



Southeastern Minnesota AREA AGENCY on AGING

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Farewell and sincere thanks to 3 outgoing board members – Maggie Cook (6 years), Marge Fuller (6 years) and Marie Hlava (7 years).



Slate of Officers for 2026:
David Beimers – Chair;
Rachel Boyum – Vice Chair;
Brad Lohrbach – Treasurer;
Peggy Schlinger – Secretary.

What's new with SEMAAA:

Semcac was awarded funding to provide the following services in Freeborn County - Assisted Transportation and Information & Assistance under Title III-B and Caregiver Information & Assistance under Title III-E.

SEMAAA is providing TA to 7 Age Friendly communities and working with an additional 5 communities exploring potential interest.

Congratulations to Elder Network and Family Service Rochester for being awarded a collaborative grant to develop and implement a two-year Senior Housing Transitions Mentorship Pilot program in Olmsted County. This initiative is supported by the Coalition for Rochester Area Housing.

Anna Thomson has accepted a new role as Older Americans Act Grants Manager (formerly Office Manager).

Aaron Thevenot has joined the SEMAAA staff in an Administrative Assistant position.

Thanks to SEMAAA's Minnesota Aging Pathways team –led by Annie Avery– along with our Resource Specialists & Lori Wacek leading our Resource Coordinators for stepping up big during the Medicare Open Enrollment Period.

Starla Inman has accepted the role of Minnesota Aging Pathways I&A Supervisor.

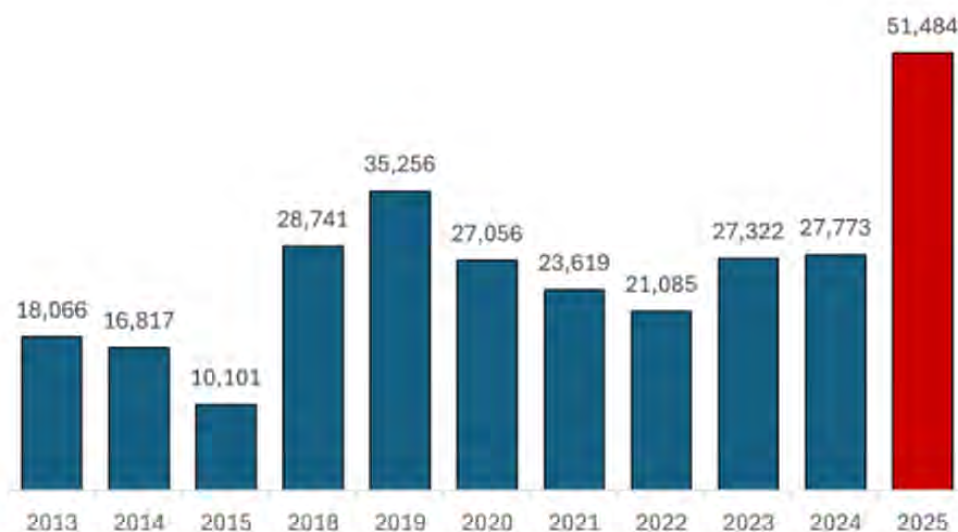
Refer to Page 9 for a Resource Specialist position opening announcement.

2025 Medicare Open Enrollment Period (OEP) Wrap-up

Minnesota Aging Pathways (MAP) received a record 51,484 calls this year. This heavy volume resulted in lengthy wait times for callers. This total was the highest number of calls received on record. A few things may have contributed to the increase in calls: UCare leaving the market along with other plans leaving specific counties throughout the state. This resulted in a steep reduction in the number and type of plan options.

The MAP team consisting of Resource Specialists throughout the state focused on answering Medicare calls and gave each caller the time and attention they needed to choose a plan that best supported their situation. Thank you to the Resource Coordinators who assisted by answering housing and general calls. A call center support team, Shyft-Off, also helped by triaging calls.

