



# Dementia Grants Annual Progress Report

## Minnesota Board on Aging

January 2022

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Minnesota Statutes, Chapter 3.197, requires the disclosure of the cost to prepare this report. The estimated cost of preparing this report is \$3,125.

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# I. Executive summary

In 2015, the Minnesota Legislature amended Minnesota Statutes 256.975 creating a competitive grant program administered by the Minnesota Board on Aging (MBA) that focuses on dementia and its impacts on persons with dementia, family and friends caregiving for persons with dementia and communities. The Legislature has appropriated \$1.5 million in each biennium since the 2016/2017 biennium for this program.

The MBA awarded \$741,781 through a fifth competitive Request for Proposal (RFP) to twelve applicants for state fiscal year (SFY) 2021 and awarded an additional \$729,172 through a sixth competitive RFP to twelve applicants for SFY 2022 at its June 2021 meeting. In each year, the grants support regional and local projects that increase awareness of Alzheimer's disease and related dementias (ADRD), increase the rate of cognitive testing, promote the benefits of early diagnosis and connect family, friends and neighbors caregiving for persons with ADRD to education and resources.

Since the inception of the MBA Dementia grants, 60,748 persons were provided general awareness education and training, including community members, healthcare professionals, emergency personnel and business owners and their employees; 6,053 family, friends, and neighbors caregiving were supported; and 5,867 persons suspected or diagnosed with Alzheimer's or other dementias were provided services, supports, and resources.

## SFY 2021 Grantees

The SFY 2021 grantees represent four out of seven of the state's planning and service areas and received grants ranging from \$19,635 to \$114,348. The grant period was from July 1, 2020, to June 30, 2021. As of July 15, 2021, SFY 21 grantees successfully administered general awareness and education training to 1,222 persons that included 258 from grantee partner staff, 53 community business owners, 35 health care professionals, two emergency personnel, and 36 internal grantee staff. SFY 21 grantees arranged services and resources for 2,595 family, friends and neighbors caregiving, and to persons suspected or diagnosed with ADRD; and administered 131 memory screens and 15 standard cognitive tests. Approximately 255—or ten percent—of services and resources arranged were for diverse caregivers and/or persons with ADRD or suspected of having it. Ninety-five persons were provided culturally-specific memory screens and/or cognitive tests.

## SFY 2022 Grantees

The SFY 2022 grantees are located in six state planning and service areas with grants ranging from \$14,927 to \$150,000. The grant period is from August 1, 2021 to June 30, 2022. Work initiated in Quarter 1 is described below.

## II. Legislation

Minnesota Statutes section 256.975 MINNESOTA BOARD ON AGING.

Subd. 11. Regional and local dementia grants.

(a) The Minnesota Board on Aging shall award competitive grants to eligible applicants for regional and local projects and initiatives targeted to a designated community, which may consist of a specific geographic area or population, to increase awareness of Alzheimer's disease and other dementias, increase the rate of cognitive testing in the population at risk for dementias, promote the benefits of early diagnosis of dementias, or connect individuals caregiving for persons with dementia to education and resources.

(b) The project areas for grants include:

(1) local or community-based initiatives to promote the benefits of physician consultations for all individuals who suspect a memory or cognitive problem;

(2) local or community-based initiatives to promote the benefits of early diagnosis of Alzheimer's disease and other dementias; and

(3) local or community-based initiatives to provide informational materials and other resources to individuals caregiving for persons with dementia.

(c) Eligible applicants for local and regional grants may include, but are not limited to, community health boards, school districts, colleges and universities, community clinics, tribal communities, nonprofit organizations, and other health care organizations.

(d) Applicants must:

(1) describe the proposed initiative, including the targeted community and how the initiative meets the requirements of this subdivision; and

(2) identify the proposed outcomes of the initiative and the evaluation process to be used to measure these outcomes.

