



Newsletter Fall 2023

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Age-Friendly Minnesota

Age-Friendly Minnesota in partnership with AARP is offering an opportunity for individuals to gather in-person to hear about aging trends from national experts and share their insights on key questions to inform how a 10-year state plan could better address the regional challenges and solutions needed to help Minnesota become more Age-Friendly. This conference is offered at no charge to all who attend.

David Beurle, CEO of Future iQ, Inc. will provide the Keynote Address “The Future Wellbeing in Minnesota-Across All Ages”.

Attendees will then participate in breakout discussions which will focus on:

- Age-Friendly Care and Supports
- Emergency Preparedness, Individual Rights, and Safety
- Age-Friendly Communities that Maximize Social Connection
- Economic Security and Vitality

Oronoco will be the location for SE MN. It is scheduled for Friday, September 29th. For additional information and registration go to www.agefriendlymn.org/conference

See Page 8 of this newsletter for full event details

If you have questions, please contact adam@mnlcoa.org



Supporting older adults living alone in their communities is an important aspect of helping rural residents age well in southeastern MN. The number of older adults living on their own is growing – in 2021, about 24 million individuals aged 50 and over lived alone, which is an increase from 21 million in 2012. US census data also shows that 450,000 MN residents 50-plus live on their own, which is up from 383,000 in 2012.

A 2021 national AARP survey of adults 50 and older showed that only 1/3 of aging Minnesotans living alone shared that they have someone that could help them with household needs. Many of these individuals have family members, but for a variety of reasons, they still need assistance with support services.

SEMAAA's Board Treasurer, Marie Hlava, recently wrote an article entitled "Secrets to Living 'Solo' in Rural Minnesota" that was included in the Rochester Post Bulletin's Live Well 2023 Summer publication. (www.postbulletin.com/health/live-well-summer-2023)

Below is an excerpt from Marie's article –

"Especially in rural communities, living well and maintaining your independence can be challenging. Yet in Minnesota, according to Ann Bussey with University of Minnesota's Project Reach (Humphrey School Publication, 2019) over 90% of older adults live independently in MN communities & more than 1/2 of women 85+ live alone.

The key to thriving in rural communities is dependent on the availability of service and social support as well as the courage to ask for help. I recently sat down with two of my friends to ask them what it is like to live well in your own home and on your own. Both are

LOOP

IN THE

With Laurie

in their 90's and are currently living and thriving in their own homes. I asked them about their live-well/age-well secrets that keep them going.

One friend's advice was to 'Find the right person in your healthcare network.' Socially, she has groups of friends that meet regularly including within her church, the American Legion Auxiliary, and a coffee group. She also has a group of friends that play cards when they can find the time.

My second friend firmly believes that everyone needs a circle of friends that can lift each other up and she regularly attends a senior dining site and plays cards afterwards, attends exercise classes, a book club and many other activities. 'It's hard to ask, but help is out there – you just need to get past the fear of asking. Socialization can be easier in a smaller community, but we need to remember that the invitation is important.'"

If you know of an aging older adult living alone, take the time to check-in regularly with them to help out where you can and be part of the solution.

Laurie Brownell,

Executive Director



Southeastern Minnesota Area Agency on Aging

Open House

Tuesday, September 19th

3:00 p.m. - 5:00 p.m.

2746 Superior Dr NW

Suite 300

Rochester, MN 55901



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.

Caregiver Support: Rice County

Caregiver Support: provides individualized coaching and counseling to help caregivers cope with stresses and demands of caregiving , connect with resources and maintain a healthy, balanced lifestyle.

Respite Services: provides safety, companionship, supervision and other nonmedical services that allow the primary caregiver time away for other activities. Respite services are usually provided in the care receiver's home using a care plan specific to individual needs.

For more information, please contact Anne Pleskonko or Kathy Voss at 507-287-2010, Family Service Rochester.





2023 Slatterly Park Walk Audit

A Walk Audit is a fun, interactive way to assess the pedestrian experience in our neighborhoods.

During a walking audit, participants observe and document the conditions of sidewalks, crosswalks, intersections, street lighting, traffic flow, presence of bike lanes, public amenities like benches and restrooms, green spaces, and other elements that impact pedestrian experiences. They may also take note of potential safety hazards, barriers to mobility, and areas that lack connectivity.

Our goal: a community that is walkable for people of all ages.

You do not need to be a resident of the Slatterly Park neighborhood to participate. All are welcome in this inclusive, community event!

FSR's walk audit will be conducted in the Slatterly Park Neighborhood on Saturday, September 9th, 10 AM – 12 PM starting at the Redeemer Lutheran Church 869 7th Ave SE.

This event will be a great opportunity to support our Age Friendly Olmsted County 2022-2025 action plan efforts in a neighborhood where many FSR senior independence consumers reside.

Please join us by registering online at familyserVICERochester.org

Walking audits are inclusive events and your unique perspective as a pedestrian is valuable. So, put on your walking shoes and join the audit!

