

2022 Fall Newsletter



Helping older adults and their families age successfully

SEMAAA

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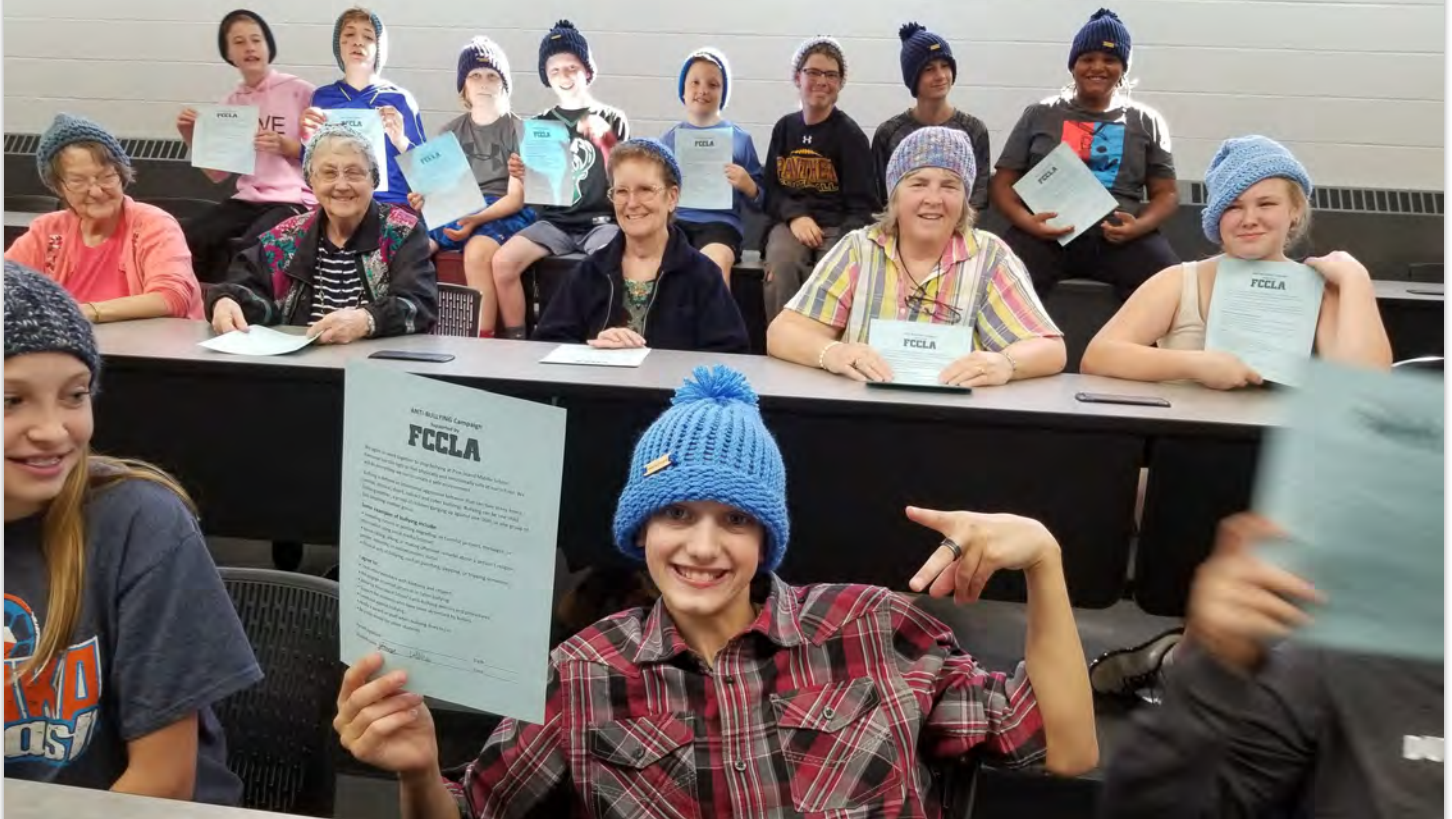
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LOOP

IN THE

With Laurie



Middle Row: Members of Pine Island Senior Center Memory Café join Marie Hlava (second from right) with FCCLA middle school students, 2022.

