

American Indian Elder

Community Resource Guide 2004





INDIAN ELDER DESK

Networks to provide greater access to services

Call 1-800-882-6262

TDD/TTY users please call 1-800-627-3529 and ask for the phone number listed above.

The Indian Elder Desk focuses on:

- ✕ Building awareness of and improving accessibility to services for American Indian Elders.
- ✕ Training and educating American Indian Elders and their communities about aging programs. The Indian Elder Desk tries to weave a web of support for Indian Elders using a variety of resources including national, tribal, state and regional.
- ✕ Providing information about available Indian and non-Indian resources for the aging, including the "American Indian Elder-Community Resource Guide."
- ✕ Partnering with American Indian communities in Minnesota by developing "Wisdom Steps," a preventative health program for American Indian Elders. This program encourages elders to take simple steps to improve their health. It focuses on health screenings, health education, and healthy living activities and develops model projects in each area.
 - "Health Screening Project" invites Elders to get annual and periodic health screenings. Elders are encouraged to visit with their health professionals to better understand their health screening results prior to setting their personal health goal.
 - "Medicine Talk" addresses better communication between elders and health professionals and encourages the review of traditional, prescription and over-the-counter medicine usage.
 - "Medicare in American Indian Community" provides education about Medicare and seeks to identify Medicare eligible elders and assist them with applications and enrollment for programs.
 - "Arthritis Education" is a new model project being developed to provide educational training and outreach to Elders. Health literacy issues are being addressed as part of this effort.
 - "We Walk Many Together" promotes participation in walking and exercise programs.

TABLE OF CONTENTS

AMERICAN INDIAN INFORMATION

Reservations Map/Contract Health Services Delivery Area	5
Service Areas	6
American Indian Aging, Community Resources ...	7
Tribal Government Leaders, Ojibwe and Dakota	8
Minnesota Indian Affairs Council, Urban Advisory Council.....	9
National Indian Council on Aging: www.nicoa.org.....	10
National Resource Center on Native American Aging: www.med.und.nodak.edu/depts/rural/nrcnaa/....	11
Tribal Health Directors	12
Tribal Mental Health Services	13
Indian Health Service Units	15
Tribal Social Services Directors	16
American Indian Advisory Council on Chemical Health.....	17
Urban Indian Elder Services and Agencies	18
Elderly Nutrition Center Contacts	19
Wisdom Steps: www.wisdomsteps.org	20
Woodlands Wisdom: http://www.woodlandswisdom.org	25

GENERAL INFORMATION

Senior Linkage Line®, Service Area Map: www.minnesotahelp.info	28
---	----

Area Agencies on Aging.....	29
A.A.R.P. 55 Alive, Mature Driving Program: www.aarp.org	31
Alzheimer's Association: www.alz.org	33
American Heart Association: www.americanheart.org	35
Arthritis: www.arthritis.org	36
County Human Services Agencies.....	37
Deaf and Hard of Hearing: Regional Service Locations: www.dhs.state.mn.us/healthcare	43
Department of Human Services, Alternative Care Program.....	45
Department of Human Services, Elderly Waiver Program	46
Diabetes: www.diabetes.org	47
Equipment Loan Program, Goodwill/Easter Seals of Minnesota.....	48
Foster Grandparent Program: www.seniorcorps.org/joining/fgp	49
Medicare: Important Phone Numbers	50
Minnesota Area Geriatric Education Centers: www.hsr.umn.edu/coa/MAGEC	51
Minnesota Association of Centers for Independent Living: www.macil.org.....	54
Minnesota Department of Public Safety: Disability Parking: motor.vehicles@state.mn.us	56
Minnesota Donated Dental Services: www.nfdh.org.....	58

GENERAL INFORMATION CONTINUED

Minnesota Extension Services:
www.extension.umn.edu59

Minnesota Health Insurance Counseling
Programs60

MinnesotaHelp.info62

Minnesota Kinship Caregivers Association:
http://www.mkca.org63

Minnesota Legal Services Coalition:
www.mnlegalservices.org64

Minnesota’s Prescription Drug Program:
www.dhs.state.mn.us/healthcare70

Minnesota State Services for the Blind:
http://www.mnssb.org/seniors/72

Office of Ombudsman for Older Minnesotans74

Pension Rights Project:
http://front.mnsseniors.org/prp/umprp.html.....78

Qualified Individual Beneficiary (QB):
www.dhs.state.mn.us/healthcare79

Qualified Medicare Beneficiary (QMB):
www.dhs.state.mn.us/healthcare.....81

Specified Low-Income Beneficiary Programs
(SLMB): www.dhs.state.mn.us/healthcare.....83

Senior Corps, Senior Companion Program:
http://www.seniorcorps.org/joining/scp85

Senior Linkage Line®:
www.minnesotahelp.info86

Shriners Hospital:
http://www.shrinershq.org/shc/twincities/88

Social Security Administration/Field Offices89

Social Security Administration’s American Indian
and Alaska Natives (AIAN) Website:
http://www.ssa.gov/
pressoffice/factsheets/amerindian.htm.....91