Volume was
the highest
on record



Minnesota Aging Pathways connects older adults and their caregivers to the services and supports they need. We offer a variety of options from help with housing, finding financial assistance, community supports, Medicare help, and much more.

We also offer educational presentations on Medicare, fraud prevention, and money-saving programs, as well as offering Medicare counseling in-person and over-the-phone. **If you would like to connect with us to schedule an in-person presentation; please reach out to SEMAAA at 507-288-6944 to get a message to our outreach coordinator for follow up.**

Some options for presentations are listed below but please let us know what you need. We may be able to connect you to a community partner if we do not have the presentation ourselves.



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.

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.



Medicare 101



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REGISTRATION

Please call **Winona Friendship Center** to register: **507-454-5212**

February 24
1:00 pm - 2:00 pm
East Rec Center
210 Zumbro Street
Winona, MN

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.**

Unprecedented 2026 Medicare, Medicaid, and Health Insurance Changes and Impacts

Webinar – January 20, 2025, 12:00 PM - 1:00 PM

Join the Minnesota Gerontological Society (MGS) webinar presented by Kelli Jo Greiner, Health Care Policy Analyst/Medicare Product Manager and SHIP Director at the Minnesota Board on Aging to gain a deep understanding of how the health insurance landscape and Medicare have changed. These changes can have a significant impact on the consumers' healthcare, healthcare provider access, insurance premiums, options, deductibles, co-insurance, and out-of-pocket expenses.

www.mngero.org/event-6485886



Alzheimer's and Dementia Grant Opportunity

The Minnesota Board on Aging administers a competitive grant program focusing on Alzheimer's disease and other dementias and their impact on family, friends and caregivers. Grants should:

- Increase awareness of Alzheimer's disease and other dementias
- Increase the rate of cognitive testing
- Promote the benefits of early identification
- Connect family, friends and neighbors who are caregiving with education, support and resources.

Grants should stimulate collaboration and coordination and strengthen community relationships and partnerships that promote the benefit of physician consultation for all people who may have a memory or cognitive concern.

Key Information:

- **Grant term:** Up to 24 months (July 1, 2026 — June 30, 2028)
- **Maximum request:** \$150,000
- **Total funds available:** \$750,000

Match requirement: 25 percent match is required for requests above \$50,000

Grant application and portal:

- SFY 2027 Regional and Local Dementia Grants RFP (PDF)
- To apply, go to the grant portal.
⇒ <https://mn.gov/board-on-aging/direct-services/grants/dementia-grants/dementia-grants-rfp.jsp>

Key Dates:

- Dec. 1, 2025: Request for Proposal (RFP) posted
- Jan. 7, 2026: Dementia Grant Responders Conference, 1-3:30 p.m.

Central Time

- **March 20, 2026: Applications due at 4 p.m. Central Time**
- April 1, 2026: Phase I denial notices sent to responders
- April and May 2026: Review and scoring applications
- June 2026: Negotiate contracts
- July 1, 2026: SFY 2027 anticipated start date



For TA support contact SEMAAA's Eldercare Development

Partnership staff:

Dan Conway dan@semaaa.org or
Chris Johnson chrisj@semaaa.org





CAREGIVER COMMUNITY CONNECTION

Are you a caregiver? Do you know someone who is? Come and connect with other caregivers and community members to support each other and learn more about resources and supports available for caregivers.

DETAILS

- Free respite is offered, so participants are encouraged to bring their loved one
- Participants can bring a snack to share, but this is not required
- This will be a space for caregivers and community members to learn together
- Meetings are free, but registration is required

Funded in part by South Country Health Alliance



HOSTED BY ELDER NETWORK

**IN-PERSON MEETINGS AT FIRST
PRESBYTERIAN CHURCH EVERY
2ND AND 4TH TUESDAY OF
EACH MONTH, 1-2:30 PM**

**FIRST SESSION WILL BE ON
DECEMBER 9TH, 2025**

1-2:30 PM

**101 6TH AVE NW
KASSON, MN 55944**

**LEARN MORE OR REGISTER BY
CALLING THE ELDER NETWORK
OFFICE AT
507-285-5272**



Mayo Clinic Alzheimer's Disease Research Center in Collaboration with Elder Network Presents:

After the Diagnosis

An educational program for persons newly diagnosed with mild cognitive impairment, Alzheimer's disease, or a related dementia, and their families.

