



2010
Annual Report
Aging...It's everyone's future.



The Senior LinkAge Line® is an important part of the aging services network supported statewide by the Area Agencies on Aging and the Minnesota Board on Aging. With one call to the Senior LinkAge Line®, seniors and families can obtain assistance to evaluate their situation and locate services that are available within their communities to help them remain independent. In 2010 Senior LinkAge Line® served 20,215 individuals.

Thirty-two Community sites are located though out the Central Region and home visits are also available.

An extension of the Senior LinkAge Line® is the Senior Advocate and Health Insurance Counseling Volunteer service offered by Central MN Council on Aging. When more in-depth assistance is required or the person has multiple needs, a caller may be transferred to a Senior Advocate or volunteer.

Face-to-face assistance is provided when an older adult is in need of meeting with a Senior Advocate or a volunteer in the senior's home or at a community site to discuss their needs, assist in applying for financial assistance programs, assist in completing the application process for Medicare Part D and/or discuss options that are available to them. In 2010, 2,212 people in Central MN Region received face-to-face assistance.

2010
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2010 Financial Report

(Based on Unaudited Figures)

INCOME	PROGRAM OPERATIONS*	Evidence Based Health Promotion	Federal Title III-B Supportive Services	Title III-C1 Nutrition-Senior Dining	Title III-C2 Nutrition-Home Delivered Meals	Title III-D Preventative Health	Title III-E Family Caregiver Support
Federal Title III Funds	638,778.00	0.00	294,443.00	638,845.00	244,898.00	47,132.00	267,218.00
Other Federal Funds	124,562.30	94,760.97	0.00	0.00	0.00	0.00	0.00
NSIP	0.00	0.00	0.00	195,867.00	87,658.00	0.00	0.00
Federal ARRA Funds	0.00	9,041.16	0.00	0.00	0.00	0.00	0.00
State Funds	720,185.14	0.00	0.00	201,582.00	62,773.00	0.00	0.00
County Funds	47,777.00	0.00	0.00	0.00	0.00	0.00	0.00
United Way Grants	47,000.00	0.00	0.00	0.00	0.00	0.00	0.00
Interest	948.70	0.00	0.00	0.00	0.00	0.00	0.00
Other Revenue	40,580.55	0.00	0.00	0.00	0.00	0.00	0.00
Total	1,619,831.69	103,802.13	294,443.00	1,036,294.00	395,329.00	47,132.00	267,218.00
EXPENDITURES							
Salaries and Fringe	824,828.63	27,687.76	0.00	0.00	0.00	0.00	0.00
Travel	34,248.76	4,541.85	0.00	0.00	0.00	0.00	0.00
Building Space	39,135.22	0.00	0.00	0.00	0.00	0.00	0.00
Communications	31,019.15	599.48	0.00	0.00	0.00	0.00	0.00
Printing and Supplies	59,276.46	12,904.67	0.00	0.00	0.00	0.00	0.00
Computer Support	7,880.06	0.00	0.00	0.00	0.00	0.00	0.00
Insurance	8,117.29	0.00	0.00	0.00	0.00	0.00	0.00
Outreach and Advertising	26,511.78	0.00	0.00	0.00	0.00	0.00	0.00
Trainings	1,828.00	0.00	0.00	0.00	0.00	0.00	0.00
Memberships	3,427.00	0.00	0.00	0.00	0.00	0.00	0.00
Professional Fees	10,300.00	0.00	0.00	0.00	0.00	0.00	0.00
Contracted Services	237,182.95	13,941.25	0.00	0.00	0.00	0.00	0.00
Direct Service Contract Payments	312,568.00	42,168.00	294,443.00	1,036,294.00	395,329.00	47,132.00	267,218.00
Other Expenses**	19,003.07	1,959.12	0.00	0.00	0.00	0.00	0.00
Total	1,615,326.37	103,802.13	294,443.00	1,036,294.00	395,329.00	47,132.00	267,218.00
Balance***	4,505.32	0.00	0.00	0.00	0.00	0.00	0.00

* Includes Older Americans Act Administration, Eldercare Development Partnership, MAGEC, Senior LinkAge®, and United Way.

