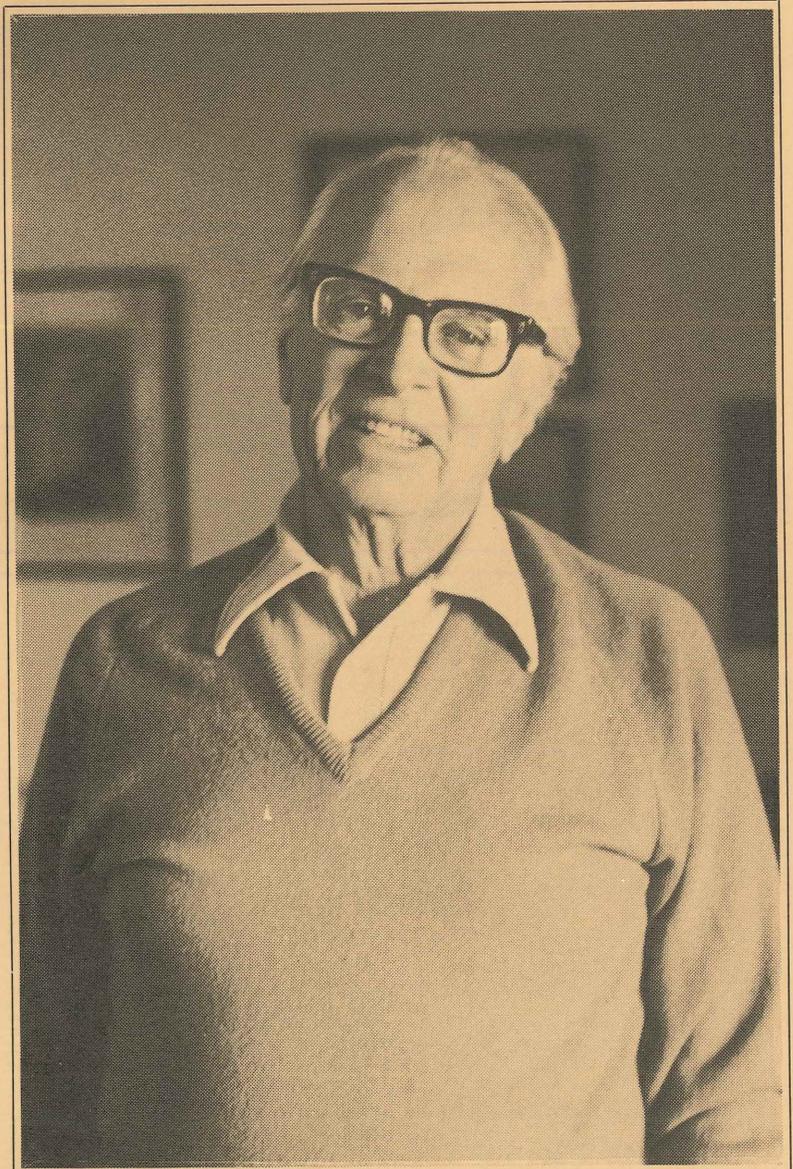




# Minnesota Board on Aging

# ANNUAL REPORT

# 1984



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1984

## From the Chairman . . . .



**Leonard F. Ramberg**

Relationships. Without them life would be pretty empty. They're the glue that holds together families, communities, societies. The young and the old.

Relationship-building characterized many of the Board on Aging's efforts in 1984.

It was a year in which Board members sought out Area Agency on Aging advisory committee members to learn first hand what kind of aging concerns were uppermost in their minds. In the course of establishing five-year goals for itself, the Board asked Area Agencies on Aging what they saw as priorities for action and established a closer working relationship with them in the process. In doing so, the Board moved into more cooperative, partnership ventures with Area Agencies on Aging, including development of an Older Minnesotans Act.

It was a year in which the Board began working more closely with the Association of Minnesota Counties to devise better ways of funding and delivering needed services to older Minnesotans.

It was a year in which the Board worked on cooperative efforts

with numerous state agencies including the State Department of Education (developing intergenerational curriculum), the State Department of Economic Security (overseeing job development for seniors), and the State Departments of Health and Human Services (working out better approaches to long-term care issues).

It was a year in which the Board shared ideas and strategies for state aging policies with such groups as the Minnesota Gerontological Society, the Senior Workers Associations, the Minnesota Senior Federation, and the American Association of Retired Persons. All believed that together, rather than separately, they stood a better chance of effecting needed changes for older people.

Relationships take time and effort. The Board committed both to them in 1984 and the result was closer ties and better communication with key agencies that affect the lives of older people.

The final result, the Board believes, will be better advocacy efforts and stronger services for the state's 650,000 elders.

A handwritten signature in cursive script that reads "Leonard F. Ramberg". The signature is written in dark ink and is positioned above the typed name.

**Leonard F. Ramberg**  
Chair  
Minnesota Board  
on Aging

# History

In 1956, after a legislative study commission recommended that a permanent body advise the governor and other state officials about meeting older people's needs, the Governor established the Minnesota Board on Aging, the third oldest state agency on aging in the United States.

Originally known as the Governor's Citizens Council on Aging, the Board 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 nearly \$17 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. In 1984 over 200,000 seniors received one or more of the services provided through the MBA's statewide network. In-home services such as homemaker, respite, chore and home health help enabled nearly 10,000 frail older

people to stay in their own homes rather than move to nursing homes.

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. Staff for the Board are provided through the Minnesota Department of Human Services.

