

Minnesota Board on Aging

ANNUAL REPORT 1982

History

1982 marked the Silver Anniversary of the Minnesota Board on Aging, the third oldest state agency on aging in the United States.

The Board was created in 1956 after a legislative study commission recommended that a permanent body advise the Governor and other state officials about how best to meet older Minnesotans' needs.

The Board on Aging, originally known as the Governor's Citizens Council on Aging, works to:

- maintain and enhance older persons' dignity
- advocate for older persons' needs and rights
- improve public policy and legislation affecting older people
- involve older people in the planning and implementation of programs
- provide older people with in-

formation about available services

- keep older people in their own homes rather than in institutions, and

- change society's view of older people and the aging process.

With an annual budget of over \$13 million in federal, state and foundation 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.

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 age 60.

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

Program Operations

Minnesota's 13 Area Agencies on Aging (AAAs) 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.

Board on Aging staff monitor AAA operations, develop state-wide policies and provide technical assistance and consultation. During 1982 the MBA helped AAAs develop unit cost measures and budgeting techniques reflecting per unit costs.

Using federal funds from the Older Americans Acts, Area Agencies on Aging funded 215 social service programs in 1982. Grant priorities included transportation (40 projects), home health programs (29 projects), legal services (19 projects), and chore services (19 projects). Over 51,000 older Minnesotans benefited from these services.

More than 70 senior citizen centers received funds from AAAs in 1982 to help them develop new programs and improve their facilities. A grant from the McKnight Foundation financed repairs and renovations in half (32) of the centers. An MBA building specialist checked all senior centers to

assure that renovations were accessible to the handicapped and in compliance with building codes.

Nutrition Program

Area Agencies on Aging funded 50 nutrition programs for the elderly in 1982. The programs served nearly 91,000 senior citizens. Most meals (2.9 million) were served as part of congregate dining programs which offer older people group meals, nutrition education and outreach.

In 1982 more than 300 congregate dining sites dotted the state, serving 11,550 meals each day. Thanks to special efforts by the Minnesota Board on Aging to identify and control program costs, per meal costs actually decreased during the year.

A total of 600,000 meals were delivered to the homes of shut-ins and invalids to promote better health, especially for those with low incomes, by improving nutrition and reducing isolation.

Throughout the year the Board on Aging was involved in nutrition program planning, grant-making, management, technical consultation, monitoring and evaluation.

Long-Term Care Ombudsman Program

Minnesota's six regional ombudsman projects handled 954 complaints and problems pertaining to long-term care in 1982. Nearly half of the cases dealt with entry into nursing homes or finding suitable non-institutional long-term care for frail older people. Another 238 cases involved complaints about nursing home care or the abuse and neglect of vulnerable adults.

In addition to investigating complaints, regional ombudsmen helped organize nursing home residents' councils, family and friends groups, and coalitions of nursing home advocates to monitor the development of state and federal nursing home regulations.