Telephone Equipment Distribution Program:
www.dhs.state.mn.us/ecs/ted/92

Telephone Bills Help.....94

Veterans Administration:
www.mdva.state.mn.us95

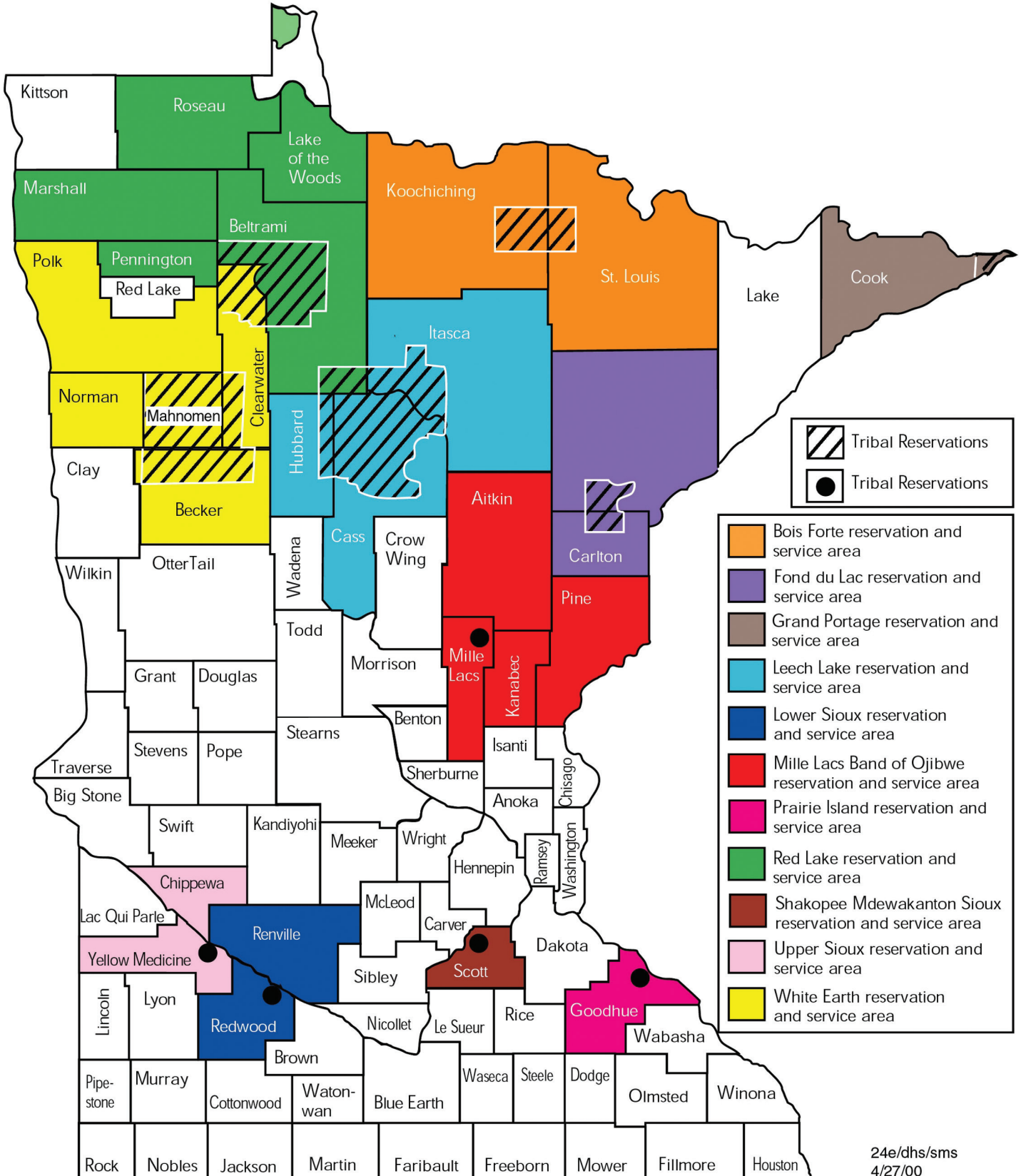
Vision Loss Resources:
www.visionlossresources.org99

Vulnerable Adults Protective Services Unit101

Web Resources102

AMERICAN INDIAN INFORMATION

Reservation Map/Contract Health Service Delivery Area



24e/dhs/sms
4/27/00

1. Parts of Beltrami are within both Red Lake and Leech Lake CHSDA
2. Parts of Clearwater are within both Red Lake and White Earth CHSDA
3. Parts of Polk are within both Red Lake and White Earth CHSDA

SERVICE AREAS

<u>RESERVATION/URBAN AREA</u>	<u>AREA ON AGING</u>	<u>COUNTIES SERVED</u>
Bois Forte	Arrowhead – 3 MN Indian – 12	St. Louis, Koochiching
Duluth	Arrowhead – 3	St. Louis
Fond du Lac	Arrowhead – 3	Carlton, St. Louis
Grand Portage	Arrowhead – 3 MN Indian – 12	Cook
Leech Lake	MN Indian – 12 Headwaters – 1 and 2 Central MN COA Arrowhead – 3	Beltrami Cass Hubbard Itasca
Lower Sioux	Southwest – 8	Redwood
Mille Lacs (District I)	East Central – 7E	Crow Wing, Mille Lacs, Morrison
(District II)	Arrowhead – 3	Aitkin
(District III)	East Central – 7E	Pine
Minneapolis	Metropolitan – 11	Hennepin
Prairie Island	Southeastern – 10	Goodhue
Red Lake	Headwaters – 1 and 2	Beltrami, Clearwater
Shakopee Mdewakanton	Metropolitan – 11	Scott
St. Paul	Metropolitan – 11	Ramsey
Upper Sioux	Upper Valley – 6W	Chippewa, Yellow Medicine
White Earth	Headwaters – 2 West Central – 4 MN Indian – 12	Mahnomen Becker Clearwater

