

Network News

SE MN Area Agency on Aging



December 2020

Helping older adults and their families age successfully



**Southeastern Minnesota
AREA AGENCY on AGING**

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As we continue to deal with the uncertainty of COVID-19 and all it brings, one of my favorite quotes comes to mind, “In a world where you can be anything, be kind.” This is so true right about now! I love reading about the many stories of generosity and examples of grace that are being shown in a time where life is a bit upside down.

SEMAAA was the recipient of CARES ACT funds to be used in the areas of supportive services and caregiver supports. In this addition we feature some of the wonderful projects that are being funded to help to connect seniors and their caregivers to technology to help combat social isolation and mental health support services to ensure the safety and well-being for older adults in our region. A big thanks to the collaborators for these projects that have stepped up to increase capacity and service provision in this time of need.

As we round out 2020, I would like to leave you with a few things that we are truly grateful for:

- Resilient and giving staff!
- Engaged Board Members who have stepped up to support our services.
- Providers that truly care about the well-being of older adults.
- MN Board on Aging for advocating for additional funds during the pandemic.
- Older adults and caregivers in our region that have learned new skills and connected with the services they need to stay safe at home.

Finding Ways to Engage at Every Age,

Laurie
Executive Director



Combatting Social Isolation

Social isolation is taking a toll on many of us and can feel especially difficult around the holidays. It's important to recognize the signs of loneliness and depression and be intentional about getting connected and finding the support you need. We are fortunate to have caring, proactive organizations stepping up to combat social isolation who find unique ways to assist seniors and connect them to community supports. There are virtual book clubs, exercise classes, friendly visiting opportunities and other ways to get involved. To read more about social isolation and how to take care of yourself this winter click on this link from the National Association of Area Agencies on Aging https://www.n4a.org//Files/N4A%20H4H%20Brochure_Final.pdf



Follow these links to get connected to some of the providers we work with in SE MN and ask about their programs and supports.

Elder Network-<http://www.elder-network.org/> call-507-285-5272

Senior Resources of Freeborn County-<https://www.srofc.org/> call-507-377-7433

Family Service Rochester-<http://familyservicerochester.org/> call-507-287-2010

Neighbors in Action-<https://www.neighborsinaction.net/> call-507-895-8123

Mower County Senior Center-<http://www.mcs-inc.org/> call-507-433-2370

Winona Friendship Center-<https://www.cityofwinona.com/224/Friendship-Center>
Call-507-454-5212

Three Rivers--<https://www.threeriverscap.org/> call-507-316-0610

SEMCAC-<https://www.semcac.org/> call-507-864-7741

Aging Mastery Book Clubs Help Reduce Social Isolation

Local Organizations are currently offering Aging Mastery Book clubs via Zoom. This program was developed by the National Council on Aging and focuses on helping older adults take charge of their health, renew healthy habits and make better choices. Go to [WellConnect](#) or [Juniper](#) to see upcoming classes and register. You will receive a Starter Kit and instructions for how to join virtually. Participant's who have taken part in this program have enjoyed the connection, sharing and learning as they move through the book content together!

We hope you give it a try in 2021!



Albert Lea book club participants.

CarFreeMe Program

The University of MN is looking for families and individuals dealing with memory loss to take part in a new study. This program is aimed at providing support to families and their loved ones to help them navigate the transition to driving retirement. Dr. Joe Gaughler and a research team have a goal of working with 20 families to start this pilot and refine it. Eventually they hope to open it up to more families across the state.



Driving Retirement and Memory Loss Program

- **What:** We are evaluating “CarFreeMe,” an 8 session educational program that takes place on a weekly basis. CarFreeMe has been developed to assist individuals with memory loss and their families consider driving retirement. This program includes web video conferencing and/or phone based conversations with a trained facilitator. Sessions include you and your family member and each session lasts about an hour.
- **For Whom:** Individuals with memory concerns, who are considering retiring from driving or have retired from driving, and a supportive family care member.
- **When:** There will be a series of weekly sessions with a trained study facilitator. There are a total of 8 sessions. The study lasts 3 months total.
- **What:** We will ask participants to complete baseline, 1-month, and 3-month surveys. We will also ask participants to conduct a brief interview after 3 months to determine how useful the CarFreeMe program was to them.
- **Where:** This is a phone or web-based video conferencing based program.
- **Why:** Individuals with memory concerns, who would like to learn more about adjusting to driving retirement, and their supportive family members likely would benefit from education on dementia, local transportation resources, and strategies for transitioning to driving retirement.
- **Incentives:** Each participant will be paid \$25 after completion of each survey and post-intervention interview for a total of \$100.

