

# Minnesota Board on Aging Annual Report 1987

## From the Chair

The contacts of the Minnesota Board on Aging with older Minnesotans at the state fair, the Aging Institute in St. Cloud and the public hearings around the state have reaffirmed that the interests of the older citizens and their concerns are multigenerational and extend to all aspects of the quality of life in Minnesota. Acknowledging this, the Board is examining more broadly the implications of an increasing and changing older population. The examination has led us to find that other units of state government are knowledgeable about and concerned with the current and future im-

pact of senior citizens in Minnesota.

The Departments of Human Services, Health, and Veterans Affairs, and Minnesota Housing Finance have major aging programs. They, along with State Planning, are very concerned about both the current status and emerging needs of the elderly.

The Board also is aware that the implications of a growing aging population are no less critical for the Minnesota Departments of Commerce, Jobs and Training, Trade and Economic Development and to the Attorney General and Human Rights Office, as well.

The Board acknowledges the fact that during the past year the Area Agencies on Aging, counties, and local communities throughout the state have made significant strides in cooperation and the pooling of mutual efforts. The involvement of senior citizens has been common to the most successful coordination efforts at both the state and local levels.

As we enter 1988, the Minnesota Board on Aging looks forward to continuing joint efforts with other agencies and organizations, both where already established and additional ones, as well.

The Board's theme for Older

American's Month in May, 1988 "Older Minnesotans, A Resource For All Generations" is an expression of its commitment to establish a positive image for the later years.

This annual report highlights the activities and the accomplishments of the Board on Aging during the past year. Its commitment is to have 1988 a year of achievement as we carry out our mission.

Elva D. Walker  
Chair

## Introduction

The Minnesota Board on Aging's mission is to assist older Minnesotans to live independent, meaningful, dignified lives in their own homes or places of residence with emphasis on the reduction of isolation and the prevention of untimely or unnecessary institutionalization. The 25 members of the Board are appointed by the Governor and can serve a maximum of eight years. The majority are over age sixty. The Board's responsibilities include administering the Older Americans Act, advising state agencies and departments on the status and needs of Minneso-

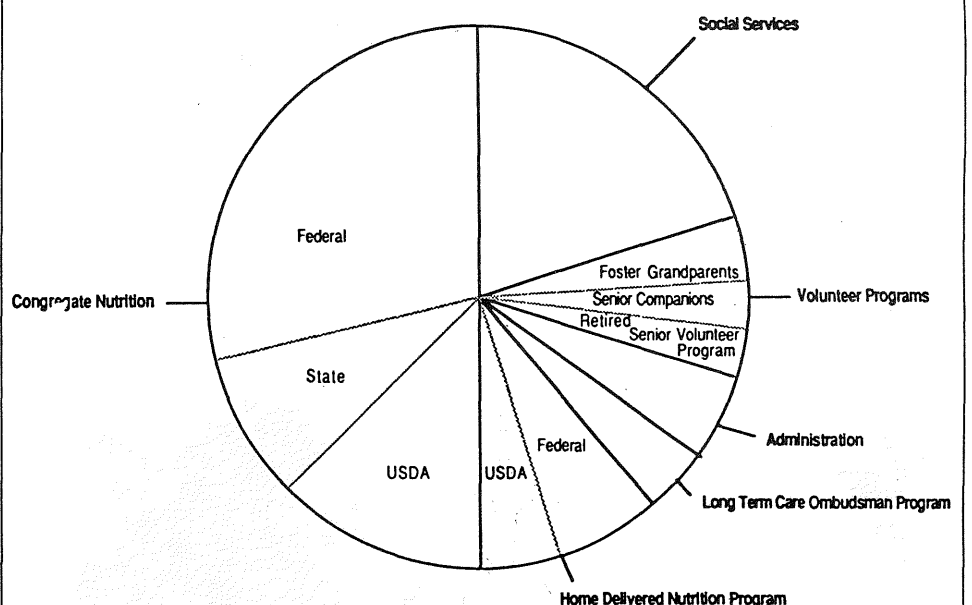
ta's older citizens, and carrying out a variety of advocacy activities, including tracking and proposing legislation that affects older people.

Federal and state funding is allocated according to the chart at left.

The Long Range Planning Committee and the Legislative Committee have been established by the Board to provide focus and leadership in planning and advocacy.

The Board has designated 14 Area Agencies on Aging statewide (see map inside back cover) to receive and administer grants and to plan and coordinate programs at the regional levels. The area agencies each have an area plan for 1987 to 1990 that outlines their work program and spending priorities. The budgets are funded annually.

## Fiscal Year 1987



Social Service (Title IIIB)*	\$4,025,016	22.0%
MBA Administration*	470,000	2.6
Nutrition Program for the Elderly (Title IIIC)*	6,922,249	37.9
U.S. Department of Agriculture Commodities*	2,587,773	14.1
Long-Term Care Ombudsman Program*	393,000	2.1
Foster Grandparent Program**	665,000	3.6
Senior Companion Program**	366,000	2.0
Retired Senior Volunteer Program**	347,000	1.9
State Administration**	596,700	3.3
State Nutrition Program**	1,915,000	10.5
<b>TOTAL</b>	<b>\$18,287,738</b>	

\*Federal Funds, October 1, 1986 to September 30, 1987

\*\*State Funds, July 1, 1987 to June 30, 1988

## Long Range Planning Committee

The Long Range Planning Committee focused its efforts on updating the Board's 1986 *Recommendations on State Policy on Aging Programs and Services*.

During 1987 the Board Chair presented the Recommendations to the Governor and a number of Commissioners of state departments. In addition they were sent to a variety of

organizations statewide.

The Committee planned the Annual Board Retreat which was held in September. Presentations were made by ranking officials from twelve state departments impacted by a growing population of early retirees and older adults. These departments included State Planning, Human Services,

Health, Economic Development, Housing Finance Agency, Veterans Affairs, Human Rights, Commerce, etc.