Minnesota Board on Aging
Indian Elder Desk
(651) 297-5458 or 1-800-882-6262

AMERICAN INDIAN AGING COMMUNITY RESOURCES

NATIONAL

Federal Indian Desk
Administration on Aging
Room 4257 Cohen Building
330 Independence Avenue SW
Washington, DC 20201

1-202-357-3501
www.aoa.gov

Indian Health Services Elder Care Initiative
45 Vernon Street
Northampton, MA 01060

1-413-584-0790
bruce.finke@mail.ihs.gov

National Indian Council on Aging
10501 Montgomery Blvd. NE
Suite 210
Albuquerque, New Mexico 87111

1-505-292-2001
www.nicoa.org

National Resource Center on Native American Aging
University of North Dakota
P.O. Box 9037
Grand Forks, North Dakota 58202-9037

1-800-896-7628
www.med.und.nodak.edu/depts/rural//nrcnaa
alan_allery@und.nodak.edu

STATE

Indian Elder Desk
MN Board on Aging
444 Lafayette Road
St. Paul, MN 55155-3843

1-800-882-6262
1-651-297-5458
www.wisdomsteps.org
www.mnaging.org
mary.snobl@state.mn.us

REGIONAL

Minnesota Chippewa Tribe Indian Area Agency on Aging
P.O. Box 217
Cass Lake, MN 56633

1-888-231-7886
1-218-335-8585
mctapm@paulbunyan.net

MN TRIBAL GOVERNMENT LEADERS

OJIBWE

Chairman Kevin Leecy
Bois Forte Tribal Council
P.O. Box 16
Nett Lake, MN 55772
1-800-221-8129
1-218-757-3261

Chairman Peter Defoe
Fond du Lac Tribal Council
1720 Big Lake Road
Cloquet, MN 55720
1-800-442-3909
1-218-879-4593

Chairman Norman Deschampe
Grand Portage Tribal Council
P.O. Box 428
Grand Portage, MN 55605
1-218-475-2279

Chairman George Goggeye
Leech Lake Tribal Council
RR 3, Box 100
Cass Lake, MN 56633
1-800-711-0433
1-218-335-8200

Chief Executive Melanie Benjamin
Mille Lacs Band of Ojibwe
43408 Oodena Drive
Onamia, MN 56359
1-800-709-6445
1-320-532-4181

Chairman George King
Red Lake Tribal Council
P.O. Box 550
Red Lake, MN 56671

Chairperson Dr. Erma Vizenor
White Earth Tribal Council
P.O. Box 418
White Earth, MN 56591
1-218-983-3285

DAKOTA

Chairperson Ann Larsen
Lower Sioux Community
RR #1, P.O. Box 308
Morton, MN 56270-0308
1-507-697-6185

Doreen Hagen, President
Prairie Island Tribal Council
1158 Island Blvd.
Welch, MN 55089
1-651-385-2554

Chairman Stanley Crooks
Shakopee-Mdewakanton Comm.
2330 Sioux Trail NW
Prior Lake, MN 55372
1-952-445-8700

Chairperson Helen Blue Redner
Upper Sioux Community
P.O. Box 147
Granite Falls, MN 56241
1-320-564-3853

MINNESOTA INDIAN AFFAIRS COUNCIL

Urban Indian Advisory Council

The Urban Indian Advisory Council (UIAC) is appointed by the Minnesota Indian Affairs Council (MIAC) Board of Directors and is an active subcommittee of the Indian Affairs Council. The purpose of the UIAC is to advise the Board on the unique problems and concerns of Minnesota Indians who reside in urban areas within the state. The composition of the UIAC shall be six Indians enrolled in Minnesota-based tribes and at least one member shall reside in the vicinity of Minneapolis, St. Paul, Bemidji, and Duluth. The UIAC meets every other month in various urban areas.

