

ANNUAL REPORT 1983

Minnesota Board on Aging

History

The Minnesota Board on Aging, the third oldest state agency on aging in the United States, 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.

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 information 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 \$15 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.

Legislation

More than one-third of the state's lawmakers attended a legislative reception sponsored by the MBA, Minnesota Senior Federation, and Minnesota Legislative Committee of the AARP in January, 1983. The first-time-ever event allowed the state's most active senior advocacy groups to present a comprehensive picture of senior

citizen needs to state lawmakers.

The MBA followed the reception with an in-depth legislative program. The Board's legislative committee and staff monitored all bills introduced in the 1983 state legislature pertaining to senior citizens and presented testimony on such issues as nursing home resident rights, tax

credits for home care for the elderly and quality assurance for long-term care services.

The legislative committee also reviewed and commented on several federal legislative and regulatory issues including funding and eligibility for legal services for low-income people, proposed regulations restricting advocacy by non-profit organizations and tighter eligibility guidelines for low-rent housing.

During the year the Board published seven "Older Minnesotans Legislative Reports" containing public policy updates and resources senior citizen ad-

vocates could use to inform themselves about a variety of public policy issues. More than 400 persons received the reports. Board staff also provided technical assistance and information to the governor's office, senior citizen groups, organizations of professionals in the field of aging, and the Minnesota Gerontological Society's focus group on Family Roles and Responsibilities.

A special demographic report comparing Minnesota's older population in 1980 with 1970 data was also issued in 1983.

Public Information

In its second year, the Board's state-wide essay contest for sixth grade students attracted 183 entries, 100 more than in 1982. Each entry had already won a local contest sponsored by senior citizen centers and clubs during May to celebrate Older Americans Month. The Board estimated that close to 5,000 essays were generated under contest auspices.

In conjunction with the State Fair and County Fair Association the Board also continued sponsorship of the annual search

for Minnesota's outstanding senior citizens. In 1983, 71 counties selected 136 outstanding seniors from whom Addie Larson, 74, Hoffman, and Vern Lundin, 74, Mankato, were picked as state winners. The awards honor older people for their activities, accomplishments and contributions after age 65.

Other public information activities included:

- Publication of a bi-monthly newsletter, Senior Spotlight, which reports news of interest to older persons and professionals

in the field of aging. Circulation: 8,000. A special "Quick Look Book" issue contained information about almost every senior citizen program available in the state.

- Answering inquiries to the

MBA AGING INFO-LINE, a toll-free number that people can call every weekday with problems and questions.

- Speaking engagements and radio and TV interviews by MBA members and staff.

