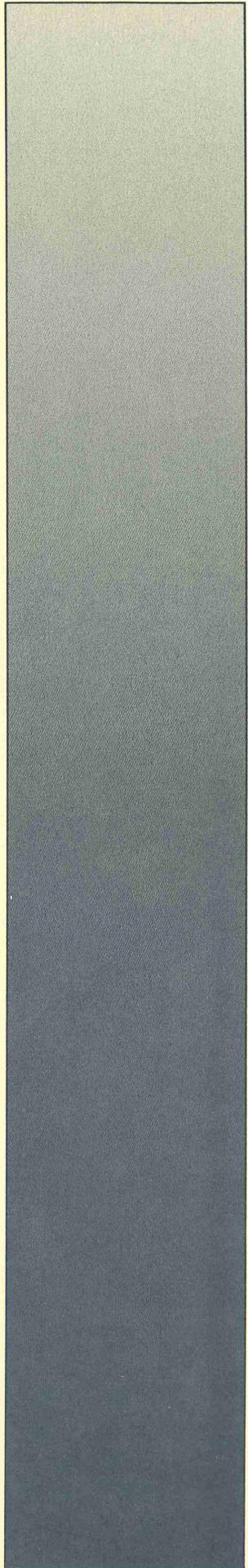


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Minnesota Board on Aging 1989 Annual Report



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Minnesota Board on Aging, 1989

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Northfield, MN

Elva D. Walker
Minneapolis, MN

Harold Windingstad
Dawson, MN

The services, facilities, and benefits of this program are for the use of all older people regardless of race, color, sex, religion, disability, or national origin.

MBA Staff

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Ralph Brown, Policy Analyst

Edna Dahn, Secretary

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Jim Varpness, Director, Ombudsman Office

Arthur Weflen, Program Specialist

Sharon Zoesch, Long Term Care Ombudsman

FROM THE CHAIR:

The Minnesota Board on Aging had an exciting and productive year in 1989! A Program Operations Committee has been established to assist the Board in reviewing and assessing the utilization of the Older Americans Act and state funds that it administers statewide. The Board continued to provide leadership to the aging network, working cooperatively to determine priorities and develop strategic plans for a new decade.

Board members made contributions to a number of task forces, including Home Care Advisory Task Force, Senior Mentoring Program, Regional Treatment Centers, and the Wilder Research study. The Wilder report, "Older Minnesotans: What Do They Need? How Do They Contribute?", completed in October, was the first statewide survey of older Minnesotans in nearly 20 years. The study found that most older Minnesotans are doing well and are indeed a great resource. The Board will use this information in its planning for the future. Efforts are being made to expand the use of the many talents that older Minnesotans have to offer.

The Senior Mentoring Program promotes intergenerational activities and utilizes the skills of older adults in a meaningful way.

A high point of the year was the passage of the Adult Health Care Decisions Act (Living Will). The Board worked closely with the Senior Organizations Network, as well as the thousands of seniors who actively worked on legislation. The Living Will Coalition developed a Question and Answer Book to explain the new law which

became effective August 1, 1989.

New legislation, sponsored by the Board, made possible the addition of an in-home care ombudsman in the Board's Office of Ombudsman for Older Minnesotans.

Advocacy activities included working with the Minnesota Adult Protection Coalition and county human service agencies to establish "gatekeeper" programs with private industry groups, including Northern States Power Company and Minnegasco. These programs are valuable in helping to identify vulnerable adults in the community and offer services to help them live independently.

A cooperative effort between the MBA and the Department of Commerce resulted in the statewide implementation of regional workshops on Senior Financial Awareness.

A congregate Housing Report to the 1990 Legislature was undertaken. This report will provide background, evaluation, needs analysis, findings, and implications for policy and program changes related to congregate housing.

The Board continued to recognize the important role that all Minnesotans play in providing a quality lifestyle. In May, the theme for Older Americans month, "Interweaving the Past With the Present," emphasized the generations working together.

In April, the Governor announced that the MBA and the Interagency Board for Quality Assurance would jointly develop a new approach to the policy concerns of the aging that is referred to as the Seniors Agenda for Inde-



Elva Walker

pendent Living. A SAIL Committee has been established, and task forces have been appointed for widespread input into the work of the Committee. A report will be made to the Governor in October 1990 that proposes a framework for aging policy directions for the next ten to twenty years.

The information contained in this annual report is provided to give the reader a brief overview of the Board's many programs and activities. It is with a great feeling of satisfaction that we move on to the challenges and opportunities of a new decade.

A handwritten signature in cursive script that reads "Elva D. Walker". The signature is written in dark ink on a light background.

**ELVA D. WALKER,
CHAIR, MINNESOTA BOARD
ON AGING**

INTRODUCTION

The Older Americans Act, passed in 1965, established the Administration on Aging and authorized the use of federal funds for programs and services for older adults. The Act provided a means for Americans to focus on the needs and concerns of its older citizens, and on their many resources and contributions to society.

