



Volume VII • Issue III

MNRAAA news

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



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THEORY OF CHANGE

Dear Readers,

Now that MNRAAA has completed its transitional phase, we are embarking on the development of a Theory of Change. If you're not familiar with Theory of Change, it's a tool that helps an organization articulate the connection

between their programs and their mission, using the language of outcomes. It also creates a foundation for strategic planning. Leading us through the development of a Theory of Change is Aurora Consulting, a company dedicated to strengthening the nonprofit community. We are excited to be working with them.

Included in this issue of MNRAAA News is an article about two outgoing board members. I want to personally recognize and thank Maureen and DuWayne for their years of service. I will miss the leadership they each brought to the board and am grateful they have offered to be available to provide input and guidance.

I hope you will enjoy the latest edition of MNRAAA News. As always, feel free to contact us if you have questions or would like additional information.

Linda Giersdorf

Executive Director



Mark your calendars:

Monday, September 5 - Offices Closed for Labor Day
Saturday, October 15 - Medicare Open Enrollment begins

MNRAAA Board Recognizes Outgoing Members and New Members

During the July 20 meeting of the Board of Directors members and staff recognized outgoing members, Maureen Melgaard-Schneider and DuWayne Underthun, for their years of service on the Board. During their tenure, Maureen served as secretary and DuWayne served as secretary, vice chair and chair. Maureen and DuWayne demonstrated a strong commitment to older adults and caregivers, and both played major roles in guiding the transition of MNRAAA. Throughout their years of service, they continually focused on the mission of MNRAAA.

Thank you Maureen and DuWayne!

MNRAAA Board Appoints Members

The following individuals were reappointed to the Board of Directors: Lisa Lange, Sherburn; Mary Perry, Slayton; Robert Roesler, Sherburn; Rose Schlieman, Holloway; and Amy Wilde, Dassel.

Three new appointments were made to the Board of Directors. Timothy Bachenberg, M.D. is from Windom and practices medicine at Custom Clinic PA dba Smart Clinic in Fairmont. Donald Ebel, Ph.D. lives in Mankato and is Director of the Chesley Center on Aging and Associate



Maureen Melgaard-Schneider and DuWayne Underthun

Professor of Sociology at Minnesota State University, Mankato. Jason Swanson is from Walnut Grove and is the Regional Director of Operations for Tealwood Senior Living.

Welcome!!

Watkins and Litchfield Tornado Assistance

MNRAAA staff recently traveled to Litchfield and Watkins to view the damage from the July 11 tornadoes and to offer assistance.

Litchfield has damage to homes and storage units in a two-block area. The damage in Watkins was much more extensive with damage to multiple homes, downed trees and power lines and damage to the roof of the assisted-living facility.

Staff were able to meet with service providers and community officials in both communities. Information was shared about the various services available through both MNRAAA and the Senior LinkAge Line®.

MNRAAA employees organized a collection of non-perishable items that were delivered to the Community Center in Watkins on July 19 to help those in need.



Photos courtesy of Sandy Hansen-Wolff, Facebook



MNRAAA Offices Now Equipped with AEDs



MNRAAA has installed Automated External Defibrillators (AEDs) in our Mankato and Slayton offices. At a recent staff meeting Rita Pyan, RN (Senior LinkAge Line® Community Living Specialist) and Pam Mailander, RN (Senior LinkAge Line® Contact Center Coordinator) trained staff how to properly use the AED.

According to the American Red Cross, sudden cardiac arrest is one of the leading causes of death in the U.S. Over 350,000 people will suffer from sudden cardiac arrest this year. It can happen to anyone, anytime, anywhere and at any age. An AED is the only effective treatment for restoring a regular heart rhythm during sudden cardiac arrest and is an easy to operate tool for someone with no medical background.

Time is of the essence. Once 911 is called, the average response time for first responders is 8-12 minutes. For each minute defibrillation is delayed, the chance of survival is reduced approximately 10%.

Free Access to Legal Help for Low-Income Aging Adults

Do you have a burning legal question or issue but have been wary of contacting an attorney? Here is your opportunity to get those questions answered! Volunteer attorneys will lead workshops on legal topics and be available for 20 minute one-on-one "Ask-a-Lawyer" sessions**.

"Our goal in holding the Legal Fair for Aging Adults is to make it easy to get free legal help," said Larry Nicol, Senior Leadership Attorney from Southern Minnesota Regional Legal Services (SMRLS). "Volunteer lawyers will be there to provide individual advice, prepare simple wills and present on interesting legal topics. Some people attending will walk away with a professionally drafted will. Many others will get one-on-one advice from an attorney. It promises to be an interesting and informative day."

