Age-Friendly Metro Exchange

AGENDA

9:00am-3:00pm, October 28, 2026 | Plymouth Community Center, Plymouth, MN

8:30-9:00am **Registration and Continental Breakfast**

9:00-9:15 **Welcome**
Mayor Jeff Wosje, City of Plymouth
Sherrie Pugh, Chair, and Sandy Vargas, Age-Friendly Minnesota Council

9:15-9:45 **Age-Friendly Minnesota: Progress and Possibilities**
Farah Baig, Age-Friendly Minnesota

9:45-9:55 **BREAK** and transition to breakout sessions

9:55-11:45 **Blueprint Action Teams: Bringing Recommendations to Life**
Learn about the Action Teams' recommendations on each topic, add your voice to the discussion, and hear about current regional efforts advancing Blueprint goals in other way.

Choose one (More details on next page):

1) **Affordable Housing** - Location: Cedar Room
2) **Multimodal Transportation** - Location: Plymouth Room (main room)
3) **Integrated and Coordinated Care** - Location: Classroom 1C
4) **Digital Engagement** - Location: Aspen Room

11:45am-12:30pm **LUNCH**

12:30-2:00 **Age-Friendly: Up and Coming**
Go deeper into important but less talked about topics. Learn about current efforts around the Twin Cities and discuss how together we can seize potential for the future.

Choose one (More details on page 3):

1) Creative Aging – Location: Plymouth Room (main room)
2) Intergenerational Connection – Location: Aspen Room
3) **Climate Change & Emergency Preparedness** – Location: Cedar Room

2:00-2:15 **BREAK**

2:15-2:45 **Pulse Check: Engagement Activity**
Discussion question: What are the most promising opportunities or solutions you would like to see advanced in your community or region in 2027—and what would it take to move it forward?

2:45-3:00 **Wrap-Up and Closing -** *Lisa Edstrom, Director, AFMN Council*

MORNING BREAKOUT SESSIONS

Choose one breakout session. Each session will include:

- Part I: Discussion of Blueprint Action Team Recommendations on the session topic, and
- Part II: Speakers sharing notable efforts that are advancing Blueprint goals in additional ways

1) Affordable Housing

Part I - Action Team Recommendations Report Facilitator:

- Rob Muschler, Health Management Associates and AFMN consultant

Part II - Presenters:

- Joan Palmquist, Eden Prairie Housing Alliance, and Mary Speer, Home Matching Service, Lutheran Social Service of MN
- Thomas Hayden, Family Service Rochester and Kathy Scheid, Elder Network

2) Multimodal Transportation

Part I - Action Team Recommendations Report Facilitator:

- Meghan Redmond, AARP MN

Part II - Presenters:

- Paul Schroeder, Transit Planning & Programming Supervisor, MN Dept. of Transportation
- Barbara Bursack, Mobility Manager, Washington County
- Clare Riley, Mobility Manager, Hennepin County
- Caitlin Drayna and Jack Hennen, Minnesota Valley Transit Authority

3) Integrated and Coordinated Care

Part I - Action Team Recommendations Report Facilitators:

- Hannah Shibeshi, HealthPartners, and Catherine Engstrom, MN Board on Aging

Part II - Presenters:

- Maren Levad, Metropolitan Area Agency on Aging
- Beth Wiggins, FamilyMeans

4) Digital Engagement

Part I - Action Team Recommendations Report Facilitator:

- Gary Spears, Senior Community Services

Part II - Presenters:

- John Yang, Asian-American Business Resilience Network;
- Don Frederiksen and Colin Stith, Gifts for Seniors / Tech for Seniors

AFTERNOON BREAKOUT SESSIONS

1) Creative Aging

Facilitator: Richard Hitcher, Founder and Artistic Director, Theatre 55

Presenters:

- Richard Hitchler, Founder and Artistic Director, Theatre 55
- Nicole Buchholz, Director of Lifelong Learning and Arts, Lyngblomsten
- Julia Rodman, Community Engagement Manager, Northern Clay Art Center

2) Intergenerational Connection

Facilitator: Tanya Rand, Senior Clinical Professor & Director - Area of Emphasis in Aging Program, University of St. Thomas

Presenters include:

- Tanya Rand and Karin Trail-Johnson, University of St. Thomas
- Melissa Schneider and Mary Healy Jonas, Episcopal Homes
- Melanie Homan and Mira Blume, St. Catherine University
- Farah Baig, Age-Friendly Minnesota

3) Climate Change and Emergency Preparedness

Facilitator: Lisa Edstrom, Age-Friendly Minnesota

Presenters include:

- Kathryn Ringham and Paul Thompson, Elders Climate Action
- Abigail Phillips, Senior Land Use and Climate Planner, Metropolitan Council

ADDITIONAL INFORMATION AND RESOURCES

- **Check out Minnesota's Multisector Blueprint for Aging**
- **Read our 2026 Blueprint Progress Report**
- **View the new Action Teams Recommendations Report**
- **Sign up for the Age-Friendly Minnesota newsletter**

Learn more about Age-Friendly Minnesota at https://mn.gov/dhs/age-friendly-mn/
Email: MN.DHS.AgeFriendlyMN@state.mn.us

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