(e) In awarding the regional and local dementia grants, the Minnesota Board on Aging must give priority to applicants who demonstrate that the proposed project:

(1) is supported by and appropriately targeted to the community the applicant serves;

(2) is designed to coordinate with other community activities related to other health initiatives, particularly those initiatives targeted at the elderly;

(3) is conducted by an applicant able to demonstrate expertise in the project areas;

(4) utilizes and enhances existing activities and resources or involves innovative approaches to achieve success in the project areas; and

(5) strengthens community relationships and partnerships to achieve the project areas.

(f) The board shall divide the state into specific geographic regions and allocate a percentage of the money available for the local and regional dementia grants to projects or initiatives aimed at each geographic region.

(g) The board shall award any available grants by January 1, 2016, and each July 1 thereafter.

(h) Each grant recipient shall report to the board on the progress of the initiative at least once during the grant period, and within two months of the end of the grant period shall submit a final report to the board that includes the outcome results.

(i) The Minnesota Board on Aging shall:

(1) develop the criteria and procedures to allocate the grants under this subdivision, evaluate all applicants on a competitive basis and award the grants, and select qualified providers to offer technical assistance to grant applicants and grantees. The selected provider shall provide applicants and grantees assistance with project design, evaluation methods, materials, and training; and

(2) submit by January 15, 2017, and on each January 15 thereafter, a progress report on the dementia grants programs under this subdivision to the chairs and ranking minority members of the senate and house of representatives committees and divisions with jurisdiction over health finance and policy. The report shall include:

(i) information on each grant recipient;

(ii) a summary of all projects or initiatives undertaken with each grant;

(iii) the measurable outcomes established by each grantee, an explanation of the evaluation process used to determine whether the outcomes were met, and the results of the evaluation; and

(iv) an accounting of how the grant funds were spent.

## III. Introduction

In 2015 the Minnesota Legislature amended Minnesota Statutes section 256.975 to create a competitive grants program administered by the Minnesota Board on Aging (MBA) that focuses on Alzheimer’s disease and related dementias (ARD) and its impacts on persons with dementia, family, friends and neighbors caregiving for persons with dementia, and communities. The Legislature has appropriated \$1.5 million in each biennium for this grant program.

The MBA sought proposals from qualified responders for regional and local projects to increase awareness of Alzheimer’s disease, increase the rate of cognitive testing, promote the benefits of early diagnosis, or connect family and friends caregiving for persons with dementia to education and resources. During SFY 2021, the MBA awarded \$741,781. In SFY 2022, the MBA awarded \$729,172 in grant funds.

The COVID-19 Pandemic impacted SFY 2021 grantees and continues to challenge SFY 2022 grantees and those they serve. In order to counteract some of these issues, the Minnesota Board on Aging has allowed for great flexibility during this time. Each grantee has pivoted and responded accordingly to their community needs.

### SFY 2021 Grantees

The RFP was open from February 3, 2020 to April 17, 2020. Twelve successful applications were approved by the Minnesota Board on Aging at its October meeting. Applicants for amounts in excess of \$50,000 were required to furnish 50 percent match of grant funds requested. Applicants for less than 2

The projects began July 20, 2020 and ended June 30, 2021. This is a review of the progress of the SFY 2021 grantees. Section IV. Description of Grantees, includes key outcomes of the grantees providing ARD services.

### SFY 2022 Grantees

The RFP was open from February 16, 2021 to May 7, 2021. Eleven successful applications were approved by the MBA at its June meeting. Applicants for amounts in excess of \$50,000 were required to furnish 50 percent match of grant funds requested. Applicants for less than \$50,000 did not need to provide a match.

The grant period began on August 1, 2021, with an end date of June 30, 2022. Initial progress of the SFY 2022 grantees providing ARD services is included below in Section IV. Description of grantee activities is from their first quarter narrative reports.

# IV. Description of Grantees

## SFY 2021 Grantees

The SFY 2021 grantees included three health-focused organizations (one of which was a county health department and another a Living at Home Program); eight community organizations, including one serving the LGBTQ+ community; and one city.

