



Central MN Council on Aging

cmcoa

Supporting our aging community

# Annual Report

March 2018

Annual Report for 2017



## 2017 Board of Directors

### BENTON

Spencer Buerkle ■  
Warren Peschl\*

### KANABEC

Gene Anderson  
Kathy Burski\*

### STEARNS

DeWayne Mareck ■  
Leigh Lenzmeier

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### CASS

Jeff Peterson  
Kim Minton\*

### MILLE LACS

Genny Reynolds ■  
Barbara Welty\*

### TODD

Randy Neumann

### CHISAGO

Rick Greene  
Lora Walker\*

### MORRISON

Mike Wilson  
Mike LeMieur\*

### WADENA

Chuck Horsager

### WRIGHT

Charles Borrell

### CROW WING

Rosemary Franzen

### PINE

Steve Hallan ■  
Steve Chaffee\*

■ Executive Committee

\* Alternate

### ISANTI

Susan Morris  
Greg Anderson\*

### SHERBURNE

Barb Burandt

## 2017 Advisory Committee

### BENTON

Laura Hood  
Nola Varilek

### KANABEC

Gene Kramer

### STEARNS

Lois Rausch  
Kris Pflapsen

### CASS

Mary Anderson

### MILLE LACS

Martha Ahlschlager

### TODD

Sharon Notch

### CHISAGO

Rebecca Hostetler

### MORRISON

Carla Zupko

### WADENA

Diana Lehner

### CROW WING

Michael Cranny

### PINE

Lori Fore

### WRIGHT

### MINORITY REPRESENTATIVE

Heladio Zavala

### ISANTI

Peggy Carpenter

### SHERBURNE

Dennis Eichinger



MINNESOTA'S LINK TO A LOCAL EXPERT



## 2017 Title III Older Americans Act & State Funding Awards

### III –B Supportive Services 2017 Awarded

Mid-MN Legal Services	\$131,346
Kanabec County Community Health	\$28,377
Horizon Health North Central Alliance	\$89,926
Rural Stearns Faith in Action	\$63,084
Helping Hands Outreach Holdingford	\$22,312
Paynesville ROSE Center	\$31,329
Family Pathways	\$36,293
Lakes & Pine Community Action Council	\$50,000

**Total Title III B \$452,667**

### III-D Preventive Health 2017 Awarded

Wadena County Public Health	\$22,500
Catholic Charities	\$16,500
Helping Hands Outreach Holdingford	\$6,000
Whitney Senior Center	\$17,653

**Total Title III-D \$62,653**

### Title III E Family Caregiver 2017 Awarded

Lutheran Social Services	\$32,086
Rural Stearns Faith in Action	\$49,951
Helping Hands Outreach Holdingford	\$8,708
Horizon Health North Central Alliance	\$11,748
Consumer Directions, Inc. SDS Respite	\$16,681
Family Pathways	\$126,682
Embrace, LLC	\$17,500
Senior Care Consulting, LLC	\$35,100

**Total Title III-E \$298,456**

### III-CI Nutrition Senior Dining 2017 Awarded

Catholic Charities	\$591,091
Lutheran Social Services	\$210,168
Consumer Directions, Inc. SDS Nutrition	\$13,958

**Total Title III CI \$815,217**

### III-C2 Nutrition – Home Delivered Meals

**2017 Awarded**

Catholic Charities	\$231,110
Lutheran Social Services	\$134,760
Parmly South Chisago County	\$12,636
<b>Total Title III C2</b>	<b>\$378,506</b>

