



Summer 2026 Newsletter - Your Quarterly News and Updates

[Visit our Website](#)

Our Mission

Dancing Sky works with rural communities to help older adults stay in control of their choices.

Our Vision

Together, older adults and communities thrive.

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Champion Your Health with Support from Dancing Sky Area Agency on Aging

As we age, staying healthy and independent often means having the right support in place. That was the focus of this year's Older Americans Month theme, *Champion Your Health*.

Celebrated each May, Older Americans Month is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm a commitment to serving older adults.



The month of May might be over, but the work of honoring older adults in our region never ends. At Dancing Sky, we connect older adults and caregivers to a wide range of services that help older adults thrive. Our team is here to help you find the right services for your needs so you can continue living safely and confidently at home. And through the Older Americans Act, Dancing Sky provides funding and support to local agencies to deliver nutrition programs, health and wellness classes, legal assistance, transportation, caregiver supports, and other vital services throughout our 21-county service area. This collaborative approach builds a comprehensive network of support, helping older adults maintain independence, improve health, and connect with resources.

Champion your Health by learning more about what Dancing Sky has to offer by visiting us online at our NEWLY redesigned [Dancing Sky Area Agency on Aging Website](#) or on the [Dancing Sky Area Agency on Aging Facebook](#)

Amy Dallmann – Dancing Sky Development Team Supervisor



At Dancing Sky, we believe the real experiences of aging adults deserve to be heard.

By partnering with MN StoryCollective, we can help people share their stories so decision-makers understand what aging is truly like in rural Minnesota. The hope is to use this information to build stronger services and communities where everyone can age with dignity, choice, and belonging.

If you have a story that you'd be willing to share, please visit <https://app.spryng.io/receptacle/c/221b3cccd9f4baebdc3?v=agingstories> or scan the QR code below. Anyone can share a story, not just older adults. If you are a provider, family member or neighbor of an older adult, we'd love to hear from you too!

Your Voice Matters

Your Story Can Shape the future. Consider sharing a life experience to help improve Minnesota services. Share your story, shape the future for older Minnesotans.

MN Story Collective is a way for you to share your experiences, generate ideas for change, and help support Minnesota communities

MN Story Collective connects the voices of residents with those making decisions. Together, we'll strengthen Minnesota's communities as we strive to create a brighter future for all.

Share your story, shape our future.



MN Story Collective

E-mail Mike Saindon with questions. Michael.saindon@state.mn.us

Staff Updates



Welcome to our Team!

Lexie Norby - Intern



Lexie is currently pursuing her MSW and alcohol and drug studies certification through St. Mary's University. Once she is done with schooling, she will pursue LICSW and LADC status. Her background is largely in mental health, having worked as a mental health practitioner for various Crisis/IRTS residents throughout the state and been a part of the Crisis Response Team. In high school she worked at the, now closed, Tamarac Senior Living in Stephen. She is excited to have the privilege of working with the elderly and aging population again!

Kelli Korynta - Resource Coordinator

Kelli is from Fisher, Minnesota. She is a Registered Nurse with 16 plus years' experience in the clinic setting and home health care. She is excited to join Dancing Sky Area Agency on Aging as a Resource Coordinator and continue to serve the members of this community and beyond.



Eric Ramsdell - Resource Specialist



Eric grew up in the Twin Cities and now resides in Laporte, Minnesota. He brings a unique professional background to this role, having previously served as a police officer, firefighter, youth pastor, and DNR employee. He is excited to join the team, assist seniors, and looks forward to the opportunity to serve our community.

Maxford Moore - Resource Specialist

With a background in Senior Living and Administrative Leadership, Maxford has over 18 years of experience within the aging field. Key strengths include community engagement, program management/development and customers/relationships. He attended MSUM – Moorhead for Gerontology and Health Services Administration and Healthcare Administration.





Kris Hammer - Volunteer

Kris lives in Glenwood, MN. She spent 16 years working in healthcare, beginning her career as a Finance Director for eight years before working as a Business Office Manager. She retired in December 2025 and has been enjoying this new chapter of life.

Upcoming Classes and Events

Medicare 1 on 1 Sites

Locations include:

- o Frazee Neighbor to Neighbor
- o Park Rapids Living at Home
- o Otter Tail Public Health (Fergus Falls)
 - o Warren

To register for a Medicare 1 on 1 appointment call (800) 333-2433 or please visit:

DSAAA Website



Schedule a 1 on 1 Medicare appointment if you need help with the following:

- Understanding the basics of Medicare (great for those turning 65 soon)
- Help selecting a Part D or Medicare Advantage Plan
- Applying for a Medicare Savings Program or the Extra Help program
- Other general Medicare related questions

Locations:

Warren
Fergus Falls
Frazee
Park Rapids

Schedule online at:
www.dancingskyaaa.org
or
call Minnesota Aging Pathways at:
1-800-333-2433

Medicare can be complicated, but Minnesota Aging Pathways is here to help. Whether you've been on Medicare for a few years and just need a refresher, or you're brand new to Medicare, Medicare 101 will help you understand the basics so you can manage your health care options.