Board members discussed the materials that were presented and incorporated them with previously gathered information and experience.

## Legislative Committee

The Board's Legislative Program for 1987 was based on issues and concerns raised by older persons in the 1986 statewide hearings, county profiles, and recommendations from Area Agencies on Aging as well as state agency representatives. The Legislative Committee closely monitored bills that pertained to older persons and presented testimony as part of their advocacy efforts.

With the increased availability of home care agencies the Board supported the passage of legislation to license such agencies. These agencies, including hospice programs, are now required to be licensed. An individual serving a relative or those providing care for no more than one person or family, as a contribution and not as a business, are exempt from licensure. The new licen-

sure also provides home care recipients with a bill of rights. This includes written information on rights and what can be done if those rights are violated.

Recognizing the continued importance of accessible and available transportation services, the Board actively supported the reinstatement of the transfer of funds from the Motor Vehicle Excise Tax to the mass transit fund to assure continued growth and availability of public transit for all elderly, especially in rural areas. The result was that a small portion of the Motor Vehicle Excise Tax was maintained for public transit.

Proposed legislation for an Adult Health Care Rights Act was strongly emphasized during the session and was held over until 1988. The Adult Health Care Rights legislation

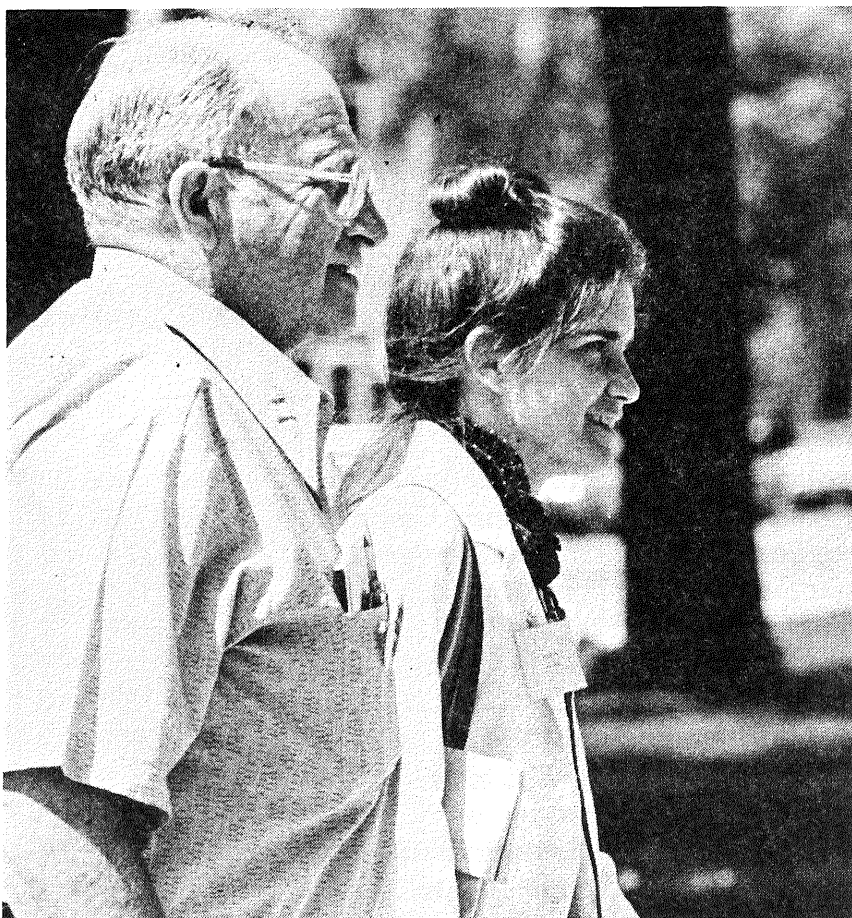
would ensure adults that their wishes regarding health care are followed, even at a time when they are no longer able to speak for themselves. It would address the concern of many older people that unwanted medical technology will not be forced upon them.

Seven educational seminars were held throughout the state on the proposed Adult Health Care Rights legislation.

The Board began to assist the Area Agencies on Aging to organize legislative/advocacy committees in many of the AAAs. Four were organized during 1987.

A Senior Citizens Day at the Capitol in February 1987 involved more than 100 legislators and over 800 older people, providing an opportunity to share their ideas about issues that were of special interest.

## Annual Institute on Aging



The purpose of the statewide annual institute on aging has been to strengthen the network of people in aging and to provide them with practical information on the issues of aging. The 29th Annual Institute on Aging was held at St. Cloud State University June 5 and 6 and was attended by 650 people. This represented an increase of 200 people over the previous year's event. The participants included those over 60 years old (49 percent) and those younger (51 percent). It included service providers, those who volunteer, and others interested in aging issues.

The theme in 1987 was "The Legacy of Later Life: Empowerment, Community Involvement and Older People As A Resource." The theme was supported by 3 major plenary

sessions and 22 workshops on topics suggested in the pre-conference survey (232 respondents statewide).

The Board's statewide effort to pull older adults and others together for this event begins with a statewide network survey. The results of the survey are used by a planning committee made up of older adults and other network representatives. The resulting program is hosted by members of the Board and sessions are often led by a mix of older and younger adults. In 1987 the oldest senior presenter was 88 years old and received a very positive evaluation by those attending the session. The youngest contributors were the 6th grade essay contest winners at 13 years old.



# Long Term Care Ombudsman Program



The Board's Long Term Care Ombudsman Program (LTCOP) provides ombudsman services to residents of nursing homes and boarding care homes, and their families who have questions or concerns about administrative decisions, resident's care, and resident's rights. This program is mandated under the Older Americans Act. In 1987 the Board awarded \$333,606 in Older Americans Act funds for these services which are provided by seven regional programs statewide.