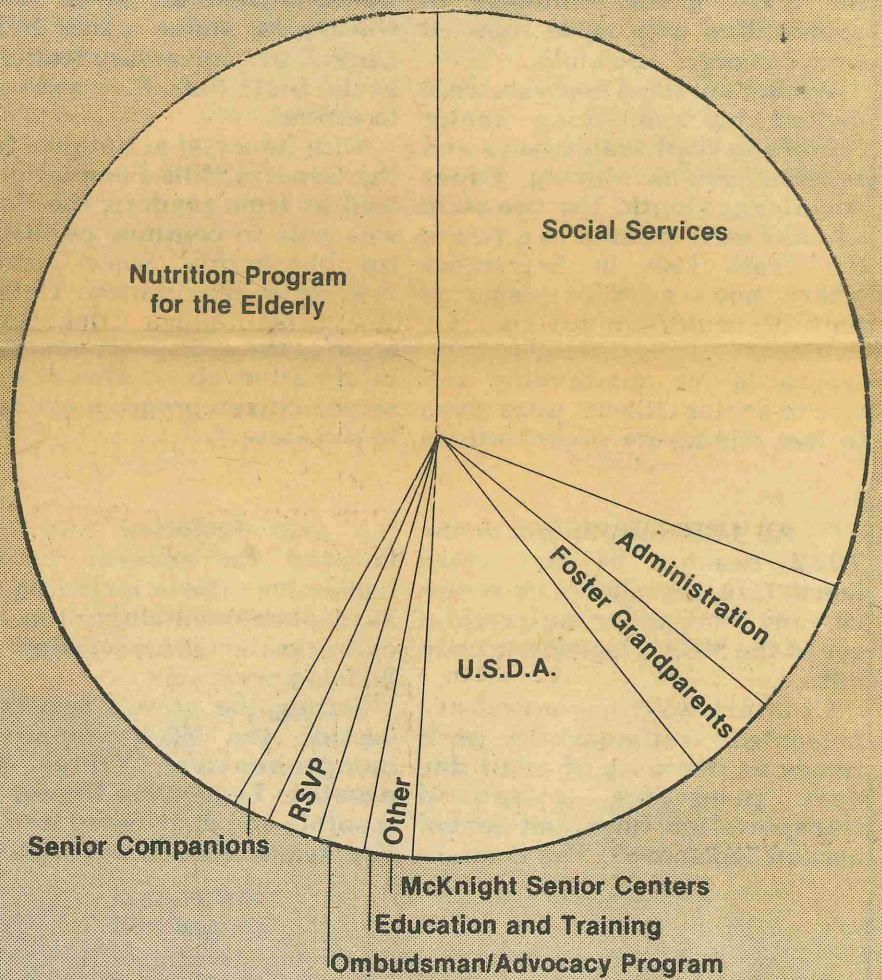
Most ombudsman projects have also developed consumer

guides containing information about long-term care facilities, residents' rights, and in-the-home alternatives.

The Minnesota Board on Aging provided funding, technical assistance, training and coordination for the network of regional ombudsmen. It also served as a statewide advocate for nursing home residents.

Special publications issued by the MBA's long-term care program in 1982 included: "Nursing Home Residents: Voices and Votes"; "Family Councils: A Guide to Development"; "Minnesota Nursing Home Residents Guide to Medical Assistance"; "Resident Council Leadership Training"; "Toward More Effective Resident Councils"; and "A Handbook for Volunteers in Nursing Homes."

FISCAL YEAR 1982***



Social Services (Title III B)*	\$4,107,618
MBA Administration*	366,500
Education and Training (Title IV)*	58,836
Nutrition Program for the Elderly (Title III C)*	5,746,037
U.S. Department of Agriculture Commodities*	1,713,406
Long-Term Care Ombudsman Program*	158,500
Advocacy Assistance Program*	50,000
Foster Grandparent Program**	496,500
Senior Companion Program**	312,000
State Administration**	325,000
Retired Senior Volunteer Program**	200,000
McKnight Foundation Senior Center Funds	50,000
General Mills Foundation	7,250
Total	\$13,591,647

*** from October, 1981 - September 30, 1982

** state funds from July, 1982 - June, 1983

* federal funds

Education and Training

In 1982, the Minnesota Board on Aging awarded \$18,000 to the state's area agencies on aging to help train people who work with the elderly. Training covered such areas as advocacy and senior leadership, nursing home pre-admission screening; building effective nursing home resident councils; health and physical fitness; and coping and adapting to aging changes. In addition, most area agencies held regional conferences during the year covering a wide variety of aging topics.

The Board on Aging also sponsored statewide conferences and training activities such as the

Annual Institute on Aging, management training for MBA and Area Agency on Aging staff, and the First Annual Professional Development Seminar on Aging.

During 1982, the Board's Intergenerational Committee completed a review of curriculum materials on aging for use in Minnesota's elementary and secondary schools. In cooperation with the State Department of Education, the MBA will be working with teachers to incorporate the materials into their school curricula beginning in 1983.

Public Information

To celebrate its silver anniversary, the Minnesota Board on Aging organized a number of special events and programs during 1982.

The Board sponsored a first annual state-wide essay contest for sixth grade students in cooperation with more than 60 senior centers and clubs.

Winners of local contests were invited by sponsoring senior centers to read their essays and receive prizes during Older Americans Month. The two state winners were treated to a trip to the State Fair in September where they read their essays as part of senior citizen day activities.

Awards for outstanding service to senior citizens were given to five Minnesota organizations

and two individuals as part of the Board's Silver Anniversary Institute on Aging in June.

Special "press packets" detailing the Board's 25 years of accomplishment were distributed to the media. And the Board invited all seven of the Governors under which it had worked to anniversary festivities at the State Fair. Five were able to attend.