Offered 3rd Thursday of every month at 2:00 PM

To register: Call Minnesota Aging Pathways at 800-333-2433 or go to:
www.dancingskyaaa.org

Minnesota Aging Pathways assists older adults to remain in their homes or return to their home from a facility by providing free in-depth support. Resource coordination and ongoing follow-ups

promote long-term success in the community, while offering guidance and support to family members and caregivers.

Offered 3rd Tuesday of every month at 10:30 - 11:30 AM

To register: Call Minnesota Aging Pathways at 800-333-2433 or go to: www.dancingskyaaa.org



Communication, Connection & Understanding Dementia

Dementia takes so much, but it doesn't take everything!



Event Details

Thursday, June 25 | 11:00 a.m.
Virtual event (online)

What You'll Learn

- How dementia can change a person's world.
- Common changes, causes, and supportive approaches.
- Ways to connect beyond words and tasks.

About the Speaker

Krisie Barron is a Licensed Social Worker with over 30 years of experience supporting caregivers and people living with dementia. She is the owner of Embrace and brings both professional expertise and personal caregiving experience. Her work focuses on empathy, connection, and practical, meaningful caregiving support.

Registration

Register for the Communication, Connection & Understanding Dementia webinar on Eventbrite.

Questions or Accommodations

Contact Stephanie Aasness at stephanie@nwrdc.org

Eventbrite Registration:



Register Here



Embrace

Strengthening the Human Experience of Care



Dancing Sky
Area Agency on Aging

AGING AND OUR VISION



According to studies 1 in 28 Americans over age 40 experiences age related vision loss – a rate that's expected to double by 2050.

Join us and learn more about:

- Common eye diseases
- Services offered by the State Services for the Blind for Aging Eyes

About the Speaker

Lauren Eliason

is a Blind Rehabilitation Specialist with State Services for the Blind in the Senior Services Unit. She serves 12 counties in West Central MN. Lauren has worked with older adults for 13 years and is often found chatting with them about life experiences and their needs.

Tuesday, July 21, 2026

1pm-2pm

This is a virtual event

[Register for event](#)



If questions or special accommodations are needed contact: Amy Dallmann at amy@nwrdc.org

mn EMPLOYMENT AND
ECONOMIC DEVELOPMENT
STATE SERVICES FOR THE BLIND



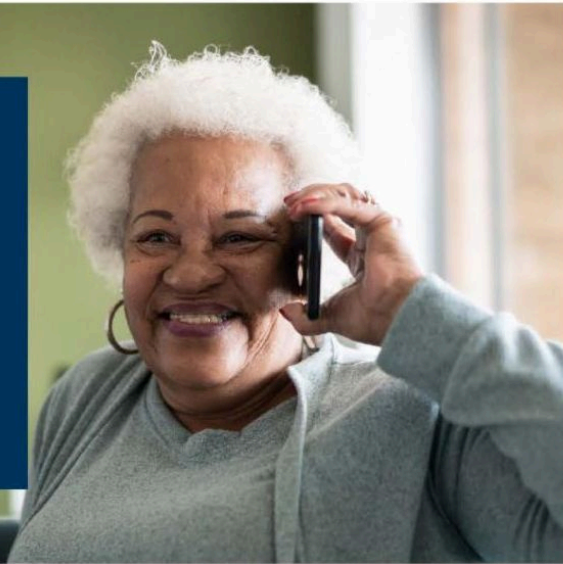
Dancing Sky
Area Agency on Aging



This webinar was supported with funding from Age-Friendly Minnesota.

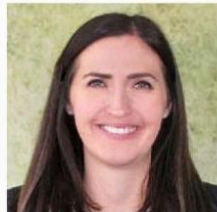
[Register Here](#)

How Minnesota Aging Pathways can help you



Minnesota Aging Pathways helps older Minnesotans and their caregivers find answers and connect to the services and support they need. We can help with Medicare, finding prescription drug cost assistance, forms and applications completion, long-term care counseling, finding resources in your community, caregiver support and much more. Come learn how Minnesota Aging Pathways can help you and your family members.

