



MINNESOTA RIVER AREA AGENCY ON AGING®, INC.

MNRAAA NEWS

In This Volume:

- From Our Executive Director
- Remembering Bill Sauer
- Memorial Day Facts
- MnRAAA Retreat Highlights
- Caregiver Corner
- New Board Members
- Medicare Cost Sharing 2013
- Sequestration
- MnRAAA Volunteers
- Living Well with Chronic Conditions
- Grants/Contracts
- MnRAAA Staff & Board



From Our Executive Director

Dear Readers:

May is one of my favorite months of the year. How could it not be when it includes Mother's Day, my wedding anniversary and the fulfillment of "April Showers Bring May Flowers" – and, it's also Older Americans Month.

Every year since 1963, May has been the month to appreciate and celebrate the vitality, aspirations, contributions and achievements of older adults. This year's Older Americans Month theme is *Unleash the Power of Age!*

MnRAAA recognizes and applauds the older adults in our service area for being productive, active and influential members of society. Older adults continually contribute their experience, knowledge and wisdom, whether as a Senior LinkAge Line® volunteer, Advisory Council on Aging member, MnRAAA Board member, home delivered meals' volunteer or dog-walker at a local pet shelter.

Please join MnRAAA in recognizing older adults as vital citizens who greatly contribute to our communities.

Additional information about Older Americans Month can be found at The Administration for Community Living website (www.acl.gov).

Regards,

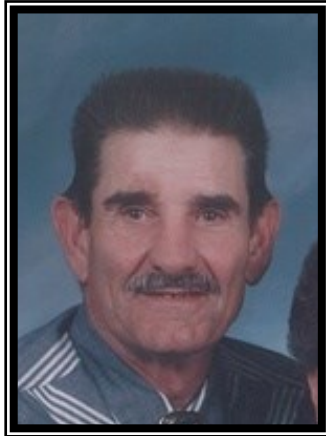
Linda Giersdorf



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.

Bill Sauer, former MnRAAA Board member, passed away on March 25. Bill was a veteran of the Korean War era and served as a county employee and commissioner for nearly three decades in Murray County. Bill was a valued member of the Board. He was thoughtful, had a great sense of humor and always kept the needs of older adults in the forefront of discussions. He will be missed.



Andre Koen, from AM Horizons, participated in the MnRAAA staff retreat on March 28.

Andre is "a highly skilled community leader, public speaker, mentor and activist. He has become well known for his highly acclaimed creation of innovative and behavioral changing courses".



Andre's morning session focused on "I Have Forgotten More Than You Know: Generation in the Workplace". The afternoon session was titled "Micro Inequities & Discretionary Effort: Little Things Mean a Lot". Throughout the day, Andre reminded staff that people do the best with what they have and encouraged staff to examine themselves, explore other cultures and become allies for others. Andre inspired staff to understand another person's experience by building relationships with them, as we all come from a context that tries to frame who we are. Andre motivated us to look at the whole picture.

Information for this article was compiled from the retreat and from Andre's website. Visit <http://www.amhoizons.com> to learn more.

Memorial Day Facts

Memorial day was first celebrated on May 30, 1868 after the civil war.

On Memorial Day, the flag should be at half-staff until noon only, then raised to the top of the staff.

Red Poppies are recognized as the Memorial Day Flower.

Memorial Day was first called "Decoration Day" because of the practice of decorating soldier's graves with flowers.

New York was the 1st state to officially recognize Memorial Day.

In 1971, Memorial Day was declared a national holiday to be celebrated the last Monday in May, thus beginning the tradition of federal three-day holiday weekends.

We are on the web!
Find us on Facebook & Twitter



Caregiver Corner

Spring Clean Your Medicine Cabinet

With the beginning of spring comes the end of winter's flu, cold, and cough medicines. This means it is also a great time to unclutter your medication cabinet and get rid of dangerous and outdated items.

