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Dear Readers,

Welcome to the first 2014 edition of *MnRAAA News* and **Happy New Year!** As I thought about writing this letter, I decided to search the internet for 2014 predictions. Of course there were numerous predictions by psychics, including the return of chivalry, earthquakes in the Midwest (perhaps along the New Madrid fault), NASA revealing their data shows there's currently life on Mars, the United States having a strong showing at the Olympics and Kim Kardashian and Kanye West's over-the-top wedding being watched by millions. What I didn't locate were any predictions regarding the Minnesota River Area Agency on Aging®, Inc. (MnRAAA), so I decided I would formulate my own. MnRAAA will:

- * Have a very busy year, filled with challenges and rewarding work;
- * Develop new partnerships and collaborations;
- * Continue to provide excellent service through the Senior LinkAge Line®;
- * Expand and enhance the menu of services they offer;
- * Have dynamic Advisory Councils on Aging;
- * Have an engaged Board of Directors; and
- * Continue to have dedicated staff that diligently works on behalf of older adults, caregivers, veterans, providers, and others.

It was easy to make these predictions, and there's not much doubt they will all come true. Stay tuned to see it happen!

With Thanks,

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.

MINNESOTA RIVER AREA AGENCY ON AGING®, INC.

MnRAAA NEWS

Look Here, We Need You!



The Minnesota River Area Agency on Aging®, Inc. is seeking interested persons to fill the following three-year term vacancies for the Advisory Councils on Aging (ACA) effective immediately:

Northeast/west ACA (Willmar Office)

- Big Stone County 60+
- Chippewa County 60+
- Kandiyohi County 60+
- Swift County 60+
- Long Term Care Any Age*

* Vacancy will be filled by an individual, residing or employed in Big Stone, Chippewa, Kandiyohi, Lac qui Parle, McLeod, Meeker, Renville, Swift or Yellow Medicine Counties.

Southwest ACA (Slayton Office)

- Redwood County 60+
- Rock County 60+

To obtain an application, please contact Erica at erica@rndc.org.

The Minnesota River Area Agency on Aging®, Inc. (MNRAAA) is seeking interested persons to fill a three-year term, at-large vacancy on its Board effective immediately. The vacancy is for an individual of minority status who represents the ethnic/racial diversity of south central/western Minnesota. Applicants must reside and/or be employed in Big Stone, Blue Earth, Brown, Chippewa, Cottonwood, Faribault, Jackson, Kandiyohi, Lac qui Parle, Le Sueur, Lincoln, Lyon, Martin, McLeod, Meeker, Murray, Nicollet, Nobles, Pipestone, Redwood, Renville, Rock, Sibley, Swift, Waseca, Watonwan or Yellow Medicine Counties.

The Board provides governance to the MNRAAA. **Applications are due by Friday, February 21, 2014.**

To request an application, or for more information, contact Erica at 507.389.8879 or erica@rndc.org.



Start Owning Your Future

Own Your Future:
Long-term Care Planning Guide

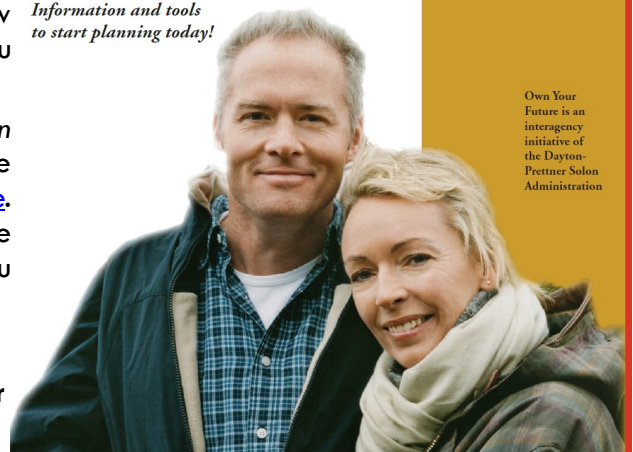


The Dayton-Prettner Solon Administration is sponsoring *Your Future: Long-term Care Planning Guide* to encourage individuals to create a plan already have a plan, this guide will help you review important options that you Planning ahead for your long term care – the help with personal care and household tasks that most people need in their later years – may seem like a daunting task, but it doesn't have to be. You can secure your future by knowing your options, planning wisely and taking action. The information and tools in *Own*

To learn more about *Own Your Future*, visit the website at www.mn.gov/ownyourfuture. The Planning Guide can be downloaded at this site or you may order a copy.