Engaging youth in dementia friendly community activities makes great sense. **Marie Hlava, SEMAAA Board member and community advocate, is helping families living with dementia by providing education, training tool kits and resources.** Over the past year, Marie has been working with Pine Island's

Middle School and High School with the Family, Careers, and Community Leaders of America group (FCCLA – formerly Future Homemakers of America - FHA) to coordinate dementia awareness workshops and inter-generation events in Pine Island.

Some of the activities include inviting teachers and

other leaders to participate in Dementia Friends sessions and Workshops. Students also receive training to become a Dementia Friend and are introduced to books such as "Grandpa & Lucy" and "Why Can't Grandpa Remember my Name?". This training is an opportunity to explain that dementia is a disease that may impact multiple



LOOP

IN THE

With Laurie

generations of family members and a chance to describe dementia symptoms (not always associated with memory loss) and breakdown stereotypes.

Marie recently attended the National FCCLA conference in San Diego California to present information to other youth leaders in a round table discussion on how to get started with dementia education workshops and intergenerational learning opportunities. She also hosted a series entitled, "Yes You Can" for individuals living with dementia and their care partners. Sessions include art which features work with clay or painting, music, mindful relaxation, movement,

and storytelling. Marie's goal is to share how educators, students, and community leaders

can be involved in creating connections and planning a dementia awareness program or project.

I truly appreciate Marie's ability to share her passion for dementia awareness with really anyone who is interested in learning how to become more involved. Marie's ability to connect with youth is very uplifting. She works hard to encourage young adults to share their stories and ideas to bring more understanding - helping others to look beyond dementia stereotypes.

Finding ways to engage at every age,

Laurie Brownell
Executive Director

Let's Get Physical

Integrating movement and exercise into our daily routines is one of the best ways to feel more energized, ward off chronic disease, and live a long healthy life! Although many of us know exercise is good for us it can still be hard to make the time or commit to doing it consistently. If you aren't sure why it matters, think it's a bore, or think it's too hard, perhaps some of these reasons from the Centers for Disease Control & Prevention will sway you:

Benefits of Physical Activity

- Helps maintain the ability to live independently and reduces the risk of falling and fracturing bones.
- Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- Can help reduce blood pressure in some people with hypertension.
- Helps people with chronic, disabling conditions improve their stamina and muscle strength.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- Helps maintain healthy bones, muscles, and joints.
- Helps control joint swelling and pain associated with arthritis.



Let's Get Physical

Fall Prevention

Tai Ji Quan

OMC Beginner Class

August 30 - November 11

10-11 AM, Meets Online

To register call 507-292-7210
or go to www.yourjuniper.org

OMC Advanced Class

September 12 - November 30

11-12 PM, Meets Online

To register call 507-292-7210
or go to www.yourjuniper.org

Ace Brain Fitness

September 1 - November 22

9:30-10:30 AM, Meets Online

To register go to
www.yourjuniper.org

SEMAAA supports organizations and leaders in SE MN who provide healthy living exercise programs in their communities. If you aren't already exercising or are looking for something new, we hope you checkout some of these great options for fall prevention, building strength and balance and supporting your mental health.

Arthritis Foundation Exercise Classes in SE MN

These are free senior exercise classes open to anyone 60+ looking for an exercise program to improve their strength, balance, flexibility, and arthritis symptoms.

Check out a class near you! Registration is not required.

Community	Address	Class Details
Austin	Mower County Senior Center- 400 3 rd Ave. NE	Monday/Wednesday 10:15-11 AM
Caledonia	Claddagh Senior Living 508 Kruckow Ave	Wednesday/Friday 9:30-10:30 AM
Harmony	Harmony Community Center- 225 3 rd Ave SW	Tuesday/Thursday 8:15-9 AM
Kasson	St. John's Lutheran Church- 301 8 th Ave NW	Monday/Friday 10:15-11:00 AM
Lake City	Lake Pepin Plaza 211 Franklin	Monday/Wednesday 10:00-10:45 AM
Plainview	Plainview American Legion- 215 3 rd St. SW	Tuesday/Thursday 9:30-10:15 AM
Preston	Christ Lutheran Church 509 Kansas St. NW	Tuesday/Thursday 11:30 AM-12:15 PM
Rochester	Bethel Lutheran Church 810 3 rd Ave SE	Tuesday/Thursday 9:00-9:45 AM
Spring Valley	Spring Valley Community Center 200 S Broadway	Tuesday/Thursday 10:00-10:45 AM
Zumbrota	Zumbrota Tower 93 4 th St. East	Tuesday/Thursday 10:15-10:45

Classes coordinated and managed by Catholic Charities and funded through a Title IIID OAA grant through the SE MN Area Agency on Aging.