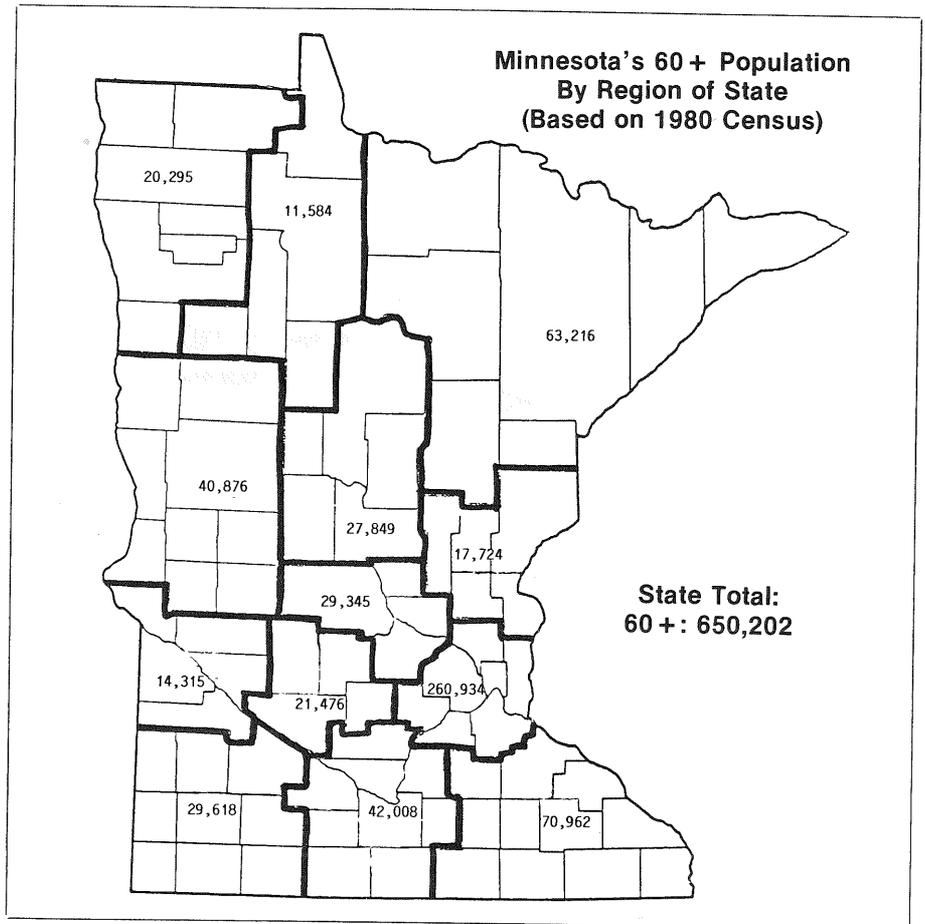
Board meetings are usually held on the third Friday of each month and are open to the public.



# Long Range Planning

1984 was a year in which the Board carefully assessed its past efforts on behalf of older people and proposed challenging goals for itself to guide future activity. The long-range goals adopted by the Board in 1984 are:

- Development and implementation strategies for older persons to gain access to a continuum of services supporting wellness, independent living, long-term care and acute care.
- Assumption of a stronger leadership role as an advocate for the dignity, rights and status of older Minnesotans.
- Communication, through a comprehensive program of public education and information, of the Board as a strong, independent, unified voice for older Minnesotans.
- Establishment of a comprehensive and coordinated statewide program to improve intergenerational relationships.
- Increasing the Board's operational research ability to investigate issues and provide access to data and information for the aging network.



## Working With Counties

In Minnesota, county governments are charged with wide-ranging responsibilities, including the provision of numerous human services.

As the Board and Area Agencies on Aging have attempted to structure a responsive statewide service system for older people, they have frequently worked with counties both to plan and deliver needed services.

In 1984 Area Agencies on Aging made 68 grants to 60 different Minnesota counties either to start or continue services for older peo-

ple. Approximately 14 percent of AAA's federal funds (under Title III of the Older Americans Act) were granted to counties.

Relationships between Area Agencies on Aging and counties were further enhanced by numerous county commissioners serving on AAA Boards and advisory committees and helping to direct region-wide service development for seniors. In addition, the Board on Aging appointed one of its members, a former county commissioner, as a liaison to the Association of Minnesota Counties.

# Legislation

The Board on Aging continually monitors legislative issues of importance to older persons, but in 1984 the Board's legislative committee was particularly active. It met eight times during the year and made the drafting of an Older Minnesotans Act its top priority.

By year's end the committee had collaborated extensively with advisory committees of the state's 13 Area Agencies on Aging in drafting the bill and had met as well with commissioners of state departments and representatives of the Minnesota Senior Federation, American Association of Retired Persons, Minnesota Retired Teachers Association, and Community Action Program Directors Association to explain the bill's purpose and intent. After working their way through nine revisions of the bill, commit-



**Spanish-speaking seniors learned about the legislative process at an MBA-sponsored seminar in December.**

tee members were eager to introduce it during the State Legislature's 1985 session.

The Older Minnesotans Act, if passed, would establish a broad social policy on aging for the state reflecting and building upon the

mandates and directives of the federal Older Americans Act of 1965. Major provisions of the bill include:

- creation of an interdepartmental committee on aging within state government to better coordinate and plan programs for older people.
- creation of a legislative committee on aging modeled after the House and Senate's Committees on Aging at the federal level. The committee would be a focal point for legislative research relating to older persons and would simplify the legislative maze for persons or organizations who have concerns about aging they would like the legislature to consider.
- clarification of the duties of Area Agencies on Aging and the Minnesota Board on Aging.

During the 1984 legislative session the Board on Aging presented testimony in support of such issues as licensure of adult day care centers, reduction of



**Retention of minimum wages for 24-hour live-in companions received legislative approval in 1984.**

automobile insurance rates for persons over age 65 upon completion of a state-approved driver improvement course, retention of a minimum wage for 24-hour live-in companions, and appointment of consumer representatives age 60 and older to approximately 30 state agencies. All of these proposals received legislative approval.

