



Central MN Council on Aging

cmcoa

Supporting our aging community

Annual Report

May 2017

Annual Report for 2016

2016 Board of Directors

BENTON

Spencer Buerkle ■
Warren Peschl*

KANABEC

Gene Anderson
Wendy Thompson*

STEARNS

DeWayne Mareck ■
Leigh Lenzmeier

Included in this report:

<i>Title III Older Americans Act & State Funding</i>	2
<i>CMCOA Staff</i>	2
<i>CMCOA Financial Statement</i>	3
<i>Minnesota Health Outcomes & Factors</i>	4
<i>How Older Americans Month was Created</i>	4
<i>Did You Know?</i>	4

CASS

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MILLE LACS

Genny Reynolds ■
Barbara Welty*

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■ Executive Committee

* Alternate

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Rachel Leonard

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Peggy Carpenter

SHERBURNE

Nola Varilek

MINORITY REPRESENTATIVE

Heladio Zavala



MINNESOTA'S LINK TO A LOCAL EXPERT

2016 Title III Older Americans Act & State Funding Awards

III B Supportive Services	2016 Awarded	Title III C1 Nutrition-Senior Dining	2016 Awarded
Mid-MN Legal Services	\$131,346	Catholic Charities	\$572,900
Kanabec & Pine PH Clinics	36,240	Lutheran Social Services	193,055
Horizon Health North Central Alliance	68,434	Consumer Directions, Inc. SDS Nutrition	12,000
Rural Stearns Faith in Action	33,247	Total Title III C1	\$777,955
Helping Hands Outreach of Holdingford	16,544	Title III C2 Nutrition-Home Delivered Meals	2016 Awarded
Paynesville ROSE Center	25,204	Catholic Charities	\$193,589
Family Pathways	43,267	Lutheran Social Services	133,779
Todd County	11,939	Parmly South Chisago County	21,684
Total Title III B	\$366,221	Total Title III C2	\$349,052
III D Preventive Health	2016 Awarded	Nutrition Services Incentive Program	2016 Awarded
Wadena County Public Health	\$21,000	Catholic Charities	\$206,329
Catholic Charities	19,500	Lutheran Social Services	76,994
Helping Hands Outreach of Holdingford	7,462	Total Nutrition Services Incentive Program	\$283,323
Whitney Senior Center	12,114	State Nutrition Support	2016 Awarded
Total Title III D	\$60,076	Catholic Charities	\$232,036
Title III E Family Caregiver	2016 Awarded	Lutheran Social Services	145,341
Lutheran Social Services	\$37,180	Total State Nutrition Support	\$377,377
Rural Stearns Faith in Action	13,343	Total 2016 Contracts Awarded	\$2,409,320
Helping Hands Outreach of Holdingford	17,508		
Horizon Health North Central Alliance	10,148		
Consumer Directions, Inc. SDS Respite	6,000		
Family Pathways	111,137		
Total Title III E	\$195,316		