Take action:
Create a plan that works for you!

Information and tools
to start planning today!



Own Your Future is an interagency initiative of the Dayton-Prettner Solon Administration

Caregivers & Depression



Caring for an aging parent, ill spouse, child, partner or friend does not cause depression, however the physical and emotional demands of caring for another person can strain even the most capable person. In fact, family caregivers are twice as likely to suffer from depression as are

non-caregivers. Caregivers experience a variety of emotions from joy, happiness and healing, to frustration, anger or guilt. Could the sadness, exhaustion or anger you feel today be a warning sign of depression?

Everyone has negative feelings that come and go over time, but when these feelings become more intense and leave caregivers totally drained of energy, crying frequently or easily angered by their loved one or other people, it may well be a warning sign of depression. Depression is often an indication that something is out of balance.

People experience depression in different ways. Some may feel a low mood and sadness for months, while others suffer a more sudden and intense negative change in their outlook and anger. The symptoms vary by individual and can change over time.

- Have you felt down, depressed, chronically angry, or hopeless?
- Do you have little interest or pleasure in doing

things you used to enjoy?

If you answered "yes" to these questions, and have been feeling sad for more than two weeks, you may be suffering from a real medical condition. Talk to your doctor today.

Early attention to symptoms of depression through exercise, a healthy diet, positive support of family and friends, or consultation with a trained health or mental health professional may help to prevent the development of a more serious depression over time.

Following are recommendations for dealing with depression:

- Set realistic goals in light of the depression and assume a reasonable amount of responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Try to be with other people and to confide in someone; it is usually better than being alone.
- Participate in activities that may make you feel better, such as mild exercise, going to a movie or ball game, or attending a religious, social or community event.
- Expect your mood to improve gradually, not immediately. Feeling better takes time.
- It is advisable to postpone important decisions until the depression has lifted. Before deciding to make a significant transition like a job change or living arrangements, discuss it with others who know you well and have a more objective view of your situation.

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Core Body of Knowledge Training

We are looking for more Health Insurance Counseling volunteers in the Slayton area!

Training Dates: March 25, 26 & 27

Location: 2401 Broadway Avenue
Room A, Slayton, MN

For more information or to sign up, contact
Gail at gailr@swrdc.org or
800.333.2433 x: 82006.

Community Service/Services Development Grants

The Department of Human Services, through its Aging and Adult Services Division, is seeking applicants to expand and integrate home and community based services for older adults that allow local communities to rebalance their long-term service delivery system, support people in their homes, expand the caregiver support and respite care network and promote independence.

Responders' Conference: Feb. 21, 2014 at 1:30 PM

Application Deadline: March 21, 2014

Staff available to provide technical assistance:

[Elaine Spain](#), [Gail Gilman-Waldner](#), [Robin Weis](#) and
[Kate Selseth](#)

Visit: www.dhs.state.mn.us for additional information.

2014 Grantee/Contractors

Title III-B/Supportive Services: \$175,552

Provider / Project	Service Area
Southern Minnesota Regional Legal Services Legal Advocacy for Older Americans Project	27 Counties of MNRAAA
Meeker Council on Aging Volunteer Driver Program	Meeker County
Western Mental Health Center One to One Peer Counseling & Telephone Reassurance Program	Lyon, Murray, Redwood Counties
A.C.E. of Southwest Minnesota A.C.E. Chore Services	Cottonwood County
Kandiyohi Area Transit K.A.T. Senior Transportation Program	Kandiyohi County
Interfaith Caregivers – FIA in Faribault County Homemaker/Chore Program	Faribault County
Yellow Medicine East Community Education Granite Falls Intergenerational Chore Service	Chippewa, Yellow Medicine Counties
VINE Faith in Action Caring Connection	Blue Earth, Nicollet Counties
A.C.E. of Southwest Minnesota A.C.E. Telephone Reassurance	Cottonwood, Lincoln, Murray, Nobles, Redwood, Rock Counties