This project is supported by an AARP Community Challenge grant with support from America Walks, a leader in advancing walkable, equitable, connected, and accessible places in every community across the U.S.

FSR will be using AARP's Walking Audit toolkit - a comprehensive guide designed to help

individuals, communities, and organizations assess the pedestrian-friendliness and walkability of their neighborhoods. The toolkit aims to empower participants to identify potential improvements for safer, more accessible, and enjoyable walking experiences.

FSR's partners include RNeighbors, Slatterly Park Neighborhood Association, Rochester Department of Community Development, and Rochester Department of Public Works.

WHEN:
Saturday, September 9
10am - 12PM

WHERE:
Redeemer Lutheran
Church 869 7th Ave SE,
Rochester, MN





A commitment to our future.



Age-Friendly Minnesota Conference & Exchange

Minnesota is creating its first plan for an
Age-Friendly Minnesota.

Be part of building a Minnesota for all ages and abilities!

Sept. 27 & 28, 2023

TRENDS & INNOVATIONS CONFERENCE

Virtual

Learn more about aging trends and innovations for the future of all Minnesotans. Program will include:

- Keynote address
- Sessions on a range of key topics led by Minnesota's age-friendly experts
- AARP-powered sessions on economic development and "Missing Middle Housing"

September 29, 2023

AGE-FRIENDLY EXCHANGE

In-person

A truly unique opportunity to gather with leaders in your region in dynamic breakout sessions designed to help shape Minnesota's first multi-sector plan on aging.

- **8:30am-12pm:** Simultaneous events in 7 regional locations: Alexandria, Chisholm, East Grand Forks, Marshall, Oronoco (SE MN), Sartell (Central MN), Twin Cities
- Light lunch included

✓ No cost

✓ Attend as many sessions as you choose

For more information and to register, visit:
www.agefriendlymn.org



Fillmore County is the 20th community in MN to become a member of AARP's Network of Age Friendly Communities. Jay Haapala, Associate State Director of AARP, was in Preston on August 16th to present Age Friendly Fillmore County with their membership certificate.

Fillmore County is the seventh community in SEMAAA's region to join the network. Interest in the age friendly community model was expressed by SEMAAA's Fillmore County board member Marge Fuller and EDP advisory committee member Vickie Lynch. Together we were able to find seven additional Fillmore County residents willing to work together to help make Fillmore County more livable for everyone. This committee of 9 met together to better understand the age friendly community model before reaching out to Fillmore County. Working together with Fillmore County staff members Jessica Erickson, Director of Nursing; Wanda Berg, Social Services Manager; Brenda Pohlman, Health Educator; Jay Haapala AARP Associate State Director and Dan Conway, SEMAAA, a request was presented to the Fillmore County Board of Commissioners on July 11th and was granted

approval. County board chair Larry Hindt wrote, "Fillmore County is committed to providing a vibrant social and built environment in which AARP's Eight Domains of Livability are incorporated into programs, services, and policies."

The Age Friendly Fillmore County committee has broad county representation. Their committee chair, Pam Nelson is from Chatfield, Marge Fuller-Lanesboro, Vickie Lynch-Preston, Bill Sullivan-Pilot Mound Township, Bonnie Heidtke-Fillmore Township, Tammy Danielson-Fountain, Linda King-Mabel, Sue Olinger-Harmony and Brenda Pohlman-Fillmore County Public Health.

Age Friendly Fillmore County is currently developing their plan to offer focus groups in Fillmore County as a part of their community assessment. They are excited to hear what Fillmore County residents have to say about what they want and need as they grow older to ensure they can continue to live and remain active in their community of choice for as long as possible.

Pictured above (L to R) Back row- Dan Conway, SEMAAA, Sue Olinger-Harmony, Pam Nelson (Chair-Chatfield), Bill Sullivan-Pilot Mound Township Front Row Bonnie Heidtke-Fillmore Township, Linda King Mabel, Marge Fuller-Lanesboro. Not pictured Brenda Pohlman-Fillmore County Public Health, Tammy Danielson-Fountain, Vickie Lynch-Preston

A Caregiver's Guide to Planning For The Unexpected:

Are you prepared if future emergencies and unexpected situations arise for you and your care receiver?



Two class options are available for your consideration. This workshop will help anyone caring for an older friend or a relative, to plan ahead in case of unexpected emergencies or situations that arise. **Outcomes** of attending this workshop will help you develop a plan to:

- **Create an Emergency Plan**
- **Learn what to include in your toolkit**
- **Plan for a safe and realistic return to home after a hospitalization or rehabilitation**
- **Learn about current community and online resources**
- **Gain peace of mind**
- **Lunch provided by Madonna Summit**

Free to the public (donations are encouraged).

Funded in part by the SEMN Area Agency on Aging as part of the Older Americans Act & Byron Community Foundation



Tuesday October 17th, 2023

11:30-1:30 pm

Madonna Summit in Byron

551 Byron Main Ct NE, Byron, MN.

Registration is required by Oct 13th

For more information, call

507-285-5272

Elder Network Services are available to all eligible persons regardless of race, color, sex, religion, disability or national origin. Elder Network is a non-profit organization.