** Includes Board Expenses, memberships, insurance, volunteer expense, training, etc.

*** Excess revenue includes United Way funds awarded for the period July 2010 to June 2011 not yet expended and Transitional Housing funds awarded for the period October 2010 to September 2011 not yet expended.

2010 Program Development Highlights

Program development activities work to ensure that quality home and community-based resources are available in local communities by bringing together community partners to work together collaboratively to increase new services. Program development builds on the strength of what currently exists in the community.

Program development, a function of CMCOA, is made possible through federal funding through the older American's Act and State funding through the Eldercare Development Partnership.

Increased the number and type of proven interventions to reduce impact of chronic disease:

- Strengthen regional chronic care management capacity by implementing evidence-based A Matter of Balance (MOB) and Chronic Disease Self-Management (CDSMP) in the region. In 2010, there were 161 people served through MOB and 166 people served through CDSMP in the region.
- CMCOA has teamed up with RSVP, St. Cloud Fire and Police Departments, Gold Cross Ambulance, St. Cloud Hospital, and several rehabilitation agencies to form the Central

MN Falls Prevention and Home Safety Coalition to reduce the number of falls sustained by seniors in Stearns, Benton and Sherburne counties. The program has recruited and trained volunteer home safety inspectors to perform the two hour in home safety assessment and 30 day follow up.

- Member of County SHIPs' (Statewide Health Improvement Program) Leadership Teams in the region to increase community involvement, review grants, prioritize processes/projects, create committee

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2010 Title III Older Americans Act and State Funding Awards

Contracts awarded by the Central MN Council on Aging provide services in Benton, Cass, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena and Wright Counties. These funds target prioritized services for the 60+ population including transportation, meals and legal services. In the annual award process, the Board of Directors review each application and make decisions on funding. The following programs were funded in 2010.

III-B SUPPORTIVE SERVICE	2010 Awarded
Senior LinkAge Line®/RX Connect	259,539
Mid-MN Legal Services Senior Law Project	112,690
Elderberry Institute CARE Partnership	154,202
Kanabec County Public Health	32,674
Isanti County Commission on Aging	28,000

Total Title III-B **587,105**

III-D PREVENTATIVE HEALTH	2010 Awarded
Wadena County Public Health	8,168
Todd County Public Health	11,664
Catholic Charities	15,960
Great River Area Faith In Action	15,000

Total Title III-D **50,792**

III-E FAMILY CAREGIVER	2010 Awarded
Senior LinkAge Line®/RX Connect	51,315
Lutheran Social Services	68,027
Elderberry C.A.R.E Partnership	128,334
Memory Care Clinic	61,301
East Central Regional Development Commission	70,304
Horizon Health North Central Alliance	22,114
Elderberry Institute Consumer Directed Services	1,470
Consumer Directions, Inc. Self-Directed Services	21,052

Total Title III-E **423,917**

ADMINISTRATION ON AGING AND ARRA EVIDENCE BASED HEALTH PROMOTION

	2010 Awarded
Great River Area Faith in Action	1,680
Good Samaritan	4,165
Cokato Trust	3,360
Holdingford Helping Hands	2,616
Catholic Charities	4,825
Horizon Health	1,680
Walker-Hackensack-Akeley Community Education	550
Chisago County Public Health	2,050
Milaca Evangelical Free Church	840

Total Administration on Aging and ARRA **21,766**

III-C1 NUTRITION – SENIOR DINING	2010 Awarded
Lutheran Social Services	191,680
Catholic Charities	484,451

Total Title III-C1 **676,131**

III-C2 NUTRITION – HOME DELIVERED MEALS	2010 Awarded
Lutheran Social Services	112,310
Catholic Charities	191,532
Parmley South Chisago County	1,147
Elderberry Institute Consumer Directed	1,571
Consumer Directions, Inc. Self-Directed Services	5,429

Total Title III-C2 **311,989**

NUTRITION SERVICES INCENTIVE PROGRAM	2010 Awarded
Lutheran Social Services	91,906
Catholic Charities	187,706
Parmley South Chisago County	3,913

Total Nutrition Services Incentive Program **283,525**

STATE NUTRITION SUPPORT	2010 Awarded
Lutheran Social Services Congregate	63,738
Catholic Charities Congregate	137,844
Lutheran Social Services Home Delivered	21,466
Catholic Charities Home Delivered	38,507
Parmley South Chisago County	2,800

Total State Nutrition **264,355**

Total 2010 Contracts Awarded: **\$2,619,580**

2010 Program Development Highlights cont.

governance to promote a wider base of practices for system change in communities that improve physical activity and nutrition.