BEMIDJI REPRESENTATIVE:

This position is currently vacant

Term: 7/2002 – 1/2/06

ST. PAUL REPRESENTATIVE

This position is currently vacant

Term: 1/2/06

DULUTH REPRESENTATIVE:

John Day, Chair
UMD Department of Social Work
American Indian Projects
220 Bohannon Hall
Duluth, MN 55812
Phone: 218-726-7971
Fax: 218-726-8019
E-mail: jday@d.umn.edu
Term: 3/2002 – 1/1/07

ST. PAUL REPRESENTATIVE

Robert Desjarlait
Ain Dah Yung Center
1089 Portland Avenue
St. Paul, MN 55104
Phone: 651-793-8946
Fax: 651-771-4929
E-mail: redlakeogitchida@msn.com

MINNEAPOLIS REPRESENTATIVE:

Dr. Lee Antell, Vice-chair
Executive Director
American Indian OIC
1845 East Franklin Ave
Minneapolis, MN 55404
Phone: 612-341-3358, ext. 147
Fax: 612-341-3766
E-mail: lee2@aioic.org
Term: 8/19/03 – 1/1/07

MINNEAPOLIS REPRESENTATIVE:

Ryan O'Leary, Secretary
5205 Bloomington Avenue South
Minneapolis, MN 55417
Phone: (612) 729-3113
E-mail: olerya@bethel.edu
Term: 8/19/03 – 1/2/06



NATIONAL INDIAN COUNCIL ON AGING

10501 MONTGOMERY BLVD. NE, SUITE 210

ALBUQUERQUE, NM 87111-3846

Telephone: (505) 292-2001



Formed by a group of tribal chairmen in 1976, the National Indian Council on Aging (NICOA) has served as the nation's foremost non-profit advocate for the nation's (est.) 296,000 American Indian and Alaska Native elders. NICOA strives to better the lives of the nation's indigenous seniors through advocacy, employment training, dissemination of information, and data support.

For more information, please visit the website at:

<http://www.nicoa.org/>

NATIONAL RESOURCE CENTER ON NATIVE AMERICAN AGING



Center for Rural Health
School of Medicine & Health Sciences

P.O. Box 9037, Grand Forks, ND 58202-9037
Tel: (701) 777-3848 • Fax: (701) 777-6779
Toll Free: 800-896-7628

Center for Rural Health
School of Medicine & Health Sciences

Native American elders often share needs that are taken for granted by other elder populations. Services to address these needs remain unavailable, underdeveloped or unaccessible. The elderly native people comprise a rapidly growing population in the United States. Dramatic changes in the health care system need to occur in order to empower, enhance and preserve the vital resources embraced by the Native American elders.

Empowerment of Native American leaders and service providers is crucial to the elder's health and well being. The ability to provide high quality services while maintaining the individual's cultural values, stands to enhance the elder's self-perception, worth and dignity.

The National Resource Center on Native American Aging was established in 1994 at the University of North Dakota (UND) in Grand Forks. The resource center is a collaboration between the UND Office of American Indian Student Services (formerly the Office of Native American Programs) and the UND Center for Rural Health. With one of the nation's largest enrollments of Native American students, the University of North Dakota has a long-standing tradition of service to Native Americans. Governed by a culturally-sensitive staff and national steering committee, the resource center continues this tradition of leadership and service to Native Americans and their communities.

As a result of a Cooperative Agreement with the Administration on Aging, United States Department of Health and Human Services, the resource center's purpose is to work closely with the local service providers throughout the nation to address the needs of American Indian, Alaskan Native and Native Hawaiian elders.

TRIBAL HEALTH DIRECTORS

Jeneal Goggleye, Tribal Health Director
Bois Forte Band - MN Chippewa Tribe
13071 Nett Lake Road
Nett Lake, MN 55772
218-757-3295 / 218-757-0222
terim@rangenet.com

Phil Norrgard, Tribal Health Director
Fond du Lac Social Services Department
Min No Aya Win Clinic
927 Trettle Lane
Cloquet, MN 55720
218-879-1227 / 218-879-8378
philnorrard@fdlrez.com

Grace Bushard, Tribal Health Director
Chippewa Tribe of Grand Portage, MN
P.O. Box 428 (62 Upper Road)
Grand Portage, MN 55605
218-475-2235 / 218-475-2261
graceb@grandportage.com

Dr. Vincent Tookenay, Director
Health Division
Leech Lake Band of Ojibwe
6530 U.S. Hwy 2 NW, Route 3, Box 100
Cass Lake, MN 56633
218-335-4500 / 218-335-8219
vftookenaymd@llojibwehealth.com

Teri Schemmel, Health Director
Lower Sioux Community Council
P.O. Box 308, Rt 1
Morton, MN 56270
507-697-6185 / 507-637-4380
vernell-wabasha@hotmail.com

James Pete, Tribal Health Director
Mille Lacs Band of Ojibwe
43500 Migizi Drive
Onamia, MN 56359
320-532-4163 / 320-532-4354
guyaushk@aol.com

Arlene Mossefin, Family Services Manager
Prairie Island Community
1158 Island Blvd
Welch, MN 55089
651-385-2939 / 651-385-4183
amossefin@piic.org

Oran Beaulieu, Tribal Health Director
Red Lake Chippewa
P.O. Box 249
Red Lake, MN 56671
218-679-3316 / 218-679-3990
rlchs@paulbunyan.net

Melanie Dunlap, Tribal Health Director
Shakopee Mdewakanton Sioux Community
2330 Sioux Trail NW
Prior Lake, MN 55372
952-445-8900 / 952-445-8906
health@shakopeedakota.org

Pat Blue, Tribal Health Director
Upper Sioux Community
P.O. Box 147
Granite Falls, MN 56421
320-564-2360 Ext. 6305 / 320-564-2550
pat@uppersiouxcommunity-nsn.gov