INTERESTED OR HAVE QUESTIONS? TAKE A LOOK AT OUR WEBSITE:

**www.sph.umn.edu/research/projects/carfreeme OR CONTACT 612-626-9515 OR
VIA EMAIL AT CARFREEME@UMN.EDU!**

If you are confused about the differences between Medicare and Social Security call the Senior LinkAge Line® at 1-800-333-2433 for assistance. The chart below will also help you better understand their roles.

Who do I contact - Social Security or Medicare?



Social Security offers retirement, disability, and survivors benefits. Medicare provides health insurance. Because these services are often related, you may not know which agency to contact for help. The chart below can help you quickly figure out where to go. Please share this chart with family and friends.

Topic	Social Security	Medicare	Resources
How do I report a death?	X		Contact your local Social Security Office or call 1-800-772-1213 (TTY 1-800-325-0778)
How can I check Medicare eligibility?	X		www.ssa.gov/benefits/medicare
What does Medicare cover?		X	www.medicare.gov/what-medicare-covers
How do I sign up for Hospital Insurance? (Part A)	X		www.ssa.gov/benefits/medicare
How do I sign up for Medical Insurance? (Part B)	X		www.ssa.gov/benefits/medicare
How do I apply for Extra Help with Medicare Prescription drug coverage? (Part D)	X		www.ssa.gov/benefits/medicare/prescriptionhelp
How can I check the status of Medicare Part A or B claims?		X	www.mymedicare.gov
Where do I find forms for filing a Medicare appeal or let someone speak with Medicare on my behalf?		X	www.medicare.gov/claims-appeals/how-do-i-file-an-appeal
How to appeal an income-related monthly adjustment amount decision? <i>for people who pay a higher Part B or D premium, if their income is over a certain amount</i>	X		www.ssa.gov/benefits/disability/appeal.html
How can I request a replacement Medicare card online?	X		www.ssa.gov/myaccount
If I already get benefits or have Medicare, how do I report a change of address or phone number?	X		www.ssa.gov/myaccount
What do Medicare health and prescription drug plans in my area cost, and what services do they offer?		X	www.medicare.gov/plan-compare
Which doctors, health care providers, and suppliers participate in Medicare?		X	www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers
Where do I find publications about Medicare?	X	X	www.ssa.gov/pubs/?topic=Medicare www.medicare.gov/publications
Where can I find out more about a Medicare prescription drug plan (Part D) and enroll?		X	www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage
Where can I find a Medicare Supplement Insurance (Medigap) policy in my area?		X	www.medicare.gov/medigap-supplemental-insurance-plans

SSA.gov

Social Security Administration | Publication No. 05-10500 | July 2020 | Produced at U.S. taxpayer expense



Funds Distribution Update



Cares Act Funds originated with the Administration for Community Living, are sub-granted to the MN Board on Aging and are then allocated to the Area Agencies on Aging across the state, where we award them to local providers. These funds are to be used to address the needs of older adults and caregivers resulting from the COVID-19 pandemic.

SEMAAA CARES ACT GRANT

Title III B – Supportive Services

Winona Friendship Center – Continuing Connections Program to provide tablets and data plans to 25 older adults in Winona County. \$22,850

Senior Resources of Freeborn County – Technology Program to provide tablets and data plans to 12 older adults in Freeborn County. \$12,306

Family Service Rochester – Aging Well Program to address the isolation and counseling needs of older adults through 1:1 and group sessions in Olmsted, Rice Steele and Mower Counties. Services will be offered both in-person and via telehealth. \$25,000

Title III E – Caregiver Services

Elder Network (IIIE) – Technology Assistance Program (TAP) to develop a library of IPAD's that clients can rent in the Olmsted, Winona and Wabasha offices.

STATE ENHANCED HOME CARE GRANT

Enhanced Home Care funds may be used solely for the direct services of Chore and Homemaker services which includes delivery of goods such as groceries and prescription medication to eligible persons.

Family Service Rochester – Homemaker & Chore – Extending services to older adults in Steele and Olmsted Counties to individuals who have not been able to secure services. \$49,715

COVID-19 STATE NUTRITION

SEMCAC, Three Rivers Community Action and 125 Live all received state nutrition funds to support nutrition programming for seniors.