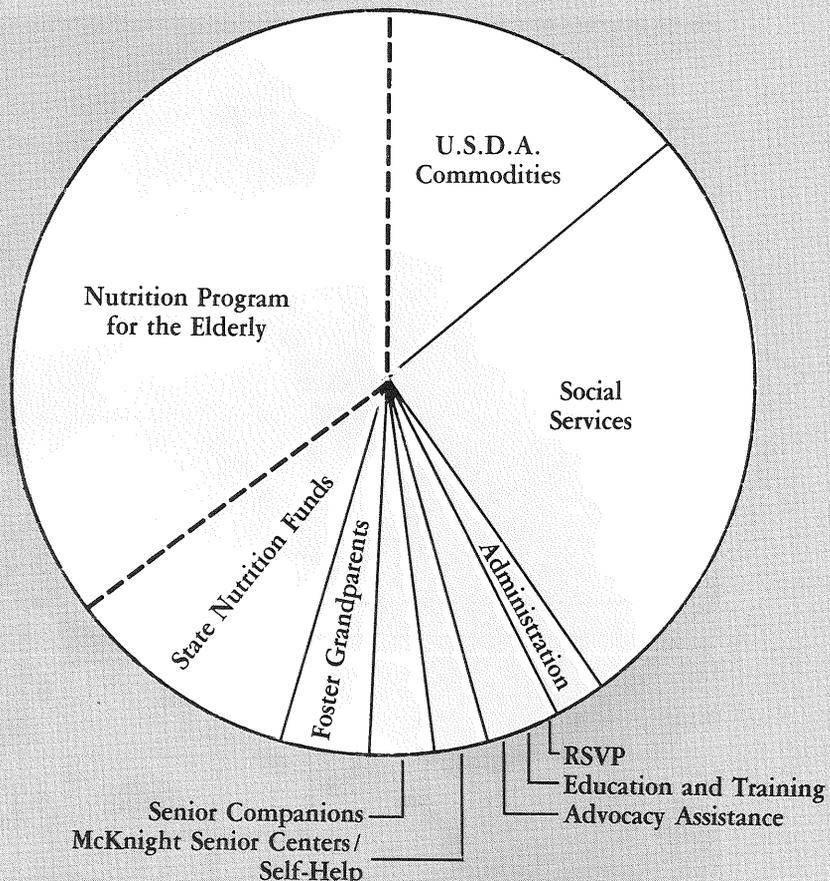
The Board published four "Older Minnesotans Public Policy Reports" during the year containing policy updates and resources senior citizen advocates could use to inform themselves about a variety of issues. More than 500 persons received the reports.

In December the Board sponsored a day-long training session for older persons, senior advocacy organizations, and service providers who wanted to better understand the legislative process, learn how to find out what is going on in the legislature, and provide legislators with information. More than 100 persons attended the seminar.

MBA staff also provided technical assistance and information to the Governor's office, senior citizen groups, legislators, organizations of professionals in the field of aging, and the Minnesota Gerontological Society's focus group on Family Roles and Responsibilities.

A special booklet: "Minnesota State Agencies: Opportunities for Older Adult Representation," was also issued in 1984. It indicates which state agencies must appoint a consumer representative age 60 and older and offers older persons tips on how to put their best foot forward during the appointment process.

# Fiscal Year 1984 \*\*\*



Social Service (Title IIIB)*	\$4,560,294
MBA Administration*	377,923
Education and Training (Title IV)*	56,966
Nutrition Program for the Elderly (Title IIIC)*	6,321,404
U.S. Department of Agriculture Commodities*	2,352,495
Long-Term Care Ombudsman Program*	228,200
Advocacy Assistance Program*	50,000
Foster Grandparent Program**	509,000
Senior Companion program**	312,000
State Administration**	286,699
Retired Senior Volunteer Program**	200,000
McKnight Foundation Senior Center/Self Help Funds	350,000
State Nutrition Program**	1,315,000
<b>TOTAL</b>	<b>\$16,919,981</b>

\*\*\*from October, 1983 - September 30, 1984

\*\*state funds from July, 1984 - June 1985

\*federal funds

# Program Planning/ Evaluation



The Board on Aging's program planning and evaluation unit links the Board with a statewide network of aging programs, including 13 Area Agencies on Aging (AAAs) which are responsible for the development and provision of services to older persons within given regions of the state.

MBA staff monitor service project operations, develop statewide policies, and provide technical assistance and consultation to Area Agencies on Aging.

In 1984 MBA staff completed a major analysis of the services AAAs fund in each of the state's 87 counties. The report contains baseline data useful to

policymakers assessing the types of services provided, numbers of older persons served, and service costs. According to the report, AAA grant funds totaling \$15,655,137 in 1984 were able to leverage another \$4,145,721 in local matching funds and \$4,989,792 in program income.

