

MINRAAA *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.



Pictures from Caregiver Presentations in Granite Falls, Worthington and Blue Earth.



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Agency on Aging (MNRAAA)**

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NCOA's Aging Mastery Program

Jason W. Swanson, Executive Director

Dear Readers,

The Minnesota River Area Agency on Aging is excited to announce a partnership with other Area Agencies on Aging in Minnesota to roll out the National Council on Aging's (NCOA) Aging Mastery Program®.

As children, we're taught how to be successful adults. By contrast, no one teaches us how to age well. As a result, most are unprepared for this new stage in life. That's where Aging Mastery comes in. NCOA created Aging Mastery as a guide to building a playbook for aging well and making the most of the gift of longer life.

Aging Mastery comes in two formats:

- » Aging Mastery Program Classes - Classes are currently being scheduled in Minnesota. Call 212.897.1964 to find a class near you.
- » A self-directed Aging Mastery Starter Kit

Both versions provide a comprehensive and fun approach to positive aging by focusing on key aspects of health, finances, relationships, personal growth, and community involvement. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results. Mastery comes from turning these lifestyle changes into habits that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

Results show that program participants have increased their physical activity levels, healthy eating habits, use of advanced planning, social connectedness, and participation in evidence-based self-management programs.

Aging has changed dramatically in just one generation. There is a new reality to maintaining health and economic security and contributing to society as people age. Traditional retirement plans are disappearing, the cost of daily living continues to rise, and more than 84% of people aged 65+ are coping with at least one chronic health condition. Most importantly, people are living longer—much longer—than previous generations.

The nation's 76 million baby boomers have been given an unprecedented gift of time. Aging Mastery helps them address both the benefits and challenges of this new longevity bonus.

To learn more about the Aging Mastery Program, visit ncoa.org/AMP.

Jason W. Swanson



*Portions of this article are from NCOA's website, ncoa.org/healthy-aging/aging-mastery-program



Beverly Gillund and Kandyce Peton Join MNRAAA Board of Directors

MNRAAA is pleased to announce the appointment of Beverly Gillund and Kandyce Peton to its board of directors.

Beverly Gillund of Hendricks is a registered nurse, a licensed social worker and has conducted professional speaking engagements throughout the country about telehealth and other technology improvements in rural health care. She recently retired from thirty years of service with the Hendricks Community Hospital Association, where she held numerous positions including the director of clinical services, director of hospice, director of home care and interim nursing director. Ms. Gillund is currently active with her local church and is a member of the Hendricks Kiwanis Club.

Kandyce Peton of Courtland currently sits on the Courtland City Council and works in retail in New Ulm. Ms. Peton is a registered nurse and has worked nationally in hospitals, health systems and specialty surgery centers. She is a graduate of Connecting Nicollet County, a leadership development program. Ms. Peton participated as a volunteer nurse with the Southwest Minnesota National



Honor Flight to assist World War II veterans in traveling to Washington, D.C. She currently volunteers in her community and participates in activities at her local church.

Jason Swanson, MNRAAA Executive Director, said of the appointments, "I am tremendously excited to have Ms. Gillund and Ms. Peton join our organization. They each bring unique ideas and viewpoints that will assist in growing services MNRAAA can provide to communities."

"As a member of the MNRAAA

Board of Directors" stated Robert Roessler, Board Chair, "I would like to welcome these two individuals to the board. I look forward to the perspectives and past experiences they'll contribute to help create a preferred future for MNRAAA and older adults living in southwest Minnesota."

Ms. Gillund and Ms. Peton join the MNRAAA Board of Directors which includes members from the twenty-seven county service area, ranging from a retired hospital administrator to the current executive director of an assisted living community.

Save The Dates

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

Caregiver Coach Training

October 24, 2019
Redwood Falls

Register Online:

www.surveymonkey.com/r/YFTQD7N

Holding a Family Meeting Training

October 30, 2019
Redwood Falls

Register Online:

www.surveymonkey.com/r/YZMKBDY

Network Meeting & Training

November 13, 2019
Redwood Falls

Register Online:

www.surveymonkey.com/r/DK87335

Renewal of the Older American's Act

Jason W. Swanson, Executive Director

Back in April, I reached out to many individuals, organizations and vendors about the importance of contacting your legislators in Washington D.C. about the reauthorization of the Older Americans Act (OAA). We saw a great push and the Senate Committee on Health, Education, Labor and Pensions (HELP) was working hard to get it passed. However, the reauthorization process has stalled.

