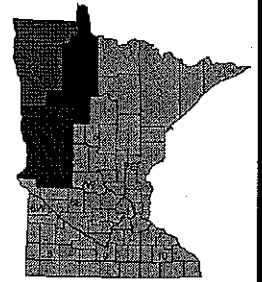




Land of the Dancing Sky
Area Agency on Aging
Senior News

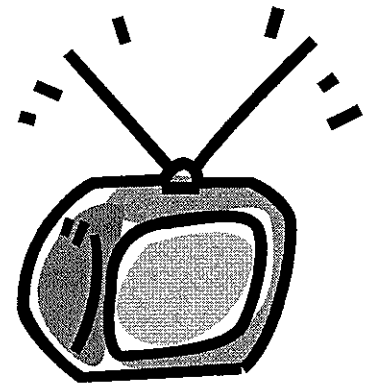


Volume 14, Issue 2 --- Spring/Summer, 2008

The Digital TV Transition – What You Need to Know About DTV

What is The Digital (DTV) Transition?

Over-the-air stations will no longer be able to broadcast in both analog and digital TV formats. After February 17, 2009, full-power-TV stations will broadcast only in digital. This will affect those who watch free over-the-air television (through a rooftop antenna or “rabbit ears”). If you do, you must take action before February 17, 2009.



Why are Broadcast Stations Switching to Digital?

Federal law requires the switch, which will free up the airwaves for police, fire, and emergency rescue communications, allow broadcasters to offer programming with better picture and sound quality and offer more programming choices, and allow for advanced wireless services for consumers.

What Should I Do to Be Ready?

You have three choices:

1. Connect your analog TV to a digital-to-analog converter box. Digital-to-analog converter boxes are in stores and have a one-time cost of

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
PO Box 726
Fergus Falls, MN 56537
(218) 739-4617

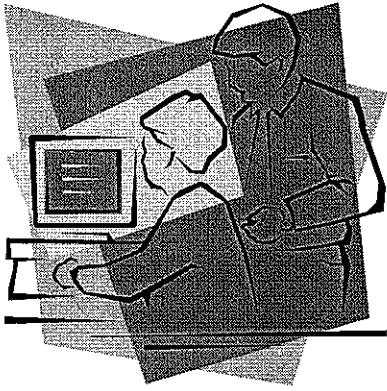
The Digital TV Transition – What You Need to Know About DTV - continued...

\$40-\$70. To help you pay for the boxes, the U.S. Government is offering two \$40 coupons per household. For more information on the coupons, visit www.DTV2009.gov or call 1-888-388-2009 (voice) or 1-877-530-2634 (TTY). Plus, you should not need a new antenna if you get good quality reception on analog channels 2-51 with your existing antenna. Or

2. Buy a digital television (a TV with a built-in digital tuner). You do not need a High Definition TV (HDTV) to watch digital broadcast television. You only need a digital TV (or an analog TV connected to a digital-to-analog converter box). Plus, you should not need a new antenna if you get good quality reception on analog channels 2-51 with your existing antenna. Or
3. Subscribe to a paid TV service. If your TV set receives local broadcast stations through a paid provider such as cable or satellite TV, it is already prepared for the DTV transition. Cable companies are not required to transition or switch any of their channels to digital. However, if you have an analog TV that does not receive local broadcast stations through your paid provider, you will need a digital-to analog converter box to watch digital broadcasts that are on TV.

For more information check out DTV.gov or call the Senior LinkAge® line 1-800-333-2433 for assistance in getting a coupon for a converter box.





Seniors -- Are You Interested in Learning Some Basics About Computers?

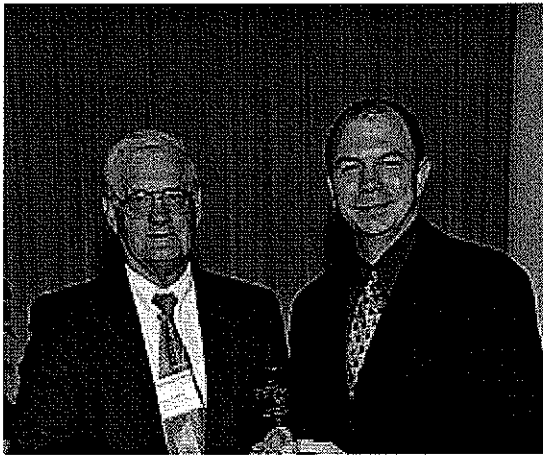
**Come Surf The Web
With Us! Call the Senior
LinkAge Line™ 1-800-333-2433 to find
out more about a class near you or to
help get a class organized in your area.**

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 \$15,315 for an individual or \$20,535 for a married couple. Resources must be limited to \$11,710 for an individual or \$23,410 for a married couple. Resources include such things as bank accounts, stocks and bonds. Homes and cars 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.



Elden Johnson, honored in Washington, D.C. for Extraordinary Volunteer Work

MetLife Foundation “Older Volunteers Enrich America Awards” were presented on May 9, 2008 at the Ronald Reagan Building and International Trade Center in Washington, D.C. The awards honored older volunteers who have made exemplary

contributions and provided outstanding service to their communities.