JoEllen Anywaush, Tribal Health Director
White Earth Band of Ojibwe
P.O. Box 418
White Earth, MN 56591
218-983-3285 / 218-983-3641
joellena@whiteearth.com

TRIBAL MENTAL HEALTH SERVICES

Minnesota Department of Human Services
2004 Mental Health Advisory Council

Frank Connor
Bois Fort Reservation
P.O. Box 25, 13090 Westley Drive
Nett Lake, MN 55772
218/757-0111 x 11 Fax: 218/757-0109
fconnor@rangenet.com

Ellen Durkin
Min-No-Aya-Win Services
Fond du Lac Reservation
927 Trettle Lane
Cloquet, MN 55720
218/879-1227 Fax: 218/878-2189
ellendurkin@fdlrez.com

Amy Trachta
Mental Health Department
Geraldine Kozlowski
geraldinek@boreal.org
Grand Portage Reservation
P.O. Box 428
Grand Portage, MN 55605
218/475-2678 Fax: 218/475-2638
atrachta@grandportage.com

Esther Bodga
Mental Health Program
Leech Lake Band of Ojibwe
6530 Highway 2 NW
Cass Lake, MN 56633
218/335-8220 Fax: 218/335-4410
llfamser@paulbunyan.net

Jean Stacy
Lower Sioux MH Programs
Box 308
Morton, MN 56270
507/697-6288 ext: 13 Fax: 507/697-6947
lylastacy@mchsi.com

Karen East
Ne-ia-shing Clinic
Mille Lacs Band of Chippewa
43500 Migizi Dr.
Onamia, MN 56359
320/532-4754 Fax: 320/532-7583
mlbcd@millelacsojibwe.nsn.us

Jodi Ganst
Mental Health Department
Prairie Island Family Services
5639 Sturgeon Lake Road
Welch, MN 55089
651/385-2554 Fax: 651/385-4110

Jenny Hollis (council)
jbhollis@paulbunyan.net
Oran Beaulieu
Comprehensive Health Care
Red Lake Reservation
P.O. Box 249, Highway 1
Red Lake, MN 56671
218/679-3316 Fax: 218/679-3990
rlchs@paulbunyan.net

Ellen Neale
Shakopee Mdewakanton Community
2330 Sioux Trail NW
Prior Lake, MN 55372
952/496-6164 Fax: 952/496-6180
nessmsc@popmail.skypoint.com

TRIBAL MENTAL HEALTH SERVICES

Minnesota Department of Human Services 2004 Mental Health Advisory Council

Upper Midwest American Indian Center
1035 West Broadway
Minneapolis, MN 55411
612/522-4436 ext: 103 Fax: 612/522-8855
gbuckanaga@yahoo.com

Tanya Goodwin
tanyag@uppersiouxcommunity-nsn.gov
Ron Leith, Director
Upper Sioux Community
Box 147
Granite Falls, MN 56241
320/564-2360 x 6339 Fax: 320-564-2550
ron@uppersiouxcommunity.org

Emily Annette
Mental Health Program
White Earth Reservation Tribal Council
P.O. Box 300, Highway 224
White Earth, MN 56591
218/983-3285 x 202 Fax: 218/983-4236
emilya@whiteearth.com

Leslie Gibbs
1011 W. 4th St.
Duluth, MN 55806
218/727-5522 Fax: 218/726-0501
lesgibbs@fdlrez.com

Steven M. Smith
American Indian Family Center
579 Wells St.
St. Paul, MN 55101
651/793-3803 Fax: 651/793-3809
Cell 612/708-1822
steve@aindahyung.com

DHS Staff:

Betty Poitra
American Indian MH Program Consultant
651/582-1826 Fax: 651/582-1831

Donna Isham, Chemical Health
American Indian Programs Director
651/582-1842 Fax: 651/582-1865

Vern LaPlante
Representative to the Tribes
651/296-4606 Fax: 651/296-5868

Glenace Edwall
Children's Mental Health Director
651/215-1382 Fax: 651/296-7731

Other Grant Recipients:

Michael Harris
Indian Health Board of Minneapolis
1315 E 24th St
Minneapolis, MN 55404
612/721-9809 Fax: 612/721-7870
mharris@ihb-mpls.org

LaVon Lee, Director
American Indian Family Center
579 Wells St
St. Paul, MN 55101
651/793-3803 Fax: 651/793-3809
lavon@aifc.net

INDIAN HEALTH SERVICE UNITS

Bemidji Area

Dr. Kathleen Annette, MD
Bemidji Area Indian Health Service Director
522 Minnesota Avenue
Bemidji, MN 56601
Work Phone: 218-444-0451
Fax: 218-444-0461

Jennifer Jenkins, Service Unit Director
Cass Lake IHS Hospital
425 7th Street NW
Cass Lake, MN 56633
Work Phone: 218-335-3200
Fax: 218-335-3300

Essie Mae Stevens, Service Unit Director
Public Health Service Indian Hospital
Hwy 1
Red Lake, MN 56671
Work Phone: 218-679-3912
Fax: 218-679-0181

Jon McArthur, Service Unit Director
Public Health Service Indian Health Center
25519 State Hwy. 224
Ogema, MN 56569
Work Phone: 218-983-4300
Fax: 218-983-6217