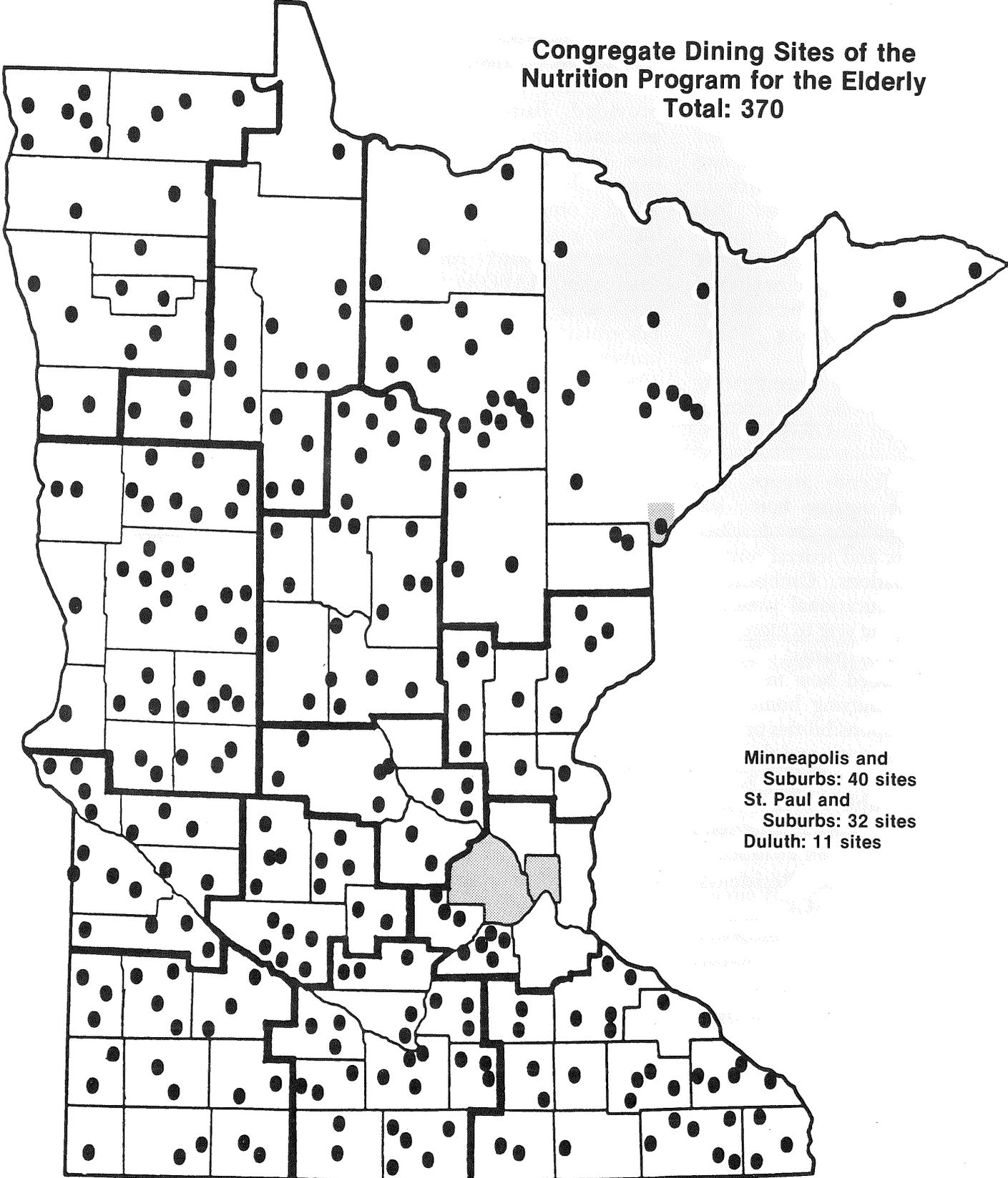
In 1984 AAAs spent the largest share of their funds and served the greatest number of older persons through a congregate dining program available at 370 nutrition sites throughout the state. The number of congregate (group) meals served rose to over 3.5 million yearly with more than 97,000 older people participating

in the program, an increase of nine percent over 1983. An additional 11,000 persons received home-delivered meals thanks to a network of community volunteers.

In addition to 50 nutrition projects, AAAs funded over 210 community service projects with major emphasis on programs that serve isolated or frail older persons.

Major services provided through Older Americans Act grants included legal help, health programs, advocacy, counseling, information and referral and adult education. Over 200,000 older people received one or more of the services provided by Minnesota's aging services network.

**Congregate Dining Sites of the  
Nutrition Program for the Elderly  
Total: 370**



Minneapolis and  
Suburbs: 40 sites  
St. Paul and  
Suburbs: 32 sites  
Duluth: 11 sites

# Long Term Care

## Ombudsman Program

Minnesota's seven regional ombudsman projects handled 1482 cases pertaining to long-term care in 1984, up from 1392 cases in 1983. Nearly half of the cases dealt with entry into nursing homes or finding suitable non-institutional care for frail older people. Another third involved complaints about nursing home care, the abuse or neglect of vulnerable adults, or the rights of Minnesota's nursing home residents.

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. Ombudsmen made 400 educational presentations during the year to more than 14,000 participants. Topics covered included how to choose and finance nursing home care; rights and responsibilities of nursing home residents; and the nursing home regulatory system.

Special publications issued through the MBA's long-term care program in 1984 included:

- **Nursing Home Residents' Questions about DRGs**
- **Nursing Home Residents' Guide to Minnesota Medical Assistance — 1984 Edition**
- **The Rights of Minnesota Nursing Home Residents: A Guide — 1984 Edition**
- **Minnesota Nursing Home Residents' Bill of Rights (Large print — 1984 Edition)**

### • **An Ombudsman's Guide to Bureaucrats — 1984**

The Minnesota Board on Aging provided funding, technical assistance, training and coordination for the state's network of regional ombudsmen. The Board's ombudsman also served on the new, seven-member Interagency Board for Quality Assurance (IABQA) which is developing a "case mix" reimbursement system for nursing homes to be implemented in July, 1985. The new system will better match public dollars to resident care requirements by granting facilities more state payment for patients who require large amounts of nursing care and less payment for those who are more able to care for themselves.

In October, the MBA's ombudsman, together with his Wisconsin counterpart, organized a meeting of all state ombudsmen in the U.S. at which a National Ombudsman Association was formed. Its purpose: to promote the professional development of state and sub-state ombudsmen, and provide a vehicle at the national level for addressing the issues and concerns raised through ombudsman programs.

The MBA's ombudsman was also one of only 40 persons in the nation invited by the Institute of Medicine of the National Academy of Sciences, to recommend and develop new nursing home certification regulations with regard to consumer groups and ombudsman programs.

A major effort of the MBA's ombudsman program in 1984 resulted in passage of state legislation clarifying the provision of "special services" in nursing homes. The law prohibits nursing homes from treating patients differently whether they are paying for their care themselves or having their care provided through the Medical Assistance program. The law also prohibits discrimination in admissions, services offered, or room assignment on the basis of source of payment.



