



Classes & Presentations

Central Minnesota Council on Aging provides education and presentations to older adults, service providers, caregivers, community organizations, and employers. These are conducted by our Senior LinkAge Line staff, are available in-person or virtually, and are no cost. For more information or to request a presentation contact peggy@cmcoa.org. To find presentations that are currently being offered, go to the [CMCOA Events](#) page on our website.



How the Senior LinkAge Line Can Help You

The Senior LinkAge Line helps older adults and their families with a wide variety of aging issues. This class is offered to older adults and professionals. An overview of the Senior LinkAge Line and how the service can assist professionals, older adults, Medicare beneficiaries, and caregivers will be presented.

Return to Community

This service helps older adults return to a community setting after a nursing home stay. Return to Community can also help people living at home who are at risk of losing their independence. Learn how this service can help older adults live and thrive in the setting of their choice, along with basic information regarding Senior LinkAge Line.

Preadmission Screening

State and federal laws require a preadmission screening (PAS) be completed before a person can be admitted to a Medical Assistance-certified nursing facility. Learn more about the OBRA Level II criteria and an overview of PAS information.

Continued next page

Medicare 101

This two-hour class is for those who will be new to Medicare or would like to learn more about it. It is also available for professionals who are interested in seeking a better understanding of Medicare to use when working with their clients.

Medicare Fraud Awareness and Prevention

Detect scams targeting older adults, how to prevent fraud, and reporting Medicare fraud. Learn how to read and understand Medicare summary notices and other Medicare documents.

Medicare Open Enrollment

The Medicare annual open enrollment period is October 15 - December 7 of every year. Medicare beneficiaries can learn why it is important to review your health and drug plans every year, to make sure everything you need is still covered. Programs that can help with prescription drug costs and health care premiums and co-pays will also be discussed.



Community Development Presentation Topics



Central Minnesota Council on Aging empowers older adults, their caregivers, service providers, organizations, and employers through comprehensive education and presentations. As our lifespans extend, we must equip ourselves with the knowledge and skills to navigate the unique challenges of aging. Our Community Development team, comprised of seasoned experts in the field, offers their invaluable insights through engaging presentations, both in person and virtually, all at no cost.

For more information or to request a presentation, contact the Community Development Specialist in your area.

Natalie Matthewson natalie.matthewson@cmcoa.org	Chisago, Isanti, Kanabec, Mille Lacs, and Pine Counties
Melissa Lyon melissa.lyon@cmcoa.org	Cass, Crow Wing, Morrison, Todd, and Wadena Counties
Michelle Wiebe michelle.wiebe@cmcoa.org	Benton, Sherburne, Stearns, and Wright Counties

To find upcoming CMCOA events, visit our website at www.cmcoa.org

The Community Development team can help you determine a presentation and key topic areas that best suit your needs.

Age-Friendly Communities

As we live longer, healthier lives, the makeup of our communities is changing. By 2034, the United States population will be comprised of a greater proportion of older adults than children for the first time in history. These age-friendly community themes provide an overview of the age-friendly efforts in our area, state, and nation.

AARP Network of Age-Friendly States and Communities

Incorporating the 8 Domains of Livability, the AARP Network of Age-Friendly States and Communities Program is a tool that can help local leaders (both elected and engaged citizens) prepare and change their communities to become great places for everyone to live. This presentation provides an overview of the process to become an Age-Friendly community through the AARP Network.

Minnesota's Multisector Blueprint for Aging

Minnesota's Multisector Blueprint for Aging is a plan for the future that ensures all our residents are included, valued, and given equitable opportunities to thrive. The Blueprint was created in collaboration with nine state agencies, community members, and Tribal Governments. This session provides an overview of Minnesota's Multisector Blueprint for Aging and how to become engaged.

Dementia Education

Dementia Friends Champions

This training will equip you to facilitate Dementia Friends Information Sessions with community members. Participants in this training will teach their own participants the five key messages everyone should know about dementia and provide practical tips on how they and their fellow community members can make a difference in the lives of people living with dementia.

