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Alternative Care Project
Northwest Senior Federation
May 1992 -

Final Report

As contractors, the Senior Federation agreed to conduct research in Lake of the Woods and Marshall Counties to determine the availability of in-home providers and other services. This research was to include interviewing a minimum of 50 nursing home residents regarding the options that had been available to them and the process that they used in choosing nursing home care.

There is one nursing home in each of the targeted counties; the Marshall Manor Good Samaritan Center in Marshall County and the Lake Wood Care Center Nursing Home in Lake of the Woods County. Despite letters, phone calls, and meetings, neither nursing home administrator would agree to allow us to interview the residents of their nursing homes. A letter from the Department of Human Services encouraging their cooperation made no difference. This raises concern about the residents being allowed to make their own decisions - particularly the Case A mix residents who only need minimal care. The Administrator in Marshall County insisted on getting signed releases from the families of the residents. These release forms were mailed out by the administrator. Any that were not returned were counted as refusals. In Lake of the Woods, the nursing home social worker agreed to send us a list of Case A mix residents upon the approval of the Resident's Council, but did not follow through or notify us of any decisions made by the Council. At no time did we receive any kind of response from the nursing home administrator in Lake of the Woods County.

Social Service staff in both counties gave us information about the process that seniors go through in making decisions about long term care. This information was very helpful, but the policy of the Senior

Federation is to get information directly from seniors. Lack of cooperation on the part of the nursing home administrators made direct contact with nursing home residents impossible.

It appears that the number of Case A mix residents in both counties was overestimated. We were to interview 40 in Marshall County. According to the administrator, there were only 3 Case A mix people in residence when this project started. Over the next three months, one of these people died and one moved away.

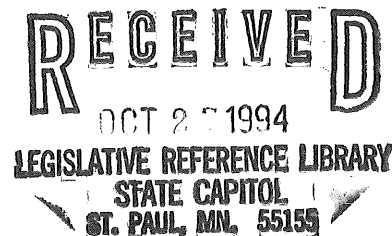
In Lake of the Woods County, we were to interview 10, but there were only 4 who were (according to the social worker) "capable of coherent conversation".

As contractors, the Senior Federation agreed to conduct various public education activities to inform seniors about locally available long term care and how to gain access.

The Northwest Federation conducted three public forums on Alternative Care; two in Marshall County and one in Lake of the Woods County. These forums were open to the public and featured speakers from the Senior Federation, County Social Services, County Health, Home Health Aids, County Commissioners, and Alternative Care recipients. The speakers focused on the availability of local services, funding sources, and the process for making decisions about long term care. Agendas are enclosed.

Northwest Federation leadership also conducted speaking presentations at the following sites:

Newfolden Senior Club	June 3
Marshall County committee on Aging	June 9
Warroad Senior Club	June 10
Newfolden Mealsite	June 15



Gatake Seniors	June 24
TRF (to Marshall seniors)	July 13
TRF (to Marshall providers)	July 28
Baudette Senior Club	December 11
Golden Kiwanis	January 5
Crookston Area Seniors	February 12

State approved flyers and informational pamphlets provided by Social Services were distributed at the forums and presentations. Samples are enclosed.

Articles promoting the Alternative Care Project were submitted to the following newspapers: Thief River Falls Times, Williams Northern Light, Baudette Region, Warren Sheaf, Stephen Messenger, Middle River Record, Grand Forks Herald. Announcements were also sent to KKAQ Radio and KTRF Radio. Articles (as submitted and as printed) are enclosed.

As contractors, the Senior Federation agreed to develop and direct action campaigns, including meetings with Marshall County and Lake of the Woods County to discuss the promotion and development of community based services and to urge a commitment to the utilization of Alternative Care funds. Meetings with county staff, nursing home staff, and Senior Federation leaders took place as follows:

Thief River Falls	May 28	Organizational meeting for the Alternative Care Committee.
Warren	June 15	Meeting with nursing home administrator to request permission to interview Case A mix residents.
Thief River Falls	June 19	ACP Committee update and planning session.
Thief River Falls	July 1	Meeting with Marshall County Social Service, Public Health, Senior Federation leaders, and DHS representative to plan contract revisions.
Thief River Falls	July 9	ACP Committee planning meeting.
St. Paul	August 6	Project Report.
Thief River Falls	Sept 18	ACP Committee planning meeting.
Thief River Falls	Oct 29	ACP Committee planning meeting.
Baudette	Nov 18	Meeting with nursing home social worker to discuss interviews.

St. Paul	Dec 3	Project Report
Thief River Falls	Dec 4	ACP Committee planning meeting
St. Paul	Feb 4	Project Report
Thief River Falls	April 20	Meeting to discuss final report.
* Crookston	April 14	AAA sponsored Senior Needs Forum
* Hallock	April 15	AAA sponsored Senior Needs Forum
* Thief River Falls	April 20	AAA sponsored Senior Needs Forum
* Warren	April 21	AAA sponsored Senior Needs Forum
* Roseau	April 28	AAA sponsored Senior Needs Forum
Thief River Falls	May 12	Meeting to discuss final report.

Meetings with County Commissioners were scheduled and canceled (by the Commissioners) twice, but we were able to talk to County Commissioners from both counties at the public forums. They were definite advocates of the Alternative Care program and encouraged seniors to voice their concerns at regularly scheduled county board meetings.

* As the original contract specified that the contractor cooperate with SAIL and the Area Agencies on Aging in promoting the use of community based long term care services, a representative from the Senior Federation attended and assisted with five AAA sponsored Senior Needs Forums organized for the purpose of pinpointing specific needs that, if met, would allow seniors to stay in their homes longer. The top five long term care needs of five counties are enclosed. More information is available from the Northwest Area Agency on Aging.

In evaluating this organizing project as a whole, it's clear that the effort to educate the public concerning Alternative Care was advantageous to the seniors in both counties. By asking questions at the presentations, we found that only one senior in forty had ever heard of Alternative Care. It's likely that nursing home residents did not know about Alternative Care until they were informed by the Pre-screening team just prior to nursing home placement. Therefore, they had to make an important decision in a crisis situation.

Hopefully, this project has begun an educational process that will involve seniors asking questions of their Social Service providers and County Nurses so that they become knowledgeable about long term care alternatives before life altering decisions have to be made. They will also be better able to meet with County Commissioners to demand their commitment to the utilization of Alternative Care funds and other funding sources in providing long term care services in their counties.

ATTACHMENTS



Minnesota Senior Federation Northwest Region 218-681-4507

1-5-93
News Release

Al Sollom, President
Virginia Hanson, Organizer

*Mailed to
Stapton Messenger
Mobile River Record
1-8-93*

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

The Minnesota Senior Federation, Northwest Region is sponsoring a public forum concerning Alternative Care for senior citizens in Marshall County. The purpose of the forum is to inform seniors about locally available long term care community alternatives and how to gain access to them.

The forum will be held at the Holt Senior Center on Friday January 15 at 1:30 p.m. The following have been invited to participate: County Public Health, County Social Services, County Commissioners, Area Agency on Aging Directors.

This is a public forum and all ages are welcome.



Minnesota Senior Federation Northwest Region 218-681-4507

1-5-93

News Release

Al Sollom, President
Virginia Hanson, Organizer

*Added to
Baudette Region
William's Mother's
1-12-93*

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

The Minnesota Senior Federation, Northwest Region is sponsoring a public forum concerning Alternative Care for senior citizens in Lake of the Woods County. The purpose of the forum is to inform seniors about locally available long term care community alternatives and how to gain access to them,

The forum will be held at the Brink Center Friday January 22 at 1:30 p.m. The following have been invited to participate: County Commissioners, County Public Health, County Social Services, Area Agency on Aging Director.

This is a public forum and all ages are welcome.



Minnesota Senior Federation

Northwest Region 218-681-4507

News Release
Al Sollom, President
Virginia Hanson, Organizer

*Warren Senior Center
2-1-93*

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

The Minnesota Senior Federation, Northwest Region is sponsoring a public forum concerning Alternative Care for senior citizens in Marshall County. The purpose of the forum is to inform seniors about locally available long term care community alternatives and how to gain access to them.

