

Age-Friendly Princeton (AFP)

Leadership Team Meeting Minutes

October 25, 2023

10:00-11:00 am at Princeton City Hall and Teams

Ensuring Princeton is a livable community for people of ALL ages.

Present: Pat Brahn- Catholic Charities Foster Grandparent Program; Helen Olson-Twice New Clothing and Treasures; Kim Young- Chamber; Julie Schoen AF Princeton Coordinator; Stacy Marguardt-City of Princeton; Paul Metzler-Elm Wellspring; Natalie Matthewson, Central MN Council on Aging; Carole McNaughton-Connors- RVSP; Marsha Mason-Christ Our Light (COL); Shirley Miller- Immanuel Lutheran; Bev Sonnenburg-COL; Molly Weyrens-COL; Rev. Mark Brouwer- Bethel Church; Pauline Ewert-New Life Church; Missy McAlpine-Princeton Ice Arena; Ian Galligan-Princeton E-Free Church; Holly Martinson-Crystal Courts Apartments, Emily Carpenter-M. Health Fairview, and Kristie Kaiser- Princeton Community Ed.

Today's meeting focused on discussing some ideas for Community Center without walls. Faith Communities and the Ice Arena were invited to this discussion.

1. Background of Age Friendly - Julie S reviewed the background of Age Friendly Princeton. Provided a handout of the history of Age Friendly, Nationally and Statewide. Age Friendly Princeton has a leadership team. Julie Schoen-Community member and Stacy Marquardt with the city are leading the group with a partnership. Some Age Friendly communities focus on older adults. Princeton is focusing on all ages, intergenerational. Reviewed the AFP Flyers.
 - Focus areas:
 - Transportation- AARP Grant for a Surrey Bike.
 - Communication and Information- offer information in print and digital. There's a monthly calendar that is printable at 11 locations throughout town and is also online with the *ThisisPrincetonmn.com*. Website through the Chamber. This is also on the City of Princeton website.
 - Social Participation and Respect- Community Center without Walls
 - Community and Health Services
2. Communication and Information Domain-Update on AFP Booth at Senior Health Fair on October 16- Julie S attended and had people very excited about the Community Center without walls concept and Age Friendly. New AFP brochure was provided to those in attendance.
 - Community Calendar- electronic or printed. Kim Y handed out copies of the Calendar.
 - Question on the Calendar? Is there talk about doing an App for the calendar? Per Kim, Not yet. If you have an event- send Kim Young an email to add to the calendar. No fundraisers. If it costs that's okay but Free is better.
 - Suggestion- the Calendar or card have a senior focus-and each of the churches has a copy or puts it in their newsletters.

3. Social Participation and Respect Domain- Community Center without Walls

Question to the group- Do/will you offer walking and do you have activities or a space to gather for the community? And offer a family time for games- in the evenings.

- **Gatherings for games/cards**

- Christ the Light Church offers several game days each month. They could open up one of the game nights to the public.
- Bethel Church is open to offering 2 hours 1-3pm on a Thursday when others aren't offering activities.
- Crystal Senior Dining could offer a time for cards 1-3pm on another day
- Immanuel Lutheran- Maybe be open to offering on a Wednesday.
- Princeton E-Free Church- offer activities and is open to opening to the community and partnering with the other churches to stagger offering activities to there's an option at least once weekly.
- Ice Arena- Has a meeting room that would be open for cards and games. The room holds up to 30 people. The hours would be until Mid-March then the hours might change. **Not looking to charge a fee for this time.** Unless it's a specific group like a daycare that wants to come in. The room is upstairs and there are stairs. The lobby area is open and there is not much traffic during the day.
- Beyond sports offers a place to play cards/games during the week.

ACTION: Connect with the Library to see if they will continue to offer

- **Indoor Walking Opportunities**

- Bethel Church- planning to offer seniors to use their space for walking. They were going to offer this as they had heard Fairview was discontinuing their indoor walking options.
- Community Ed/Local Schools. Middle School or the HS between 4-8pm. \$10 per person and \$29 per family one-time fee for the season. Will need to get a pass through Community Education
- Princeton E-Free Church has walking options.
- Ideas at the Ice Arena- The arena is cold. Open Mon-Fri 10am-3pm for walking and skating. Can offer some evenings and weekends. Mon-Fri would be the quiet time of the day. Two walking paths- One does have stairs.
 - Hockey Rink has open skating starting in November- Saturdays and Sundays. Hockey sent in off season- has pickle ball and is open to the public. \$5 per person
- M. Health Fairview- Have a walking path. It is through stairwells. So, it wouldn't be good for people with mobility options. There are signs throughout the building where the walking space is. Action: Emily Carpenter will check to confirm if it is open to the public.

How to get the information to the community members? There is discussion about putting together a card or list of options and the school offers a space to walk- a limited time. It was suggested to note if the walking areas are ADA. One suggestion was to color code like they do with parks & recs trails. Another suggestion was when developing the handout make sure you think about how you offer the information. Especially the church rotation of walking and games/cards. Example, how do we make it easier for people to access.

Discussion of security for the buildings:

- Buy a card through Community Ed for about \$25 a year and get you into all of the walking areas in the community. Some of the churches liked a card option.
- Hockey center has a sign in option and they are signing knowing they are walking at their own risk.
- Molly with Christ Our Light- offered to share their sign in sheet including the liability release.
- On the flyer and at each space have a note to bring separate shoes for walking

ACTION: All of the agency/church leaders send information to Julie. Go back and talk about it. Then determine the next meeting.

- **Other Activity Options/Ideas;**

- The motels don't have a workout room. The local fitness center is offering passes. Giving the motel a list of the walking options would be great for the motel. If hotels need passes, the Community might be able to provide passes. AmericInn pays the \$ and manages the people who may be using the space.
- Community Education- The high school has an open gym Tuesday nights- Drop-in rate of \$10 may be dropping to \$5. And has pickle ball courts.
- Immanuel Lutheran is starting pickle ball but is limited to the church members.
- Intergeneration Options- Natalie used example of Project Blue Star <http://www.projectbluestar.org/>
- Pat-Foster Grandparents program- schools are asking for older adults to come in teach cribbage, this game is great for math.

4. Community and Health Services Domain

- Adult Classes/Workshops offered through Community Ed.
- November and December: Family Pathways is offering Caregiver Workshops

Next meeting: November 15, 2023 10am.