## Regional Ombudsman Programs

Northwest LTC Ombudsman Program  
Zeh and LaBree Avenue South  
Thief River Falls, Minnesota 56701  
(218)681-6497

or

P.O. Box 322  
Fergus Falls, Minnesota 56537  
(218)736-7744

Northeast LTC Ombudsman Program  
Senior Citizens Coalition of Northeastern Minnesota  
407 West Superior Street  
Duluth, Minnesota 55806  
(218)727-0207

or

204½ Chestnut Street  
Virginia, Minnesota 55792  
(218)749-3270

Central LTC Ombudsman Program  
Central Minnesota Senior Federation  
1900 Minnesota Blvd.  
St. Cloud, Minnesota 56301  
(612)253-3257

Southcentral LTC Ombudsman Program  
Southern Minnesota Regional Legal Services  
P.O. Box 601  
Fairmont, Minnesota 56031  
(507)238-2460

Southeast LTC Ombudsman Program  
Southern Minnesota Legal Services  
Cambridge Building  
Winona, Minnesota 55987  
(507)454-6660

Southwest LTC Ombudsman Program  
Mid-Minnesota Legal Assistance  
244 West Main Street  
Marshall, Minnesota 56258  
(507)537-0785

State LTC Ombudsman Office  
Minnesota Board of Aging  
204 Metro Square  
7th and Robert Streets  
St. Paul, Minnesota 55101  
(612)296-2770  
Toll Free Number: 1-800-652-9747

# Senior Centers/ Self-Help Projects

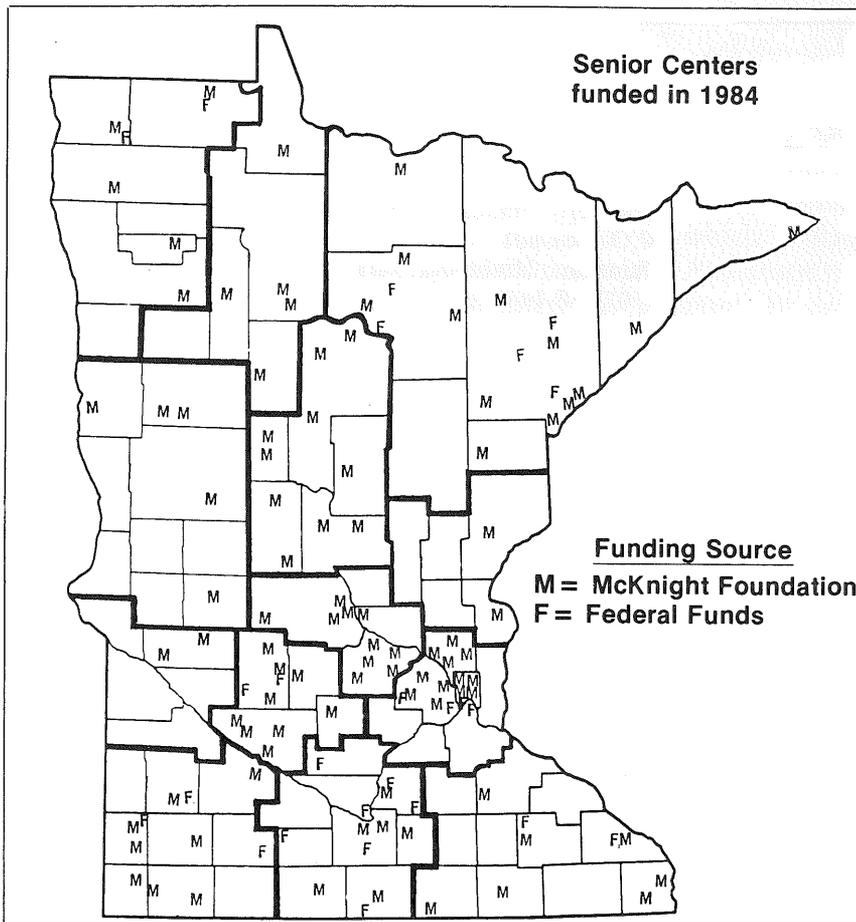


In 1984 the Minnesota Board on Aging distributed \$350,000 from the McKnight Foundation to finance senior center improvements and senior citizen self-help projects across the state.

About half of the funds went to 48 senior centers to finance remodeling, renovation and insulation projects or purchase senior center equipment.

The rest of the funds helped establish 52 self-help projects defined as those "initiated by and/or with older persons to establish a service or resource that will enhance their well-being and independence in the community."

Projects begun last year included hospice volunteer training, health screening and education programs, emergency response systems for isolated seniors and intergenerational programs. "Self-help" funds were also used to purchase popcorn and doughnut makers that senior centers could use in future fund-raising efforts.



## Legal Services

In 1984 the Minnesota Board on Aging and Area Agencies on Aging continued to fund special legal services projects for senior citizens throughout the state. The 24 projects provided legal advice and representation as well as legal education to over 15,000 persons. Cases handled in 1984 reflected major areas of concern for older people, including health care coverage (Medicare, Medical Assistance, Medicare Supplement insurance) income (Social Security, Supplemental Security Income), 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.

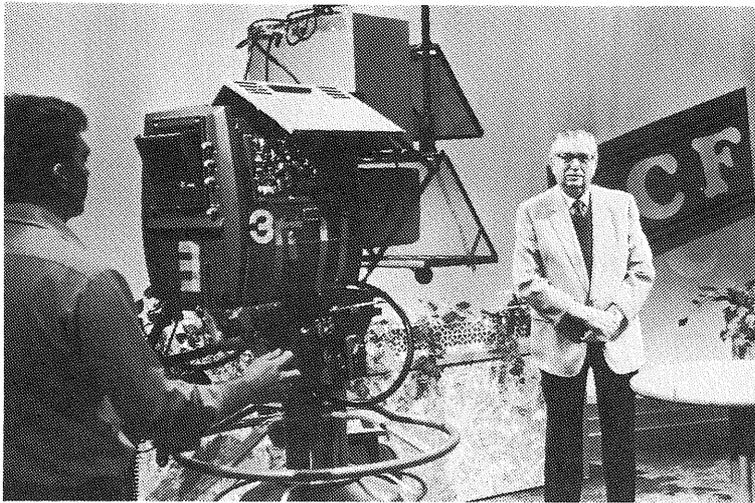
The Board on Aging's legal services developer met regularly with a statewide Senior Law Task Force

to identify and analyze pertinent legal issues and improve the delivery of legal services to older people. The task force studied Medicare laws and regulations in detail and explored the possibility of designating one legal office to specialize in Medicare matters and represent older persons who appeal Medicare benefit denials.

