



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 Minnesota Aging Pathways staff and our Community Development team, and are available in-person or virtually, at no cost. Presentations that are currently being offered can be found on our website <https://cmcoa.org/upcoming-cmcoa-events/>.

For more information or to schedule a presentation:

Minnesota Aging Pathways topics

Contact Peggy Rieland, Minnesota Aging Pathways Contact Center Manager or call Minnesota Aging Pathways at 800-333-2433

Community Development topics

Contact the Community Development specialist in your area.

Specialist	Counties in region
<u>Natalie Matthewson</u>	Chisago, Isanti, Kanabec, Mille Lacs, Pine, Sherburne, and Wright
<u>Melissa Lyon</u>	Benton, Cass, Crow Wing, Morrison, Stearns, Todd, and Wadena

Presentations



How Minnesota Aging Pathways Can Help You

Minnesota Aging Pathways helps older Minnesotans and their caregivers find answers and connect to the services and support they need. We can help with Medicare, find prescription drug cost assistance, complete forms and applications, provide long-term care counseling, find resources in your community, connect people with caregiver support and much more.

- **For older adults and caregivers (30 minutes)** — Come learn how Minnesota Aging Pathways can help you and your family members.
- **For providers & counties (30 minutes)** — Come learn how Minnesota Aging Pathways can help you to help the older adults you serve.

New to Medicare (2 hours)

Medicare can be complicated, and if you're just getting started, it can seem very overwhelming. Minnesota Aging Pathways can help you learn all the basics - Medicare Parts A, B, C, D and more. And we will give you an overview of the Medicare.gov website so you can compare plans and choose the one that will be best for you.

Medicare 101 (1 hour)

Medicare can be complicated, but Minnesota Aging Pathways is here to help. Whether you've been on Medicare for a few years and just need a refresher, or you're brand new to Medicare, Medicare 101 will help you understand the basics so you can manage your health care options.

Changes to Medicare for 2025 (1 hour)

Medicare can be complicated, and it changes from year to year. Come learn about what's new in Medicare for 2025, so you can choose the best plan for your needs. This presentation is offered in the fall of each year during Medicare Open Enrollment.

Preventing fraud & scams (1 hour)

Fraud and scams are on the rise, with some scammers specifically targeting older adults. But there are ways you can protect yourself and your personal information. This presentation includes information about fraud prevention, and you'll learn how to detect and report fraud and scams, so you can keep your personal information and yourself safe.

Presentations



Money saving programs and services *(30 minutes)*

Learn about programs that can lower Medicare premiums, deductibles and out-of-pocket costs. Find out about who qualifies, how to apply for assistance and learn about program benefits. We'll also cover Medicare preventive services, like free screenings, vaccines and wellness visits.

Preadmission screening

A qualified health care professional must complete a preadmission screening (PAS) prior to admission to any Medicaid-certified nursing facility.

- **For hospitals & clinics** *(30 minutes)* — This presentation is for professionals who want to learn more about how and when to submit a PAS to Minnesota Aging Pathways for nursing facility admission.
- **For nursing facilities** *(30 minutes)* — This presentation is for professionals who want to learn more about how Minnesota Aging Pathways' PAS and level of care 90-day redetermination processes work, including how and when to submit a referral to Minnesota Aging Pathways.

Resource coordination *(30 minutes)*

Minnesota Aging Pathways assists older adults to remain in their homes or return to their home from a facility by providing free in-depth support. Resource coordination and ongoing follow-ups promote long-term success in the community, while offering guidance and support to family members and caregivers.

Minnesota Aging Pathways & Disability Hub MN *(1 hour and 30 minutes)*

Disability Hub MN is a free statewide resource network that helps people who have disabilities solve problems, navigate the health system and plan for their future. Minnesota Aging Pathways helps older Minnesotans and their caregivers find answers and connect to the services and support they need. Disability Hub MN and Minnesota Aging Pathways often work in partnership. Come learn more about how we can help you or the people you care for.



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 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	Chisago, Isanti, Kanabec, Mille Lacs, Pine, Sherburne, and Wright Counties
Melissa Lyon	Benton, Cass, Crow Wing, Morrison, Stearns, Todd, and Wadena 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.