

MINRAAA *news*

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



Happy Halloween from MNRAAA!

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MNRAAA offices will be closed on the following dates:

- **November 10** (In observance of Veteran's Day)
- **November 23 & 24** (Thanksgiving Holiday)
- **December 25** (Christmas Day)

Minnesota River Area Agency on Aging (MNRAAA)

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MNRAAA Executive Director
Linda Giersdorf



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Welcome New MNRAAA Staff

Linda Giersdorf, Executive Director



Welcome to the fall edition of MNRAAA news. As promised in our last edition, we are taking this opportunity to highlight our newly hired staff. MNRAAA is very fortunate to have hired such a dynamic group of individuals. They come with varied backgrounds and experience, but they all share a common vision – that older adults will thrive in southwest Minnesota.

This edition also includes articles about a variety of topics, including Medicare Open Enrollment and Community Conversations. Please contact us if you have questions or would like additional information on any of the topic areas.



How Prepared Are We for a Permanently Older Society?

Rhonda Hiller Fjeldberg, Program Development and Grant Director

The Minnesota Board on Aging, in partnership with the Minnesota Department of Human Services, is looking ahead to the year 2030, and here's why:

- › In the years between 2010 and 2030, 10,000 baby boomers are turning 65 every day!
- › Only 5% of the older adult population lives in long-term care facilities. The other 95% are either living independently or are being cared for by family members, neighbors or community-based agencies.

MN
2030

LOOKING
FORWARD

- › 2030 marks the year baby boomers begin turning 85!

Based on this reality, NOW is the time for communities to begin a new conversation about what our future can be so all older adults

Continued on page 2



Dementia Friends

Elaine Spain, Program Developer with content from the ACT on Alzheimer's website.

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Minnesota. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia.

Since the launch of Dementia Friends Minnesota in September 2016, nearly 7,500 Minnesotans are now proudly calling themselves Dementia Friends. The program is a social action movement to create more dementia friendly communities by changing the way people think, act, and talk about dementia.

To become a Dementia Friend, you participate in a one-hour Dementia Friends Information Session presented by a Dementia Friends Champion. You will learn five key messages about dementia and a bit about what it's like to live with dementia. As a Dementia Friend, you turn your new understanding

of dementia into a practical action that can help someone living in your community. Your action can be big or small – because every action counts!

The one-hour Information Session is an in-person experience run by a Dementia Friends Champion. It is not a formal training. The session has activities and discussion that cover the five key messages everyone should know about dementia. Everyone who attends is asked to do a dementia-friendly action as part of becoming a Dementia Friend, but the choice is yours.

You don't need to be a dementia expert to become a Dementia Friend. You don't need to know someone with dementia to become a Dementia Friend. After you attend the session, taking action as a Dementia Friend is up to you.

By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia.

Can we be the Land of 10,000 Dementia Friends by December 31? Together, let's make it happen!

Find a Dementia Friends Information Session actonalz.org/dementia-friends-information-sessions

Visit actonalz.org/dementia-friends to learn more about becoming a Dementia Friend!



Connie Bagley Retires

Retirement open house for Connie Bagley, executive director of the Southeastern Minnesota Area Agency on Aging. Connie served as the executive director for 36 years.

Are We Prepared for a Permanently Older Society? *Continued from page 1*

and their families are supported and communities can thrive. It is truly a transformative time in our communities!

As a partner in this process, the Minnesota River Area Agency on Aging (MNRAAA) has hosted eight 2030 Community Conversations throughout our twenty-seven-county service area. Using a small group process, older adults, family

members, service providers, and elected officials provided input about in-home services available today that are working well or not working so well, envisioned service needs of an 85-year-old in 2030 and provided suggestions for the type of resources needed to implement the ideas proposed. The information gathered at the Conversations is being reported to

the state and will be used to identify the policy issues individuals believe are most important to our future as an older society.

To learn more about MN 2030, visit their website at mn.gov/dhs/mn2030. You are also encouraged to provide input at surveys.dhs.state.mn.us/snapwebhost/s.asp?k=149581989669.