Mental Health Support

Program to Encourage Active
Rewarding Lives - PEARLS

To learn more contact:

Elder Network

507-285-5272

Family Service Rochester

507-287-2010

Winona Friendship Center

507-454-5212

Advocate Highlight:

Olmsted County



Kate Jirik (pictured, lower left) is a senior advocate who provides information, referral and assistance to seniors in Olmsted County. Kate can be reached at the Elder Network office in Rochester at 1130 1/2 7th Street NW, Suite 205, or by phone at 507-285-5272. Kate can also be found at 125 Live every Tuesday from 9-11am, if you'd like to drop by. Elder Network's mission is, "Those 55 and better and their caregivers have the opportunity to thrive and lead rewarding lives." They focus on helping seniors and caregivers maintain their health and well-being, including their mental health; and to maintain independence and quality of life in a safe, supported environment. Elder Network strives to serve as a network to assist caregivers and care receivers to find information, organizations and resources available in the community to meet an identified need. Elder Network serves



Olmsted, Wabasha and Winona Counties.

Some of the services they provide include:

- Respite Care for caregivers,
- Companion Services
- Friendly Visiting,
- Medical and Non-Medical Transportation,
- Senior Advocacy
- Evidence-Based Programs like PEARLs, Aging Mastery, Powerful Tools for Caregivers, & REACH
- Technology Assistance Program..
- Caregiver Support groups for dementia, art groups, & mindfulness groups
- Memory Café

Senior Advocates are experienced social service professionals who provide information, referral and assistance to seniors and their caregivers. These specialists can help with Medicare health insurance counseling, assistance completing forms and applications, connection to home services in the area and navigation of systems for long term care services and supports. Advocates connect callers to caregiver supports, memory cafes, and other evidenced based classes that can help caregivers make their way through this sometimes

challenging season of life.

Kate has the ability to serve clients in their homes when it is hard for them to come into the office. This is a free and confidential service. Kate's background includes Mental Health and Human services and a Masters in Social Gerontology. She is excited for this opportunity to circle back to where it began. Kate started her human services career in 1993 as an intern and then program coordinator at Elder Network. After numerous years as a full-time mom, she had most recently been working as the Development and Training Program Assistant at The Reading Center in Rochester. "I have had a lifelong passion for working with and relating to the older adults that I have crossed paths with in my life. I feel honored to have the privilege to work in a place where I can play a part in improving the daily lives of some of our community's most vulnerable and precious members." Many older adults are alone as they navigate their later years and my involvement in their lives has connected them with services and people that are now supporting and aiding them in a more positive and better life.

Advocate Highlight: *Freeborn County*

Dana (*pictured, right*) is a senior advocate who provides information, referral, and assistance to seniors in **Freeborn County**. Dana can be reached at Senior Resources in the Vitality Center located at 314 S. Broadway Ave, Albert Lea, MN. Dana is happy to provide assistance with referrals for housing, home health care, respite and transportation. She can also help with paperwork for Medicare, Medicaid, Senior Drug Programs, Social security, Medicare Savings Programs, food assistance, telephone assistance programs, and energy assistance.

Dana attended Albert Lea Senior High and graduated in 2012. She then went on to complete her bachelor's in psychology at Minnesota State University Moorhead in 2015. Dana decided to move back to the Albert Lea area in 2021 to begin a family with her husband and is expecting her first child this year. After spending years working in psychiatric hospitals and with individuals with developmental and physical disabilities, she decided to put her skills to work on the more bureaucratic end of things by joining the team at Senior Resources after a friend suggested she apply for the position. One of the most meaningful client interactions Dana has had was helping a Senior who was being evicted from her home, avoid the eviction by working with her current landlord and getting her into a local senior housing location. This was especially difficult due to the client having three cats, and the client stating that they would rather be homeless with their cats than give them up. Dana put in a lot of effort and was able to coordinate with the client's health care provider to get an accommodation for the

client to keep all of them. In the future Dana wants to continue helping the seniors in her area live their best lives the way that they want to live them.

Senior Resources is actively recruiting for new volunteers to assist with our ride services program, our chore program and to give Medicare Fraud Prevention classes.