All twelve grantees focused on raising awareness of Alzheimer’s disease and related dementia in their communities. Four grantees included promotion of early identification, and five worked to connect family, friends and neighbors caregiving. Six grantees included promotion of early identification, and two focused on increasing cognitive testing of individuals.

Two SFY 2020 grantees were selected again through the SFY 2021 RFP process. Volunteers of America Minnesota submitted a new proposal expanding on work in diverse communities they had begun earlier. Northwoods Interfaith Volunteers Caregivers Program (d/b/a Northwoods Caregivers) received SFY 2021 funding to build upon past outreach work in the Native American and LGBTQ+ communities. These applications were evaluated and scored in competition with all the other SFY 2021 RFP applications.

All grantees offered services to family, friends and neighbors caregiving for persons with ADRD in order to connect them with services, education and resources.

Six grantees promoted the benefits of education and early diagnosis of dementia to specific cultural, ethnic, and minority populations, including African-American, American Indian, Korean, Lao, Hmong, and/or LGBTQ+ populations.

Two organizations focused efforts on providing arts engagement activities that integrate both the person with dementia and their caregiver.

Awards were distributed to rural and urban locations. Grant awards ranged from \$19,635 to \$114,348. Grantees are listed below by their state planning and service area and brief description that includes the award amount, project goals and outputs.

### SFY 2021 Northeast Planning and Service Area

Northeast includes Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, and St. Louis counties.

#### **First Community Health Organization/The Victory Fund, Duluth, \$75,000**

Project goal: to provide increased enrichment and social activities for people with ADRD and their care partners including extensive community education and awareness through Victory Chorus participation and recruitment.

- Increase Awareness

- 1,158 reached through social media (custom project Facebook page)
- Connect family, friends and neighbors who are caregiving
  - 3,354 reached through virtual concerts and sing-alongs

*COVID-19 adaptations: Major challenges related to the inability for people to gather together for musical practices, educational presentations, and training. This has also strongly affected the ability to meet with diverse cultural groups and build those relationships. Most of these challenges have been overcome to some extent by the utilization of technology, in particular, Zoom.*

### **Koochiching Aging Options, International Falls, \$33,837**

Project goal: to increase participation in and promote the social and educational benefits of the Memory Café, expand one-on-one assistance of a dementia support specialist, assemble and distribute memory kits, and educate business and schools about dementia through Dementia Friends learning sessions.

- Increase awareness of ADRD
  - Virtual Dementia Friends module created to replace in-person sessions.
- Connect family, friends and neighbors who are caregiving
  - 16 tailored activity kits were created and distributed to caregivers and care recipients
  - 205 caregivers are reached with telephone reassurance calls and consultations

*COVID-19 Adaptations: Planned Memory Cafés were changed to telephone reassurance by staff for new members while past Café participants were paired into telephone reassurance dyads. Café participants (new and past) showed little interest in participating in virtual Café sessions. A steady stream of new referrals from health and service providers reflected an apparent lag in seeking services due to the pandemic; caregivers and families reported changes in the care recipients' well-being, perhaps exacerbated by the isolation of the pandemic, with an accompanying delay in seeking assistance.*

### **SFY 2021 Central Planning and Service Area**

Central includes Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena and Wright counties.

### **Wadena County Public Health, Wadena, \$49,257**

Project Goal: to increase awareness of Alzheimer's disease and other dementias and promote screening and early identification through the implementation of a community dementia awareness education plan with professionals and local community members.

- Increase awareness of ADRD\
  - 10,000 media impressions coming through regular Facebook post and 4,208 households receiving informational inserts in three community newspapers
- Promote Early Identification
  - Train 20+ County staff on strategies and tactics for promoting early identification

*COVID-19 Adaptations: due to the Pandemic, many activities originally envisioned as real time, face-to-face were adapted to online communication and newsletters and community newspaper inserts reaching persons in their homes.*

## **SFY 2021 Northwest Planning and Service Area**

Northwest includes Becker, Beltrami, Clay, Clearwater, Douglas, Grant, Hubbard, Kittson, Lake of the Woods, Mahnomen, Marshall, Norman, Otter Tail, Pennington, Polk, Pope, Red Lake, Roseau, Stevens, Traverse and Wilkin counties.

