



## **MINUTES of the Commission on Aging Wednesday, March 8, 2023**

Andrea Plahn – Commissioner  
Chris Boerner – Commissioner  
Richard Schimmel – Commission Vice-Chair  
Terry Gallagher – Commission Chair  
Deb Favorit - Commissioner  
Lucinda Raymond – Commissioner  
Kay Thul – City Council – City of Watertown  
Margaret Reisdorf – Administrative Services Director – City of Watertown  
Paul Ericsson – Carver County Library – Branch Manager  
Amy Dimmler – Watertown – Mayer Community Education – Education Director  
Dawn Plumer – Carver County Health and Human Services – Public Health Program Director  
Jake Foster – City Administrator

### **1. Call to Order**

The Commission on Aging meeting was called to order at 3:30 pm on March 8, 2023.

Members Present: Richard Schimmel, Chris Boerner, Deb Favorit, Margaret Reisdorf, Andrea Plahn, Amy Dimmler, Kay Thul, Dawn Plumer and Lucinda Raymond.

Members Absent: Terry Gallagher, Paul Ericsson, and Jake Foster.

Others in Attendance: None.

### **2. Adopt Agenda**

Boerner moved to adopt the agenda as presented. Raymond seconded. Motion passed 7-0.

### **3. Approval of Minutes from February 1, 2023.**

Favorit moved to adopt the February 1, 2023, Commission on Aging Meeting Minutes as submitted. Boerner seconded. Motion passed 7-0.

### **4. New Business**

#### **A. Treasurer Report.**

Reisdorf reviewed the treasurer report with the Commission. She informed that since the last meeting in February, that the Commission on Aging has not spent or taken in any money. She stated that the current balance remains at \$2,364.39.

#### **B. Mind-Body Strategies for Elders and Caregivers**

Reisdorf introduced this item to the Commission. She informed that Commissioner Plumer asked that this item be presented on the agenda for review and discussion.

Plumer stated that Carver County received COVID relief funds during the pandemic and that current remaining funds are being guided to be used for community activities. She said that the county has partnered with a group called Move Mindfully to offer classes that teach simple mind-body strategies that can help manage energy levels, improve brain function and support overall well-being for elders, their caregivers, and families.

Plumer asked the Commission on Aging if they would like to discuss or have ideas on who could be a partner or sponsor of the program sessions. She informed that the county would pay for the programs and that it would be free to the community. She said that the program would be done in person and that information flyers/cards would be provided to attendees to bring home to guide them to continue to do the program at home.

**Thul entered the meeting at 3:38 PM.**

Raymond thought the program would be a good idea.

Dimmler stated that the Watertown-Mayer school district has worked with this organization in the past and that they do a good job. She felt that it would be a great idea as well.

Boerner agreed to move ahead with coordinating.

Plumer and Dimmler agreed to work together to have Watertown-Mayer Community Education host the program sessions. They stated that they would coordinate dates and times for the sessions and follow back with the Commission on Aging when all the details are set for marketing.

Raymond recommended doing some marketing at the Watertown Rails to Trails event.

**C. Senior Spring Dance**

Reisdorf introduced this item to the Commission. She informed that the Commission on Aging had expressed interest in hosting a spring senior dance at the Watertown Community Center. Reisdorf said that she needed some guidance on music, theme, and other offerings for the event.

The Commission agreed that for 2023, a fall dance would likely work better. The Commission agreed to something in September/October.

Reisdorf agreed that it would allow more time for planning.

The Commission discussed reaching out to different local bands to check availability and cost.

The Commission narrowed some details down to a potential event time between 1 pm – 4:00 pm. They asked Reisdorf to look into refreshment offerings with Marketplace foods for water, lemonade and other beverages.

The Commission discussed having someone there taking pictures.

**5. Other Business**

**A. General City and Organization Updates**

Reisdorf informed that the City included the tax preparation resources for seniors in a recent city newsletter and on social media. She said that the 2022 Holiday Dinner thank you cards were sent out to sponsors and other contributors. Reisdorf provided an update on the February 14, 2023 City Council workshop that invited members of the city commissions and committees to attend. Reisdorf provided an update on the WeCAB organization. She stated that the organization is still up and running, but that they are always in need to volunteers.

## B. Reports from Commission Members

Thul informed that she visited the Watertown-Mayer Community Learning Center and got a tour. She said that it is a wonderful space and offers a lot to the community. She recommended including information in the city newsletter highlighting some of the offerings there.

Thul mentioned that Meals on Wheels doesn't serve hot meals within the City of Watertown, but that seniors can contact the CAP Agency for frozen meal delivery.

Raymond recommended having a meeting at the Community Learning Center in the future as a way to take a tour of the facilities. Dimmler and Reisdorf said they would coordinate a future meeting there.

## 6. Adjournment

**A motion by Favorit to end the meeting at 4:16 p.m. was made. Raymond Seconded. Motion passed 8-0.**