Happy New Year!

Helping older adults and their families age successfully

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I hope you all had a peaceful holiday season and wrapped up 2019 with a lot of wonderful memories. As we launch into 2020, I am hopeful for continued collaborations and exploring new ways we can work together to help older adults remain living successfully in their own homes.

SEMAAA ended 2019 with a brunch (12/18) held at 125 Live. It was an absolutely terrific way to wind down another year – hearing about all of the accomplishments of our grantee agencies, along with all of the ideas and initiatives being planned for 2020! It was amazing to hear all of the buzz and collaborative conversations that happened among some of the guests after the event. April Sutor and myself were still talking about that “buzz” the following day at the Senior Provider meeting and discussed how exciting it would be to make sure we keep the conversations going into the new year and work on moving toward planning efforts in 2020. This discussion sparked the development of a Regional Gathering of Aging Services professionals to be held Monday March 16, 2020 at Family Services NW office. The day will include a large group discussion and 5 break-out sessions – more information to come!

Under the category of other awesome news is the Executive Order (19-38) signed by Governor Tim Walz on December 11, 2019, declaring Minnesota (MN) an Age-Friendly state and establishing the Governor’s Council on an Age-Friendly MN. The declaration included this eye-opening fact: In 2020, the number of older adults in MN over age 65 will exceed the number of children under age 18. This work will focus on a collective effort to promote healthy aging with older adults contributing to the social, economic and civic fabric of communities and to eliminate ageism. Designated state agencies and boards will appoint an Age-Friendly MN lead to serve as a Council member. The Council and the Governor will appoint up to 6 additional Council members to represent older adults, caregivers, businesses and experts on aging, including local governments and tribal communities. See page 6.

A huge thanks goes out to the SEMAAA Board of Directors for all of their work this past year and to the staff for insuring that older adults in southeastern MN and their family members are connected to services and resources to help them age with dignity and respect. I am looking forward to a new year filled with continued collaborations and new beginnings!

Finding Ways to Engage at Every Age,

Laurie
Medicare Part A and B Premiums and 2020 Cost Sharing

Medicare Part A Deductible: $1,408 per benefit period
Medicare Part A Coinsurance for Days 61-90: $352 per day
Medicare Part Lifetime Reserve Days 91-150: $704 per day
Medicare Part A Skilled Nursing Facility Coinsurance for Days 21-100: $176 per day

Medicare Part B Cost Sharing Amounts for 2020
Medicare Part B monthly premium: $144.60 per month for most people. The Social Security Act contains a hold harmless provision that protects some people from paying a larger increase in the Part B premium.
Medicare Part B annual deductible: $198

Medicare Part A premiums for people who do not get free Medicare Part A in 2020
Enrollees who have 30-39 work credits of coverage pay a monthly premium of $252
Enrollees who have fewer than 30 work credits of coverage pay a monthly premium of $458

Those who are dually eligible for Medical Assistance and have their premiums paid for by Medical Assistance are on programs known as the Medicare Savings Programs. If you have a monthly income less than $1,426 as a single person and assets less than $10,000 call Senior LinkAge Line® to see if you qualify for a savings program. Social Security has a low-income subsidy that helps with Part D premiums, deductibles and copays. If your income is less than $1,581 you may qualify for extra help.

2020 Edition of Health Care Choices for Minnesotans on Medicare is available!
The comprehensive guide to all Medicare plan options in Minnesota is now available for viewing or download. Go to www.mnhealthcarechoices.com, www.mnaging.org or call the Senior LinkAge Line® at 1-888-333-2433 to get your free copy.

Medicare for Boomers Class is the first Tuesday of the month, 4:30-6:30 pm at the SEMAAA offices. This class will give you an overview of the ABCD’s of Medicare.

Pre-Admission Screening Update
The Pre-Admission Screening team is responsible for screening anyone seeking admittance to a MN Medicaid nursing facility regardless of length of stay or payer source. They determine the level of care required and identify people that may be mentally ill or developmentally disabled to ensure they have access to specialized services. In recent months the team has increased it’s outreach to area facilities in our service region. This outreach consists of providing training and education to social workers and nursing staff at skilled nursing facilities. The goal is to promote partnerships with area nursing home providers and to provide them with support through the Pre-Admission Screening process. Another component of PAS outreach is providing skilled nursing facilities monthly tips which include: DHS Policy Bulletins updates/changes, Pre-Admission Screening tips and resources. Providing outreach to area skilled nursing facilities ultimately strengthens the delivery of services for older adults.
Live Well At Home Grantees Announced

The Minnesota Department of Human Services recently announced the next round of recipients for the Live Well at Home grant. Jodi Harpstead, the Human Services Commissioner stated that, “these grants help diverse communities throughout MN provide services that help older Minnesotans navigate their everyday lives. This can include familiar services such as transportation and caregiver assistance or creative approaches that support people in new ways.” This grant funding will go to 45 agencies around the state to support services that help older adults remain in their homes and age in place for as long as possible. Three organizations in SE MN received funding in this round.