The forum will be held at the Warren Senior Center Thursday February 11 at 12:30. The following have been invited to speak: County Commissioners, County Social Services and County Public Health.

This is a public forum and all ages are welcome.

News Release
MN Senior Federation
Northwest Region
Al Sollom, President
Virginia Hanson, Organizer
218-681-4507

The Minnesota Senior Federation is pleased to present an informational discussion on Alternative Care at the Brink Senior Center December 11 at 12:30 p.m.

Alternative Care is a home and community based care program that can help pay for services in an elderly person's home and delay or eliminate the need for nursing home care.

The Senior Federation makes it a point to work on issues that are of most concern to seniors. Our research in the Northwest Region reveals that people have a strong desire to remain in their own homes for as long as possible. Alternative Care provides a way for this desire to be met in a dignified, safe and affordable way.

The speaker for this presentation will be Al Sollom, President of the Northwest Region of the Minnesota Senior Federation.

*6:00 PM
loc 7-92*



Minnesota Senior Federation

Northwest Region

9-20-92

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

Dear Mr. Langseth,

Enclosed please find the interview questions that the Senior Federation leaders would like to ask your nursing home residents and family members.

Al and I enjoyed meeting with you and we look forward to hearing from you concerning this project.

Sincerely,

Virginia Hanson
Organizer
MnSF, Northwest Region



Minnesota Senior Federation

Northwest Region

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

Interview questions for nursing home residents and families:

1. What process did you use in choosing nursing home care?
2. Were you aware that any other options were available?
3. Are there some aspects of nursing home care that make it preferable to home care?



Minnesota Senior Federation Northwest Region 218-681-4507

1-21-93

To: Marshall County Commissioners
Marshall County Social Services
Marshall County Public Health

From: Al Sollom
President, NW Senior Federation

RE: Alternative Care Public Forum

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

The second Alternative Care Public Forum in Marshall County will be held Thursday February 11 at the Warren Senior Center at 12:30.

The first forum, held in Holt, was very well received. Thank you for sending your representatives.

Social Services and Public Health are already on the agenda for the Warren forum (as per our telephone conversations). Any speakers from the County Board of Commissioners will be welcome.



Minnesota Senior Federation Northwest Region 218-681-4507

1-8-93

To: Marshall County Commissioners
Marshall County Social Services
Marshall County Public Health

From: Al Sollom
President
Minnesota Senior Federation, Northwest Region

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

The Northwest Senior Federation is sponsoring two public forums concerning Alternative Care in Marshall County. The purpose of the forums is to inform seniors and other interested persons in Marshall County about locally available long term care community alternatives and how to gain access to them.

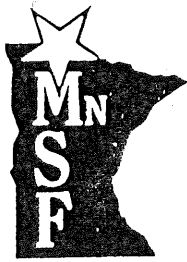
We invite you to send a representative of your agency/group to give a brief (5-10 minutes) presentation focusing on the availability of services in the local setting, available funding for services and the process for making decisions.

The first forum will be held at the Holt Senior Center Friday January 15 at 1:30 p.m. The second will be held at the Warren Senior Center in February. Another mailing will go out when the date is set.

It is our hope that these public forums will provide an opportunity for dialogue among seniors, the general public, the county board and the county staff.

Please call if you would like a spot on the agenda.

cc Department of Human Services
MN Senior Federation, State Office
Area Agency on Aging Directors
Alternative Care Project Committee



Minnesota Senior Federation Northwest Region 218-681-4507

1-8-93

*mailed
1-18-93*

To: Lake of the Woods County Commissioners
Lake of the Woods Public Health
Lake of the Woods Social Services

From: Al Sollom
President
Minnesota Senior Federation, Northwest Region

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

The Northwest Senior Federation is sponsoring a public forum concerning Alternative Care in Lake of the Woods County. The purpose of the forum is to inform seniors and other interested persons in Lake of the Woods County about locally available long term care community alternatives and how to gain access to them.

We invite you to send a representative of your agency/group to give a brief (5-10 minutes) presentation focusing on the availability of services in the local setting, available funding for services and the process for making decisions.

The forum will be held at the Brink Center in Baudette Friday January 22 at 1:30 p.m.

It is our hope that this public forum will provide an opportunity for dialogue among seniors, the general public, the county board and the county staff.

Please call if you would like a spot on the agenda.

cc Department of Human Services
MN Senior Federation, State Office
Area Agency on Aging Directors
Alternative Care Project Committee



Minnesota Senior Federation

Northwest Region

6-3-92

To: Lake of the Woods County Social Services
Lake of the Woods Public Health Service

From: Minnesota Senior Federation, NW Region
Al Sollom, President

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

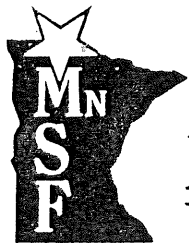
Southwest

The Minnesota Senior Federation recently came under contract with the Minnesota Department of Human Services to expand the provision of alternative care in Marshall County. Enclosed please find a copy of the article that will be released to the Senior News (a state-wide publication of the Senior Federation) and various newspapers in Lake of the Woods County.

Later in the summer we will contact you to inquire about a speaker who would be able to talk at a public forum about the availability of local services to seniors.

If you have any questions or comments concerning this project, Senior Federation leaders will be glad to meet with you.

Al Sollom



Minnesota Senior Federation

Northwest Region

6-3-92

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

To: Good Samaritan Nursing Home
Dwight Voight, Administrator

From: Minnesota Senior Federation, NW Region
Al Sollom, President

The Minnesota Senior Federation recently came under contract with the Minnesota Department of Human Services to expand the provision of alternative care in Marshall County. Enclosed please find a copy of the article that will be released to the Senior News (a state-wide publication of the Senior Federation) and various newspapers in Marshall County.

Within the next few days, I'll be contacting you to set up a meeting for the purpose of identifying the case A mix residents in your nursing home.

If you have any questions or comments concerning this project, please call.

Al Sollom



Minnesota Senior Federation

Northwest Region

6-3-92

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

To: Lake of the Woods County Board

From: Minnesota Senior Federation, NW Region
Al Sollom, President

The Minnesota Senior Federation recently came under contract with the Minnesota Department of Human Services to expand the provision of alternative care in Lake of the Woods County. Enclosed please find a copy of the article that will be released to the Senior News (a state-wide publication of the Senior Federation) and various newspapers in Lake of the Woods County.

As the project progresses, I'll be contacting you to set up a meeting between the Lake of the Woods County Board and the Senior Federation to exchange information.

If you have any questions or comments concerning this project, please call.

Al Sollom



Minnesota Senior Federation

Northwest Region

6-3-92

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

To: Area Agency on Aging
Allen Goldberg, Director

From: Minnesota Senior Federation, NW Region
Al Sollom, President

The Minnesota Senior Federation recently came under contract with the Minnesota Department of Human Services to expand the provision of alternative care in Lake of the Woods County.

Enclosed please find a copy of the article that will be released to the Senior News (a state-wide publication of the Senior Federation) and to various newspapers in Lake of the Woods County.

If you have any questions or comments concerning this project, please call.

Al Sollom



Minnesota Senior Federation

Northwest Region

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

To: Marshall County Social Services
Marshall County Public Health Service

From: Minnesota Senior Federation, NW Region
Al Sollom, President

The Minnesota Senior Federation recently came under contract with the Minnesota Department of Human Services to expand the provision of alternative care in Marshall County. Enclosed please find a copy of the article that will be released to the Senior News (a state-wide publication of the Senior Federation) and various newspapers in Marshall County.

Later in the summer we will contact you to inquire about a speaker who would be able to talk at a public forum about the availability of local services to seniors.

If you have any questions or comments concerning this project, Senior Federation leaders will be glad to meet with you.

Al Sollom



Minnesota Senior Federation

Northwest Region

6-3-92

REGIONS:

Central

Iron Range

Metropolitan

Midwest

Minnesota Valley

Northeast

Northwest

Seven County

South Central

Southeast

Southwest

To: Marshall County Board of Commissioners

From: Minnesota Senior Federation, NW Region
Al Sollom, President

The Minnesota Senior Federation recently came under contract with the Minnesota Department of Human Services to expand the provision of alternative care in Marshall County. Enclosed please find a copy of the article that will be released to the Senior News (a state-wide publication of the Senior Federation) and various newspapers in Marshall County.

