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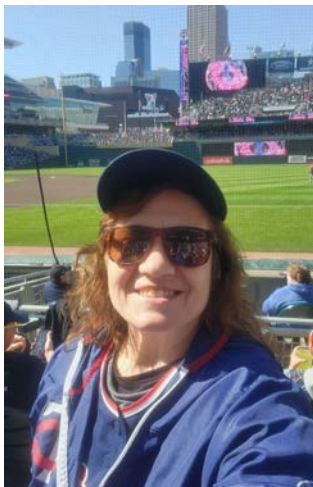
SPRING 2024 NEWSLETTER



You Know Spring is Just Around the Corner When...

(A Mix of Personal & Professional Observations):

- Stores are packed with fun St. Patty's & Easter Bunny merchandise. My daughter keeps reminding me to steer clear – apparently, I have enough Leprechaun stuff.
- The Live Well at Home Grant process kicks off – offering TA to providers on some great big picture ideas for service expansion and growth.
- Looking forward to NCAA tournament time & completing my bracket in hopes of getting a few more right this year.
- MN State legislators come back to the table – Check out The **MBA's Senior LinkAge Line policy bill** that was introduced in both the House and Senate (HF4308/SF4329).
- I am looking forward to the evenings getting longer and my neighbors' tulips popping up soon – just need to keep my dog out of the tulips and the mud.
- There are so many wonderful spring conferences and seminars on aging supports & services – hard to get them all in.
- Twins Spring Training Camp is in Full Swing – Got my Tickets for the Home Opener.



Hoping you have a wonderful Spring filled with bunches of sunshine, smiles and sweet surprises!

Laurie Brownell,

Executive Director
SEMAAA



NEW HIRE

SLL RESOURCE SPECIALIST

Amy White

SEMAAA welcomes Amy White as a Resource Specialist on the Senior Linkage Line. Amy is a Licensed Social Worker with years of experience working in long term care and short term rehabilitation in the Rochester and surrounding area. Her passion has always been working with older adults on their individual journey through aging and end of life. Amy is committed to lifelong learning and has been part of various trainings, certifications, and seminars. She has received her certificates for attending Leadership Academy through Leading Age Minnesota and Leadership University through Volunteers of America.

Amy and her family live just north of Rochester. Being outdoors is important to Amy with some of her favorites being boating, fishing, hiking, riding bike and playing sports with her kiddos. In her free time she enjoys listening to music, going to the gym, taking afternoon naps and anything that involves music or sunshine.



APS COORDINATOR

NEW HIRE



Claudia Bell

Hello! My name is Claudia Bell, the Adult Protective Services Community Coordinator. I graduated from Winona State University with a bachelor's degree in social work. Some of my hobbies include reading, getting coffee with friends, and doing outside activities. I also love to travel and went to Europe last summer. I am very excited to be a part of the SEMAAA team and can't wait to help individuals live their best lives!

I will be working with the new APS Pilot Program from April 1st through September 30th. The intent of this project is to work with County APS workers and individuals 65+ who have been referred to MAARC and deemed a vulnerable adult. The goal is to help fund (up to \$2,500) services and products that will help individuals stay in their homes and communities throughout the eleven-county area of SE MN.

Some wraparound services may include emergency assistance, rides for essential needs, meals or consumable supplies, utility assistance, home modifications, and rental housing support. Check out the included flyer to learn more about this worthwhile pilot project.



APS Pilot Project Timeline:
April 1st - September 30th, 2024

Adult Protective Services (APS) Community Supports

SEMAAA is partnering with the MN Department of Human Services and SE MN counties to provide short term case management and wraparound services to Adult Protective Services (APS) clients. The goal is to help stabilize APS clients and support their APS service plan. Utilizing American Rescue Plan Act funding, each client will have a budget that the SEMAAA case manager will use to purchase needed supplies and/or implement services.

Wraparound services may include:



Emergency
Assistance



Rides for Essential
Needs



Meals
Consumable Supplies



Utility Assistance
Home Modifications
Rental Housing
Support

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Southeastern Minnesota Area Agency on Aging (SEMAAA)

SEMAAA is a nonprofit organization that provides services, information, and connections that help people thrive as they age. As the area agency on aging for the eleven-county area of SE MN, we are proud to partner with county and state Adult Protective Services to support clients age 65+.

Minnesota Department of Human Services 2024

Live Well at Home RFP Open

Due Date: Friday, April 5th 2024, 4:00 pm Central Time

Through the Live Well at Home Grant request for proposal (RFP), the Minnesota Department of Human Services (DHS) is seeking proposals to develop and/or provide services for older Minnesotans to live in the community of their choice by improving their community's capacity to develop home and community-based services.

- The term of any resulting contract is anticipated to be 12 month, from July 1st, 2024, until June 30th, 2025, with the option to potentially extend beyond that date. The maximum initial award per year is \$350,000.
- There is a dollar-for-dollar or 50 percent project total matching requirement for all grant funds expended.
- Completed proposals are due in the DHS online application portal by 4:00 pm CT on Friday, April 5th, 2024.
- The complete RFP, directions, and online application are available on the DHS Live Well at Home Grants website.
- Responders can strengthen their applications by connecting one or more of the Long-Term Services and Supports to one or more of the interconnected age-friendly domains of community living identified by the World Health Organization, AARP, and the Age Friendly MN Council listed in the Request for Proposal.

SEMAAA Eldercare Development staff are available to provide technical assistance to current grantees. Contact Dan Conway at dan@semaaa.org or Chris Johnson and chrisj@semaaa.org for more information.

THANK YOU!