The WellConnect SE MN Partnership continues to be a hub for evidence based programs in SE MN. Like all of us, WellConnect and it's partnering organizations have had to make some adjustments to the delivery of programming during this time period. Please check the site for virtual class options. At this time the Arthritis Foundation Exercise Program and SAIL, are being offered via a live Facebook stream and over Zoom. Others like the Chronic Disease Self-Management Program, Chronic Pain and TJQ have been offered via Zoom. Check the site to find out what is available and keep in mind this site is updated frequently so if you aren't finding a class you're looking for, check back weekly for new options. Go to www.wellconnectsemn.org to learn more and click on "Find a Program Near You" to see what is available.

Another resource for statewide evidence-based programming is Juniper. Go to www.yourjuniper.org to see all of the on-line evidence based classes available around the state. Juniper class leaders continue to offer fall prevention programs like Tai Ji Quan, on-going exercise, Chronic

Disease Management and Diabetes Prevention and management classes virtually and you can sign up for a class happening anywhere in the state. Once you are registered they will help you get familiar and comfortable with the Zoom platform and spend some time "practicing" before the first session.

Juniper Online Classes

Classes are offered virtually via HIPAA-secure video-conferencing. No video experience necessary. We'll teach you!



PEARLS Training- Program for Encouraging Active Rewarding Lives empowers people through behavioral techniques to actively manage depression and improve their quality of life. In an effort to address the growing isolation and depression in older adults in our region SEMAAA is helping to support organizations and leaders looking to become trained as PEARLS Counselors. A leader training is being offered through Jewish Family Services in St. Paul. This is a virtual leader training taking place on January 7th and 14th. If you are interested in taking part or learning more please contact Chersten Keillor at Chersten@semaaa.org. Program can be lead virtually or over the phone and is delivered in 8 one-on-one sessions, helping older adults address their physical and mental health challenges, move into action mode, and make lasting life changes.

There are numerous supports available in our region for families and older adults offering services such as meal delivery or curbside pick-up, grocery delivery, transportation, chore and

telephone reassurance. If you are a senior or a family member looking for services for mom or dad during COVID-19, check out this site for up to date information about local supports near you. This site lists community based services and resources used by older adults and their caregivers in the state of MN. Search by categories like Chore & Homemaker, Grocery & Prescription delivery, Home Care and Health & Wellbeing to find options available near you. Go to HelpOlderAdultsMN.org to search for a service. If you are not able to use the internet or uncomfortable navigating this site please call the Senior LinkAge Line® at 1-800-333-2433 and staff will do their best to help you find the services you need. You can also find services at MNHelp.info.



2020 SEMAAA BOARD

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 Margaret Cook, Member at Large
 Rita Fox, Wabasha

Get on board!

SEMAAA is currently accepting applications for new board members for Rice and Steele counties!

Please contact Laurie Brownell for an application:
laurie@semaaarochestermn.org

2020 SEMAAA STAFF

- **Laurie Brownell** – Executive Director
- **Karen Toussel** – Administrative Assistant
- **Kim Voth** – Grant Manager/Financial Officer
- **Laurie Marreel** – Grants Administrator
- **Patti Schad** – Finance Assistant
- **Annie Avery** – Senior LinkAge Line® Coordinator
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- **Starla Inman** – Senior LinkAge Line® Specialist
- **Chad Wojchik** – Senior LinkAge Line® Specialist
- **Jone Trapp** – Senior LinkAge Line® Specialist
- **Tambi Lokken** – Senior LinkAge Line® Specialist
- **Laurie Magnus** – Senior LinkAge Line® Specialist
- **Dan Conway** – Lead Eldercare Development Program
- **Chersten Keillor** – Eldercare Development Program
- **Lori Wacek** – Community Living Coordinator
- **Jen McLaughlin** – Community Living Case Aide
- **Emily Krowiorz** – Community Living Specialist
- **Sarah Benson** – Community Living Specialist
- **Chris Johnson** – Community Living Specialist
- **Sara Kohrs** – Community Living Specialist
- **Jay Hall** – Community Living Specialist
- **Camille Bruns** – Preadmission Screening Specialist
- **Pam Speltz** – Preadmission Screening Specialist
- **Katie Shimek** – Preadmission Screening Specialist
- **Nicole Cummings** – Preadmission Screening Specialist