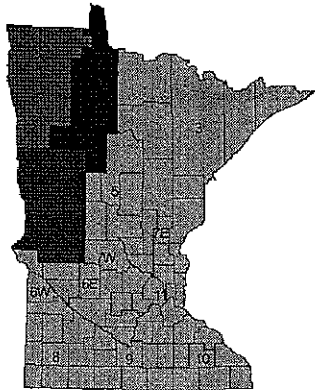




**Area
Agency
on
Aging**

*(a program with the
Northwest Regional
Development Commission)*



Warren Office
115 South Main, Suite 1
Warren, MN 56762
(218) 745-6733

Park Rapids Office
PO Box 301
Park Rapids, MN 56470
(218) 237-3304

Fergus Falls Office
313 South Mill Street
PO Box 726
Fergus Falls, MN 56537
(218) 739-4617

Senior News

March, 2010

Return to Communities

Learn about a 2009 Legislative initiative that is being implemented through the MinnesotaHelp Network™, the Department of Human Services, the Minnesota Board on Aging and its six area agencies on aging.

“Return to Community” is a new service for people in nursing homes who want to go home and have the potential to live successfully in the community. The service is being implemented statewide through the Senior LinkAge Line® and the MinnesotaHelp Network™.

Monday, March 8, 2010

9:30 - 11:30 a.m.

Mount St. Benedict Center

Marion Hall Lounge

620 Summit Avenue

Crookston, MN

(218) 281-3441

Please use west side parking lot

Tuesday, March 9, 2010

9:00 - 11:00 a.m.

Broen Memorial Nursing Home

Life & Life Auditorium

824 S Sheridan Street

Fergus Falls, MN

(218) 998-7300

Continued Page 2

Return to Communities continued....

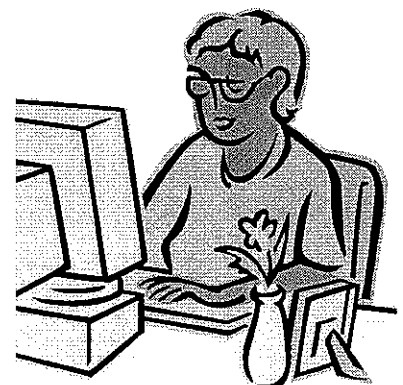
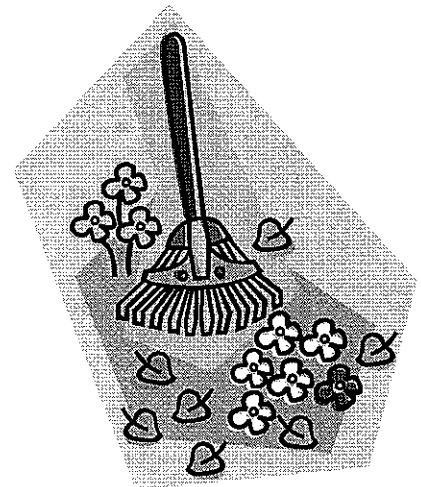
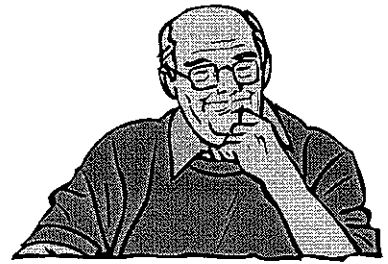
The purpose of these presentations will be to learn more about the Return to Community initiative. The objectives of the training are:

1. Learn more about the target profile group and how the Minnesotahelp Network™ Community Living Specialists will work with the target group.
2. Learn more about the protocols for contact and referral between Senior LinkAge Line® and Nursing Homes.
3. Review the marketing materials that will be provided to Nursing Home staff for distribution to consumers.
4. Meet the new Minnesotahelp Network™ Community Living Specialist for your area.

Who Should Attend:

Nursing Home Social Workers, Directors of Nursing, Nursing Home Administrators, Home & Community Based Service Providers, Managed Care Organizations, Hospital Discharge Planners, County Case Workers, Long Term Care Consultants, Senior LinkAge Line® staff, Disability LinkAge Line® staff, Area Agency on Aging staff, Centers for Independent Living, Ombudsman for Long-term Care and the General Public.

