom Simmons, Cathleen Williams

Advisors in Attendance: Dawn Plummer (CCPH)

Absent: Laurie Hilgers, Brenda Schmitz, Laurie Hilgers, Deputy Jordan Voigt (Carver Co)

Community/City Representatives: Karen Hallquist (City), Grace Ballow

Others:

1. Call meeting to Order
 - Kroells called the meeting to order at 9:00am.

2. Pledge of Allegiance
 - All present recited the Pledge of Allegiance

3. Adopt Agenda

Motion: TS/CW to approve the agenda with the addition of 7.2 Willkommen Packets. Motion passed. 9-0

4. Approve minutes from August 17, 2023

Motion: CD/KH to approve the minutes with the correction of the month noted. Motion passed 9-0.

5. Introductions, Presentations, and Public Comment

(Citizens may address the Senior Advisory Commission about any non-agenda item of concern. Speakers must state their name, address, and limit their remarks to three minutes. The Senior Advisory Commission will take no official action on these items but may refer the matter to staff for a future report or direct that the matter be scheduled for a future meeting.)

- Hallquist introduced new Community & Economic Development Administrative Assistant Grace Ballow

6. Updates

- 6.1 Senior Residence Updates

- a. Harbor/Haven
- b. Hallquist shared and email update from Hilgers: Harbor has 5 open apartments, Haven 7 open, 1 reserved, Reflections is full. Still hiring for multiple positions with the key position open is Clinical Director.
- c. Peace Villa
 - Simmons shared that PV is 100% occupied. PV will be having an open house this fall.
- d. Oak Grove

- 6.2 Hampshire shared there are 2 units open, 2 bed/2 bath and the 2 bed/2 bath/den. Residents have been going to Unhinged Pizza in Glencoe for birthdays as it costs \$.01 on their birthday.

- 6.3 City Bus Update –

- There were 5 people on the last bus for grocery shopping.

- 6.4 NYA Senior Center

- Opening Day was Wed, Sept 20th – 22 people in attendance.

- 6.5 Carver County Public Health

- Plummer shared that the MoveMindfully sessions have been funded by SHIP. NYA and Watertown will be participating. There is 1-one hour session followed by 5-30 min sessions.

- 6.6 Carver County Sheriff's Department

- none

7. New Business –

- 7.1 Out & About Trip – Oct 26th 10am-2pm to Cracker Barrel in Lakeville

- Hallquist and Settergren shared that so far 11 have signed up, can take up to 14.

- 7.2 Willkommen Packets

- Hallquist shared the new Willkommen to NYA folders/packets that are being sent out to new residents.

8. Old Business

- 8.1 County Wide Commission on Aging Meeting – Wed, August 30th 10am-Noon, MN Landscape Arboretum –

- Kroells shared that the roundtable time was missing from the meeting as it would have been beneficial to visit with the other communities about ideas. The demographics of the county and individual communities was noted.

- 8.2 Lunch & Learn – Wed, Sept 27th 11am-1pm – lunch to be provided by SHIP.

8.3 2024 Proposed Goals

Motion: CD/CW to approve 2024 NYA Senior Advisory Commission Goals. Motion passed 9-0.

9. NYA City Council Update - none

Motion by CD/TS to adjourn. Motion passed 9-0.

Next Senior Advisory Meeting – Thursday, October 19, 2023 @ 9:00am @ City Hall

Submitted by:

Karen Hallquist, Community & Economic Development Director



SENIOR
COMMUNITY
SERVICES

Technology Partners Program

***Making connections to
help you get connected.***

Find and sign up for
affordable internet service

Get a device connected and
adjust basic settings

Learn how to use the
device and its features to
meet your needs and
preferences

**There is no cost
for this program.**

Services are available to adults
age 60 and older who reside in
Carver, Hennepin, Scott,
Sherburne, and Wright Counties.

*If you're a family member, caregiver, or
professional who knows an older adult
who may benefit from this program,
contact us to learn more or make a
referral.*

Closing the Digital Divide

Making doctors' appointments, checking bank accounts, and paying bills can all be done online, and companies are encouraging customers to use online tools more and more. Many even offer discounts if customers sign up for e-bills and automatic payments.

**Being connected is almost a
requirement to live in today's world.**

Those without internet access or a current, secure device are being left behind, especially adults age 60 and older with limited resources. For those not yet connected, **Technology Partners** can help.



Access to internet service

The first step to getting connected is having access. We assist in finding affordable internet service providers and can help determine eligibility for the **Affordable Connectivity Program**.



Connecting a device

We'll help you connect your device to the internet, and adjust settings for basic use, communication, online safety, and security features.



Personalized usage

More details
on back

Once connected, we'll help you personalize your device for your unique needs and preferences. We can suggest functions, services, and apps that will be most helpful to you and help you learn how to use them.

952-888-5530

tech@seniorcommunity.org
seniorcommunity.org/tech



Make Technology Work for You

For adults age 60+, Senior Community Services offers **free** one-on-one **Technology Support & Coaching**. Connect in-person at designated community locations, contact us by phone, or ask about scheduling in-home support. No matter your level of knowledge about technology, we'll help **make technology work for you**.

How do I turn this thing on?