Legal Services

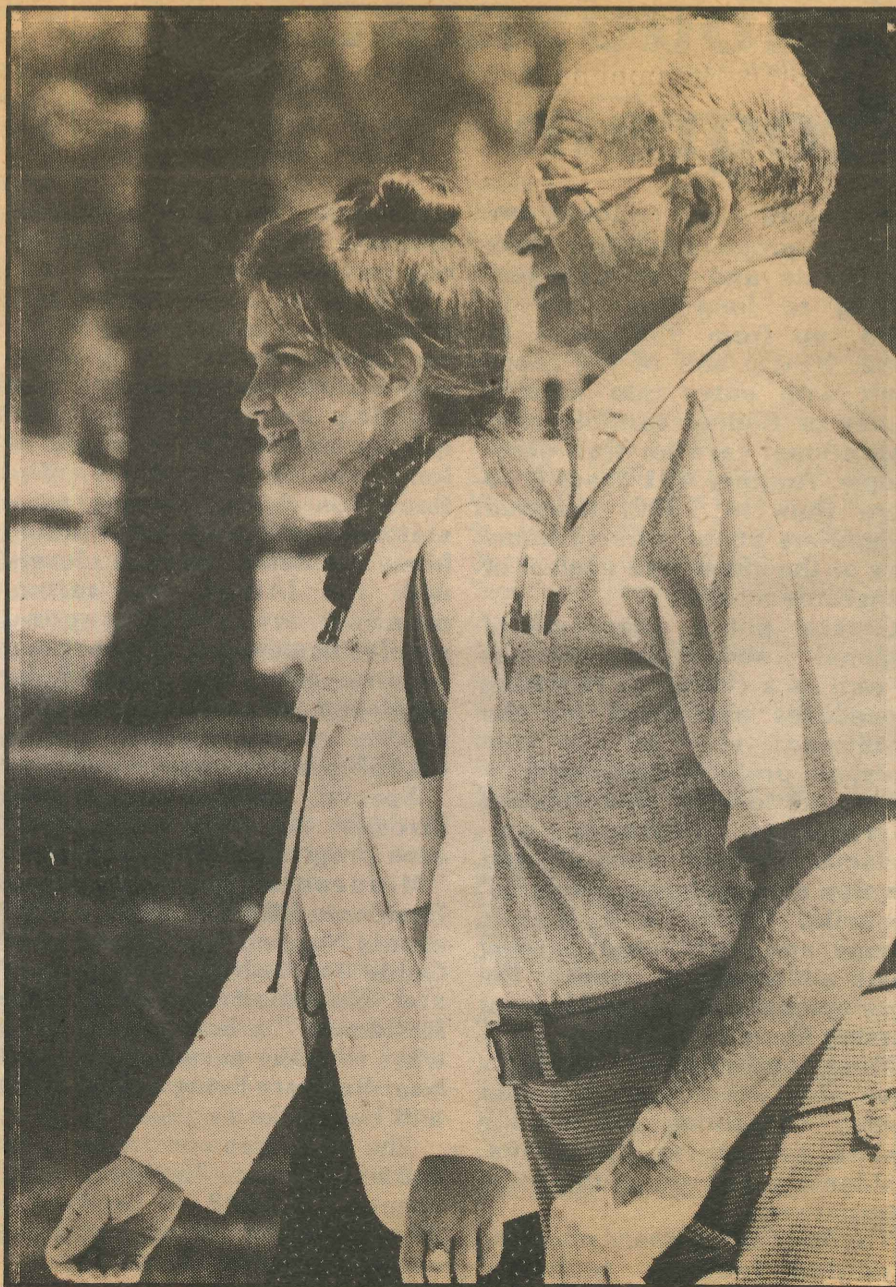
In 1983 special legal projects served senior citizens in every Minnesota county. The projects offered older people legal advice and representation as well as legal education and information. Cases handled (approximately 15,000) reflected major areas of concern for older people, including health care coverage (Medicare, Medical Assistance, Medicare supplement insurance); income (Social Security, Supplemental Security Income, etc.); consumer problems; housing; and utilities.

Many legal services projects used volunteers — both lay advocates and private attorneys — to make services more available to older people. Over the year the MBA worked with the Minnesota Bar Association's Legal Assistance to the Disadvantaged Committee to expand and sup-

port volunteer attorney efforts throughout the state.

The Board on Aging's legal services developer met regularly with the Minnesota Legal Services Coalition to help coordinate the efforts of local legal projects and she worked with the statewide Senior Law Task Force to identify and analyze legal issues affecting older persons.

The legal services developer also analyzed several legislative issues for the Minnesota Board on Aging including proposed changes in Medicare; promulgation of state insurance regulations to curb deceptive trade practices; the need for insurance regulations specifically relating to "Medicare supplement" insurance; and adequate funding of the Legal Services Corpora-



Education and Training

In 1983, the Minnesota Board on Aging sponsored numerous statewide training activities in which more than 1100 persons in Minnesota's aging network participated. These included the 25th Annual Institute on Aging, (1983's intergenerational topic: "Aging Together"); the 2nd Annual Professional Development Seminar on families and aging; a

conference for senior center staff and volunteers on management of centers and clubs; and training for state and Area Agency on Aging staff on performance-based contracting. In addition, Minnesota's Area Agencies on Aging conducted regional conferences on aging as well as workshops on such subjects as long-term care, nursing

home pre-admission screening, chemical health, sexuality and aging, peer counseling, nutrition and wellness, and understanding the aging process. Over 2200 people, including advisory committee members, service providers, seniors and Area Agency staff participated in these regional training activities. 1983 also saw completion of

curriculum materials on aging for use in Minnesota's elementary and secondary schools. Preliminary curriculum guides were selectively distributed to over 50 teachers in the fall of 1983. Before final curriculum guides are printed in 1984, the Board on Aging, together with the Minnesota Department of Education, will evaluate the preliminary materials and revise them as necessary.

