



Arrowhead Area
Agency on Aging

SPRING 2010

AGING CONNECTION

Arrowhead Area Agency on Aging



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Arrowhead Area Agency on Aging

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Senior LinkAge Line®

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www.ardc.org

An equal opportunity employer

OLDER AMERICANS MONTH 2010 AGE STRONG! LIVE LONG!

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. The Arrowhead Area Agency on Aging is joining communities nationwide in celebrating this month.

This year's Older Americans Month theme—*Age Strong! Live Long!*—recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past.

Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans themselves are supporting each other. As the new generations of seniors become better educated and more financially secure than their predecessors, they are spending more time making significant contributions in their communities through civic and volunteer opportunities.

America's senior population is expected to number 71.5 million by 2030.

In fact, older Americans are a core component of service delivery to seniors—embodying and modeling the drive to *Age Strong! Live Long!* They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services.

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VOLUNTEERING

“Celebrating People in Action” was the theme of this April’s U.S. Administration on Aging (AoA) volunteer recognition. As the AoA press release says, this “is an opportunity to honor the ordinary people who accomplish extraordinary things by dedicating themselves to taking action and solving problems in their communities. Each day, across our great country, selfless people of all ages are performing countless acts of kindness on behalf of others – lifting them up with simple gestures of friendship that exemplify the American spirit.”

“Ordinary people who accomplish extraordinary things by dedicating themselves to taking action and solving problems in their communities” – we feel there are no more appropriate words to describe the volunteers to the Senior LinkAge Line® and other programs in the region. Volunteers make a difference – both for the people they help and in the work an agency does.

There are many ways to volunteer throughout the 7-county arrowhead region. Contact one of these agencies to learn about volunteer opportunities that serve and support the elderly.

- Volunteer Services of Carlton County, Inc. 218.879.9238
- Benedictine Health Center, Cheryl in the Volunteer office, 218.723.6405
- Elder Services Network, serving the quad cities and Mt. Iron on the Iron Range, 218.741.0415
- Senior LinkAge Line®, serving senior residents throughout the region, 800.333.2433
- Senior Connections, Superior WI, 715.394.3611
- United Way of Greater Duluth, 218.726.4794
- Community Partners in Two Harbors, 218.834.8024
- Arrowhead RSVP, 218.729.5509, ext. 111 and/or 218.249.2912 ext. 228
- ElderCircle RSVP, 218.999.5441
- Range Respite, 218.749.5051
- Harbor Centers, Duluth, 218.624.4949



VOLUNTEERS - How we meet the demands of the day - VOLUNTEERS

The State Health Insurance & Assistance Program, (SHIP) was created under Section 4360 of the Federal Omnibus Budget Reconciliation Act (OBRA) of 1990. It is a nationwide, mostly volunteer driven program. Federal and State governments could not financially support the staffing it would require to provide education, referrals and one-to-one information & assistance services to all of the Medicare consumers, their family members and caregivers. Volunteers are critical to the success of the SHIP Program.

Arrowhead Area Agency on Aging volunteers provided 1,566 hours of service in 2009. The monetary of these hours equals \$31,711.50. Volunteers however, are worth so much more. They are a vital part of the MinnesotaHelp Network™. The people they serve are grateful to have the opportunity and option to meet with a volunteer at a community site or in their home. Many of our consumers strongly desire to meet with representatives face-to-face and volunteers provide this critical link to services.

Volunteers:

- Provide face-to-face counseling and assistance across a large geographical area.
- Save precious resources by providing support near or in a client’s community.
- Become a known and trusted expert in their community and build rapport with residents and partner organizations.
- Hear about and pass along important information regarding employers’ health care coverage and health care provider information.
- Report issues for research and are often our first line of defense in detection and prevention of issues before they become problems.
- Are watch dogs for Medicare and health care fraud, waste and abuse and can help consumers to better protect themselves from becoming victims of crime.

CALENDAR OF EVENTS

Elder Services Network is sponsoring the
Range Community Senior Expo on
May 12, 2010
10:00 a.m.—2:00 p.m.
Range Recreation Civic Center—Eveleth, MN

Advisory Committee on Aging Meeting
May 11, 2010
June 8, 2010
12:30 p.m.
ARDC Conference Rooms—Duluth, MN

Grand Portage Health Fair
June 19, 2010
Grand Portage, MN

AEOA is sponsoring the
All-County Senior Carnival
June 23, 2010
9:00 a.m.—1:00 p.m.
Range Recreation Civic Center—Eveleth, MN

Introduction to Medicare
Presentation on Medicare and all its parts (A-D)
Elim Lutheran Church
6101 Cody Street
May 20, 2010
2:00 p.m.
For questions, please contact the
Senior LinkAge Line® at 1-800-333-2433

Learn about the Senior LinkAge Line®
Moose Lake Library, 313 Elm Avenue—Moose Lake, MN
May 12, 2010
11:00 a.m.—12:30 p.m.
For questions, please contact the
Senior LinkAge Line® at 1-800-333-2433

Core Body of Knowledge Training
For persons interested in becoming Certified State Health
Insurance & Assistance (SHIP) Counselors or obtaining
refresher training on one or more topics, the Senior
LinkAge Line® is providing a session on:
May 24- 26th at AEOA in Virginia, MN
For more information and to register, contact Marjori
Bottila at (218) 529-7538 or the Senior LinkAge Line® at
1-800-333-2433 ext. 81008.

On-Site Health Insurance Counseling

If you need help with Medicare or insurance paperwork,
please call **1-800-333-2433** for an appointment at one of these sites.

Aitkin County Senior Office—Aitkin, MN
Cook County Senior Center—Grand Marais, MN
ANGELS Office—McGregor, MN
Floodwood DAC—Floodwood, MN
Lake County—Silver Bay & Two Harbors, MN
AEOA—Virginia, MN
ARDC —Duluth, MN

Grand Itasca Hospital Patient Resource Center—Grand Rapids, MN
2nd Tuesday of each month

Cook City Hall Bldg—Cook, MN
4th Wednesday of each month

Northome City Library/Resource Center—Northome, MN
Call 218-897-5565 to set up an appointment.

Volunteer Services of Carlton County—Cloquet, MN
Every Thursday by appointment: call 218-879-9238



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Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

The annual commemoration of Older Americans Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that empower the elderly. Americans of all ages and backgrounds can volunteer with programs that improve health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities and community engagement, and more. Contact your local Area Agency on Aging by visiting www.eldercare.gov to find out what you can do to strengthen services for older Americans, this month and all year round. *Source: www.aaa.gov*

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Our volunteers are professionals who receive regular training and materials on current topics. Their knowledge of programs, patience and persistence make them valuable team members and consumer advocates.

Below is a recent quote and common sentiment from a grateful client who received assistance from one of our volunteers:

“Senior LinkAge Line® gave me the resources I needed to research. I will be forever grateful for meeting with my in-person representative. Kudos to her.”

To our volunteers: We appreciate you and the work you do to support consumers, educate the public and represent the Arrowhead Area Agency on Aging and Senior LinkAge Line®. Thank you for your time and efforts. We couldn't provide this level and range of service without you.



RETURN SERVICE REQUESTED



Arrowhead Area Agency on Aging
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