TRIBAL SOCIAL SERVICES DIRECTORS

Bois Forte Band of Chippewa

Human Services

13090 Westley Drive, P.O. Box 26

Nett Lake, MN 55772

Linda Tibbetts-Barto, Director

lbarto@rangenet.com

(218) 757-0111 / fax (218) 757-0109

Fond du Lac Band of Lake Superior Chippewa

Human Services

927 Trettle Lane, Cloquet, MN 55720

Phil Norrgard, Health & Human Serv. Director

philnorrsgard@fdlrez.com

(218) 879-1227 / fax (218) 879-8378

(218) 878-2189 (SS)

Grand Portage Band of Chippewa

Human Services

P.O. Box 428, Hwy. 61, Grand Portage, MN 55605

Julie Fredlund, Director julief@boreal.org

(218) 475-2453 / fax (218) 475-2455

Leech Lake Band of Chippewa

Social Services Division

6530 US Hwy. 2 NW, Cass Lake, MN 56633

Rose Robinson, Director/ICWA Coord.

rose.robinson@llojibwe.com

(218) 335-4432 / fax (218) 335-3779

Lower Sioux Indian Community

Social Services

39527 Res.Hwy. 1, P.O. Box 308, Morton, MN 56270

Anna Braam, Director/ICWA Advocate

abraam@redred.com

(507) 697-9108 / fax (507) 697-9111

Mille Lacs Band of Ojibwe

Health and Human Services

43500 Migizi Drive, Onamia, MN 56359

Jan Madosh-Smart, Director, ext. 2516

janms@millelacsobjibwe.nsn.us

(320) 532-4163; (320) 532-7803 (Jan)

Prairie Island Indian Community

Prairie Island Family Health Department

5636 Sturgeon Lake Road (Admin. Bldg.)

1158 Island Boulevard (Health Dept.)

Welch, MN 55089

Arlene Mossefin, Director of Family Services

1-651-385-2939; 1-800-554-5473 (Health Dept.)

Red Lake Band of Chippewa

Social Services

P.O. Box 427, Red Lake, MN 56671

Ramona Desjarlait, Director

rlfcs@paulbunyan.net

(218) 679-3864

Alternative Contact for Ramona:

Roger Head roghead@paulbunyan.net

Red Lake Tribal Council

P.O. Box 550, Red Lake, MN 56671

Shakopee Mdewakanton Sioux Community

Social Services

2330 Sioux Trail NW, Prior Lake, MN 55372

Kim Goetzinger, Director of Social Services

social@ccsmdc.org

(952) 496-6165 / fax (952) 496-6180

Upper Sioux Community

P.O. Box 147, Granite Falls, MN 56241

Ron Ronald Leith, Director of Social Services

ron@uppersiouxcommunity-nsn.gov

(320) 564-2360, ext. 319

Fed. Ex. Address: Hwy. 67, East of 23

Granite Falls, MN 56241

White Earth Reservation Social Services

P.O. Box 70, Naytahwaush, MN 56566

Marshall Brown, Director of Human Services

(218) 935-5554 / fax (218) 935-2593



AMERICAN INDIAN ADVISORY COUNCIL ON CHEMICAL HEALTH

February 2004

HUGHES, PAM

Representing: International Falls
January 2005 (g)
1716 5th Avenue East
International Falls, MN 56649
218/283-4744 (w) 218/283-4661 (fax)
pamhughes_99@yahoo.com

KAUPPI, CHERYL

Representing:
Grand Portage Reservation
January 2005 (g)
Box 428
Grand Portage, MN 55605
218/475-2453 (w) 218/475-2455 (fax)
cherylk@boreal.org

NAYQUONABE, JOE

Representing: Mille Lacs Reservation
January 2004
18372 Par Place
Garrison, MN 56450
320/532-5292 (w) 320/532-4354 (fax)
joenayq@netscape.net

DUPUIS, WAYNE

Representing:
Fond du Lac Reservation
January 2004
P.O. Box 221
Cloquet, MN 55720-0221
218/878-8050 (w) 218/878-0101 (fax)
waynedupuis@FDLREZ.com

Representing: Minneapolis
January 2004

BARRETT, YVONNE

Representing: St. Paul
January 2005 (g)
Ain Dah Yung Center
1089 Portland Avenue
St. Paul, MN 55104
651/227-4184 (w) 651/224-5136 (fax)
yvonne@aindahyung.com

SEKI, RICHARD

Representing: Red Lake Reservation
January 2004
Box 114
Red Lake, MN 56671
218/679-3392 (w) 218/679-3976 (fax)
rseki@paulbunyan.net

HISGUN, DENNIS

Representing:
White Earth Reservation
January 2005 (g)
Box 435
White Earth, MN 56591
218/983-3285, ext. 300
218/983-3729 (fax)
dennish@tvutel.com

Representing: St. Paul
January 2004

Representing:
Upper Sioux Community
January 2005 (g)
P.O. Box 147
Granite Falls, MN 56241
320/564-4900 (w) 320/564-2550 (fax)

GOODTHUNDER, JODY (Vice-Chair)