### **Living at Home of the Park Rapids Area, Park Rapids, \$49,569**

Project goal: to support and care for those who are struggling with memory loss and support caregivers through Dementia Friends Sessions, Virtual Dementia Tours, a three-day workshop with Teepa Snow's "Positive Approach to Care" program, and six performances of "The Remember Project Dementia Awareness Tour. "

- Increase awareness of ADRD
  - 1,216 community members, including 864 who viewed performances through "The Remember Project/Dementia Awareness Tour"
- Connect family, friends and neighbors who are caregiving
  - 233 caregivers and 231 persons with dementia

*COVID-19 Adaptation: Service providers were much more likely than older adults to utilize online or virtual resources. Outside funding was obtained to acquire and distribute I-Pads plus connectivity for one year (with ongoing technical assistance available via phone or in person.)*

### **Northwoods Interfaith Volunteer Caregivers Program d/b/a Northwoods Caregivers, Bemidji, \$114,348**

Project goal: to offer dementia outreach, education and caregiver support to previously underserved and high risk communities and strengthen existing partnerships to expand to serve Clearwater and Lake of the Woods counties, with a focus on Native American and LGBTQ+ communities.

- Increase awareness of ADRD
  - 2,230 community members, including Native American members from four tribal nations
  - 1,000+ views for a LGBTQ+ focused Zoom meeting
- Promote early identification
  - 1,134 community members (includes those reached via social media)
- Increase Cognitive Testing
  - Delivered 10 screenings
- Connect family, friends and neighbors who are caregiving
  - 535 care consultations and 19 enrolled in evidence-based classes
  - Eight ongoing monthly support groups (including a new LGBTQ+ group)

*COVID-19 adaptations: Utilizing technology allowed support groups to continue to grow in volume and not be impacted by weather; two evidenced-based classes were held online. The planned Caregiver Conference and Honoring Elder Wisdom Conference were not held due to COVID-19; however, for individual caregiver gift packages were delivered to caregivers attending in 2019.*

## **SFY 2021 Metropolitan Planning and Service Area**

Includes Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington counties.

### **City of Richfield, Richfield, \$91,740**

Project goal: to increase awareness of Alzheimer's disease through information and education and training on Alzheimer's and dementia for care partners and, as a special focus, target the growing Latinx community to ensure culturally appropriate information and resources are available.

- Increase awareness of ADRD
  - Created a Richfield Dementia Friends comprehensive brochure and Resource Guide (available in Spanish and English) that outlines the City's resources for supporting dementia awareness
  - With Trellis, hosted two Dementia Friends Information Sessions in Spanish that reached 600 community members (including Richfield area residents)

*COVID-19 adaptation: COVID disproportionately impacted Richfield's Latinx population. The pandemic also made it impossible to complete filming of "dementia stories" that relied on in-person interviews.*

### **DARTS, West St. Paul, \$44,550**

Project goal: to increase dementia awareness through community presentations and webinars, to promote early identification through memory screenings using video conferencing technology, and to support caregivers and persons with dementia by increasing the availability of Memory Café meetings, Virtual Dementia Tours and educational webinars.

- Increase awareness of ADRD
  - Reached 165 community members through 10 dementia awareness sessions and Virtual Dementia Tours
- Connect family, friends and neighbors who are caregiving
  - Created three short (3-5 minute) videos for caregivers addressing challenging behaviors and a webinar on brain health and types of dementia now available on demand on DARTS' website

*COVID-19 adaptation: Planned activities around promoting early identification and increasing cognitive testing were mostly paused due to concerns about COVID exposures. A virtual Memory Café was launched via Zoom with a goal of testing out the platform and determining what works well in the virtual platform.*

### **FamilyMeans, Stillwater, \$77,086**

Project goal: to create a broad, integrated, accessible continuum of support for families experiencing dementia, enhance services to include web-based options, and prioritize awareness and early identification.