Attendees will also have the opportunity to meet with a lawyer to write and notarize their own simple will**. At the end of the day, join us for a free dinner and door prize giveaways!

**These features require an appointment.

Register and make appointments by calling SMRLS at (507) 387-5588.

Legal Fair for Aging Adults

THURSDAY, OCTOBER 6
12:30pm - 4:30pm



421 E. Hickory St., Mankato, MN

Hosted by Southern Minnesota Regional Legal Services (SMRLS) and various volunteer attorneys.

Admission is FREE. However, registration is required and limited. Contact SMRLS at 507-387-5588 or Kelly Kinyon at kelly.kinyon@smrls.org.

Sponsored by:



A One Stop Shop for Minnesota Seniors



MNRAAA Volunteers: No Lazy Summer Days for Volunteers

With vacations and family outings often occurring during the summer months, one might assume that our volunteer program would see a drop in volunteer hours during this time of year. That has not been the case for MNRAAA; hours donated by volunteers has more than doubled from first quarter to second quarter this year.

We are now using the gifts and talents of our volunteers to help with many of the administrative functions in both our office locations. Staff in the Mankato and Slayton offices are being treated to the happy faces and positive energy of volunteers coming in several times a week to assist with administrative tasks. For example:

- In June volunteers assembled 500 privacy notice packets for call center staff.
- Every month volunteers assist with mailing approximately 100 customer satisfaction surveys.
- Many volunteers help with data entry, assemble training binders and outreach folders.

Our new office space also provides us with great meeting spaces for in-person appointments. As numerous baby boomers become Medicare eligible, MNRAAA volunteers stay busy assisting consumers with navigating

and understanding Medicare Parts A – D, in addition to providing objective health and drug plan comparisons.

August is upon us and our thoughts are turning toward Medicare's Open Enrollment Period – October 15 through December 7. We rely heavily on our volunteers to assist in providing objective non-biased Medicare counseling during this time of year. Their work ensures that Medicare beneficiaries in southwest Minnesota will receive the help they need to learn about their Medicare plan options for 2017. We could not do this work without their dedication and support!

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



A One Stop Shop for Minnesota Seniors

Sandra Newbauer Retirement Party

On July 21, 2016 MNRAAA hosted a retirement party for Sandra Newbauer. Sandra recently retired after having worked for 18 years with the State of Minnesota and most recently as the Regional Ombudsman for Long-Term Care for Blue Earth, Nicollet, Le Sueur, Rice, Scott, Sibley and Waseca counties. The Office of Ombudsman for Long-Term Care is a program of the Minnesota Board on Aging. Regional ombudsman and volunteers work to enhance the quality of life and services for people receiving long-term care services and supports. The program also advocates for reform in long-term care through changes in state law, federal law and administrative policy.

Sandra was passionate about her work, the people she served and in making life better for older adults. While we will all miss working with Sandra, we wish her the best in this new phase of her life.

Congratulations Sandra!



Sandra Newbauer, Retired Long-Term Care Regional Ombudsman

Caregiver Health and Wellbeing

Professionals who work in the field of aging know that 92% of the long term care and supportive services needed by older adults in Minnesota are provided by family members, friends and neighbors at home in the community. We also know that if one percent of these unpaid caregivers were no longer able to provide this care the cost to Minnesota's public welfare system would increase by \$30 million a year (DHS-5461-ENG 12-15). The dollar value of the care provided by families and friends is estimated at \$7.8 billion per year, exceeding Minnesota's Medicaid expenditures for nursing homes and long-term services and supports.

Caregiving is becoming more complex.

In a recent survey, 46% of caregivers reported performing medical and nursing tasks such as wound care, managing multiple medications and giving injections.

According to the National Family Caregiver Alliance, a growing body of evidence reveals that providing care for a chronically sick person can have harmful physical, mental and emotional consequences for the caregiver. As families struggle to care for others, their own health is put in danger. As a result, caregiver health is quickly becoming a public health issue that requires more focused attention from health professionals, policy makers and caregivers themselves to ensure the

health and safety of those individuals dedicating their lives to the care of others.

Increasing appropriate mental health services and medical care for family caregivers are important steps toward addressing caregiver health. Although caregiving can have a negative impact on caregivers' health and well-being, research demonstrates its effects can be alleviated at least partially by:

- An assessment of family caregiver needs that leads to a care plan with support services
- Caregiver education and support programs
- Respite to reduce caregiver burden
- Financial support to alleviate the economic stress of caregiving; and
- Primary care interventions that address caregiver needs.