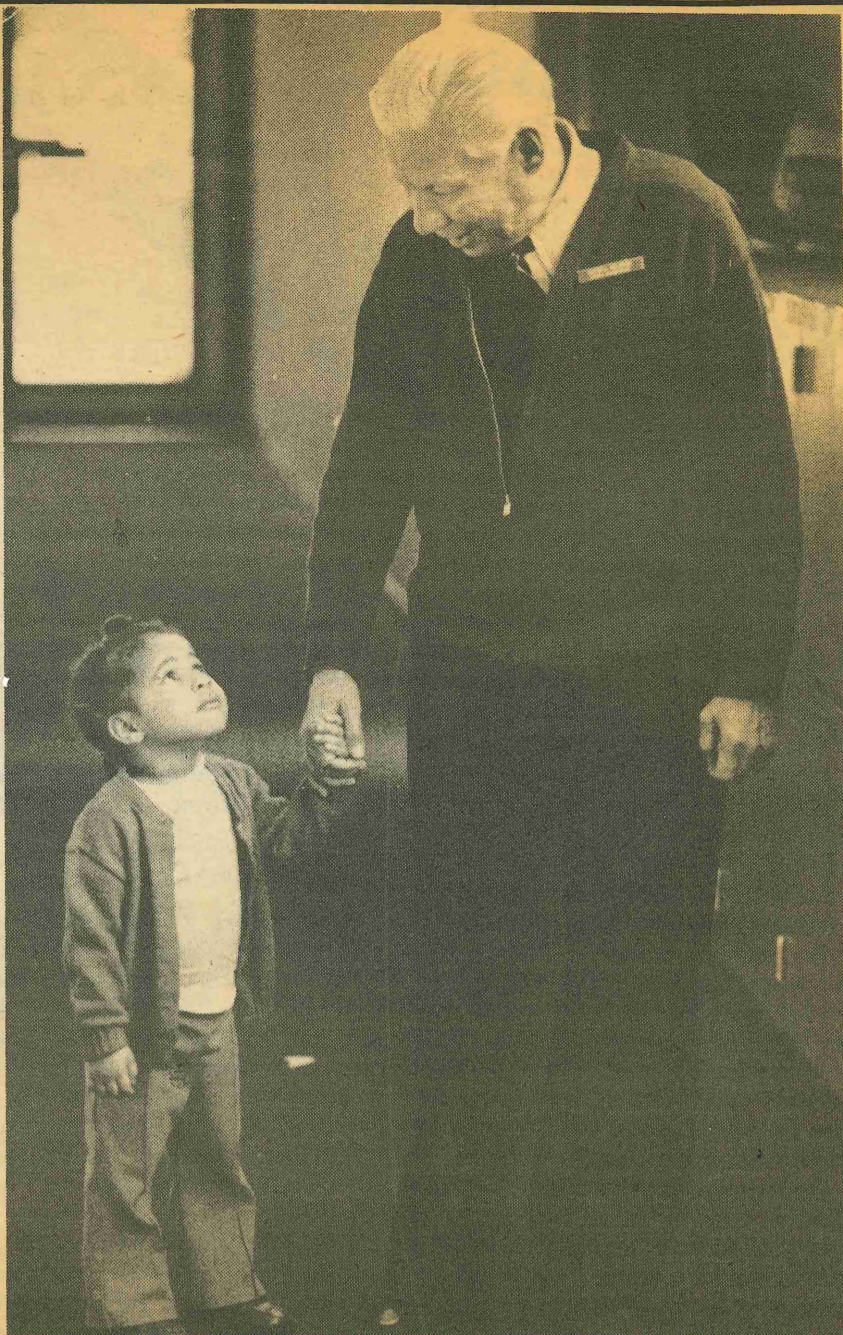
With financial assistance from the General Mills Foundation as well as from readers, the Board was able to continue publishing its bi-monthly Senior Spotlight newsletter (circulation: 13,000). A special "Quick Look Book" issue of the newsletter contained information about almost every senior citizen program available in the state.

All bills introduced in the 1982 session of the state legislature pertaining to senior citizens came under the watchful eye of the MBA's legislative committee.