Program Operations

The Board on Aging's program operations unit links the Board with a state-wide network of aging programs including 13 Area Agencies on Aging (AAAs). AAAs are primarily responsible for the development and provision of services to older persons within given areas of the state (in most cases these correspond to Regional Development Commission boundaries). MBA staff monitor service project operations, develop state-wide policies, and provide technical assistance and consultation to Area Agencies on Aging. During 1983, staff developed a revised format for AAA three-year plans and undertook preliminary planning for the possible use of contracts instead of grants to administer funds available under the federal Older Americans Act. Contracts, the keystone of a

"performance based payment system" would allow AAAs to pay service providers only for results (quantifiable "outputs") rather than for developing the capacity to deliver services. In 1983 Area Agencies on Aging spent the largest share of their funds and served the greatest number of older persons through a congregate dining program available at 333 nutrition sites throughout the state. The number of congregate (group) meals served rose to over 3 million yearly and more than 88,000 older people participated in the program, an increase of 5.9 percent over 1982. An additional 9,000 persons (an increase of 21.8 percent) received home-delivered meals thanks to a network of community volunteers. For the second consecutive year, costs per meal decreased

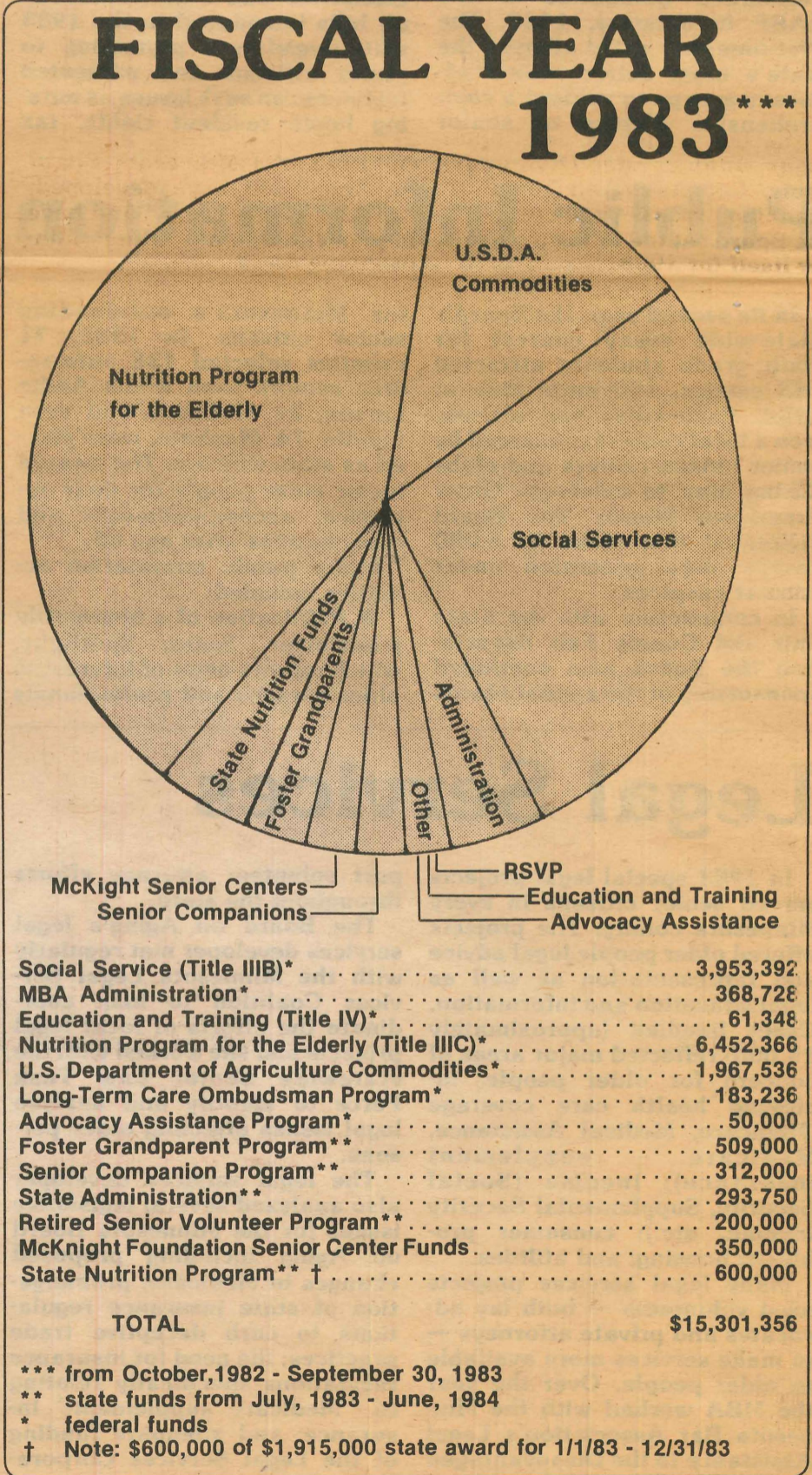
significantly — more than 14 cents a meal in the congregate program and 65 cents a meal in the home-delivered program. Reasons for the welcome decrease included greater awareness of costs; increased efficiency in program management; and more "on-site" food preparation rather than catered meals. In addition to 50 nutrition projects, AAAs funded 220 community services projects with major emphasis on programs that serve isolated or frail older persons. Statewide, 30 transpor-