In 1987 ombudsman services were provided to 2,543 persons on consumer issues and concerns about long-term care in nursing homes and boarding care homes. Over 1,288 individuals contacted the ombudsman programs for information and assistance, and 1,255 filed complaints. More than half (56 percent) of the complaints pertained to conditions or problems in skilled facilities, or intermediate care facilities. The five most common problems included case mix reconsiderations, 21 percent; financial, 13 percent; administrative, 12 percent; rights, 11 percent; and care, 9 percent.

Ombudsmen made 461 educational presentations to more than 15,300 participants. Topics included how to choose and finance nursing home care, rights and responsibilities of nursing home residents, and the nursing home regulatory system.

Quarterly training sessions were held for ombudsmen, one of which was an annual training conference on negotiation and mediation skills necessary for conflict resolution.

During 1987 an ombudsman task force was created by the Board to assist in planning for future expansion of the LTCOP. Recommendations were made to the Board that included standards for quality assurance and the experience, training and performance of ombudsmen.

The LTCOP had a significant impact in bringing about the enactment of legislation affecting persons in long-term care facilities. State legislation was enacted which created the Office of Ombudsman for Older Minnesotans, within the Minnesota Board on Aging. It expanded ombudsman services to patients in acute care facilities who are eligible for Medicare and request assistance relating to admission or discharge from an acute care facility. The Board was also mandated to appoint an In-Home Services Advisory Task Force to make recommendations to the Legislature by February 1, 1989, for expanding ombudsman services to recipients of in-home services.

The 1987 Legislature increased the surcharge on licensing nursing and boarding care home beds. These funds continue to provide education

and training for resident and family councils. The Board is responsible for awarding the funds, and continued a grant award to the Minnesota Alliance for Health Care Consumers for that purpose.

The LTCOP proposed amendments to the case mix legislation which were enacted. The amendments set new timelines for distribution and notification of classification. Residents or their representatives are given access to and copies of a variety of documents. In addition, the Minnesota Health Department has been given authority to audit facility assessments and to do so unannounced.

A new law requires nursing and boarding care homes to inform private paying persons of their rights and limitations regarding splitting of assets and property transfers and of their Medicare skilled facility benefits when such persons are admitted without pre-admission screening. It requires the pre-admission team to provide similar information.

Minnesota ombudsmen actively promoted the federal nursing home legislation of 1987. Amendments were also proposed to the Older Americans Act and enacted to strengthen the authority of the ombudsman program to act on behalf of residents in facilities.

## Seven Regional Ombudsman Programs

Northwest Minnesota Legal Services  
PO Box 714  
403 Center Avenue  
Moorhead, MN 56560

Senior Citizens Coalition of Northeast Minnesota  
407 Superior Street  
Duluth, MN 55802

Central MN Senior Federation  
1900 Minnesota Boulevard  
St. Cloud, MN 56301

WesCap, Inc.  
203 West Main Street  
Marshall, MN 56258

Southern Minnesota Regional Legal Services  
450 Nichols Office Center  
410 Jackson Street,  
PO Box 3304  
Mankato, MN 56001

Southern Minnesota Regional Legal Services  
PO Box 1366  
Winona, MN 55987

Minnesota Alliance for Health Care Consumers  
3231 First Avenue South  
Minneapolis, MN 55408

# Directory Minnesota Area Agencies on Aging Social Services P

## REGION I

**Northwest Area Agency on Aging**  
**Northwest Regional Development Commission**  
 525 Brooks Avenue South, P.O. Box E  
 Thief River Falls, MN 56701  
 218-681-2637

- \*Crookston Senior Center
- East-Grand Forks Senior Center
- Inter-County Nursing Service, Thief River Falls
- Kittson County Senior Transportation
- Marshall County Home Health Project
- \*Multi County Nursing, Norman County
- Northwest Minnesota Legal Services
- Polk County Home Maintenance Care Project
- Region I Home Delivered Meal Program
- Region I Senior Meal and Activity Program
- Roseau County Home Care
- Senior Medical Travel Service, Roseau Co.
- Valley Chore Service, Crookston

## REGION II

**Headwaters Area Agency on Aging**  
**Headwaters Regional Development Commission**  
 P.O. Box 906  
 Bemidji, MN 56601  
 218-751-3108

- \*Akeley Senior Center Acquisition Renovation
- \*Beltrami County Senior Center Coordinator
- Clearwater County Homemaker Program
- Clearwater County Transportation Program
- Headwaters Nutrition Project
- Hubbard County Adult Day Care, Park Rapids
- \*Information and Referral Direct Service
- Lake of the Woods Elderly Transportation
- Mahnomen County Extended Hour Home Health Aide/Homemaker
- Mahnomen Transportation Program
- \*North Country Hospice Bereavement Program
- N.W. MN Legal Services Ombudsman Program
- \*Park Rapids Area Hospice
- \*Rural Beltrami County Transportation Senior Services Project, NMLS Legal Services

## REGION III

**Arrowhead Area Agency on Aging**  
**Arrowhead Regional Development Commission**  
 330 Canal Park Drive  
 Duluth, MN 55802  
 218-722-5545  
 1-800-232-0707

- \*AEDA Senior Insurance Advocacy Program
- Aitkin County C.A.R.E.
- Arrowhead Elderly Nutrition Program
- Arrowhead Home Delivered Meals Program
- \*Blackhoof Valley Coalition-Senior Center
- \*Carlton County Long-Term Care
- College of St. Scholastica Informal Caregivers Support Project
- \*College of St. Scholastica Manual for Caregivers
- Duluth Senior Nutrition Program
- \*Grief and Bereavement Supportive Services in Aitkin County
- Itasca Adult Day Care of Grand Rapids
- Koochiching/Itasca Home Delivered Meals Program
- Koochiching/Itasca Senior Nutrition Program
- \*Lake County In-Home Respite Program
- NE Area Long-Term Care Ombudsman
- \*Peer Counselor Project of NE St. Louis County
- \*Project Phone Home
- \*Rice River Township Senior Center
- St. Louis County Home Delivered Meals Program
- Senior Citizens Law
- \*Tri-County Caregiver to Caregiver

