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2020 is upon us and the new year always ushers in plenty of change! This year Minnesota is full of positive change for those of us who wish to live our later years in Minnesota. Governor Tim Walz recently signed an Executive Order (Order 19-38) declaring Minnesota an Age Friendly State. Minnesota joined the AARP Livable Communities Age Friendly list with Colorado, Florida, Maine, Massachusetts, Michigan, New York and the US Virgin Islands. This means that Minnesota’s leadership has committed to actively work toward making the state a great place to live for people of all ages. Signing the executive order is just one step in the process, there is still a lot of work to be done and we can all help out as the state looks to improve the lives of those who are getting older statewide, and the demographics of our state are certainly starting to reflect an older population. According to the data collected by the Minnesota Demographic Center, in 2020 Minnesota will have more residents 65 and over than under 18 for the first time in history.

Age-Friendly communities are inclusive and considerate of the perspectives of all residents, of all ages, and all persuasions. Age-Friendly communities encourage and benefit from diverse citizen engagement by including residents in a process to identify the community’s needs, and develop and implement an action plan to address those needs. Any town, city or county can become an age friendly community – to support the work of the state of Minnesota, in fact we already have a few in the state including Alexandria, Hennepin County, Maple Grove, Minneapolis and Northfield. To read their age friendly plans visit this link. https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html.

Becoming an Age Friendly State within AARP’s network involves following a multi-step process of improvement including development of age-friendly action plan. Governor Walz is forming a new counsel called “The Governor’s Council on Age-Friendly Minnesota”. The Minnesota Association of Area Agencies on Aging (M4A) is supporting the application of Jason Swanson from the Minnesota River Area Agency on Aging to the council. To read the order, please see the following link, https://mn.gov/governor/assets/2019_12_11_EO_19-38_tcm1055-412925.pdf. For more information on Age Friendly communities visit AARP https://www.aarp.org/livable-communities/network-age-friendly-communities/. If you live in the Arrowhead region and are interested in becoming an Age Friendly community, please inquire with us at aaaainfo@ardc.org.

Kristi Kane
DIVISION DIRECTOR
ARROWHEAD AREA AGENCY ON AGING
On October 24, 2019, we honored the 50th anniversary of ARDC in the Moorish Room at Greysolon Plaza. We welcomed over 100 attendees to the luncheon. Susan Brower, the State Demographer, provided the keynote address.
2019 Overview

Juniper delivers programs to help adults manage chronic health conditions, prevent falls, and foster well-being. If you are coping with high blood pressure, heart disease, COPD, arthritis, diabetes or other chronic conditions, Juniper can support your efforts to live life as fully and independently as possible.

Juniper had a total success of delivering 99 total completed workshops this year for our participants in the Arrowhead region! Our Service Delivery Organizations (SDOs), on the y-axis of the graph, and class Leaders have given their all in making this possible and delivering a service that benefits the northern region in more ways than one.

Currently, Juniper has a total of 30 workshops scheduled to start after January of 2020 in the Arrowhead region. Our SDOs and class Leaders are excited to plan and announce these classes to the community. As you can see in the graph, there are plentiful of various workshops that are in the works for the community to look forward to.

If yourself or someone you know may be interested in taking these workshops, please make a referral by visiting our website yourjuniper.org.
SCRUBS CAMP

August 4-5, 2020, will mark the inaugural Iron Range SCRUBS Camp at Hibbing Community College. For those of you who are unacquainted, SCRUBS Camps are hands on health science career experience camps that focus on immersive experiences from field trips to clinical settings to hands-on activities and are geared toward secondary students. The Iron Range SCRUBS Camp will focus on high school age students. The school districts involved include Chisholm, Eveleth-Gilbert, Hibbing, Mt. Iron-Buhl, St. Louis County Schools, Virginia, and those districts part of the Itasca Area School Collaborative (Nashwauk-Keewatin, Greenway, Grand Rapids, Bigfork, Deer River, Floodwood, Hill City, and Northland Community School). Our region has seen substantial growth in the development of career academies and career tracks within the high schools. SCRUBS Camps follow in that vein by offering an additional career exploration experience.

You may ask what the Arrowhead Area Agency on Aging has to do with developing the health care workforce? A major role of our agency is to look at service gaps and unaddressed issues impacting the older population in our region and strategize how to bring individuals and organizations to the table across the sectors to address those needs. One area of focus is workforce and education, including careers in aging services and supporting informal caregivers in the workforce. Have had an active role both in locating the new camp in our region and developing programming that supports the workforce needs of employers. The largest and fastest growing industry in our region, now and into the future, is expected to be health care and social assistance. According to the Minnesota Department of Employment and Economic Development (DEED) Occupations in Demand tool, there are nearly 500 occupations in demand (OID) in our region, including Personal Care Aides, Home Health Aides, Nursing Assistants, Registered Nurses, Licensed Practical & Licensed Vocational Nurses, Emergency Medical Technicians & Paramedics, Radiologic Technologists, Nurse Practitioners, Medical & Health Services Managers, Family & General Practitioners, Internists, Pharmacy Technicians and Physical Therapists. Many of these positions are within the long-term support and service sector providing assistance to older adults to allow them to remain in their homes as long as possible and, if needed, transition to other housing options located in their communities to access higher level care in assisted living or skilled nursing facilities across the region.

