

In This Volume:

- From Our Executive Director
- Community Service/Services Development Request for Proposal
- 2012 Medicare Premiums and Copays
- Willmar Office Spotlight
- 2012 Title III Grants/Contracts
- Living Well with Chronic Conditions
- Older Driver Safety
- Screening and Counseling for Obesity
- MnRAAA Staff and Board



From Our Executive Director

Dear Readers:

“Top Ten Lists” are common these days, but I thought I’d share some recently published ones that you may not have heard about (some more educational than others!).

The January 3, 2012 edition of *NCOA Week* includes information about financial scams that target older adults. Because of the prevalence of these scams, they are considered “the crime of the century”. Their prevalence is often due to the perception that older adults have a significant amount of money sitting in their accounts. Also, financial scams often go unreported or are difficult to prosecute. According to *NCOA Week*, the “top ten list” for scams that target older adults includes: Health Care/Medicare/Health Insurance Fraud; Counterfeit Prescription Drugs; Funeral and Cemetery Scams; Fraudulent Anti-Aging Products; Telemarketing; Internet Fraud; Investment Schemes; Homeowner/Reverse Mortgage Scams; Sweepstakes and Lottery Scams; and The Grandparent Scam.

With support from the Bank of America Charitable Foundation, the National Council on Aging developed a toolkit for professionals to use to educate older adults about scams. The toolkit provides an overview of popular scams, tips for avoiding scams and steps to be followed for victims of financial fraud. The toolkit and additional information about the top ten scams are available at www.ncoa.org.

A second “top ten list” is related to data from the 2010 Census. According to the *U.S. Census Bureau*, the ten cities with the oldest median age are:

- | | |
|-------------------------------------|-----------------------------------|
| 1. Scottsdale, AZ – 45.4 years | 6. St. Petersburg, FL– 41.6 years |
| 2. Clearwater, FL – 43.8 years | 7. Thousand Oaks, CA – 41.5 years |
| 3. Cape Coral, FL – 42.4 years | 8. Honolulu, HI – 41.3 years |
| 4. Fort Lauderdale, FL – 42.2 years | 9. Torrance, CA – 41.3 years |
| 5. Hialeah, FL – 42.2 years | 10. Centennial, CO – 41.1 years |

Additional findings from the 2010 Census are available at www.census.gov.

On a lighter note, go to *Top 10 Land* (www.top10land.com) to view other “top ten lists”. For example, the “top ten list” for pet names includes: Max, Charlie, Molly, Ben, Lucy, Jack, Sam, Buster, Bonnie and Lady. The “top ten list” for deadliest animals in the



world (according to LiveScience) includes: Mosquito, Asian Cobra, Australian Box Jellyfish, Great White Shark, African Lion, Australian Saltwater Crocodile, Elephant, Polar Bear,

Continued on page 2

Mission Statement

The Minnesota River Area Agency on Aging®, Inc. is the gateway to resources for older adults, caregivers and service providers in the twenty-seven counties of southwest Minnesota.

Continued from Page 1 Executive Director

Cape Buffalo and Poison Dart Frog.

What I could not find was a “top ten list” of who to thank for the support that was extended to MNRAAA during 2011. Board members, financial partners, Advisory Council on Aging members, volunteers, staff, consumers, agencies, organizations – the list could go on and on and it would be impossible to rank them according to importance. Each has contributed to fulfilling MNRAAA’s mission of serving as “the gateway to resources for older adults, caregivers and service providers”. As we begin another new year, I want to extend my thanks for your support during 2011 and to wish you a productive and rewarding 2012!

Linda Giersdorf



Community Service/ Services Development Request for Proposals

The MN Department of Human Services, through its Aging and Adult Services Division, is seeking to fund innovative proposals from qualified Responders to improve their community’s capacity to develop, strengthen, integrate and maintain home and community-based services. Those are long-term care or long-term services and supports provided in the home and/or community. Proposals should optimize independent living for persons at-risk of long-term nursing home use and/or spending down into Medical Assistance.

