



## Commission on Aging Meeting

Meeting Agenda  
**November 30, 2021**  
**5:00 p.m.**  
**City Hall**

<u>Membership</u>		<u>Term Ends</u>
Member:	Barbara Halper	2021
Member:	Al Kaluza	2021
Member:	Steve Hebeisen	2022
Member:	Phylcia Binotto	2022
Member:	Marylin Talarico	2023
Alternate:	Vicky Polunc	2023

Council Liaison: Pete Leo  
Staff Liaison: Jackie Schulze

1. Call Meeting to Order
2. Fire Chief Introduction/Fire Services for Seniors/Q&A
3. Board Updates
4. Adjourn

CITY OF WACONIA  
MINUTES OF SCHEDULED MEETING  
COMMISSION ON AGING  
August 24, 2021

**Members Present:** Barbara Halper, Al Kaluza, Steve Hebeisen, Phylcia Binotto, Vicky Polunc

**Members Absent:** Marylin Talarico

**Council Liaison:** Peter Leo

**Staff Present:** Jackie Schulze, Shane Fineran

**Call Meeting to Order**

Halper called the meeting to order at 5:00 p.m.

**Approval of Minutes from 6.8.2021 Meeting**

Motion by Halper, Seconded by Kaluza to approve the minutes from the June 8, 2021 Meeting. All present voted "aye."

**Senior Living Insights**

Brian and Sarah Hood from Senior Living Insights presented on their new business and how they can help seniors stay in their homes longer and more safely. The presentation slides are attached to the minutes.

**Talking About My Generation Survey & Priorities**

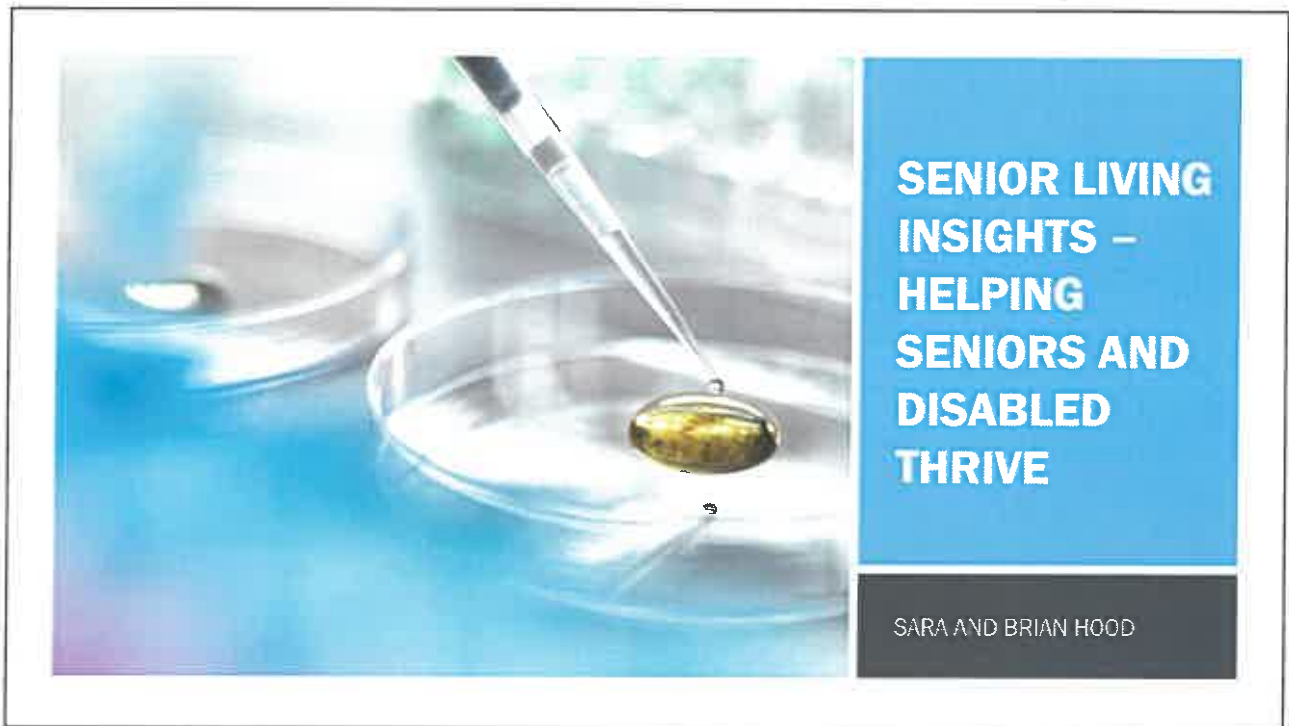
Schulze presented on the Talking Bout my Generation survey that was completed in 2017 and the priorities that the Commission developed out of that survey. The Commission then had a discussion on items they'd like to see the Commission act on in the future.

