ANNUAL REPORT 1981 Minnesota Board on Aging

History

In the early 1950s a legislative study commission recommended that the Governor create a permanent officials about how to meet older Minnesotans' needs. The Council - the Governor's Citizens Council on Aging - was formed in 1956.

The Council is now called the Minnesota Board on Aging and has an annual budget of nearly \$16 million. With state, federal and foundation

council to advise him and other state funds the Board develops and coordinates a wide variety of programs for 16 percent of Minnesota's population the 650,000 people age 60 and older. All programs are designed to help older persons live in their homes or places of residence, with an emphasis on the reduction of isolation and the prevention of untimely or un-

necessary institutionalization.

The 25 members of the Minnesota Board on Aging are appointed by the Governor and serve a maximum of eight years. The majority are over

Board meetings are usually held on the third Friday of each month and are open to the public.

Legislation

The Board on Aging's hardworking legislative committee reviewed all major bills introduced in the state legislature in 1981 of concern to older people.

Legislative committee members testified on several issues including the impact of the proposed state budget (FY '82-'83) on the state's older population and the effect proposed reductions in health care funding would have on the quality of care in Minnesota nursing homes.

The committee also prepared a biweekly legislative update, Aging Action Under the Dome, for organizations and individuals interested in senior citizen legislative issues.

The committee's efforts aided passage of a number of legislative measures, among them:

Through the Board on Aging and area agencies on aging, the foundation made grants totaling \$160,000 to centers in 41 communities.

The money supplemented whatever the centers could raise on their own and was matched at a 75/25 ratio, with localities responsible for 25 percent of a project's cost.

McKnight grants will also be available to senior centers in 1982.

Senior **Centers**

1981 marked the second year of special McKnight Foundation grants to help senior citizen groups improve their facilities.

Long Term Care Ombudsman Program

Five regional long-term care ombudsman programs began operations during 1981 with grants from the Minnesota Board on Aging. All were designed to help nursing and boarding care home residents, and their families and friends, protect residents' rights and resolve residents' concerns. (A sixth program - Nursing Home Residents' Advocates - began serving the Minneapolis-St. Paul area in 1978.)

The six programs responded to 865

requests for information, complaints, and nursing home residents' problems during the year in addition to promoting better community understanding of the needs of residents and long-term care issues.

MBA ombudsman staff provided coordination, back up, technical assistance, and training to the regional programs. During the year they published and distributed nine pamphlets about long term care issues and two slide/tape presenta-

The Board on Aging also helped develop state regulations and policies beneficial to nursing home residents and operated a toll-free hotline (1-800-652-9747) to respond to complaints and concerns about long-term

* mandatory standards for insurance policies that supplement Medicare benefits as well as penalties for insurance agents who misrepresent themselves;

* \$1.8 million for Medical Assistance funds to expand long-term care services outside institutions;

service departments indicate yearly transportation.

how they will aid people age 60 and older who cannot meet their own needs.

In the fall the legislative committee held a "round table" to study in-depth the long term care continuum. It also picked its 1982 priorities. Among these: improvements in the long term * a requirement that county social care system, housing and

Education/ **Training**

In 1981, the Minnesota Board on Aging awarded \$30,000 to the state's Area Agencies on Aging to help train people who work with the elderly. Training covered such areas as how to operate a senior center, communication skills, implementing a peer counseling program, drugs and health, leadership training and advisory councils, stress management, lay advocacy, and planning and financing housing for older people.

The Board on Aging also sponsored statewide conferences and training activities such as Minnesota's State Conference on Aging; a training ses-

sion for staff of minority social service agencies; a series of intergenerational workshops through the University YMCA, and a workshop on legal services to the elderly. The Board cooperated with a number of organizations to publish an inventory of speakers, trainers and consultants in aging as well as a guide to student internships and volunteer opportunities in aging.

