



SENIOR ADVISORY COMMISSION
Agenda for January 18, 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

City Council Representative, Karen Hallquist – City Hall, CC Sheriff Office, CC Public Health, CC Library

(*) voting members

1. Call meeting to Order

2. Pledge of Allegiance

3. Adopt Agenda

4. Approve minutes from December 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

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 – Sunday, May 5th – Hollywood theme - Need a Committee of 3-4 people

7.2 Lunch & Learn – technology

7.3 Golden Passes for CHS sporting events

8. Old Business

9. NYA City Council Update

10. Adjournment

Next Senior Advisory Meeting – Thursday, February 15, 2024 @ 9:00am @ City Hall

UPCOMING MEETINGS / EVENTS

| | | |
|-------------|-----------------------------------|-----------------|
| January 22 | City Council Workshop/EDA/Meeting | 5:00 PM/6:00 PM |
| February 6 | Planning Commission Meeting | 6:00 PM |
| February 12 | City Council Meeting | 6:00 PM |
| February 15 | Senior Advisory Commission | 9:00 AM |
| February 20 | Parks & Recreation Commission | 5:30 PM |
| February 26 | City Council Workshop/Meeting | 5:00 PM |

Senior Advisory Commission
December 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: Deputy Jordan Voigt (Carver Co), Brenda Schmitz, Laurie Hilgers
Community/City Representatives: Karen Hallquist (City)
Others: Laurel Bradshaw, CC Library, Peggy Hopf

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: CW/CD to approve the agenda with the addition of 7.2 Lunch & Learn Technology. Motion passed.9-0.

4. Approve minutes from October 19, 2023

Motion: KH/CD to approve the minutes. Motion passed 9-0.

5. Introductions, Presentations, and Public Comment

6. Updates

- 6.1 Senior Residence Updates

- 6.1.1 Harbor/Haven

- Hallquist shared and email update from Hilgers: Harbor has 6 open apartments 1 reserved and 2 pending, Haven 6 open, 2 reserved and 1 pending, Reflections has 1 open, 1 reserved. Still hiring for multiple positions with the key position open is Clinical Director and all RA shifts.

- 6.1.2 Peace Villa

- Williams confirmed the apartments are full.

- 6.1.3 Oak Grove

- Hampshire shared there is one unit open, 2 bed/2 bath. They had a nice holiday party with Chef Craig catering.

- 6.2 City Bus Update -

- There were 5 people on the last bus for grocery shopping.
- A big thank you was shared with Peggy Hopf for her service as a bus driver. Alan Tellers is the new bus driver and Peggy will take the backup position.

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

- The October trip was successful.
- Potential March trip to A-Town Tavern and thrift shops in Arlington.

- 6.3 NYA Senior Center

- 25 people in attendance.

- 6.4 Carver County Public Health -

- Move Mindfully, 2nd & 4th Wed of January-March 2024 (6 sessions)
- CCPH has more covid tests, throw away expired ones.
- Last meeting for Dawn as she took a position for Dakota County. New Office of Aging person will be soon.

- 6.5 Carver County Sheriff's Department

- Officer Voigt's last meeting as well as he is taking a different shift. New town deputy starting in January.
- Accidents at Hwy 212/Reform are not necessarily due to the turn lights. Everyone should be paying extra attention while crossing.
- Drug take backs are at Waconia and Chanhassen 24/7. There will not be one in NYA.

7. New Business

- 7.1 Senior Dance Update

- NHS member Trey Gratz is interested in helping to organize a senior dance. More info to come after the new year.

7.2 Lunch & Learn Idea - Technology

- Kroells wanted to share that QR codes should be used with caution. How to use a QR code would be addressed at this lunch & learn. More to come.

8. Old Business.

9. NA City Council Update

- Latzig shared that the CHS superintendent will give tours at the school.
- Spille commented about reminding friends and family about our events.

10. Adjournment

Motion: CW/KH to adjourn at 9:45am. Motion passed 9-0.

Next Senior Advisory Meeting – Thursday, January 18, 2024 @ 9:00am @ City Hall

Submitted by:

Karen Hallquist, Community & Economic Development Director

FREE FOOD DISTRIBUTION

DISTRIBUCIÓN DE ALIMENTOS GRATIS

ALL ARE WELCOME

TODOS SON BIENVENIDOS

DRIVE-THRU, WHILE SUPPLIES LAST

MIENTRAS HAYA PROVISIONES

Chaska

2100 Stoughton Ave (Former Gedney
Factory)

12 - 1 PM

January 18, February 15, March 21

Norwood Young America

City Hall: 310 Elm St. W

12:30 PM - 1:30 PM

January 10, February 14, March 13

Want to volunteer? Sign up at:

<https://www.signupgenius.com/go/10C094DACA623A3F9C07-46410514-capagency#/>

Sponsored by CAP Agency, Carver
County, City of Chaska, City of
Norwood Young America, and St
John's Lutheran Church - Chaska


CAP AGENCY
COMMUNITY ACTION PARTNERSHIP
OF SOUTHERN CARVER & WAKARUSA COUNTIES

Mind-Body Strategies For Older Adults

Free Series Include One (1) 1-Hour workshop and Five (5) 30-Minute Sessions

~~Wed, Jan 10, 2024 @ 8:30-9:30am (In-Person)~~

Wed, Jan 24 9:45-10:15am (In-Person ~~or via Zoom~~)

Wed, Feb 14 & Feb 28 9:45-10:15am (In-Person ~~or via Zoom~~)

Wed, Mar 13 & Mar 27 9:45-10:15am (In-Person ~~or via Zoom~~)

In-Person Sessions at Willkommen Memorial Pavilion

21 Main Street E, Norwood Young America

~~Join Zoom Meeting. <https://us02web.zoom.us/j/84631345344> Meeting ID: 846 3134 5344~~



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.

Join Chrissy Mignogna, MoveMindfully Lead Trainer and Director of Education, to experience simple and accessible mind-body practices to relieve stress, manage anxiety, improve balance, and promote physical, mental, and emotional well-being.

Light refreshments served. No RSVP's necessary.

Series hosted by the NYA Senior Advisory Commission and financially supported by Carver County Public Health and SHIP.

Any questions, please email khallquist@cityofnya.com or call 952-467-1810.