- Increase awareness of ADRD
  - 211 community members
  - Dementia Friendly at Work virtual presentation created and a new Virtual Reality Lab (EDEN LAB) has been included in webinars, community meetings and trainings
- Promote early identification
  - Two referral protocols enhanced with major, local health/medical providers
- Connect family, friends and neighbors who are caregiving
  - 97 caregivers and care recipients via support groups, group education, and/or Memory Cafes (some of which were adapted for online access)

*COVID-19 adaptations: Memory Café was offered via Zoom dyad weekly for dyads; Shaping Your Tomorrow: Dementia and MCI was also held virtually for the first time. Plans are in place to create short dementia education films featuring our staff that can be used for caregivers or people with dementia, embedded in the agency website or used for trainings and support groups.*

### **Giving Voice Initiative, Bloomington, \$49,864**

Project goal: to increase Alzheimer’s disease awareness through public concerts showcasing singers with ADRD and their caregivers and intentional engagement with community organizations representing racial/ethnic minorities, specifically the Latinx and African-American communities.

- Increase Awareness of ADRD
  - 215 caregivers and 175 care recipients participated in choral activities
  - 5,518 views of two broadcast concerts
  - Two partnerships created (one with African American church community and one with well-known Latinx community organization)

*COVID-19 adaptations: The biggest challenges continued to be related to IT. Operating in a virtual environment is essential due to COVID-19, but has created some challenges for program participants and partners.*

### **JustUs Health, St. Paul, \$47,320**

Project goal: to promote dementia information and prevention, decrease fear and stigma around dementia, and increase community efforts to respond to ADRD in the LGBTQ+ and HIV-positive communities throughout the state of Minnesota.

- Increase awareness of ADRD
  - Surveyed diverse group of LGBTQ+ and HIV-positive persons as well as providers statewide to collect input on current understanding of ADRD, fears about it, and approach needed to create videos, website information, and print materials for community members and for providers

- 1,000+ social media impressions gathered from initial, web-based statewide media campaign about ADRD in the LGBTQ+ and HIV-positive communities.
- Connect family, friends and neighbors who are caregiving
  - 10 family and friend caregivers reached through a caregiver support group created for and staffed by LGBTQ
  - 90 participants for resumed monthly luncheon-plus-education series reaching caregivers, persons with ADRD and the larger LGBTQ+ community via remote delivery

*COVID-19 adaptations: due to the pandemic, progress on the comprehensive assessment of the current understanding of ADRD and related opportunities was slower than expected. Fortunately, some programs could be adapted to virtual format – monthly luncheons and LGBTQ+ specific caregiver support group, for example.*

### **Senior Community Services, Minnetonka, \$19,635**

Project goal: to increase awareness of ADRD by offering Dementia Friends sessions to volunteers and other community members, connect family, friends and neighbors who are caregiving by offering Memory Cafés and accompanying caregiver support groups, and provide education through individual caregiver consultation and group presentations.

- Increase awareness of ADRD
  - 59 community members
- Connect family, friends and neighbors who are caregiving
  - 92 with Memory Café (in person and blended format) and access assistance

*COVID-19 adaptation: A major learning about Memory Cafés in this area during the pandemic is that virtual programming for this service, unlike the Dementia Friends training, was not successful – clients had much difficulty learning or using (Zoom) technology. However, a blended model was successfully used for staffing these meetings. The pandemic has taught staff and clients in other areas that using a variety of approaches has distinct advantages.*

### **Volunteers of America Minnesota, Minneapolis, \$89,575**

Project goal: to enhance and expand services that identify, educate and support diverse populations facing the challenges of Alzheimer’s disease and related dementia (ADRD) and those that care for them and to advocate for low-wealth clients and communities of color, targeting African American, East African, Hmong and Karen community members.

- Increase awareness of ADRD
  - 424 partner staff (faith community, high-rises, county staff) trained to work with persons with ADRD or suspected ADRD
- Promote early identification
  - 166 memory screens at St. Paul and Minneapolis Public High-rise sites
- Connect family, friends and neighbors who are caregiving

- 1,157 supported through virtual forums addressing community wellness, brain health, and the connections between cultural values and healthy lifestyles.