For more information contact the Senior LinkAge Line® at 1-800-333-2433.



Land of the Dancing Sky Staff:

Park Rapids Office

Darla Bergquist
Program Development
Manager

Warren Office

Carol Bye
Senior LinkAge Line®
Outreach Specialist

Leon Heath
Land of the Dancing Sky
Partnership Manager

Shannon Henrickson
Area Agency on Aging
Director

Rose Reed
Senior LinkAge Line®
Specialist
Program Technician

Carol Sorensen
Contract/Financial Manager

Amanda Younggren
Senior LinkAge Line®
Specialist
Volunteer Coordinator

Thief River Falls Office

Nancy Sandahl
MNHelp Network™
Community Living Specialist

Fergus Falls Office

Mary Jane Hay
Administrative Specialist

Karin Haugrud
Senior LinkAge® Line
Specialist

Mark Tysver
West Central Director/Program
Manager

Contractors:

Becker County -Karen Lenius
Clay County - Dale Rollie
Douglas County-Mary Krueger
Grant County-Janet Johnson
Otter Tail County-Lyle Hoxtell
Pope County-Dodie Johnsrud
Stevens County-Linda Wasmund
Traverse County-Sarah Young
Wilkin County-Linda Dietz
Douglas County-Deb Shea,
SHIP (State Health Insurance
Program)

New Staff

Nancy Sandahl joined the AAA as the new MNHelp Network™ Community Living Specialist in December 2009.

Amanda Younggren, Senior LinkAge Line® Specialist and Volunteer Coordinator joined the AAA in January 2010 replacing Lois Pagnac who retired the beginning of January.

Karen Lenius, Becker County and Dale Rollie, Clay County became the new County Coordinators for their counties respectively.

Welcome to All!



Nancy Sandahl & Amanda Younggren

What's New!

Return to Communities Initiative

The Return to community initiative was facilitated by 2009 legislation. The target profile: residents in nursing homes with low needs; desire to return to community; and, having a supportive caregiver.



The objective: enable consumers that have expressed a desire to return back to community to do so with assistance from the Community Living Specialist through interventions including assessments, care planning, service coordination, placement and ongoing monitoring of care once back in the community.

A little bit about our new Community Living Specialist who is working with the Return to Communities Initiative:



Hi my name is Nancy. I come to the AAA with 30 years experience working with the elderly. Seventeen of those years were in public health and home health, ten years in nursing facilities, two years in mental health nursing and one year medical/surgical nursing. Along with this experience I have a great respect and love for the elderly population, and with that I bring a passion for my job to the front. I am very excited to work with this new initiative. See you on the road!

Live Well at Home

'Live Well at Home' helps high-risk persons avoid and/or delay spending down to medical assistance. Early risk identification using the Rapid Screen process, proactive management of risk factors, and assistance with buying self-directed help are the necessary components of this program. Elder Network and Douglas County Public Health will partner with Land of the Dancing Sky Area Agency on Aging as we establish this program in Douglas County. OAKS Living at Home/Block Nurse Program is our partner in Pelican Rapids.

Chronic Disease Self-Management

The Minnesota Board on Aging is applying for dollars to expand 'Stanford's Chronic Disease Self-Management Program' in Minnesota. The subjects covered under this program include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and 6) how to evaluate new treatments.

Participants attend workshops given two and a half hours a week, for six weeks in community settings. Workshop leaders are trained by Chronic Disease Self-Management Master Trainers. If the grant is approved, our Area Agency on Aging will be working with the Minnesota Extension Service and several County Public Health Departments to expand this program.

Matter of Balance Classes

We have begun implementing a new Falls Prevention program in our planning and service area. The evidenced-based, program is called a Matter of Balance. This program is designed to reduce the fear of falling and increase activity levels among older adults. Studies indicate that up to half of community dwelling older adults experience fear of falling and respond by curtailing their activity. Being inactive can result in loss of muscle strength and balance. Furthermore, it compromises social interaction and increase risk for depression and anxiety.