Title III-C 1 & 2/Nutrition Services: \$1,828,037 (Includes NSIP and State funds)

Provider / Project	Service Area
Lutheran Social Service of Minnesota LSS Congregate and Home Delivered Meals Programs	Blue Earth, Brown, Cottonwood, Faribault, Jackson, Kandiyohi, Le Sueur, Lincoln, Lyon, Martin, McLeod, Meeker, Murray, Nicollet, Nobles, Pipestone, Redwood, Renville, Rock, Sibley, Waseca, Watonwan Counties
Prairie Five CAC, Inc. Prairie Five Congregate and Home Delivered Meals Programs	Big Stone, Chippewa, Lac qui Parle, Swift, Yellow Medicine Counties

Title III-D/Health Promotion and Disease Prevention Services: \$35,673

Provider / Project	Service Area
VINE Faith in Action VINE FIA: Evidence-Based Health Promotion Programs	Blue Earth, Nicollet Counties
A.C.E. of Southwest Minnesota A.C.E. Evidence-Based Programs	Cottonwood, Lincoln, Murray, Nobles, Redwood, Rock Counties
Interfaith Caregivers – FIA in Faribault County Health Promotional Workshops	Faribault, Martin Counties
Inspired Aging, LLC Arthritis Foundation Exercise and Tai Chi Programs	Blue Earth, Nicollet Counties
A.C.E. of Southwest Minnesota CDSMP Co-Leader Training	Cottonwood, Lincoln, Murray, Nobles, Redwood, Rock Counties

Title III-E/National Family Caregiver Support Services: \$169,498

Provider / Project	Service Area
A.C.E. of Southwest Minnesota A.C.E. Respite and Counseling	Cottonwood, Lincoln, Murray, Nobles, Redwood, Rock Counties
Lutheran Social Service of Minnesota LSS Caregiver Support and Respite	Kandiyohi, McLeod, Meeker, Renville Counties
Prairie Five CAC, Inc. CARE: Caregiver and Resource Education	Big Stone, Chippewa, Lac qui Parle, Swift, Yellow Medicine Counties
Interfaith Caregivers – FIA in Faribault County Caregiver Support and Respite Program	Faribault, Martin Counties
Consumer Directions, Inc. Title III Self-Directed Services	Kandiyohi, McLeod, Meeker, Renville Counties
Western Mental Health Center Caregiver Respite	Lyon County
Wellspring Faith in Action Family Caregiver Project	Watonwan County

Caregiver Depression Continued

- People rarely "snap out of" a depression. But they can feel a little better day-by-day.
- Remember, positive thinking will replace the negative thinking that is part of the depression. The negative thinking will be reduced as your depression responds to treatment.
- Let your family and friends help you.

If you would like more information about **"Caregivers and Depression"** 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.

Sustainability Training

with the Nonprofits Assistance Fund

The Department of Human Services has provided funding for a series of training events presented by the Nonprofits Assistance Fund designed to help make community-based senior service programs more financially sustainable. Attendance by two people representing your program is **STRONGLY** suggested. Programs with current CS/SD grants will be required to attend.

In-Person Trainings:

- What Do Your Programs Really Cost?
March 3rd, 9:00 AM - Noon
- Strategic Financial Planning
March 3rd, 1:00 - 4:00 PM

Location: Redwood Area Community Center
901 Cook Street, Room 3A
Redwood Falls, MN

Webinars:

- Cash Is King: Managing Cash Flow for Nonprofits
April 1st, Noon - 1:00 PM
- Dashboard Reports: Making Your Data Work for You
April 8th, Noon - 1:00 PM

Registration Required. Visit

www.eventbrite.com/org/5443426109 to register.

Medicare Cost Sharing for 2014

MEDICARE PART A COST SHARING 2014

- Hospital
 - Deductible - \$1,216 for each benefit period
 - Coinsurance:
 - \$0 for the first 60 days of each benefit period
 - \$304 a day for 61st – 90th days each benefit period
 - \$608 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:
 - \$152 a day for 21st – 100th day each benefit period

MEDICARE PART B MEDICAL PREMIUMS 2014

- Monthly - \$104.90
 - Same as 2013
 - 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 2014

- Annual - \$147
 - Same as 2013

SOCIAL SECURITY COST OF LIVING INCREASE 2014

- 1.5% for 2014



A One Stop Shop for Minnesota Seniors

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.