The Board's legal services developer also convened a multidisciplinary Guardianship Task Force to identify and address problems of providing protective services to vulnerable adults. The task force is developing new programs which will use volunteers to improve protective services in several localities. It also drafted a legislative proposal (to be introduced in the State Legislature's 1985 session) to increase protection for vulnerable adults.



## Public Information



In its third year, the Board's statewide essay contest for sixth grade students attracted 195 entries, with estimates that over 5000 essays were generated under contest auspices. Each entry had already won a local contest sponsored by senior citizen centers and clubs during May to celebrate Older Americans Month and promote intergenerational awareness and appreciation.

In conjunction with the State Fair and the Minnesota County Fair Association, the Board also continued sponsorship of an annual search for Minnesota's outstanding senior citizens. In 1984, 72 counties selected outstanding seniors, from whom Edna Shepard, Bovey, and William McAndrews, Brainerd, were named the state's two top seniors. The awards program honors older people for their activities, accomplishments and contributions after age 65.

Other public information activities included:

- Publication of a bi-monthly newsletter, the **Senior Spotlight**, with a circulation of about 8,000,

which reports news of interest to older people and professionals in the field of aging.

- Answering over 5000 inquiries for information, including those through the MBA's Aging Info-Line, a toll-free number (1-800-652-9747) that people can call every weekday with problems and questions.

- Publication of a number of special brochures and booklets, including the third edition of "Audio-Visual Resources on Aging in Minnesota" and numerous publications for older consumers, such as the "Minnesota Nursing Home Bill of Rights."

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

- Technical assistance to Area Agencies on Aging regarding their public information needs and requests.

- A booth in the Senior Citizens Building at the Minnesota State Fair, where questions were answered and information about the MBA and its programs disseminated.

## Senior Companions,

Built on the belief that many older people who wish to use their time and talents meaningfully do not have the opportunity to do so in the regular work force, the Senior Companion Program provides senior citizens a small stipend (\$40 a week) so they can volunteer their time to people in need of close, meaningful relationships. Senior companions also receive vacation and insurance benefits, a transportation allowance, meals, and an annual physical examination.

In 1984 Minnesota's Senior Companion Program celebrated its tenth anniversary. Almost 50 seniors had been recruited by the end of the program's first year, but after 10 years, 200 were providing 180,000 hours of service. They gave friendship, warmth, and one-to-one services to other older people both in their homes and in health care facilities. Seventeen companions have been with the program since its inception.

Started solely with federal funds, the Senior Companion Program began receiving state support through the Minnesota Board on Aging in 1976. (The Board also helped to start the program two years previously.)

The MBA awarded \$312,000 in state funds to the Minnesota Association for Retarded Citizens (the Senior Companion Program's sponsor) in 1984 to enable 100 older people to serve more than 500 older clients.

Companions perform a variety of tasks. One visits older patients in the hospital and then follows

# Foster Grandparents, RSVP

them home to help during their convalescence. Other companions work with seniors suffering from drug abuse.

Over 10 years, Minnesota's senior companions have provided more than 1.3 million hours of service to thousands of lonely, isolated people.

## RSVP

To fund the volunteer help necessary to keep many non-profit community service programs functioning, non-profit agencies are increasingly turning to older volunteers.

The Minnesota Board on Aging launched the state's first federally-funded Retired Senior Volunteer Program nearly 15 years ago to recruit older volunteers to serve in a wide variety of unpaid positions and reimburse them for their expenses.

Volunteers are able to help in many ways, including reading to the blind, delivering meals-on-wheels, working with troubled youth, and preparing tax returns for the elderly.

In 1981 the Minnesota Legislature voted to use state funds to expand the RSVP program. As a result, the Minnesota Board on Aging has been able to make yearly grants to the state's 19 RSVP projects to allow them to increase the number of older volunteers they recruit and serve. The projects estimate that the \$200,000 they received from the MBA in 1984 will result in at least 130,000 hours of expanded volunteer efforts.

## FOSTER GRANDPARENTS

The Foster Grandparent Program helps older people give both time and love to mentally retarded and emotionally disturbed young people in state institutions. Foster grandparents also give supportive, one-to-one services to non-institutionalized children who have special or exceptional needs. As compensation, the "grandparents" receive weekly stipends for their part-time work as well as other benefits. Most importantly, they rediscover the immense satisfaction that comes

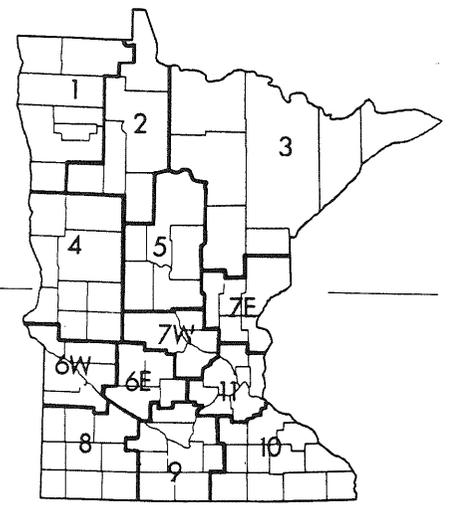
from being needed.

In Minnesota, the federal Foster Grandparent Program was supplemented in 1984 with \$470,400 in state funds. The Board on Aging awarded most of the money to the Minnesota Association of Retarded Citizens to provide stipends for 155 foster grandparents. Catholic Charities, St. Cloud, received a \$26,100 grant for an additional eight foster grandparents.

Services were provided to more than 400 young people.



