



Volume VII • Issue II

MNRAAA news

The gateway to resources for older adults, caregivers and service providers in the twenty-seven counties of southwest Minnesota.



WHAT'S INSIDE

- Executive Director's Letter
- MNRAAA Open Houses
- Older Americans Month
- 50+ Lifestyle Expo
- Telemarketing Scams
- MNRAAA Volunteers
- Evidence-Based Program Expansion
- Program Development and Coordination
- 2016 Evidence-Based Training Calendar
- Hospital Status and Medicare Reimbursement
- Palliative Care
- Staff Announcements
- ACT on Alzheimer's Grants
- Older Americans Act Reauthorization
- AmazonSmile

WELCOME TO OUR SPRING EDITION...

We have several good-news stories to share:

- The Older Americans Act Reauthorization Act of 2016 was signed by President Obama, finalizing a six-year reauthorization process.
- Three new staff joined the MNRAAA team – Jamie Comstock, Jamie Enger-Lanners and Diana Madsen.
- The Mankato and Slayton offices each hosted an Open House.
- MNRAAA received a \$5,000 grant award from the Southwest Initiative Foundation and Nonprofit Management Institute. Funds will support MNRAAA's "Nonprofit Capacity Building – Strategic Planning" process. The Southwest Initiative Foundation is an independent community foundation that brings together resources, expertise and inspiration to make the rural region and communities of southwest Minnesota stronger.
- May is when we celebrate Older American's Month (OAM), acknowledging the perennial contributions of older adults to our nation. The 2016 OAM theme is Blaze a Trail. The Administration for Community Living will use this opportunity to raise awareness about important issues facing older adults and will also highlight the ways that older Americans are advocating for themselves, their peers, and their communities.



We hope you will enjoy reading the latest *MNRAAA news*. Feel free to contact us if you have questions or would like additional information about how MNRAAA strives to be "the gateway to resources for older adults, caregivers and service providers in the twenty-seven counties of southwest Minnesota".

Linda Giersdorf
Executive Director

MNRAAA Open Houses

In April, MNRAAA hosted open houses at the new Mankato and Slayton offices. Visitors were able to tour the new spaces, meet staff and learn about the many services that MNRAAA provides.

Weren't able to attend the open houses? To schedule a visit, contact Kelly at 507-387-1256 x102 or email her at kwolle@mnraaa.org. We would love for you to visit.

Mankato Office
201 N. Broad St.
Mankato, MN

Slayton Office
1939 Engebretson Ave.
Slayton, MN



From Left: Jim Varpness, Regional Administrator, Administration for Community Living, Chicago; Robert Roesler, MNRAAA Board Chair; Linda Giersorf, MNRAAA Executive Director



Older Americans Month 2016: 'Blaze a Trail'

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, the contributions of older people were recognized by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through

new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

While MNRAAA provides services to older adults year-round, we will use OAM 2016 to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own. We encourage you to get involved by volunteering in your community.



BLAZE A TRAIL: MAY 2016

50+ Lifestyle Expo

Tuesday, May 10, 2016
9:00 AM - 2:00 PM

Verizon Wireless Civic Center, Mankato, MN

Stop in and visit our booth!

The 50+ Lifestyle Expo provides upbeat information, products and services that promote a healthy, safe and active lifestyle for people over the age of 50 and their families. An extensive range of services and products will be offered including free health screenings, life planning, various presentations and more.