What to Throw Away:

- Expired medicines lose their effectiveness and in some instances can become dangerous. Check expiration dates thoroughly.
- Nearly empty bottles create clutter and may not even have enough medicine left for a full dose.
- Improperly stored items can partially evaporate, leaving them more concentrated and dangerous. Get rid of items that were not sealed or stored properly.
- Duplicates of items that are not used often only create clutter. If you do want to keep duplicates, move them out of the medicine cabinet and into a larger area to store. Try a large bathroom cabinet, or your pantry.
- Old prescriptions or partially used prescriptions should not be saved. Check with your physician if you have questions about saving prescriptions.

What to Add:

- Sunscreens with the right amount of Sun Protection Factor (SPF).
- Aloe vera to treat burns.
- Insect repellant to keep spring's bugs at bay.
- Insect bite relief for when they bite you anyway.
- Heating and cooling packs for sprains and strains from participating in outdoor fun.
- Allergy medications for allergy sufferers.
- Updated first aid kit including band-aids, antiseptic wash, and ointment for spring scrapes. Contact your local American Red Cross for a guide which includes recommended items to place in your first aid kit.

If you would like more information about **"Spring Clean Your Medicine Cabinet"** call the Senior LinkAge Line® at 1-800-333-2433. The Senior LinkAge Line®: A One Stop Shop for Minnesota Seniors is a free statewide service of the Minnesota Board on Aging and Area Agencies on Aging. Specialists provide one-to-one assistance with helping older adults age well and live well. Call 1-800-333-2433 for assistance Monday through Friday from 8:00 am to 4:30 pm or chat with a specialist online during these hours at www.MinnesotaHelp.info®.

New Board Members

Hi my name is

Sharon Hollatz

Sharon was born in Delhi Township and attended Delhi, Redwood Falls, and Belview schools. She obtained a BS

degree in Elementary Education from Mankato State University. She then went on to earn her Masters degree in Business Administration from Southwest State University in Marshall.

Sharon was an Elementary School teacher for six years, Girl Scouts Peacepipe Council staff member for 25 years and 16 years as the CEO. She was also the director of Redwood Area Hospital Foundation for two and a half years.

Sharon is married to Thomas Hollatz and has children Julie and James Gordan and Beth and Steve Hollatz. She has two grandchildren.

Currently, Sharon resides in Delhi Township. She is a member of two women's organizations, the Redwood Falls Rotary for 26 years and MN Inventors Congress volunteer for 33 years. Sharon also volunteers with other groups.

Hi my name is

Miron Carney

Miron grew up on a farm in western Murray County.

After graduating from Chandler – Lake Wilson High School, he moved to the central Philippines. After that he moved to Los Angeles where he met and married his wife Cheryl. They moved to southwestern Minnesota after the birth of their son.

Miron and Cheryl have two children, Alexander and Meghan. They own a beauty shop and bookstore as well as own and manage residential rental properties. Miron earned his undergraduate degrees in Marketing and Small Business Administration. He works as a part time pre-press technician at Page 1 Printers in Slayton. He also works as a part time writer for the local newspaper.

In 2000 Miron was elected to the Slayton City Council as a write-in candidate. He then became president of Slayton's Economic Development Authority and Slayton's Housing Authority. He was then appointed to the Southwest Regional Development Commission (SRDC) board.

Miron is currently serving his second term as Slayton's Mayor. He is also serving a term as SRDC chairperson. Other commitments include: SRDC Revolving Loan Fund, SRDC Legislative Chair, City of Slayton Public Safety Commissioner, Slayton Day's of 87 president, Slayton United Methodist Church trustee chair, and Slayton Boy Scout Troop 25 troop chairperson.