tation projects were funded; 26 home-health aide programs; 20 homemaker services; 18 chore services; and 10 adult day care programs. Other major services provided through Older Americans Act grants included legal help, health programs, advocacy, counseling, information and referral, and adult education. Over 180,000 older people received one or more of the services provided by Minnesota's aging services network. In 59 communities the MBA's building specialist also helped Area Agencies on Aging develop new or renovate older senior centers using either Older Americans Act funds or grants from the McKnight Foundation.

Long Term Care Ombudsman Program

Minnesota's six regional ombudsman projects handled 1392 complaints and problems pertaining to long-term care in 1983, up from 954 cases in 1982. Nearly half of the cases dealt with entry into nursing homes or finding suitable non-institutional care for frail older people. Another 401 cases (163 more than in 1982) involved complaints about nursing home care or the abuse and neglect of vulnerable adults. Greater public awareness of regional ombudsman's services as well as a change in reporting procedures accounted for the significant rise in the ombudsman projects' caseloads. In addition to investigating complaints, regional ombudsmen helped support and develop 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 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. 1983 saw the creation by state statute of an Interagency Board for Quality Assurance (IABQA) responsible for examining and assuring quality of care and quality of life for residents of long-term care facilities. The Board on Aging, serving as a statewide advocate for nursing home residents, worked closely with the IABQA and recommended measures beyond regular licensure and inspection requirements that should be employed to assure a better quality of life for the state's 44,553 nursing home residents. Special publications issued through the MBA's long-term care program in 1983 included: "Minnesota Nursing Home Residents Bill of Rights," "Minnesota Nursing Home Residents' Guide to Medical Assistance," and "On Behalf of Nursing Home Residents," a booklet detailing ways to make nursing home and boarding care living as satisfying and home-like as possible. The MBA also contracted with Nursing Home Residents Advocates in 1983 to produce a 20-minute slide show explaining nursing home residents' rights.



Volunteer Programs

Retired Senior Volunteers

The Minnesota Board on Aging launched the state's first federally-funded Retired Senior Volunteer Program 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, 1983, 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.

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 Associa-

Senior Companions/ Foster Grandparents

tion for Retarded Citizens in 1983. The funds enabled 100 older persons to serve as Senior Companions to more than 500 older clients.

Minnesota's Foster Grandparent program provides meaningful, part-time volunteer opportunities 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 1983; 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.

Planning

In 1983 the Board on Aging developed and submitted a three-year plan to the Administration on Aging to meet federal requirements for state aging programs and bring approximately \$11 million yearly in federal funds to Minnesota's senior service network.

The Board also decided upon eight long-range (five-year) goals. Completing an 18-month planning process begun in 1982, the Board set the following goals for itself for 1988:

• Independent Living (Long-Term Care)

By 1988, the Minnesota Board on Aging will have a clear cut strategy for supporting and implementing wellness and independent living for older Minnesotans.

