

MNRAAA news

The Minnesota River Area Agency on Aging provides advocacy, information, resources and assistance so that older adults can maintain the lifestyle of their choice.



Gail (Information and Assistance Specialist) and Sarah (Volunteer Coordinator) at the May 2018 Employee Training.

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MNRAAA offices will be closed on the following dates:

- **August 28 (Staff Retreat)**
- **September 3 (Labor Day)**

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Every Vote Counts

Linda Giersdorf, Executive Director

Welcome to the Summer Edition of MNRAAA news. I hope you will enjoy reading about recent “happenings” at MNRAAA as well as upcoming opportunities and events.

A significant opportunity will be voting in the upcoming elections. 2018 will be the first election in Minnesota since 1978 that both U.S. Senate seats and the governorship will be on the ballot in the same year. In addition to the Senate seats, Governor and Lt. Governor, Minnesotans will be voting for their member of the U.S. House of Representatives, Secretary of State, State Auditor, Attorney General, State Representative, and Judicial offices. Some Minnesotans will also be voting for their local county officers, city officers, school board members, township officers, et al.

There are several significant dates before we reach General Election Day:

August 14 – PRIMARY ELECTION

- » Vote early by mail or in person from June 29 - August 13
- » Register in advance by July 24 to save time on Primary Election Day

November 6 – GENERAL ELECTION DAY

- » Vote early by mail or in person from September 21 - November 5
- » Register in advance by October 16 to save time on Election Day

your
VOTE
counts

To learn about how you can vote early by mail or in person, or who qualifies to have an agent pick up their ballot; how to track your absentee ballot; how to view a sample ballot; where to vote on election day; and a multitude of other election-related information go to the Secretary of State's website at sos.state.mn.us and click on “Elections and Voting”. If you are

unable to access the website, you can call the Senior LinkAge Line® at 1-800-333-2433 for additional information.

To quote the Dalai Lama “If you think you are too small to make a difference, try sleeping with a mosquito”. Every vote counts!

Warm Regards,

Linda



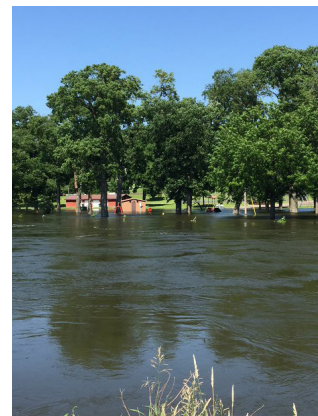
Flooding in Southwestern Minnesota

Severe flooding, road closures, flooded homes and businesses, power outages, evacuations, damaged crops – these are just some of the words we heard during the recent, very heavy rainfalls in our area. According to preliminary numbers, flood damage in southern Minnesota will exceed \$7.7 million. That means the State should qualify for major assistance.

Even with the devastating damage, community members continued to be positive and commented on how the flooding brought their community together as they filled sandbags to save a neighbor's home and/or business. And as is so typical of Minnesotans, those who experienced flood damage

commented "it could have been worse".

If you were affected by the recent flooding and are looking for information about services that may be available to assist you, contact the Senior LinkAge Line® at 1.800-333.2433.



Pictures from Minnesota Homeland Security and Emergency Management Facebook page.

Title III Funding Available for Evidence-Based Disease Prevention and Health Promotion Programs

Rhonda Hiller Fjeldberg, Grant and Contract Manager

Is your agency or organization looking for funding to provide evidence-based health promotion programs for older adults? Do you know another agency or organization that might be interested? See the Title III funding announcement below for programs eligible for 2019 awards!

Don't let time run out, applications are due by August 3 at 4:00 p.m.

2019 Title III Older Americans Act Funding Cycle

The Minnesota River Area Agency on Aging (MNRAAA) is seeking providers to develop and/or expand evidence-based programming for older adults (age

60+) in southwest Minnesota for the period of January 1, 2019 - December 31, 2019.

Applications will be accepted for the following evidence-based programs:

- » A Matter of Balance
- » AEA Arthritis Foundation Exercise Program
- » National Diabetes Prevention Program
- » Stay Active and Independent for Life
- » Stepping On
- » Tai Ji Quan: Moving for Better Balance
- » Chronic Disease Self-Management Program
- » Tomando Control de su Salud

- » Diabetes Self-Management Program
- » Programa de Manejo Personal de la Diabetes
- » Chronic Pain Self-Management Program

Grant applications and contract proposals are due by 4:00 p.m. on Friday, August 3, 2018.

Interested applicants should go to mnraaa.org/grants-management for more information on the 2019 Funding Cycle.

Questions should be directed to:

Rhonda Hiller Fjeldberg
Grant and Contract Manager
507.387.1256 x105
rfjeldberg@mnraaa.org

Spotlight on Title III Services: CCT Senior Transportation Program

Rhonda Hiller Fjeldberg, Grant and Contract Manager

Central Community Transit's (CCT) mission is to cost effectively meet the many transportation needs of the residents of Kandiyohi, Renville and Meeker Counties by providing safe, cost-effective transportation through the many bus and volunteer driver services it provides.