## REGION IV

**West Central Area Agency on Aging**  
 P.O. Box 726  
 Fergus Falls, MN 56537  
 218-739-4617

- \*Clay County Department of Health
- \*Council on Domestic Violence
- \*Douglas-Grant PHN Service
- Douglas County Home Delivered Meals
- Grant County Coordinator
- \*Lake Region Hospital Coordination
- Lutheran Social Service Congregate Dining
- Lutheran Social Service Home Delivered Meals
- \*Lutheran Social Service ND Senior Companion
- \*Multi-County Nursing Service, Service Coord.
- Northwest Minnesota Legal Service
- \*Otter Tail County Department of Health
- \*Otter Tail County Over 60 Transportation
- Perham Home Delivered Meals
- Pope County Coordinator
- \*Pope County PHN Service
- \*Project Assist-Lake Region Hospital/Service Coordination
- St. Francis Home — Day Care
- Stevens County Coordinator
- \*Stevens-Traverse PHN Service
- Wilkin County Coordinator/Transportation/Center Administration
- \*Wilkin County Public Health Nursing

## REGION V

**Region Five Area Agency on Aging**  
**Region Five Regional Development Commission**  
 611 Iowa  
 Staples, MN 56479  
 218-894-3233

- Cass County Home Health Aide/Homemaker
- Cass/Wadena Senior Legal Services Project
- Crow Wing County Home Health Aide/Homemaker Project
- Little Falls Volunteer Development Project
- \*Longville Young at Hearts Club
- Morrison County Coordinator on Aging
- Morrison County Service Coordination/Homemaker Project
- Morrison/Todd Counties Senior Legal Services Project
- \*Nimrod Community Senior Citizen Addition
- St. Joseph's Medical Center (Crow Wing County) Home Delivered Meals
- Todd County Home Health Aide/Service Coordination Project
- Tri-County CAP, Inc. Congregate and Home Delivered Meals
- Wadena County Home Health Aide/Homemaker Project

## REGION VI-E

**Mid-Minnesota Area Agency on Aging**  
**Mid-Minnesota Development Commission**  
 333 W 6th St, Lower Level  
 Willmar, MN 56201  
 612-235-8504

- Atwater Nutrition Transportation
- Community Action Agency Senior Nutrition Project
- Danube Senior Center
- Glencoe Area Health Center Transportation Services
- \*Hector Senior Center
- Kandiyohi County Respite Care
- Legal Advocacy for Older Americans, Renville, Meeker & Kandiyohi Counties
- Legal Advocacy for Older Americans, Services for Seniors, McLeod County
- McLeod County Respite Care
- Meeker County Respite Care
- Meeker County Transportation
- \*Morton Senior Center
- Renville County Hospice Care
- \*Renville County Respite Care
- \*Sacred Heart Senior Center
- \*Telephone Reassurance, Meeker County, Augustana Home Care
- \*Telephone Reassurance, Renville County Hospital
- West Central Community Services Adult Day Care, Willmar
- Whistle Stop Transportation Program, Spicer

## REGION VI-W

**Upper MN Valley Area Agency on Aging**  
**Upper MN Valley Regional Development Commission**  
 323 W Schlieman  
 Appleton, MN 56208  
 612-289-1981  
 1-800-752-1983

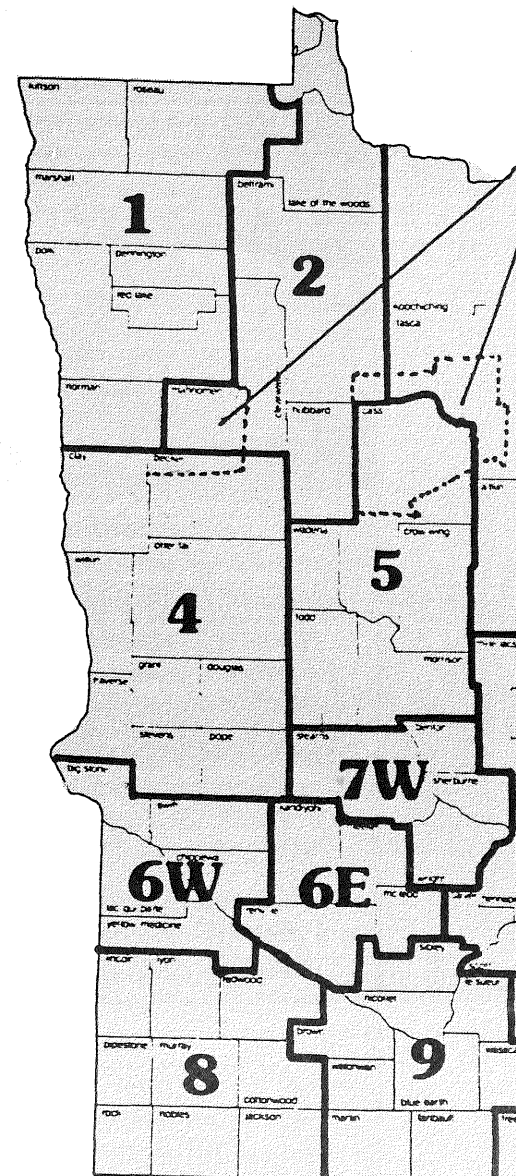
- Canby Volunteer Driver Program (CABS)
- Dawson/Boyd Transportation Project
- Granite Falls Organizational Advocate
- Lac Qui Parle Organizational Advocate
- \*Montevideo Friendly Visiting and Chore Service
- \*Older Americans Advocacy Project
- Prairie Five CAC Congregate and Home Delivered Meals
- Swift County Organizational Advocate
- Western Minnesota Legal Services