For MNRAAA Employment
and
Volunteer Opportunities
Check our website at
www.mnraaa.org



Medicare Cost Sharing 2013

MEDICARE PART A COST SHARING 2013

- Hospital
 - Deductible - \$1,184 for each benefit period
 - Coinsurance:
 - \$0 for the first 60 days of each benefit period
 - \$296 a day for 61 – 90 days each benefit period
 - \$592 a day for 91 – 150 days are lifetime reserve days
These 60 days can only be used once during a beneficiary's lifetime
- Skilled Nursing Facility
 - Coinsurance:
 - \$148 a day for 21 – 100 days each benefit period

MEDICARE PART B MEDICAL PREMIUMS 2013

- Monthly - \$104.90
 - Increase of \$5.00 from 2012
 - 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 2013

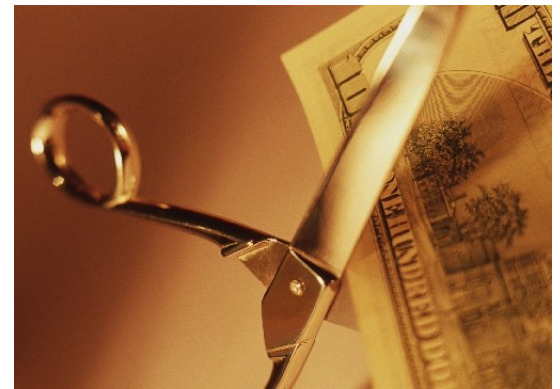
- Annual - \$147
 - Increase of \$7.00 from 2012

SOCIAL SECURITY COST OF LIVING INCREASE 2013

- 1.7%

Sequestration

On March 1, the long-feared sequester took effect, forcing across-the-board cuts to all federal discretionary programs and some mandatory programs. What does this mean for MNRAAA? Unfortunately, it means a reduction of over \$153,000 in funding for FY 2013. The bad news doesn't end there. The Budget Control Act (BCA) of 2011 continues the sequester for the next nine years. In FY 2013, the sequester operated as automatic, across-the-board cuts. In the next nine years, the sequester is less of a direct cut and more of a cap. Unless the sequester is turned off or



adjusted by Congress, future funding for Older Americans Act (OAA) and other non-defense discretionary programs will continue to be significantly "straight-jacketed" as a result of the BCA's caps (which restrict how much money the appropriators can spend overall) and the continuing sequestration levels. This means it is very possible that FY 2014 funding will end up even lower than FY 2013 funding. The MNRAAA Board hopes to mitigate cuts to providers this year, but these efforts will be unsustainable over time.

Besides turning off the sequester, the only way to avoid the second round of cuts from happening is if aging advocates convince Congress to give OAA programs a larger piece of a severely shrinking pie. MNRAAA will continue to closely monitor activities at the federal level and advocate on behalf of the older adults and caregivers we serve.

How MnRAAA Uses Volunteers

Volunteers are instrumental in the program operations of the Minnesota River Area Agency on Aging®, Inc. and Senior LinkAge Line®: A One Stop Shop for Minnesota Seniors. They provide one-to-one health insurance counseling, educate new Medicare beneficiaries, facilitate Senior Surf Day computer classes, exhibit at outreach and senior fairs, and provide administrative support. So what does that mean for older adults in our service area? For a consumer new to Medicare it means a Senior LinkAge Line® volunteer helping them understand their options for Medicare health insurance plans. For a disabled consumer making the switch from Medical Assistance prescription coverage to Medicare Part D, it means assistance in finding the best plan that covers their long list of prescriptions. And for someone struggling to pay for their costly prescriptions, it means relief in having someone help them apply for Extra Help, research prescription patient assistance programs, and assist them in completing applications for those programs.

MNRAAA volunteers also help to spread the word about the Senior LinkAge Line®: A One Stop Shop for Minnesota Seniors and the assistance that is available for older adults and caregivers. They reach people who are struggling to care for their spouse or parent, who often are not aware of the services that are available in their community. Volunteers educate older adults on how to be comfortable with computers, so they can stay in touch with family, or look up information on a favorite topic on the internet.

In whatever big or small way a volunteer provides assistance, without them we would not be able to serve as many people, in as many communities in our area, as we do now.



Left to Right: Sarah Reiman, Volunteers Joyce Borneke & Judy Ehmke

Living Well with Chronic Conditions

An evidence-based workshop designed to help people with chronic conditions (such as diabetes, arthritis, heart disease, chronic pain and anxiety) take charge of their life. The program consists of a 2 hour class held once per week for 6 weeks.

The classes are led by two trained leaders.