*COVID-19 adaptations: Because COVID prevented many face to face services, VOA-MN launched a “Caregiver Lending Library” from which caregivers checked tablets out for as long as they need them. Tablets (acquired through an outside grant) were pre-loaded with healthy brain games and resources such as dementia care training, products from Teepa Snow (an occupational therapist with forty years of clinical practice experience). VOA is also making new robotic cat(s) and dog(s) available for check out.*

*Preparing the senior population to connect virtually instead of the normal face-to-face connection was challenging for most of the populations we serve. Our staff recognized the barrier and began an in-home technical training during the grant period, within COVID-19 safety parameters.*

## SFY 2022 Grantees

The SFY 2022 grantees include ten community organizations, four of which serve culturally-specific groups, and one county historical society.

All eleven grantees are focused on increasing awareness of Alzheimer’s disease and other dementias in their communities. Eight grantees are connecting family, friends and neighbors caregiving, with five of these including promotion of early identification as well. Three grantees are working to increase cognitive testing of individuals.

One SFY 2021 grantees (Interfaith Volunteer Caregivers Program d/b/a as Northwoods Caregivers) were was selected again through the SFY 2022 RFP process, submitting a new proposal that builds on previous work. This application was evaluated and scored in competition with all other SFY 2022 applications.

Four grantees are promoting the benefits of education and early diagnosis of dementia to specific cultural, ethnic, and minority populations, including African-American, South Asian, Lao, and East African populations.

Two organizations are focusing efforts on providing arts and culture activities, including a dementia-friendly chorus that includes both the person with dementia and their caregiver and a county historical society that is integrating its historical collections into a “The History Partners Memory Café.”

Awards were distributed to rural and urban locations. Grant awards ranged from \$14,927 - \$150,000. Grantees are listed below by their state planning and service area with a brief description that includes award amount, project goals and Quarter 1 activities.

## SFY 2022 Northeast Planning and Service Area

Northeast includes Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, and St. Louis counties.

### **Northwoods Caregivers, Bemidji, \$115,436**

Project goal: to leverage work from previous dementia grants to support outreach for Native Americans and LGBTQ+. It will build upon a growing relationship with Red Lake, White Earth, Leech Lake and Bois Forte nations,

to offer dementia outreach, education and caregiver support to previously underserved and high-risk communities.

- Quarter 1 activities included co-hosting Dementia Awareness Week and four booths at rural health fairs and elder events; conducting six evidence-based classes with 40 participants; and offering 47 caregiver consultations.

### **SFY 2022 Northwest Planning and Service Area**

Northwest includes Becker, Beltrami, Clay, Clearwater, Douglas, Grant, Hubbard, Kittson, Lake of the Woods, Mahnomen, Marshall, Norman, Otter Tail, Pennington, Polk, Pope, Red Lake, Roseau, Stevens, Traverse and Wilkin counties.

#### **Lao Advancement Organization of America, Inc., Minneapolis, \$42,615**

Project goal: to increase the knowledge and ability of the Lao community across Minnesota to recognize dementia and access resources; and, for caregivers to maintain their own health and wellbeing while caring for a person living with dementia. In addition to serving the Metro Area, activities will also reach Greater Minnesota communities with substantial Lao populations in three additional service areas (Minnesota River Area Agency on Aging, Central Minnesota Area on Aging, and Dancing Sky Area Agency on Aging).

- Quarter 1 activities encompassed planning education and awareness activities with three greater Minnesota target communities--Mountain Lake, Warroad and Saint Cloud—with sizeable Lao populations.

#### **Northwoods Caregivers, Bemidji, \$115,436**

Project goal: to leverage work from previous dementia grants to support outreach for Native Americans and LGBTQ+ communities by building upon a growing relationship with Red Lake, White Earth, Leech Lake and Bois Forte nations to offer dementia outreach, education and caregiver support to these underserved and high-risk communities.

