


# WSC Advisory Board Meeting Minutes

Meeting Date: September 28, 2023

Meeting Time/Location 1:30-3:00 – Whitney Senior Center

Agenda/Discussion Item(s)	Discussion/Notes	Conclusion/Follow-up
Called to Order	Board Chair Mike Smith called the meeting to order	No follow-up needed
Addition or Adjustments to Today's Meeting Agenda - Comments or Recommendations	Agenda addition <ul style="list-style-type: none"> <li>No agenda additions requested</li> <li>No agenda changes requested</li> </ul>	No Follow-up needed
Committee Reports	<p>Welcome new Advisory Board Members</p> <ul style="list-style-type: none"> <li>Welcome Carol Lewis / City Council Liaison Board members provided quick introductions</li> </ul> <p>Financial Report (Charlotte Henry)</p> <ul style="list-style-type: none"> <li>The 2023 budget remains on track, with 74% of the year passed and 81% of our budget spent.               <ul style="list-style-type: none"> <li>Grant expenses typically put us at a higher percentage spent. Grant expenses do get added back into our budget at the end of the fiscal year, typically putting us on or below budget</li> </ul> </li> <li>2023 membership is currently at 1428 Last year, at this time, memberships were at 1164. Membership numbers continue to trend upwards (total members in 2022 were 1232 – we have already exceeded last year's membership numbers)</li> </ul> <p>RSVP/AmeriCorps Seniors (Jennifer Wucherer)</p> <ul style="list-style-type: none"> <li>WSC Advisory Council members are encouraged to join our Age-Flourishing St. Cloud work on the mornings of Monday, October 2<sup>nd</sup>, and Friday, October 6<sup>th</sup>, at WSC or on Zoom to learn more about an Age-Friendly welcoming environment with St. Cloud Area Schools Director of Equity, Ayan Omar. Ayan will facilitate an open learning opportunity through solutions-based dialogue on engaging inclusively and cultivating belonging.</li> </ul> <p>We would love to have more attend this great discussion and learning opportunity!</p> <div style="text-align: center;">  </div> <p>You are invited to  <a href="#">an Age-Friendly St. Cloud Diversity, Equity, and Inclusion Conversation.pdf</a></p> <p>Wellness Workshop Update (Tracy Larsen)</p> <ul style="list-style-type: none"> <li>See attached workshop flyer</li> <li>See attached September update</li> </ul>	No follow-up needed

Agenda/Discussion Item(s)	Discussion/Notes	Conclusion/Follow-up
Committee Reports Continued	<p>Programming Report (Kylie Weller)  <u>Update from past month's programming:</u></p> <ul style="list-style-type: none"> <li>• PRIDE Brunch went well; 42 people attended, and the food from Copper Pony was delicious. We played six games of BINGO; the final game was a cover-all. The event was successful, fun, and engaging. We received many compliments, and a few shared why the event was important to them.</li> <li>• Muna-Learn about the Somali Culture. Recording feel free to check it out on our Facebook page (link is at the end of the minutes)</li> </ul> <p><u>Upcoming Programming:</u></p> <ul style="list-style-type: none"> <li>• Central Minnesota Dementia Community Action Network:  We will be offering a three-part series for caregivers. See the flyer below.</li> </ul>  <p>Presented by Central Minnesota Dementia Community Action Network (D-CAN) and its Dementia Resource Center Clinic (DRCC), this three-part series focuses on caregiver wellness, health, and support. There is no cost to attend. Registration is required.</p> <p><b>September 28: Part 1 - Caring for the Caregiver:</b>  Join us as we discuss the benefits of focusing on your passion, purpose and fun.</p> <p><b>October 19: Part 2 - Caregiving Services in the Area:</b>  Learn about local resources that assist with caregiving: who they are, how to find them, and how to start using them.</p> <p><b>November 16: Part 3 - Caregiving Through the Holidays:</b>  Receive tips and practical advice on caregiving through the holidays.</p> <p>9:30-11 am  Whitney Senior Center  1527 Northway Dr, St Cloud, MN 56303</p> <p>Presented by D-CAN/DRCC:  Dr. Pat Zook  Tami Kolbinger  Cristina Rodriguez  Guest Speaker, Thrivent Financial</p> <p><b>There is no cost to attend. Registration is required.</b>  <b>To register, contact the Whitney Senior Center:</b>  <b>call 320-255-7245 or email whitneyseniorcenter@ci.stcloud.mn.us</b></p> <ul style="list-style-type: none"> <li>• Active Living Fair on Wednesday, Sept 13<sup>th</sup></li> <li>• Senior Pride Bingo and Brunch on Thursday, Sept 14<sup>th</sup></li> <li>• Caregiving Monthly series from D-CAN (Dementia Resource Center)</li> </ul>	No follow-up needed

