MRPA Programmer Network

November 18, 2022

Zoom

Introductions: Deb MRPA

Stacy -City of Crystal

Crystal -City of Maple Grove

Mason Moore -Shakopee

Sam Gray West -St Paul

Kiley Meyhoefer -Prior Lake Community Ed

Rachel Von Ruden- Juniper

Jody Griffin -St paul

Jamie Ramacher- New Brighton

Cassie Woischke -St. Cloud

Aaron Thelen -New Hope

Heidi Hanson- Carver County

Sierra Hietala

Nicole Gorman- Edina

Megan Lidd- Duluth

Laura Fulton – Edina

Liz Faust -Maple Grove

Amber -Nisswa

Amber -Bemidji

David Erdall -Burnsville

Amanda Clarke

Steve hart -Prior Lake

Sara Cahill -Monticello

Nathan Timmons- Oakdale

Maria Larson -New Brighton

Mary Feltmann -Shakopee

Ali Lukin -Lino Lakes

Micah Ostergard -Carver County

Jenna Smith

Stephanie Schutta

Joy -Blaine

Senior Programming:

Presentation by Rachel Von Ruden with Juniper, a program of Trellis.

Evidence based programs

13 programs through Juniper

Live well,

Chronic conditions

Diabetes

Chronic pain

Powerful tools for caregivers

Aging mastery- enjoying your time

Social connect

Diabetes prevention- Lifestyle change program 1 year long

Get Fit:

Arthritis foundation exercise

Stay active and independent

Walk with Ease

Prevent falls: Matter of balance, Tai Ji Quan

Stepping On

ONLINE and in-person and other languages as well. Popular is Arthritis, Tai Ji Quan and Stay active and independent for life

Yourjuniper.org/referrals/create

[rvonruden@yourjuniper.org](mailto:rvonruden@yourjuniper.org)

*Do you have a Senior Center?*

Stacy – only cards and some programming

Liz from Maple Grove - Senior center 5 days per week card and game groups, fitness art, field trips etc.

Attendance is very well. Social programs get higher participation. No membership fee. program fees.

Most are residents. 30 % non-residence.

Jamie Ramacher- dedicated for cards and other programs, Primerica, Thrivent. Around a dozen participants. Allina brings freebies. Seniors are doing caroling at other senior centers where people can’t leave their facilities. Benita Jackson, is awesome, lots of energy. Foley in charge of donations.

Nicole Gorman, dedicated building for senior programs, exercise, banquet room, multiple classrooms,

Upstairs is the library for connections. Educational topics and fitness. Bridge and MaJong. Park and rec programming as well.

Jody Griffin- Friday senior group, no one comes. Variety of things across St Paul. Cards and games, field trips. Buses are hard.

*Where should we be at with companions if they have dementia or mobility issues. Especially on trips… what are people doing?*

Trips and things, Liz requires companions for those issues and the companion has to pay. . In facility we are more flexible. In house the companion doesn’t need to pay.

Maria Larson – how do you require companion? One on one conversation with the person. Difficult conversations to have. Had 2 families that were upset. Brought parent to doctor… a way to help catch dementia ..

Cassie- St cloud. Adult day program on site, so they help with a lot of those participants that need companions.

Edina also has a non-profit group that provide a social worker to assist. And partners with Hennepin county as well for welfare checks.

Stacy also has connections with police to find social workers, for grief counseling etc

*UP and coming changes: What is new.* 😊

Grandparents day of seniors with children activities. Intergenerational Nicole- maxed out banquet room. Partnered with preschool.

Maple Grove- Intergenerational sweets and treats. Small groups for those with sensory needs, Seniors hand out valentines to children who sign up.

*Network at the conference… any ideas for conference sessions.*

*Fun spring summer programs?*

*Steve Hart programs- guide catalogs. Or electronic.*

Crystal, Liz, MG stuff. Liz has 1300 on an email list. So, the seniors are still ok with electronic.

Edina has 2 brochures to send out. Senior center mails out a newsletter and in 2023 are subscribing nonresident. $50 fee for fliers for non residents.

*Crystal asked about community gardens?*

Basswood park, Stacy at Crystal

Jerome at Blaine.

Nicole Gorman

Chris.zabinski@ci.stcloud.mn.us

Ryan from Robbinsdale

Public health and U of M at master gardeners.

Anoka county gardeners

Sierra adult trip groups. Candy store, zip lining, Chanhassen dinner theater, I FLY,

Mary Feltman from Jordan- zip lining. 😊 Able to do the course. Lots of accidents with seniors. Be careful.

Injuries Stacy physical readiness questionnaire. That people don’t understand their fitness level. 😊 are others having this issue. You should be able to: or health activities issues. May advertise a trip pace as far as walking.. light to moderate, moderate to extensive.

Nicole has activity scale, light, moderate, high or special instructions.

Deb- MRPA, next week magazine took great photos from conference. Next workshop is leadership. Election. Race and equity workshop. AGM awards in Owatonna. Butterball classic. Stacy helped with.