After the Diagnosis is a free, quarterly, in-person seminar providing a road map of information and resources to guide those impacted by dementia and their care partners. Light refreshments will be served mid-event.



Monday, February 2
Friday, August 14



11:30 a.m.-4:30 p.m.



LOCATION

Mayo Clinic
Alzheimer's Disease Research Center
3033 41st NW | Rochester, MN 55901

Enter through door B2

*Convenient free parking including
handicap spaces is available.*

TOPICS INCLUDE

- Understanding your diagnosis
- Managing the disease
- Knowing your strengths
- Everyday ways to live well with dementia
- Opportunities to ask questions of the experts, connect with others, and visit with community organizations.

Space is limited.

To register, go to

<https://After-the-diagnosis.eventbrite.com>.

Registration questions, call (507) 538-4048.



Scan the QR code
for quick access.



Board Member & Staff Openings

The SE MN Area Agency on Aging is a private nonprofit 501(c)(3) organization that helps older adults and their families age successfully with dignity and informed choices. SEMAAA has members representing 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 or work in the county they represent.
- At least fifty percent of board members must be over 60.
- Board members are elected to a three-year term and can serve two terms.
- Combination of in person and virtual meetings.
- Meetings are held approximately 10 times per year and are on the last Wednesday of each month from 9:30-10:30am.

We are currently seeking board members for the following areas:

- ✓ Fillmore
- ✓ Goodhue
- ✓ Mower
- ✓ Steele
- ✓ Wabasha
- ✓ At Large

Applications for Board Membership can be obtained on our website www.semaaa.org/volunteer or by contacting SEMAAA's Executive Director at laurie@semaaa.org

We would love to have you!

SEMAAA Position Opening

Position: Minnesota Aging Pathways Resource Specialist

Status/Schedule: FT – Benefitted Position/M-F 8:00am – 4:30 pm

Closing date: January 26, 2026

Resumes/Cover Letters to: Laurie Brownell – laurie@semaaa.org





SEMAAA Board

David Beimers, *Chair* - Rice County

Rachel Boyum, *Vice Chair* - Winona County

Brad Lohrbach, *Treasurer* - Dodge County

Peggy Schlinger, *Secretary* - Olmsted County

Linda Lares - Freeborn County

Linda McPeak - Houston County

CC Linstroth - Representative At-Large

OPEN - Fillmore County

OPEN - Goodhue County

OPEN - Mower County

OPEN - Steele County

OPEN - Wabasha County

SEMAAA Staff

Laurie Brownell - Executive Director

Kim Voth - Finance Manager

Anna Thomson - OAA Grants Manager

Laurie Marreel - Grants Administrator

Patti Schad - Finance Assistant

Aaron Thevenot - Administrative Assistant

Dan Conway - Sr. Eldercare Developer

Chris Johnson - Eldercare Developer

Annie Avery - MAP Contact Center Manager

Starla Inman - MAP I&A Supervisor

Nicole Cummings - MAP Resource Specialist

Tambi Lokken - MAP Resource Specialist

Laurie Magnus - MAP Resource Specialist

Jerry Roberts - MAP Resource Specialist

Amy White - MAP Resource Specialist

Chad Wojchik - MAP Resource Specialist

Lori Wacek - Resource Coordination Supervisor

Sara Kohrs - Resource Coordinator

Jen McLaughlin - Resource Coordinator

Jay Hall - Resource Coordinator

Erin Lawrence - Resource Coordinator