The Minnesota Board on Aging is the third oldest state unit on aging in the United States, established in 1956. Its functions include advising the Governor and other departments and agencies on the status and needs of older citizens, administering the Older Americans Act statewide, developing policies and procedures to assure statewide uniformity of services, acting as an advocate on issues impacting on the lives of this population, and building relationships with the older consumers that identify and support their contributions to the quality of life in Minnesota.

The twenty-five board members are appointed by the Governor. The majority are over age 60. Each member belongs to one of three sub-committees, the Legislative Committee, the Long Range Planning Committee, or the Program Operations Committee. These committees provide focus and leadership for planning and legislative initiatives.

The focus of the Long Range Planning Committee is to observe trends that will affect older Minnesotans, providing the Board with recommendations for priorities and initiatives on the future direction of aging policy.

The Legislative Committee studies existing and proposed state and federal laws related to aging, so the Board can propose, advocate and support changes in law in the best interest of older Minnesotans.

The Program Operations Committee reviews the Area Agency, Ombudsman, and Volunteer programs. The Committee also reviews Board functions such as program planning, grants review, program development, monitoring, evaluation, education and inter-agency collaboration.

The Board'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 Board has designated fourteen Area Agencies on Aging (AAAs) to plan and direct programs and services at the regional level. Each AAA develops an Area Plan which is reviewed, approved, and funded by the Board. The regions and locations of the AAAs are illustrated in the map on the inside back cover.

The following resources are administered by the Board:

1989 RESOURCES AVAILABLE

Federal funds (10/1/88 - 9/30/89)

Social Services	\$4,130,218
Nutrition Services:	
Congregate	5,794,055
Home Delivered	1,277,162
USDA Reimbursement	2,762,020
Long Term Care Ombudsman	446,545
MBA Administration	470,000
In-Home Services for Frail	82,324

State Funds (7/1/89 - 6/30/90)

Volunteer Program Services:	
Foster Grandparent	666,000
Senior Companion	391,000
Retired Senior Volunteer Program	347,000
Nutrition Services:	
Congregate	1,915,000
Home Delivered	75,000
Acute Care, In-Home Ombudsman	112,000
State Administration	650,000
Congregate Housing Study	50,000
	<u>\$19,168,324</u>

OFFICE OF OMBUDSMAN

The Office of Ombudsman for Older Minnesotans is operated by the Minnesota Board on Aging. The Office investigates complaints and assists in achieving fair settlements for residents of nursing and boarding care homes, Medicare patients and, beginning in fiscal year 1990, recipients of in-home services.

Assistance for Residents of Nursing and Boarding Care Homes

The MBA is mandated under the Older Americans Act to operate ombudsman services for residents of nursing and boarding care homes as part of the Office of Ombudsman. In 1989 the Board awarded \$493,446 in III-B Older Americans Act funds for these services which are provided through ten regional offices statewide.

The Ombudsman directly assisted 3,437 persons in 1989. Of these individuals, 1,671 received consultative assistance with problems ranging from long term care financing and choosing a nursing home to rights and benefits under state and federal law and regulations. The remaining 1,766 cases involved complaints and represents a 24 percent increase over the 1988 figure of 1,429 complaints. Case mix reconsiderations continue to lead the list of complaints accounting for 24 per cent of all long term care ombudsman cases. Ombudsmen were able to successfully resolve or explain the problem for 79 per cent of the complainants. Fourteen percent of the complaints were withdrawn or discontinued prior to resolution. Seven percent were not resolved. The five most

prevalent complaint categories included facility administrative action, 254; resident care, 227; resident rights, 202; financial, 145; and abuse/neglect of care, 122. The ombudsmen also made 291 community education presentations to more than 9,873 individuals. Topics included how to choose and finance nursing home care, rights and responsibilities of nursing home residents, and the nursing home regulatory system. Ombudsmen also attended quarterly training sessions.

Assistance for Acute Care Patients

The Acute Care Ombudsman service is also a part of the Office of Ombudsman. This program investigates complaints/concerns from hospital inpatients/outpatients whose treatment is being funded under Medicare. This intervention includes mediating disputes and referring complainants to appropriate government and regulatory agencies. A total of 496 individuals contacted the Office of Ombudsman for assistance in securing information on their Medicare hospital rights and benefits or asking for investigation of complaints and disputes. Of these, 331 Medicare patients received direct advocacy casework intervention; 147 requests related to rights and benefits under the Medicare program; 51 concerned premature hospital discharge allegations; 73 were regarding inability to secure the health care services required, including tests, care, hospital admission, or physician referral; 38 complaints related to poor quality of health care; 19 to other issues including insurance problems.