More information and the RFP can be found at http://www.dhs.state.mn.us/main/groups/aging/documents/pub/dhs16_166007.pdf

2012 Medicare Premiums & Copays

MEDICARE PART A COST SHARING 2012

- Hospital
 - » Deductible - \$1,156 for each benefit period
 - » Coinsurance:
 - \$0 for the first 60 days of each benefit period
 - \$289 a day for 61st – 90th days each benefit period
 - \$578 a day for 91st – 150th days are lifetime reserve days. These 60 days can only be used once during a beneficiary’s lifetime
- Skilled Nursing Facility
 - » Coinsurance:
 - \$144.50 a day for 21st – 100th day each benefit period

MEDICARE PART B MEDICAL PREMIUMS 2012

- Monthly - \$99.90
 - » 75% of beneficiaries currently pay \$96.40, which will mean an increase of \$3.50
 - » Beneficiaries that had been paying \$110.50 and \$115.40 (because they were new to Medicare in 2010 and 2011) will see a decrease
 - » Beneficiaries with incomes above \$85,000 for a single and \$170,000 for a couple will continue to pay higher income-adjusted premiums

MEDICARE PART B DEDUCTIBLE 2012

- Annual - \$140
 - » A decrease of \$22

SOCIAL SECURITY COST OF LIVING INCREASE 2012

3.5% for 2012

Willmar Office Spotlight



[Ashley Ronglien](#) is the Senior Outreach Specialist and has been with MNRAAA since 2009. Ashley organizes outreach activities in Big Stone, Chippewa, Kandiyohi, Lac qui Parle, McLeod, Meeker, Renville, Swift, and Yellow Medicine counties. She provides one-to-one assistance which pairs with the Senior LinkAge Line® phone-based and online system. She is available to conduct community presentations such as “Senior LinkAge Line® Information”, “Welcome to Medicare” and “Consumer Fraud”. She also coordinates counseling sites, benefits evaluations and Senior Surf Days. Since beginning with MNRAAA in 2009, Ashley has established relationships with libraries, community centers and hospitals to assist older adults in the Northeast and Northwest areas of the Southwest Planning and Service Area.



[Kate Selseth](#) works as a System Developer and serves the counties of Big Stone, Chippewa, Kandiyohi, Lac qui Parle, McLeod, Meeker, Renville, Swift and Yellow Medicine. The System Developer role is designed to assist health care providers, county human services, Title III grantees, and any local agency whose mission includes working with older adults age 60 and over and their caregivers. System Development includes providing assistance with researching grants for agencies and assisting agencies with business plan development. Additional services focus on risk management activities for older adults. For example, MNRAAA offers evidence based programs, such as Chronic Disease Self – Management, Powerful Tools for Caregivers and Matter of Balance. Kate is certified to facilitate these classes and would welcome the opportunity to discuss the opportunity in your area. Please give her a call.

MNRAAA Title III

Grants & Contracts



For More Information Contact:

Rhonda Hiller Fjeldberg
Grant/Contract Manager
507.389.8862 or rhonda@rncd.org

Title III Older Americans Act funds are awarded by MNRAAA through grants/contracts to local public and/or non-profit organizations to develop or expand services for older persons (60+) and their caregivers. Funds are to be used to expand the range of community-based programs and services designed to maintain the independence of older persons in a home environment, to fill gaps in existing services and to contribute to the development of a comprehensive and coordinated system of services.

Continued from Page 3 Grants/Contracts

**TITLE III-B
SUPPORTIVE SERVICES**

Project: Legal Advocacy for Older Americans Project
Contractor: Southern Minn. Regional Legal Services, Inc.
Services Provided: Legal Assistance and Legal Education
Counties Served: 27 counties of MNRAAA
Contact Person: Ray Beckel
Telephone: 507.387.5588

Project: One to One Program
Grantee: Western Mental Health Center
Service Provided: Counseling, Telephone Reassurance
Counties Served: Lyon, Murray, Redwood
Contact Person: Rosanne Lasnetski
Telephone: 507.337.4922

Project: Volunteer Driver Program
Contractor: Meeker Council on Aging
Service Provided: Transportation
County Served: Meeker
Contact Person: Donna Whitcomb
Telephone: 320.693.0194