Trained facilitators conduct eight-two hour sessions designed for groups of 10 to 12 participants. To date, we are excited to announce that we have 17 trained Matter of Balance volunteers in the northern part of our planning and service area.

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns About Falls* is a program for you. Fear of falling can be just as dangerous as falling itself.

People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they

What's New continued..... Matter of Balance classes

limit their interactions with family and friends. *A Matter of Balance* can help people improve their quality of life and remain independent. Since Minnesota is the third leading state for falls it became evident that we need to address this issue with the senior population that we serve.

We want to take this opportunity to recognize the Villa St. Vincent and their efforts to implement this exercise program with Polk county. Currently, they have started three Matter of Balance classes in Crookston, Minnesota. We want to thank, Nancy Moser for coordinating these efforts on behalf of seniors within that community as well as Lori Folkers, physical therapist and Kathy Hanson, activity therapist for teaching the classes.

Furthermore, we have partnered with several other agencies in our planning and service area that are in various stages of marketing and development of the Matter of Balance program with the communities that they serve. Please contact Darla Bergquist, Aging Program Developer (218) 237-3304 with any interest in developing Falls Prevention programs within your community or call the Senior LinkAge Line® 1-800-333-2433 to find your closest Matter of Balance class near you.

Early Memory Care Project

Our first Early Memory Care project was in Douglas County in 2008 and now has expanded to include Park Rapids, Roseau and Fergus Falls in 2010.

Goal is to give people in the early stages of memory loss and their care partners optimal control over their lives to help sustain cognitive function, reduce premature decline and reduce the negative impacts on caregivers.

The final result will be people in the early stages of memory loss will be able to demonstrate an increased ability to cope with improved life satisfaction and decreased depression. Their care partner will also have reduced burden and depression.

The partners - Park Rapids Living at Home/Block Nurse Program, Life Care Medical Center of Roseau, Alzheimer's Association and Fergus Falls Medical Group will work toward a new system change for facilities.

Attention Medicare Recipients!

Extra help is available for people with limited income and resources to pay all or most of the monthly premiums, annual deductibles and prescription co-payments on their Medicare Part D (prescription drug) plan. This extra help could be worth more than \$3,300 per year.

To qualify for this extra help, you must have an income limited to \$16,245 for an individual or \$21,855 for a married couple. Resources must be limited to \$12,510 for an individual or \$25,010 for a married couple.

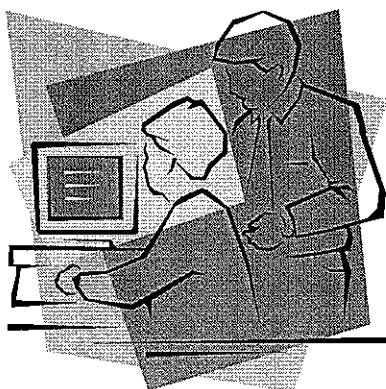
Resources include such things as bank accounts, stocks and bonds. A home and one vehicle are not included as resources.



Please call the Senior LinkAge Line® at 1-800-333-2433 for more information on Medicare Part D, or any questions you may have on Medicare or private insurance plans.

Senior Surf Events - An Opportunity for Seniors to Learn About Computers!

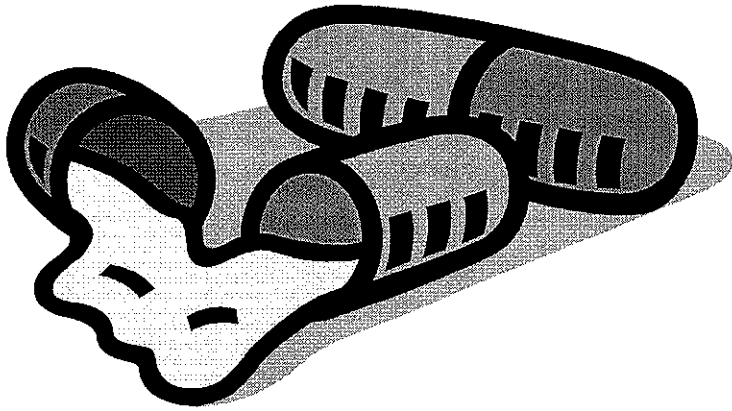
If you would like to host a Senior Surf Event in your community (any place that has access to 4-5 computers and internet connection) please call the Senior LinkAge Line® 1-800-333-2433 and we will help get one set up for you.