Congratulations to our SE MN Recipients!

- **Communidades Latinas Unidas En Servicio** — This organization will provide group respite to Hispanic seniors and caregivers in Austin so they can live-stream a Spanish language program on healthy eating, exercise, appropriate use of medications and the health care system.

- **La Crescent Area Healthy Community Partnership** — They plan to provide household help, transportation and other support to the aging population in Houston County.

- **Spring Valley Living** — They plan to construct a memory care unit at Spring Valley Living to increase the care options for families caring for someone with Alzheimer’s disease or other form of dementia.

Chore Service Expansion to Winona and Rice Counties

We asked the recipients of SEMAAA’s short term grant funding to share more about their programs. The **Winona Friendship Center** will be rolling out a chore program – Chore Corps – in 2020. Services will include, but are not limited to, snow shoveling, yard work, handyman repairs/services, gutter cleaning, and lawn mowing. Chore Corps will be serving older adults residing in the City of Winona. Services will be based on a sliding fee scale. If you or someone you know is in need of services or interested in volunteering, please contact Marite’ Olmstead at the Winona Friendship Center by phone: 507-454-7369 or by email: molmstead@ci.winona.mn.us.

**Family Service Rochester’s** Neighbors Helping Neighbors inaugurated chore services in Rice County in November 2019. The program focuses on helping older adults maintain their independence and live in the homes and communities they know and love. Neighbors Helping Neighbors matches community volunteers and vendors to various tasks with which older adults want some help; like snow shoveling, lawn care, shopping, transportation, friendly visiting, handiworker repairs, and seasonal chores. Neighbors Helping Neighbors (NHN) started with limited snow removal services in the City of Faribault. NHN staff generally meet with elderly consumers in their home determining what services they want and develop a plan. Consumers contribute to the cost of services based on their income. SEMAAA IIIB funds underwrite a portion of the service costs for very low income consumers.

NHN accepts waivered consumers, 3rd party insurance, and self-pay consumers who are disabled and/or 60 years or better. Seasonal chores, lawn care, and handiworker services will be added in spring. House cleaning, transportation and shopping will be rolled out later in 2020. Find out more about Neighbors Helping Neighbors services and volunteering by calling 507-287-2010.
SEMAAA Board Approves Older Americans Act Grants for 2020

The Older Americans Act funds have been awarded to local non-profit providers by the SE MN Area Agency on Aging. Congratulations to the following recipients who are providing community-based supportive services enabling older adults to stay in their homes longer.

### In Home Chore and Homemaker
- Mower County Chore & Homemaker $16,083
- Freeborn County Chore $7,175
- Olmsted County Chore & Homemaker $19,897

### Short-Term Funding for Chore
- Family Service Rochester– Rice Cty. $25,000
- Winona Friendship Center $24,665

### Assisted Transportation
- Freeborn Assisted Transportation $20,070
- Mower Assisted Transportation $14,819
- SEMCAC Assisted Transportation $69,657
- Three Rivers Assisted Transportation $28,448

### Visiting and Special Access
- Elder Network Visiting $28,512

### Legal
- SMRLS Legal Assistance and Education $84,041

### Information and Assistance
- Mower Access Assistance $21,044
- Olmsted Information and Assistance $33,101
- Winona Information and Assistance $25,743
- Freeborn Information and Assistance $25,002

### Caregiver Support
- Mower Access Assistance $7,831
- Elder Network Olmsted Access Assistance $20,790
- Houston/Fillmore/Dodge/Steele Access Assistance $57,750
- Goodhue/Rice/Wabasha Access Assistance $53,130

### Caregiver Respite and Counseling
- Freeborn Caregiver Respite and Counseling $13,860
- Olmsted/Winona/Wabasha Caregiver Respite and Counseling $43,189
- NIA La Crescent Caregiver Respite and Counseling $26,250

### Nutrition Services Contracts
(all include federal, state & NSIP funds)

- **SEMCAC Senior Dining**
  - $928,270 for 149,000 meals
- **SEMCAC Meals on Wheels**
  - $303,310 for 49,000 meals
- **Three Rivers Home Delivered Meals**
  - $121,000 for 22,000 meals
Excerpt from the Governor’s Council on an Age-Friendly Minnesota

Executive Order 19-38

Signed by Governor Tim Walz on December 11th, 2019

I, Tim Walz, Governor of the State of Minnesota, by the authority vested in me by the Constitution and applicable statutes, issues the following Executive Order:

There are one million older adults in MN and that figure is growing rapidly. In 2020, the number of older adults in MN over age 65 will exceed the number of children under age 18. Older adults may face challenges related to financial security, housing, transportation, health care, employment, and social service needs. In addition, thousands of direct support workers and the estimated 650,000 family and friends who provide unpaid caregivers are struggling to meet the ever increasing demand for care.