Project: Senior Transportation
Contractor: Renville County Human Services
Service Provided: Transportation
County Served: Renville
Contact Person: Rachel Schneiderman
Telephone: 320.523.3589

Project: K.A.T. Senior Transportation Program
Contractor: Kandiyohi Area Transit
Service Provided: Transportation
County Served: Kandiyohi
Contact Person: Tiffany Collins
Telephone: 320.214.7433

Project: Prairie Five RIDES
Contractor: Prairie Five CAC, Inc.
Service Provided: Transportation
Counties Served: Big Stone, Chippewa, Lac qui Parle, Swift, Yellow Medicine
Contact Person: Ted Nelson
Telephone: 320.269.6578

Project: Montevideo Chore Service
Contractor: City of Montevideo
Service Provided: Chore
County Served: Chippewa
Contact Person: Diane Ostlie
Telephone: 320.269.9375

TITLE III-B - Continued

Project: Granite Falls Intergenerational Chore Service
Contractor: Yellow Medicine East Community Education
Service Provided: Chore
Counties Served: Chippewa, Yellow Medicine
Contact Person: Open
Telephone: 320.564.0947

Project: Caring Connection
Grantee: VINE Faith in Action
Service Provided: Counseling
County Served: Blue Earth, Nicollet
Contact Person: Mary O'Sullivan
Telephone: 507.387.1666

Project: East African Elder Refugees Transition to Community
Grantee: Willmar Area Multicultural Market - Business Center
Service Provided: Counseling
County Served: Kandiyohi
Contact Person: Leslie Kelly
Telephone: 320.231.8574

Project: Telephone Reassurance Program
Grantee: Yellow Medicine East Community Education
Service Provided: Telephone Reassurance
Counties Served: Chippewa, Yellow Medicine
Contact Person: Open
Telephone: 320.564.0947

Project: TLC Telephone Reassurance Program
Grantee: City of Montevideo
Service Provided: Telephone Reassurance
Counties Served: Chippewa
Contact Person: Diane Ostlie
Telephone: 320.269.9375

Project: RSVP Telephone Reassurance
Grantee: RSVP of Southwest Minnesota
Service Provided: Telephone Reassurance
Counties Served: Cottonwood, Lincoln, Murray, Nobles, Redwood, Rock
Contact Person: Karen Christensen
Telephone: 507.627.1016

TITLE III-C1 & III-C2

CONGREGATE & HOME DELIVERED MEALS

Project: LSS Congregate & Home Delivered Meals Programs
Contractor: Lutheran Social Service of Minnesota
Service Provided: Congregate Meals
Counties Served: Blue Earth, Brown, Cottonwood, Faribault, Jackson, Kandiyohi, Le Sueur, Lincoln, Lyon, Martin, McLeod, Meeker, Murray, Nicollet, Nobles, Pipestone, Redwood, Renville, Rock, Sibley, Waseca, Watonwan
Contact Person: Monica Douglas
Telephone: 800.488.4146

Continued from Page 4 Grants/Contracts

TITLE III-C1 & III-C2 - continued

Project: Prairie Five Congregate & Home Delivered Meals Programs
Contractor: Prairie Five CAC, Inc.
Service Provided: Congregate Meals
Counties Served: Big Stone, Chippewa, Lac qui Parle, Swift, Yellow Medicine
Contact Person: Gail Jerve
Telephone: 320.269.7512

TITLE III-D

HEALTH PROMOTION AND DISEASE PREVENTION SERVICES

Project: Medication Management Program
Grantee: VINE Faith in Action
Service Provided: Medication Management
Counties Served: Blue Earth, Brown, Faribault, Le Sueur, Nicollet, Watonwan
Contact Person: Karen Christy
Telephone: 507.345.5262

TITLE III-E

NATIONAL FAMILY CAREGIVER SUPPORT SERVICES

Project: Caregiver Support and Respite Program
Grantee: Interfaith Caregivers – Faith in Action in Faribault County
Service Provided: Caregiver Counseling, In-Home Respite
Counties Served: Faribault, Martin
Contact Person: Dan Woodring, Merry McGowan
Telephone: 507.526.4684