## REGION VII-E

**Region VII-E Area Agency on Aging**  
**East Central Regional Development Commission**  
 100 South Park Street  
 Mora, MN 55051  
 612-679-4065

- Chisago County Home-Delivered Meals
- Chisago County Hospice
- Health Assessment/Volunteer Outreach
- Kettle River Nutrition Center
- Legal Advocacy for Older Americans, Cambridge
- Long Term Care Ombudsman
- Region VII-E Nutrition Centers Program Congregate and Home Delivered Meals
- Rush City Mobile Meals
- Rush City Senior Center

## Area Agencies



\*Area 12 includes the Bois Forte, Grand Portage, Leech

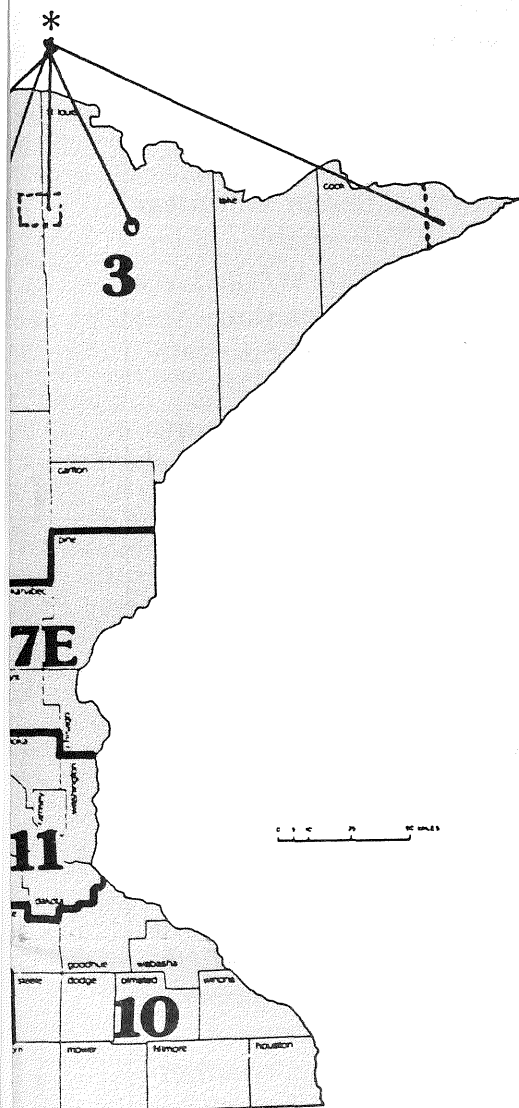
The 14 Area Agencies on Aging are:

- Northwest Area Agency on Aging (1) Thief River Falls
- Headwaters Area Agency on Aging (2) Bemidji
- Arrowhead Area Agency on Aging (3) Duluth
- West Central Area Agency on Aging (4) Fergus Falls
- Region V Area Agency on Aging (5) Staples
- Six East Area Agency on Aging (6E) Willmar
- Upper Minnesota Valley Area Agency on Aging (6W) Appleton

\* = projects new in 1987.



# ies on Aging



i Lake, and White Earth Chippewa reservations.

Region Seven East Area Agency on Aging (7E)  
Mora

Central Minnesota Council on Aging (7W)  
St. Cloud

Southwestern Area Agency on Aging (8)  
Slayton

Region Nine Area Agency on Aging (9)  
Mankato

Southeastern Minnesota Area Agency on Aging (10)  
Rochester

Metropolitan Area Agency on Aging (11)  
St. Paul

Minnesota Chippewa Tribe\*  
Area Agency on Aging  
Cass Lake

## REGION VII-W

**Central Minnesota Council on Aging**  
26 North Sixth Avenue  
St. Cloud, MN 56301  
612-253-9349

- Albany Home-Delivered Meals
- Benton County Home Care Project
- Cold Spring Home Delivered Meals
- Legal Services for the Elderly, St. Cloud
- Long-Term Care Ombudsman, St. Cloud
- Region VII-W Nutrition Centers Program
- Congregate Dining and Home-Delivered Meals
- Sherburne County Home Care Project
- Stearns County Case Management
- Stearns County Home Care
- "Home Sweet Home"
- Wright County Home Care Project

## REGION VIII

**Southwestern Area Agency on Aging**  
Southwestern Regional Development  
Commission  
2524 Broadway, Box 265  
Slayton, MN 56172  
507-836-8549

- \*Arts in Aging
- Community Legal and Para Legal Services for Seniors
- \*Lincoln, Lyon, Murray and Pipestone County Community Health Services, Home Health Aide Program
- \*Marshall Senior Center
- \*Mountain Lake Senior Center
- Murray County Coordinator
- \*Murray County Hospice
- Murray County Volunteer Transportation
- \*Nobles County Coordinator on Aging
- Peer Counseling Services
- Southwestern Mental Health, Inc., Luverne
- Pipestone County Senior Citizens Transportation Program
- \*Redwood County Coordinator on Aging
- Senior Nutrition Services Congregate and Home Delivered Meals Program
- \*Tracy Senior Center
- \*Wabasso Senior Center
- Western Community Action Senior Citizens Volunteer Transportation Program

## REGION IX

**Region Nine Area Agency on Aging**  
Region Nine Regional Development  
Commission  
410 South Fifth Street, Box 3367  
Mankato, MN 56001  
507-387-5643  
1-800-722-9389