Older adults deserve to live in communities that are respectful, inclusive, and free of prejudice or discrimination based on a person’s age, and to be celebrated for their accomplishments and contributions. The aging of our population impacts every community and culture, and people of all ages should feel confident that they and their families can live vibrant, purposeful lives as they grow old.

A statewide policy to promote healthy aging requires engaging with older adults as contributors to the social, economic, and civic fabric of our communities, encouraging physical and psychological health and well-being in older adults and their caregivers, and eliminating ageism. This work cannot be accomplished by one state agency, but instead must be a collective effort that requires coordination, collaboration, innovation and focus across state agencies.

Many older adults want to stay in the workforce, volunteer, and give back to their communities. Older adults should have the option of remaining in their communities as they age, with access to a range of public and private resources and supports to promote healthy and purposeful aging.

MN’s Tribal Nations and local governments are well-positioned to respond to the needs of older adults. Many are proactively creating livable and well-designed communities that promote well-being and sustain economic growth. This leads to happier and healthier residents of all ages.

A national organization for older adults and an international health organization award “age-friendly” designations to governmental jurisdictions in recognition of coordinated, multi-agency statewide efforts. Achieving such a designation would be beneficial for all Minnesotans. Such designations focus on eight domains of livability: outdoor spaces and buildings, housing, transportation, civic participation and employment, respect and social inclusion, social participation, communication and information, and community and health services.

To read the full Executive Order follow this link- https://mn.gov/governor/assets/2019_12_11_EO_19-38_tcm1055-412925.pdf
SEMAAA Holiday Board Meeting

SEMAAA staff Dan and Kim along with April Sutor from FSR.

Board member María Hlava.

Laurie Brownell with Board members Brad Lohrbach & Mike Hancock

Jeff Wyant, Doug Grout & Jim Wolter with SEMCAC along with Phil Haskins from SEMAAA.

SEMAAA board members, Karen Hanson, Mick Hancock, Rita Fox, Jake Gillen, Margaret Cook & Brad Lohrbach with Thomas Krauss of SMRLS

Board member Jean Eaton with Jackie Hillman and Ashley Shaft of Senior Resources of Freeborn County.
2020 SEM AAAA BOARD

Marti Riley, Chair, Olmsted
Rita Fox, Vice-Chair, Wabasha
Brad Lohrbach, Treasurer, Dodge
Jim Hanesworth, Secretary, Houston
Lloyd Swalve, Fillmore
Dave Vandergon, Steele
Jean Eaton, Freeborn
Jenelle Cummings, Mower
Karen Hanson, Winona
Mike Hancock, Member at Large
Marie Hlava, Member at Large
Dr. Dwight Jennings, Member at Large
Margaret Cook, Member at Large

Outgoing board member Jake Gillen received a plaque for his 6+ years of service on the SEM AAAA board at the December board meeting.

2020 SEM AAAA STAFF

- Laurie Brownell – Executive Director
- Karen Toussel – Administrative Assistant
- Kim Voth – Grant Manager/Financial Officer
- Annie Avery – Senior LinkAge Line® Coordinator
- Phil Haskins – Grants Administrator
- Patti Schad – Finance Assistant
- Jerry Roberts – Senior LinkAge Line® Specialist
- Starla Inman – Senior LinkAge Line® Specialist
- Chad Wojchik – Senior LinkAge Line® Specialist
- Jone Trapp – Senior LinkAge Line® Specialist
- Tambi Eversman – Senior LinkAge Line® Specialist
- Laurie Magnus – Senior Linkage Line® Specialist
- Dan Conway – Lead Eldercare Development Program Dev.
- Chersten Keillor – Eldercare Development Program Dev.
- Lori Wacek – Community Living Coordinator
- Jen McLaughlin – Community Living Case Aide
- Emily Krowiorz – Community Living Specialist
- Sarah Benson – Community Living Specialist
- Chris Johnson – Community Living Specialist
- Jay Hall – Community Living Specialist
- Camille Bruns – Preadmission Screening Specialist
- Pam Speltz – Preadmission Screening Specialist
- Katie Shimek – Preadmission Screening Specialist
- Nicole Cummings – Preadmission Screening Specialist

SEM AAAA staff Lori Wacek and Annie Avery getting into the Christmas spirit!