

# 2022 Annual Report



Central Minnesota Council on Aging  
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## Dementia Supports & Education

*Dementia describes a group of symptoms affecting thinking, memory, and social skills that interfere with daily life. For CMCOA, 2022 was a year of re-engagement and re-igniting the efforts of community grassroots efforts to provide awareness and education for those impacted by dementia.*

- ⇒ Worked with seven **Dementia Friendly Communities** as they reunited community members following the pandemic and continued their



- work to educate their communities on dementia and supports for those impacted by dementia.
- ⇒ Two members of the Community Development team became **Dementia Friendly Champion** trainers. As a result, 31 new Dementia Friendly Champions were trained in 2022.
- ⇒ Community Development staff were trained to lead **Dementia Friendly Dental Practice** training (a partnership with Dementia Friendly-Trellis and Minnesota Geriatric Workforce Enhancement Program). They provided training to two clinics with close to 50 individuals participating.
- ⇒ CMCOA provided dementia related education to **law enforcement** and **first responders**. There were 20 that participated.
- ⇒ By the end of 2022 there were six **Memory Cafés** up and running again in the CMCOA region.

For National Family Caregiver month, Eleanor Burkett, CMCOA Community Development Specialist, wrote an article for the Brainerd Dispatch that was also distributed throughout the region. The article, entitled ***Taking Care of the Caregiver***, provided a list of resources and tools to support and assist caregivers.

## The Year in Review

I am pleased to share with you the great work and achievements of the Central Minnesota Council on Aging (CMCOA) and our team of committed professionals. Our mission to maintain the highest level of independence for older people by developing and coordinating community care, reducing isolation, and improving access to services would not be possible without the hard work and dedication of our employees, volunteers, and Title III Provider Partners.

Every day, I witness the teamwork and commitment of our staff and partners as they provide critical services to older adults and caregivers. Their impactful work is truly humbling, and I am grateful to be able to express my appreciation to them for all they do.

This past year, Senior LinkAge Line® provided options counseling to thousands of older adults and families, helping to coordinate a wide range of essential services. Nearly 1 in 5 older adults in the 14-county region were reached with Older Americans Act services ranging from transportation, chore, homemaker, caregiver supports, meals, and much more. We also expanded food access in partnership with food shelves and culturally appropriate food access. In addition, we hosted listening sessions with LGBTQ+ and diverse individuals to better understand health and supportive services needs.

Moreover, CMCOA has been focused on addressing social isolation and loneliness by investing in the expansion of behavioral health supports. These efforts would not be possible without the tremendous support and collaboration of our community partners.

As we move forward, I am excited about all that we will continue to do to support older adults in our communities. Thank you for your continued support.



Lori Vrolson  
Executive Director

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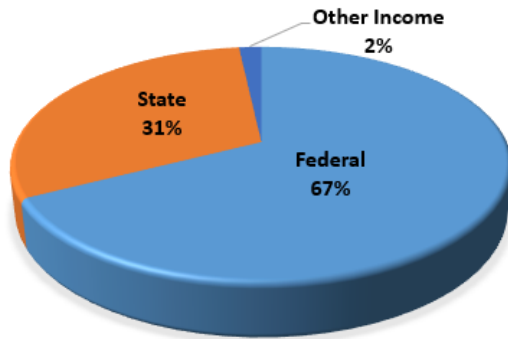
ASIAN AMERICAN  
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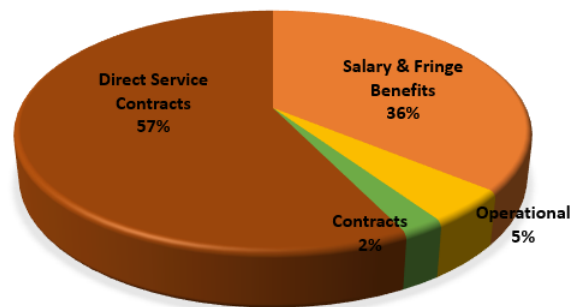