During 1981, the MBA continued a manpower study to identify how educational institutions are and should be preparing students for employment in the field of aging. A job clearinghouse was also established. It collects and makes available information from individuals seeking jobs and Minnesota agencies wishing to publicize job openings in the field of aging. Both initiatives should provide a stronger basis for determining directions in gerontological education and training in Minnesota in the

Fiscal Year 1981 *** **Nutrition Program for** Social Services the Elderly (Federal Funds) Administration **Nutrition Program** U.S.D.A. for the Elderly (State Funds) **Education and Training Retired Senior Volunteer Program** Ombudsman/Advocacy Program **McKnight Senior Centers Senior Companion Program Foster Grandparent Program**

Social Services (Title IIIB)*	\$4,239,934
MBA Administration*	373,822
Education and Training (Title IV)*	84,819
Nutrition Program for the Elderly (Title IIIC)*	
U.S. Department of Agriculture Commodities*	
Long Term Care Ombudsman Program*	
Advocacy Assistance Program*	
State Nutrition Program**	
Foster Grandparent Program**	
Senior Companion Program**	
State Administration**	
Retired Senior Volunteer Program**	192,000
McKnight Foundation Senior Center Funds	
Mardag Foundation	
General Mills Foundation	
General willis Foundation	

\$15,779,834

- *** = from October, 1980-September 30, 1981
- ** = state funds from July, 1981-June, 1982
- * = federal funds

Senior Companions/ Foster Grandparents

Minnesota's Senior Companions provide friendship, warmth and individual attention to other older people who need close, meaningful relationships. Through the program many older persons have been able to remain in their own homes; others have been helped to adjust to life in state residential and/or nursing home facilities.

To supplement the federal Senior Companion program in Minnesota, the Board on Aging awarded \$299,500 in state funds to the Minnesota Association for Retired Citizens in 1981. The funds enabled 95 older persons to serve as Senior Companions to more than 500 older clients.

Minnesota's Foster Grandparent program provides meaningful, part-

time volunteer opportunity for older persons who give supportive, one-toone services to young children with special or exceptional needs.

As a supplement to federal Foster Grandparent funds the MBA awarded \$451,000 in state monies to the Minnesota Association of Retarded Citizens in 1981 and an additional award of \$25,000 was made to St. Cloud Catholic Charities. These funds enabled 335 foster grandparents to

provide services to over 650 young people.

Under both programs, older caregivers receive a weekly stipend of \$40. Meals, vacation and insurance benefits, a transportation allowance, and an annual physical examination are also provided. But most importantly, Foster Grandparents and Senior Companions rediscover the immense satisfaction that comes from being needed.

Public Information State budget problems drastical

State budget problems drastically reduced funds for the Board's bimonthly newsletter, the Senior Spotlight, in 1981. Fortunately a grant from General Mills coupled with more than \$2,000 in reader donations came to the publication's rescue. The newsletter (circulation 13,000) reports news of interest to older per-

sons and professionals in the field of aging.

The Board's cable television task force sparked the creation of new senior cable-casting groups in two Minneapolis-St. Paul suburban areas and sponsored a cable TV seminar for seniors statewide.

A record number of counties, 73, participated in the annual search for Minnesota's outstanding senior citizens sponsored by the Board, the State Fair, and the Association of County Fairs. Through the program nearly 150 outstanding older people were honored for their community contributions after age 65.



Area Agencies on Aging

Minnesota's 13 area agencies on aging (AAA) are funded by the Minnesota Board on Aging and are

primarily responsible for the development and expansion of services to older persons within given areas of the state.

Area agencies on aging may be governmental units or private, non-profit agencies; allocations from the Board to AAAs are made on the basis of the number of persons age 60 or older in each area, with increased allocations for low-income and minority elderly.

In 1981 the MBA granted almost \$4.3 million to area agencies on ag-

ing; funds supported a variety of social service projects plus activities related to advocacy, planning, coordinating and evaluating local aging programs.

Using federal Older Americans Act (Title III-B) funds, area agencies on aging awarded 82 new grants in 1981 and continued funding another 115 projects. Grant priorities included inhome services, transportation, and senior centers.

AAAs coordinated their efforts with county social service departments so

services to older people could be provided in the most effective, non-duplicative manner possible. In a number of counties, grants were given directly to county social service agencies. Some counties also contributed local matching money to AAA-supported projects.

Federal (Title III-B) funds available through AAAs generally offset 90 percent of service project expenses the first year, 75 percent the second year and 50 percent the third year. Funding levels vary after three years.

Nutrition Program

Funds from Title III-C of the federal Older Americans Act allow area agencies on aging to support a statewide nutrition program for the elderly. In 1981 more than 80,550 older persons participated in the congregate dining program which offers group meals, nutrition education, and outreach.

The program promotes better health among older persons, especially those with restricted incomes, by improving nutrition and reducing isolation.