• Intergenerational Relationships

By 1988, the Minnesota Board on Aging will have operational a comprehensive and coordinated statewide program to improve intergenerational relationships.

• Older Minnesotans Act

By 1988, the Minnesota Board on Aging will have developed, caused to be approved and have implemented an "Older Minnesotans Act."

• Constituency Involvement

By 1988, the Minnesota Board on Aging will, with timely deliberation, involve its constituents (individuals, organizations and groups) in a mutual understanding of the issues affecting the elderly, thereby resulting in actions which insure the benefit of older Minnesotans as an integral part of society.

• Public Information and Image

By 1988, the Minnesota Board on Aging, through a comprehensive program of public education and information, will be communicating an image as a strong, independent force for the support of older Minnesotans.

• Health

By 1988, the Minnesota Board on Aging will have in place a program which assures adequate mental and physical health care and facilities to meet the health needs of older Minnesotans.

• Research

By 1988, the Minnesota Board on Aging will have operational a research capacity to investigate issues and provide access to data and information for the aging network.

• Advocacy

By 1988, the Minnesota Board on Aging will enhance its leadership role as an advocate of the dignity, rights and status of older Minnesotans in the community.

Social Service Projects 1983

Region I

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

Gatzke Senior Center*
Grygla Senior Center*
Inter-County Nursing Service, Thief River Falls
Kittson County Senior Transportation Program
Marshall County Home Health Project*
Northwest Chore Service, Badger
Northwest Minnesota Legal Services, Moorhead
Oklee Senior Center*
Plummer Senior Center*
Polk County Home Maintenance Care Project*
Region I Home Delivered Meal Program
Region I Senior Meal and Activity Program
Roseau County Transit Service
St. Hilaire Senior Center*
Strandquist Senior Center*
Valley Chore Service, Crookston

Region II

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

Beltrami County Elderly Transportation
Clearwater County Homemaker Program*
Headwaters Nutrition Project
Hubbard County Adult Day Care, Sunset Nursing Home, Park Rapids*
Hubbard County Chore Services
Hubbard County Home Health Aide Program

Lake of the Woods Home Health Aide Program
Mahnomen County Homemaker Program
North County Adult Day Care, Bemidji
Senior Services Project, NMLS Legal Services, Moorhead

Region III

Arrowhead AAA
200 Arrowhead Place
Duluth 55802
218/722-5545

Aitkin County Public Health Homemaker Program
Aitkin County Senior Citizen Coordinator
Aitkin County Foot Care Clinic
Aitkin County In Home Hospice
Arrowhead Economic Opportunity Agency
North St. Louis County Coordinator
Arrowhead Elderly Nutrition Program
Arrowhead Home-Delivered Meals Program
Carlton County Expanded Home Care Program
Duluth Senior Citizen Chemical Dependency Program
Duluth Senior Health Assessment Expansion
Duluth Senior Nutrition Program
Institute of Afro-American Awareness — Young Old Timers Senior Center, Duluth*
Itasca County Adult Day Care
Itasca County Hospice Project
Kettle River Senior Citizens Center*
Koochiching/Itasca Home Delivered Meals Program
Lake County Senior Counselor Program
McGrath Senior Citizens Center*
North St. Louis County Health Assessment*
St. Louis County Outreach Expansion*
St. Louis County Home Delivered Meals Program

St. Louis County Outreach-Range
Senior Law Project
Toivola Senior Citizens Center*

Region IV

West Central AAA
Box 726, City Hall
112 W. Washington Ave.
Fergus Falls 56537
218/739-4617

Becker County Home Health Aide Service
Becker County Hospice*
Clay County Home Delivered Meals
Clay-Wilkin County Chore Services
Douglas County Home Delivered Meals
Douglas-Grant County Health Screening
Douglas-Grant County Homemaker Services/Hospice
Grant County Coordinator/Transportation
Hospice of the Red River Valley, Fargo*
Lakeland Hospice, Fergus Falls*
Lutheran Social Services, Congregate Dining and Home Delivered Meals
Northwest Minnesota Legal Services, Moorhead
Otter Tail County Coordinator on Aging*
Otter Tail County Home Health Aide Services
Otter Tail County Transportation
Perham Home Delivered Meals
Perham Transportation*
Pope County Coordinator/Transportation
Pope County Home Health Aide Services
Stevens County Coordinator/Transportation
Stevens-Traverse County Homemaker/Home Health Aide Services
Viking Library Large Print Books, Fergus Falls*
Volunteers Are Douglas County's Answer to Service*
Wellness in Later Life, Fergus Falls*