# Social Service Projects



**Region 1**  
**Northwest AAA**  
**425 Woodland Avenue**  
**Crookston 56716**  
**218/281-1396**

Embassy Senior Center\*  
 Inter-County Nursing Service, Thief River Falls  
 Karlstad Senior Center\*  
 Kittson County Senior Transportation  
 Marshall County Home Health Project  
 Northwest Minnesota Legal Services, Moorhead  
 Polk County Home Maintenance Care Project  
 Region 1 Home Delivered Meal Program  
 Region 1 Senior Meal and Activity Program  
 Roseau County Chore Project\*  
 Roseau County Home Health Aide\*  
 Roseau Senior Center Renovation\*  
 Roseau Senior Self-Help\*  
 Senior Medical Travel Service  
 Valley Chore Service, Crookston  
 Warren Senior Self-Help\*

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

Beltrami County Elderly Transportation  
 Bemidji Area Self-Help Community Based Care for the Terminally Ill\*  
 Clearwater County Homemaker Program  
 Clearwater County Transportation Program\*  
 Clearwater Hospice\*  
 Headwaters Nutrition Project  
 Hubbard County Adult Day Care, Sunset Nursing Home, Park Rapids  
 Hubbard County Chore Services  
 Hubbard County Home Health Aide Program  
 Mahnommen County Homemaker Program  
 Mahnommen County Transportation Program\*  
 Mahnommen Hospice Volunteer Training\*  
 North County Adult Day Care, Bemidji  
 Park Rapids Area Hospice and Bereavement Program\*  
 Senior Insurance Assistance, NMLS Legal Services\*  
 Senior Public T.V. Series - KAWE\*  
 Senior Services Project, NMLS Legal Services  
 Lake of the Woods Home Health Aide

\* = projects new in 1984

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

Aitkin County Public Health Homemaker  
 Aitkin County Senior Citizen Coordinator  
 Aitkin County Foot Care Clinic  
 Aitkin County in Home Hospice  
 Arrowhead Elderly Nutrition Program  
 Arrowhead Home-Delivered Meals Program  
 Barnum Area Senior Citizens Center\*  
 Biwabik Senior Citizens Center\*  
 Bruce Bauer Senior Center Service Development Project, Grand Rapids\*  
 Carlton County Expanded Home Care  
 Cook Area Senior Citizens Club and AEOA Nutrition Site\*  
 Deer River Golden Age Club\*  
 Duluth Senior Citizen Chemical Dependency Program  
 Duluth Senior Nutrition Program  
 Fredenberg Community/Senior Center Renovation Project\*  
 Itasca County Hospice Project  
 Kettle River Senior Citizens Center  
 Koochiching County In-Home Hospice\*  
 Koochiching/Itasca Home Delivered Meals  
 Koochiching/Itasca Senior Nutrition  
 Lake County Senior Counselor Program  
 Mountain Iron Senior Center\*  
 North St. Louis County Health Assessment  
 Northeast Area Long Term Care Ombudsman  
 Range Adult Day Care Transportation  
 St. Louis County Home Delivered Meals  
 St. Louis County Peer Counseling Project\*  
 Sand Lake Senior Center\*  
 Senior Law Project  
 Young Old Timers Senior Center, Duluth

**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  
 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  
 Lutheran Social Services, Congregate Dining & Home-Delivered Meals

Northwest Minnesota Legal Services  
 Otter Tail County Home Health Aide Services  
 Otter Tail County Transportation  
 Perham Home Delivered Meals  
 Perham Transportation  
 Pioneer Home Day Care, Fergus Falls\*  
 Pope County Coordinator/Transportation  
 Pope County Home Health Aide Services  
 Stevens-Traverse County Homemaker/Home Health Aide Services  
 Wilkin County Coordinator/Transportation/Center Director  
 Wilkin County Homemaker Services

**Region V**  
**Region V AAA**  
**611 Iowa Ave.**  
**Staples 56479**  
**218/894-3233**

Cass County Home Health Aide/Homemaker  
 Cass/Wadena Senior Legal Services Project\*  
 Crow Wing County Home Health Aide/Homemaker Project  
 Cuyuna Range Adult Day Care Project, Crosby\*  
 Morrison County Service Coordination/Homemaker Project\*  
 Morrison/Todd Counties Senior Legal Services Project  
 Northern Lakes Federation - Advocacy for Seniors\*  
 St. Joseph's Medical Center (Crow Wing County) Home-Delivered Meals  
 Staples Area Telephone Reassurance\*  
 Todd County Home Health Aide/Service Coordination Project  
 Tri-County CAP, Inc. Congregate and Home-Delivered Meals  
 Wadena County Home Health Aide Project  
 Wadena County Respite Care Program

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

Atwater Nutrition Transportation  
 Atwater Senior Center\*  
 Fairfax Senior Citizens Club\*

Hector Senior Center  
 Hutchinson Senior Center\*  
 Lake Lillian Senior Citizens Club\*  
 Legal Advocacy for Older Americans, Renville, Meeker and Kandiyohi Counties  
 McLeod County Legal Services for Seniors  
 Meeker County Transportation  
 Meeker-McLeod Counties Screening/Assessment Project  
 New London Senior Citizens Club  
 Olivia Senior Center Renovation\*  
 Raymond Community Center\*  
 Rice Memorial Hospital Telephone Assistance Program, Willmar\*  
 Six East Community Action Agency Senior Nutrition Program  
 Southwest Housing Assistance Program\*  
 Students of Service (Chore) Program, Willmar  
 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**

**1-800-752-1983**

Canby Volunteer Driver Program (CABS)\*  
 Countryside Public Health Nursing Service  
 Expanded Homecare Project  
 Montevideo Senior Citizen Seminar Series\*  
 Prairie Five CAC Congregate and Home Delivered Meals  
 Prairie Five CAC Senior Chore Exchange\*  
 Western Minnesota Legal Services

**Region VII E & W**

**Region Seven AAA**

**119 South Lake Street**

**Mora 55051**

**612/679-4065**

**Central Minnesota Council on Aging**

**26 N. 6th Ave. No. 330**

**St. Cloud 56301**

**612/253-9349**

Albany Home Delivered Meals  
 Benton County Home Care Project  
 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  
 Long Term Care Ombudsman, St. Cloud\*  
 Mille Lacs County Senior Citizen Transportation Program