Representing:
Lower Sioux Community
January 2004
32856 County Hwy. 2
Morton, MN 56270
507/697-9029 (w) 507/697-6947 (fax)
ukana@reconnect.com

CLOUD, JIM (Chair)

Representing:
Leech Lake Reservation
January 2005 (g)
Box 367
Cass Lake, MN 56633
218/335-6855 (w) 218/760-1683 (Cell)
218/335-7760 (fax)
llhwh@paulbunyan.net

MOORE, BETTY

Representing: Minneapolis
January 2005 (g)
1628 Alabama Avenue S
St. Louis Park, Mn 55416
612/387-4463 (cell)
bmoore112@hotmail.com

WELCH, CHET

Representing: Duluth
January 2005 (g)
211 West 4th Street
Duluth, MN 55806
218/726-1370 (w) 218/726-0501 (fax)

WHITING, AL

Representing:
Shakopee Mdewakanton Sioux
January 2004
2330 Sioux Trail NW
Prior Lake, MN 55372
952/496-6166 (w) 952/496-6180 (fax)

DRIFT, LESTER (Secretary)

Representing: Bois Forte Reservation
January 2005 (g)
Box 26
Nett Lake, MN 55772
218/757-0111 (w) 218/757-0109 (fax)
lesterd@rangenet.com

KASHATA, ARLENE

Representing: Prairie Island
January, 2004
1158 Island Blvd.
Welch, MN 55089
651/385-4141 (w) 651/385-4183 (fax)

URBAN INDIAN ELDER SERVICES & AGENCIES

Center for American Indian Resources
211 West 4th Street
Duluth, MN 55806
Tele: 218-726-1370
Fax: 218-726-0501

Earthstar Project
340 Johnson Parkway
St. Paul, MN 55101
Tele: 651-793-3247

Indian Family Services, Inc.
3244 34th Avenue South
Minneapolis, MN 55404
Tele: 612-724-6498
Fax: 612-724-6487

Leech Lake Twin City Office
1305 East 24th Street
Minneapolis, MN 55404
Tele: 612-729-0554
Fax: 612-729-6035

Mille Lacs Band of Ojibwe Urban Office
1433 East Franklin Ave., Suite 7C
Minneapolis, MN 55404
Tele: 612-872-1424
Fax: 612-872-1257

Minneapolis American Indian
Senior Citizens Services
1530 Franklin Avenue East
Minneapolis, MN 55404
Tele: 612-879-1746
Fax: 612-879-1795

Native American Community Clinic
1213 East Franklin Avenue
Minneapolis, MN 55404
Tele: 612-872-8086
Fax: 612-872-8547

Red Lake Reservation Urban Office
1433 East Franklin Avenue, Suite 13A
Minneapolis, MN 55404
Tele: 612-874-9591 or 888-439-6788
Fax: 612-874-9594

Department of Indian Work
1671 Summit Avenue
St. Paul, MN 55105
Tele: 651-644-2768
Fax: 651-646-6866

Elder Lodge
1500 Magnolia Avenue East
St. Paul, MN 55106
Tele: 651-778-2503
Fax: 651-778-2509

Indian Health Board
1315 24th Street
Minneapolis, MN 55404
Tele: 612-721-9800
Fax: 612-721-2904

MIGIZI
3123 East Lake Street
Minneapolis, MN 55406
Tele: 612-721-6631
Fax: 612-721-3936

Minneapolis American Indian Center
Elder Nutrition Program
1530 Franklin Avenue East
Minneapolis, MN 55404
Tele: 612-871-0372
Fax: 612-871-1795

Minnesota Indian Women's Resource Center
2300 15th Avenue South
Minneapolis, MN 55404
Tele: 612-728-2000
Fax: 612-728-2039

National Indian Council on Aging
2380 Wycliff Street, Suite 200
St. Paul, MN 55114
Tele: 651-659-0202
Fax: 651-659-0168

Upper Midwest American Indian Center
1035 West Broadway
Minneapolis, MN 55411
Tele: 612-522-4436
Fax: 612-522-8855

ELDERLY NUTRITION CENTER CONTACTS

BOIS FORTE

Mavis Drift 218-757-3295
Elder Services Director
Bois Forte Health Division
13071 Nett Lake Road
Nett Lake, MN 55772

FOND du LAC

Norma Graves 218-878-2612
Senior Programs Coordinator
1720 Big Lake Road
Cloquet, MN 55720

GRAND PORTAGE

Dick Hoaglund 218-475-2655
Elder Nutrition Center
P.O. Box 428
Grand Portage, MN 55605

LEECH LAKE

Lila Brown 218-335-8314
Elder Nutrition Center
Leech Lake Tribal Council
6530 Hwy. 2 NW
Cass Lake, MN 56633

LOWER SIOUX

Vernell Wabasha 507-697-6185
Lower Sioux Community Center
P.O. Box 308
Morton, MN 56270

MILLE LACS

Nora Benjamin 320-532-4181, ext. 7494
Mille Lacs Band Indian Elder Services
Mille Lacs Band of Ojibwe
43408 Oodena Drive
Onamia, MN 56359

