

**WORKING GROUP**  
**Living and Aging Well Ad Hoc Committee**  
April 21, 2014

**Meeting Minutes**

**1. Call to Order**

The meeting was called to order at 9:00 am. The following committee members were in attendance: Sharon Van Ramshorst, Joyce Lew, Florence Miller, Norman Miller, Erica Cole, Ada Anderson, Donna Russell, and Community Outreach Coordinator, Kristen Knoll

**2. Approval of the March 17, 2014 Meeting Minutes**

Joyce Lew moved and Donna Russell seconded to approve the March 17, 2014 Meeting Minutes. The motion passed unanimously by those members present.

**3. Presentation: Gina Oldenburg; author, speaker, producer**

Gina attended the Committee meeting to share her experience with senior programming including wellness coaching, recording family heritage/memoir creation and Young At Heart. She is interested in potentially presenting at a future luncheon.

**4. Presentation: Melanie Baker-Hood; area marketing director for Life Care Center of Stonegate**

Melanie was not in attendance. This agenda item was postponed.

**5. Resident “Help” Request Discussion**

An out-of-state family member contacted the Committee looking for assistance for her mother who is a Lone Tree resident. The family member was looking for a program that could help her mother with household chores and companionship. Sharon assisted with connecting the family to Douglas County Human Services and the Neighbor Network. She also offered to take the mother to/from the monthly luncheons.

The Committee discussed putting a packet of information together as a resource for others looking for local information on senior resources.

**6. Alzheimer’s Presentation Discussion**

The Committee discussed holding this event in the fall, potentially in September or October. It was also discussed that the event would be held at the Lone Tree Arts Center on a Saturday morning to allow working care takers the opportunity to attend. Perhaps the Alzheimer’s Association would be able to provide printed material as well. A “suggested donation” of \$5 was discussed.

Ada recommended Dr. Huntington Potter who lives in Colorado and is known nationally for his Alzheimer’s research.

**7. Pot Luck Planning**

The July event and the marketing material were discussed and reviewed.

**8. Semi-Annual Report of the Committee to Council (May 20, 2014)**

The report will be presented to City Council on Tuesday, May 20 at 4:30 pm. Specific topics for inclusion in the report was discussed.

**9. May Luncheon Update**

The luncheon speaker is confirmed and Susan will follow up to ensure the speaker has what she needs for the presentation.

**10. Future Luncheon Speaker Update**

- The Committee still needs to find holiday performers for the December luncheon.
- The January luncheon does not have a scheduled speaker and Mayor Gunning was suggested.
- It was suggested that the Committee hold a potluck later in the year at Lone Tree Brewing Co.