The Community Development Team can offer training for Dementia Friends Champions. If you are interested in a Dementia Friends Information Session, we can link you with a Dementia Friends Champion in your area.

Dementia Friendly at Work (Healthcare and Dental)

This 60–90-minute educational session teaches healthcare and dental workers how to create a safe and welcoming environment for people living with dementia. The training also covers how to identify early warning signs of Alzheimer's disease and how to communicate with patients.

Dementia Education for First Responders

This educational session teaches first responders, such as law enforcement, firefighters, and EMS staff, how to create a safe and welcoming environment for people living with dementia. The training also covers how to identify early warning signs of Alzheimer's disease and communicate during an emergency.

Caregivers and Caregiving

Caregiving and Caregiver Supports

With the increasing number of older adults, forecasts show there will not be enough paid staff to assist with community and/or residential-based services. According to AARP, Minnesota has an estimated 530,000 unpaid/family caregivers providing \$10 billion in economic value. How will we support the unpaid/family caregivers as they care for their loved ones and balance other areas of their lives, children, grandchildren, and jobs? This session addresses this issue and explores current programs available for support and what else is needed to support them as they care for their loved ones.

Caregivers in the Workforce

According to a report from the Minnesota Taskforce on Aging, in 2022, 19% of those 65 and older were in the workforce, compared with 11% in 1987. The fastest-growing segment of the U.S. workforce is workers aged 75 and older. By 2030 those 75 and older in the workforce are expected to grow by 96.5%. With the growing number of older adults remaining in or back into the workforce, we will inevitably see an increase in workers caring for a loved one. This session provides strategies and opportunities for employers to recruit and retain older adults in the workplace and ways to support staff as they juggle their workload with their own lives and care responsibilities.

Additional Aging Related Topics

Diversity of Our Aging Population

As we live longer, healthier lives, the demographic makeup of our population is changing, and we need to understand the implications of our communities growing older. The Community Development team can provide insights on the current and projected trends in our changing population. This may include towns and cities, counties, regions, our state, and our nation. Discussion of the challenges and opportunities associated with these changes and how they can affect various sectors of our society can be included.

CMCOA 2024 Needs Assessment Results

As part of the Central Minnesota Council on Aging's ongoing commitment to enhancing the lives of older adults in central Minnesota, we contracted with St. Cloud State University's Survey Center to survey older adults, older adult caregivers, and service providers within our 14-county area. This study offers critical insights into the evolving needs of our aging population. The findings from this needs assessment provide a vital foundation for planning and implementing the initiatives of elected officials, health and social service providers, and the community at large. The Community Development team can provide a summary or a deep dive into the results related to your work.

Ageism Affects Us All

If we are living, we are aging. Although everyone is aging, it is often viewed negatively. Ageism refers to stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) towards others or oneself based on age. Ageism is pervasive in our society and culture, affecting various aspects of our lives. The Community Development team aims to change the narrative on aging and ageism through strategic communication and awareness. By recognizing opportunities to promote positive views on aging, we can maximize the health and contributions of our communities' growing population of older adults.

Reframe Aging Minnesota

Based on the work of the National Center to Reframe Aging, advocates in Minnesota have taken up the challenge to change how we talk about aging. In daily conversations, we use framing to determine what to focus on and what is unsaid. Reframing aging provides skills to change how we talk about aging. We are all aging, and how we talk about it affects how we feel about ourselves and others.

Solo Agers

Solo Agers are older adults who are making decisions about their future independently and often live alone. An MPR news report in March 2024 states, "According to census data from 2022, there are more than 300,000 people over the age of 65 who live alone in Minnesota." With one in six Baby Boomers not having children, this can leave many without support as they age. This session offers data, strategies, and innovative programs that can help Solo Agers.

Benefits of Social Engagement and Connection

According to the Surgeon General's 2023 Report, individuals experiencing loneliness are associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. On the contrary, social connection can lead to a longer life with better health and well-being (CDC). The Community Development team can offer an overview of how the lack of social connections may be affecting older adults and caregivers who are experiencing social isolation and loneliness and discuss programs and strategies that Central Minnesota Council on Aging is developing and highlight innovative work that is happening with our partner agencies.