We were proud to have our volunteer, Elden Johnson, Hallock, MN selected as a recipient of the Award. Elden began volunteering as a Senior Surf presenter and continues in this capacity, holding sessions at area libraries and senior centers, teaching seniors the basics of computer and internet use. His knowledge of computers and his patient, gentle style of teaching gets rave reviews from his students and library personnel.

Elden is also a state-certified Health Insurance Counselor. One of his biggest areas of contribution has been with the Medicare Part D prescription drug program. His computer expertise made him a natural to complete online comparisons of drug plans, review the comparisons with beneficiaries, and enroll them into their selected plan.

He has also been instrumental in organizing medication management sessions at the Hallock Senior Center. These sessions allow individuals to have a one to one counseling session with a licensed, specially trained pharmacist to review their medications and insure their current drug therapy is both safe and effective.

This award was presented to Elden for his volunteer work at the Area Agency on Aging. In addition, he serves and volunteers in many other ways in his community.

Congratulations on this national award, Elden, and thank you for your service and impact on others and your community.



The right information...

- Find out what you need to live, care, plan and age well
- Navigate your way to resources in your community
- Connect to local help

for the right people...

- Older Adults
- People With Disabilities
- Caregivers
- Veterans
- Youth and their families



at the right time.

- Planning for the future
- Facing important decisions, or
- Reacting to a personal crisis



Easy Ways to Get Help

1. **By Phone**

Senior LinkAge Line® 1-800-333-2433
 Veterans Linkage Line™ 1-888-546-5838
 Disability Linkage Line® 1-866-333-2466

2. **Online**

www.MinnesotaHelp.info™

**Information and Outreach Sites
Located at the following:**

- *Dancing Sky AAA - Warren Office
- *Dancing Sky AAA - Fergus Falls Office
- *Community Resource Connections, Bemidji, MN
Bemidji Public Library, Bemidji, MN
- *East Grand Forks Senior Center, East Grand Forks, MN
- *OPTIONS, East Grand Forks, MN
Park Rapids Public Library, Park Rapids, MN
- *Fergus Falls Senior Center, Fergus Falls, MN
- *Becker County - Emmanuel Community, 1415 Madison Ave,
Detroit Lakes
- *Clay County - Lakes and Prairies CAC, 715 11th Street N. Moorhead
- *Douglas County - Public Health, 809 Elm Street, Alexandria
- *Grant County - Social Services, 28 Central Ave S, Elbow Lake
- *Otter Tail County - Public Health, 560 West Fir, Fergus Falls
- *Pope County- Public Health, 211 East Minnesota Ave, Glenwood
- *Stevens County - Senior Center, 603 Oregon Ave East, Morris
- *Traverse County - Social Services, Second Ave N, Wheaton
- *Wilkin County - Public Health, 300 5th Street S, Breckenridge

****Designates sites that offer in-person assistance using the Long Term Care Choices Tool on Minnesotahelp.info.***

Long-term Care ChoicesTM
for Seniors, Families and Caregivers



Adult Respite Services Available in Clearwater County

Northwood Interfaith Volunteer Caregivers (NICE) is proud to announce the expansion of adult respite services into Clearwater County. NICE is a non-profit organization serving the counties of Beltrami, Cass, Northern Hubbard and now Clearwater. Sabrina Anderson, a resident of Bagley, is the Clearwater County Respite Coordinator and will be coordinating services in this area. Along with respite services, a Caregiver Support Group is held every month and a Caregiver Conference will be held in December. Both events are free of charge and respite will be provided free of charge. Watch for more information in later newsletters and in the media. If you or someone you know is in need of respite services or would like to join our caregiver group, call Sabrina at 218-760-4571 or 888-534-4432 or email sanderson_ccso@yahoo.com.

Cornerstone Nursing and Rehab Center

Located in Bagley, Cornerstone is a 50 bed, Medicare Certified, Skilled Nursing Facility licensed by the State of Minnesota providing skilled, intermediate and sub-acute care in comfort, safety, and a home-like atmosphere for the elderly and convalescent.

- Emergency call system
- 24-hour security
- Physical, occupational and speech therapies
- Daily activities
- Spiritual services
- Laundry services
- Housekeeping
- Beauty/barber shop
- Respite care
- Hospice
- Transportation services
- Resident & Family Councils
- Adopted Grandparents program

For more information contact:

Stacy Klema, Social Services Director
Cornerstone Nursing and Rehab Center, Inc.

416 7th Street NE

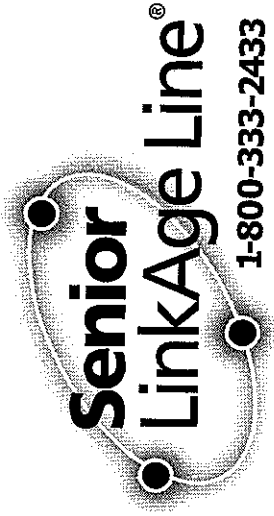
Bagley, MN 56621

Phone: 218-694-6552

Fax: 218-694-6987

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

Is Your Address and Name correct on the mailing label?
If not please notify the Area Agency on Aging so your
name and address can be updated!

Thanks!