One topic that was brought up was hiring someone to assist with the Waconia Area Senior Center. It was discussed that the City may try to find a volunteer for this position in 2022 to get a grasp on what exactly is needed. The City is also working with Community Ed, as they offer several outings for adults each quarter, who will come and present to the Senior Center how to sign up.

The Commission also discussed hosting more informational sessions/presentations. Jackie will do more research and bring information back to the Commission at a future meeting.

Respectfully submitted,

Jackie Schulze  
Assistant City Administrator



## SENIOR LIVING INSIGHTS

**Our Purpose:** We exist to help seniors/Disabled thrive in their homes longer

- We do this by proactively identifying changes to daily activities (ADL's), so that action can be taken before it becomes a larger problem.
- We also monitor changes to IADL's, Mental Health Activities, and Remote Patient Monitoring (ie. Blood pressure, EKG, Weight Scale)
- This creates deeper insights so that the caretaker can be proactive about getting the patient care sooner before a larger event happens.

**Our Business:** We provide:

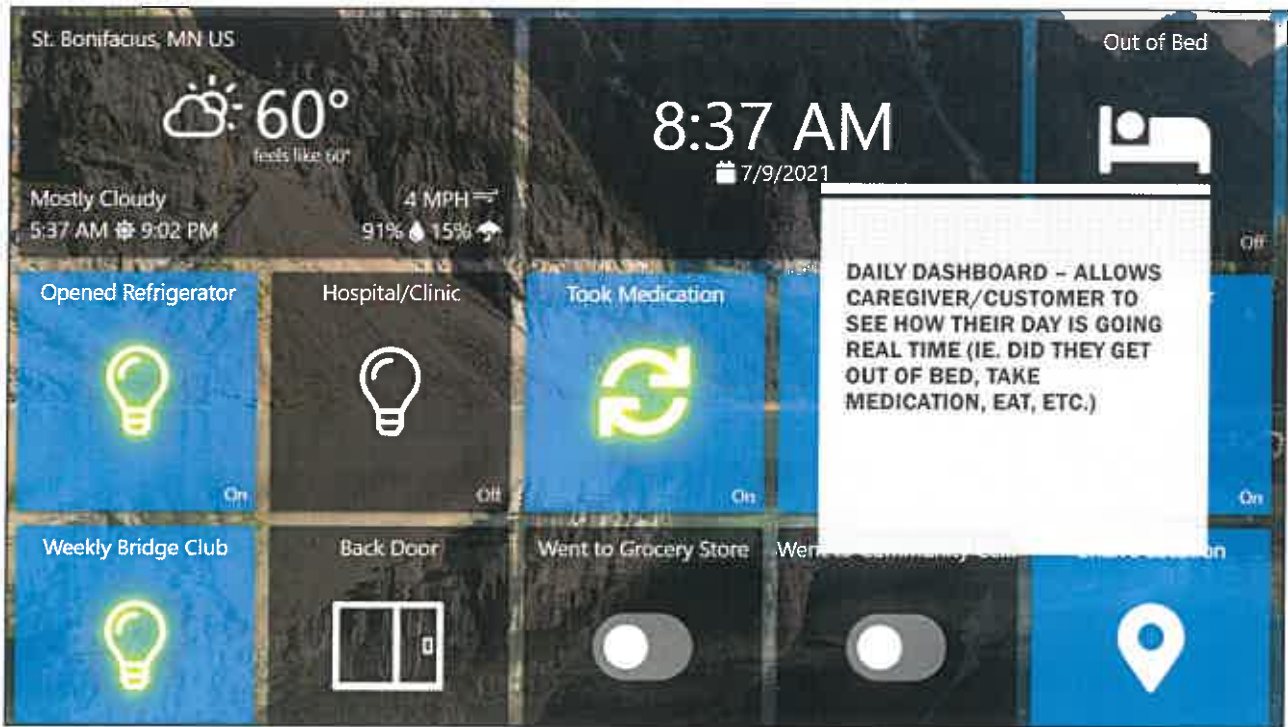
- **Real Time Alerts** (ie. No movement or door left open for 2 hours, no medication taken)
- **Daily dashboard** so a caregiver can see how their day is going (did they get out of bed, eat, use the restroom, make it to the grocery store or to church group)
- **Insight Portal** showing unusual changes to their baseline activities and a complete health view for the patient
- **Care coordination:** scheduling appointments, transportation, reminder calls on medication, etc.