Agenda/Discussion Item(s)	Discussion/Notes	Conclusion/Follow-up
Committee Reports Continued	<p>Programming Report (Kylie Weller) – Continued</p> <p>Social Activities:</p> <ul style="list-style-type: none"> <li>• Fair Haven Farms tour is on 10/12</li> <li>• Molitor’s Haunted Acres (Hayride &amp; Scare House) on 10/19</li> <li>• History Tour of Iron Street Distillery in 11/13</li> </ul> <p>Kindness Campaign starting in November:</p> <ul style="list-style-type: none"> <li>• Coat Drive on Thursday 11/2</li> <li>• Food Drive for Veterans – Monday 11/6</li> <li>• World Kindness Day – November 13<sup>th</sup></li> <li>• S.A.V.E Suicide Prevention Training – Thursday 11/30</li> </ul> <p>Directors Report (Paula Woischke)</p> <p>Personnel:</p> <ul style="list-style-type: none"> <li>• No staff changes to report</li> </ul> <p>Advisory Board (New Members)</p> <ul style="list-style-type: none"> <li>• Welcome Carol Lewis, who recently joined our board. Carol is our city council liaison.</li> </ul> <p><b>Community Partnerships and Special Programming</b></p> <p>Whitney Senior Center Staff continues to be actively involved in the:</p> <ul style="list-style-type: none"> <li>○ Age-Friendly Task Force (Age-Flourishing St. Cloud)</li> <li>○ ACT on Alzheimer’s / Dementia Friendly Community Steering Committee</li> <li>○ Coalition to End Social Isolation</li> <li>○ Central MN Suicide Prevention Coalition</li> <li>○ MN Health Equity Central Region Network</li> <li>○ Health Equity Committee, Greater St. Cloud</li> <li>○ MN Association of Senior Services</li> <li>○ MN Representative (Paula Woischke) on the National Institute of Senior Centers (NISC)</li> <li>○ St. Cloud Area Human Service Council</li> </ul> <p>Other new partnerships include working with:</p> <ul style="list-style-type: none"> <li>○ Paula Woischke was selected as a delegate to represent the MASS (MN Associations of Senior Services) on the MN Leadership Council on Aging</li> </ul> <p>Special Events</p> <ul style="list-style-type: none"> <li>○ Celebrated National Senior Center Month, September 7<sup>th</sup>, with an Open House and Rock City Big Band Concert. Not as many were in attendance as last year.</li> <li>○ Assisted in the First offering of a Senior Pride Event, Part of Saint Cloud Pride Events, Bingo, and Brunch on September 14<sup>th</sup></li> <li>○ Equity in Health Fair – Sarah Nissen from staff coordinated for WSC along with other community partners such as Higher Works Collaborative, Filsan Partners, and Public Health Departments was held on September 14<sup>th</sup></li> </ul>	No follow-up needed

Agenda/Discussion Item(s)	Discussion/Notes	Conclusion/Follow-up
Committee Reports Continued	<p>Directors Report (Paula Woischke) – Continued</p> <p>Special Events - Continued</p> <ul style="list-style-type: none"> <li>o Participated in the Hispanic Heritage Month festival at Lake George.</li> <li>o Ayan Omar DE&amp;I Educational Series through the Age-flourishing – see attached flyer</li> </ul> <p><b>Whitney Wellness Programs -</b></p> <p>WSC continues coordinating workshops and referrals with CentraCare Health System and working with their Health Equity &amp; Community Health Improvement team</p> <p>WSC is approved as a Medicare payor for the Diabetes Prevention Program. WSC will be attempting to bill for its first work in October</p> <p>Met with MN Dept of Health and CHW Solutions to explore opportunities to bill for Medicaid for our Community Health Workers to sustain in the future</p> <p>Working with CSB/SJU on collaboration with students to include internships and diabetes prevention programs and bringing Essentia into the conversation to expand outreach</p> <p>Muna is working on starting classes at CAIRO and the COP (Community Outpost) House this fall to do outreach to Somali Community</p> <p><a href="#">WSC was showcased as a success story for the MN 2035 Plan.</a></p> <p><b>MN 2035 Plan Success Stories</b></p> <p>The success story project showcases the innovative and exciting ways Minnesotans are helping Minnesotans reduce heart disease, stroke, and diabetes in their communities. The Success Stories are integrated within the MN 2035 Plan and the <a href="http://www.health.state.mn.us/2035plan">MN 2035 Plan webpage (www.health.state.mn.us/2035plan)</a></p> <p>We have funding for the Elli-Q robots to End Social Isolation. We will showcase this at a future meeting</p> <p><b>Major Expenditures</b></p> <ul style="list-style-type: none"> <li>o \$26,528 JR Masonry &amp; Concrete, Inc for Courtyard Renovation</li> </ul> <p><b>Major Grants, Gifts, Contributions, and Revenues</b></p> <ul style="list-style-type: none"> <li>o We are waiting for the contract for the next LWAH (Live Well at Home) grant for work in 2023-2024. The grant amount submitted is \$510,00 for a two-year grant to continue work with the Community Health Worker Model</li> <li>o United Way Grant for July 2023 – June 2024 – Whitney Wellness &amp; Healthy Aging: Reducing Social Isolation &amp; Loneliness - <b>\$37,596</b> This will support the Wellness Coordinator position</li> <li>o Central MN Council on Aging – 2023 CHW Workforce Grant - <b>\$110,000</b> grant to employ Muna Adams temporarily with the CHW Workforce grant to continue outreach to our East African communities.</li> </ul>	No follow-up needed