Congregate Dining Sites of the Nutrition Program for the Elderly

Hennepin County: 31 sites Ramsey County: 21 sites

In 1981, eight new nutrition sites were started in Minnesota, bringing the total number of sites in the state to 287 by the end of the year. Most sites served meals five days a week and each day about 11,500 meals were provided. Participants contributed to meal costs according to their means, donating over \$2.3 million during the year, an average of 83 cents per meal.

1981 marked the second year that area agencies on aging were able to use specially earmarked funds to deliver meals to the homes of shut-ins and invalids. The \$949,000 available paid for 48 programs throughout the

state and helped deliver 290,898 meals, an average of 1,200 a day.

Through area agencies on aging, the MBA administered \$10 billion for nutrition programs. Of this, most was federal money but an impressive \$1.7 million was contributed by the state. In addition, the U.S. Department of Agriculture provided a cash reimbursement of 47.25 cents for every meal served to eligible persons.

The Board on Aging and its staff were involved in nutrition program planning, grant-making, management, technical consultation and support, monitoring and evaluation.

White House Conference on Aging

Throughout 1981 the Board on Aging sponsored state preparations for the national White House Conference on Aging. Nine task forces held rounds of meetings early in the year to prepare tentative recommendations for Minnesota's Conference on

Aging in May. There, 1,100 conference participants endorsed nearly 100 recommendations and sent them to Governor Quie and to White House Conference planners in Washington.

During the year 55 Minnesotans (including nine Board members) were named delegates and observers to the White House Conference. Before leaving for Washington, they attended an orientation sponsored by the Board and the Mardag Foundation. In 1982, plans to implement state and national recommendations will be developed.

Retired Senior Volunteers

The Minnesota Board on Aging launched the state's first federally-funded Retired Senior Volunteer Programs nearly 10 years ago. But not until 1981 did the Board receive state

funds to expand the number of Minnesota's older volunteers.

In July the Minnesota Board on Aging made grants to 16 existing RSVP projects to allow them to increase the number of volunteers they recruit and serve. The projects estimate that the \$119,000 they received will result in at least 119,000 hours of new volunteer efforts.

Three new projects were also awarded \$73,000 to begin RSVP operations in Beltrami, Cass, Freeborn and Itasca counties.

Region I **Northwest AAA 425** Woodland Avenue Crookston 56716 218/281-1396

Alvarado Senior Center **Badger Senior Center** East Grand Forks Senior Center Fertile Senior Center **Gary Senior Center** Goodridge Senior Center Hallock Senior Center Halma Senior Center **Holt Senior Center Kittson County Senior Transportation Program Lancaster Senior Center** Library Services to Older Adults, Moorhead **Mentor Senior Center** Northwest Chore Service, Badger Northwest Minnesota Legal Services, Moorhead **Red Lake County Senior Transportation Program** Region I Senior Meal and **Activity Program** Region I Home Delivered **Meal Program** Roseau County Transit Service St. Vincent Senior Center Twin Valley Senior Center Valley Chore Service, Crookston Winger Senior Center

Region II **Headwaters AAA** 722 - 15th Street, P.O. Box 586 Bemidji 56601 218/751-3108

Bagley Senior Center **Beltrami County Adult Day Care Beltrami County Council on Aging** Senior Center Renovation **Beltrami County Homemaker** Home Health Aide Service Program Clearbrook-Leonard Senior Center **Headwaters Nutrition Project Hubbard County Chore Services** Lake of the Woods County **Council on Aging Transportation** Lake of the Woods Senior Citizens **Health Assessment** Mahnomen County Homemaker Program Mahube Congregate Transportation **Nevis Senior Center** Park Rapids Senior Center Senior Services Project, Moorhead Williams Senior Center

Region III **Arrowhead AAA** 200 Arrowhead Place Duluth 55802 218/722-5545

Aitkin County Senior Health Education **Arrowhead Economic Opportunity Agency Recreation Project Arrowhead Elderly Nutrition** Program **Arrowhead Home Delivered Meals** Program Benedictine Adult Day Care, Duluth **Bois Forte-Tower Nutrition Site Carlton County Transportation** Cloquet Dial-A-Ride **Duluth Senior Health Assessment Expansion Duluth Senior Nutrition Program Esko Senior Center Renovation Project**