If using a device is new for you, we'll help you learn how to successfully "tap" and "swipe" to access basic features and functions that keep you connected and protected:

- Setting up contact lists
- Making and receiving phone calls
- Accessing voicemail
- Sending and receiving text messages
- Creating and using an email account
- Making video calls
- Locking your device / security settings
- Creating and managing passwords and more

There's an app for that!

One benefit of hand-held devices is the ability to manage daily tasks and appointments from just about anywhere. Tell us what's important to you. We'll teach you how to access device features, download apps, and explain important security considerations, for any number of uses including:

- Using a calendar and setting reminders
- Connecting to social media
- Ordering groceries, prescriptions, pet supplies and other items
- Virtual visits with your doctor
- Banking and bill paying
- Ride sharing and more

Entertainment (and education) at your fingertips

Use your device for on-demand access to music, podcasts, movies or TV shows. Play video games, word games and classics like solitaire, solo or with others. Explore a new skill or hobby like DIY craft projects, rewiring a lamp, making a gourmet meal and more.

952-888-5530
tech@seniorcommunity.org
seniorcommunity.org/tech



✕ Services we do NOT provide:

- Help with devices owned by a company
- Help with business related software or hardware
- Help with tax preparation, personal accounting, or other financial assistance
- Failed hardware data recovery
- Replace or add cable or ethernet wiring or connections inside walls or in areas difficult to access
- Hardware repair (broken screens, failed batteries, inoperable printers, etc.)

Our digital handypersons are fully vetted, and have experience with common technology issues and settings for phones, tablets, laptops, desktop computers, TVs, and more. By using this service, you agree that Senior Community Services is not liable for any data loss or other issues that may arise from supporting you and your electronic devices. We reserve the right to refuse service if the issue is too complex, and offer no warranties for these services.

movemindfully Fundamentals

Mind-Body Strategies for Elders

WORKSHOP

Learn simple mind-body strategies to help balance energy levels, improve brain function, and support overall well-being.

These practices are intended to manage stress, anxiety, improve mood, and enhance sleep while helping us feel more present and connected.

Using the **movemindfully** Elder Card Deck, explore simple Breathe Move Rest strategies for yourself, your families, and friends!

IMPACT

- ▶ Participants will feel competent implementing simple mindfulness and movement practices in their daily lives.
- ▶ Participants will feel confident sharing **Breathe Move Rest** practices with others.

OBJECTIVES

- ▶ Understand how the brain and nervous system react to stress, distress, and trauma and how simple mind-body practices can ease stress and improve brain function.
- ▶ Experience how simple breathing practices for calming and focus can decrease stress/anxiety, improve mood, and help individuals feel more present and connected.
- ▶ Discover how to incorporate accessible movement practices to support physical and mental health.
- ▶ Identify easy-to-use relaxation strategies to manage energy levels and improve sleep.
- ▶ Develop simple mind-body toolkit for your own self-regulation and stress management.

PROGRAM OPTIONS

INTRODUCTION WORKSHOP

This workshop provides common language and essential tools/strategies for participants to confidently integrate **Breathe Move Rest** practices into their unique environments.

STRESS MANAGEMENT/SELF-CARE CLASS

30-minute sessions

Participants experience simple and accessible mind-body practices to relieve stress, manage anxiety, improve balance, and promote physical, mental, and emotional well-being.



PRESENTERS



Kathy Flaminio, LGSW, MSW, E-RYT-200, is the founder of **movemindfully**®, a training and consulting company that brings the science of mindfulness, movement, and social-emotional learning into educational, therapeutic, and home environments. She is the creator of **movemindfully** training, workshops, products, and curricula that teach trauma-responsive, mind-body practices for self-regulation, focus, and overall well-being. With a master's degree in social work, Kathy holds more than 20 years of experience in regular and special education and was adjunct faculty for Saint Mary's University. Kathy has trained over 50,000 professionals in mindfulness, movement, and social-emotional skills strategies and has partnered with the M Health Fairview Masonic Children's Hospital and United Hospital to provide trauma-responsive practices to the child/adolescent and adult mental health units. She is co-author of *Moving Mountains: An Integrative Manual to Help Youth with Intensity, Reactivity and Anxiety* and of the Teen Resiliency Program with Dr. Henry Emmons, Dr. Timothy Culbert and associates.

Kathy has been a keynote speaker and/or presenter for more than 100 organizations and national conferences. For more information about **movemindfully** collaborative programs and partnerships, Kathy's speaking engagements, including keynote presentations, and specialty topics, visit move-mindfully.com/meet-the-founder.



Chrissy Mignogna, BA, E-RYT is lead trainer and director of education for **movemindfully**®. She is a frequent presenter (both locally and nationally), training thousands of educators, parents, counselors, and therapists to use **movemindfully** simple trauma-responsive mind-body practices in educational and therapeutic settings. Chrissy currently teaches in Dakota County Juvenile Services and in early education, elementary, middle, and high schools. She provides trauma-responsive mind-body practices for the child/adolescent, adult, and geriatric mental health units at M Health Fairview Masonic Children's Hospital and United Hospital. In addition to training and teaching, Chrissy leads inclusive community-based yoga classes for adults and seniors.

The **movemindfully Team** includes an additional 15 contractors who are social workers, counselors, K-12 teachers, early childhood and family educators.