Minnesota Awarded for Family Caregiver Support

The SCAN Foundation gives state award for leadership in aging services

Minnesota was honored for supporting people who care for older adults, as part of the state's exemplary long-term services and supports system.

Human Services Commissioner Emily Piper accepted The SCAN Foundation's Pacesetter Prize at a morning breakfast attended by key stakeholders in the state's long-term services and supports system for older adults.

"The Minnesota Department of Human Services and the Minnesota Board on Aging are honored to accept this award on behalf of everyone in our state who contributes to quality of life for older adults," Human Services Commissioner Emily Piper said. "Our thanks go especially to family members and friends who provide the majority of all care needed by older Minnesotans, which is not only important for the people receiving care, but also for our state budget – saving Minnesota alone an estimated \$7.9 billion per year. That is more than Minnesota's annual Medicaid costs for nursing homes and other long-term services and supports."

The SCAN Foundation recognized Minnesota for providing such services as coaching to help people care for those with dementia; consultation, information and assistance through the Senior LinkAge Line®, a service of the Minnesota Board on Aging; and services that give caregivers a respite.

"We are pleased this award recognizes our achievements, including the Senior LinkAge Line® as a key resource for older adults and people who care for them," said Kari Benson, Executive Director of the Minnesota Board on Aging. "For 23 years, Senior LinkAge Line®, at 1-800-333-2433, has been helping Minnesotans figure out how to maintain independence, pick the right Medicare drug coverage, and get the help they need to live well at home."

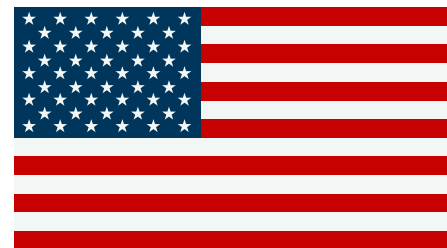
"Minnesota's commitment to expanding innovative programs that support family caregivers and allow its residents to live more independently has made it a pacesetter," said Bruce Chernof, MD, President and CEO of The SCAN Foundation. "These actions

are fundamental for states to prepare, particularly for the growing population of older Americans, and we commend Minnesota for leading the way."

Minnesota is also noted for expanding the Return to Community initiative, which helps people in nursing homes or hospitals or who may be candidates for nursing home placements to return to their homes with needed supports.

The SCAN Foundation, based in Long Beach, California, is an independent public charity devoted to transforming care for older adults in ways that preserve dignity and encourage independence.

Thank you Veterans!



November 11th is Veterans Day, and we want to thank Veterans and their families for their service and sacrifices made for our country.

Program Development Leader Training Calendar

Below is the remaining date for leader training provided by MNRAAA for 2017. More detailed descriptions and registrations are available on our website at: mnraaa.org/training-opportunities.

Date	Program Training	Location
November 8, 2017	Live Well at Home/Evidence-Based Training	Redwood Falls

Watch for 2018 training dates at mnraaa.org in November or in the next issue of MNRAAA news.



Betty Christensen

Program Developer

Betty joined MNRAAA as a Program Developer in August in our Northwest Counties. Betty lives in Montevideo and she loves to spend time with her family, especially at the lake. She loves to sew, read and generally loves to be outdoors.

Betty has previously worked for Family Services and has done guardian/conservator/POA work.



Brittany Boser

Information & Assistance Specialist

Brittany joined the Mankato office in August as an Information and Assistance Specialist. She lives in Janesville and loves to craft. She is obsessed with Pinterest and enjoys camping, boating, fishing and going for nature walks.

Prior to MNRAAA, she worked as a Health and Wellness Program Assistant and as a PCA in various nursing homes.



Erika Myers

Client Services Center Specialist

Erika joined the Mankato office in August as a Client Services Center Specialist.

She lives in Winnebago and has experience as a Program Director at an Intermediate Care Facility.