Committee members presented testimony on such issues as licensing of adult day care programs, proposed transportation rules and sexual assault legislation. The commit-

tee also reviewed and commented on several federal legislative efforts including fuel assistance, weatherization, and cutbacks in transportation and housing programs.

During the state's legislative session the MBA prepared a comprehensive "Older Minnesotans Legislative Report" bi-monthly and distributed it to 350 key senior citizen advocates in



Foster Grandparent, Russell Meldrum, and friend.

Legislation and Planning

the state to keep them up to date on the latest senior citizen developments.

The Board also launched several new planning and legislative initiatives in 1982. Among them:

- tabulation and distribution of 1980 census data on the older population for use by the Board itself and Area Agencies on Ag-

ing in planning future senior citizen programs.

- initial development of an Older Minnesotans Act which would for the first time establish state policy on aging. Plans call for submission of the proposal to the state legislature in 1984.

- adoption of an 18-month planning process to set long range Board on Aging goals for 1988.

Volunteer Programs

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 \$312,000 in state funds to the Minnesota Association for Retired Citizens in 1982. The funds enabled 100 older per-

sons 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-to-one services to young children with special or exceptional needs.

As a supplement to federal Foster Grandparent funds, the MBA awarded \$470,400 in state monies to the Minnesota Association of Retarded Citizens in 1982 and an additional award of \$26,100 was

made to St. Cloud Catholic Charities. These funds enabled 163 foster grandparents to provide services to over 400 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.

Retired Senior Volunteers

The Minnesota Board on Aging launched the state's first federally-funded Retired Senior Volunteer Programs over 10 years ago. But not until 1981 did the Board receive state funds to expand the number of Minnesota's older volunteers.

In July, 1982, the Minnesota Board on Aging made grants to 19 RSVP projects to allow them to increase the number of volunteers they recruit and serve. The projects estimate that the \$200,000 they received will result in at least 130,000 hours of new volunteer efforts.

Social Service Projects 1982

Region I	Region II	Region III	Region IV
<p>Northwest AAA 425 Woodland Avenue Crookston 56716 218/281-1396</p> <p>Alvarado Senior Center East Grand Forks Senior Center Fertile Senior Center Gary Senior Center Goodridge Senior Center Halma Senior Center Inter-County Nursing Service, Thief River Falls Kennedy-Donaldson Senior Center Kittson County Senior Transportation Program Lancaster Senior Center Northwest Chore Service, Badger Northwest Minnesota Legal Services, Moorhead Region I Senior Meal and Activity Program Region I Home Delivered Meal Program Roseau County Transit Service St. Vincent Senior Center Valley Chore Service, Crookston Winger Senior Center</p>	<p>Headwaters AAA 722 15th Street, P.O. Box 586 Bemidji, 56601 218/751-3108</p> <p>Bagley Senior Center Beltrami County Elderly Transportation Beltrami County Council on Aging Senior Center Renovation Beltrami County Hospice, Home Health Aide Program Bemidji Foster Grandparent Transportation Headwaters Nutrition Project Hubbard County Chore Services Hubbard County Home Health Aide Program Lake George Senior Center Transportation Lake of the Woods County Council on Aging Transportation Lake of the Woods Home Health Aide Program Mahnommen County Health Assess- ment Clinics Mahnommen County Homemaker Program Mahube Congregate Transportation North County Adult Day Care, Bemidji Park Rapids Senior Center Senior Services Project, Moorhead Williams Senior Center</p>	<p>Arrowhead AAA 200 Arrowhead Place Duluth 55802 218/722-5545</p> <p>Aitkin County Public Health Homemaker Program Aitkin County Senior Citizen Coordinator Aitkin County Senior Health Education Arrowhead Economic Opportunity Agency North St. Louis County Coordinator</p> <p>Arrowhead Elderly Nutrition Program Arrowhead Home Delivered Meals Program Benedictine Adult Day Care, Duluth Carlton County Expanded Home Care Program Cloquet Dial-a-Ride Duluth Senior Citizen Chemical Dependency Program Duluth Senior Health Assessment Expansion Duluth Senior Nutrition Program Ely Area Senior Citizens Center Renovation Esko Senior Center Renovation</p> <p>Floodwood Senior Center Hibbing Tourist Senior Citizens Center</p>	<p>West Central AAA P.O. Box 726, City Hall Fergus Falls, 56537 218/739-4617</p> <p>Becker County Home Health Aide Program Callaway Senior Center Clay County Chore Services Clay County Home Delivered Meals Douglas County Home Delivered Meals Douglas-Grant Health Screening Service Douglas-Grant Homemaker Service Grant County Coordinator- Transportation Service Hancock Senior Center Lutheran Social Services Congregate Dining and Home Delivered Meals Northwest Minnesota Legal Services, Moorhead Ogema Senior Center Otter Tail County Home Health Aide Service Otter Tail County Transportation Service Perham Hospital Home Delivered Meals Pope County Coordinator/ Transportation Service Pope County Home Health Aide Service Stevens County Coordinator/ Transportation Service</p>