As the project progresses, I'll be contacting you to set up a meeting between the Marshall County Board and the Senior Federation to exchange information.

If you have any questions or comments concerning this project, please call.

Al Sollom

MARSHALL COUNTY SOCIAL SERVICES

JENNIFER A. ANDERSON — DIRECTOR

Phone (218) 745-5124 and 745-5125

208 East Colvin Avenue

WARREN, MINNESOTA 56762

June 18, 1992

Al Sollem, President
Minnesota Senior Federation
301 East Fourth Street
Thief River Falls, MN 56701

Dear Mr. Sollem:

Marshall County Social Services received correspondence from you on June 4, 1992 regarding your participation as a pilot program for the purpose of expanding the provision of alternative care in Marshall County.

Because Marshall County Social Services is responsible for the administration of the ACG program operating in Marshall County, we believe it is in the best interest of the seniors who live within the county borders to schedule a meeting between yourself and our agency personnel to evaluate current service provision and also to determine needed services not currently operating.

We believe this should be done prior to any surveying of seniors so that you have all the facts before you. This enables you to not only seek information, but you may also be able to provide awareness of existing programs to those same seniors.

We are concerned about your approach to your project especially as a DHS contractor. The more knowledgeable we are on a subject the better the survey results will be.

Please contact his agency to set up a meeting to discuss your project, why Marshall County was chosen and your plan of action to Marshall County seniors. Thank you for your prompt attention to this request.

Sincerely,

MARSHALL COUNTY SOCIAL SERVICES

By



Jennifer Anderson
Director

JA:dk



Marshall Manor Good Samaritan Center

6/24/92

Mr. Al Sollom, President
Minnesota Senior Federation, NW Region
301 East 4th St
Thief River Falls, Mn 56701

Dear Mr Sollom,

I have been advised that participation in the interviewing process of Class "A" resident's for the purpose of alternative care should be on a volunteer basis. Therefore a copy of your news release will be included with the resident's monthly statements 6/25/92 informing them about the project. A release will also be included for resident, family members and/or responsible party to be signed and returned to my office by 7/7/92. After the releases leave has been signed and returned to me names will be forwarded to you.

Some concern about equality of the research. Why 50 "A" residents from the nursing home and 20 seniors in the community receiving home care? Are the home care seniors receiving the same care as in the nursing home? There needs to be an equal comparison to be a fair research.

Every resident is pre-screened by the County screening team before admission and are informed of alternative service and I believe the same is true for those receiving home health care.

If you have any further questions or comments feel free to call me.

Sincerely,

Dwight Voigt
Dwight Voigt
Administrator

DV/ds



State of Minnesota
Department of Human Services

Human Services Building
444 Lafayette Road
St. Paul, Minnesota 55155

Dwight Voight, Administrator
Good Samaritan Nursing Home
Warren, MN 56762

Dear Mr Voight:

The Department of Human Services has contracted with the Senior Federation to do a survey of seniors living in Marshall County regarding their health care needs and how they can best be met. As part of that survey the senior Federation would like to talk with some of your residents about the factors which led them to choose a nursing facility.

Volunteers from the local Senior Federation office would visit with residents on a very informal basis. During a friendly they will gather information regarding the residents decision making process. These volunteers are acutely aware of the residents frailty and will make every effort to maintain a friendly and supportive atmosphere.

The Department of Human Services is asking for your cooperation with the Senior Federation volunteers in the collection of this information. If you have any question you may contact me at 612-296-2213 or Vic Rosenthal, Staff Director of the Minnesota Senior Federation at 1-800-365-8765.

Sincerely

Pat James
Alternative Care Program Coordinator

ACP Meeting
July 9 10:00 p.m.
Senior Federation Office

Present:

Al Sollom, Virginia Hanson, Jennifer Anderson (Director, Marshall County Social Services), Diane Rokke (Social Services), Diana Kostrvewski (Director, Marshall County Nurses), Deb Swanson (Social Services), Pat James (DHS).

Ammendments to ACP Workplan:

Speaking presentations were changed from 35 to 8-10.
Meetings with social service staff and public health staff were changed from 7 (Marshall) and 5 (LOW) to 3 in each.
Meetings with County Boards were changed from 3 to 2, one to explain our intentions and one to follow up.
Public Forums were changed from 4 to 3.

Reasons for cutbacks in speaking presentations and meetings had to do with the fact that there is only one town in LOW County and while there are more in Marshall, there are still only 11 senior clubs. We felt that either the same seniors would show up time after time or, more likely, attendance would be very poor after the first few presentations.

Suggestions:

That we meet with the Marshall County Commissioners as soon as possible as Marcella Gonzorowski seems to have misunderstood the purpose of the project and has indicated that Social Services is doing a poor job.

That we develop a questionnaire to use at the beginning of our speaking presentations that will indicate what people already know about Alternative Care.

That we target the children of seniors for some of our presentations.

Meeting adjourned 12.00

PUBLIC FORUM ON ALTERNITIVE CARE
HOLT COMMUNITY CENTER
1-15-93

SPEAKERS:

AL SOLLUM...PRESIDENT, NORTHWEST SENIOR FEDERATION
HISTORY OF ALTERNATIVE CARE

CAROL BORCHERT...QUIN COUNTY COMMUNITY HEALTH SERVICES
SPEAKING FOR MARSHALL COUNTY PUBLIC HEALTH

DOROTHY ROOD...MARSHALL COUNTY HOME HEALTH AID
SPEAKING FOR ALTERNATIVE CARE RECIPIENTS
AND THE NEED FOR GETTING INFORMATION TO
THE PUBLIC

MARCELLA GONSOROWSKI...MARSHALL COUNTY COMMISSIONER
SPEAKING FOR MARSHALL COUNTY SOCIAL SERVICES

MARION GUSA...ALTERNATIVE CARE COMMITTEE MEMBER
HISTORY OF THE ALTERNATIVE CARE PROJECT COMMITTEE

AL SOLLUM...WRAP UP

OLIVE LUNKE...ALTERNATIVE CARE COMMITTEE MEMBER
CLOSE

NOTE: TESTIMONY WAS GIVEN BY A MAN WHO PROVIDED CARE FOR HIS WIFE
(A STROKE VICTIM) WITH THE HELP OF THE ALTERNATIVE CARE PROGRAM.
HE RAN INTO PROBLEMS WHEN HE GOT SICK AND WAS UNABLE TO CARE FOR
HER FOR A BRIEF PERIOD OF TIME. HE WOULD LIKE TO SEE MORE RESPITE
CARE AND "HALFWAY HOUSE" CARE IN THE COUNTY.

ALTERNATIVE CARE FORUM
1-22-93
BRINK SENIOR CENTER
BAUDETTE

SPEAKERS:

AL SOLLUM...NW SENIOR FEDERATION PRESIDENT
INTRO

KAY STENNES...DIRECTOR OF PUBLIC HEALTH, LOW COUNTY
HOME HEALTH CARE

MARY DREWS...COUNTY SOCIAL SERVICES
SERVICES OFFERED UNDER ALTERNATIVE CARE
SCREENING

NANCY WENDELER...COUNTY SOCIAL SERVICES
FUNDING

OLIVE LUNKE...ALTERNATIVE CARE COMMITTEE MEMBER
HISTORY OF AC COMMITTEE

MS. NORDFLOM(?)...COUNTY COMMISSIONER

ALTERNATIVE CARE PUBLIC FORUM
FEBRUARY 11, 1993
WARREN SENIOR CENTER

SPEAKERS:

AL SOLLUM.....PRESIDENT, NW SENIOR FEDERATION
OVERVIEW OF SENIOR FEDERATION ACTIVITIES
HISTORY OF ALTERNATIVE CARE PROGRAM

DIANE ROKKE.....SOCIAL WORKER, MARSHALL COUNTY SOCIAL SERVICES
EXPLANATION OF THE SCREENING PROCESS FOR AC

DIANE KOSTRZERSKI....REPORT ON SKILLED NURSING SERVICES AND HOME
HEALTH AIDS

AL SOLLUM.....QUESTION AND ANSWER SESSION
CLOSE

ALTERNATIVE CARE

Minnesota has a preadmission screening program that helps prevent or delay the need for nursing home care for elderly and disabled persons. Alternative Care is a home and community care program that can help pay for services in an elderly person's home.