### Nutrition Services Incentive Program

**2017 Awarded**

Catholic Charities	\$205,819
Lutheran Social Services	\$84,215

### Total Nutrition Services Incentive Program

**\$290,034**

### State Nutrition Support 2017 Awarded

Catholic Charities	\$226,930
Lutheran Social Services	\$140,626

**Total State Nutrition \$367,556**

**Total 2017 Contracts awarded \$2,665,089**

## 2017 CMCOA Financial Statement (Based on Unaudited Figures)

	Program Operations*	Federal OAA Title III-B Supportive Services	Federal OAA Title III-C1 Congregate Nutrition	Federal OAA Title III-C2 HDM Nutrition	Federal OAA Title III-D Preventative Health	Federal OAA Title III-E Family Caregiver
<b>Federal Title III Funds</b>	539,963.00	391,350.00	804,191.00	385,258.00	49,750.00	221,623.00
<b>Other Federal Funds</b>	11,295.44	0.00	0.00	0.00	0.00	0.00
<b>NSIP</b>	0.00	0.00	260,167.00	29,867.00	0.00	0.00
<b>State Funds</b>	2,086,309.12	0.00	0.00	367,556.00	0.00	0.00
<b>County Funds</b>	44,027.00	0.00	0.00	0.00	0.00	0.00
<b>United Way Grants</b>	36,867.00	0.00	0.00	0.00	0.00	0.00
<b>Other Grants</b>	119,805.89	0.00	0.00	0.00	0.00	0.00
<b>Interest</b>	213.61	0.00	0.00	0.00	0.00	0.00
<b>Other Revenue</b>	426,288.18	0.00	0.00	0.00	0.00	0.00
<b>Total Revenue</b>	<b>3,264,769.24</b>	<b>391,350.00</b>	<b>1,064,358.00</b>	<b>782,681.00</b>	<b>49,750.00</b>	<b>221,623.00</b>
<b>Salaries and Fringe</b>	1,887,762.69	0.00	0.00	0.00	356.38	0.00
<b>Travel</b>	95,697.77	0.00	0.00	0.00	378.25	0.00
<b>Building Space</b>	87,243.25	0.00	0.00	0.00	0.00	0.00
<b>Communications</b>	31,948.26	0.00	0.00	0.00	0.00	0.00
<b>Printing and Supplies</b>	89,244.45	0.00	0.00	0.00	0.00	0.00
<b>Computer Support</b>	13,486.82	0.00	0.00	0.00	0.00	0.00
<b>Insurance</b>	7,981.00	0.00	0.00	0.00	0.00	0.00
<b>Outreach and Advertising</b>	15,709.53	0.00	0.00	0.00	0.00	0.00
<b>Trainings</b>	12,553.85	0.00	0.00	0.00	0.00	0.00
<b>Memberships</b>	4,703.00	0.00	0.00	0.00	0.00	0.00
<b>Professional Fees</b>	17,300.61	0.00	0.00	0.00	0.00	0.00
<b>Contracted Services</b>	962,526.85	0.00	0.00	0.00	0.00	0.00
<b>Direct Service Contract Payments</b>	0.00	391,350.00	1,064,358.00	782,681.00	49,015.00	221,623.00
<b>Other Expenses**</b>	21,906.83	0.00	0.00	0.00	0.37	0.00
<b>Total Expenses</b>	<b>3,248,064.91</b>	<b>391,350.00</b>	<b>1,064,358.00</b>	<b>782,681.00</b>	<b>49,750.00</b>	<b>221,623.00</b>
<b>Balance</b>	<b>16,704.33</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>

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

\*\* Includes Board Expenses, memberships, staff training, volunteer recruitment and training

# System Development Function Highlights for 2017

## Live Well at Home (LWAH)

### Outcome:

Older adults and family caregivers who are at moderate to high risk of losing their community living status will be empowered to pro-actively manage their risks and sustain community living.

- Training and mentoring to 164 Evidence-Based Health Promotions leaders who offered 130 workshops.
- Partnering with the State Fire Chiefs Association to create a Program Guide for Fire and Fall Prevention for Older Adults. There were 500 toolkits distributed to fire departments at the Minnesota Fire Chiefs Association Annual Conference.

## Expand & Strengthen Home and Community Based Services (HCBS) Capacity Outcome:

Strengthened the HCBS system by helping people to use their own resources wisely to meet their needs; targeting services to high risk individuals particularly reaching older adults who are isolated and those who have dementia; and focusing the development and maintenance of services needed by people who might otherwise become eligible for the Alternative Care or Elderly Waiver Programs.

- Provided Technical Assistance (TA) to funded Live Well Grantee Lakes and Pines Community Action Program (CAP) in developing a heavy chore program in underserved Isanti, Mille Lacs, Chisago, Isanti, and Pine counties.
- In collaboration with MN DOT and DHS, worked toward the creation of Regional Coordinators Councils to create multi-organizational entities to engage better access, coordination, and resource utilization .
- Served on Tri-CAPS Transportation Advisory for Morrison, Benton, Stearns, and Sherburne counties and reviewed proposals to their Board on

routes, fees, expansions, restrictions, and new process improvements.

- Convened monthly with the Regional Transit Coalition comprised of the Veteran’s Association, St. Cloud Area Planning Organization (APO), MNDot, Care Transportation, Medical Transit Mobility, and other area transit providers to improved ride coordination, efficiencies, and accessibility.
- Participated in the Homeless Concerns workgroup in Brainerd and St. Cloud along with the Regional County Continuum of Care Executive Board to identify gaps and barriers for older adults experiencing homelessness, also explored supportive solutions, and built on efforts to cross-collaborate networking between homeless service providers and those working with older adults.
- Offered a “So You Have the 245D License...Now What?” training.
- Provided sustainability planning assistance to Senior Care Consulting to cover Cass and Crow Wing Counties offering Caregiver Consultation and Memory Cafés and Embrace to offer family caregiver training throughout the region.

## Communities for a Lifetime Outcome:

Central Minnesota’s communities are good places to grow up and grow old, and offer physical, social, and service features for their residents of all ages.

- In partnership with Stearns Benton Medical Society held a Dementia Summit featuring Dr. Barclay who trained 75 physicians on use of the Mini-Cog screening tool; how to communicate screening results to clients; and how to employ best practices in care planning for

patients with dementia and their care partners.

- Co-facilitated with Essentia Health to create the Aging Coalition, whose goal is to develop and promote wellness options for the aging population in the Crow Wing County.
- Provided TA to Becker, Brainerd, Cambridge, North Branch, Paynesville, Walker, Pine City, Sauk Rapids, St. Cloud, Princeton, Buffalo, and Sauk Rapids ACT on Alzheimer’s teams as they implement action plans.
- Provided guidance to Isanti, Morrison, Todd, and Wadena counties as they develop strategies to create awareness of Alzheimer’s.
- Partnered with the Morrison County Live Better Live Longer initiative focusing on improving the physical, nutritional, mental, and social health of the community.
- Provided TA to interested applicants of the State Dementia grant funding.
- Partnered with the Great River Regional Library to provide dementia training throughout their library system.
- Provided TA to the development of Dementia Friends and Memory Cafés.
- Served on the Art Sparks Advisory Committee of the Paramount Theater supporting art experiences for caregivers and care recipients.
- Engaged EMT and Police in dementia awareness and detection in Sherburne and Wright counties.