Agenda/Discussion Item(s)	Discussion/Notes	Conclusion/Follow-up
	Directors Report (Paula Woischke) – Continued <b>Major Grants, Gifts, Contributions, and Revenues</b> - Continued <ul style="list-style-type: none"> <li>○ Received a <b>\$7,860</b> grant from Stearns County Dept of Human Services (SHIP Grant) to fund license and training for the new Evidence-based Health Program – EnhanceWellness. Our Community Health Workers will provide this program in the community</li> </ul>	
Old Business	Paula Woischke <ul style="list-style-type: none"> <li>• July 27, 2023, minutes were reviewed and approved by the Advisory Board. No changes were requested.</li> </ul>	No follow-up needed
New Business	Paula Woischke (All) <ul style="list-style-type: none"> <li>• It was decided to survey the community and Whitney members. Staff will work on this project</li> </ul>	No follow-up needed
Discussion Items	Paula Woischke (All) Furnishings for our new courtyard (All) <ul style="list-style-type: none"> <li>• Charlotte will email a schematic to the group showing the courtyard furniture decision (furnishings were decided by a subgroup of Advisory Board members)</li> </ul> SWOT <ul style="list-style-type: none"> <li>• The board members broke out into smaller groups and completed a SWOT activity (see attached results)</li> </ul>	No follow-up needed
Future Meeting Discussions	Continue discussion of goals for 2024	No follow-up needed
Announcements	The next Advisory Board meeting is November 16, 2023, at 1:30 p.m.	No follow-up needed
Meeting Adjournment	Board Chair Mike Smith adjourned the meeting.	No follow-up needed

Attachments:



September 2023 Agenda (002).doc



Advisory Sept 2023 Update.docx



All Workshops Flyer.pdf



SWOT Notes\_Sept 23.pdf

Learn Somali Culture Recording feel free to check it out:

<https://www.facebook.com/100068928637714/videos/966165294481509>

Meeting Chair: Mike Smith

Meeting Vice Chair: Bruce Campbell

Secretary: Marjorie Henkemeyer

Meeting Minutes: Charlotte Henry

Next Advisory Board Meeting: November 16, 2023 (1:30-3:00 – Whitney Senior Center)

**Attendance:****Advisory Board Members:**

Attendance	Name	Title/Role
Not Present	Solveig Anderson	Advisory Board Member
Attended	Bruce Campbell	Advisory Board Member/Vice Chair
Not Present	Brianda Cediell	Advisory Board Member
Not Present	Merry Jo DeMarais	Advisory Board Member
Attended	Philip Dullinger	Advisory Board Member
Attended	Sue Feliciano	Advisory Board Member
Attended	Marjorie Henkemeyer	Advisory Board Member/Secretary
Not Present	Steve Hoover	Advisory Board Member
Not Present	Roxanne Hovet	Advisory Board Member
Attended	Gail Kuzel	Advisory Board Member
Attended	Carol Lewis	City Council Liaison
Attended	Alicia Mages	Advisory Board Member
Attended	Bruce Michaels	Advisory Board Member
Not Present	Abdiaziz Odiyriye	Advisory Board Member
Attended	Don Oestreich	Advisory Board Member
Attended	Robert Phelps	Advisory Board Member
Attended	Marilyn Popp	Advisory Board Member
Attended Virtually	Dani Protivinsky	CentraCare Health, Community Wellness Director
Attended	Michael (Mike) Smith	Advisory Board Member/Board Chair
Attended	Steve Soyka	Advisory Board Member
Not Present	Joe Zulkosky	Advisory Board Member

**Guest(s):**

Attendance	Name	Title/Role

**Whitney Senior Center/Aging Services Staff:**

Attendance	Name	Title/Role
Attended	Charlotte Henry	Office Specialist I, Aging Services
Attended	Tracy Larsen	Special Programs Coordinator, Aging Services
Attended	Kylie Weller	Program Coordinator, Aging Services
Attended	Paula Woischke	Director, Whitney Senior Center
Not Present	Jennifer Wucherer	Director, RSVP (AmeriCorps Seniors)
Not Present	Scott Zlotnik	Director, Community Services & Facilities