Legal Services

In 1982 special legal projects served senior citizens in each of Minnesota's 87 counties. The projects offered older people legal advice and representation as well as legal education and information.

The Board on Aging's legal services program helped coordinate the efforts of local projects, expand private bar involvement in senior citizen legal problems, and identify and analyze legal and legislative issues affecting the elderly.

During the year the MBA's legal services developer met bi-monthly with a Senior Law Task Force to keep abreast of Medicaid and Medicare regulations, Social Security and Sup-

plemental Security Income (SSI) rules, energy and housing programs, and other senior citizen issues. The Task Force updated and distributed two informative booklets: "Knowing Your Rights: A Guide to Minnesota's Senior Citizen's Legal Rights" and "Filling the Medicare Gaps: Health Care Choices for Seniors."

The Board on Aging asked the William Mitchell School of Law to update videotapes on Medicare, Medicaid, Medicare Supplementary Insurance and Guardianship. An MBA representative also served on a Department of Public Welfare task force on vulnerable adults and task forces on guardianship and supportive care orders.

Transportation

Improving transportation for older people continued to be a priority for the Minnesota Board on Aging in 1982.

Despite federal budget cuts for most programs, funding for transportation programs in rural areas (known as "Section 18") was not diminished in 1982, thanks to the efforts of the Board on Aging and numerous other advocacy organizations like it around the country. About \$1.5 million in Section 18 monies help finance nearly 40 transportation programs in Minnesota. Approximately two-thirds of the people using public rural transportation are elderly and many are women

with low incomes who do not own a car.

Severe budget problems at the state level forced some cuts in state transportation programs. However, the Board on Aging worked with the State Transportation Department to prepare information for state lawmakers indicating how different budget proposals would affect transportation services for older people.

The MBA also worked closely with the Minnesota Public Transportation Association to acquaint transportation providers with the needs and preferences of the elderly.

Minnesota Board on Aging 1982 Members

Royal Bakke Mendota	Ann LaVoy Naytahwaush
Dr. Vernon Bittner Golden Valley	Rev. Alvin Lewis, Jr. Renville
Juanita Christensen Minneapolis	Ferne Lundy Worthington
Dr. Virgil Christensen Mankato	Fred McComb Minneapolis
Paul Curran St. Louis Park	Carl Meirick Duluth
Raymond Eckes North Mankato	Emily Peake Minneapolis
Kathleen Eddie Hibbing	Leonard Ramberg* Minneapolis
James Faber St. Paul	Dorothy Schiller St. Cloud
Vivian Harney East Grand Forks	Edwin Stevens Roseville
Andrew Jones Brooklyn Center	Karen Struve Coon Rapids
Abraham Kastenbaum** St. Louis Park	Josephine Terway Long Prairie
James Kirk, Jr. St. Paul	Edna Travland Hoffman
Halvor Lacher Rushford	Gerald Bloedow, Executive Secretary