What can you do? Reach out to your representative and/or your senator and ask them to support the reauthorization of the Older Americans Act! The OAA serves millions of people throughout the nation. Some programs include:

- » Congregate and Home Delivered Meals
- » Home and Community Based Supportive Services
- » Family Caregiver Support Services
- » Employment Services

The OAA provides millions of senior's access to food, transportation and caregiving services.

It is imperative that we reach out to our congressional leaders, especially Sen. Tina Smith who sits on the HELP Committee, as the OAA is set to expire on September 30, 2019.

What is MNRAAA doing? We have reached out to Sen. Smith to work on establishing a round table with our Title III providers to discuss the value of the OAA in southwest Minnesota. We will also be reaching out to Sen. Amy Klobuchar and Reps. Collin Peterson and Jim Hagedorn.

Below is how you can get in touch with your representatives and senators.

Senators:

- » **Amy Klobuchar**
klobuchar.senate.gov
- » **Tina Smith**
smith.senate.gov

District 1 Representative:

- » **Jim Hagedorn**
hagedorn.house.gov

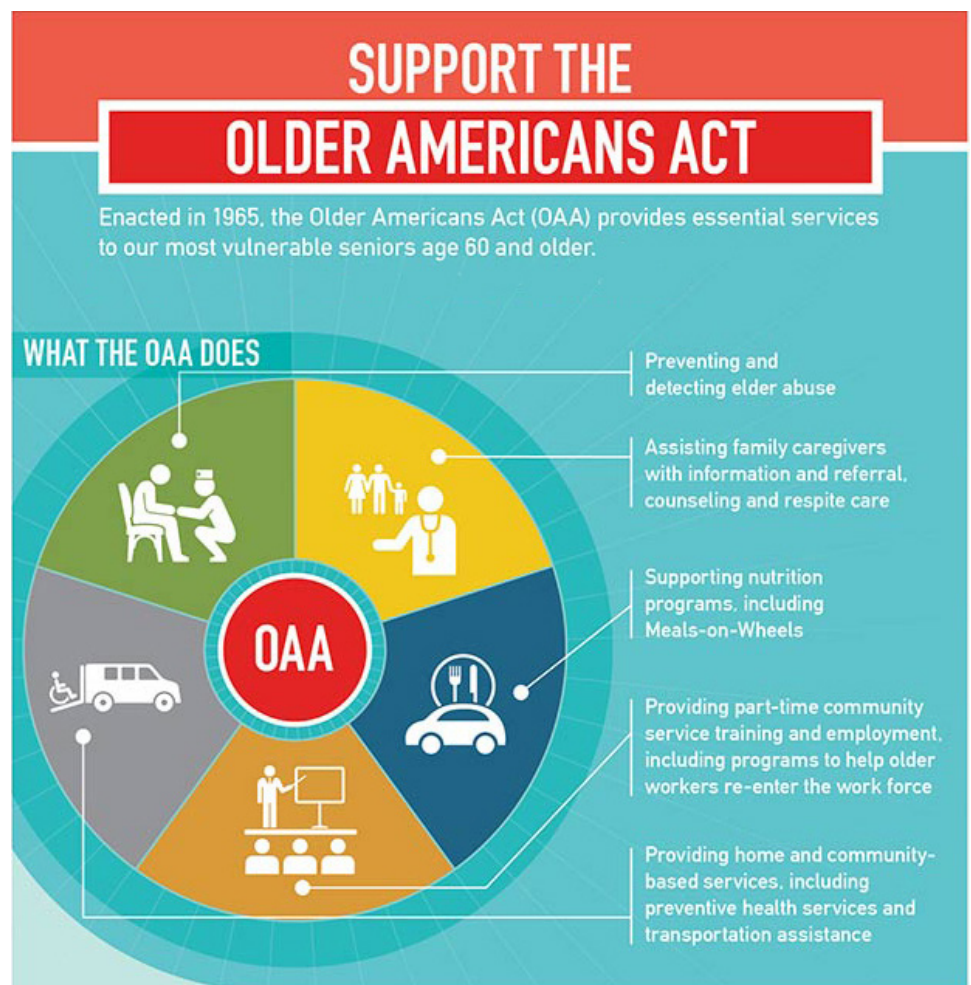
District 7 Representative:

- » **Collin Peterson**
collinpeterson.house.gov

Please note that Sens. Klobuchar and Smith represent all of Minnesota. Rep. Hagedorn

represents Minnesota Congressional District 1, which includes Blue Earth, Brown, Cottonwood (portion), Faribault, Jackson, Martin, Murray, Nicollet, Nobles, Pipestone, Rock, Waseca and Watonwan counties. Rep. Peterson represents Minnesota Congressional District 7, which includes Big Stone, Cottonwood (portion) Chippewa, Kandiyohi, Lac qui Parle, Lincoln, Lyon, McLeod, Meeker, Murray, Pipestone, Redwood, Renville, Sibley, Swift, and Yellow Medicine counties.