MNRAAA contracts with CCT under Title III-B of the Older Americans Act for Transportation and Assisted Transportation Services to expand their services for persons 60 years of age and older in their service area. Under Title III-B, Transportation services provide a ride, typically via volunteer driver, for older persons to get from one location to another for purposes such as medical, dental and hair appointments, shopping, etc. Assisted Transportation services go beyond a ride and provide assistance to older persons who have physical and/or cognitive difficulties using private or public transportation. The service can include assistance with preparation for the trip, assistance to the vehicle at the person's residence and from the vehicle at the destination, remaining with the person at the



destination, carrying packages into the residence, etc.

"CCT is very proud of the Senior Transportation and the services it provides", said Tiffany Collins, CCT Transit Director. "The volunteer drivers provide a very high level of service and are vitally important to the success of the program. We are able to provide a very safe, reliable, cost-effective service by using volunteers and serving seniors who have very limited access to other means of transportation. Many of the users of the program do not qualify for or have other

options for transportation. This service enables seniors to stay in their homes and communities."



CENTRAL COMMUNITY TRANSIT

To learn more about the program or to schedule a ride contact CCT in Willmar: 320.235.8413; Olivia: 320.523.3589; Litchfield: 320.693.7794; or cctbus.org.



Guest Speaker, Dr. Cindra Kamphoff

Juniper Class Leader Retreat: August 22

MNRAAA class leader's educate, motivate and inspire people to become their best selves. We want to thank them and provide an opportunity to refresh and renew.

All class leaders are invited to join us Wednesday, August 22 from 10:00 - 2:30 in Redwood Falls for a Class Leader Retreat. You will have an opportunity to network, receive updates on Juniper and be inspired in your class leader role. The cost of the training is FREE and includes lunch.

Guest Speaker, Dr. Cindra Kamphoff is a nationally recognized high performance speaker who brings passion, energy and authenticity to her work.

Register online at surveymonkey.com/r/K8HMN3K.



Workplace Chronic Disease Self-Management Program

Lynn Buckley, Health Care Partnership Developer

Millions of adults live with one or more chronic health conditions. A chronic health condition is an ongoing health problem or disease such as diabetes, heart disease, arthritis or other long-term problem. Workplace Chronic Disease Self-Management Program (wCDSMP) builds participants' confidence in their ability to manage their health condition.

MNRAAA can now train wCDSMP leaders. This program is an adaptation of the six-week Chronic Disease Self-Management Program and contains similar content, but is rearranged into one-hour segments for the workplace.

Sessions are led by two trained wCDSMP leaders at a hosting workplace. Participants are employees of the hosting workplace who are also dealing with a chronic health condition.

Curriculum includes the following:

- » Techniques to help balance work and home life
- » Techniques to deal with problems such as frustration, fatigue, pain and isolation
- » Appropriate exercise for maintaining and improving strength, flexibility and endurance
- » Appropriate use of medications
- » Communicating effectively with family, friends and health professionals
- » Nutrition
- » Decision-making
- » How to evaluate new treatments

Participants make weekly action plans, share experiences and help each other solve problems they encounter in creating and carrying out their self-management program.

To learn more, contact Lynn Buckley at 507.387.1256 x114 or lbuckley@mnraaa.org.

New Staff



Tami Dorenkamper

Program Developer

Tami joined MNRAAA in May as a Program Developer. She lives in Ivanhoe, with her two dogs, Maggie and Libby. She enjoys riding motorcycle, hunting, outside activities, gardening, flowers, reading and spending time with her niece and nephews in the cities.

Prior to MNRAAA, Tami worked at Western Mental Health as an ARHMS worker and supervisor for a Board and Lodge.

Program Development Leader Training

Below are the dates for leader training provided by MNRAAA for 2018. More detailed descriptions and registrations are available on our website at: mnraaa.org/training-opportunities.

Date	Program Training	Location
July 25	LWCC/LWD Leader Refresher Training	GoToMeeting
August 22	Class Leader Retreat (See page 4)	Redwood Falls
September 11, 12, 18 & 19	Living Well with Chronic Conditions	Redwood Falls
September 25	Living Well with Diabetes	Redwood Falls
October 2-3	Living Well with Chronic Pain	Redwood Falls
October 30	Caregiver Coach	Redwood Falls
October 31	Holding a Family Meeting	Redwood Falls



Falls Prevention Day: September 22



Falls Free®

National Council on Aging

Did you know that 1 in 4 Americans aged 65+ fall every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly - in dollars and in quality of life. However, falling is not an inevitable part of aging.

Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among older adults can be reduced substantially.

The 11th annual Falls Prevention Awareness Day will be observed on September 22, 2018 - the first day of fall.

The annual Falls Prevention Awareness Day raises awareness about how to prevent fall-related injuries among older adults. National, state, and local partners collaborate to educate others about the impact of falls, share fall prevention strategies, and advocate for the expansion of evidence-based community fall prevention programs.

Programs such as A Matter of Balance, Tai Ji Quan - Moving for Better Balance, Stepping On and Stay Active and Independent for Life are available throughout Minnesota.