Laura Thomas

Information & Assistance Specialist

Laura joined MNRAAA in August as an Information & Assistance Specialist in the Willmar area.

She does Spanish Translation and ESL consulting, enjoys time in nature and writing. Laura previously worked as a K12 English Language Learners Program Coordinator, teacher and Spanish Translator. She has also worked in Social Services.



Lisa Martin

Pre-Admission Screening Specialist

Lisa joined the Slayton office as a Pre-Admission Screening Specialist in August.

Lisa and her family live in Slayton. She enjoys reading, relaxing on the pontoon, snowmobiling and spending time with her family.

She has 15 years experience as a Social Worker in long-term care at two different nursing homes.



Rhonda Anderson

Information & Assistance Specialist

Rhonda joined the Mankato office in August as an Information and Assistance Specialist. She lives in Mankato with her family and enjoys reading, trying new recipes and travel.

Rhonda has previous experience as a Nursing Home Administrator, a stay at home mom, a school para professional and a Wellness Coach.



Medicare Open Enrollment

Robin Thompson, Information and Assistance Director

October 15th thru December 7th is the 2018 Medicare Open Enrollment period. Robin Thompson, Information and Assistance Director with the Senior LinkAge Line®, reminds us that, “This is the time of year that people on Medicare should be evaluating their coverage for 2018.” She goes on to say, “There are only a few special circumstances when a person can make a plan change beyond these dates, so it is important to use this time to make the best decision possible for you.”

Every year after open enrollment ends, the Senior LinkAge Line® receives calls from people who failed to open their mail and read about their current drug plan changes for the coming year. It isn't until the first bill for the new year is received, or the beneficiary, is charged more at the pharmacy, that they realize their plan has changed. For most of these beneficiaries it is too late to make a change for that year. Since there are so many

changes every year, the Senior LinkAge Line® recommends that each person review their options for the next year and open and read every piece of mail received from their plan.

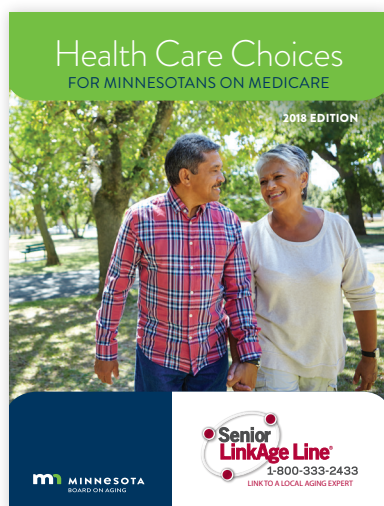
A few reasons to consider a “re-evaluation” of your Part D plan:

- › Monthly premiums for each plan will most likely change
- › Your medication list may have changed in the last year
- › Plan formularies (the list of drugs covered by the plan) may change and the cost-sharing may change (amount you pay for the drug under a plan)
- › You may be eligible for the “extra help” offered to pay premiums and reduce co-pay amounts (applications are accepted at any time of the year)

Using the official Medicare.gov prescription plan comparison tool, which can be found at www.medicare.gov, allows beneficiaries to view a clear comparison of their current plan with other

plans available in 2018. The plan comparison tool will present the cost of the individual's medications in each plan offered in Minnesota. With this knowledge, a person can make a sound decision on a drug plan and prepare for the coming year with confidence and peace of mind.

If you or someone you know needs help evaluating their coverage, contact the Senior LinkAge Line® at 1-800-333-2433. The Senior LinkAge Line® 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.



Health Care Choices

mnhealthcarechoices.com

View, Research, Print

The Minnesota Board on Aging publishes *Health Care Choices for Minnesotans on Medicare* to provide helpful Minnesota-specific information on a variety of Medicare-related issues.

Medicare Open Enrollment is October 15 - December 7.

