

# MARCH

## Synopsis of Chisago County Board on Aging meeting on February 15, 2024

The Chisago County Board on Aging met on February 15, 2024. A Quorum was present. The Secretary's and Treasurer's reports were approved as present.

### OLD BUSINESS

Pam Schultz has been working with staff at Ecumen to purchase a vacuum. A decision was made to get a Hillyard vacuum for the Senior Center. The two older vacuums can be repaired and used as a backup.

Memberships with the Chambers of Commerce for Rush City and Chisago Lakes were paid.

Coffee pots/thermos have arrived at center.

Appointment of board members Gary F./Terry R. motion passed

Commercial stove will not need a maintenance plan. Just need to check gas ports on a regular schedule.

Review activities for exposure in 2024 at net meeting.

Amended finance policy was approved

### NEW BUSINESS

Discussion and examples of chairs to order for the center and a committee was appointed.

Senior Center first Movie time went well. 13 people came. More discussion about an umbrella license.

### COMMITTEES

Tables Around Town (TAT): Was a planning meeting last month for this major fundraiser. Ideas were shared.

A committee meet again on January 6th.

Language revamp on rental agreement met once and no final agreement. Will meet again.

### ACTIVITIES

Potluck: Carol S reported there were 25 participants and \$104 was donated.

Exercise: Connie K stated it is going very well. Around 23-25 present.

Games: 500, cribbage, hand and foot, bingo and dominos all are well attended.

Music: Jeanie F. shared it is going well.

### OFFICE REPORT

Carol S. noted that things are going well. A lot of cleaning and reorganizing was done in the office.

## 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/>

## 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)

## **Foot Care!**

The Chisago County Senior Center is offering foot care!

For appointments call Happy Feet @ 763-346-3390 This service is offered from 9am-3pm every third Wednesday & every fourth Tuesday of each month at the Senior Center. Cost is \$45

## **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-

### **FARE FOR ALL**

Fare for All at Trinity Lutheran Church 38460 Lincoln Trail N. North Branch, MN 55056

Dates 2024: Jan 10, Feb 7, Mar 13, Apr 10, May 8, Jun 26, Jul 17, Aug 14, Sept 11, Oct 9, Nov 6, Dec 4



## **Catholic Charities**

Meals are served Monday – Friday in the Senior Center dining room. Call by 8am to reserve a meal.  
651-674- 1956.

Catholic Charities has a Meals on Wheels home delivery or “grab & go” option for their hot meals made in the Chisago County Senior Center kitchen in North Branch. Arrangements can be made by calling the staff at 651-674-1956

Frozen meals are available for weekends



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

### **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 1-320-629-012

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.