Rita Fox



SEMAAA would like to thank Rita Fox for serving on our Board for two three-year terms. Rita represented Wabasha County. Her passion, expertise, and participation in Memory Cafes, Falls Prevention, Age-Friendly Wabasha efforts, and numerous other projects around her community has made such a positive impact on Southeastern Minnesota. Thank you, Rita!



Above: Valentine's Day Celebrations at the Mower County Seniors Center included dinner and a mixer. Entertainment was provided by Colby Theasus.

CULTIVATING FRIENDSHIPS THROUGH DEMENTIA AWARENESS

GOODHUE MIDDLE SCHOOL AND GOODHUE LIVING

Written by Marie Hlava, SEMAAA Board Treasurer

As a Dementia Friends Champion, I've been asked, "Why do you talk to students about dementia?" My initial response is "Because they know people living with dementia or have heard something about dementia." And it brings young students, from middle school through high school, together with families living with dementia and everyone benefits from the interaction. Here's an example.

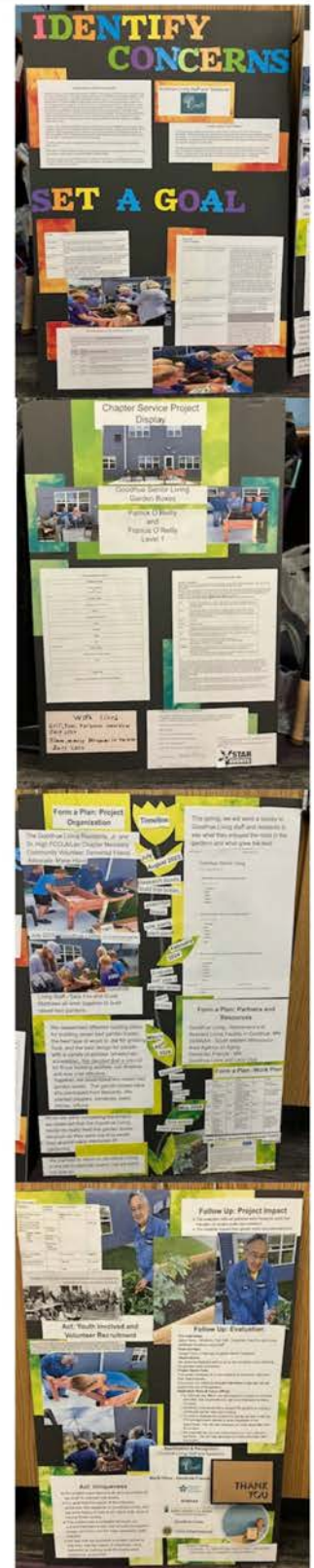
In early 2023, the Goodhue FCCLA (Family, Career, and Community Leaders of America) and Leos (young Lions) students helped create over 160 Dementia Friends. Through a series of activities, they learned how to communicate with people living with dementia and how to help their care partners. They also were asked to consider an action they might take in their community to help families living with dementia.

In the summer of 2023, the FCCLA/Leos students chose a service project based on a conversation with a resident at Goodhue Living. Using funds provided by SEMAAA and the Goodhue Lions, they purchased two cedar raised garden beds, soil, and plants to install and plant at Goodhue Living. Four students worked with residents to set up, fill, and plant garden vegetables and flowers. Everyone enjoyed the day! The students were surprised by how much they learned from the residents about the best way to place the plants and seeds and how to water them without displacing the seeds.

Their FCCLA/Leos advisor, Carolyn O'Reilly, said the students learned how to initiate a project and allow people to work at their own pace. It was hard to not do something for the residents, but they remembered it was important to be patient with older adults and people living with dementia.

Two of the students, Francis and Patrick, decided to register the raised garden bed project at the regional FCCLA MidWinter meeting as a STAR event. As a "Chapter Service Project Display", they need to present a service project based on a concern identified by the students in their community. STAR events are judged at the regional, state, and national levels based on specific presentation guidelines. And Francis and Patrick are headed to the State FCCLA Conference in April!

We wish you good luck at State and thank you for becoming Dementia Friends!





Board Member Openings

The **SE MN Area Agency on Aging** is a private nonprofit 501(c)(3) organization and has member representation from the eleven counties we serve (*Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, and Winona*).



- Board Members serve as volunteers and must reside in the county they represent.
- At least fifty percent of Board Members must be over age 60.
- Board Members are elected to a three-year term and can serve two terms.
- Combination of virtual and in-person meetings with hybrid option.
- Meetings are held approximately 10 times per year and are on the last Wednesday of each month from 9:30-10:30am.

Applications for Board Membership can be obtained on our website www.semaaa.org/volunteer or by contacting SEMAAA's Executive Director, Laurie Brownell at laurie@semaaa.org or 507-288-6944.

We would love to have you!

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 - At-Large
Jenelle Cummings - Mower County
Marjorie Fuller - Fillmore County
Karen Hanson - Winona County
Dwight Jennings - Member At-Large
OPEN - Dodge County
OPEN - Houston County
OPEN - Steele County
OPEN - Wabasha County

SEMAAA Staff

Laurie Brownell - Executive Director
Anna Thomson - Office Manager
Kim Voth - Finance Director/Grants Manager
Patti Schad - Finance Assistant
Laurie Marreel - Grants Administrator
Dan Conway - Lead Eldercare Developer
Chris Johnson - Eldercare Developer
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
Amy White - SLL Resource Specialist
Nicole Cummings - Preadmission Screening
Lori Wacek - SLL Resource Coordination Supervisor
Jay Hall - SLL Resource Coordinator
Sara Kohrs - SLL Resource Coordinator
Emily Krowiorz - SLL Resource Coordinator
Jen McLaughlin - SLL Resource Coordinator
Claudia Bell - APS Community Coordinator