If you need assistance, please feel free to reach out to me for further guidance at jswanson@mnraaa.org or 507.387.1256 ext. 103.





New Staff



Krista Eichhorst

Program Developer/Juniper

Krista joined MNRAAA as a Program Developer in July. Before joining MNRAAA, Krista managed an AmeriCorps VISTA program for the Minnesota Association for Volunteer Administration.

Krista lives in Mankato and is the youngest of three daughters. She is an avid hiker, camper and backpacker and volunteers with the MN DNR doing urban outreach for state parks and trails.



Colleen Petersen, LSW

Community Living Specialist

Colleen joined MNRAAA as a Community Living Specialist in June. Before joining MNRAAA, Colleen was a social service director at a long-term care facility and a licensed social worker for multiple hospice organizations. She is also the Shouthwest Chapter Treasurer for MNHSWA.

Colleen lives in Arco with her husband Pete. They have three grown children, Nichole, Jamie and Ben and four grandchildren, Sierra, Violet, Greta and Anna.



Lucinda Heinrichs, LSW

Community Living Specialist

Lucinda joined MNRAAA as a Community Living Specialist in June. Before joining MNRAAA, Lucinda worked for 25 years as a licensed social worker at South Shore Care Center in Worthington.

Lucinda lives in Sibley, IA and has two teenage sons, Justin and Evan. She loves gardening and crafting. She is also a member of the Nobles County Adult Protection Team.

2020 Title III Funding Cycle

Rhonda Hiller Fjeldberg, Grant and Contract Manager

One of MNRAAA's core functions includes the distribution of Title III Older Americans Act funds to develop or expand services for older adults and caregivers, fill gaps in existing services, contribute to the development of a comprehensive and coordinated system of services for older adults and enhance the ability of older adults to remain independent in their own homes. In keeping with this function, on June 19 MNRAAA released a request for 2020 Title III grant applications and

contract proposals. The request was directed to new and existing providers of Title III-B Supportive Services, Title III-C Nutrition Services, Title III-D Disease Prevention and Health Promotion Services, and Title III-E National Family Caregiver Support Programs.

Applications and proposals were due to MNRAAA on August 2. For more information about Title III funding contact Rhonda at 507.387.1256, ext. 105 or rhonda@mnraaa.org.



Lori Pankonen

Case Aide

Lori joined MNRAAA as a part-time Case Aide for the Senior LinkAge Line® in May.

Lori lives in Slayton with her husband Randy and their fur baby Elly. Lori and her husband own the Pizza Ranch in Slayton. She enjoys living at the lake and spending time on their pontoon, golfing and serving on the Slayton Golf Course Board.



Spotlight on Title III Service Providers: A.C.E. of Southwest Minnesota

Rhonda Hiller Fjeldberg, Grant and Contract Manager

A.C.E. of Southwest Minnesota (A.C.E.) offers programs and services founded on Advocating, Connecting, and Educating the citizens of southwest Minnesota. Their resources and supports help to enable adults to live safely and independently for a longer period of time. They also help meet community needs by matching volunteers age 55 and older with activities that fit their interests, schedules, and experience. Their mission is "Creating strong, involved communities focusing on volunteerism and active living programs for adults 55 and above, and care partners of all ages".

In 2014, A.C.E. applied for and received Older Americans Act Title III-D Disease Prevention and Health Promotion funding from MNRAAA to implement A.C.E. Evidence-Based Programs (EBP). The purpose of EBPs is to educate older adults about chronic disabling conditions, prevention and reduction of effects, alcohol and substance abuse reduction, smoking cessation, weight loss and control and stress management. All EBPs must meet the Administration for Community Living's highest tier of evidence.

This means they offer proven ways to promote health and prevent disease among older adults.

In their first year of Title III-D funding, A.C.E. offered A Matter of Balance and the Chronic Disease Self-Management Program. In subsequent years, A.C.E. has continued to receive Title III funding and has grown its EBP offerings to include: A Matter of Balance; Chronic Disease Self-Management Program; Chronic Pain Self-Management Program; Diabetes Self-Management Program; and Tai Ji Quan: Moving for Better Balance.