WHAT HAPPENS FIRST?

A preadmission screening is done by a team of a county social worker and a public health nurse. This will help you to determine how you can continue to live with the most independence. After your needs have been identified and resources evaluated, the team makes it's recommendation. It will either say that a nursing home is appropriate for you or will develop a plan to provide the services you need to remain in your community.

WHO IS ELIGIBLE FOR ALTERNATIVE CARE?

People who are age 65 and older

People who are currently eligible for Medical Assistance or who would be eligible within 180 days of nursing home admission.

People who choose community based care rather than nursing home care.

People for whom the cost of community care would be less than nursing home care.

People who are at risk of nursing facility level of care.

WHO PAYS?

A Medical Assistance eligible Alternative Care client does not have to pay a fee toward the cost of their services on the Alternative Care Grant Program. Other people who are eligible may be required to pay monthly toward the cost of their care. The amount is determined by a case manager who uses a combination of income and liquid assets to determine a sliding fee.

SERVICES COVERED BY ALTERNATIVE CARE

- Homemaker Services
- Home Health Aide
- Day Care
- Foster Care
- Respite Care
- Personal Care
- Supplies and Equipment
- Chore Service
- Home Delivered Meals

Seniors test peers' knowledge of elder care alternatives

By Ann Bailey
Herald Staff Writer

A group of senior citizens in northwest Minnesota will study whether their peers know that alternative care to nursing homes is available.

Members of the Minnesota Senior Federation, Northwest Region, in Marshall and Lake of the Woods counties are part of the study that will help determine how well a state screening program for senior citizens is working.

The members of the Northwest Region Federation will interview both people who live in nursing homes and their families, said Al Sollom, president of the regional group.

The organization's members will ask the nursing home residents and their families whether they knew there was alternative care available when they chose a nursing home. The

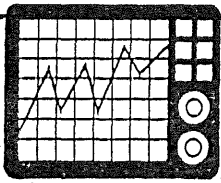
interviews will begin next week.

During the next six months, Northwest Region Federation members also will talk about alternative care at senior centers, senior housing units, churches and other places senior citizens congregate.

Preliminary studies show that many people are unaware that alternative care to nursing homes, such as nursing services and chore services, are available, Sollom said.

Results of the study will be reported periodically to the Minnesota Department of Human Services. The final report will be made Dec. 30.

"The state is really interested in this because keeping people in their homes costs less than keeping people in nursing homes," Sollom said. Living at home also allows seniors to retain their sense of identity and independence longer, he said.



We mean **BUSINESS**
on Saturdays

GRAND FORKS
HERALD

Regions

Continued from page 13

person, speak on the benefits of membership in Minnesota Senior Federation.

All members of every area club are encouraged to attend the area meetings to hear about state and regional affairs and Delegate Assembly actions and to let their area representative know about their clubs and what issues are most important to them.

Anstice Jurkovich

Northwest expands alternative care

The Northwest Region's study of Alternative Care, which is being funded through a contract from the Minnesota Department of Human Services, has been expanded to Lake of the Woods County. President Al Sollom met on Nov. 19 with Peter Langseth, who represents Lakewood Nursing Home, and established the criteria for conducting interviews with nursing home residents in Baudette.

To date the Federation has conducted educational meetings in 11 different locations to make seniors aware of the opportunities for better living provided by Alternative Care. It has become apparent that a relatively small number of seniors are even aware that the program exists. Additional meetings are being scheduled.

With the exception of the Good Samaritan Nursing Home in Warren, cooperation of providers has been very good. It would appear that the Case A

mix residents in the Warren nursing home were not even asked if they would like to be interviewed. If this is true, seniors could rightfully become alarmed that in such an institution they apparently lose their right to make meaningful decisions on their own.

Sollom says that by the end of the project most of the seniors in Marshall and Lake of the Woods counties will be aware of the opportunities for independent living provided by the Alternative Care Program.

Sollom also presented the details of Senior Partners Care to a group of 20 volunteers who make up the Headwaters Insurance Advocates. These volunteers provide advice to seniors in the area of health-care insurance, as well as other options, such as Senior Partners Care.

Al Sollom, President

Midwest studies fraud and abuse

Midwest Region held a presentation on fraud and abuse in the Medicare system on Nov. 23 in Morris. Over 60 people were in attendance.

Keynote speaker was Janice Hupperts, program integrity coordinator for Federal Medicare Carrier Blue Cross/Blue Shield. Also attending were special service representatives from various west central agencies, as well as seniors from the region. Ms. Hupperts included information on the perceived problem of fraud and abuse in the Medicare program and for the health industry as a whole.

The topics discussed were health

State

Dec 14 — Northeast Board
Central Delegate Assembly
South Central Board and Delegate Assembly

Southeast Board

Heartland General Assembly,
9:30 a.m., Brainerd Senior Center

Dec. 15 — MnSF Board of
Directors, 9:30 a.m., St. Cloud

Jan. 7 — MnSF Executive

insurance fraud, health insurance abuse, Medicare policy regarding assignment violations, balanced billings policy regarding elective surgery disclosure letter violations, and how to report suspected situations of potential fraud or abuse. Many questions followed the presentation.

Ms. Hupperts commented on other presentations in the Mankato-Sleep Eye area and stated the Minnesota Senior Federation is one of the most active groups in Minnesota on getting this information out to our members.

Alice Kositzke, Hancock, was our region's raffle winner. She will be going to Branson, Mo., Dec. 10-14. She will be taking Marjorie Beget, Hancock, along as her guest. She wishes to thank the State Federation for this opportunity.

Hilda Poppe, President

Heartland stresses Gatekeeper Program

Heartland Region has been busy with its Gatekeeper Program. Bro-

Minnesota Senior News

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Regions

Continued from Page 24

Although some very good testimony was given, the essence of the hearing was best summed up by a retired steelworker as he was getting ready to leave, "I don't know why these people call this a hearing. They may be here and they may be listening but they're not really hearing anything we say. Their minds are already made up what they're going to do. This is just for show."

— Dorothy Cederberg, president

Alternative Care on Northwest agenda

Continuing work on the Alternative Care Project, the Northwest Senior Federation and the Holt Keenagers sponsored a public forum on Alternative Care at the Holt Community Center. Thirty-one seniors and six speakers braved the cold to attend.

Northwest President Al Sollom opened the forum by explaining the history of Alternative Care in Minnesota and why this program is so important to seniors. He emphasized the importance of becoming knowledgeable on the subject before a crisis develops and decisions have to be made under adverse conditions.

Carol Borchert, speaking on behalf of Marshall County Public Health, spoke about home health care, including eligibility, services provided, and charges for services.

Marion Gusa, Northwest Vice-President and Alternative Care Committee member, gave a presentation on how the Alternative Care Project Committee was formed and the work plan that is being used.

Marcella Gonskowski, County Commissioner, shared an article about Alternative Care that was published in the *Warren Sheaf* in 1989. She also spoke on behalf of Marshall County Social Services.

Dorothy Rood, Home Health Aide, told of her experience as a home care provider and of the importance of getting information out to the public. She also gave a tribute to our speakers by commenting that this forum had provided the best information she had heard on the subject.

Olive Lunke, Northwest Treasurer and Alternative Care Committee member, closed the forum with thanks to the Keenagers and the speakers.