# Financial Summary 2022

2022 REVENUE \$6,661,471



2022 EXPENSES \$6,669,385



(based on unaudited figures)

## Support and Revenue

Federal	\$	4,492,044
State	\$	2,053,783
United Way of Central Minnesota	\$	59,000
County	\$	50,672
Other Income	\$	5,972
<b>Total Revenue</b>	<b>\$</b>	<b>6,661,471</b>

## Expenses

Salary & Fringe Benefits	\$	2,399,046
Operational	\$	303,791
Contracts	\$	150,695
<b>Direct Service Contracts</b>	<b>\$</b>	<b>3,815,853</b>
	<b>\$</b>	<b>6,669,385</b>
<b>Revenue over Expenses</b>	<b>\$</b>	<b>(7,914)</b>

## 2022 Older Americans Act Funding

Total Dollars Utilized: \$3.9 Million

Over 30,700 Older Adults and Caregivers Supported

20 Contracted Title III Federal Older Americans Act Service Providers

<b>Health Assessment</b> \$38,433 Older Adults 209 Hours 696	<b>Senior LinkAge Line Contacts</b> \$123,086 Clients 18,528 Contacts/calls 32,699	<b>Legal Assistance</b> \$148,347 Older Adults 939 Hours 3,061
<b>Home-Delivered Meals</b> \$2,409,164 Older Adults 5,449 Meals 430,495	<b>Congregate Meals</b> \$481,488 Older Adults 3,123 Meals 87,548	<b>Assisted Transportation</b> \$235,217 Older Adults 675 One-way trips 11,728
<b>Chore</b> \$74,314 Older Adults 290 Hours 2,793	<b>Homemaker</b> \$165,463 Older Adults 517 Hours 7,925	<b>Support Groups</b> \$10,705 Caregivers 61 Sessions 65
<b>Caregiver Consulting</b> \$102,107 Caregivers 232 Hours 1,695	<b>Caregiver Telephone Reassurance</b> \$7,553 Caregivers 42 Hours 296	<b>Respite</b> \$48,774 Caregivers 64 Hours 1,685
<b>Evidence-Based Programs</b> \$56,238 Older Adults 257 Series 64	<b>Telephone Reassurance</b> \$9,022 Older Adults 73 Calls 325	<b>Caregiver Information/Education</b> \$10,344 Caregivers 241 Sessions 20

## Title III Provider Partners

Organization	Amount Utilized
Mid-MN Legal Aid	\$148,347
Assumption Community Faith in Action	\$97,207
Paynesville ROSE Center	\$46,527
Faith in Action for Cass County	\$57,436
Whitney Senior Center	\$38,894
Lutheran Social Service	\$510,809
Family Pathways	\$176,461
CARE - Community Action Respecting Elders	\$28,482
Mille Lacs Band of Ojibwe	\$1,711
Wellness in the Woods	\$2,000

Organization	Amount Utilized
Kanabec County Public Health	\$38,433
Helping Hands Outreach	\$14,017
Horizon Health Faith in Action	\$88,895
Wright County Community Action	\$102,466
Catholic Charities Senior Nutrition	\$2,358,963
Parmly on the Lake, LLC (South Chisago Meals on Wheels)	\$40,117
Lakes & Pines CAC	\$19,668
Senior Community Services	\$38,933
Chisago AgeWell Coalition	\$2,426
Community Grass Roots Solutions	\$3,886

CMCOA focused outreach to spark interest in accessing services and Title III funding through diverse and underserved communities. Our Community Development team met with 25 agencies including those working with Native American tribal elders, East African-BIPOC, and Latino older adults.