Older adults who've participated in A.C.E.'s EBPs have many positive things to say about the classes. Here are some examples:

- » "The most valuable part of the program to me: listening to fellow class participants helped me realize my ailments are minor compared to others."
- » "I made new friends and the class leaders were PERFECT!"; "I learned about the diversity of how diabetes affects different people and plan on using my book for reading pleasure!"



"The EBPs we provide in our seven-county service area are instrumental in achieving our organizational vision of 'bringing volunteers and healthy living programs together to create communities where older adults and care partners thrive' ", said Michelle Baumhoefner, A.C.E. executive director. "All of the EBPs provide participants with self-care strategies that enhance independent living, as well as promoting lasting friendships among all in attendance – participants, volunteer lay leaders and staff leaders!"

MNRAAA appreciates A.C.E.'s commitment to providing EBPs in their service area and partnering with us in our work to help older adults thrive in southwest Minnesota.

To learn more about A.C.E. programs and services contact them at 507.360.4205, ace.director@co.murray.mn.us or visit their website at www.aceswmn.org.



The MNRAAA offices will be closed on the following dates.

LABOR DAY
Monday, September 2

ALL STAFF TRAINING & RETREAT
Monday, September 9

REMINDER

Medicare Open Enrollment starts Tuesday, October 15.



Important Changes to Preadmission Screening and Resident Review

Kristen Mullen, Preadmission Screening Supervisor

State and federal law require everyone to have preadmission screening (PAS) before admission into a Medical Assistance (MA)-certified nursing facility. This includes admission to a boarding care facility or hospital “swing” bed. Hospitals and clinics submit these screenings to the Senior LinkAge Line® prior to discharging a person to a nursing facility.

Facilities complete preadmission screening to:

- » Avoid unnecessary admissions by finding those who could be helped at home using community-based services
- » Identify people with a mental illness and/or developmental disability who may need specialized services
- » Determine there is a need for nursing facility services
- » Identify people who could benefit from transitional support back home after a nursing facility stay

There are two updated bulletins recently released by the Minnesota Department of Human Services and the Minnesota Board on Aging.

- » 19-25-02: Preadmission Screening-Activity Required for Admission to MA Certified Nursing Facilities
- » 19-25-03: Payment in Medicaid-Certified Nursing Facilities and 90-Day Redetermination of Level of Care

Two of the more important changes include:

- » A new screening is required anytime a person discharges to the community and needs to return to a nursing facility.

- » A new screening is required if a nursing facility resident transfers to a psychiatric hospital or unit and then returns to the nursing facility.

The PAS staff from the Senior LinkAge Line can help if your agency would like to learn more or would like a presentation about preadmission screening. Please contact me at 1.800.333.2433 ext. 82015.



Participate in a survey on air travel and dementia!

The Dementia-Friendly Airports Working Group is leading an initiative to make airports more dementia friendly.

The Traveling with Dementia - Airport Stories Survey collects information and stories about air travel experiences from persons with dementia and their care partners.

If you are willing to take the survey and share your stories – good and bad – about air travel experiences, please go to:

<http://bit.ly/DementiaFriendlyAirports>

If you have questions or comments about the survey or story collection, we'd love to hear them at DementiaFriendlyAirports@gmail.com

Survey is available through September 15th!

UNIVERSITY OF MINNESOTA



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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.

September is Falls Awareness Month

Kelly McDonough, Program Developer

Did you know that 1 in 4 Americans aged 65+ falls every year?

According to the Centers for Disease Control and Prevention, falls are the leading cause of both fatal and non-fatal injuries among older adults. It is without a doubt that falls in the elderly population are a pressing public health concern in our community.

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 seniors can be reduced substantially.

Research indicates that the most effective interventions to prevent falls for persons at moderate

to high risk of falls are multifactorial, including environmental modifications along with risk assessment (including medication management) and physical activity (exercise).



Falls Free®

National Council on Aging

The annual Falls Prevention Awareness Day, held on September 23, 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.

MNRAAA encourages you to partner with us in promoting and sponsoring Falls Prevention outreach activities and events.

The links below are to multiple tools and resources to help you create your campaign.

- » ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/general-resources/infographics-handouts
- » aota.org/fallsday
- » cdc.gov/homeandrecreationalsafety/falls/pubs.html

If you are interested in partnering with MNRAAA staff, visit mnraaa.org/program-development to find a Program Developer in your area.