

July 28, 2009

MEETING OF BRAIN WELLNESS GROUP at the Senior Center in Monona.
Present: Barbara Robinson, Bonnie Wilker, Diane Mikelbank, Marge Engelman

Diane shared copies of the magazine, "Activity Director's Companion."

We spoke about AARP web site with many games, including one where you break eggs.
(Bonnie is good at this.)

Bonnie shared copies of RESOURCE DIRECTORY, An Initiative of the Delaware Mental Fitness coalition. The cover title is "The Time of Your Life! A sub title, A Community Approach to Cognitive Fitness. A Program Development Tool Kit. It was presented at the 2009 ASA/NCOA, Aging in America" Conference, Las Vegas, Nevada, March 16, 2009. It is 54 pages long. It is something like we had in mind for the WASC website or to distribute. We need something like this to make our own (B Robinson)

We had a lengthy discussion about WASC – The Wisconsin Association of Senior Center Directors. They have a web site which we might use to post information and resources about brain wellness.

Diane, who is on the executive committee of WASC will write a proposal to take to their next meeting. Barbara will review. The proposal would request that they collaborate with the Brain Wellness group and post brain wellness resources on the WASC web site.

Continue this discussion at the Oct. meeting.

We talked about future meetings in 2010. Barbara suggested that, assuming we meet 4 times a year, that two of those meetings be a phone hook up. She would set up the call on Wisline. The consensus was that at each meeting one person would report on a brain wellness/fitness project that they are working on . Perhaps Lisa, at Manitowoc could do a first report.

NASSCO now lists "Breakfast for the Brain" in their senior resources catalogue.

Rahr West. A art gallery in Manitowoc is sponsoring "Art with Seniors.

Barbara shared copies of the July issue of Posit Science, "Brain Fitness News."

Marge shared copies of her latest publication, a workbook, USE IT, DON'T LOSE IT designed to be put in doctor's offices and other places where people wait. Will also be usable by senior center directors and others who are programming with older adults.

We spoke about the possibility of doing 4 Newsletters a year.

Bonnie will check on organizations that would let us cut and paste. Bonnie will send articles to Diane. Marge agreed to send two articles as well.

Nourish Your Noggin is a possible article from the Alzheimer's Association. (??)

Decisions about future meetings:

Future Meetings and agenda items?

October 26, 2009 – suggestion that we focus on how to communicate with libraries.
(Also, see above, suggestion about Lisa sharing her program.)

January 26, 2010 – a conference call. Bonnie sharing about “Breakfast for the Brain.”

April 27, 2010 –

July 27, 2010 – a conference call

The meeting was adjourned at 11:40.