Project: Family Caregiver Project
Grantee: Wellspring Faith in Action
Service Provided: Caregiver Counseling
County Served: Watonwan
Contact Person: Kim Askeland
Telephone: 507.375.1276

Project: RSVP Respite and Counseling
Grantee: RSVP of Southwest Minnesota
Service Provided: Caregiver Counseling, In-Home Respite
Counties Served: Cottonwood, Lincoln, Murray, Nobles, Redwood, Rock
Contact Person: Karen Christensen
Telephone: 507.627.1016

Project: LSS Caregiver Support and Respite
Grantee: Lutheran Social Service of Minnesota
Services Provided: Caregiver Counseling, In-Home Respite
Counties Served: Kandiyohi, McLeod, Meeker, Renville
Contact Person: Monica Douglas
Telephone: 888.488.4146

TITLE III-E - continued

Project: CARE: Caregiver and Resource Education
Grantee: Prairie Five CAC, Inc.
Service Provided: Caregiver Counseling
Counties Served: Big Stone, Chippewa, Lac qui Parle, Swift, Yellow Medicine
Contact Person: Gail Jerve
Telephone: 320.269.7512

Project: CCMH Dementia Support
Grantee: Chippewa County-Montevideo Hospital
Service Provided: Caregiver Counseling, In-Home Respite
Counties Served: Chippewa, Yellow Medicine
Contact Person: Gretchen Reeves
Telephone: 320.321.8266

Project: One to One Transition Program
Grantee: Western Mental Health Center
Service Provided: In-Home Respite
Counties Served: Lyon
Contact Person: Rosanne Latneski
Telephone: 507.337.4922

Living Well with Chronic Conditions

Do you or your loved ones want to find better ways of dealing with pain and fatigue? Discover easy exercise techniques to help improve and maintain strength and energy? Learn appropriate uses of medications? Understand new treatment choices and feel better about life?

If so, consider attending Living Well with Chronic Conditions, a **FREE** 6 week group that will focus on these topics and more. Each week will cover a new topic geared towards feeling better and improving your life. Living Well with Chronic Conditions is not age or disease specific and is open to anyone.

The response has been overwhelming! To take part in Living Well with Chronic Conditions and make positive changes in your own life or to inquire about classes offered in your area, contact:

Stephanie McCabe at
 Senior LinkAge® Line
 800-333-2433 ext. 82004.

Make 2012 the year to
 change your life!



Family Conversations About Older Driver Safety

The first step in addressing older driver issues is to have a conversation with the older driver. Conversations about continued safe driving by an older adult can easily spark strong emotional reactions. Such discussions can undermine feelings of independence and competence in the older driver whose skill and competence are being questioned. But, the conversations can also be an opportunity for good communication and problem solving.

Many of us look to the older person's physician or drivers licensing agency to help start these conversations. Although outside agents can play a part in the conversation, family and friends also play a major role in these discussions. In addition, family will likely live with the consequences of these discussions for years to come.

Learn more about how to help an older driver by reviewing these free guides: Download [How to Help an Older Driver](http://www.aaafoundation.org/pdf/ODLarge.pdf) (www.aaafoundation.org/pdf/ODLarge.pdf) prepared by the AAA Foundation for Traffic Safety. Order a free copy or download [We Need to Talk: Family Conversations with Older Drivers](http://www.hartfordauto.thehartford.com) (www.hartfordauto.thehartford.com) by The Hartford.

Ideally, it would help to have these conversations when there was no crisis looming. Very few people think to plan ahead for the time when they may have to

conversations when there was no think to plan ahead for the time limit or stop driving their own car.



Medicare to Cover Screening and Counseling for Obesity

Medicare will now offer coverage for preventative services to reduce obesity. Over 30% of both men and women in the Medicare population are estimated to be obese. Obesity is directly or indirectly associated with many chronic diseases such as cardiovascular disease and diabetes. Screening for obesity and counseling for eligible beneficiaries by primary care providers in settings such as a physician's office will now be covered under this new benefit.