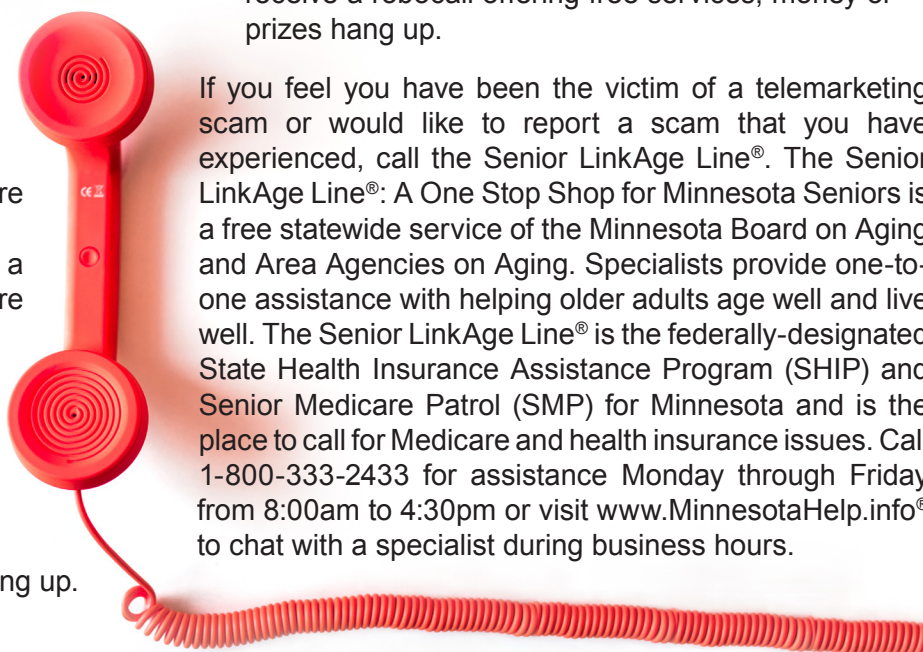
This event is FREE & open to the public.

Vendor booths will open at 9:00 AM and the keynote speaker, Barry ZeVan will be featured at 2:00 PM.

Avoid Falling Victim to Telemarketing Scams

In recent years, telemarketing scams have become an easy way to prey on older adults, costing victims thousands of dollars and, in some cases, their identity. Below are some tips that can help you avoid becoming victim to common telemarketing scams.

- Medicare will not call you to ask for a Medicare number, bank account information or request that you purchase a new Medicare card.
- Often scammers will call impersonating a distressed family member or state they are calling on a family member's behalf during an emergency. Ask the caller to leave a contact number, then call a family member to verify if a loved one is in trouble.
- Remember that you cannot win a lottery or sweepstakes without knowingly entering a contest. If you receive a call informing you that you have won money or a prize, just hang up.



- A robocall is a phone call that uses a computerized autodialer to deliver a prerecorded message. If you receive a robocall offering free services, money or prizes hang up.

If you feel you have been the victim of a telemarketing scam or would like to report a scam that you have experienced, call the Senior LinkAge Line®. 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. The Senior LinkAge Line® is the federally-designated State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP) for Minnesota and is the place to call for Medicare and health insurance issues. Call 1-800-333-2433 for assistance Monday through Friday from 8:00am to 4:30pm or visit www.MinnesotaHelp.info® to chat with a specialist during business hours.



MNRAAA Volunteers: From Compassion to Action

The value of volunteers to the MNRAAA cannot be adequately described in the numbers of hours donated or the number of MinnesotaHelp Network sites that are staffed. Counting the number of beneficiaries served would only scratch the surface of what volunteers mean to our agency.

MNRAAA has a large service area (27 counties in southwest Minnesota), therefore volunteers are vital. They also help reflect the interests, needs and resources of the communities we serve and bring a unique perspective to our work. Volunteers provide face-to-face assistance to Senior LinkAge Line® (SLL) consumers and help to spread the word about the Senior LinkAge Line®: A One Stop Shop for Minnesota Seniors.

Each fall, volunteers are busy providing health insurance counseling and research assistance to a significant number of consumers who want to compare Medicare health and drug plans during the Medicare Open

Enrollment Period. Many times volunteers say they come to us thinking they will learn about Medicare in an effort to help make their own decisions. They later discover a wonderful sense of self-worth providing education to other Medicare beneficiaries and at times helping them to save thousands of dollars.

There are a number of other ways volunteers can assist MNRAAA. They can facilitate Senior Surf Day computer classes, staff exhibit booths at outreach and senior fairs, and provide administrative support. Judy Ehmke, a long-time MNRAAA SLL volunteer likes to say: “give me the boring tasks – stuffing envelopes and copying – I love it!” In whatever big or small way a volunteer provides assistance, we would not be able to serve as many people, in as many communities as we do now without them all.

To learn more about volunteer opportunities in your community, contact Sarah Reiman, Volunteer Coordinator, at 1-800-333-2433 x82026 or sreiman@mnraaa.org.