About the Speaker



Anne Larson serves as an Outreach Specialist for Minnesota Aging Pathways, focusing on the Dancing Sky Area Agency on Aging service area. Prior to starting her outreach role this past January, she was a Resource Specialist at the call center, helping older adults connect to resources in their community.

Join us for a free webinar
August 11th, 2026,
11:00am - 12:00pm



[Eventbrite Registration](#)

Questions or Accommodations contact
Amy Dallmann at amy@nwrdc.org



Minnesota Aging Pathways is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. Minnesota Aging Pathways helps older Minnesotans and caregivers find answers and connect to the services and support they need.

[Register Here](#)

Additional Presentations:

Medicare 101 (1 hour)

Medicare can be complicated, but Minnesota Aging Pathways is here to help. Whether you've been on Medicare for a few years and just need a refresher, or you're brand new to Medicare, Medicare 101 will help you understand the basics so you can manage your health care options.

Medicare changes (1 hour)

Medicare can be complicated, and it changes from year to year. Come learn about what's new in Medicare for 2026, so you can choose the best plan for your needs. This presentation is offered in the fall of each year during Medicare Open Enrollment.

Preventing fraud & scams (1 hour)

Fraud and scams are on the rise, with some scammers specifically targeting older adults. But there are ways you can protect yourself and your personal information. This presentation includes information about fraud prevention, and you'll learn how to detect and report fraud and scams, so you can keep your personal information and yourself safe.

Money saving programs and services (30 minutes)

Learn about programs that can lower Medicare premiums, deductibles and out-of-pocket costs. Find out about who qualifies, how to apply for assistance and learn about program benefits. We'll also cover Medicare preventive services, like free screenings, vaccines and wellness visits.

Preadmission screening

A qualified health care professional must complete a preadmission screening (PAS) prior to admission to any Medicaid-certified nursing facility.

•For hospitals & clinics (30 minutes) — This presentation is for professionals who want to learn more about how and when to submit a PAS to Minnesota Aging Pathways for nursing facility admission.

•For nursing facilities (30 minutes) — This presentation is for professionals who want to learn more about how Minnesota Aging Pathways' PAS and level of care 90-dayredetermination processes work, including how and when to submit a referral to Minnesota Aging Pathways.

Resource coordination (30 minutes)

Minnesota Aging Pathways assists older adults to remain in their homes or return to their home from a facility by providing free in-depth support. Resource coordination and ongoing follow-ups promote long-term success in the community, while offering guidance and support to family members and caregivers.

Minnesota Aging Pathways & Disability Hub MN (1 hour and 30 minutes)

Disability Hub MN is a free statewide resource network that helps people who have disabilities solve problems, navigate the health system and plan for their future. Minnesota Aging Pathways helps older Minnesotans and their caregivers find answers and connect to the services and support they need. Disability Hub MN and Minnesota Aging Pathways often work in partnership. Come learn more about how we can help you or the people you care for.

To schedule please contact:

Anne Larson
Outreach Specialist
alarson@nwrdc.org
800-333-2433 ex: 82060

Minnesota Comprehensive Aging Survey

If you are 60 or older and live in Minnesota, we want to hear from you. The Minnesota Comprehensive Aging Survey asks older adults about their daily lives and needs. Your answers will help improve services statewide. The survey is run by the Minnesota Department of Human Services and Minnesota Board on Aging, with help from Vital Research, an independent research company.



2026 MN Comprehensive Aging Survey

Online Survey

Call toll-free (833) 508-6398 or email cas@vitalresearch.com to take the survey by mail or phone.

*Spanish Language Option / Opción en español:

Para solicitar información sobre esta encuesta en español, por favor llame al (833) 508-6398 o envíe un correo electrónico a cas@vitalresearch.com.

*Visit to learn more: <https://mn.gov/dhs/aging-survey>.

Medicare 101 Conference at Shooting Star Casino

Minnesota Aging Pathways was happy to present at the Medicare 101 Conference at the Shooting Star Casino in Mahnomen on April 22nd. This conference was made possible in partnership with White Earth Nation Tribal Public Health and White Earth Nation Tribal Health Division.



Age-Friendly Moorhead - Community Update



On May 12th, Age-Friendly Moorhead, in partnership with Age-Friendly Minnesota, hosted an educational session at the new Moorhead Public Library, *The Loop*. The event highlighted the progress and efforts being made at the state level to support Age-Friendly communities.

The gathering brought together city council representatives, local providers, and community members. This provided a meaningful opportunity to learn, connect, and collaborate.

Dancing Sky Area Agency on Aging has secured technical assistance funding to help guide and support Age-Friendly efforts in the Moorhead area.

Thank you to everyone who attended and continues to support creating a community that works for people of all ages.

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