*chair
**vice-chair

Social Service Projects

<p>Stevens County Home Health Aide/Homemaker Service Traverse County Home Health Aide Homemaker Service Wilkin County Coordinator/Chore/Transportation Service Wilkin County Home Health Aide Program</p>	<p>Region VI-W Upper Minnesota Valley AAA 323 West Schlieman Appleton 56208 612/289-1981</p> <p>Appleton Senior Center Benson Nutrition Site Big Stone County Transportation Boyd Senior Center Canby AVTI Adult Education, Consumer Homemaking Central Minnesota Legal Services Clara City Senior Center Clarkfield Care Center Transportation Clinton Senior Center Country Side Public Health Nursing Service Expanded Home Care Project, Benson</p>	<p>Sherburne County Home Care Project Stanford Township Senior Center Tri-CAP Transportation, Sauk Rapids Whitney Senior Center, St. Cloud Wright County Home Care Project</p>	<p>Senior Citizen Organizational Advocacy Project, Mankato Sibley County Outreach & In-Home Health Assessment Smiline — Information and Referral, Mankato Southwest Area Ombudsman Program Waseca Area Senior Center Waseca County In-Home Services Project Walters Senior Center</p>	<p>Elder Friends Home Health Program, Minneapolis Fairview Community Center, Roseville Farmington Area Senior Center Forest Lake Senior Citizens Chore Program Hennepin County Coordinated Transportation Hennepin County Coordinated Chore Project Home Modification Project, St. Paul Home Services Association Project Syntax, St. Paul Hopkins Senior Center Conversion Hopkins Senior Outreach Lyngblomsten Community Senior Center, St. Paul NIP Chore Services Project, Minneapolis North STEP Project, Minneapolis Nursing Home Residents' Advocates, Minneapolis Ramsey County Purchase of Rides Program Ramsey County Transportation Coordination Program Sabathani Senior Center Senior Citizens Legal Project, Minneapolis 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 United Seniors Home Maintenance Project, Minneapolis Urban American Indian Seniors, Minneapolis Washington and Dakota County Legal Services for Seniors Westonka Senior Center Wilder Adult Daycare Program, St. Paul Wilder Chore/Maintenance Service, St. Paul</p>
<p>Region V Region 5 AAA 611 Iowa Avenue Staples, 56479 218/894-3233</p> <p>Autumn Age Club, Federal Dam Cass County Home Health Aide/Homemaker Project Cass County Senior Legal Services Crow Wing County Home Health Aide/Homemaker Project Crow Wing County Unpaid Consultants Little Falls In-Town Transit Long Prairie Senior Citizens Center Menahga Senior Citizens Center Morrison/Todd Counties Legal Services Pierz Area Senior Citizens St. Joseph's Hospital (Crow Wing County) Home Delivered Meals</p> <p>Sebeka Community Senior Citizens Center The Information Phone for Seniors, Little Falls Todd County Home Health Aide/Homemaker Project Tri-County CAP Nutrition Program Congregate and Home Delivered Meals Wadena County Senior Legal Services Wadena County Home Health Aide/Homemaker Project</p>	<p>Madison Senior Center Minnesota Valley Senior Federation; Lac Qui Parle and Big Stone County Coordinator on Aging</p> <p>Montevideo Friendly Visiting Program Ortonville Senior Center Activities Prairie Five CAC Congregate and Home Delivered Meals</p> <p>Region VII E & W Region Seven AAA 119 South Lake Street Mora 55051 612/679-4065</p> <p>1730 Seventh Avenue South St. Cloud 56301 612/252-0412 Ext. 119</p> <p>Albany Home Delivered Meals Alcohol & Drug Program for Senior Citizens, Onamia Benton County Home Care Project Central Minnesota Peer Counselor Training Program Chisago County Home Delivered Meals Chisago County Nursing Service Home Health Care, Lindstrom Chisago County Senior Center Cloverdale Senior Center Cold Spring Home Delivered Meals Delano Senior Center Elk River Senior Center Finlayson Senior Center Foreston Senior Center Freeport Senior Center Legal Advocacy for Older Americans, Cambridge Legal Services for the Elderly, St. Cloud Maple Lake Senior Center Mille Lacs County Nursing Service Home Health Care Mille Lacs County Senior Citizen Transportation Program Monticello Senior Center North Mille Lacs Senior Mental and Physical Health Program Nutrition Centers Program Transportation, St. Cloud</p>	<p>Region VIII Southwestern AAA 2524 Broadway, Box 265 Slayton 56172 507/836-8549</p> <p>Community Legal Education for Seniors, Region VIII</p> <p>Dial-a-line