

CHISAGO COUNTY BOARD ON AGING MEETING

January 19, 2023

The Chisago County Board on Aging was called to order on January 19, 2023, at 9:31am by President, Carol Gilquist. Those present included officers Gilquist, Carol Stradinger, Todd Fisk and Judy Nelson; Directors Connie Kaiser, Betty Schlipp, Pam Schultz, Gwendolyn Swenson and Jon Ekstrom. Pat Menne-Hannigan was excused for medical reasons. Marge Scheele and Joe Kolb was excused for transportation issues and Gary Fladland is out of town. No guests were present.

The Pledge of Allegiance was recited and the Invocation was read by Carol G.

Pam Schultz was welcomed as a new Director on the Board.

A motion was made by Todd and seconded by Connie to accept the secretary's report as amended to insert the full name of Gorilla Computer Services. The motion passed.

A motion was made by Gwen and seconded by Connie to accept the treasurer's report. The motion passed.

OLD BUSINESS

1. Valentine's Day dance on February 16 with Jerry Biersbach. A light lunch will be served. We will use the same menu as planned for the canceled December dance.
2. Computer: purchased and will be installed in the office in the coming weeks. Gorilla Computer will clear the data.
3. Web page: Devin VanderSchaaf will donate 2 ½ hours to set up and estimates that he will need 4-5 hours/month to maintain the page. Cost is being negotiated.

NEW BUSINESS

1. AARP tax preparation: Dates will be Thursdays from February 2 through April 13 from 9-3. Our office will be scheduling appointments for North Branch and Cambridge sites.
2. Painting class: will be in March sponsored by Lakes and Pines. Call the Senior Center office for details.
3. Craft Fair: March 18 from 9-4. Debbie Ardolino is coordinating the event that will feature only handmade crafts. Publicity fliers have been distributed locally by Bonnie Holte and Betty Schlipp; in addition it has been put in our newsletter, on Facebook and web sites plus the Star newspaper.
4. Grief group: Judy talked about the need for a grief group in the area due to many interim pastors at local churches who don't have the time to lead the groups. Funeral homes were contacted and they are also

searching for leaders. Family Pathways was suggested as a resource.

5. Tables around Town: Carol G, Molly De France and Terri Nelson have been working on the fund raiser asked the Board to decide if they want to move the event to the Legion in order to accommodate more people. It also would not require us to get a license to sell liquor. After discussion, consensus of the Board was to move the venue for TAT to the Legion.

ACTIVITIES

1. Potluck Sundays are going well. Twenty-three attended and \$25 was donated
2. Exercise with Connie: there are more participants joining weekly; 12-17 people.
3. Games: 500, cribbage, hand and foot, dominos and bingo are all played
4. Jammin'with Joe: meets except when weather has caused it to be canceled

MEDIA

Newsletter is ready to go with one page devoted to senior services this time. People have asked for more information in the newsletter. Only senior dining food choices for half of a month are available by the time of printing. Catholic Charities does not get the second half of the month until later. Molly would like stories, interviews and photos to be forwarded to her for inclusion in future newsletters.

OFFICE REPORT

Carol S reported that volunteer help continues to be needed in the office. There are many calls for tax preparation reservations. Fridays are especially in need of help.

COMMENTS/CONCERNS

Gwen is concerned about the few diners for Catholic Charities lunch and wonders how we could promote it and other activities. Judy has an appointment to talk with the associate editor of the Star about coverage. Carol G mentioned that Happy Feet foot care has not paid for use of the Senior Center and a letter has been sent with no response to date.

ADJOURNMENT

A motion was made by Gwen and seconded by Connie to adjourn the meeting at 11:25. The motion passed.

Services for Seniors

Central MN Council on Aging (CMCOA)

CMCOA helps older adults age successfully by building community capacity, advocating for aging issues, maximizing service effectiveness, & linking people with information <http://www.cmcoa.org/>



Your ride.

For local transportation call Arrowhead Transit 1-800-862-0175 option 13

Senior Linkage Line

Senior Linkage line provides free help to older adults who may need support remaining in or returning to their home. This is done by working with the person and/or caregiver to understand the person's needs & preferences & connecting them with services such as housing resources, health insurance, financial assistance, caregiver support, transportation, grocery shopping & more! Call for an appointment
1-800-333-2433

Mid Minnesota Legal Aid Senior Law Project

1-888-360-2889

[http:// www.mylegalaid.org](http://www.mylegalaid.org)

WE 'R' ABLE

Enjoy bowling every Thursday at JJ's
Bowling in North Branch



Mention We R Able & pay \$6
Further questions
Call 1-320-358-3616

Ruby's Pantry

Ruby's Pantry is hosted by Access Church at 4359 392nd Steet, North Branch, MN. Register at 9:30am & food pick up is 10-11:30am the second Saturday of the month- March is the next one!

FARE FOR ALL

Fare for All at Trinity Lutheran Church 3846o Lincoln Trail N. North Branch, MN 55056
Wednesday, March 3-5pm

NAPS Nutrition Assistance for Seniors

The first Wednesday of the month 7:15-8am
If you are 60 yrs. old or older, your income meets NAPS guidelines, & you do not live in a facility that provides meals, you may qualify for NAPS. The package includes a nutritious balance of shelf-stable food plus reduced fat cheese. To apply call 651-484-8241

Family Pathways Food Pantry
Open for appointments- call to schedule
North Branch 651-674-8313 Chisago City
651-257-1308 Pine City 1-320-629-0128



The Chisago Age Well Coalition strives to provide older adults and family caregivers with opportunities to age well in their community. **What we do:**

Community Connectors: Individuals with strong connections to the community are available to provide clubs and service groups with information about Chisago Age Well and the multitude of resources available for older adults in the community.

Community-based events: We plan and execute various educational events and enrichment activities for older adults throughout Chisago County. These include, but are not limited to :*Dine & Discover:* Opportunities to learn more about topics important to the health and well-being of older adults and their caregivers from experts in the field in an informal social setting.

Website- www.chisagoagewell.org.