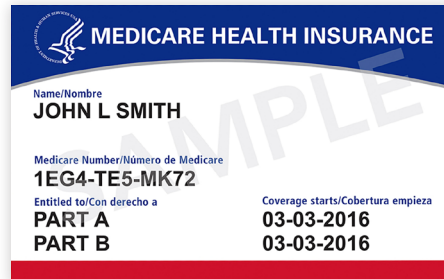


New Medicare Cards

Excerpt from 2018 Health Care Choices for Minnesotans on Medicare

Medicare will be issuing new Medicare cards next year. The new cards will have a new Medicare number that is unique to you, instead of using your Social Security number. This change will help to prevent fraud, fight identity theft and protect private information.

- Those on Medicare will automatically receive a new card mailed to the address that Social Security has on file. Contact Social Security if you need to verify your address.
- People will start receiving new Medicare cards in April 2018.



- All Medicare cards will be replaced by April 2019.
- New Medicare cards will be issued with a new unique, randomly-assigned number called a Medicare Beneficiary Identifier (MBI).

- The MBI will replace the existing Social Security-based Health Insurance Claim Number (HICN) both on the cards and in various government and health care systems.
- Railroad Retirement Board retirees will also receive new cards.
- Healthcare providers will be able to look up the new MBI through a secure tool at the point of service.
 - » There will be a 21-month transition period where all healthcare providers will be able to use either number for billing purposes.

Fight Fraud: Guard Your Medicare Card

This message is brought to you by the U.S. Department of Health and Human Services.

If you have Medicare, you can protect your identity and help prevent health care fraud by guarding your Medicare card like you would a credit card.

Identity theft from stolen Medicare Numbers is becoming more common. Medicare's here to help by removing Social Security Numbers from Medicare cards and replacing them with a new, unique number for each person with Medicare. Medicare will mail new Medicare cards with the new numbers between April 2018 and April 2019.

Here are some important steps you can take to protect yourself from the identity theft that can lead to health care fraud:

- Don't share your Medicare Number with anyone who contacts you by telephone, email or in person, unless you've given them permission in advance. Medicare will NEVER contact you (unless you ask us to) for your Medicare Number or other personal information.
- Don't ever let anyone borrow or pay to use your Medicare Number.
- Review your Medicare Summary Notice to be sure you and Medicare are only being charged for actual items and services received.
- Remember there are no "early bird discounts" or "limited time offers."
- Don't let anyone rush you to enroll by claiming you need to "act now for the best deal."
- Be skeptical of free gifts, free medical services, discount packages or any offer that sounds "too good to be true."

If someone calls you and asks for your Medicare Number or other personal information, hang up and call 1-800-MEDICARE (1-800-633-4227). To learn more about protecting yourself from identity theft and health care fraud, visit [Medicare.gov/fraud](https://www.medicare.gov/fraud) or contact your local Senior Medicare Patrol ([smpresource.org](https://www.smpresource.org)).

If you're looking to enroll in a Medicare plan:



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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.

give
TO THE
MAX 

NOV. 16, 2017

GIVE TO THE MAX DAY 2017: EVIDENCE-BASED PROGRAM SCHOLARSHIP

On Thursday, November 16, Minnesotans will have 24 hours to show off their “Minnesota Nice” as they donate online to their favorite nonprofits on Give to the Max Day. Last year, Give to the Max Day raised \$20 million in one day for nearly 6,000 nonprofits and schools.

This year, your Give to the Max Day donations to MNRAAA will go towards a scholarship fund we’ve created to train class leaders in evidence-based and other programs that change the lives of older adults and their caregivers.

MNRAAA offers class leader training and support for:

- Caregiver Coaching
- Chronic Disease Self-Management Program
- Diabetes Self-Management Program
- Tai Ji Quan
- Matter of Balance
- Powerful Tools for Caregivers

Your generosity on this day makes a difference far beyond the 24-hour giving event. Please join us on November 16, 2017, for Give to the Max Day and help us continue to change the lives of older adults and their caregivers.

You can donate to MNRAAA on our website at MNRAAA.org/donate or at GiveMN.org/organization/Minnesota-River-Area-Agency-On-Aging.