Pictured are a few of the great people who volunteer with MNRAAA and the Senior LinkAge Line®.

Minnesota AAAs Will Expand Delivery of Evidence-Based Health Promotion Programs

Evidence-based programs offer proven ways to promote health and manage disease in the older adult population. From 2016 to 2018, the regional Area Agencies on Aging, with project leadership from Metropolitan Area Agency on Aging, will engage community-based service providers and health care organizations to expand the delivery of up to five evidence-based programs (including falls prevention, diabetes self-management, and chronic conditions self-management), as well as services such as medication management.

The Independence through Healthy Aging project seeks to increase the capacity for older Minnesotans to remain

in their homes and communities through programs developed by leading universities and adapted for community practice.

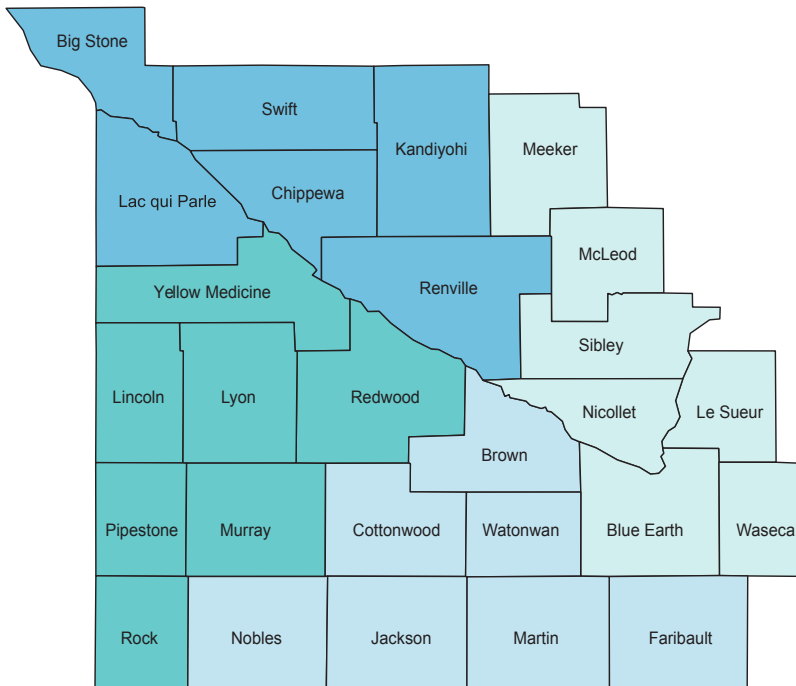
Project goals include expanding the capacity statewide of evidence-based health promotion, prevention, and chronic disease self-management programs; initiating strategies with health care providers and health plans for referral and reimbursement partnerships; and establishing a secure, centralized technology and management infrastructure to support contracting, service delivery, communications, and data analysis.

Program Development and Coordination

Program Developers work in partnership with communities, providers and others to deliver services, build programs, and engage older adults. MNRAAA offers a number of funding opportunities, including funds from the Older Americans Act and from state governmental sources. We offer technical assistance such as proposal development, connecting to partner organizations, marketing support, and promotional strategies

MNRAAA has expertise in a range of issues and services related to older adults.

- Caregiver support
- Evidence-based health promotion
- Transportation
- Publicly funded long-term care waiver programs
- Communities for a Lifetime
- Technical support for nonprofits



KIM MADSEN
Lead Program Developer
507.508.5496
kmadsen@mnraaa.org

JAMIE ENGER-LANNERS
Program Developer
507.327.2980
jlanners@mnraaa.org

DIANA MADSEN
Program Developer
507.327.0841
dmadsen@mnraaa.org

ELAINE SPAIN
Program Developer
507.387.1256 x:106
espain@mnraaa.org

Evidence-Based Programs Train the Trainer 2016 Calendar

MNRAAA partners with the Minnesota Board on Aging to provide evidence-based programs for older adults in our 27 county service area. These programs are available statewide through our Area Agency on Aging colleagues (mn4a.org).