- Quarter 1 activities included co-hosting Dementia Awareness Week and four booths at rural health fairs and elder events; conducting six evidence-based classes with 40 participants; and offering 47 caregiver consultations.

### **SFY 2022 Central Planning and Service Area**

Central includes Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena and Wright counties.

### **Central Minnesota Dementia Community Action Network f/k/a Stearns-Benton Medical Society, Sauk Rapids, \$150,000**

Project goal: to establish a community-based Dementia Resource Center (DRC), as stated in the BOLD Infrastructure for Alzheimer's Act of Congress that directs the Centers for Disease Control and Prevention to "establish Alzheimer's and related dementias public health centers of excellence." Activities include creating and promoting a Dementia Resource Directory, building capacity of more primary care physicians to provide more full-spectrum dementia care, and increasing availability and access to dementia care resources for family and friend caregivers.

- Quarter 1 activities included moving into donated space offered by CentraCare Health, hiring a Care Navigator/Educator, refining documentation protocols, and creating an initial version of an online Dementia Resource Directory.

### **Family Pathways, North Branch, \$43,666**

Project goal: to increase community and individual awareness while connecting caregivers and families of persons living with a dementia to education and resources. Activities include in-person and virtual dementia-friends sessions and lunch and learn sessions and Dementia Friends Book Clubs. Counties served include Kanabec, Pine and Mille Lacs.

- Quarter 1 activities include hosting four Dementia Friends sessions that reached 48 community members, including veterans and spouse, and co-sponsoring with Allina Health a Connect to Wellness Class attracting 12 persons.

### **Lao Advancement Organization of America, Inc., Minneapolis, \$42,615**

Project goal: to increase the knowledge and ability of the Lao community across Minnesota to recognize dementia and access resources and help caregivers to maintain their own health and wellbeing while caring for a person living with dementia. In addition to serving the Metro Area, activities will also reach Greater Minnesota communities with substantial Lao populations in three additional service areas (Minnesota River Area Agency on Aging, Central Minnesota Area on Aging, and Dancing Sky Area Agency on Aging).

- Quarter 1 activities encompassed planning education and awareness activities with three greater Minnesota target communities--Mountain Lake, Warroad and Saint Cloud—with sizeable Lao populations.

### **Northwoods Caregivers, Bemidji, \$115,436**

Project goal: to leverage work from previous dementia grants to support outreach for Native Americans and LGBTQ+. It will build upon a growing relationship with Red Lake, White Earth, Leech Lake and Bois Forte nations, to offer dementia outreach, education and caregiver support to previously underserved and high-risk communities.

- Quarter 1 activities included co-hosting Dementia Awareness Week and four booths at rural health fairs and elder events; conducting six evidence-based classes with 40 participants; and offering 47 caregiver consultations.

## **SFY 2022 Southwest Planning and Service Area**

Southwest includes Big Stone, Blue Earth, Brown, Chippewa, Cottonwood, Faribault, Jackson, Lac qui Parle, Le Sueur, Lincoln, Lyon, Martin, Murray, Nicollet, Nobles, Pipestone, Redwood, Rock, Sibley, Swift, Waseca, Watonwan and Yellow Medicine Counties.

### **Lao Advancement Organization of America, Inc., Minneapolis, \$42,615**

Project goal: to increase the knowledge and ability of the Lao community across Minnesota to recognize dementia and access resources; and, for caregivers to maintain their own health and wellbeing while caring for a person living with dementia. In addition to serving the Metro Area, activities will also reach Greater Minnesota communities with substantial Lao populations in three additional service areas (Minnesota River Area Agency on Aging, Central Minnesota Area on Aging, and Dancing Sky Area Agency on Aging).

- Quarter 1 activities encompassed planning education and awareness activities with three greater Minnesota target communities--Mountain Lake, Warroad and Saint Cloud—with sizeable Lao populations.

## **SFY 2022 Southeast Minnesota Planning and Service Area**

Southeast includes Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha and Winona Counties.