Social Service Projects 1981

Eveleth Senior Center Floodwood Senior Center **Grand Rapids YMCA Senior Center Greenwood Township Senior Center** Hospice, Duluth In-Home Services to the Elderly, St. Louis County Itasca County Adult Day Care **Itasca County Foot Care Program Keewatin Senior Center Koochiching County Home Health** Aide/Homemaker Program Koochiching/Itasca County Coordinator on Aging Koochiching/Itasca Home Delivered **Meals Program Koochiching Senior Center** Lake County Chore Service Expansion Lake County Coordinator on Aging Moose Lake Senior Center **Renovation Project** Nat Polinsky Adult Day Care Expansion, Duluth North Itasca Senior Center Northome Senior Center St. Louis County Adult Day Care St. Louis County Outreach Expansion Scenic Senior Citizens, Bovey Senior Law Project Senior Radio Access Project, **Grand Rapids** Shared Housing, St. Louis County St. Louis County Home Delivered Meals Program St. Louis County Outreach-Range **Tamarack Senior Center** West End Senior Center, Duluth

Region IV West Central AAA **Administration Building** Fergus Falls Community College Fergus Falls, 56537 218/739-3356

Battle Lake Senior Center Clay County Chore Services Clay County Home Delivered Meals **Dent Senior Center** Dilworth Community/Senior Center **Douglas County Home Delivered** Meals **Douglas-Grant Health Screening** Service Douglas-Grant Homemaker Service **Grant County Coordinator -Transportation Service** Hoffman Senior Center Lake Agassiz Regional Library -Large Print Books, Moorhead **Lutheran Social Services** Congregate Dining and Home **Delivered Meals** Northwest Minnesota Legal Services, Moorhead sage Community/Senior Center

Otter Tail County Home Health Aide Service

Otter Tail County Transportation

Perham Hospital Home Delivered

Pope County Coordinator/ **Transportation Service** Pope County Home Health

Aide Service Stevens County Coordinator/ **Transportation Service**

Stevens County Home Health Aide/Homemaker Service Traverse County Home Health Aide,

Homemaker Service Villard Community/Senior Center Wheaton Senior Center Wilkin County Coordinator/ Chore/Transportation Service

Region V Region Five AAA 611 Iowa Avenue Staples 56479 218/894-3233

Bertha Senior Center Cass County Home Health Project Cass Lake Senior Citizens Cass Senior Legal Services **Cole Memorial Building Renovation Crow Wing County Coordinator** on Aging **Crow Wing County Home Health** Aide/Homemaker Project **Emily Fifty Plus Club** Garrison Senior Club Little Falls Transportation Merrifield Senior Citizens **Morrison County Home** Health/Home Chore Program **Morrison/Todd Counties** Legal Medical Insurance Morrison/Todd Counties Legal Services Pine Mountaineers Senior Citizens St. Joseph's Hospital (Crow Wing County) **Home Delivered Meals** Senior Legal Services Project, Moorhead Swanville Senior Center The Information Phone for Seniors, **Todd County Coordinator on Aging** Tri-County CAP Nutrition Program . Congregate and Home **Delivered Meals** Wadena County Health Assessment

Region VI-E Six East AAA 333 West Sixth Street Willmar 56201 612/235-8504

Bird Island Senior Center Cosmos Senior Citizens Building **Glencoe Elderly Transportation** Program **Hector Senior Center Hutchinson Senior Center** Legal Advocacy for Older Americans, Renville, Meeker and Kandiyohi Counties **McLeod County Homemakers** and Chore Services McLeod County Legal Services for Seniors Meeker County Transportation, Information and Referral The Whistle Stop Transportation Program, Spicer

Atwater Nutrition Transportation

Region VI-W Upper Minnesota Valley AAA 323 West Schlieman Appleton 56208 612/289-1981

Benson Senior Center Big Stone County Transportation Canby AVTI Adult Education, Consumer Homemaking Central Minnesota Legal Services Clara City Senior Center Clarkfield Care Center Transportation Clinton Senior Center **Madison Senior Center** Minnesota Valley Senior Federation; Lac Qui Parle and Big Stone County **Coordinator on Aging**

Montevideo Friendly Visiting **Program Ortonville Senior Center Activities** Prairie Five CAC Congregate and Home Delivered Meals

Regions VII E&W Region Seven AAA 119 South Lake Street Mora 55051 612/679-4065

2700 First Street North St. Cloud 56301 612/253-7870

Albany Home Delivered Meals **Becker Senior Center** Central Minnesota Peer Counselor **Training Program** Chisago County Home Delivered Meals Chisago County Senior Center Cloverdale Senior Center