A second forum, held in Baudette at the Brink Senior Center, was attended by approximately 40 seniors and five speakers. Again, Sollom opened the forum and introduced speakers Kay Stennes, Director of Lake of the Woods Public Health, who spoke of the Home-Care Program that comprises 70 percent of Public Health; Mary Drews and Nancy Wendeler, County Social Services, who spoke of being somewhat handicapped in their use of Alternative Care funds, as only \$2,100 of the \$21,000 AC funds available to Lake of the Woods County may be used for nursing service (which is the biggest need among their AC recipients). They encouraged seniors to

State Calendar

Feb. 17, MnSF Delegate Assembly and Health Action Council, 9:30 a.m., St. Cloud.

Feb. 22, Southeast General Assembly.
South Central combined.
Minnesota Valley Board, 10 a.m.
Metropolitan Savings Bank, Montevideo.
Northeast District Assembly
Minnesota Valley District Assembly.

Central District Assembly.
Feb. 26, Iron Range Board and District Assembly.

March 4, MnSF Executive Committee, 9:30 a.m., MnSF Office.

March 8, Northeast Board.
Southeast Board. Heartland General Assembly.

March 15, Midwest District Assembly, 10 a.m., Morris Senior Center.

write to their legislators to get this cap raised.

Olive Lunke, Alternative Care Committee member, reported on the work of the Alternative Care Committee, and Al Sollom closed by thanking the Baudette Senior Club and the speakers.

Seniors at both forums spoke of an urgent need for respite care in Marshall and Lake of the Woods Counties.

— Al Sollom, President

Heartland readies legislature report

The Minnesota Health Care Commission held a regional hearing on its final report to the legislature and Governor on "Containing Costs in Minnesota Health Care System" on Jan. 28, 1993, in Brainerd.

Dick Ashmun testified for the Minnesota Senior Federation, presenting the Federation's evaluation of the Commission's report based on our single-payer position and consumer concerns. Charlotte Fisher of the Health Care Campaign of Minnesota presented Central Minnesota COACT's position on this same subject. Both testifiers did a very fine job of making known our concerns regarding this report. In a joint letter the Minnesota Senior Federation and the Central Minnesota Health Care Coalition expressed concern that the Health Care Commission and the media understand that cost containment is achievable only under the elements of single payer.

The media are reporting the health industry's perspective of cost containment, which emphasizes consumer life style and ignores high provider fees, excess capacity, unnecessary services, and administrative waste among providers and insurance companies. Immediately after the Commission hearing Betty McCowan, Heartland Region and Charlotte Fisher, COACT, held a press interview on single payer.

— Eileen Iverson, President

REGIONS Continued on Page 26

**Why the
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iking - Jeffrey
el Revier, April
Julie Bjelland,
Lent; Fosston -
Lillo, Michael
esvold, Henric
Intosh - Steven,
beth Campbell,
Steve Fischer,
Johnson, Melinda
Michelle Larson,
nke, Kristin
issa Munn, Jon
i Toriseva, Gwen

Morning was turtle neck day, but Sunday
was crazy hair and pajama day, Wednesday
was career day, Thursday, will be
Gator Day with the Pep Fest and Friday
will be dress-up day.

Coronation will be on Friday, January
15 at 2 pm at the Greenbush High School,
and the public is invited to attend. The
royalty will be introduced before the
wrestling match on Friday evening.

The highlight of the week for the students
will be a dance at the supper club
in Greenbush on Saturday evening, January
16 at 9:30 pm.

Sunday Pat and Hjalmer Hanson were
visitors at the Alma Berg and Esther
Dahl homes.

Mike Tuura and Scott, Ann Magers,
Justan and Jena Brooks visited at the
Arne Tuura home Sunday afternoon.

Lutheran Social Services Senior Nutrition Program

Menus for Newfolden
Senior Meals

Week of January 18 - 22

Monday, January 18 - CLOSED

Tuesday, January 19 - 12:00, Ham
loaf, creamed potatoes, wax beans, bread/
marg, applesauce, milk

Wednesday, January 20 - 12:00,
Swedish meatballs, mashed potatoes/
gravy, peas and carrots, bread/marg, fruit
cup, milk

Thursday, January 21 - 12:00, Pepper
steak, boiled potato w/marg, broccoli
w/ch. sauce, bread/marg, graham cracker
pie, milk

Friday, January 22 - 12:00, BBQ
ribs, baked potato, mixed veg, bread/marg,
tapioca pudding w/tpg, milk

Senior Federation to speak in Holt

The Minnesota Senior Federation,
Northwest Region is sponsoring a public
forum concerning Alternative Care for
senior citizens in Marshall County. The
purpose of the forum is to inform seniors
about locally available long term care
community alternatives and how to gain
access to them.

The forum will be held at the Holt
Senior Center on Friday, January 15 at
1:30 pm. The following have been invited
to participate: County Public Health,
County Social Services, County Commis-
sioners, Area Agency on Aging Directors.

This is a public forum and all ages are
welcome.

The New simplified wetland definition

1. If it's wet, it's wet.
2. If it's dry, it's dry.
3. If it's wet, but not overly wet,
not overly wet, refer to items 1 & 2.
4. If it's wet, but could be wet,
could be wet, refer to item 3.

5. If it is neither wet nor dry,
Atmospheric Delicate a Manual.

6. If it is wetter than dry or if
then it is damp. If it is damper than
be considered dry, then refer to item
drier than wet, but would still be
damp, but not as damp as wet.
considered wet, or is drier than a
then refer to item 2.

7. For wet areas that are sometimes
not dry and have standing water,
damp, and would not be classified
that are sometimes damp but not
time the dampness is dependent upon
then it would be considered a dry
which is not the same as a bay (be-
bay) but be classified as a damp dry
sometimes wet but not enough to be
river (because a river is a river) but
be considered damp, which is not
considered wet so it is dry.

8. For dry areas that are sometimes
not wet and don't have standing
when wet, and would not be clas-
areas that are sometimes damp but
which time the dampness is depen-
dryness; then it would be consid-
area which is not the same as a lake
lake is a lake) but would be class-
wet area that is sometimes dry, but
be considered an ocean (because a
ocean) but is dry enough to be con-
which is not enough to be consider-
wet.

9. If in doubt about the dryness
an area, and uncertain if water or
other than H₂O, contact your re-
presentative.

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Cafe, Karlstad

* Non - Sunflower Growers luncheon
meeting, South Branch Supper Club,
Greenbush

* 1:30 pm - MN Senior Federation, NW
Region, to speak at Holt Senior Center

* 2 pm - Snow Fest Coronation at
Greenbush High School

* 6:15 pm - Nordic boys travel to Roseau
for basketball action

* 6:30 pm - Nordic girls host TRF in
basketball action

Saturday, January 16

* 9 am - MR Elementary basketball at
Grygla (4 games)

* 12:30 pm - Gator boys travel to Stephen
for basketball action

* 6-9 pm - Candlelight Ski Tour, Old Mill
State Park

* 9 pm - 1 am - Dance to Banana Country,
Hobo Haus, Newfolden

* 7:30 pm - Quin County board and
advisory meeting, Newfolden Community
Center

Tuesday, January 19

* 9:30 am - 2 pm - Social Security rep
at Heritage Center, TRF

* 5:15 pm - Nordic boys basketball vs.
Gators at Greenbush

* 7-9 pm - Open Media Center, MCC High
School

* 5 pm - MR School board meeting, note
change of time

* 8 pm - MCC School board meeting
Wednesday, January 20

* 1 pm - Newfolden Senior Citizens
meeting

Thursday, January 21

* 6:15 pm - Nordic girls travel to L.O.W.
for basketball action

* 7 pm - One Act Play, Greenbush High
School

Senior Citizens, respectively... Re-
Ladwig was slightly injured when a
truck that he was driving for Thygesen
construction overturned...

July

Heidi Dyrud was crowned the new
Miss Marshall County... The MCC board
hired Lowell Schwalbe as superinte-
ndent for the 1992-93 school year, a
will be sharing his services with the
Karlstad school district... Emma And-
son retired from the First Nation-
Bank... The Lunke farm attained Ca-
tury farm Status... The Middle Ri-
Renew in '92 reunion was held, and
was had by all... The Carter-Stump
engagement was announced... The Mid-
River Memorial park trees were di-
cussed by ATV usage... The Burda-Le
engagement was announced... M.