Trained volunteers teach the classes and provide good, basic skills to seniors so they can expand their worlds further and begin surfing the web.

Agency on Aging and Pharmacists Team Up in 2010 By Karin Haugrud, Senior LinkAge Line® Specialist

The Land of the Dancing Sky Area Agency on Aging and the Lake Region Healthcare clinical pharmacists continue to join forces to provide Medication Therapy Management for seniors in the 21 county region.

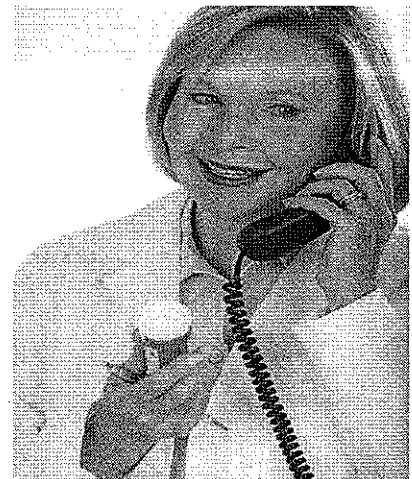


What are the benefits you could receive from this service? This service involves a personal interaction between you and a specially trained pharmacist. The pharmacist will answer all of your questions and concerns about your medication, they will review all of your medications –

both prescribed and over the counter - to make sure they are appropriate, effective, safe and convenient for you and make recommendations to help you achieve the most from your medications.

Besides the health benefits, it can help you save money by making sure you need all the medications you are taking and by making sure the medications you are paying for are working the way they should be working for you.

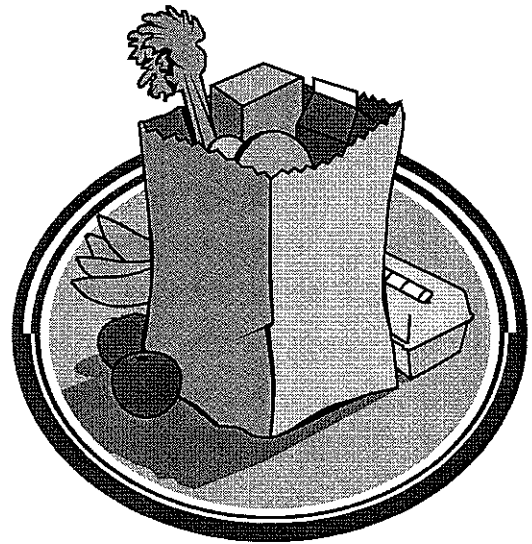
Are you confused by how many medications you must take? It may be time for you to sign up for a medication checkup. Gather all of your medications, both prescription and over-the-counter, and call to set up a date! To have a clinical pharmacist come to your community to provide this service for you and your peers at **no charge**, please contact the Senior LinkAge Line® at 1-800-333-2433.



NAPS Sites Expand!

Nutrition Assistance Programs for Seniors (NAPS) sites have expanded in our area! A monthly box of commodity foods are delivered to a drop off location and picked up by the senior or designated person. Call Lori Tate 1-877-281-3272 toll free - she will take your application over the phone.

Alexandria, 720 Fillmore St
Breckenridge, 225 5th St S
Detroit Lakes, 1400 Corbett Rd
Ada, Valley View Manor, 705 W Main
Mahnomen, 115 E Madison
Elbow Lake, 411 Industrial Park Blvd
Crookston, 324 N Main
Argyle, 3rd and Garfield
Strandquist, 202 Main Street
Red Lake Falls, 209 International Dr
Karlstad, 104 Main St S
Williams, Main St
Baudette, 106 2nd St NE
Warren, 110 W Johnson
Roseau, 402 11th Avenue
Lake Bronson, 112 Main St
Morris, 603 Oregon Ave
Perham, 500 6th Ave SW
Sebeka, 104 Minnesota Ave E
Wadena, 300 2nd St SE
Fergus Falls, 622 E Vernon Ave
Pelican Rapids, 28 W Mill St
Moorhead, 1002 15th Ave N
Twin Valley, Valley Pines, 400 Lincoln Ave NW
East Grand Forks, 538 Rhinehart Dr SE
East Grand Forks, 1825 Central Ave NW



2010 Programs Funded with Older American's Act Funding

The grantees listed below were granted with funding through the Older American Act funds to provide services to the seniors within our service area.