If you or anyone you know would be interested in donating their time to help Freeborn County Seniors, please have them reach out to us at 507-377-7433.



Dana can also be heard every other Thursday on Party line discussing the services we have to offer. Later this year Dana will also be partnering with the Albert Lea Art Center to discuss the services that Senior Resources offers. Dana is currently reaching out to our local Senior Center to start a weekly time to be available there to assist with Medicare Savings Programs and Low-income Subsidy paperwork. She looks forward to being able to help even more seniors in a location that they are already comfortable in.

Moving Forward: 2022 Dementia Friendly Community Summit



Come together to
connect, support and learn

- **Listen to keynote speaker, Sarah Lenz Lock,** Senior Vice President for Policy with AARP and Executive Director of the Global Council on Brain Health.
- **Hear from communities** who are doing great work and learn from their successes and challenges.
- **Explore different cultural approaches** to living with and caring for people with dementia.
- **Learn about research and initiatives for risk reduction** from the Minnesota Department of Health.
- **Be the first to see the new The Remember Project play, "Mango Songs,"** and participate in powerful discussions about themes raised in the play.

This is for you! People leading dementia-friendly community efforts, Dementia Friends and Champions, healthcare providers, civic leaders, senior center staff, volunteers, people with dementia-related illnesses, caregivers . . . anyone interested in making their communities more dementia friendly.

Thursday, September 29

9:00 a.m. to 12:30 p.m.
Continues 1:30 to 3:30 p.m.
with The Remember Project

Hybrid event on Zoom and in three
in-person locations around the state:

Carondelet Village, St. Paul
Redwood Area Community Center
Lake Superior College, Duluth

Free!
Social work CEUs available

Register now!

actonalz.org/2022-summit

Questions?

Contact Jen Rooney
jrooney@trellisconnects.org



The 2022Community Summit is hosted by Trellis as part of its dementia-friendly community initiatives

Fall Prevention Awareness Week

Why so much attention to fall prevention?

- *One in four Americans 65+ have a fall each year.*
- *Falls are the leading cause of fatal and non-fatal injuries for older adults in the US.*
- *Sixty percent of falls happen in the home.*
- *The financial toll of having a fall is expected to grow to \$101 billion by 2030.*
- *Falling is not a normal part of aging and there are many things you can do to prevent one!*

The National Council on Aging (NCOA) **Falls Free Initiative** always takes place the first day of fall, which is on September 22 this year, and is often promoted throughout the month of September. The NCOA is a go-to resource for all things fall prevention. Their site is loaded with resources for older adults looking to prevent falls, identify their own fall risks, and understand how to prevent falls.

On their site they have a tool called the FallsFree CheckUp. This is a quick screening to help you identify your own risk factors and create a plan to address them. This year the Fall Prevention Coalition will be distributing educational materials to senior congregate dining sites and aims to bring some fun to the topic with a Fall Prevention Bingo game at select sites!

Another great option is to take part in a fall prevention exercise program like Tai Ji Quan, Matter of Balance, or SAIL. **For details on these classes see page 5.**

SEMAAA is committed to doing our part to reduce falls in our SE region. Staff actively participate in the Olmsted County Falls Prevention Coalition, work on providing education, fund evidence-based fall prevention exercise programs, support home safety initiatives and home modification efforts, that all help seniors reduce their risk of falling and remain safe and independent in their home. Do your part to reduce your risk by checking out the resources on NCOA, take the FallsFree CheckUp and address your risk factors before a fall occurs.



FallsFree CheckUp

YOU CAN PREVENT A FALL

Be empowered and be independent!

Get a personalized
#FallsFree CheckUp today.

 ncoa.org/FallsFreeCheckUp



Turning 65?



Don't be Left in The Dark



SENIOR LINKAGE LINE

If you are turning 65 and beginning to plan for your retirement, don't forget about Medicare. Medicare is health insurance for people aged 65 and older, and for some people with a disability. Medicare can be complicated. So sometimes deciding if and when to enroll in Medicare can feel like walking through a maze in the dark.

You are first eligible to sign up for Medicare without penalty during your Initial Enrollment Period. For most people who are becoming eligible for Medicare because they will be turning 65, this period is three months before the month you turn 65 and ends three months after the month you turn 65.

Medicare does not cover everything, and you will have other out-of-pocket costs, besides paying a monthly premium. So, you will want to consider adding additional insurance to help pay these expenses.