Improved recognition and treatment of physical and psychological symptoms among caregivers is a growing health concern and should be considered a public health priority. Keeping family caregivers healthy and able to provide care is key to maintaining our nation's long-term care system and, with the aging of the population, this issue will only grow more important in the coming decades.



Powerful Tools FOR Caregivers

August 24 & 25, 2016

9:00am - 4:00pm

Redwood Area Community Center

901 Cook Street

Redwood Falls, MN

Become a Powerful Tools for Caregivers Class Leader

Powerful Tools for Caregivers (PTC) is a national program sustained by extensive collaborations with community-based organizations. Increasing the number of classes available makes it possible for more caregivers to benefit from the proven outcomes of the PTC program. If you would like to offer the 6-week class for caregivers in your community, you can become a trained PTC Class Leader.

Register Today:

<http://mnraaa.org/training-opportunities/ptc> or by calling Kelly at 507-387-1256 x102.

Staff Announcements



Please welcome Lynn Buckley as our new Health Care Partnership Developer. Lynn joined our staff in June. She will serve Lyon, Kandiyohi, Meeker, McLeod and Sibley Counties working with facilities to form a partnership in order to increase the number of and also the visibility of Evidence-Based Programs funded by the Healthy

Living as You Age Initiative.

Lynn currently resides in Redwood Falls, has two grown children and five grandchildren. She is a graduate of Ridgewater College with a LPN degree. She received her Certification in Gerontology in 2011 from the University of Wisconsin-Milwaukee and her Housing with Services Manager Certification in 2015 from Leading Age.

She previously worked as Charge Nurse in long-term care facilities, Director of Redwood Area Hospital Adult Day Services and Executive Director of Garnette Gardens in Redwood Falls. She served as President of the Minnesota Adult Day Services Association from January 2005 - December 2013.

Lynn's office will be located in her Redwood Falls home. You can contact Lynn by calling 507-995-0454 or you can email her at lbuckley@mnraaa.org.



Helen Brinks joined the MNRAAA team in June as a Senior LinkAge Line® Case Aide.

People have asked her more than once "Are you Crazy"? They may be right, but after a year of retirement she was looking for more to fill her time. Helen retired from the Southwest Regional Development

Commission on December 31, 2014 after working 28 years as a grants manager and account specialist.

When she attended Core Body of Knowledge training, it opened her eyes to the many aspects of assistance that is provided through MNRAAA. The training helped her to better understand Medicare.

Helen is a graduate of Southwest Minnesota State College in Marshall. She has been married for 47 years to her husband, Gary and they have four children and seven grandchildren. She enjoys tending her vegetable and flower gardens, going camping and reading.

Helen and her husband are both cancer survivors so participation in the Relay for Life of Murray County is a top priority for them.

Helen can be reached by calling the Senior LinkAge Line® at 1-800-333-2433 x82063 or hbrinks@mnraaa.org.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

September 13 & 14, 2016

9:00am - 4:00pm

Redwood Area Community Center

901 Cook Street

Redwood Falls, MN

Become a Matter of Balance Coach

The Matter of Balance program (MOB) is an evidence-based program offered through MNRAAA. A Master Trainer will train professionals to become certified MOB coaches. Obtaining the coaches certification gives your healthcare organization, agency or company an opportunity to provide an award winning fall prevention class for older adults. Your company can impact seniors' risk for falls by offering MOB.

Register Today:

<http://mnraaa.org/training-opportunities/matter-of-balance> or by calling Kelly at 507-387-1256 x102.

Basic Steps for Medicare Enrollment

Step 1:

Initial Medicare Enrollment Period

- Seven months (three months before your 65 birthday, the month of your birthday and the three months after)
- Automatic enrollment if you are receiving Social Security or Railroad Retirement benefits
- If you are not already receiving benefits at age 65, you must contact Social Security to enroll

Step 2:

Choose Type of Medicare Coverage

- Cost (what can you afford)
- Coverage (how comprehensive)
- Convenience (check provider network)

Step 3:

Adding Supplemental (Medigap) Insurance

- Optional (Original Medicare only)
- Provided through a private company, employer plan or retiree plan
- Enroll during your Medigap Open Enrollment Period to guarantee eligibility (six months – starts the month you enroll in Medicare Part B)

Step 4:

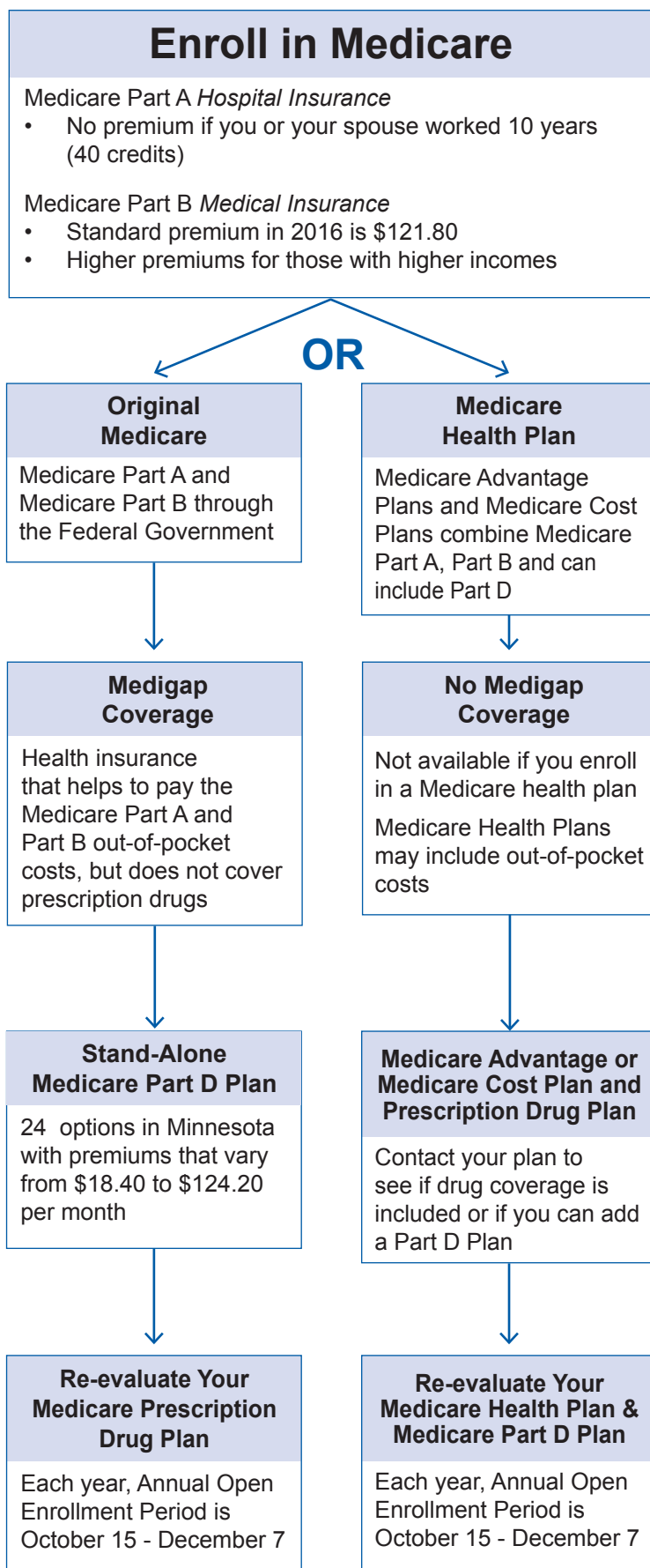
Choose Prescription Drug Coverage

- Coverage is optional
- Penalties could apply for delayed enrollment without creditable coverage
- If you have other creditable coverage, you do not need to enroll

Step 5:

Annual Review of Medicare Health Plan and Part D plan

- Go to medicare.gov to review the Medicare Plan Finder Tool
- Call 800-Medicare
- Call the Senior LinkAge Line® at 800-333-2433





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.

Have questions about your Medicare options?
Call the Senior LinkAge Line® at **1-800-333-2433** for help.

Medicare Open Enrollment: **OCTOBER 15 - DECEMBER 7**

During open enrollment, you can:

- ☒ Review your current plan for benefit changes
- ☒ Change your health plan and/or prescription drug coverage for the next year



A One Stop Shop for Minnesota Seniors

Contact the **Senior LinkAge Line®** at **1-800-333-2433** to answer questions about enrollment, Medicare Health Plans and Part D comparison or to schedule an in-person appointment.

Our Board

Bob Roesler, <i>Chair</i>	Sherburn	Rose Schlieman	Holloway
Mary Perry, <i>Vice Chair</i>	Slayton	Donald Ebel, Ph.D.	Mankato
Lisa Lange, <i>Secretary</i>	Sherburn	Timothy Bachenberg, M.D.	Windom
Amy Wilde, <i>Treasurer</i>	Dassell	Jason Swanson	Walnut Grove