

April 5, 2010 Physical and Mental Health and Wellness/Prevention Workgroup Notes

Present: Brendan Bird, Christine Schmidt, Glenn Most, Kathy Finstad, Lynn Weis, Rena Kuberski, Ryan Cochrane, Vicki Rodgers and Beth Heimbichner.

Announcements were made:

Rena Kuberski will cover the April 21st Leadership and Co-chair meetings in the absence of Vicki and Beth.

Vicki will be collecting the final reports of the short term goals/objectives and composing the draft of the group's long term goals by April 30th. Vicki will forward these to the Aging Well facilitators by the due date.

Christine distributed an article regarding the new health care reform legislation.

An update of the Ad Hoc information and assistance committee's status was provided by Beth.

Ryan announced that MCPN has received some grant funding to establish a clinic for seniors and those with disabilities in the west metro area. Dave Myers, CEO of MCPN would like to discuss this with the physical/mental health/wellness group.

A discussion by the workgroup ensued with following being decided:

Dave Myers will be invited to the May 3rd meeting.

Members of the Aging Well Leadership meeting will also be invited.

Community professionals known to the workgroup members may be invited as well.

Refreshments will be provided by Jefferson Center for Mental Health

Ryan and Beth will follow up with Dave regarding details of the meeting.

Copies of the sub-group's short-term goals/objectives were distributed and discussed.

Susan Franklin's suggestions for changes were addressed:

- Spell out acronyms
- Have realistic completion dates
- Complete all columns for each of the goals
- Number the goals
- Spell out month and year for completion dates
- Make sure action steps begin with a verb
- Incorporate best practice models as part of the action steps
- Have all best practice submissions in narrative form

The group discussed whether to maintain the goal of Supporting Coordinated Efforts to Provide Information to and about Seniors within this workgroup or to pass it over to the Ad Hoc Information and Referral workgroup. Because of the degree of overlap the group decided to pass it over to the ad hoc committee.

The workgroup then divided into 2 sub-groups and short term goals and objectives were updated.

Long-term goals were discussed and it was decided that Vicki will compose the long-term goals which encompasses those of the committee as a whole.

Next steps: Updated reports of short term goals are to be submitted to the workgroup by Friday, April 9th.

Final reports of the short term goals/objectives are to be submitted to Vicki by Monday, April 26th.

Vicki will submit the reports to the Aging Well facilitators by the due date of April 30th.

Next meeting will be Monday, May 3rd.

Meeting was adjourned.