

CAAN Meeting Minutes

January 30, 2020

In Attendance:

Joann Dewhurst- ADRC
Madelyn Process- Willowdale Health Services
Tania Reindl- Lakeland Care
Jackie Guyette- TMG
Darlene Kramer- ADRC
Kim Hopp- Calumet County DHS
Sandy Blatz- Calumet County Home Health and Hospice
Liz Propson- Calumet County Home Health and Hospice
Glenny Whitcomb- Chilton Public Library
Jordan Rometti- Almost Family
Jenna Phillips- Homestead Health Services

Presentation- Dr. Michael Hetzner presented on the benefits of meditation and mindfulness, which is the “awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally”. Some of the benefits of practicing meditation include lower stress levels, increase attention regulation, increase mood, decrease inflammation, increase compassion, and decrease cortisol levels. Attached to the email are the resources provided to the group from Dr. Hetzner.

CAAN Sub-Committee Touch Base- Below are the presentations for 2020.

- Educational – 2020 topics
 - **January 30:** Dr. Hetzner, Meditation
 - **February 27:** J-Dog, Veterans Moving Service
 - **March 26:** Nancy Krueger, Mind Over Matter
 - **April 30:** Laurie Coulliard, Parkinson's Disease
 - **May 28:** Sharon Richardson Hospice
 - **June 25:** Melissa Giebel, Harbor House
 - **July 30:** Ginny Nyhius, Alzheimer's Association
 - **August 27:** Greg Brittnacher, Veterans Services
 - **September 24:** Michelle Jens, Benevolent Touch
 - **October 29:** OPEN- Dar recommended possibly having the newly hired dementia care specialist to fill this open presentation slot

Neighborhood Memory Cafes- There were zero attendees at the last Memory Café. However, there are 6 memory boxes that can be checked out at the library. Each have been curated and have designated themes to benefit those in the community with

dementia. The next memory café will be February 12, on Mardi Gras, with the following event on March 12, with the theme: Music and Movie Match.

Caregiver Event 2020- Steering Committee members needed. Committee will meet after next CAAN Meeting.

Next Meeting: February 27, 2020 @ FVTC Chilton

Presentation: Leah Helms, Brand Ambassador with JDog Junk removal and Hauling