Wilkin County Coordinator/Transportation/Center Director
Wilkin County Homemaker Services

Region V

Region 5 AAA
611 Iowa Avenue
Staples 56479
218/894-3233

Cass County Home Health Aide/Homemaker Project
Crow Wing County Home Health Aide/Homemaker Project
Crow Wing County Day Care for the Elderly*
Morrison/Todd Counties Legal Services
St. Joseph's Medical Center (Crow Wing County) Home Delivered Meals
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
Wadena County In-Home (Respite) Program*

Region VI-E

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

Atwater Nutrition Transportation
Franklin Senior Center*
Glencoe Elderly Transportation Program
Grove City Senior Center*
Hector Senior Center*
Legal Advocacy for Older Americans, Renville, Meeker and Kandiyohi counties

* new projects in 1983

Social Service Projects

Lester Prairie Senior Center*
Litchfield Senior Center*
McLeod County Legal Services for Seniors
Meeker County Transportation
Meeker-McLeod Counties Screening/Assessment Project
New London Senior Center*
Raymond Community Center*
Six East Community Action Agency Senior Nutrition Program
Students of Service (Chore) Program, Willmar
Watkins Senior Center*
West Central Community Services Adult Day Care, Willmar*
Whistle Stop Transportation Program, Spicer

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

Benson Nutrition Site
Central Minnesota Legal Services
Clarkfield Care Center Transportation
Country Side Public Health Nursing Service
Expanded Home Care Project, Benson
Minnesota Valley Senior Federation Advocacy and Chore Service Project, Big Stone, Chippewa, Lac Qui Parle, Swift and Yellow Medicine counties
Ortonville Senior Center Activities
Prairie Five CAC Congregate and Home Delivered Meals

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

1730 Seventh Avenue South
St. Cloud 56301
612/252-0412 Ext. 119

Albany Home Delivered Meals
Benton County Home Care Project
Central Minnesota Peer Counselor Training Program
Chisago County Home Delivered Meals

Chisago County Nursing Service Home Health Care, Lindstrom
Cold Spring Home Delivered Meals
Legal Advocacy for Older Americans, Cambridge
Legal Services for the Elderly, St. Cloud
Mille Lacs County Senior Citizen Transportation Program
Region VII Nutrition Centers Program Congregate Dining and Home Delivered Meals
Sandstone Home Delivered Meals
Share-A-Home, St. Cloud
Sherburne County Home Care Project
Stearns County Home Care "Home Sweet Home"*
Wright County Home Care Project

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

Adrian Multipurpose Senior Center*
Community Legal Education for Seniors, Region VIII
Ellsworth Multipurpose Senior Center*
Fulda Multipurpose Senior Center*
Heron Lake Multipurpose Senior Center*
Luverne Multipurpose Senior Center*
Murray County Volunteer Transportation Program
Nobles/Rock Health Services
Pipestone County Assistant Coordinator on Aging
Pipestone County Senior Citizens Transportation Program
Region VIII North Homemaker Project, Lyon, Lincoln and Murray counties
Region VIII Senior Volunteer Transportation Program
Senior Nutrition Services Congregate and Home Delivered Meals Program

Region IX
Region Nine AAA
410 So. 5th St., Box 3367
Mankato 56001
507/387-5643 or 1-800-722-9389

Adult Day Care, Mankato Lutheran Home

Blue Earth County Senior Citizens Health Screening Clinics
Elmore Senior Citizen Center*
Legal Advocacy for Older Americans, Mankato
LeSueur County In-Home Services Program
Nutrition for the Elderly, Congregate and Home Delivered Meals
Sibley County In-Home Health Assessments and Service Coordination
Smiline — Information and Referral, Mankato
Southwest Area Ombudsman Program
Summit Center, Mankato*
Town and Country Leisure Center, Mapleton*
Volunteer Coordinator, Waseca Senior Center, Inc.
Waseca County In-Home Services Project