Meet our New Staff...

Anne Huckaby joined MNRAAA in December as a the great outdoors.



part time Administrative Assistant for the Pre-Admission Screening staff. Originally from Coburg Germany, Anne moved to the United States in 1991. Anne is married and has three wonderful children, two adult sons and a daughter. In 2012 Anne came to Mankato to join her husband

(an officer with the US Military) at his new duty station. Anne loves to spend time with her family and

Deborah Bauleke joined MNRAAA in January as a Community Living Specialist. She has worked as a Licensed Social Worker for 16 years in skilled nursing facilities and home care agencies. Deborah and her husband reside in Le Sueur. They have three children and four grandchildren.

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m4a brings the power of a collective voice for the good of all older Minnesotans.

Visit mn4a.org today to subscribe to their email list.

MINNESOTA Association of Area Agencies on Aging

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Facebook, Twitter & Tumblr



New Staff Continued

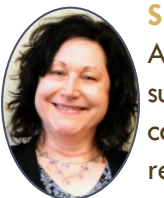
Denise Rahn joined MNRAAA in December as a Senior LinkAge Line® Pre-Admission Screening and Resident Review Specialist. She has a BS degree in Allied Health Science with emphasis in the areas of Psychology and Alcohol and Drug Studies. She has experience in working as a Social Worker serving populations ranging from children to elderly individuals, and specializing in service to those with mental illness and other disabilities. She is responsible for conducting Pre-Admission Screenings (PAS), including OBRA Level I, Medical Assistance level of care and follow-up for short-term nursing home stays. Denise lives in Fairmont with her husband and 2 children.



Emily Roering joined MNRAAA in December as a Senior LinkAge Line® Pre-Admission Screening and Resident Review Specialist. She conducts PAS, including OBRA Level I, Medical Assistance level of care and follow up for short term nursing home stays. Emily is a graduate of the College of St. Benedict with a degree in Social Work. Emily lives in Mankato with her husband and 4 children.

Imia Mages joined MNRAAA in January as a Community Living/Return to Community Specialist. She received her Social Work degree at MSUM Moorhead. Imia previously served as a court appointed Legal Guardian for Catholic Charities in Fargo, ND for individuals with developmental disabilities. Imia and her husband recently moved back to Minnesota to be closer to family.

Kaylee Kamm joined MNRAAA in December as a Senior LinkAge Line® First Contact Client Service Center Specialist. She graduated from Minnesota State University, Mankato with a Bachelor of Science degree in Social Work. On a statewide basis, she is responsible for ensuring that the coordination of PAS functions are conducted in an accurate and timely manner according to both state and federal regulations.



Sherry Orth joined MNRAAA in November as the Senior LinkAge Line® Pre-Admission Screening Quality Assurance Lead. She is a Registered Nurse and is available to provide information, clarification and support on a statewide basis. She provides consultation to PAS Specialists related to diagnosis coding, case-mix classification and MMIS entry. She provides the final approval for OBRA Level II screening referrals. As set forth by the Minnesota Board on Aging, she provides guidance to promote adherence to the quality of statewide protocols and standards mandated by state and federal regulations.



Naomi Feil

Save the Date!

The Chesley Center on Aging is excited to announce Naomi Feil, an internationally known speaker, will be coming to Mankato September 4, 2014. Naomi is the founder of the Validation Training Institute, Inc. and developer of Validation Therapy for use with persons suffering from dementia. Caregivers will learn the tools they need to provide care to people with dementia through validation, dignity and respect.

This day long event will be held at the Verizon Wireless Civic Center in Mankato. Visit www.mnsu.edu/chesleycenter/ for additional information.

**Older Americans Month Theme Announced**

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, the focus will be on injury prevention with the theme

Safe Today. Healthy Tomorrow.

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in millions of medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month, the Administration for Community Living plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, older Americans can live longer, healthier lives.

Information to help your organization celebrate Older Americans Month will be coming soon! Visit www.acl.gov.