Northwest Office of Ombudsman for Older Minnesotans

P.O. Box 1883
Bemidji, MN 56601
(218) 751-9201 1-800-642-6836

Northwest Office of Ombudsman for Older Minnesotans

P.O. Box 322
Fergus Falls, MN 56538
(218) 736-7744

Northeast Office of Ombudsman for Older Minnesotans

407 West Superior Street
Duluth, MN 55802
(218) 727-0207

Northeast Office of Ombudsman for Older Minnesotans

Olcott Plaza, Suite 150
820 North Ninth Street
Virginia, MN 55792
(218) 749-3270

Central MN Office of Ombudsman for Older Minnesotans

1900 Minnesota Boulevard
St. Cloud, MN 56304
(612) 253-4456

Southwest Office of Ombudsman for Older Minnesotans

203 West Main Street
Marshall, MN 56258
(507) 537-1416

Southcentral Office of Ombudsman for Older Minnesotans

P.O. Box 601
Fairmont, MN 56031
(507) 238-2460

Southeast Office of Ombudsman for Older Minnesotans

P.O. Box 1266 Cambridge Building
66 Plaza East
Winona, MN 55987

(507) 454-6660

Southeast Office of Ombudsman for Older Minnesotans

Lea Center Building, Suite 243
139 E. Williams Street
Albert Lea, MN 56007

(507) 377-2831

Metropolitan Office of Ombudsman for Older Minnesotans

5609 Lyndale Avenue South
Minneapolis, MN 55419
(612) 866-4660

State Office of Ombudsman for Older Minnesotans

444 Lafayette Road
St. Paul, MN 55155-3843
(612) 296-0382 1-800-657-3591

1989 - NUTRITION AND SUPPORTIVE SERVICES REPORT

PERSONS SERVED, SERVICE UNITS AND EXPENDITURES BY FUNDING SOURCE

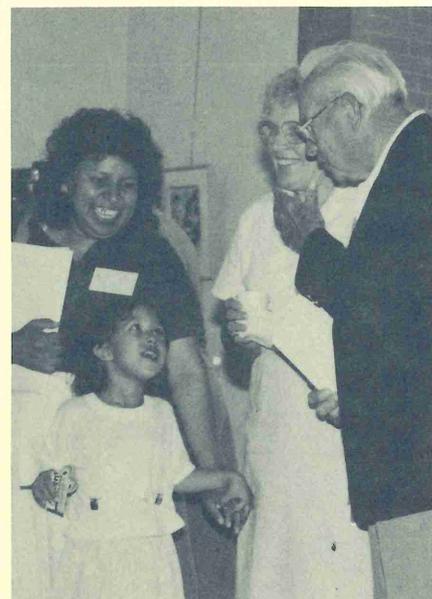
SERVICE CATEGORIES	TOTAL # OF UNITS OF SERVICE PROVIDED	UNDUPLICATED # OF PERSONS SERVED	EXPENDITURES BY FUNDING SOURCE						
			FEDERAL TITLES III-B, C, AND D	NON-FEDERAL MATCH	USDA	OTHER NON-FEDERAL	STATE NUTRITION	PROJECT INCOME	TOTAL EXPENDITURES
01 Advocacy/Representation	38,611	20,445	326,415	243,357	0	14,673	0	5,104	589,549
02 Assessment/Screening	2,581	1,283	29,250	24,659	0	1,008	0	992	55,909
03 Chore Service	84,506	7,525	504,829	387,568	0	48,777	0	98,628	1,039,802
04 Counseling	13,960	1,564	36,302	36,853	0	21,861	0	0	95,016
05 Diagnosis	0	0	0	0	0	0	0	0	0
06 Discount	0	0	0	0	0	0	0	0	0
07 Education/Training	138,492	105,753	223,397	87,466	0	2,299	0	1,878	315,040
08 Escort	1,858	27	502	502	0	0	0	0	1,004
09 Follow-Up/Evaluation	54	0	705	302	0	0	0	0	1,007
10 Guardianship	0	0	0	0	0	0	0	0	0
11 House-Keeping	36,221	1,140	196,047	172,428	0	1,983	0	32,758	403,216
12 Information/Referral	875	733	28,160	9,387	0	0	0	504	38,051
13 Interpreting/Translating	0	0	0	0	0	0	0	0	0
14 Legal Service	31,789	6,647	587,247	459,171	0	0	0	4,632	1,051,050
15 Letter Writing/Reading	0	0	0	0	0	0	0	0	0
16 Material Aid	0	0	0	0	0	0	0	0	0
17 Meals-Congregate	3,720,250	89,603	4,326,918	784,849	2,026,687	333,390	1,858,301	4,797,593	14,127,738
18 Meals-Home Delivered	1,301,327	14,648	1,507,034	295,314	735,286	321,838	0	1,834,133	4,693,605
19 Outreach/Client Finding	289,340	71,387	463,374	71,775	0	6,349	0	10,195	551,693
20 Payment To Client	0	0	0	0	0	0	0	0	0
21 Personal Care	109,670	1,783	517,413	511,543	0	13,979	0	194,519	1,237,454
22 Placement	511	117	5,352	1,621	0	0	0	703	7,676
23 Recreation	3,497	563	15,956	9,190	0	0	0	29	25,175
24 Repairs/Maintenance/Renovations	54	5	1,762	1,453	0	0	0	7	3,222
25 Shopping	0	0	0	0	0	0	0	0	0
26 Supervision	0	0	0	0	0	0	0	0	0
27 Telephoning	1,149	18	2,186	1,580	0	500	0	0	4,266
28 Transportaion	534,587	21,203	863,057	747,427	0	40,609	0	227,983	1,879,076
29 Treatment	1,737	362	15,987	19,267	0	0	0	2,629	37,883
30 Visiting	14,968	1,865	49,630	34,212	0	0	0	147	83,989
31 Senior Center Facilities/Administration	N/A	N/A	175,301	86,457	0	38,912	0	950	301,620
TOTALS			9,876,824	3,986,381	2,761,973	846,178	1,858,301	7,213,384	26,543,041