Benton County Fair - August 2022

## Comments | Notes | Stats

*"Thank you for all your help, advice, and continued support over the past two years. You have always been a phone call away. I can't tell you how valuable and amazing you have been."*

*"It has been super, super pleasant talking with you. You made my whole month so far!"*

**"This call has been amazing!"**

*"Thank you for being so kind and easing my mind."*

*"Everything good that has happened has gone through your office."*

**Senior LinkAge Line staff gave 68 informational presentations**

**Senior LinkAge Line staff presented 25 *New to Medicare* classes**

*"Thank you again for talking to me regarding some of the issues I need to consider in my planning to move in with my mom in about a year in order to take better care of her."*

*"I am very thankful for the services of the Senior LinkAge Line. I had spent months and months spinning my wheels to try and get help, and now I am. Not only is there a light at the end of the tunnel, but there is hope."*

***"Thank you again. I appreciate it a ton!"***

*"I am so glad I called!"*

*"I appreciate your help with my grandfather, (name redacted), as we were able to get him in-home help and it's been working out well."*

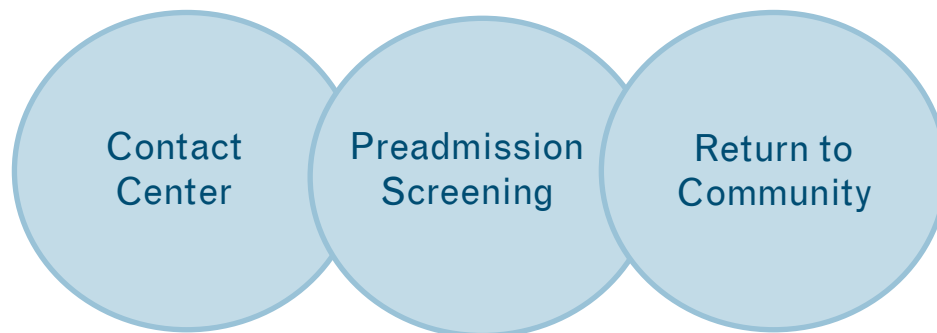
*"Thank you so much for the information and the time you took to listen to me today. I appreciated knowing there are caring professionals willing to help."*

*"You explain things I can understand."*

*"Everyone I have talked to has heard good things about you folks."*



## SENIOR LINKAGE LINE



Central Minnesota Council on Aging provides Senior LinkAge Line services in the 14-county central planning and service area, in partnership with the Minnesota Board on Aging.

During 2022, we assisted 18,528 individuals through 32,699 points of contact with older adults and caregivers providing information and resources on Medicare, housing, transportation, financial services, and other community supports. A total of 826 people were served from various minority groups.

The **Senior LinkAge Line Resource Specialists**, working within the Contact Center, locate services or research options to determine what kind of services might be helpful. In addition, they do an in-depth assessment and help navigate individuals to the appropriate community services.

The Return to Community staff, **Resource Coordinators**, assist nursing home residents who have complicated needs to return home, and individuals who are living in their home to remain there as long as possible. Resource Coordinators assisted 631 consumers to return to a community setting or remain in the community in 2022.

**Preadmission Screening Specialists (PAS)** guide individuals through a process to ensure it is appropriate for them to be placed into a long-term care facility.

- 5,891 screenings were received in 2022.
- PAS Specialists received 4,825 (82%) referrals with an estimated stay of less than 30 days.
- 438 follow-up calls were made to individuals who were discharged from long-term care facilities.

# 2022 Highlights



## Building Sustainability

Offering guidance to non-profit agencies, CMCOA provided a virtual training and discussion to engage state and federal grantees and smaller agencies titled *Building Your Organizational Sustainability*. The event included: discussion regarding funding streams and planning if those streams are no longer available; leadership and engagement (donors, board members, staff); ethical standards; and provided an introduction for a roadmap of sustainability. In addition, the Community Development team facilitated strategic planning discussion with community coalitions seeking guidance for the next steps in their work and mission.

## Vaccine Education

Continuing outreach for vaccine education in 2022 CMCOA collaborated with Community Grassroots Solutions in the St. Cloud region. Together we developed an educational flyer in both English and Somali.