- \*Blue Earth Multi-Purpose Senior Center
- \*Faribault Area County Hospice Project
- Immanuel-St. Joseph's Hospice Program, Mankato
- Legal Advocacy for Older Americans, Mankato
- \*Le Sueur County Homemaker Services
- Le Sueur County Volunteer Advocacy
- \*Mankato Area High Rise Recreation
- \*New Prague Multi-Purpose Senior Center
- Nicollet County Direct Care Hospice
- Nicollet County Senior Health Screening Program
- Nutrition for the Elderly, Congregate and Home Delivered Meals
- Sibley County In-Home Respite Service
- Sioux Trails Mental Health Center Peer Counseling, New Ulm
- Smiline — Information and Referral, Mankato
- South Central Area Ombudsman Program

## REGION X

**Southeastern MN Area Agency on Aging, Inc.**  
121 North Broadway, Room 302  
Rochester, MN 55904  
507-288-6944

- Faribault Elderly Transportation Program
- Freeborn County Advocacy Program
- Freeborn County Chore Program
- Freeborn County Transportation Program
- Goodhue County Volunteer Driver Program
- GRWCAC Home Delivered Meals Program
- Legal Services for the Elderly
- Long-Term Care Ombudsman Program
- Mower County Senior Citizens Advocacy
- Mower County Seniors Transportation
- Olmsted County Homemaker/Chore Program
- \*Olmsted County Respite Program
- SEMCAC Congregate and Home Delivered Senior Meals Program
- SEMCAC Transportation Program
- Senior Citizens Services Advocacy, Olmsted County
- Senior Citizens Services Dining Program, Rochester
- Wabasha County Transportation
- Winona Senior Citizens Advocacy Program
- \*Zumbrota Area Hospice

## REGION XI METROPOLITAN

**AREA AGENCY ON AGING**  
Metropolitan Council  
300 Metro Square Building  
121 East Seventh Street  
St. Paul, MN 55101  
612-291-6497

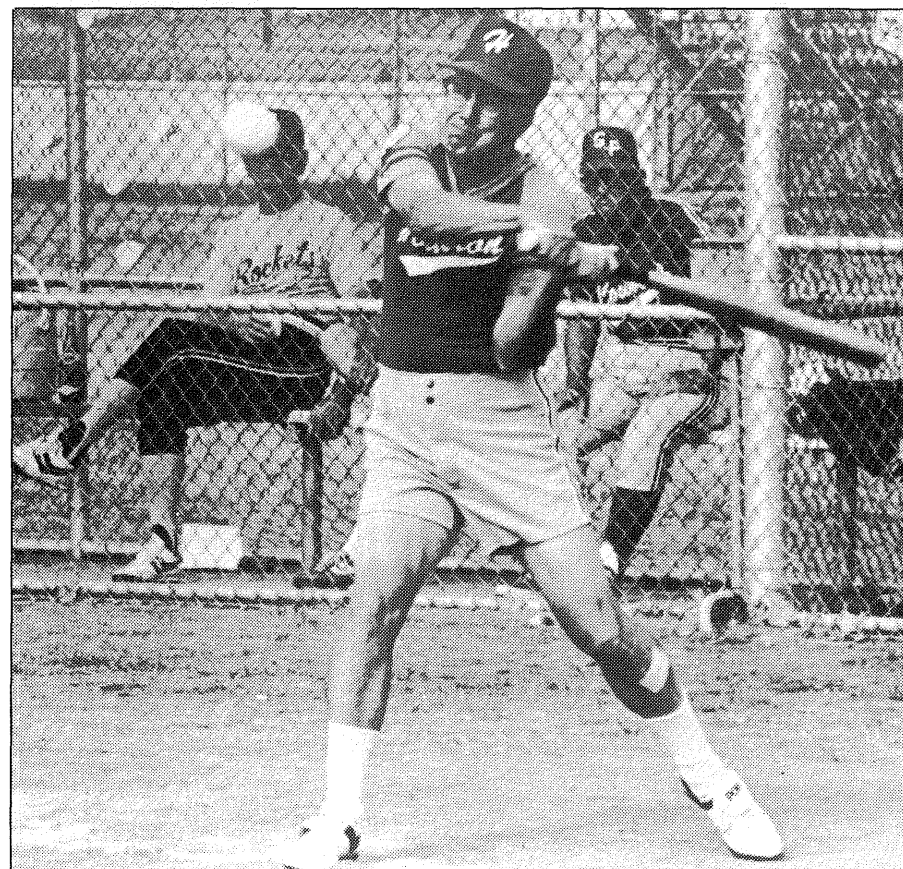
- Anoka County Transportation Coordination Program
- Carver County Care Center
- Carver, Scott, Washington and Dakota County Legal Service for Seniors
- Chinese Special Access Services
- Chore Service Coordination Project
- Columbia Heights Senior Center Administration Development
- Communications Access Project
- Dayelders Adult Daycare/Senior Resources
- Downtown Daycare

- \*Forest Lake Seniors Community Center
- Hallie Q. Brown Senior Outreach Program
- Hennepin-Anoka Counties Home Delivered Meals Project
- Hennepin-Anoka Counties Senior Nutrition Project
- H.O.M.E. (Household and Outside Maintenance for the Elderly)
- Lakeville Senior Center Administration Program
- Legal Services for Senior Citizens
- Minneapolis Indian Elder Special Access Program
- Mounds View Senior Citizens Program
- Nursing Home Ombudsman Program
- Ramsey Action Programs, Inc. Senior Nutrition Project
- Ramsey County Community Human Services Home Delivered Meals Project
- Ramsey County Chore Coordination Program
- Ramsey County Coordinated Transportation
- Rosemount Area Senior Citizen's Center
- Scott-Carver Congregate Dining Project
- Scott-Carver Home Delivered Meals Project
- Senior Citizen Homemaker Project
- Sojourn Adult Day Program
- Southside Homemaker Project
- South Washington Senior Center
- Spanish Speaking Seniors Program
- Stillwater Senior Center Programming and Outreach
- \*The Seniors' Place — Program Assistant
- West Metro Coordinated Transportation
- West St. Paul Senior Center
- Wilder Senior Center Relocation and Outreach Project

## REGION XII

**MN Chippewa Tribe Area Agency**  
P.O. Box 217  
Cass Lake, MN 56633  
218-335-2252

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



## Social and Nutrition Services

In 1987 the Board awarded \$10,950,810 in Older Americans Act funds to the Area Agencies on Aging for administration, social services, and congregate and home delivered meals. In addition, \$1,915,000 in state funds were awarded for congregate meals. These funds generated over \$4 million in local match, and over \$6 million in program income (primarily participant donations).