## REAL TIME ALERTS

Real Time alerts are customizable and give caretakers notification when something unusual is happening in the home.

They can get sent out via text and email to anyone desired.

- No motion in the home for more than 1 hour during the afternoon
- The front door was left open for an unusually long period of time
- Probable fall on the stairs, bathroom, or other area of home
- Not out of bed by a certain time
- Didn't take medication
- House temperature is unusually cold or hot
- Someone was motionless in a certain room for an unusually long period of time



**SLI SENIOR LIVING insights**

	Base	Day	Week
<b>Daily Activities (ADL)</b>			
Out of Bed	8:00 AM	11:30	11:30
Eating	4	1	5
Bathing	1	0	1
Bathroom	6	15	11
Medication	9:00 AM	11:30	11:30
<b>Social/Spiritual Activities</b>			
Grocery Store	3	0	2
Church/Service	1	0	1
<b>Remote Patient Monitor Biomarkers</b>			
Blood Pressure	125/85	140/100	125/85

- In this case, Mom was up all night using the restroom resulting in the customer using the bathroom 15 times (more than double the baseline number of 6). This resulted in them getting out of bed nearly 3 hours later than the baseline of 8am, and medication being taken two hours later than the baseline of 9am.
- The caretaker called mom the next day, and decided to take her to see her doctor who prescribed medication for a Urinary track infection.
- The caretaker can monitor that activities now are getting back on track

**INSIGHT PORTAL PROACTIVELY IDENTIFIES CHANGES TO DAILY ACTIVITIES (ADL'S), SO THAT ACTION CAN BE TAKEN BEFORE IT BECOMES A LARGER PROBLEM**

	Base	Week
<b>Mobility Score</b>		
Grocery Store	3	2
Bathing	1	1
Bathroom	6	3
<b>Cognitive Score</b>		
Medication	9:00 AM	11:30
Stove Left On	1	4
Driving Out of Range	2	4
<b>Mental Health Score</b>		
Church/Service	1	1
Daily Coffee	4	3
Wkly Community Meals	1	1

**Symptoms**  
Dizziness  
Chatter of Teeth

**Genetic Predisposition**  
Heart Disease  
Diabetes  
Stroke

**Medical Appt Actions/Outcome**  
Coronary Angiogram

**THE INSIGHT PORTAL TRACKS CHANGES TO MOBILITY SCORES, COGNITIVE SCORES, AND MENTAL HEALTH SCORES IN CONJUNCTION WITH REMOTE PATIENT MONITORING (IE. BLOOD PRESSURE, EKG, WEIGHT SCALE) FOR THE CARETAKER TO BE PROACTIVE ABOUT GETTING THE PATIENT CARE.**

COMMISSON ON AGING



<b>Meeting Date:</b>	November 30, 2021
<b>Item Name:</b>	Fire Chief Introduction/Fire Services for Seniors
<b>Originating Department:</b>	Administration
<b>Presented by:</b>	Jackie Schulze

***RECOMMENDATIONS/ACTION/MOTION REQUESTED (Include motion in proper format.)***

**Introduction of Chief Sorensen and overview of senior fire prevention programs.**

***EXPLANATION OF AGENDA ITEM (Include a description of background, benefits, and recommendations.)***

The City of Waconia hired Fire Chief Justin Sorensen, effective November 1, 2021. Chief Sorensen will introduce himself to the Commission on Aging, and also discuss the Fire Prevention Services the Fire Department has offered/can offer to seniors in the community and look for the Commission's input on what should be offered moving forward.

COMMISSON ON AGING



**Meeting Date:** November 30, 2021

**Item Name:** Updates

**Originating Department:** Administration

**Presented by:** Jackie Schulze

***RECOMMENDATIONS/ACTION/MOTION REQUESTED (Include motion in proper format.)***

**Commission Updates**

***EXPLANATION OF AGENDA ITEM (Include a description of background, benefits, and recommendations.)***

Jackie Schulze will provide some updates from previous meetings including:

- Presentations/events partnership with Carver County Public Health
- Hiring of Senior Center staff person