NUTRITION AND SUPPORTIVE SERVICES

The Board provides funding and support for a network of formal services provided by each Area Agency on Aging to enhance the informal support network of family, friends and neighbors in each community throughout the state. Persons served, service units, and expenditures by funding sources for nutrition and supportive services are found on page 4.

The funds used for social and nutrition services generated over \$3,986,000 in local match, over \$7,213,000 in program income

(mainly participant donations) and over \$2,762,000 in USDA reimbursement for meals served. The great number of social service projects funded with Older Americans Act funds were in the areas of legal assistance, transportation, chore, home health aide, homemaker, and adult day care. Approximately 96,935 older people received social services. See pps. 9 - 12 for a complete list of nutrition and supportive services by Area Agency.

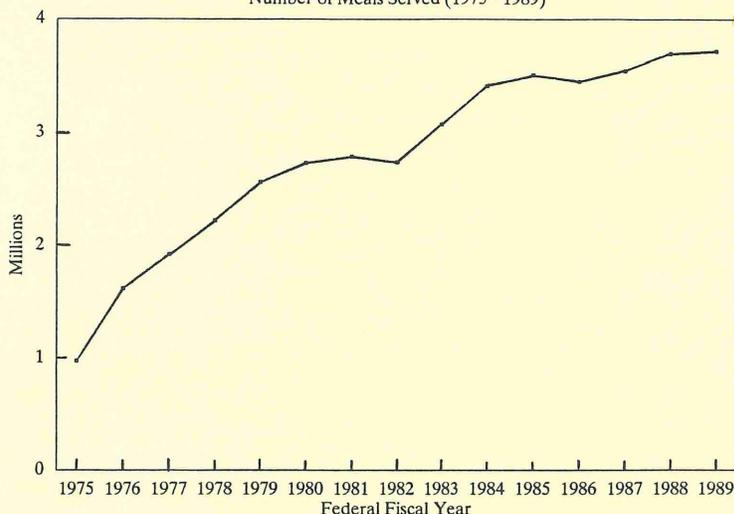


The Institute is an intergenerational event.

- Graph 1 -

CONGREGATE DINING PROGRAM

Number of Meals Served (1975-1989)



1975	973,342	1980	2,730,121	1985	3,509,245
1976	1,615,839	1981	2,789,878	1986	3,453,803
1977	1,920,155	1982	2,737,497	1987	3,547,307
1978	2,224,471	1983	3,073,932	1988	3,696,750
1979	2,563,852	1984	3,413,480	1989	3,720,250

Congregate Dining

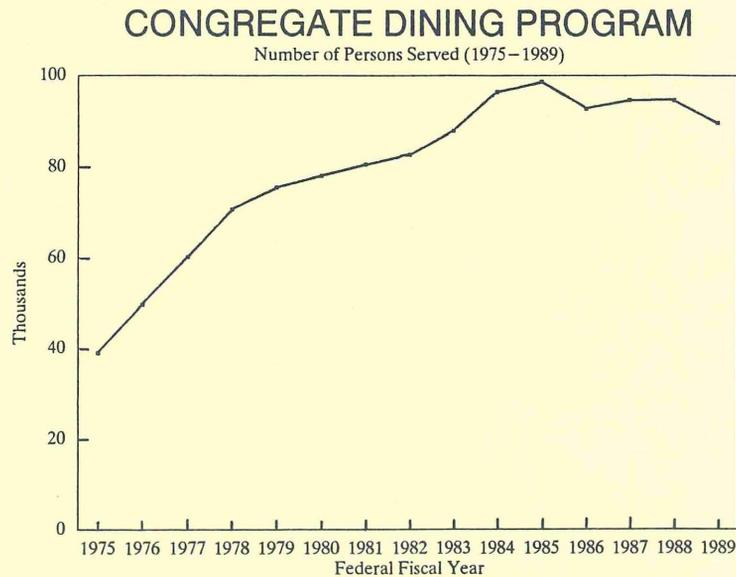
According to a 1989 statewide survey of all 440 Congregate nutrition sites, the majority of diners are female, single or widowed and live alone. Approximately 14,000 participants completed a survey questionnaire in October. Forty-seven percent of the diners reported an income at or below the poverty line. The congregates sites are serving "older" seniors. Over half of those surveyed are 75 years in age or more and many report using congregate programs for relatively long peri-

ods of time. Forty percent have been dining for more than five years and another forty-two percent for one to five years. Not all respondents answered every question, but survey results are based on total responses to each question.