MIN Outstanding Young Farmer '92 Runner-Up

Steven Goodwin, Angus, was first runner-up in Minnesota's 1992 Outstanding Young Farmer competition. The awards program is sponsored by the U.S. Junior Chamber of Commerce and Deere & Company.

Goodwin started farming full time after graduating from the University of North Dakota in 1980, raising small grains and sugarbeets in a joint venture with his father, Murray. "The opportunity to farm was a natural choice for me and my family," said Goodwin.

He and his wife, Marie, have three children, Jared, Cole and Lucas.

Health Care Concerns For Seniors To Be On Agenda Here Feb. 11

Minnesota Senior Federation, Northwest Region is sponsoring a public forum concerning alternative care for senior citizens in Marshall County at the Warren Senior Citizens Center Thursday, February 11 at 12:30 p.m.

The following have been invited to speak: county commissioners, county social services and county public health. The purpose of the forum is to inform seniors about locally available long-term care community alternatives and how to gain access to them.

This is a public forum and all ages are welcome.

Argyle On Thursday

Marshall County Crop Improvement Association's annual crops day is set for Thursday, February 4, reports Vice Chairman Les Howard. The afternoon session begins at 12:15 p.m. at the Argyle American Legion.

Entry and display of grain exhibits begin at 12:15 p.m., with the educational program set for 1 p.m. With a new format for 1993, the traditional noon meal will not be served.

The afternoon program includes: "Aphids — Should Growers Be Concerned" by Carlyle Hohen, area Extension agent, crop pest management, University of Minnesota; "Diseases —

Fungicide Applications — Does It Pay?" by Roger Jones, Extension plant pathologist, University of Minnesota, and "Wheat Outlook — World Implications — Marketing the 1993 Crop" by Stan Stevens, Extension economist with the University of Minnesota.

The annual meeting agenda centers on the state MCIA news/changes by Jack Riopelle of Argyle, state MCIA Board member, "Grower practices for '93: by Bob Roach, MCIA fieldman, and "Seed Distribution Policies" by Ray Thompson, Marshall County Extension educator, the election of directors, etc.

TH 75 Improvements To Be Aired At Argyle February 9

Improving the safety of TH 75 in the Red River Valley will be the focus of a Tuesday, February 9 public meeting in Argyle hosted by State Representative Jim Tunheim (DFL-Kennedy) and the state Department of Transportation (DOT). The forum will be held from 10 a.m. to noon at the Argyle Community Center.

"The meeting will give citizens the chance to voice their concerns and learn the facts regarding this pressing issue," Rep. Tunheim said.

DOT Commissioner Jim Denn will attend the session, along with Steve Baker, district engineer, Mark Anderson, public affairs coordinator, and Thief River Falls Resident Engineer Roger Hille, also from the DOT.

The condition of the narrow highway, which serves heavy traffic in the area, has long been seen as a potential safety hazard. The DOT recognizes that the 20-foot width of the road falls short of complying with today's standards. Although plans have been laid to widen the road over the next few years, DOT officials are willing to discuss with residents the possibility of getting the job done sooner.

"It's important that those affected by the highway attend the February 9 meeting," Rep. Tunheim said. "There's a real need for state officials to understand how dramatically the condition of this road impacts the residents of the Red River Valley area."

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Senior Citizens Will Study Alternative Care In County

The State of Minnesota has contracted with the Minnesota Senior Federation to study the effectiveness of a state program to provide home care for the frail elderly as an alternative to placement in nursing homes. Marshall County is one of the two counties in northwestern Minnesota that will be involved in the study.

According to Al Sollom, president of the Minnesota Senior Federation, Northwest Region (headquartered in Thief River Falls), the study will be conducted by Northwest Region Federation members. Said Sollom, "What group has a greater interest in the success of a program, which preserves individual dignity, promotes freedom of choice in lifestyle and saves taxpayers' money, as well?"

Results of the study will be reported to the Minnesota Department of Human Services on a scheduled basis, with the final report being made on Dec. 31, 1992.

The study will include interviews with nursing home residents and their families, as well as with senior citizens living in the community and receiving home care as an alternative

to nursing home placement.

Also, the Federation will conduct public education activities about locally-available long-term care alternatives and how to gain access to them. These activities will include public forums, which are expected to feature speakers from the public health and social service departments of Marshall County. Also, the Federation will be conducting speaking presentations in senior citizens center, nutrition sites, churches, senior citizens housing units and other places where senior citizens congregate. The Federation will submit articles to area newspapers, senior citizens publications and newsletters promoting the Alternative Care Program.

Meetings will be sought with the Marshall County Board to discuss the study and its results and to promote the utilization of alternative care funds in providing care to the frail elderly. Sollom emphasized that the Federation wishes to work together with the Marshall County Board in promoting the program for the benefit of senior citizens in Marshall County.

June 17, 1992



COUNTY HOMEMAKERS GIVE SCHOLARSHIP
Theresa Knutson of Oslo, Minn., and Candace Kasprowicz of Argyle, Minn., are the winners of the West Marshall County Homemakers' scholarship. The scholarship is given to a student majoring in home economics. Miss Knutson is the daughter of Bob and Margie Kasprowicz of Argyle and is currently a student at Dakota State University majoring in home economics and nutrition.

Whereabouts Of 60 Teachers In Warren Schools Unknown

The Warren teachers' committee organizing the 1993 reunion of all former Warren teachers is making great progress on finding the whereabouts of missing teachers. On May 6 the Sheaf published a list of 171 teachers whose addresses were unknown. The list of unknowns has now been pared down to only 60. The big reunion has been set for June 18-20, 1993.

The names of the teachers whose whereabouts are still unknown include: Eleanor Jean Anton, Patrick Baier, Hans Behrens, Darlene Bellows, Wallace Berg, Margaret Brinkman, Rose Bye, Virginia Cuthbert, Romona Dempsey, Eilene Donner, Ronald Elioff, Charlene Everson, Joe Formick, Aicha Gabrielson, Marian Gray, John Hofstrom, M. Dorthine Halvorson, Virginia Haverland, Joann Hammelgarn, Leroy Hillbrand, Josephine Hong.

Also, Ethel Johnson, Lena Johnson,

Miriam Johnson, Lyle Jolson, Mary Kelly, Edith Lapray, Gladys Larson, Joan Layne, Mildred Levin, Wilho Martin, Naomi Mirlicke, Julbert Morgan, Eino Neittamo, Jeanne Neittamo, Margaret Nelson, John Nicholson, Saima Niskanen, Richard Nugent, Alfred Ofterdahl, Sophie Olson, Kathleen O'Neill, Aldia Paquin;

Also, Katherine Patton Oien, Melvin Peterson, Betty Rindt, Alida Rolland, Glen Schaefer, Dorothy Schrunck, Viola Seaburg, Edith Sime, Dorothea Sitz, Jacquelin Sorenson, Bernice Olson Strandquist, Marjorie Tift, Viola Wallin, Isabelle Williams Holmgren, Thomas Peterson, Steve Waletko and Calvin Zuelke.

Anyone knowing the addresses or how to find any of the persons above can contact any of the following Warren teachers: Robert Mattson, Carol Anderson, Gladwin Lynne, and William Porter.

Farms In Family For 100 Years To Receive Honors At State Fair

The Century Farm program, honoring Minnesota families who have owned their farms for at least 100 years, will be conducted for the 17th consecutive year by the Minnesota State Fair. Co-sponsors of the program

Timely Rains Giving Continued Hope For Another Good Crop

Sheafland has received upwards of 1 1/4 inches of rain Monday, Tuesday and this morning to put real life into what is described as a heavy crop. The timely rains have continued hopes for a good crop, although there is some

Anthony Szklarski 40 Years In God's

Brother Anthony Szklarski, Stephen native, will be honored for 40 years in God's service at a mass of thanksgiving Sunday, June 28 at the Church of the Assumption in Florian. His sister and brother-in-law, Christine and Thomas Gerszewski, will be observing their wedding anniversary on the same day with an open house at their farm from 2 to 5 p.m.