SEMAAAA Provider Agency New Hires



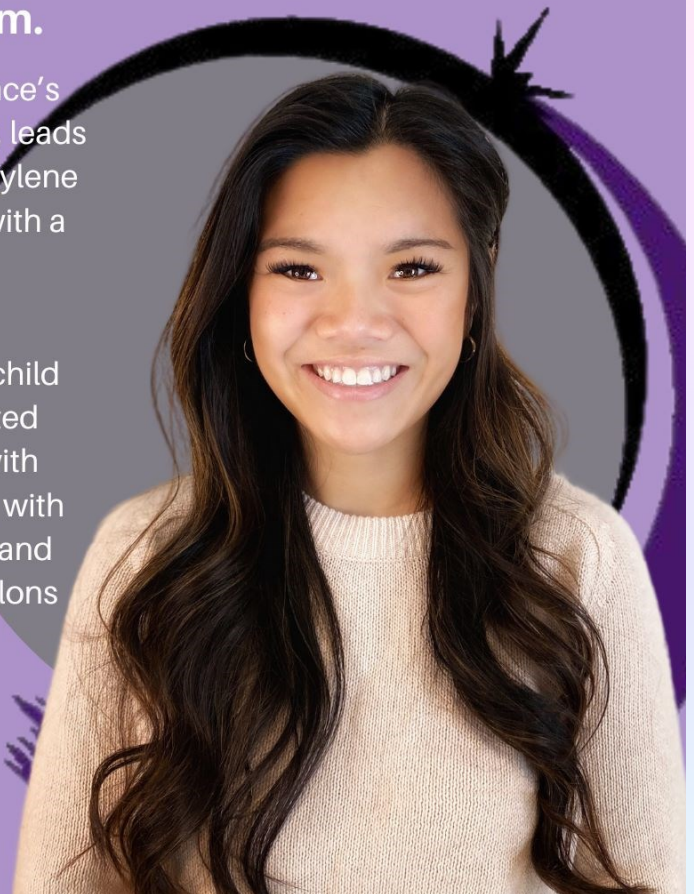
We welcome our newest staff member, Betsy Quattrin. Betsy is our Program Coordinator for Olmsted County Friendly Visitor program, and Dodge Outreach roles. Betsy currently resides in Dodge County with her husband and two teenage boys. She is excited to bring our new Volunteer Respite program to Dodge County to support caregivers.

Betsy is thrilled to work for an organization that puts the needs of aging adults and their caregivers at the top of a high priority category and is thrilled to learn more about Elder Network both professionally and for her own personal journey.

Welcome Kylene to the Senior Independence team.

Kylene Moeckly, Senior Independence's newest Senior Services Coordinator, leads with a smile and "can do" attitude! Kylene graduated from Bradley University with a Bachelor's of Science in Industrial Engineering.

For the last 2 ½ years she work as a child protection case manager with Olmsted County. Kylene's first job ever was with seniors and is excited to be working with the senior population again. Kylene and her husband enjoy training for triathlons and spending time with their newborn son.



SEMAAA Board

Jean Eaton, *Chair* - Freeborn County
Dave Vandergon, *Vice-Chair* - Goodhue County
Marie Hlava, *Treasurer* - Member At-Large
Mike Hancock, *Secretary* - Olmsted County
David Beimers - Rice County
Maggie Cook - Member At-large
Jenelle Cummings - Mower County
Rita Fox - Wabasha County
Majorie Fuller - Fillmore County
Karen Hanson - Winona County
Dwight Jennings - Member At-Large
OPEN - Dodge County
OPEN - Houston County
OPEN - Steele County

SEMAAA Staff

Laurie Brownell - Executive Director
Dan Conway - Lead Eldercare Developer
Camille Bruns - Eldercare Developer
Kim Voth - Finance Director/Grants Manager
Laurie Marreel - Grants Administrator
Patti Schad - Finance Assistant
Anna Thomson - Office Manger
Annie Avery - SLL Contact Center Manager
Starla Inman - SLL Resource Specialist
Tambi Lokken - SLL Resource Specialist
Laurie Magnus - SLL Resource Specialist
Jone Trapp - SLL Resource Specialist
Chad Wojchik - SLL Resource Specialist
Cea Grass - SLL Outreach Specialist
Nicole Cummings - Preadmission Screening
Jen McLaughlin - Preadmission Screening
Pam Speltz - Preadmission Screening
Lori Wacek - SLL Resource Coordination Supervisor
Jay Hall - SLL Resource Coordinator
Chris Johnson - SLL Resource Coordinator
Sara Kohrs - SLL Resource Coordinator
Emily Krowiorz - SLL Resource Coordinator



Growing older gracefully means having a keen curiosity about learning things about the world that you didn't know yesterday, no matter how many yesterdays you've had."

- Padma Lakshmi

Live Well ~ Age Well

