

Watertown Commission on Aging

March 8, 2023

Agenda Item: Mind-Body Strategies for Elders and Caregivers**Request for Action:** To discuss the mind-body program.**Department:** Dawn Plumer, Carver County Public Health**Background:**

Included in with the packet is an informational flyer on a Movemindfully Fundamentals Program.

The programs “introduce simple mind-body strategies to help manage energy levels, improve brain function, and support the overall well-being of elders, their caregivers, and families”.

Program Objectives:

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.
- ▶ Provide caregivers with key strategies for their own self-regulation and stress management.

Program Options:

Program options include:

INTRODUCTION WORKSHOP - \$1,625

STRESS MANAGEMENT/SELF-CARE CLASS - \$225 for a 30-Minute Session

Funding:

Carver County Public Health has some funds available to help sponsor the move-mindfully session in the community of Watertown.

The funding goes through June 2024, so the Commission on Aging is being asked to discuss if they are interested in this program and if so create a plan and work with community partners (Community Education?).

Discussion:

Commission on Aging Partner, Dawn Plumber, Carver County Public Health will review this information with the Commission on Aging.

The Commission is being asked to discuss if they would be interested in providing a program like this. If so, the Commission will be asked to discuss the following:

How, when, and where would be the best way to offer the session?

For Example: A 45-60 Minute Session
Two (2) – 60 Minute Sessions
Five 95) – 30 Minute Sessions
Other Ideas?

Attachments:

Movemindfully Fundamentals: Mind-Body Strategies for Elders and Caregivers: Information Sheet.