In 1989 the Congregate Dining Programs served 3,720,250 meals, nearly 15,000 meals each weekday, which shows slow stable growth over the past four years (See Graph #1). A total of 89,603 persons were served in 1989 showing an increased number of

meals served per person from 1988 (41.5 meals per person in 1989 compared with 32.7 in 1988). (See Graph #2) The average cash cost per meal in 1989 was \$3.71 for Congregate which is financed in part by participant contributions (\$1.22 per meal average) and a combination of federal (Title IIC and US Department of Agriculture), state, and local income. Each year hundreds of thousands of volunteer hours make it possible to serve this many meals and persons.

- Graph 2 -



1975	39,011	1980	78,057	1985	98,693
1976	49,695	1981	80,550	1986	92,699
1977	60,187	1982	82,717	1987	94,622
1978	70,679	1983	87,851	1988	94,534
1979	75,563	1984	96,379	1989	89,603

Home Delivered Meals

Over 1.3 million meals were delivered to the homes of 14,648 older adults. The 1989 figures show continued growth in the number of meals and persons served (See graphs #3 and #4).

Over the past six years, the average percent increase in both meals and persons is 8.6% each year. On an average, each person receives 89 meals per year. Currently, there are 29 home delivered meal projects which serve meals to seniors from 361 Title III-C operated sites statewide. The average cash cost per meal in 1989 was \$3.47 of which nearly half is

financed by participant contributions which average \$1.44 per meal. The remainder of the meal is financed by federal (Title III-C and USDA reimbursement) and local income. In 1989, state funding for home delivered meals was allocated for the first time, in the amount of \$250,000 for the biennium.

According to the 1989 nutrition program survey completed by 3,770 persons last October, the majority of diners are female, single or widowed and live alone. Nearly three-fourths are 75 years of age or more, and over half have

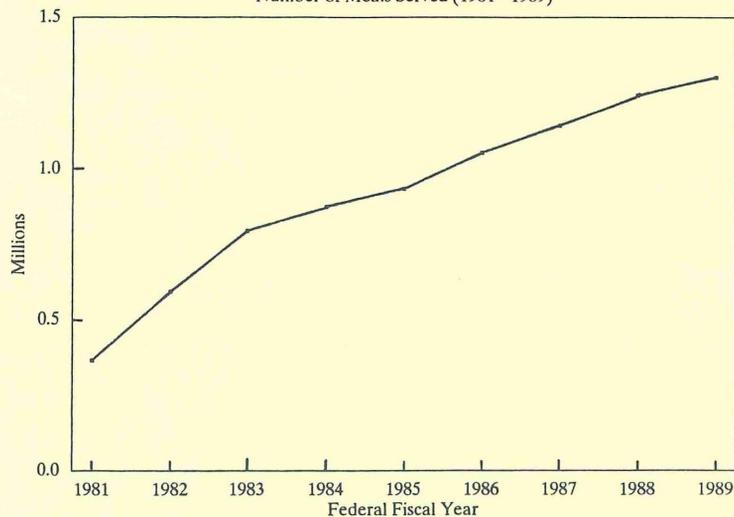
been receiving home delivered meals for more than one year, and 84% expect to receive them for six months or more. Forty seven percent of diners responding reported an income at or below the poverty level. The majority (56%) reside in their own homes and 25% live in senior housing complexes.

Thousands of volunteers who deliver the meals each day also provide social contact to recipients. The quality of meals and staff was rated very favorably by respondents completing surveys for both programs.

- Graph 3 -

HOME DELIVERED MEALS*

Number of Meals Served (1981-1989)



*These figures represent home delivered meal programs which receive Title III-C funding through the Older Americans Act.

1981	366,531	1984	873,206	1987	1,143,182
1982	592,912	1985	932,720	1988	1,242,546
1983	794,002	1986	1,052,328	1989	1,301,327

VOLUNTEER SERVICES

The Board awarded \$1,404,000 in state funds directly to three programs providing volunteer services. These funds generated \$156,000 in local match and over \$20,000 in other program income. 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 1989 resulted in approximately 455,000 hours of service from over 4,250 volunteers, serving 610 agencies and organizations.

Senior Companion Program

The Senior Companion Program provides an opportunity for senior citizens to volunteer their time to serve people in need of close, meaningful relationships in

their homes or in health care facilities.