For a beneficiary who screens positive for obesity with a body mass index (BMI) at or above 30, the benefit would include one face-to-face counseling visit each week for one month and one face-to-face counseling visit every other week for an additional five months. The beneficiary may receive one face-to-face counseling visit every month for an additional six months if he or she has achieved a weight loss of at least 6.6 pounds during the first 6 months of counseling.

Call the Senior LinkAge Line®: A One Stop Shop for Minnesota Seniors at 1-800-333-2433 for more information on how we can help. The Senior LinkAge Line® is a free service of the Minnesota Board on Aging and Area Agencies on Aging. Specialists provide one-to-one assistance with helping older adults age well, as well as all Medicare and health insurance issues as the Senior LinkAge Line® is the federally-designated State Health Insurance Assistance Program (SHIP) for Minnesota. Call 1-800-333-2433 for assistance or go to www.MinnesotaHelp.info® to chat live with a Senior LinkAge Line® specialist.



Our Staff

Mankato Office:

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 Mankato, MN 56002-3323
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Hours: 8 AM - 4:30 PM • Monday - Friday

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- Erica Gahlon, Administrative Assistant
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- Robin Thompson, Senior Outreach Specialist
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- Gail Gilman-Waldner, Program Developer
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- Elaine Spain, Program Developer
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- Stephanie McCabe, Senior Outreach Specialist
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- Heather Lincoln, Community Living Specialist
heather@rncd.org 1.800.333.2433 x: 82007

Southeast Area



L to R Back Row: Heather Lincoln, Robin Thompson, Erica Gahlon, Stephanie McCabe
L to R Front Row: Rhonda Hiller Fjeldberg, Linda Giersdorf, Elaine Spain (Gail Gilman-Waldner not pictured)

Slayton Office:

2401 Broadway Ave., Suite 2 • Slayton, MN 56172
Ph: 507.836.8547 • **Fx:** 507.836.8866
Hours: 8 AM - 4:30 PM • Monday - Friday

- Robin Weis, Aging Program Director
rlinkage@swrdc.org 507.836.1642
- Gail Radke, Contact Center Coordinator/Sr. Outreach Specialist
gair@swrdc.org 1.800.333.2433 x: 82006
- Linda Tobias, Client Services Center
lindat@swrdc.org 1.800.333.2433 x: 82012
- Julie Stewart, Information & Assistance Specialist
julies@swrdc.org 1.800.333.2433 x: 82008
- Nicole Brandt, Information & Assistance Specialist
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- Katrina Gillette, Information & Assistance Specialist
katrina@swrdc.org 1.800.333.2433 x: 82022
- Lisa Ackerman, Client Services Center/Return to Community
lisa@swrdc.org 1.800.333.2433 x: 82017
- Jen Pieske, Contact Center Staff
jenniferp@swrdc.org 1.800.333.2433 x: 82011
- Jasmine Lund, Client Services Center / Return to Community
jasmine@swrdc.org 1.800.333.2433 x: 82025
- Kylie Henkel, Client Services Center/Return to Community
kylieh@swrdc.org 1.800.333.2433 x: 82018

Southwest Area



L to R Back Row: (Danielle Comstock, formerly of MnRAAA), Julie Stewart, Linda Tobias, Nicole Brandt
L to R Front Row: Gail Radke, Robin Weis, Katie Gillette (Lisa Ackerman, Jennifer Pieske, Jasmine Lund and Kylie Henkel not pictured)

Willmar Office:

333 Sixth Street SW, Suite 2 • Willmar, MN 56201
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- Kate Selseth, Aging Program Director
kate.selseth@mmdc.org 320.235.8504 x: 251
- Ashley Ronglien, Senior Outreach Specialist
ashley.ronglien@mmdc.org 1.800.333.2433 x: 82024

Northwest & Northeast Area



L to R: Ashley Ronglien, Kate Selseth

Minnesota River Area Agency on Aging®, Inc.

PO Box 3323
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Return Service Request

Your Opinion Matters!

Please share your feedback with us. If you would like to read about specific topics in future MNRAAA News or to request MNRAAA News by email, contact us at: erica@rnc.org or 507.389.8879



Our Board

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