Brother Anthony Szklarski was born at Stephen on June 3, 1935, the son of Anton and Elizabeth Szklarski, now deceased. He is the brother of Frank (deceased), Chester John, Christine (Mrs. Thomas Gerszewski) and Mary Ann (Mrs. Joe Deschene).

Brother Anthony (better known as Brother Tony) attended the College of Our Lady of the Ozarks, Carthage, Mo., from 1949 to 1951. This collect was conducted by the Missionary Oblates of Mary Immaculate. He entered this religious congregation as a candidate for the Brotherhood at Sts. Joseph's Novitiate, Godfrey, Ill., on June 30, 1951. He made his first vows on July 1, 1952.

The assignments of Brother Tony, as a Brother, have been typical of his congregation, varied and challenging. His first assignment was the Oblate Novitiate, where he stayed until June 1953, then on to the Oblate Press in Carthage, Mo., until October 1955. The Oblate Scholasticate (major seminary) in storied Pass Christian, Miss., was the next stop. He worked there in the maintenance department until



Brother

Engineers license, a certification refrigeration. Sunday, the Assumption will be a mass celebration in the main celebratory. Very Rev. Provincial.

Regional News — from greater Minnesota

Northeast studies ways to fix garbage service

A light is now shining at the end of the tunnel of garbage and recycling service reform — and it is not an oncoming train. After months of very hard work, the Senior Federation-Northeast Coalition has succeeded in getting important studies underway that hold a good chance of reforming garbage service and rates to the benefit of consumers.

The 14 percent rate hike proposed by the Head of the Lakes Waste Association (HLWA) last fall, to start Jan. 1, has definitely been put on hold by the Duluth City Council.

City officials and the Western Lake Superior Sanitary District (WLSSD) now have consensus on getting two studies done on garbage and recycling service: a long-term one and a short-term one. The long-term one will be done by UMD Professor Curt Anderson, whom the Senior Coalition's Garbage and Recycling Committee located and recommended for this purpose. He will examine how the service is structured, and what the alternatives are, including a municipal system. His study will show how costs can be brought down by eliminating the inefficiencies that are inherent in the way the service is structured and delivered now, and show how the rate structure can be designed to encourage and reward people to reduce their trash to as small amounts as possible. This study will take several months, and possibly longer than a year.

In the meantime, a second, shorter study will be performed by UMD Professor Jerrold Peterson. His investigation will go to much further depth and detail than has been done so far. The haulers have agreed to give him specific, detailed information on each hauler's business and finances, and will let him look at actual books. He will look at the books of Zenith-Kremer, the one large company in town, and at the books of one of the small ones. Thanks to the efforts of the Senior Coalition, his new study will utilize much more specific and actual information on the haulers' operations than ever before.

Members of the Senior Coalition's committee met with Peterson to find

out how he is going to conduct his study, and to see if he was going to look at the questions which our committee feels are critical. The committee members were pleased to hear Peterson say that he will be looking at these, including proper allocation of costs shared by both residential and commercial service. If the haulers provide all the information they are saying they will, and Peterson completes the report in the manner he says he will, then the result should be very useful. Peterson did state that one of his recommendations may be to have CPA audits done of each of the 12 haulers in Duluth, to fully verify that what they are claiming for expenses is accurate.

A note of caution, however, is that whatever temporary rates might come about as a result of the Peterson study (temporary until the results of the longer study by Anderson), there will still be major sources of inefficiency. The inefficiencies—such as different haulers duplicating the same routes—will still make rates higher than they need to be.

The cost savings, and lower rates, that we can get from removing the inefficiency won't come about until the Anderson study is done—late this year or early next year.

The next steps will be in March, when the results of Peterson's study will get debated by the Council. Our committee will be heavily involved in that process.

Dorothy Cederburg, President

Northwest testifies on health-care proposals

Fourteen Northwest Senior Federation representatives from Clearwater and Pennington counties went to Bemidji Jan. 27 to hold a press conference and forum prior to the Minnesota Health Care Commission's public hearing on cost containment. Kip Sullivan and Al Sollom conducted the press conference and forum at the Bemidji Senior Center.

The audience included senior consumers, nurses, hospital administrative staff, insurance advocacy staff, and a reporter from Minnesota Public Radio.

Following the forum the group moved to the American Legion build-

ing for the hearing. Sollom gave testimony before the commission, commending them for their proposal to subject providers to price controls and presenting our concerns about excess capacity, the consumers' portion of health-care spending, and the special problems of high-cost patients and low-income people.

Sollom also asked the commission (once again) to do a study of the costs of a multipayer system of health care compared with a single-payer system. His testimony was well received both by the commission chair, who thanked Al for a well-organized statement, and by the audience, which responded with applause.

The Northwest Region held its executive board meeting Jan. 29. Sollom and Vice President Graydon Postier reported on the Alternative Care Project, the NW forum on MnCare in

Bemidji, the Health Care Commission's hearing, and MAPA's tax policy action in Crookston.

A cash flow chart was presented, and strategic planning outlined for future fund raising.

Sollom described the requirements for state-paid staff, and suggestions were made by the board as to how to meet those requirements.

Several items were recommended for the March 25 Delegate Assembly and the April 29 Annual Convention, including an amendment that will allow "under 55s" to join as associate members, a discussion about holding DAs in varied locations, and raising dues in the coming years.

The Northwest Region held its third and final forum on Alternative Care at the Warren Senior Center in Marshall County. Forty seniors were present along with three speakers.

Sollom opened the forum by giving an overview of Senior Federation activities and a history of Alternative Care.

Diane Rokke, social worker and member of the pre-admission screening team for Alternative Care, emphasized that there is no charge for the screening, that anyone can request one, and that the team only recommends a course of action. The final decision is made by the individual. She explained the screening process, which includes an at-home meeting with the individual and family, a health history, and gathering of information about his/her typical day.

Diane Kostrzski, director of Marshall County Nursing Service, explained that her agency provides skilled nursing and Home Health Aides for Alternative Care recipients. Skilled nursing includes dispensing of medications, changing surgical dressings, checking vital signs, and acting as liaison between doctors and in-home patients. The Service also supervises Home Health Aides (people who have received 75 hours of nurse aide training and 15 hours of home training). Diane stressed that the mission of the County Nursing Service is to help people to be as independent as long as possible.

Al Sollom, President

REGIONS Continued on Page 26

State Calendar

- March 22**, Southeast General Assembly, 1:30, Pine Island South Central Combined, 10:00 a.m.
- Minnesota Valley Board**, 10:00 a.m., Metropolitan Savings Bank, Montevideo
- Northwest Delegate Assembly**
- March 23**, MnSF Board of Directors, 9:30 a.m., St. Paul, State Capitol
- March 25**, Northwest Delegate Assembly
- March 26**, Iron Range Board and Delegate Assembly
- April 1**, MnSF Executive Committee, 9:30 a.m., MnSF Office, Lower Level
- April 6**, Southwest Board, SW Office, 9:30 a.m.
- April 7**, Seven County Board
- April 12**, Northeast Board Southeast Board Heartland Board
- April 14**, Seven County Delegate Assembly
- April 19**, Midwest Delegate Assembly, 10:00 a.m., Morris Senior Center

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DAIRY OLYMPIC Champions yesterday were The "Cow Kickers"
(Lee Haugen, Mark Melby, Mark Nissen & Cameron Ulferts).

SECOND PLACE went to The "Dairy Diehards" (Neal Horn,
Talia Vettleson, Wyatt Vettleson & Melanie Bjerklie);
and THIRD PLACE went to The "Smiley Slurpers" (Brandi
Larson, Bryanna Helgeland, Jocelyn Helgeland & Laura
Steiger).

FIVE Teams (Including KTRF/KSNR) participated in the 4th
Annual DAIRY OLYMPICS during DAIRY DAY in Thief River
Falls!

THE Minnesota Senior Federation & the State of Minnesota
have teamed up to study the effectiveness of a State
Program to provide home care for the elderly as an
alternative to nursing homes.

FREE American Flag Cleaning...at NARVERUD CLEANERS...
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WHAT WAS THE NICKNAME
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ANSWER ON THE BACK PAGE

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TODAY IN HISTORY: In 1967, the
tel opened in Marshfield, Miss

In 1973, America's Explorer 4
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the longest object sent into

In 1977, James Earl Ray escape
was recaptured 3 days later.