Our Staff

Mankato Office:

10 Civic Center Plaza, Suite 3 • PO Box 3323
Mankato, MN 56002-3323

Ph: 507.389.8879 • Fx: 507.387.7105 • Hrs: 8 AM - 4:30 PM, M-F

Linda Giersdorf, Executive Director

lindag@mdc.org 507.389.8866

Rhonda Hiller Fjeldberg, Grant/Contract Manager

rhonda@mdc.org 507.389.8862

Erica Gahlon, Project/IT Coordinator

erica@mdc.org 507.389.8879

Robin Thompson, Senior Outreach Coordinator

robint@mdc.org 1.800.333.2433 x: 82016

Sarah Reiman, Volunteer Coordinator

sarahr@mdc.org 1.800.333.2433 x: 82026

Anne Huckaby, Administrative Assistant

anne@mdc.org 1.800.333.2433 x: 82027

Emily Roering, Pre-Admission Screening Specialist

emily@mdc.org 1.800.333.2433 x: 82004

Sherry Orth, Pre-Admission Screening Quality Assurance Lead

sherry@mdc.org 1.800.333.2433 x: 82003

Gail Gilman-Waldner, Program Developer

ggwaldner@mdc.org 507.389.8869

Elaine Spain, Program Developer

espain@mdc.org 507.389.8860

Ashley Aukes, Administrative Assistant

ashley@mdc.org 507.389.8864

Joyce Prahm, Fiscal Manager

joyce@mdc.org 507.389.8894

Judy Blume, Senior LinkAge Line® Administrative Assistant

jblume@mdc.org 1.800.333.2433 x: 82005

Denise Rahn, Pre-Admission Screening Specialist

denise@mdc.org 1.800.333.2433 x: 82023

Kaylee Kamm, First Contact Client Service Center Specialist

kaylee@mdc.org 1.800.333.2433 x: 82021

Slayton Office:

2401 Broadway Ave., Suite 2 • Slayton, MN 56172

Ph: 507.836.8547 • Fx: 507.836.8866 • Hrs: 8 AM - 4:30 PM, M-F

Robin Weis, Aging Program Director

rlinkage@swrdc.org 507.836.1642

Linda Tobias, Client Services Center

lindat@swrdc.org 1.800.333.2433 x: 82012

Nicole Konz, Client Services Center/Return to Community

nicole@swrdc.org 1.800.333.2433 x: 82020

Jen Pieske, Information & Assistance Specialist

jenniferp@swrdc.org 1.800.333.2433 x: 82011

Kylie Chandler, Client Services Center/Return to Community

kyliec@swrdc.org 1.800.333.2433 x: 82018

Katie Gillette, Information & Assistance Specialist

katrina@swrdc.org 1.800.333.2433 x: 82022

Deborah Bauleke, Community Living Specialist

deborahb@swrdc.org 1.800.333.2433 x: 82028

Gail Radke, Contact Cntr. Coordinator/Sr. Outreach Specialist

gailr@swrdc.org 1.800.333.2433 x: 82006

Julie Stewart, Information & Assistance Specialist

julies@swrdc.org 1.800.333.2433 x: 82008

Lisa Ackerman, Community Living Specialist

lisaa@swrdc.org 1.800.333.2433 x: 82017

Jasmine Lund, Client Services Cntr./Return to Community

jasminel@swrdc.org 1.800.333.2433 x: 82025

Rhonda Wynia, Office Manager

rwynia@swrdc.org 507.836.8547 x:1644

Brittany Perish, Return to Community

brittany@swrdc.org 1.800.333.2433 x:82019

Imia Mages, Community Living/Return to Community Specialist

imiam@swrdc.org 1.800.333.2433 x:82001

Willmar Office:

333 Sixth Street SW, Suite 2 • Willmar, MN 56201

Ph: 320.235.8504 • Fx: 320.235.4329 • Hrs: 8 AM - 4:30 PM, M-F

Kate Selseth, Aging Program Director

kate.selseth@mmrdc.org 320.235.8504 x: 251

Ashley Ronglien, Senior Outreach Specialist

ashley.ronglien@mmrdc.org 1.800.333.2433 x: 82024

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*
Atwater

•Susan Meyer
Olivia

•Francis Schweiss, *Alternate*
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•Michael Pattee, *Treasurer*
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•Sharon Hollatz
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•Miron Carney
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