Region VII Nutrition Centers Program Congregate Dining and Home Delivered Meals  
 Rush City Mobile Meals\*  
 Sandstone Home Delivered Meals  
 Senior Citizens Community Support Social Worker, St. Cloud\*  
 Senior Citizen Early Discovery, Cambridge\*  
 Sherburne County Home Care Project  
 Stearns County Case Management\*  
 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\*  
 Bingham Lake Multipurpose Senior Center\*  
 Community Legal Education for Seniors, Region VIII  
 Murray County Volunteer Transportation  
 Nobles/Rock Health Service  
 Pipestone County Senior Citizens Transportation Program  
 Prairie Home Hospice, Marshall\*  
 Redwood County Hospice\*  
 Region VIII Senior Volunteer Transportation Program  
 Ruthton Multipurpose Senior Center\*  
 Senior Citizens Program Developer, Nobles County\*  
 Senior Nutrition Services Congregate and Home Delivered Meals Program  
 Southwest Ombudsman\*  
 Tracy Multipurpose Senior Center\*

**Region IX**

**Region Nine AAA**

**410 South 5th Street, 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  
 Brown County Chore/Home Maintenance\*  
 Cleveland Senior Center\*  
 Darfur Senior Center\*  
 Elmore Senior Center\*  
 Gibbon Senior Center\*  
 Legal Advocacy for Older Americans, Mankato  
 LeSueur County In-Home Services Program  
 Lutheran Social Services Share-A-Home Program, Mankato\*  
 Nicollet County Senior Health Screening Program\*

Nutrition for the Elderly, Congregate and Home Delivered Meals  
 Sibley County In-Home Health Assessments and Service Coordination  
 Smiline - Information and Referral, Mankato  
 South Central Area Ombudsman Program  
 Summit Center, Mankato  
 Town and Country Leisure Center, Mapleton  
 Volunteer Coordinator, Waseca Senior Center, Inc.  
 Waseca County In-Home Services Project  
 Waterville Senior Center\*

**Region X**

**Southeastern AAA**

**121 North Broadway, Room 302**

**Rochester 55901**

**507/288-6944**

Brownsville Senior Center\*  
 Channel One Food Coop, Rochester\*  
 Channel One Intergenerational Housing Program, Rochester  
 Channel One SCAAN Program, Region 10  
 Dodge County Home Health Aide/Homemaker  
 Emmons Senior Center\*  
 Faribault Elderly Transportation Program  
 Freeborn County Advocacy Program  
 Freeborn County Chore Program  
 Freeborn County Transportation Program  
 Gay 90's Popcorn Project, Winona\*  
 Goodhue County Volunteer Driver Program  
 Goodhue-Wabasha Homemaker Services  
 GRWCAC Home Delivered Meals Program  
 Legal Services for the Elderly, Region 10  
 Lewiston Senior Center  
 Long Term Care Ombudsman Program\*  
 Mantorville Senior Center\*  
 Mower County Senior Citizens Advocacy  
 Mower County Seniors Transportation  
 Mower County Seniors Woodworking Project\*  
 Northfield Community Advocacy\*  
 Olmsted County Homemaker/Chore Program  
 Oronoco Senior Center  
 SCS, Inc. Outreach/Advocacy Program, Rochester  
 SEMCAC Congregate and Home Delivered Senior Meals Program  
 SEMCAC Transportation Program  
 Senior Citizens Services Dining Program, Rochester  
 Spring Grove Senior Center\*  
 Stockton Senior Center  
 Tri-County Counseling Program (Wabasha/Winona/Houston)\*  
 Wabasha County Transportation Program\*  
 Winona Senior Citizens Advocacy Program

**Region XI  
Region XI AAA  
300 Metro Square  
St. Paul 55101  
612/291-6497**

Blaine Senior Center  
Carver County Care Center  
Cedar Riverside Multipurpose Senior Center,  
Minneapolis  
Dayton Senior Center\*  
Farmington Area Senior Center  
Forest Lake Senior Citizens Chore Program  
Fridley Senior Citizens Center  
Hennepin County Coordinated Transportation  
Hennepin County Coordinated Chore Project  
Home Services Association Project Syntax,  
St. Paul  
Minneapolis In-Home Service Project\*  
North Memorial STEP Program, Minneapolis  
Northwest Suburban Ramsey County Home  
Chore Program\*  
Nursing Home Residents' Advocates, Mpls.  
Ramsey County Transportation Coordination  
Program  
Senior Citizens Legal Project, Minneapolis  
South Hennepin Home Care, Bloomington  
Southside Homemaker Project, Minneapolis  
Southshore Senior Center, Excelsior  
Washington and Dakota County Legal Ser-  
vices for Seniors  
West 7th Multipurpose Senior Center, St.  
Paul  
Westonka Senior Center, Mound  
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



## Education and Training

In 1984, the Minnesota Board on Aging sponsored numerous statewide conferences and training activities in which more than 1200 persons in Minnesota's aging network participated. These included the 26th Annual Institute on Aging; a Professional Development Seminar on functional family therapy; the Third Annual Senior Center Conference for senior center staff and volunteers; and training for state and Area Agency on Aging staff.

In addition, Minnesota's Area Agencies conducted regional conferences as well as workshops on such topics as new directions in long-term care, health and wellness, senior center management, chemical dependency and aging, home-delivered meals and grant writing. More than 1800 people, including advisory committee members, service providers, seniors and Area Agency staff, participated in the regional conferences and training workshops.

During the early fall of 1984, curriculum guides for

kindergarten through secondary school students developed by the MBA and the Minnesota Department of Education were completed and publicized in school districts throughout the state. By year's end, over 300 elementary and secondary teachers, administrators and school staff had requested copies. Comments such as "excellent job," "a great package," and "very helpful," characterized teacher response to the materials.

In 1985, an evaluation of the use and usefulness of the curriculum materials will be completed. In addition, the MBA will begin working with statewide associations such as the Retired Senior Volunteer Program (RSVP), the Retired Educators Association in Minnesota (REAM) and the National School Volunteer Program/Minnesota (NSVP/MN), to train senior volunteers to work with Minnesota teachers on integrating aging content into their curricula and conducting intergenerational activities in their classrooms.