- CMCOA staff is currently working with Heritage of Foley to develop a Memory Care Program targeting Benton, Sherburne, Stearns, Mille Lacs, Morrison and Kanabec Counties.
- Expanded the Mittleman Caregiver Intervention to improve spousal caregiver well-being and social supports through Assumption Campus in Cold Spring.

Working to enhance citizen based planning:

- CMCOA partnered with the Vital Aging Network to offer the ALVA Leadership Development program through the St Cloud Technical College. ALVA is a leadership devel-

opment program designed for 50+ adults who want to learn how to address the challenges and opportunities of leadership in later life and how to apply their skills to building vital communities. The first class began October 8, 2010 with more than 16 class participants.

- Over the past three years, educated and offered consultative/community forum support to 87 local units of government and community groups to the impacts of the aging Baby Boomers.
- Facilitated Community for a Lifetime community planning sessions in partnership with the City of Buffalo which has resulted in leadership teams creating business “clean up”/revitalizing efforts, forming a Communities for a Lifetime website for the city, volunteer-based need/offering on the city website,

quarterly Wright County senior provider network meetings and transforming the Buffalo Health Fair to be a Healthy Aging Workshop instead for both Buffalo and Monticello to better engage area residents to increase physical activity and improve nutrition.

Enabling older adults and family caregivers to sustain their community living:

- CMCOA is partnering with our Title III providers to embed the Live Well At Home Rapid Screen/post screen counseling in their intake process to identify at risk individuals prior to crisis. More than 80 individuals have received the rapid screen and been provided with post-screen counseling on how to manage risk factors. Fifty percent of those screened scored high-risk with the majority of those choosing to engage in on-going risk management support that includes evidence-based interventions, self-directed approaches, use of private pay dollars and community resources. During 2009 testing of the rapid screen tool, 95% of persons served in the pilot-test study were still living in the community at the 6 month evaluation follow-up call.
- Extensively participates in and/or leads transit and transportation efforts on a variety of fronts including serving on area CAP Advisories for process and planning of volunteer driver and bus programs to maintain a viable and reimbursable volunteer driver programs. Specifically successful were efforts to bring transportation services to expand and/or assist in sustaining service in Melrose, Albany, Buffalo, St. Joseph, Pine City, Mille Lacs and Kanabec county.
- Involved in the formation of the Lakes Area Memory Awareness Advocates (Brainerd Area Alzheimer’s Coalition). The purpose of the group is to create a “Dementia Friendly” community in the Brainerd Lakes Area. ■

2010 Older Americans Act and State Funded Contractors

In 2010, CMCOA provided contracts totaling \$2,619,580 to serve seniors and caregivers in the 14-county service area. For more information about any service for seniors and caregivers or to find providers of services in your area, please contact the Senior LinkAge Line® at 1-800-333-2433.

<u>SERVICES</u>	<u>AMOUNT PROVIDED</u>	<u>VOLUNTEER SUPPORT</u>
Health Assessment and Screening and Medication Management	1,095 hours	765 hours
Legal Assistance	3,772 hours	33 hours
Supportive In-home Services: chore, homemaker, grocery shopping, support planning	5,720 hours	14,132 hours
Transportation	23,326 rides	
Home Repair	2 projects	
Caregiver Respite	7,350 hours	6,787 hours
Caregiver Coaching Support	3,008 hours	
Caregiver Group Education	25 sessions	
Caregiver Support Group	116 sessions	
Congregate Meals	289,234 meals	58,536 hours
Home Delivered Meals	117,216 meals	24,647 hours
Health Promotion Programs	37 workshops	572 hours