Watch our website for registration forms (coming soon) and training descriptions: <http://mnraaa.org/training-opportunities>

DATE	TRAINING	LOCATION
June 14-15 and 21-22	Chronic Disease Self Management	Mankato
August 24 - 25	Powerful Tools for Caregivers	Redwood Falls
September 13 - 14	Matter of Balance	Redwood Falls
November 9	Live Well at Home	Redwood Falls
December 15	Caregiver Coaching	Redwood Falls



Hospital Status and Medicare Reimbursement

Medicare beneficiaries can stay overnight in the hospital as an “inpatient” or as an “outpatient”. Whether a Medicare beneficiary is admitted to the hospital as an inpatient or as an outpatient under Observation Status can make a big difference to your pocket book. Many people are not aware that admission as an outpatient can affect how much Medicare will pay. It also has an impact on whether Medicare will pay, should you need to go to a skilled nursing facility after the hospitalization.

If you are hospitalized as an inpatient your Medicare Part A benefits cover your stay. Generally, you pay a one-time deductible for all services for the first 60 days you are an inpatient in the hospital. If you are hospitalized as an outpatient under observation your Medicare Part B will be billed for your outpatient hospital and doctor services. If you have Original Medicare you will be charged a 20% copayment for each individual service after paying the Part B deductible. The copayment for a single outpatient service cannot be more than the inpatient hospital deductible. In addition, self-administered medications are not covered under Medicare Part B. Therefore, you may have to pay out-of-pocket for your medications and then submit a claim to your Medicare Part D plan. Your plan will likely reimburse you at a lower rate.

If you need post-hospital care in a skilled nursing facility Medicare Part A will only cover this care if you have a 3 day

Medicare “qualifying hospital in-patient stay”. Therefore, if your time in the hospital was as an outpatient, regardless of the length of stay, Medicare Part A will not cover this stay. As skilled nursing care is not covered under Medicare Part B, you would be responsible for the cost of time spent in a skilled nursing facility, if your hospital stay was as an outpatient. Hospitals in Minnesota are required to provide written and verbal notification when a patient’s stay is Observation.

Medicare beneficiaries and their families should pay attention to the hospital admission status and understand how this can affect their out-of-pocket costs. You can contact the Senior LinkAge Line® if you would like more information about hospital status and Medicare reimbursement. 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. The Senior LinkAge Line® is the federally-designated State Health Insurance Assistance Program (SHIP) for Minnesota and is the place to call for Medicare and health insurance issues. Call 1-800-333-2433 for assistance Monday through Friday from 8:00am to 4:30pm or visit www.MinnesotaHelp.info® to chat with a specialist during business hours.

Palliative Care

Palliative care focuses on improving the quality of life for people with serious illnesses. It helps them find relief from the symptoms and stress that might be related to having a serious illness. It can be provided at any age and at any time during a serious illness. Care is delivered by a team of doctors, nurses, social workers, chaplains, nutritionists and pharmacists. Palliative care can be given while receiving treatments that might cure or reverse the effects of an illness. It can be offered at home, in skilled nursing facilities, assisted living facilities, outpatient clinics or hospitals that have palliative care teams.

Services can include working with your doctor to find ways to: be more comfortable, maintain your independence, learn how to manage your illness, find ways to talk with your family about your illness and find resources to help

you with your financial and legal concerns.

The goal of palliative care is to help you and your family feel better. The team cares for your physical needs in addition to your emotional, spiritual and religious needs and helps you navigate and work within the health care system.

Medicare Part B, Medicaid and some private insurance plans offer certain amounts of coverage for palliative care benefits. It is important to ask your insurance company if you have these benefits.

For more information, speak with your doctor or go to:

- Minnesota Network of Hospice & Palliative Care (MNHPC). www.mnhpc.org/palliative-care
- Get Palliative Care www.GetPalliativeCare.org

Staff Announcements



Diana Madsen joined MNRAAA in April as a Program Developer, working out of her home in Heron Lake. Prior to joining MNRAAA, Diana worked as the Coordinator for the Statewide Health Improvement Program (SHIP) in Cottonwood, Jackson and Nobles counties, on community active living, food access and health equity. Diana

lives with her husband, Michael on a farm in Heron Lake with their children, Sarah (16), Andrew (15), Matt (13) and their dog, Leo.