LOUIS L. L'AMOUR died on this
had written 86 western novels

CONTESTANTS NEEDED!...For the M
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ZION LUTHERAN CHURCH, 505 North
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more information.

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Oak Wdwk, many extras..ALL SE

on Back Page

levada?

2.5 million are Humboldt

ELMER CRUMP SAYS "There can be no happiness if the things we
believe in are different from the things we do!"

**TOP OF
THE DAY**
MARCH 8, 1993

**How would you
cut the deficit?**

Do you have ideas for reducing the federal deficit?

Send them in and we'll print 'em.
How I'd Cut the Deficit

City Desk
Grand Forks Herald
Box 6008
Grand Forks, N.D.
58206-6008.

**Dyrstad to attend
Remidji meeting**

Minnesota Lt. Gov. Joanell Dyrstad visits Remidji today.

Dyrstad will attend a Remidji Rotary Lunch and town meeting from noon to 1 p.m. at the Holiday Inn, U.S. Highway 2 West.

The trip is part of a swing through north-central Minnesota that includes other stops at Grand Rapids and Brainerd.

**Schroeder class
aids City Mission**

Ninth graders in teacher Doug Berg's homeroom at Schroeder Junior High Friday has donated a batch of food and clothes for the Grand Forks City Mission. It was a community service project, and the class of 24 students toured the Mission.

Schroeder's student council has been emphasizing community outreach, and Berg said his students rallied

Nearly 94, he's still his own boss

Thanks to Marshall County program, Andrew Ferencik can stay in his Alvarado apartment and have health-care services come to him

By Lance Nixon
Herald Staff Writer

ALVARADO, Minn. — Now that he's going on 94, Andrew Ferencik needs a cane or a walker to get around his apartment, and an electric scooter to get around if he goes outside.

It used to be that someone so frail might think about going to a nursing home.

Not anymore. Ferencik is part of a trend that leans toward more and more home health care. There is a growing network of volunteers and paid health workers who make the system work.

"The thing I like about this is that I'm my own boss," Ferencik said. "I get up when I want to, I make what I want for breakfast, I eat when I want."

Health care comes to him

Several times a week Marion Yanish, a home health aide, stops in

to check on him and do a little light housecleaning. At least once a month, Barbara Coetier, a registered nurse, also visits.

Depending on the client, a home health aide might help with bathing and dressing, meal preparation for people on special diets, laundry, exercise programs. Such duties as administering medications are left to nurses.

"They sure keep track of you," Ferencik said. "Every now and then they'll call just to see if I'm OK."

There's also a buzzer sitting on Ferencik's lampstand that connects him with the hospital in Warren, Minn., 11 miles away. It's called Lifeline. It's provided to him by a Warren service club.

If Ferencik were to push the button, the people at the hospital in Warren would know he was in trouble. They have a list of people in Alvarado they could call to ask them to check on him.

Ferencik cooks his own break-



John Stennes, staff photographer

Andrew Ferencik is part of a trend that leans toward more and more home health care. "The thing I like about this is that I'm my own boss," says Ferencik of Alvarado, Minn. "I get up when I want to, I make what I want for breakfast, I eat when I want."

fasts and suppers, but he has his lunch brought to him by volunteers with the Meals on Wheels program.

The people who care for Ferencik work for Marshall County Nursing

Services, a department of Warren Community Hospital. Director Diana Kostrzewski says that at any given time, Marshall County Nursing Services is tending to at least

100 clients throughout the county all ages. Most are elderly people, but the clients are of all ages. Many are people who have just been discharged from the hospital and need a nurse to give medication or monitor their condition.

**Program meets
a growing need**

Home health care has increased dramatically the past five years, Kostrzewski said, as people are discharged from hospitals sooner and put off going to nursing homes longer.

The reason is simple: Home health care is far less expensive than a stay in a hospital or nursing home.

Faith Rud at the Northwest Agency on Aging in Thief River Falls said the average monthly cost in a nursing home is about \$2,000 to \$2,400.

The cost of home health care depends on how often a person needs a home health aide or a registered nurse to visit. Some people must have daily attention. With others, such as Ferencik, it isn't as often. But Rud said if an elderly person required two hours of attention at

HOME HEALTH CARE: See Page 2B



Give your
old prom
dress one
more chance

they are doing

coffee.

— Compiled by Kevin Bonham
and Lance Nixon

HOME HEALTH CARE/

Continued from Page 1B

time, three days a week, the cost would be about \$120 a week — figuring a service cost of \$20 an hour — or about \$480 a month.

That is a clear savings for insurance companies and other health-care providers.

"The nice thing about that is that in general, the people we serve would rather stay at home," Kostrzewski said. "Our philosophy is to help people help themselves. We encourage people to be as independent as possible, and we find them the help so they can be."

Kostrzewski said there is a sliding fee system geared to let people pay what they can afford for home health care. The rest of the cost is covered by Medicare, medical assistance, private insurance or by a Minnesota grant program called Alternative Care.

In general, senior citizens pay from 30 percent to 35 percent of the cost of home health care, Rud said.

Rud said the idea behind home health care is nothing new. She said the estimate is that 80 percent to 90 percent of care for the elderly is provided informally by family or neighbors or friends.

Magdalena Neis

ESMOND, N.D. — Magdalena Neis, 79, Esmond, died Saturday, March 6, 1993, in Heart of American Medical Center, Rugby, N.D.

Magdalena Platz was born Oct. 17, 1913, in Selz, N.D., the daughter of Mike and Johanna Platz. He grew up and attended school near Fillmore, N.D., and married Stephen Neis Oct. 29, 1929, in Esmond. They farmed north of Esmond until retiring in 1951, and moving into Esmond. She worked at Ann's Cafe in Esmond for 18 years and also cooked for several organizations for many years. Stephen Neis died Aug. 22, 1974.

Survivors are her daughters, Helen (Mrs. Frank) Dusek, Annamoose, N.D., Agnes (Mrs. Arthur) Streifel, Esmond, Delores Richter, Bismarck, and Rose Marie (Mrs. Raymond) Gornow, Bismarck, N.D.

Wilma Frankfurth

HILLSBORO, N.D. — Wilma Frankfurth, 69, Hillsboro, died Saturday, March 6, 1993, in Hillsboro Community Hospital.

Wilma Elizabeth Henka was born Oct. 21, 1923, the daughter of Julius and Mary Henka, in Hillsboro, where she grew up and attended school. She received her teacher's certificate at Moorhead State College and taught in Caledonia, N.D., for three years. She married Otto Frankfurth Nov. 1, 1959, in Hillsboro. She worked for the Agriculture Stabilization and Conservation Service, Traill County Abstract Co., Traill County Treasurer's office and Norwest Bank, all in Hillsboro.

Survivors are her sisters, Louise Henka and Emma (Mrs. James) Allen, both of Hillsboro; brothers, William, Porterville, Calif., Charles and John, both of Hillsboro; and many nieces and nephews.

■ **Services:** 2 p.m. Tuesday in Our Savior's Lutheran Church, Hillsboro.

■ **Visitation:** 9 a.m. to 9 p.m. today in Wildeman Funeral Home, Hillsboro, and one hour before services in the church.

■ **Burial:** Riverside Cemetery, Hillsboro.

Black River Lutheran Church, rural St. Joe, Minn. (Green, Thief River Falls).

Amy Nelson, 83, Thief River Falls, 1 p.m., Savior's Free Lutheran Church, Thief River Falls (Green, Thief River Falls).

D.J. "Jack" Robertson, 80, Grand Forks, 2 p.m., St. Mark's Lutheran Church (Amundson).

Sophie Stenberg, 86, Mayville, N.D., 2 p.m., St. Paul Lutheran Church, Portland, N.D. (Ker, Mayville).

Arthur Vrem, 88, Tolna, N.D., 1:30 p.m., St. Lutheran Church, rural Tolna (Quam-Plais-Cushman, Cooperstown, N.D.).

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