

CAAN Meeting Minutes

September 26, 2019

In Attendance:

Joann Dewhurst- ADRC
Madelyn Process- Willowdale Health Services
Missy Brandy- City of Kiel
Sandy Blatz- Calumet County Home Health and Hospice
Rich Ross- Memory Café
Laurie Leuknecht- St. Paul Elder Services
Trisha Witthuhn- Oak Park Place
Lindsey Petersilka- Lakeland Care Inc
Tania Reihdl- Lakeland Care Inc
Darlene Kramer- ADRC
Jolene Umentum- Legal Action of WI
Erica Racine- Century Ridge
Holli Martens- Century Ridge
Jackie Guyette- TMG
Liz Propson- Calumet County Home Health Care and Hospice

Presentation- Beth Pahmeier, Harvest Home presented on the MIND diet and the importance of eating foods that benefit our brain. The MIND diet combines the Mediterranean diet and the DASH diet that is designed to prevent dementia and loss of brain function at a young age. Brain healthy food groups include green leafy vegetables, berries, fish, wine, olive oil, nuts, whole grains, poultry, and beans.

Memory Cafes- The theme for the Memory Café on September 12th was Garden Glory. 4 members were in attendance. The theme for the meeting on October 10th is Fantastic Fall. It was announced at the September meeting that Rich is resigning from his position. The planning meeting for the future of Memory Cafes will take place after the October meeting with Glenny.

Education Committee- Members brainstormed presenters for 2020. The ideas brought to the table included: Alzheimer's Association/ Dementia Simulation activity, J-Dog (moving company with veteran employees), Dr. Hetzner- Meditation, Greg- veteran's Service Office, and Trauma Informed Care. We will continue to formalize a plan for 2020 presenters at the next meeting.

Next Meeting: October 31st, 2019

Presentation: The Benefits of Tai Chi- Nancy Krueger