

Helping elders age successfully



METROPOLITAN
AREA AGENCY
on A·G·I·N·G

2008/2009 ANNUAL REPORT

VISION | A catalyst in building communities where elders live with dignity, mutual respect and shared responsibilities across generations and cultures.

MISSION | In partnerships with public and private organizations, MAAA helps elders age successfully by building community capacity, advocating for aging issues, maximizing service effectiveness and linking people with information.

HIGHLIGHTS

Dementia Projects Help Individuals and Families Facing Memory Loss

Improving quality of life for individuals and families facing memory loss by promoting earlier detection, diagnosis, disease education and community supports is an important priority of MAAA. With funding from the Minnesota Department of Human Services, project partners HealthEast and North Memorial hospitals screened more than 15,000 older patients through the Dementia Identification initiative. While 25% exhibited signs and symptoms, less than half had a dementia related diagnosis in their health records. The partners worked to include a memory loss screen in patients' electronic records and now these hospitals and their affiliated primary care clinics can more readily assist individuals with memory loss.

Through the follow-along Dementia Care Transitions efforts, the local Alzheimer's Association and Eldercare Partners provided caregiver support and education to help families cope with dementia. The Dementia Care Transitions project received the *Innovations in Aging* award at the national conference of Area Agencies on Aging in July 2009 for successfully helping individuals and their families to receive improved care and services across the provider spectrum.

Senior LinkAge Line® Linking People to Information

Senior LinkAge Line® specialists and health insurance counseling volunteers responded to 35,887 requests for assistance in 2008 and 37,116 in 2009. They helped seniors and family caregivers to navigate long-term services and supports and to understand health insurance, Medicare and prescription drug benefits.

MAAA offered 529 education events in 2008 and 752 in 2009, featuring the unbiased information that seniors need to make informed decisions. In partnership with senior centers, libraries and others, MAAA maintained 32 health insurance counseling sites and offered *Senior Surf Days* classes across the metro region. Volunteers contributed 2,518 hours of valuable service in 2008 and 4,799 in 2009.

The Senior LinkAge Line® is a collaboration of the Area Agencies on Aging and the Board on Aging and is available Monday – Friday at 1-800-333-2433.

2009 Older Americans Act and State Funding Awards

MAAA provided \$5,881,578 in 2009 to community partners for services to assist older adults and family caregivers through contracts and grants.

Caregiver Support/Respite Services: \$751,565

Provider	Service Area
Anoka County Senior Caregiver Network	Anoka
Arc Greater Twin Cities	7 County Metro
Catholic Charities	Hennepin-Scott-Carver-Ramsey
CLUES	Dakota-Ramsey-Washington
DARTS	7 County Metro
Elderberry Institute-Metro Caregiver Connections Collaborative	Ramsey-Hennepin
Elderberry Institute-Consumer Directed Service	7 County Metro
FamilyMeans	7 County Metro
Korean Service Center	7 County Metro
Strategic Alliance for Senior Services-Eldercare Partners	7 County Metro
Volunteers of America-Minnesota	Hennepin

Chore Services: \$535,115

(includes emergency funds awards of \$45,115 to chore providers for one-time expenses)

Provider	Service Area
Anoka County CAP Agency	Anoka
Scott-Carver-Dakota CAP Agency	Carver-Scott
City of Fridley	Fridley-Hilltop & Columbia Heights
Community Emergency Assistance Program	Brooklyn Center-Brooklyn Park-N Central Minneapolis
DARTS	Dakota
East Suburban Resources	Washington
Greater Minneapolis Council of Churches	SE Minneapolis
Merrick Community Services	West, South, SW St. Paul
Neighborhood Involvement Program	NW Minneapolis
Northwest Youth & Family Services	NW Ramsey County
St. Anthony Park Community Council	NW St. Paul
Senior Community Services	Hennepin Suburbs
TRUST	SW Minneapolis

Grocery Delivery Services: \$107,850

Provider	Service Area
Store to Door	7 County Metro
Jewish Community Center	Ramsey
Jewish Family & Children's Service	Hennepin

Health Promotion and Disease Prevention Services: \$140,658

Provider	Service Area
Amherst H. Wilder Foundation	Ramsey
Fairview Pharmacy Services	7 County Metro

Legal Services & Education: \$249,710

Provider	Service Area
Legal Aid Society of Minneapolis	Anoka-Hennepin
Southern Minnesota Regional Legal Services	Ramsey-Scott-Dakota-Carver-Washington