CMCOA Staff

Lori Vrolson
Executive Director

Linda Gansen
Financial Manager

Dorie Twist
Financial Assistant/
Senior LinkAge Line® Case-Aide

Brenda Eldred
Administrative Assistant

Amanda Schindele
Contracts Manager

Sue Amundson
Contracts Manager

Paul Woischke
Healthy Aging Coordinator

Kathleen Gilbride
Community Development

Dean Loidolt
Community Development

Mary Bauer
Community Development

Emma Shepard
Community Development

Kylie Goenner
Community Development

Natalie Matthewson
Community Development

Peggy Rieland
Senior LinkAge Line® Coordinator

Brenda Wuebkers
SHIP Volunteer Coordinator/
Senior LinkAge Line® Specialist

Sarah Moening McCarty
Senior LinkAge Line® Advocate

Linda Schmidt
Senior LinkAge Line® Advocate

Jeannine Henn
Senior LinkAge Line® Advocate

Amy Tvedt
Senior LinkAge Line® Advocate

LaVonne Sorenson
Senior LinkAge Line® Advocate

Lisa Maetche
Senior LinkAge Line® Specialist

Joe Berg
Senior LinkAge Line® Specialist

Jamie Thielman
Senior LinkAge Line® Specialist

Continued page 3

2016 CMCOA Financial Statement (Based on Unaudited Figures)

	* Program Operations	Federal OAA Title III-B Supportive Services	Federal OAA Title III-C1 Nutrition Congregate	Federal OAA Title III-C1 Nutrition HDM	Federal OAA Title III-D Preventati ve Health	Federal OAA Title III-E Family Caregiver
Income						
Federal Title III Funds	560,250	336,684	774,557	347,466	53,821	175,862
Other Federal Funds	183,827	0	0	0	0	0
NSIP	0	0	283,323	0	0	0
State Funds	2,119,519	0	0	377,377	0	0
County Funds	48,997	0	0	0	0	0
United Way Grants	36,867	0	0	0	0	0
Other Grants	73,007	0	0	0	0	0
Interest	153	0	0	0	0	0
Other Revenue	45,859	0	0	0	0	3,708
Total	3,068,479	336,684	1,057,880	724,843	53,821	179,570
Expenditures						
Salaries and Fringe	1,710,823	0	0	0	0	0
Travel	84,635	0	0	0	0	0
Building Space	80,929	0	0	0	0	0
Communications	35,593	0	0	0	0	0
Printing and Supplies	112,255	0	0	0	0	0
Computer Support	24,787	0	0	0	0	0
Insurance	7,654	0	0	0	0	0
Outreach and Advertising	19,432	0	0	0	0	0
Trainings	15,736	0	0	0	0	0
Professional Fees	14,794	0	0	0	0	0
Contracted Services	944,918	0	0	0	0	0
Other Expenses **	9,712	0	0	0	0	0
Total	3,061,268	336,684	1,057,880	724,843	53,821	179,570
Balance	7,211	0	0	0	0	0

* Includes Older Americans Act Administration, Eldercare Development Partnership, Falls Prevention, Act on Alzheimer's, Senior LinkAge®, and United Way

** Includes Board Expenses, Insurance, memberships, Staff Training, Volunteer training and recruitment, etc.

CMCOA Staff

(continued page 2)

Amanda Buerman

Senior LinkAge Line® Pre-Admission
Screening Specialist

Linda DeMars

Senior LinkAge Line® Pre-Admission
Screening Specialist

Karlyn Pogatchnik

Senior LinkAge Line® Pre-Admission
Screening Specialist

Mara Lund

Senior LinkAge Line® Pre-Admission
Screening Specialist

Mary Hetland

Senior LinkAge Line® Pre-Admission
Screening Specialist

Roger Rieger

Senior LinkAge Line® Pre-Admission
Case-Aide

Connie Pelzer

Senior LinkAge Line®
Return to Community

Sonia Rucks

Senior LinkAge Line®
Return to Community

Wendy Galanius

Senior LinkAge Line®
Return to Community

Tori MacKendrick

Senior LinkAge Line®
Return to Community Case-Aide

Minnesota Health Outcomes & Factors Ranking

HEALTH FACTORS	2015	2017
Wright	13	8
Sherburne	35	19
Stearns	16	16
Benton	40	58
Morrison	71	74
Todd	70	77
Wadena	78	78
Cass	84	84
Crow Wing	52	57
Mille Lacs	83	82
Pine	82	83
Kanabec	81	80
Chisago	50	31
Isanti	48	43

HEALTH OUTCOMES	2015	2017
Wright	10	11
Sherburne	39	21
Stearns	31	33
Benton	58	56
Morrison	77	55
Todd	55	50
Wadena	81	77
Cass	86	85
Crow Wing	59	61
Mille Lacs	82	81
Pine	80	78
Kanabec	51	42
Chisago	45	20
Isanti	49	51

The Robert Wood Johnson Foundation's 2017 County Health Rankings were recently released at www.countyhealthranking.org.

Minnesota healthiest counties tend to be in the southern part of the state and its least healthy ones in the northern part.

Those rankings are based on more than 30 factors that influence health, including; smoking, alcohol and drug use,

access to health care, education, income, and air and water quality.

Health Outcomes Minnesota Ranking—the overall rankings in health outcomes represent how healthy counties are with the state start with #1. The rankings are based on two types of measure: how long people live and how healthy people feel while alive.

Health Factors Minnesota Ranking—the overall ranks in health factors represent the health of a county. They are an estimate of the future health of counties compared to other counties within the state. The ranks are based on four types of measures: health behaviors, clinical care, social and economic, and physical environment factors.

How Older Americans Month Was Created

In April 1963, President John F. Kennedy met with the National Council of Senior Citizens to learn more about the needs and concerns of older Americans. Following the meeting, President Kennedy issued a presidential proclamation designating May as Senior Citizens Month, encouraging the nation to pay tribute in some way to older people across the country. In 1980, President Jimmy Carter changed the name to Older Americans Month.

Did you know?

- ◆ 60,000 Minnesotans will turn 65 this year. (That's 164 every day!)
- ◆ We'll have more seniors than school kids in 2025.
- ◆ By 2030, 25% of Minnesota adults will be age 65 or older.