

From: Brenda Shafer-Pellinen <bshaferpellinen@ardc.org>
Sent: Monday, November 30, 2020 11:44 AM
To: Brenda Shafer-Pellinen
Subject: Arrowhead Area Agency on Aging

Good morning! My name is Brenda Shafer-Pellinen and I work as a planner with the Arrowhead Area Agency on Aging (AAAA.) We are the largest division of the Arrowhead Regional Development Commission (ARDC.) I would like to tell you a little bit about our work in the region and how you can get connected with us and receive information regarding opportunities and innovations to benefit older adults.

60,000 Minnesotans turn 65 this year, next year and every year through 2030. In just three years, there will be 1 million seniors living in Minnesota. By 2030, there will be 20,000 fewer K-12 students, and 455,000 more seniors. What do these demographic changes mean for your area? Are you looking for ways to better support the older adults already part of your community? Are you searching for strategies to attract new residents to your area by making your community age friendly to individuals across the age spectrum? We would appreciate the opportunity to share resources with you and offer assistance as you engage in planning efforts to meet the needs of your community.

The AAAA is committed to helping older adults maintain their highest level of independence. AAAA staff work to support a network of aging service providers, provide assistance to individuals and caregivers in our communities, and foster cross sector relationships to address service gaps in the region through the following avenues:

Grants Management

The Arrowhead Area Agency on Aging is the designated entity in Northeastern Minnesota responsible for administering the Older Americans Act Title III Program funds. In doing so, we fund core services to help older adults live at home. Some of these services include meals, respite for caregivers, chore service, transportation, caregiver support and legal services.

Senior LinkAge Line

The Arrowhead Area Agency on Aging is home to one of the seven contact centers for the Senior LinkAge Line. The Senior LinkAge Line[®] is a free statewide service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. The Senior LinkAge Line provides help to older Minnesotans and their families and caregivers, helping them connect to local services, find answers and get the help they need.

The Senior LinkAge Line can help Minnesotans with many age-related issues and can answer questions and help with:

- Health insurance counseling - including Medicare, long-term care planning and prescription drug costs
- Forms assistance, including help applying for Medical Assistance and Medicare Extra Help
- Long-term care insurance and planning
- Comparing housing options
- Connecting with help and services in the community
- Moving out of a nursing home back into the community
- Pre-admission screening for nursing facility admissions
- And, much more.

The Senior LinkAge Line is Minnesota's federally designated long-term care options counseling service, State Health Insurance Assistance Program (SHIP), Senior Medicare Patrol (SMP) and Aging and Disability Resource Center (ADRC).

Eldercare Development Partnership Program (EDP)

The Arrowhead Area Agency on Aging is a recipient of the Eldercare Development Partnership (EDP) grant through the Minnesota Department of Human Services. EDP staff work with service providers, local governments, and other partners to explore and develop innovative programs, pilot system changes, or utilize technology or informal resources to meet the growing and changing needs of the long-term care system. One of our challenges is to look at service gaps and unaddressed issues impacting the older population in our region and strategize how to bring individuals and organizations to the table across the sectors to address those needs. EDP staff also provide technical assistance to partners; grantees and potential grantees for Title III federal dollars as well as recipients of Minnesota Department of Human Services Live Well at Home and Dementia grants.

Juniper Network

The Arrowhead AAA serves as one of the six geographic hubs for regional Juniper network efforts, providing leader training, technical support and engagement efforts to continue to broaden the network. Juniper is a statewide network of community members, local leaders, community organizations and health systems that offers classes to help people stay connected, stay healthy, and maintain independence. Juniper participants take an active role in their health, improving their well-being and reducing the need for costly medical interventions. Considering the pandemic, classes have moved to a HIPAA secure virtual platform, with plans to offer some classes telephonically to reach those without access to technology. Individuals can search for and sign up for classes at www.yourjuniper.org Healthcare providers, care coordinators, and community professionals can submit secure online referrals for at-risk populations at the same site.

You can connect to the Arrowhead Area Agency on Aging in the way(s) that work for you.

Monthly Newsletter (you can opt out at any time)

<https://mailchi.mp/443b310e3424/holidays-hospice-and-help>

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Please free to contact our staff at any time (staff contact information is available on our website) or contact me directly and I will make sure that you are connected to the right staff person to meet your needs. We look forward to continuing our work supporting local government in their ongoing efforts to make our communities welcoming places for older adults to live, work, grow and thrive.

Sincerely,

Brenda Shafer-Pellinen (*she/her/hers*)

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