Jamie Enger-Lanners joined MNRAAA in April as a Program Developer, working out of her home in Marshall. Prior to joining MNRAAA, Jamie worked as the Housing Manager of Boulder Creek Assisted Living. She lives in Marshall with her husband, Galen, their daughter Ella Mae (20 months) and their dog Daisy.



Jamie Comstock joined MNRAAA in April as an Information and Assistance Specialist in our Slayton office. Jamie has a degree in Psychology and her Master's Degree in Gerontology. Jamie lives with her husband and their cat and dog in Slayton.

ACT on Alzheimer's Grants Awarded

Ten communities and their lead organizations have been awarded grants from ACT on Alzheimer's to closely consider how best to prepare their communities for the impacts of Alzheimer's and other dementias and to work toward community-wide support of people touched by the disease.

"As the population of Minnesota ages, it's important to build awareness and supportive environments for people living with dementia," said Emily Farah-Miller, executive co-lead for ACT on Alzheimer's. "Every part of the community plays a role in creating a culture that develops respect and inclusion for people with dementia, makes services and resources available, and promotes meaningful engagement in community life. A dementia-friendly community supports care partners and can make it possible for people with dementia to extend the time outside of residential care settings. That helps everyone – families and taxpayers who pay for institutional care, employers who have workers trying to balance work and caregiving demands, and most importantly, people living with Alzheimer's."



Go to <http://bit.ly/ACT2016Grants> to learn more ACT on Alzheimer's and the grants awarded to Arlington, Granite Falls, Litchfield and the other seven communities awarded Act on Alzheimer's funding.

Older Americans Act Reauthorization Act of 2016

From Assistant Secretary for Aging Kathy Greenlee - President Obama signed the Older Americans Act Reauthorization Act of 2016 into law on April 19, 2016, reaffirming our nation's commitment to the health and well-being of older adults. Earlier this year, the President called on Congress to reauthorize this important legislation as part of his remarks at the White House Conference on Aging.

For more than 50 years, the Older Americans Act (OAA) has helped people live the lives they want, with the people they choose, throughout their lives. Through the aging services network, it has helped older adults continue to work, play and volunteer in their communities, to the great benefit of all. Because of the OAA, neighborhoods and organizations across the country are able to continue to draw upon the wealth of knowledge that comes only with life experience.

The OAA underpins a promise to preserve the right to live independently, with dignity, making everyday decisions according to our individual preferences and goals across our lifespan. This promise is more important than ever. In a few short years, more than 77 million people will be over the age of 60, and more than 34 million people—mostly family and friends—will be supporting a loved one who is over 60. These numbers will continue to grow for the next several decades.

The OAA affects everyone—older adults, people who help support them, and all of us who hope to one day grow old. I am delighted to see its reauthorization, and I am deeply grateful for the renewed commitment to preserving the rights of all people, for the full course of our lives.



Minnesota River Area Agency on Aging®

201 N. Broad St., Suite 102
Mankato, MN 56001



WE'D LOVE TO HEAR FROM YOU

If you would like to read about specific topics in future MNRAAA news or to request MNRAAA news by email, contact us at: kwolle@mnraaa.org or 507.387.1256 x102.

YOU SHOP. AMAZON GIVES.

*Do you shop on Amazon.com?
Have you heard of AmazonSmile?*

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Minnesota River Area Agency on Aging is an eligible charitable organization.)

AmazonSmile is the same Amazon you know. Same products, same prices, same service. The first time you visit smile.amazon.com you will need to select a charity of your choice and then you are able to link your existing



Make Mom Smile

Buy your Mother's Day gifts at smile.amazon.com and Amazon donates.



Amazon account to your AmazonSmile page. Then each time you intend to make a purchase on Amazon, make your purchase on smile.amazon.com and 0.5% of the price will go to the charity of your choice.

Support MNRAAA by starting your shopping at: <https://smile.amazon.com/ch/26-1632413>

Our Board

Bob Roesler, *Chair* Sherburn
DuWayne Underthun, *Vice Chair* Willmar
Maureen Melgaard-Schneider, *Secretary* Atwater
Amy Wilde, *Treasurer* Dassell

Rose Schlieman Holloway
Lisa Lange Sherburn
Mary Perry Slayton