Finlayson Senior Center **Foley Senior Center Foreston Senior Center Freeport Senior Center Hinckley Senior Center** Howard Lake Senior Center Legal Advocacy for Older **Americans**

Maple Lake Senior Center Mille Lacs County Nursing Service Home Health Care Mille Lacs County Senior

Citizen Transportation Program North Mille Lacs Senior Mental and Physical Health Program

Nutrition Centers Program Transportation, St. Cloud Quamba Senior Center **Region VII Nutrition Centers**

Program-Congregate Dining and Home Delivered Meals St. Cloud Legal Services

Title III Project St. Joseph Senior Center Sandstone Home Delivered Meals Second Experience, Incorporated. Princeton Senior Center Outreach Pilot

Project, St. Cloud Senior Services Specialist-Protective Services, Stearns County Share-A-Home, St. Cloud **Sherburne County Friendly Visiting Sherburne County Home Care**

Project Stanford Township Senior Center Tri-CAP Transportation, Sauk Rapids Whitney Senior Center Wright County Home Care Project

Region VIII Southwestern AAA 2524 Broadway, Box 265 Slayton 56172 507/836-8549

Beaver Creek Senior Center Community Legal Education for Seniors, Region VIII Hardwick Senior Center Information and Referral, Worthington Minnesota Senior Federation, Slayton Murray/Pipestone Volunteer **Transportation Program Nobles County Home Services** Nobles/Rock Health Services **Pipestone County Homemaker** Program

Reading Community Center Redwood Falls Senior Center Region Eight North Homemaker Project, Lyon, Lincoln and Murray Counties

Rock County Coordinator on Aging Rock County Homemaker Services Rolling Prairie Senior Center, Belview

Social Service Projects

Runals Senior Center, Edgerton
Rushmore Senior Center
Senior Volunteer Transportation
Program, Marshall
Steen Senior Center
Taunton Senior Center
Tyler Senior Center
WESCAP Senior Services, Marshall
Windom Taxi Program for
the Elderly

Region IX Region Nine AAA 410 So. 5th St., Box 3367 Mankato 56001 507/387-5643

Blue Earth County Wellness Program for Elderly **Blue Earth Home Care Expansion Program Brown County Bus Transportation Brown County Senior Citizen** Aide Project **Cleveland Senior Citizens Club** Comfrey Senior Citizens Club Janesville Senior Center Lafayette Senior Citizens Club Legal Advocacy for Older Americans LeSueur County In-Home Services Program Madison Lake Senior Center Searles Senior Citizens Club Senior Citizen Organizational Advocacy Project, Mankato

Mankato Waseca Area Senior Center Wells Community Center Winthrop Senior Center

Smiline - Information and Referral,

Region X Southeastern AAA 121 North Broadway, Room 302 Rochester 55901 507/288-6944

Albert Lea Senior Center

Center for Life, Rochester **Channel One Intergenerational** Housing Program, Rochester **Chatfield Senior Center Dodge County Home Health** Aide/Homemaker Program **Faribault Elderly Transportation** Program Fillmore County Home Health Aide/Homemaker Program First Call for Help Information and Referral Program, LaCrosse Freeborn County Advocacy Program Freeborn County Home Health Aide/Homemaker Program Freeborn County Individual **Advocacy Program** Freeborn County Transportation Program **Goodhue County Volunteer Driver Program** Goodhue-Wabasha Homemaker

Legal Services for the Elderly, Region 10 Mower County Home Health Aide/Homemaker Program Mower County Senior Citizens Advocacy Program

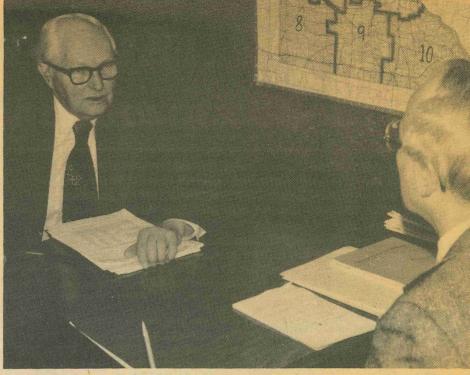
Program, Zumbrota

Lanesboro Senior Center

Houston Senior Center

GRWCAC Home Delivered Meals

Mower County Seniors Transportation



MBA Chair, Leonard Ramberg, (left), confers with the Board's executive secretary, Gerald Bloedow.

