

CAAN Meeting Minutes

October 31, 2019

In Attendance:

Joann Dewhurst- ADRC
Madelyn Process- Willowdale Health Services
Missy Brandy- City of Kiel
Darlene Kremer- ADRC
Nancy Krueger- ADRC
Glenny W- Chilton Public Library
Rich Ross- Memory Café
Deneen Mueller- Willowpark Place
Sandy Blatz- CCHHC
Liz Propson- CHHC/Hospice
Jenny- TMG

Presentation- Nancy Krueger presented on the benefits of Tai Chi, which is an “ancient Chinese exercise that combines relaxed, fluid movement with a calm, alert mental state”. Some of the benefits include reduction of fall risk, body strengthening with minimal joint stress, improvement of postural alignment and flexibility, reduction of blood pressure, and the improvement of mental and physical well-being.

2019 Care Giver Event-

- 20 tables were paid for (\$45/table = \$945)
- Vern’s and Hilde’s donated
- Purchased the food from Hilde’s , Long Books, and Delta Publications and Zander Press Advertising
- Total expenditures were \$1,147. Balance from APS transferred to cover the difference

Memory Cafes- The last Memory Café was held on October 12th and the theme was Fantastic Fall. There were 2 in attendance and they made spooky soap. The next Memory Café will be November 14th and the theme will be Turkey Talk. Rich’s last Memory Café will be in December and Glenny will take over all Memory Cafes for 2020. The Memory Café’s for 2020 are listed below. **Glenny needs a health care representative for all these meetings. Please reach out to her if you can help.**

- January 9, 2020- New Year’s Do-Nothing Resolution
- February 13, 2020- Mardi Gras
- March 12, 2020- Music and Movie Match
- April 9, 2020- Animal Babies- Louie (Brillion Nature Center)

- May 14, 2020- National Salad and Salsa Month
- June 11, 2020- Virtual Reality Space
- July 9, 2020- World listening Day: Earth (Louie)
- August 13, 2020- Summer Time Picnic
- September 10, 2020- Garden Goodies
- October 8, 2020- Squashes, Pumpkins, and Gourds
- November- Give Thanks and Story Corps
- December- Weather or Not

Education Committee- Finalized speakers for 2020 meetings. Those speakers include Dr. Hetzner on meditation, J-dog, Nancy Kreuger on Mind over Matter, Laurie Couillard on Parkinson's Disease, Sharon Richardson Hospice, Melissa Giebel from Harbor House, Ginny Nyhuis from the Alzheimer's Association, Greg Brittnacher, Veterans Service Officer, and Michelle Jens on Benevolent Touch.

Next Meeting: January 30, 2020 @ FVTC Chilton

Presentation: Dr. Michael Hetzner, Meditation