### **Steele County Historical Society, Owatonna, \$15,081**

Project goal: to provide education, services and resources for persons living with dementia and their caregivers to increase awareness and connect family, friends and neighbors to supports and meaningful activities. Using the Society's historical collections as a content resource, staff are creating a first-ever History Partners Memory Cafe program to provide socialization and reduce isolation in a safe environment.

- Quarter 1 activities encompassed creation and county-wide dissemination of a promotional brochure and scheduling of initial program sessions for December.

### **Winona Friendship Center, Winona, \$22,922.**

Project goal: to continue to work toward Greater Winona becoming a Dementia-Friendly Community. Work will focus on addressing known gaps while increasing awareness within the larger Winona community. Key activities include an annual Winona Dementia Friendly Community Week full of outreach and education activities for the area (if feasible, given changing Pandemic conditions.)

- Quarter 1 activities included planning for the project’s Longest Day event (scheduled for Saturday, June 18, 2022 as part of Winona Steamboat Days). Work also began on a mobile exhibit that will be placed around the community at selected events.

## **SFY 2022 Metropolitan Planning and Service Area**

Includes Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington counties.

### **Amherst H. Wilder Foundation, St. Paul, \$43,955**

Project goal: to increase cognitive testing and connect family and friend caregivers to meaningful education, resources, and additional services by leveraging an existing caregiver support and services to include cognitive testing, expanded dementia education and service referrals.

- Quarter 1 activities include creation of promotional materials, finalizing Memoranda of Understanding with the University of Minnesota to provide occupational therapy interns and identified a registered Occupational Therapist to oversee occupational therapy interns.

### **Action for East African People, Bloomington, \$97,408**

Project goal: leveraging our role as a community health clinic to provide dementia services to immigrant communities, increasing awareness and promoting early identification. Key activities include creation and distribution of short, informative videos (dual English and Somali or Amharic) distributed on local/regional and national Somali-owned YouTube and broadcast channels and hosted on the organization’s website.

- Quarter 1 activities include refining a media plan and identifying prospective experts to interview on medical aspects of dementia for planned videos.

### **Lao Advancement Organization of America, Inc., Minneapolis, \$42,615**

Project goal: to increase the knowledge and ability of Lao community across the state to recognize dementia and access resources and for caregivers to maintain their own health and wellbeing while caring for a person living with dementia. In addition to serving the Metro Area, activities and outreach will focus on Greater Minnesota communities with substantial Lao population (Mountain Lake, Worthington; St Cloud; and Warroad).

- Quarter 1 activities encompassed planning education and awareness activities with three greater Minnesota target communities with sizeable Lao populations.

### **North East Seniors for Better Living, St. Paul, \$14,927**

Project goal: to distribute educational literature about dementia in their community and offer an education series providing individual personal support to persons living with dementia and their caregivers. Key outreach targets include congregate housing sites, libraries, and other public venues. Sessions will be recorded for virtual viewing.

- Quarter 1 focused on hosting an outdoor community luncheon and dementia education event. Sixty persons attended the event and left with additional dementia awareness and resource materials.

### **SEWA-AIFW, Inc., Minneapolis, \$74,562**

Project goal: to work in the South Asian community in the Twin Cities metro area to increase awareness, promote early identification and connect caregiving family, friends and neighbors. Activities will include production of dementia awareness materials—print, video and web-based—in dual language format.

- Quarter 1 activities include SEWA-AIFW staff completing required MBA Dementia Training and creation of a bi-lingual (English-Hindi) brochure.

### **Walker West Music Academy, St. Paul, \$108,600**

Project goal: to support an aging population and increase awareness of Alzheimer’s disease and other dementias in the African American community through the activities of the Amazing Grace Chorus developed for persons with ADRD and their caregivers.

- Quarter 1 activities included a concert held by the Chorus attracting more than 350 community members. Project staff also delivered five dementia awareness trainings in the community. The project’s leadership team also participated in documentary under production by the Mayo Clinic about the connections between memory and music.