This program was awarded \$391,000 in state funds to enable 114 older volunteers to serve more than 570 older clients.

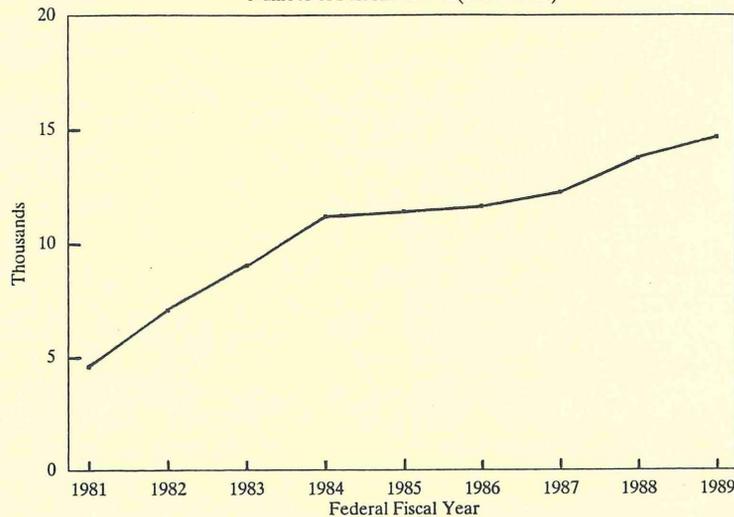
Foster Grandparent Program

The Foster Grandparent Program allows older people to develop ongoing one-to-one relationships with mentally retarded, emotionally disturbed, learning disabled or other children having special needs. The program involved 198 volunteers who served approximately 400 children.

- Graph 4 -

HOME DELIVERED MEALS*

Number of Persons Served (1981-1989)



*These figures represent home delivered meal programs which receive Title III-C funding through the Older Americans Act.

1981	4,574	1984	11,183	1987	12,229
1982	7,064	1985	11,388	1988	13,739
1983	9,029	1986	11,612	1989	14,648

INFORMATION AND RECOGNITION

The Board's involvement in providing information and education to the aging network and to the public continues to be a high priority.

The 31st Annual Institute on Aging at St. Cloud was designed with the consumer's interest in mind, and with a focus on intergenerational issues. Approximately 650 older adults, service providers, and those with a special interest in aging attended this event.

Through the 6th Grade Essay Contest, young people are encouraged to write about meaningful relationships they share with a grandparent or a best older friend. From the 387 state entries, Tasha Feldman and Benjamin Winkelman were selected as the top girl and boy authors. Over 200 senior centers and nutrition sites worked with their local schools to promote this activity and act as judges at the local level. Over 5000 students participated in this contest.

There were 129 county representatives eligible for Minnesota's Outstanding Senior Citizen Competition. This program is co-sponsored by the Board, the Minnesota State Fair, and the Minnesota Federation of County Fairs. Lillie Ziegler, representing Faribault County, and Thorwald Vaala, Lac Qui Parle County, were the winners.

The 8th Annual Senior Center/Service Provider Conference emphasized the importance of partnerships between service providers, consumers, and a variety of sub-groups such as private

sector businesses, non-profit associations, health and social service offices, etc. This event also included strategies on partnerships to advance this independence of older people in need of physical or social assistance.

Frontline Training and Recognition events were held in six locations around the state for those persons involved in providing transportation services. Interpersonal communication skills were emphasized.

The Board co-sponsored other training opportunities with public and private organizations: the Senior (athletic) Games in St. Paul; Hospitals Without Walls Conference, University of Minnesota; a

world perspective on aging at the Little Brothers Conference, Partners in Passage, in St. Paul; and Human Services for Elderly in Modern Scandinavia, held at the School of Public Affairs, University of Minnesota.

The *SENIOR SPOTLIGHT* continued to be published bi-monthly, with special features on alcoholism and aging, ecology and the environment, congregate housing, the older driver, and other aging issues.

New Board publications included a variety of brochures on the Ombudsman Program, the 1989 Legislative Program, and other specialized subjects.



*Minnesota's Outstanding Senior Citizens for 1989
with Elva Walker and Governor Perpich.*

NUTRITION AND SUPPORTIVE SERVICES GRANTEES

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

Erskine Senior Center
Inter-County Home Health Aide
Maintenance Care, Inter-County Nursing
Service, Thief River Falls
Kittson County Senior Medical Transportation
Lutheran Social Services Senior Nutrition,
Congregate Meals Program
Lutheran Social Services Senior Nutrition,
Home Delivered Meals Program Marshall
County Home Health Aide Maintenance Care,
Marshall County Nursing Services Norman
County Extended Hour Maintenance Care,
Multi-County Nursing Service, Ada
Northwest Minnesota Insurance Advocacy,
Tri-Valley Opportunity Council, Crookston
Northwest Minnesota Senior Legal Services
Polk County Home Health Aide Maintenance
Care, Polk County Nursing Service
Roseau County Chore Service,
Roseau County Home Care
Roseau County Home Health Aide Maintenance
Care, Roseau County Home Care
Roseau County Senior Medical Travel, Roseau
County Committee on Aging
Valley Chore Service, Crookston
*Valley Chore Service, Tri-Valley Opportunity
Council Denotes new grantees in 1989