****Call the Senior LinkAge Line® at 1-800-333-2433 to get connected to these services****

Nutrition Service - Title III-C - Congregate and Home Delivered Meals Programs

Lutheran Social Services, Moorhead
-- Senior Nutrition Program (Reg. 1 & 2)

Nutrition Services, Incorporated, Waseca
-- Senior Nutrition Program (Reg. 4)

Supportive Service - Title III-B

Tri-Valley Opportunity Council, Crookston
-- Valley Housekeeping Services (Polk, Marshall, Norman, Pennington, & Roseau counties)

NW Minnesota Legal Service, Moorhead
-- Senior Legal Services and Education Program (Region 1, 2, & 4)

Roseau Co. Committee on Aging, Roseau
--Senior Medical Transportation

Kittson County Social Services, Hallock
--Senior Medical Travel



Northwest Sentencing to Service Program
--Heavy Chore Services in Pennington, Marshall & Kittson counties

Roseau County Sentencing to Service Program
--Heavy Chore Services for Roseau County

Tri-County Community Corrections Sentencing to Service Program
--Heavy Chore Services in Norman, Polk and Red Lake counties

LakeWood Health Center

--LakeWood Nursing Service Homemaking Services - Lake of the Woods county

Bi-County Community Action Program, Inc.

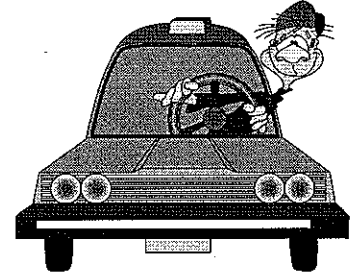
--Home Modification for Frail and Elderly - Beltrami county

Clearwater County Social Services

--Clearwater County Senior Transportation

Otter Tail County Human Services

--Senior Transportation - Otter Tail County



West Central MN CAC

--In-Home Repair/Modification - Region 4 counties

Health Promotion - Title III-D

Lake Region Medical Center, Fergus Falls

--Medication Management Sessions - all 21 county area

MN-ND Alzheimer's Association

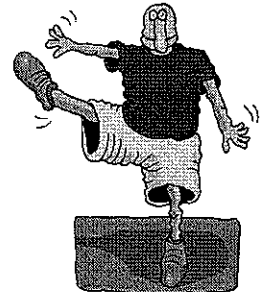
--Care Consultations/Education Sessions - Region 4

LifeCare Medical Center, Roseau

--Chronic Disease Management Sessions

Mahube Community Council, Park Rapids

--Bone Builders Program



Caregiver Information and Advocacy - Title III-E

Lutheran Social Services, Moorhead --Respite & Caregiver Support Program

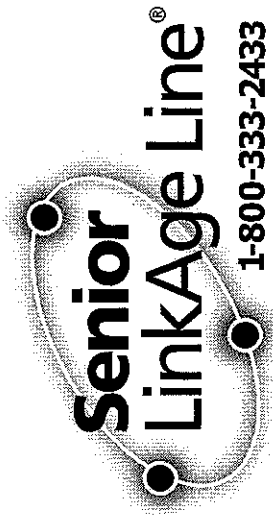
Northwoods Interfaith Caregivers -- Respite and Caregiver Support Program

Park Rapids Living At Home/Block Nurse/Interfaith Caregivers -- Respite and Caregiver Support Program

Central MN Elder Network --Caregiver Support/Respite - Douglas County

Land of the Dancing Sky Area Agency on Aging
NW Regional Development Commission
115 South Main, Suite 1
Warren, MN 56762

RETURN SERVICE REQUESTED



Pre-Sort Standard

**U.S. POSTAGE
PAID**

Permit No. 37
Warren, MN 56762