The greatest number of social service projects funded with Older Americans Act funds were in the areas of legal assist-

ance, transportation, chore, home health aide, homemaker, and adult day care. Over 96,000 older people received social services. About one-third of those persons had poverty incomes. Among those served, minorities made up 4.9 percent. The 24 congregate nutrition projects served 94,622 persons, with a total of 3,547,307 meals served statewide. Of those, 52.1 percent had incomes below poverty and 73.7 percent had low incomes. Among those served, minorities made up 1.7 percent. The 28 home-delivered meals projects served 12,229 persons, with a total of 1,143,182 meals served statewide. Of that number, 47.8 percent had incomes below poverty and 79.1 percent had low incomes. Among those served, minorities made up 3.8 percent.

### Volunteer Programs

The Board awarded \$1,378,000 in state funds directly to projects providing volunteer services. These funds generated \$153,112 in local match and \$85,988 in program income.

#### Senior Companion Program

The Senior Companion Program provides an opportunity for senior citizens to volunteer their time to people in need of close, meaningful relationships in their homes or in health care facilities. This program was awarded \$366,000 in state funds to enable 110 older people to serve more than 550 older clients. These numbers reflect a 6.8 percent increase over 1986.

#### Foster Grandparent Program

The Foster Grandparent Program allows older people to give both time and attention to mentally retarded and emotionally disturbed young people in state institutions. They also give supportive services to non-institutionalized children who have special needs. The program involved 190 volunteers who served 380 children.

The program operated with \$665,000 in state funds.

The Senior Companions and Foster Grandparents are recruited from older persons with low incomes. They receive a small stipend for their services as well as insurance coverage, sick pay, transportation, and meal expenses.

#### Retired Senior Volunteer Program

The Retired Senior Volunteer Program (RSVP) enables older persons to provide services in a variety of ways, including reading to the blind, distributing home delivered meals, working with troubled youth, preparing tax returns for the elderly, etc.

The Board provides grants to 21 RSVP projects. It is estimated that the \$347,000 awarded in 1987 resulted in approximately 405,000 hours of service from over 3,900 volunteers.

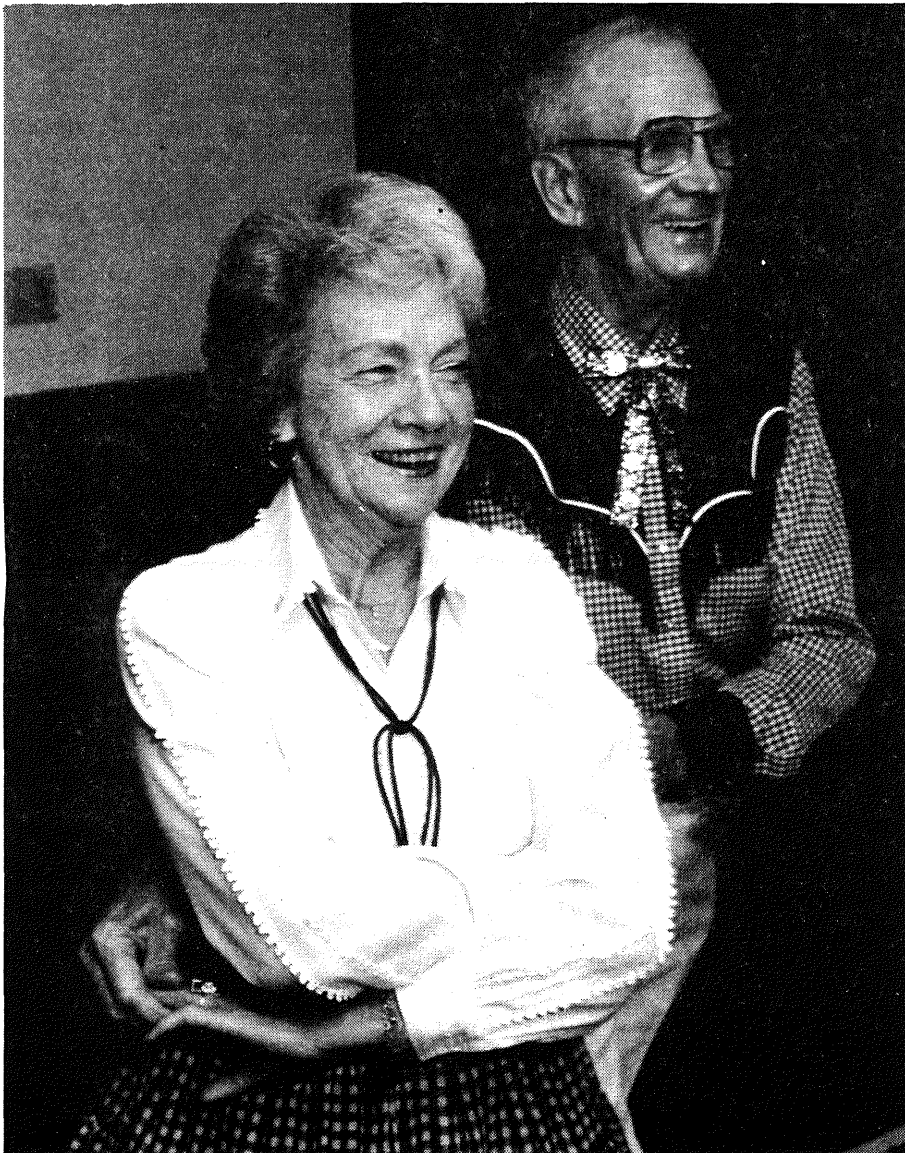
#### Senior Centers

Thirty multi-purpose senior centers located throughout the state received funds to help finance construction and operation costs. A wide range of staffing, remodeling, weatherization and accessibility purposes were accomplished. Approximately 11,000 older people participated in the programs and activities which included information and referral, transportation, legal services, counseling, health assessments and screening, and adult education.