Information and Referral, Murray, Pipestone, Rock and Nobles County Ghent Senior Center Holland Multipurpose Senior Center Jackson Multipurpose Senior Center Minnesota Senior Federation, Slayton Murray County Volunteer Transportation Program Nobles County Home Services Nobles/Rock Health Services Pipestone County Senior Citizens Transportation Program Pipestone County Coordinator on Aging Redwood Falls Senior Center Region Eight North Homemaker Project, Lyon, Lincoln and Murray Counties</p> <p>Rock County Coordinator on Aging Round Lake Multipurpose Senior Center Runals Senior Center, Edgerton Rushmore Senior Center Senior Volunteer Transportation Program, Marshall Senior Nutrition Services Congregate and Home Delivered Meals Program</p> <p>WESCAP Information and Referral, Lincoln, Lyon, Redwood, Cottonwood and Jackson Counties</p> <p>Windom Taxi Program for the Elderly</p>	<p>Region X Southeastern AAA 121 North Broadway, Room 302 Rochester 55901 507/288-6944</p> <p>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 Transportation Program Geneva Senior Center Goodhue County Volunteer Driver Program Goodhue-Wabasha Homemaker Services GRWCAC Home Delivered Meals Program, Zumbrota</p> <p>Legal Services for the Elderly, Region 10 Mower County Home Health Aide/Homemaker Program Mower County Senior Citizens Advocacy Program Mower County Seniors Transportation Northfield Senior Center Ostrander Senior Center Pine Island Senior Center SCS, Inc. Outreach/Advocacy Program, Rochester SEMCAC Congregate and Home Delivered Senior Meals Program SEMCAC Nutrition Transportation SEMCAC-Owatonna Transportation Program SEMCAC Pilot Transportation Program, Rushford</p> <p>Senior Citizens Services Dining Program, Rochester Winona Senior Citizens Advocacy Program Wykoff Senior Center</p>	<p>Minnesota Chippewa Tribe AAA Box 217 Cass Lake 56633 218/335-2252</p> <p>Anishinabe Legal Services, Cass Lake Bois Forte Congregate and Home Delivered Elderly Nutrition Program, Nett Lake</p> <p>Grand Portage Congregate and Home Delivered Elderly Nutrition Program</p> <p>Leech Lake Congregate and Home Delivered Elderly Nutrition Program, Cass Lake</p> <p>Transportation and Homemaker Project, Bois Forte, Leech Lake, and White Earth Reservations</p> <p>White Earth Congregate and Home Delivered Elderly Nutrition Program</p>
<p>Region VI-E Six East AAA 333 West Sixth Street Willmar 56201 612/235-8504</p> <p>Atwater City Hall Atwater Nutrition Transportation Cosmos Senior Citizens Building Danube Community Hall Glencoe Elderly Transportation Program Legal Advocacy for Older Americans, Renville, Meeker and Kandiyohi Counties</p> <p>McLeod County Homemaker and Chore Services McLeod County Legal Services for Seniors Meeker County Transportation, Information and Referral Meeker-McLeod Screening/Assessment Project St. Mary's Community Room (Winstead Senior Center) Six East Community Action Agency Senior Nutrition Program Students of Service (Chore) Program, Willmar</p> <p>Whistle Stop Senior Center, Spicer Whistle Stop Transportation Program, Spicer</p>	<p>Onamia Senior Center Pine County Transportation Quamba Senior Center Region VII Nutrition Centers Program Congregate Dining and Home Delivered Meals</p> <p>St. Cloud Legal Services Title III Project St. Joseph Senior Center Sandstone Home Delivered Meals Second Experience, Inc., Princeton Share-A-Home, St. Cloud Sherburne County Friendly Visiting</p>	<p>Region IX Region Nine AAA 410 So. 5th St., Box 3367 Mankato 56001 507/387-5643 or 1-800-722-9389</p> <p>Arlington Senior Center Blue Earth County Senior Citizens Health Screening Clinics Blue Earth County Wellness Program for Elderly</p> <p>Brown County Bus Transportation Brown County Senior Citizen Aide Project Comfrey Senior Center Community — Senior Center, Henderson Gibbon Senior Center Janesville Senior Center Legal Advocacy for Older Americans, Mankato LeSueur County In-Home Services Program Nutrition for the Elderly, Congregate and Home Delivered Meals St. James Senior Center</p>	<p>Region XI Region XI AAA 300 Metro Square St. Paul 55101 612/291-6305 or 6496</p> <p>Blaine Senior Center 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 Homemaker Project, Minneapolis Ebenezer Human Development Day Center, Minneapolis</p>	<p>Minnesota Board on Aging 204 Metro Square 7th and Robert St. Paul, MN. 55101 612-296-2770</p>