To learn more about evidence-based falls prevention programs in your area, visit yourjuniper.org/Programs.

Falls Prevention Conversation Guide for Caregivers

Staying healthy as we get older improves our day-to-day life. Those who are less physically active are at higher risk of falling. Strength and balance exercises, properly managing medications, regular vision checks, and making the living environment safer are some of the steps you and your loved one can take to prevent a fall.



The Most Common Risk Factors That Can Result in a Fall:

- » **Physical Risk Factors:** Changes in your body that increase your risk for a fall
- » **Behavioral Risk Factors:** Things we do or don't do that increase our falls risk
- » **Environmental Risk Factors:** Hazards in our home or community

The Key is to Know Where to Look.

- » **Muscle Weakness, Balance, and Gait Problems:** As we age, most of us lose some strength, coordination, flexibility, and balance - primarily through inactivity, making it easier to fall.



Vision: In the aging eye, less light reaches the retina, which makes it harder to see contrasting edges, tripping hazards, and obstacles.



Medication Use: Some prescription and over-the-counter medications can cause dizziness, sleepiness, dehydration, or interactions with each other that can lead to a fall.



Environment: Most older adults have lived in their homes for a long time and have never thought about simple modifications that can keep it safer as they age.



Chronic Conditions: More than 90% of older adults have at least one chronic condition like diabetes, heart disease, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or use of multiple medications.

Here are Some Steps You Can Take to Prevent a Fall.

Falls prevention is a team effort. There are others who want to help you maintain your and your loved one's mobility and reduce the risk of falling and injuries. Below are three steps designed to help you most effectively prevent a serious injury, stay healthy, and maintain an independent lifestyle. Use the information gathered in these steps to:

- » Start a conversation with the person you are caring for to determine if they are at risk for a fall.
- » Identify whether you may be at risk for a fall and develop an action plan to ensure you are a strong and healthy caregiver.

For more information: caregiving.org • ncoa.org/FallsPrevention



Medicare is Changing in Minnesota

Medicare Cost Plans, a type of Medicare plan very popular in Minnesota, will be ending on December 31, 2018 for many, but not all Medicare beneficiaries. This will affect Medicare coverage for many people on Medicare across the state.

and keep every piece of mail you receive from Medicare and your plan. The notices you receive will provide you with important information about the changes.

If the Cost Plan changes affect you, you will need to take action to make sure you have the coverage you need on January 1, 2019.

It is important to know that you have options!

There will be plenty of time to learn about your plan choices and to make the best decision for you.

You can connect with experts to help you weigh your options by calling 1-800-Medicare, or Minnesota's Senior LinkAge Line® at 1-800-333-2433.

So, relax and enjoy your summer, because you do not need to do anything about your Medicare plan now. But, keep an eye out for mail from your plan and Medicare in the fall, so you can make a decision that is right for you.

Visit the Senior LinkAge Line's website at: seniorlinkageline.com

Medicare *Changes*

Cost Plans are ending, because a law passed by Congress requires the plans to end in most counties in Minnesota in 2019. This law requires that Medicare Cost Plans end in counties that have at least two other coverage choices (known as Medicare Advantage) that meet enrollment requirements.

If you are impacted by the Cost Plan changes, you will receive notices from Medicare and your Cost Plan in September. Read

State Fair Bound



The Great Minnesota Get Together – the Minnesota State Fair – is upon us, and the Minnesota Board on Aging (MBA) will once again have a presence in the State Fair's Education Building.

The Board's booth space at the fair provides a great opportunity to connect with thousands of older Minnesotans and their family members from across the state, provide them with information and answer their questions. Topics covered include Medicare, aging in place, long-term care planning, preventing senior fraud and much, much more.

Volunteers, board members from the Minnesota Board on Aging, and staff from the Minnesota Department of Human Services and Minnesota's Area Agencies on Aging will be at the booth. They will be on hand every day throughout the fair to answer questions and connect seniors to the resources and help they need.

The Minnesota State Fair runs from Thursday, August 23 through Labor Day, which falls on September 3 this year.

The State Fair Education Building is open from 9:00 am to 9:00 pm daily during the fair.



Baby News

New Arrival

Brittney Sheeran (Information and Assistance Specialist) and her husband Ben welcomed their son, Kellan John on May 16, 2018. Kellan weighed 7 pounds, 13 ounces and was 22 inches long.





Minnesota River Area Agency on Aging®

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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.

Medicare Open Enrollment: OCTOBER 15 - DECEMBER 7

Medicare Open Enrollment is your opportunity to look over your current plan and make changes that will take effect January 1, 2019. There are only a few special circumstances when a person is allowed to make a plan change beyond these dates, so it is important to use this time to make the best decision possible for you.

If any of these things have changed, you should consider re-evaluating your plan:

- » Your health
- » Your financial status
- » Your medications or your plan's formulary
- » Your plan's provider network
- » Your plan's out-of-pocket costs (premiums, deductibles, coinsurance and copayments)

Next Steps:

- » Go to [Medicare.gov](https://www.medicare.gov) and use the Plan Finder Tool to help answer questions you may have.
- » Call 1-800-Medicare.
- » 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.