## Social Determinants of Health

CMCOA, in partnership with the University of Minnesota's Center for Healthy Aging and Innovation offered a 3-hour virtual webinar on Social Determinates on Health and their impact on older adults. Over 500 registrants participated.

## Housing

Engaged community leaders looked into various ways to increase housing options for older adults through Accessory Dwelling Units. (ADUs) A partnership with AARP MN and Minnesota Association of Area Agencies on Aging (m4a) offered a statewide virtual presentation on ADUs. Close to 270 registrants participated.

## **Broadband: Access, Affordability, & Education**

Partnering with AARP MN, CMCOA offered a Broadband Access webinar. The event equipped local leaders and residents about how to participate and ensure the expansion of broadband expansion, in an equitable way, in their communities where people need access. The director of Community Broadband Networks at the Institute for Local Self-Reliance explained how broadband expansion works, new opportunities for funding, and how to bring projects to their communities. CMCOA and AARP representatives also discussed policy solutions and digital navigation skills for all residents to utilize high-speed internet where it exists.

## **Central MN Aging & Wellness Advocates**

The CMCOA Community Development staff along with a group of dynamic and passionate professionals from the central Minnesota region, make up the Central Minnesota Aging & Wellness Advocates leadership team. The team organized four quarterly events in 2022 for community members and professionals that included three virtual discussions and one hybrid summit. Over 160 attended these events. Topics included:

- Managing Money: A Caregiver's Guide to Finances
- Occupational and Social Wellness
- Community of Care: Dementia Resources
- Tools for Connecting with Those You Care For

## **Age-Friendly**

The Governor's appointed Age-Friendly Council included in their strategies and goals to offer support to communities and agencies as they develop projects, policies, and procedures. The CMCOA Community Development team provided outreach to inform communities and agencies working with Age-Friendly Initiatives and projects of upcoming grants to be available in 2023. CMCOA was awarded an Age-Friendly Technical Assistant grant to offer group technical assistance. In 2023 they will offer quarterly Community of Learning events for those that are working on Age-Friendly and Dementia Friendly projects and efforts.

In addition, through the Coalition to End Social Isolation, and guidance from Collective Action Labs, CMCOA will offer a half-day workshop for communities interested in starting similar efforts.

In 2022 CMCOA saw an increase of local community collaborations offering intergenerational technology classes/labs to older adults in the region. This involved senior communities working with school districts, community education, chambers of commerce, and city governments.

# Tackling Social Isolation Through Community Collaboration

*Loneliness and social isolation in older adults are serious public health risks affecting older adults and putting them at risk for dementia and other serious medical conditions. Through a United Way of Central Minnesota grant, CMCOA was able to offer various avenues to decrease isolation and increase social engagement.*

## Coalition to End Social Isolation

Through engagement and outreach, CMCOA started a **Coalition to End Social Isolation** in the St. Cloud area. Over 30 participants from various agencies within both the public and private sector joined. The group convenes monthly in conversations and data sharing to determine strategies that offer opportunities and activities for social participation. CMCOA is working with Collective Action Lab to gather community input and facilitate strategic conversations with the group to determine next steps for 2023 and beyond.

## Men's Shed

A **Men's Shed** is a welcoming place where men come together to share their interests with others, try new activities, or just sit and share conversation. This gives men the opportunity to improve their health and well-being through participation as a means of connecting with others. A Men's Shed was started in 2022 in the St. Cloud area. New members are always welcome.

## Robotic Pets

In 2022 CMCOA distributed over 60 robotic pets to older adults, and individuals with developmental, cognitive, and mental impairments. For some the pets can provide comfort and companionship. Fostering meaningful connections, the companions help reduce loneliness, isolation, and cognitive decline. This can promote well-being and improve quality of life.



The social isolation efforts generated state and national interest. Steve Hoover, PhD, CMCOA Healthy Aging Coordinator, was interviewed on **MPR Minnesota Now** to discuss older adults social isolation and physical activity. He also presented at several state and national conferences and events throughout the year.