There is no reason to be left in the dark. Do your research, ask questions, know the costs, and compare your options. **And remember, free, comprehensive, and objective help is available:**

The Senior Linkage Line

Call 800-333-2433

Attend a presentation (virtual or in-person)

www.mnhealthcarechoices.com

Medicare

Call 800-MEDICARE (633-4227)

www.medicare.gov

The Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior LinkAge Line is Minnesota's federally designated State Health Insurance Assistance Program (SHIP) and the place to call for questions and information on Medicare and much more.

Annual Open Enrollment for people already on Medicare is October 15-December 7. You can join, switch, or drop a Medicare Health Plan during this time.

Call the Senior LinkAge Line® 800-333-2433 to compare your options.



Rochester Area Foundation has been supporting the community for over 75 years by partnering with community members to put philanthropy into action! A community foundation is a hub for charitable giving of all kinds, including hosting charitable funds like Donor Advised Funds, distributing scholarships to students, and providing non-repayable grants to area nonprofit organizations.



In 2021 with our foundation partners, almost \$4M was distributed into the community to support agencies who provide services that assist everyone in our community, from young children to seniors.

In addition to philanthropic investment in the community, Rochester Area Foundation maintains and creates affordable housing options through First Homes. For over 20 years, First Homes has assisted homeowners in finding safe, affordable housing within a 40 mile radius of Rochester through the use of a Community Land Trust (CLT) model. This model ensures that homes remain affordable as they are sold and resold in the program. First Homes currently has approximately 230 CLT homes within the program, with the intention of adding an additional 10 homes in 2022.

To increase our impact, we are always looking to build and purchase homes to add to our inventory. Selling or donating your home to First Homes may be an option for you to consider!

Benefits of Donating or Selling to First Homes

- ⇒ *Your house will help countless families realize the dream of homeownership.*
- ⇒ *You will work with an experienced, motivated buyer in First Homes.*
- ⇒ *Because of our financial resources, we can be more flexible when it comes to closing. Need to sell quickly or wait to find a new home? We can accommodate your unique needs.*
- ⇒ *You will receive a cash offer; there is no risk of your buyer's financing falling through.*
- ⇒ *If your house requires updates, we have the resources to renovate homes for future families.*
- ⇒ *Your family home will remain a family home.*
- ⇒ *A donation may be considered a tax deductible event to you or your estate.*

Get More Information

For more information about donating or selling your home to First Homes, contact our Director of Community Land Trust, Afton Zelinski, at afton@rochesterarea.org or 507-287-7117. You can also visit us at firsthomes.org.

If you would like more information on putting philanthropy into action and partnering with Rochester Area Foundation to meet your charitable goals, contact Ellen Hegge at ellen@rochesterarea.org or 507-424-2407. To learn more please visit rochesterarea.org.

2022 SEMAAA BOARD

Get on board!

SEMAAA is currently accepting applications for new board members!

Please contact Laurie Brownell for an application:

laurie@semaaa.org

OPEN! - Dodge County
OPEN! - Houston County
OPEN! - Rice County

Jenelle Cummings, *Chair* - Mower
Jean Eaton, *Vice-Chair* - Freeborn
Marie Hlava, *Treasurer* - At Large
Mike Hancock, *Secretary* - Olmsted
Maggie Cook - At Large
Rita Fox - Wabasha
Marjorie Fuller - Fillmore
Karen Hanson - Winona
Dwight Jennings - At Large
Valerie Knutson - Steele
Dave Vandergon - Goodhue

2022 SEMAAA STAFF

Laurie Brownell
- Executive Director
Anna Thomson
- Office Manager
Kim Voth
- Financial Director & Grants Manager
Patti Schad
- Finance Assistant
Laurie Marreel
- Grants Administrator
Penny Schmit
- Grants Administrator
Dan Conway
- Lead Eldercare Developer
Chersten Keillor
- Eldercare Developer

Annie Avery
Senior LinkAge Line® Coordinator
Senior LinkAge Line® Specialists:
Jerry Roberts
Starla Inman
Chad Wojchik
Jone Trapp
Tambi Lokken
Laurie Magnus

Preadmission Screening Specialists:
Camille Bruns
Pam Speltz
Nicole Cummings
Jen McLaughlin

Lori Wacek
- Community Living Coordinator
Community Living Specialists:
Emily Krowiorz
Chris Johnson
Sara Kohrs
Jay Hall