Of the 414 congregate dining sites, 219 are located in senior centers.

The 6th Annual Senior Center Conference, sponsored by the Minnesota Board on Aging, was held in St. Cloud during September of 1987. The purpose of the conference was to present practical information on a common concern amongst senior centers; and to strengthen the network of senior centers. The theme: "Building Better Images, Attracting New Faces" was based on input from over 100 seniors and center directors throughout Minnesota. Speakers delivered information on marketing programs for seniors and involving the new retiree as a participant or source of support.

Over 450 conferees attended.





# Advocacy



## Special Events

The Board joined the Minneapolis College of Art and Design and the Reflective Leadership Program of the Hubert H. Humphrey School of Public Affairs in sponsoring the Whisper Minnesota Project. Its purpose was to highlight the contributions of older women and to give them visibility. This was done during May in a Crystal Quilt performance in which 400 older women from across the state talked about their accomplishments, aspirations and attitudes toward aging. This art form gave the audience an opportunity to visually and audibly experience older women as an important and powerful force in society.

The Board initiated statewide efforts to recognize the contributions of older people and to promote intergenerational awareness with at least three statewide activities tied to Older Americans Month in May. The Annual 6th Grade Essay Contest, the Outstanding Senior Citizen Program and the Annual Institute on Aging. In 1987 the 6th Annual 6th Grade Essay Contest involved 217 schools and 347 students who were asked to write an essay about an older person they knew. Three finalists were selected on the basis of standard criteria and recognized at the Minnesota State Fair Senior Citizen Day ceremony. Finalists also read their essays at the Annual Institute

on Aging held by the Board each spring.

The Outstanding Senior Citizen program has been a joint effort between the Board, Minnesota County Fair Association and local senior citizen centers. In 1987, 73 counties entered the names of 136 candidates that were considered outstanding senior citizens. Two state finalists are chosen on the basis of their contributions, accomplishments and activities after age 65. The finalists are announced and honored at the Minnesota State Fair Senior Citizen Day ceremony and the Annual Institute on Aging.

Cooperative efforts by the Board in 1987 to disseminate general information on the aging network and issues of particular interest included booths at the Minnesota State Fair and Senior Options. Between these two events over 60,000 pamphlets on topics in aging were distributed to people who often indicated a personal need or the need of a friend or neighbor for information to assist them in caregiving.

Further efforts via workshop presentations on specific information occurred regularly at the request of other statewide organizations addressing the needs of our changing society, i.e., The Community Educators Multi-state Conference, the Human Rights Conference, Minnesota Social Service Association Conference, Adult Day Care Conference, etc.

The Board has cooperated and coordinated with numerous agencies and organizations in carrying out its advocacy responsibilities. The Minnesota Board on Aging:

- Participated in and provided leadership to the Minnesota Adult Protection Coalition and the Multidisciplinary Guardianship Task Force working on policy and program issues related to guardianship, adult vulnerability and protective services.
- Maintained liaison activities with the legal services projects serving seniors statewide. These projects handled cases reflecting the major areas of concern for older people, including health care coverage (Medicare, Medicare supplemental insurance and health maintenance organizations), income (social security, supplemental security income), consumer problems, etc.
- Provided technical assistance to the Hennepin County Bar Association and the Minnesota State Bar Association in establishing speakers bureaus of private attorneys who volunteer to speak to senior groups about legal rights and benefits.
- Convened a meeting of heads of statewide senior citizen organizations. The purpose was to identify common objectives in policy development and legislation impacting on older persons, and working cooperatively on common issues. A Senior Organization Coalition was formed.
- Participated on the Committee on Advance Directive legislation. Representatives of

senior organizations, medical and nursing professions, hospitals, and nursing homes are among its members. This Committee is working cooperatively to support the proposed Adult Health Care Rights legislation.

- Addressed housing for older people. Congregate Housing for Aging Project (CHAMP) was completed. Key factors in developing quality affordable housing were identified, and "A Community Guide to the Development of Congregate Housing" was published. Five public meetings were held statewide to introduce rural communities to the idea of congregate housing and to distribute the CHAMP guide.
- Provided information on the needs and perspectives of consumers in long term care facilities through the Long Term Care Ombudsman Program, to the Interagency Board for Quality Assurance. This Board was established in 1985 by the Legislature and links the Minnesota Departments of Health, Human Services, State Planning, and Housing Finance on quality assurance issues.

### Senior Spotlight

The *Senior Spotlight* continued to be published bi-monthly with a circulation of 11,000. The articles featured information on Minnesota Board on Aging legislative initiatives and activities, health and wellness, guest editorials, social issues, and topics of general interest to an older population and to professionals in the field of aging.

In October the Board presented a plaque to the Aitkin County Board of Commissioners for being selected as a recipient of a Community Services Award by the Administration on Aging. Aitkin County received one of 13 national awards and was recognized for being concerned, innovative and resourceful in planning and meeting service needs of its older citizens.





## Minnesota Board on Aging, 1987

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