REGION II

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

*Beltrami County Senior Center Coordination
and Elderly Transportation
*Caregivers Information and Support
Clearwater County Homemaker
*Clearbrook/Leonard Senior Center
Headwaters Nutrition Project
Hubbard County Chore
Lake of the Woods Elderly Transportation

Mahnomen County Extended Hour Home
Health Aide/Homemaker
Park Rapids Area Hospice
Senior Legal Services

REGION III

**Arrowhead Area Agency on Aging Arrow-
head Regional Development Commission**
330 Canal Park Drive
Duluth, MN 55802-2316
218-722-5545 1-800-232-0707

AEOA Senior Insurance Advocacy Program
Aitkin County Care Van
*Aitkin County Cholesterol
Screening Program
Arrowhead Elderly Nutrition Program
Arrowhead Home Delivered Meals Program
*Carlton County Outreach
Duluth Senior Nutrition Program
Grief and Bereavement Supportive Services in
Aitkin County
Heritage Home Care
*Heritage Manor Health Care Center
Itasca County Gatekeeper Project
Koochiching/Itasca Home Delivered Meals
Program
Koochiching/Itasca Senior Nutrition Program
Lake County In-Home Respite Program
NE Area Long Term Care Ombudsman
*North Itasca Hospital Transportation
Peer Counselor Project of NE
St. Louis County
Project Phone Home
Senior Mental Health Services Project
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

*Battle Lake Senior Center
*Bluffton Senior Center
*Breckenridge Senior Center
*Campbell Senior Center
Clay County Department of Health
*Detroit Lakes Senior Center

Douglas County Commission on Aging -
Growing Wiser
*Douglas County Commission on Aging -
R.U.O.K. Telephone Reassurance
*Douglas County Home Delivered Meals
*Douglas County PHN Service
Grant County Coordinator/Transportation
*Grant County PHN Service
Grant County Social Service - Frail Care
Continuum
*Kent Senior Center
Lutheran Social Service Congregate Dining
Lutheran Social Service Home Delivered Meals
Lutheran Social Service ND Senior Companion
Multi-County Nursing Service/HHA/HM
*New York Mills Senior Center Renovation
Northwest Minnesota Legal Service
*Osakis Senior Center
Otter Tail County Department of Health
Otter Tail County Over 60 Transportation
Perham Home Delivered Meals
Pope County Coordinator/Transportation
Pope County PHN Service
Stevens County Coordinator
*Stevens/Traverse PHN Respite Program
Stevens/Traverse PHN Service
*Traverse County Coordinator/West
Central CAP
Wilkin County Coordinator
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/Crow Wing Senior Legal Services
*Crow Wing Coordinator on Aging
*Crow Wing County Home Delivered Meals
Crow Wing County Home Health Aide/
Homemaker
*Five County Home Care for Frail Elderly
Morrison County Coordinator on Aging
Morrison County Hospice of Love
Morrison County Service E Coordination/
Homemaking
Morrison/Todd/Wadena Senior Legal Services
Todd County Home Health Aide/Service
Coordination

Tri-County CAP Senior Nutrition Program
Wadena County Home Health Aide/
Homemaker
Wadena County Senior Services Coordination

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

*Adult Day Care - Renville County
*Adult Education - Large Print Books -
Pioneerland Library System
Atwater Nutrition Transportation
*Atwater Senior Center
Community Action Agency Senior Nutrition
Project
Community Action Agency
Volunteer Driver Transportation Program in
Kandiyohi and Renville Counties
Franklin Senior Center
Glencoe Area Health Center Transportation
Services
Kandiyohi County Respite Care
*Lake Lillian Senior Center
Legal Advocacy for Older Americans, Renville,
Meeker and Kandiyohi Counties
Legal Advocacy for Older Americans, Services
for Seniors, McLeod County
McLeod County Respite Care
Meeker County Respite Care
Meeker County Transportation
*Microwave Lending Program
Renville County Respite Care
*Renville Senior Center
*Sunburg Community Senior Center
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 and 1-800-752-1983

Canby Volunteer Driver Program
(CABS)
Montevideo Friendly Visiting and Chore Service
Older Americans Advocacy Project Prairie Five
CAC Congregate and Home Delivered Meals

*RIDES - Senior Volunteer Transportation
Program
Swift County Organizational Advocate
Western Minnesota Legal Services