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

Alden Senior Center*
Channel One Intergenerational Housing Program, Rochester
Channel One SCAAN Program, Region 10*
Dodge County Home Health Aide/Homemaker Program
Faribault Elderly Transportation Program
Freeborn County Advocacy Program
Freeborn County Chore Program*
Freeborn County Transportation Program
Geneva Senior Center
Goodhue County Volunteer Driver Program
Goodhue-Wabasha Homemaker Services
GRWCAC Home Delivered Meals Program, Zumbrota
Hollandale Senior Center*
Legal Services for the Elderly, Region 10
Lewiston Senior Center*
Mower County Home Health Aide/Homemaker Program
Mower County Senior Citizens Advocacy Program
Mower County Seniors Transportation
Olmsted County Homemaker/Chore Program*
Oronoco Senior Center*

Rollingstone Senior Center*
SCS, Inc. Outreach/Advocacy Program, Rochester
SEMCAC Congregate and Home Delivered Senior Meals Program
SEMCAC Pilot Transportation Program, Rushford
Senior Citizens Services Dining Program, Rochester
Stockton Senior Center*
Winona Senior Citizens Advocacy Program
Wykoff Senior Center

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

Blaine Senior Center
Carver County Care Center
Cedar Riverside Multipurpose Senior Center, Mpls.
Coon Rapids Senior Activity Center
Ebenezer Homemaking Project, Mpls.
Ebenezer Human Development Day Center, Mpls.
Farmington Area Senior Center
Forest Lake Senior Citizens Chore Program
Fridley Senior Citizens Center*
Hennepin County Coordinated Transportation
Hennepin County Coordinated Chore Project
Home Modification Project, St. Paul
Home Services Association Project Syntax, St. Paul
Hopkins Senior Outreach
North Memorial STEP Program, Mpls.
Nursing Home Residents' Advocates, Mpls.
Ramsey County Purchase of Rides Program
Ramsey County Transportation Coordination Program
Senior Citizens Legal Project, Mpls.
Sioux Trail Senior Center, Burnsville
South Hennepin Home Care
Southside Homemaker Project, Mpls.
Southshore Senior Center, Excelsior*
Washington and Dakota County Legal Services for Seniors
West 7th Multipurpose Senior Center, St. Paul*
Westonka Senior Center
Wilder Adult Daycare Program, St. Paul
Wilder Chore/Maintenance Service, St. Paul

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

Anishanabe Legal Services, Cass Lake
Boise Forte Congregate and Home Delivered Meals Program, Nett Lake
Grand Portage Congregate and Home Delivered Meals Program
Leech Lake Congregate and Home Delivered Meals Program, Cass Lake
Minnesota Chippewa Tribe Transportation and Homemaker Project, Cass Lake*
White Earth Congregate and Home Delivered Meals Program

Minnesota Board on Aging 1983 Members

Juanita Christensen
Minneapolis

Dr. Virgil Christensen
Mankato

Paul Curran
St. Louis Park

Raymond Eckes†
North Mankato

Vivian Harney†
East Grand Forks

Lois Heaney
Minneapolis

Arthur Hill
Coon Rapids

Andrew Jones
Brooklyn Center

Abraham Kastenbaum**
St. Louis Park

James Kirk, Jr.
St. Paul

Ann LaVoy†
Naytahwaush

Rev. Alvin Lewis, Jr.†
Renville

Fred McComb
Minneapolis

Kathy Olson
Bemidji

Emily Peake
Minneapolis

Leonard Ramberg*
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Dorothy Schiller
St. Cloud

Edwin Stevens†
Roseville

Josephine Terway†
Long Prairie

Edna Travland
Hoffman

Samuel Verdeja
St. Paul

Burnett Voss
Northfield

Elva Walker
Deephaven

Joseph Wiesinger
Duluth

Harold Windingstad
Dawson

Gerald Bloedow,
Executive Secretary

* chair

** vice-chair

† term expired 1/3/84

**Minnesota
Board on
Aging**

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612-296-2770