Pine Island Senior Center SCS, Inc. Outreach/Advocacy Program, Rochester SEMCAC Nutrition Transportation, Rushford **SEMCAC-Owatonna Transportation Program SEMCAC Senior Home Delivered** Meals Program, Rushford SEMCAC Senior Nutrition Program, Rushford SEMSCO Share-A-Home Program, Rochester Senior Citizens Services Dining Program, Rochester Spring Grove Senior Center Winona County Friendly Visiting Program Winona Senior Center Winona Senior Citizens **Advocacy Program**

Region XI Region XI AAA 300 Metro Square St. Paul 55101 612/291-6305 or 6496

Anoka County Senior Citizen Coordinated Outreach Program **Carver County Care Center** Cedar Riverside People's Senior Center "Neighbor to Neighbor" Program, Minneapolis Community Emergency Assistance Program Services to the Elderly, **Brooklyn Center** Coon Rapids Senior Activity Center Deaf Senior Advocacy Program, Minneapolis and St. Paul Ebenezer Homemaking Project, Minneapolis Ebenezer Human Development Day Center, Minneapolis Elder Friends Home Health Program, Minneapolis Fair Senior Center Project, Crystal Fairview Community Center, Roseville Farmington Area Senior Center

Forest Lake Senior Citizens
Chore Program
Home Modification Project, St. Paul
Home Services Association Project
Syntax, St. Paul
Hopkins Senior Center Conversion
Judicare for Senior Citizens
of Anoka County

Lake Owasso Senior Center
Supportive Services, Roseville
Lyngblomsten Community Senior
Center, St. Paul

Minnetonka Senior Center
Native American Senior Advocacy,
Minneapolis and St. Paul
NIP Chore Services Project,
Minneapolis

Advocates, Minneapolis Outside Home Chore Service, Minneapolis Ramsey County Purchase of Rides Program **Ramsey County Transportation Coordination Program** Senior Citizen Legal Project, Minneapolis Shakopee Senior Center Sioux Trail Senior Center, Burnsville South Hennepin Home Care/Home Repair South St. Paul Public School **Senior Center** Southside Homemaker-Chore Project, Minneapolis Spanish Speaking Senior Citizens Program, St. Paul Summit-University Senior Outreach and Advocacy Program, St. Paul The Active People Over Sixty Program, St. Paul Transportation Services for the Elderly, Hennepin and **Anoka Counties U-Meet-Us Senior Citizens** Center, Minneapolis United Seniors Home Maintenance Project, Minneapolis Urban American Indian Seniors, Minneapolis

North STEP Project, Minneapolis

Nursing Home Residents'

Minnesota Chippewa Tribe AAA P.O. Box 217 Cass Lake 56633 218/335-2252

Washington and Dakota County

Westonka Counseling for Older

Wilder Adult Daycare Program,

Wilder Chore/Maintenance Service,

Legal Services for Seniors

Adults Project

St. Paul

Bois Forte Elderly Nutrition
Program
Grand Portage Elderly Nutrition
Program
Leech Lake Elderly Nutrition
Program
White Earth Elderly Nutrition
Program

Minnesota Board on Aging 1981 Members

Royal Bakke Mendota

Dr. Vernon Bittner Golden Valley

Mary Bogdanovich Calumet

Juanita Christensen Minneapolis

Dr. Virgil Christensen Mankato

Paul Curran St. Louis Park

Raymond Eckes North Mankato

Vivian Harney East Grand Forks

Alvin Johnson ***
St. Paul

Andrew Jones Brooklyn Center

Abraham Kastenbaum **
St. Louis Park

James Kirk, Jr. St. Paul

Halvor Lacher Rushford Ann LaVoy Naytahwaush

Rev. Alvin Lewis, Jr. Renville

Ferne Lundy Worthington

Fred McComb Minneapolis

Carl Meirick Duluth

Rhoda Miller Edina

Emily Peake Minneapolis

Leonard Ramberg* Minneapolis

Dorothy Schiller St. Cloud

Edwin Stevens Roseville

Dr. Wendell Swenson Rochester

Edna Travland Hoffman

> *chair **vice-chair

"" moved from state

Minnesota Board on Aging

204 Metro Square St. Paul, MN 55101 612-296-2770