SCRUBS Camps operate under HealthForce, one of the eight Centers of Excellence of the Minnesota State system (30 state colleges and 7 universities with 54 campuses throughout the state). The goal of HealthForce Minnesota is to “lead the way in transforming education and advancing practice to meet MN’s healthcare workforce needs.” SCRUBS Camps aim to get students excited and motivated to pursue a career in the health sciences with an eye toward completing the necessary steps to prepare for that potential career. In 2019, SCRUBS Camps hosted 1,004 students who were interested in learning more about health science careers at 15 Camps across the state (with 20 Camps scheduled for 2020.) 80% of those students were high school students with the remaining 20% middle school aged. 95% of 2019 participants reported planning to attend a four-year institution and 96% reported planning to pursue a career in health science.

In the future, HealthForce Minnesota hopes to create more of a workforce pipeline by creating opportunities for alumni who have gone on to post-secondary schooling and entered the workforce to serve as mentors to current campers. Additionally, they hope to gather and further analyze data regarding the Camp’s impact on students and their eventual chosen career paths. We are excited to play a part in bringing this exciting opportunity to students in our region and to help support the staffing needs of the providers in the Arrowhead.
CENSUS DO'S AND DON'TS

Over two hundred years ago, the first United States Census took place. At that time, there were roughly four million people; today the population has increased to roughly 329 million people. The Census takes place every decennial, which means the next Census will occur in 2020. We’re hearing a lot of talk about the importance of the Census and why an accurate count is important.

The Census, at its highest level, informs us how many people currently live in the nation. Equally important, the Census is tied to funding for nonprofits and government agencies. This funding supports Medicaid, highways, low-income households, rural communities, older adults and caregivers, to name a few. It also ensures that we have the appropriate representation in our government. That’s why it’s so important to get an accurate count.

Census Day is observed nationwide on April 1. By this date, every home will have received an invitation to participate in the 2020 Census. You should respond to the invitation in one of three ways: online, by phone, or by mail (most contact is by mail).

AAAA is asking you today to educate your communities and to consider recruiting volunteer to assist older people in your area who may be overwhelmed or require help to fill out the census.

DO

• Do verify that a census taker who comes to your home is legitimate. They should have a Census Bureau photo ID badge (with a Department of Commerce watermark and an expiration date) and a copy of the letter the bureau sent you. You can also search for an agent’s name in the Census Bureau’s online staff directory.
• Do confirm the questionnaire you’ve received is on the Census Bureau’s official list of household surveys.
• Do check that a census mailing has the National Processing Center in Jeffersonville, IN return address. If it’s from somewhere else, it’s not from the Census Bureau.

DON'T

• Don’t give your Social Security number, mother’s maiden name, or bank/credit card numbers to someone claiming to be from the Census Bureau. Genuine census representatives will not ask for this information.
• Don’t reply, click links, or open attachments in a suspicious census email. Forward the message to ois.fraud.reporting@census.gov.
• Don’t trust caller ID — scammers can use “spoofing” tools to make it appear they’re calling from the Census Bureau. Call the National Processing Center at 800-523-3205 or 800- 877-8339 (TDD/TTY) to verify the phone survey is legitimate.

For more information about the 2020 United States Census or if you have questions, visit 2020census.gov. The Census Bureau website also includes a page on fraud and how to spot census scams by mail, phone, email and home visit. Shape your future and get counted!

HELLO!

Congratulations to our 2020 Advisory Committee on Aging officers; Pat Eliaisen, Chair; Aileen DeMenge, Co-chair; Anne Varda, Secretary; and Pam Franklin, Commission Representative.

GOODBYE!

Alicia Arnold and Lori Larson, temporary Information and Assistance Specialist, with the Senior LinkAge Line to support Medicare Open Enrollment.

Thomas Barratt, for completing his second term on the Advisory Committee on Aging. Thank you, Tom!

2020 ADVISORY COMMITTEE ON AGING

Kathleen Gates
Aileen DeMenge
Cheryl Blue
Pat Eliaisen
Pam Franklin Commission Rep./St. Louis County
Esther Gieschen
Marcia Grahek
Robert Hensley
Taylor Holm
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Chair/Cook County
Carlton County
St. Louis County
Lake County
Itasca County
Koochiching County
Secretary/St. Louis County

Happy Holidays!

from
The Arrowhead Area Agency on Aging

December 2019
The census counts every generation.

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

Responding is important.
The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than $675 billion in federal funds for states and communities each year. That includes money for things like:

- First responders
- Medicare Part B
- Supportive Housing for the Elderly Program
- Libraries and community centers
- Supplemental Nutrition Assistance Program (SNAP)
- Senior Community Service Employment Program

Responding is easy.
Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

Responding is safe.
Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

For more information, visit: 2020CENSUS.GOV

Shape your future START HERE >

United States Census 2020