Senior Nutrition Services: \$3,350,844 *(includes equipment awards of \$108,986)*

Provider	Service Area
Presbyterian Homes-Creative Independence	Ramsey-Washington
Human Services, Inc.	Washington
Scott-Carver-Dakota CAP Agency	Scott-Carver-Dakota
Senior Services Consortium of Ramsey County	Ramsey
Volunteers of America-Minnesota	Hennepin-Anoka
Elderberry Institute	7 County Metro
Lao Advancement Organization of America	Hennepin

Special Access & Outreach Services: \$357,000

Provider	Service Area
Vietnamese Social Services	Hennepin-Ramsey-Dakota
Volunteers of America-Minnesota	Hennepin
Hmong American Partnership	Ramsey
Lao Assistance Center of Minnesota	Hennepin-Dakota-Scott
Brian Coyle Community Center	Hennepin
United Cambodian Association of Minnesota	Hennepin-Ramsey-Scott-Dakota
Catholic Charities of St. Paul	Ramsey-Hennepin

Transportation Coordination Services: \$388,836

Provider	Service Area
American Red Cross, Twin Cities Chapter	Ramsey
Senior Community Services	Hennepin
CLUES	Ramsey
Roseville Area Senior Transportation	Ramsey
PRISM	Hennepin-Ramsey
Jewish Community Center	Ramsey

FINANCIAL SUMMARY

	2008	2009
Support & Revenue		
Grant & Contract Revenues	\$9,308,718	\$8,513,423
Contributions	\$1,159,073	\$611,788
Other Revenue	\$75,618	\$111,531
Investment Income	\$7,094	\$14,210
TOTAL REVENUE	\$10,550,503	\$9,250,952
Expenses		
Nutrition Services	\$3,264,737	\$2,914,774
Supportive Services	\$3,036,470	\$2,936,702
Administrative, Grant Making & Community Development	\$1,218,644	\$1,377,305
Caregiver Support	\$856,626	\$860,816
Other	\$1,798,765	\$1,332,786
TOTAL EXPENSES	\$10,175,242	\$9,422,383
Revenue over Expense	\$375,261	(\$171,431)
Fund Balance	\$670,560	\$295,299

Evidence-Based Health Promotion: *It's a Matter of Balance*



Nonagenarian Betty Lange improves her strength, endurance and outlook.

MAAA and its community partners expanded the availability of two nationally recognized evidence-based health promotion programs. *Matter of Balance: Managing Concerns About Falls* is proven to reduce the fear of falling and increase activity levels of older adults who have participated in the program. *EnhanceFitness®* is a physical activity that improves older adult participants' individual strength, balance and endurance.

MAAA and its partners UCare, Wilder Community Services for the Elderly and Senior Community Services trained 25 *Matter of Balance* coaches in 2009 for classes scheduled in 2010. The partners also trained new *Enhance Fitness®* instructors and established 11 *Enhance Fitness®* physical activity programs in the metro area. Funding for this activity comes from the federal Administration on Aging.

MESSAGE FROM THE CHAIR



The 2008-2009 report condenses two years of activity into a succinct overview of our major contributions to the community—as a funder, program developer and provider of Senior LinkAge Line® services.

Federal and state policy heavily influenced our program development during this period. Growing interest in evidence-based health promotion and chronic disease management, coupled with innovative approaches to help people make decisions about care, continues to yield new grant resources for MAAA and our partners.

We've been pleased to support development of fitness and falls prevention services, evidence-based caregiver support and practice-change initiatives focused on risk management. In an era of health care reform, these efforts demonstrate that the local network can deliver important innovations at the community level. We will continue to engage in proven models that help older adults live healthier, independent lives.

As the significance of community and changing demography converge, MAAA will build on our Communities for a Lifetime research and education activities. We look forward to partnering with the Vital Aging Network in 2010 to support older adult leaders in community planning initiatives.

Please contact me or any board or staff member for additional information.

B. Jan McCulloch, Ph.D.
Chair, Board of Directors

EXECUTIVE DIRECTOR
Dawn Simonson

ASSOCIATE DIRECTOR
Bob Anderson

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MAAA is a nonprofit steward of Older Americans Act resources, as well as:

- a community collaborator and advocate
- a community information and resource bridge for seniors and caregivers
- a community resource agency that strives to help older adults maintain their independence within communities.