REGION VII-E

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

Chisago County Home Delivered Meals
Chisago County Hospice
Cloverdale Senior Center
*Cloverton Senior Center
*Friendly Visitor
Health Assessment
Isanti Senior Center Administration Legal
Assistance to Older Americans, Cambridge
Long Term Care Ombudsman
*Markville Senior Center
*Mille Lacs Home Care Senior Education
Outreach Program
*Princeton Senior Center
*Project Care
Region VII-E Nutrition Centers Program
Congregate and Home Delivered Meals
Reminiscence Program
Rush City Mobile Meals
*Transportation for Elderly

REGION VII-W

Central Minnesota Council on Aging
600 25th Avenue So.
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 Con-
gregate Dining and Home Delivered Meals
*Senior Health Care Clinics
*Senior Helping Hands, St. Cloud Hospital
*Sherburne County Health Service
Sherburne County Home Care Project
Stearns County Case Management
Stearns County Home Care

"Home Sweet Home"
Wright County Transportation and Health
Screening

REGION VIII

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

Arts and Aging
Community Legal and ParaLegal Services for
Seniors
Lincoln, Lyon, Murray and Pipestone Co. Com-
munity Health Services, Home Health Aide
Marshall Senior Center Director
Murray County Coordinator
Murray County Hospice
Murray County Volunteer Transportation
Nobles County Coordinator on Aging
Ombudsman Program
Peer Counseling Services, Southwestern
Mental Health, Inc. Luverne
Pipestone County Senior Citizens
Transportation Program
Senior Nutrition Services - Congregate and
Home Delivered Meals Program
*Storden Multi-Purpose Senior Center
Western Community Action Senior Citizens
Volunteer Transportation Program
*Worthington Senior Center Director
Worthington Taxi, Transportation Subsidy

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 or 1-800-450-5643

*Arlington Senior Center Renovation
*CARE: Transportation
Faribault County Area Hospice *Henderson
Golden Age Senior Center Renovation
Legal Advocacy for Older Americans Project
LeSueur County Homemaker Services
LeSueur County Volunteer Advocacy Project::
CARE
Mankato High Rise Recreation

Long Term Care Ombudsman
MVAC Nutrition for the Elderly Congregate and
Home Delivered Meals
Seniors Supporting Seniors Peer Counseling
*Sleepy Eye Senior Citizen Club,
Inc. Renovation
Smiline Information and Referral
Southern Minnesota Regional Legal Services

REGION X

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

*Caregiver Workshop
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
*Lake City Hospice
Legal Services for the Elderly Long Term Care
Ombudsman Program
Mower County Chore Program Mower County
Senior Citizens Advocacy
Mower County Seniors Transportation
*Northfield Area Chore Service Olmsted
County Respite/Chore Program
*Owatonna Senior Center
SEMCAC Congregate and Home Delivered
Senior Meals Program
SEMCAC Transportation Program Semcare
Chore/Telephone Reassurance
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 Mears Park Centre 230
E. 5th Street St. Paul, MN 55101
612-291-6445

Anoka County Transportation Coordination
Program
Cambodian Elders Programs
Carver County Care Center
Carver, Scott, Washington and Dakota County
Legal Service for Seniors
Chaska Senior Commons
Chinese Special Access Services
Chore Service Coordination Project
Communications Access Project
Coon Rapids Comprehensive Outreach
Dayelders Adult Daycare/Senior Resources
Forest Lake Seniors Community Center
Hennepin-Anoka Counties Home Delivered
Meals Project
Hennepin-Anoka Counties Senior Nutrition
Project
Hmong Elders Program
Home Delivered Meals Coordination Project
HSI-Home Delivered Meals Program
Lakeville Senior Center Admin. Program
Legal Services for Senior Citizens Minneapolis
Indian Elder Special Access Program
Nursing Home Ombudsman Program
Outreach Access Project
Ramsey Action Programs, Inc. Senior Nutrition
Project
Ramsey County Chore Coordination Program
Ramsey County Community Human Services
Home Delivered Meals Project
Ramsey County Coordinated Transportation
Roseville Area Outreach Project Scott-Carver
Congregate Dining Project
Scott-Carver Home Delivered Meals Project
*Senior Center Administration Senior Services
Neighborhood Blockworker Project
Spanish Speaking Seniors Program Stillwater
Senior Center Programming and Outreach
The Seniors' Place
Vietnamese Elders Program
Volunteer In-Home Respite Project West Metro
Coordinated Transportation

REGION XII

**Minnesota Chippewa Tribe Area Agency on
Aging**
P.O. Box 217 Cass Lake, MN 56633
218-335-8585, Ext. 65

Anishinabe Legal Services, Cass Lake
Bois Forte Home Delivered Meals Program,
Nett Lake
Grand Portage Congregate Dining Program
In-Home Services for the Frail/MCT
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

**denotes new program in 1989*

**Minnesota
Board on Aging**



**Minnesota Board on Aging
444 Lafayette Road
St. Paul, MN 55155 - 3843
(612) 296-2770
1-800-652-9747**

MBA - 5190 - 1500