Topics covered include:

- ◊Setting goals and making a plan to improve your health
- ◊Techniques to deal with issues such as frustration, fatigue & isolation
- ◊Exercise and nutrition
- ◊Appropriate use of medications
- ◊Communicating effectively with family and health professionals
- ◊How to evaluate new treatments



For more information on attending a class or becoming a class leader contact:

[Gail Gilman-Waldner](#)

507-389-8869

MNRAAA Title III Grants & Contracts 2013

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 care-givers. 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.

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

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

TITLE III-B - Continued

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: 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

Project: RSVP Chore Services
Grantee: RSSVP of Southwest Minnesota
Service Provided: Chore
Counties Served: Cottonwood
Contact Person: Kate Roberts
Telephone: 507.831.1803

Project: Homemaker/ Chore Program
Grantee: Interfaith Caregivers—Faith In Action in Faribault County
Service Provided: Homemaker, Chore
Counties Served: Faribault
Contact Person: Dan Woodring
Telephone: 507.526.4684

Project: Shetek Home Care Homemaker Program
Grantee: Shetek Home Care
Service Provided: Homemaker
County Served: Cottonwood, Lyon, Murray, Redwood
Contact Person: Marianne Boerboom
Telephone: 507.629.3200

Continued from Page 7 Grants/Contracts

TITLE III-D

HEALTH PROMOTION AND DISEASE PREVENTION SERVICES

Project: Medication Management Program
Contractor: VINE Faith in Action
Service Provided: Medication Management
Counties Served: Blue Earth, Brown, Faribault, Le Sueur, Martin, Nicollet, Sibley, Waseca, 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: 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

TITLE III-C
NUTRITION SERVICES

Project: LSS Congregate and Home Delivered Meals Program
Grantee: Lutheran Social Service of Minnesota
Services Provided: Congregate Meals, Home Delivered 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: 218.233.7521

Project: Prairie Five Congregate and Home Delivered Meals Program
Grantee: Prairie Five CAC, Inc.
Services Provided: Congregate Meals, Home Delivered Meals
Counties Served: Big Stone, Chippewa, Lac qui Parle, Swift, Yellow Medicine
Contact Person: Gail Jerve
Telephone: 320.269.7512

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Unscramble each of the clue words.

Take the letters that appear in

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 boxes and unscramble them for the final message.



Ladybug, Flowers, Sunshine, Green Grass, Tulip, Blooming, No more snow!

Our Staff

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Katie Gillette, Information & Assistance Specialist
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Brittany Goedtkke, Return to Community
brittany@swrdc.org 1.800.333.2433

New Staff Spotlight

Brittany Goedtkke

is a MinnesotaHelp® Network Return to Community (RTC) Specialist. She conducts 90-day assessments for individuals who have been discharged to the community from a nursing home.

With the individual's consent, she provides phone-based follow-up for up to 5 years, including phone-based long-term care options counseling and resource information to empower the consumer to remain as independent as possible. She will work with individuals throughout Minnesota. She has been with MNRAAA since April 2013.



Ashley Aukes is an

Administrative Assistant at the Mankato Office. She will be assisting in the daily functions of the office as well as promoting social media. Prior to joining MNRAAA she worked in the medical and



photography fields. In her free time Ashley enjoys spending time with family, hunting, and photography.

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Minnesota River Area Agency on Aging®, Inc.

PO Box 3323

Mankato MN 56002-3323

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@rmdc.org or 507.389.8879



Our Board

•DuWayne Underthun, *Chair*
Willmar

•Maureen Melgaard-Schneider, *Secretary*
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•Susan Meyer
Olivia

•Francis Schweiss, *Alternate*
Fairfax

•Howard Janssen
Ortonville

•Michael Pattee, *Treasurer*
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•Candace Fenske
Madelia

•Bob Roesler
Sherburn

•Caroline Wood
Mankato

•Sharon Hollatz
Redwood Falls

•Jim Berg, *Alternate*
New Ulm

•Miron Carney
Slayton

•Rosie Rogers
Worthington

•Marvin Tinklenberg
Edgerton

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