MINNEAPOLIS

Charles Johnson 612-871-0372
Minneapolis American Indian Center
Elder Nutrition Center
1530 East Franklin Avenue
Minneapolis, MN 55404

RED LAKE

Dorothy Cobenais 218-679-3339
Elderly Nutrition Coordinator
Red Lake, MN 56671

ST. PAUL

Sue Bowstring Lane 651-778-2501
Elder Lodge
1500 East Magnolia Ave.
St. Paul, MN 55106

UPPER SIOUX

Gerald Blue 320-564-3019
Upper Sioux Community Center
P.O. Box 147
Granite Falls, MN 56241

WHITE EARTH

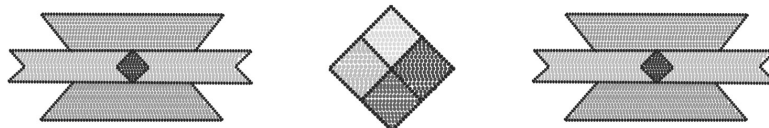
Carol Fabre 218-983-3285
Elderly Nutrition Project
P.O. Box 418
White Earth, MN 56591



COME, WALK WITH US. “Our Elders, Our Teachers”

Wisdom Steps is an invitation to our Tribal Elders to participate in activities that build health. Elders are encouraged to take simple steps like participating in health screenings, health education and healthy living activities. Taking steps on the path to health begins with talking to a physician and setting a personal health goal like doing routine exercise, losing weight or stopping smoking.

By joining in Wisdom Steps, Elders receive a Wisdom Steps Pin, a charm for each year and certificates of participation. But more importantly, by walking the Wisdom Steps, our Elders teach the entire community about the importance of health. To participate, please see your Indian or Tribal Health Services or Elder Program Center.



You can meet your incentive each year by:

Completing your Health Screenings between May 1st and April 30th,
and completing one of the following activities:

- Attending a Health Fair
- Participating in an Organized Walk
- Doing routine exercises

You will be honored:

First Year Participation

Wisdom Steps Pin

Eagle Charm

Second Year Participation

Wolf Charm

Third Year Participation

Bear Charm

Fourth Year Participation

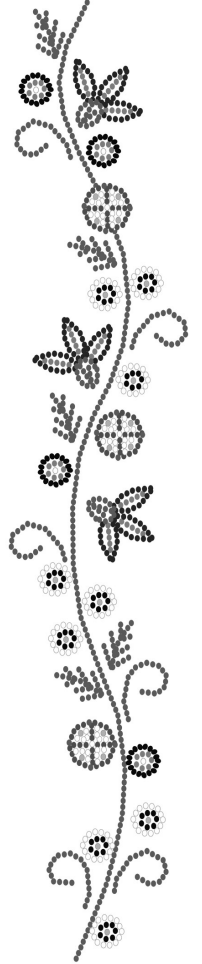
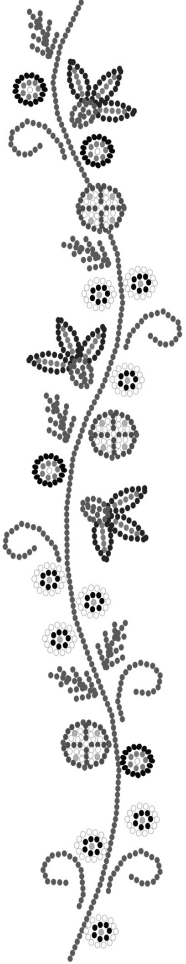
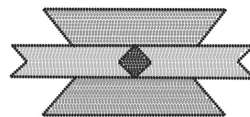
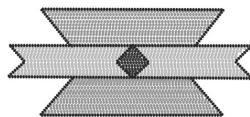
Wisdom Steps Pin

Turtle Charm

**Each year Wisdom Steps Elders gather to be
honored for “Sharing your Wisdom!”**

Please visit our website at www.wisdomsteps.org

*Wisdom Steps is a partnership between
American Indian Communities and the*



WISDOM STEPS BOARD OF DIRECTORS & STAFF

June 2004

BOARD OF DIRECTORS

Bois Forte

Ms. Viola Villebrun
5331 St. Marys Drive
Nett Lake MN 55772

Duluth

Ms. Pat Ells
Center for American Indian Resources
211 West 4th Street
Duluth, MN 55806
Phone: 218-726-1370
Fax: 218-726-0501

Fond du Lac

Ms. Mary Davis
1791 Big Lake Road
Cloquet, MN 55720
Phone: 218-879-6411
Fax: 218-879-4146

Grand Portage

Ms. Marie Spry
P.O. Box 71
Grand Portage, MN 55605
Phone: 218-475-2597

Leech Lake

Ms. Helen Cummings
P.O. Box 37
Cass Lake, MN 56633
Phone: 218-335-6500

Mille Lacs

Ms. Cheryl Garbo
16811 Ataage Drive
Onamia, MN 56359
Phone: 320-532-4163

ALTERNATE

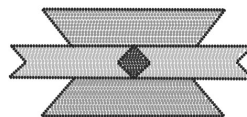
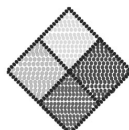
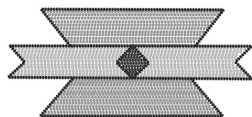
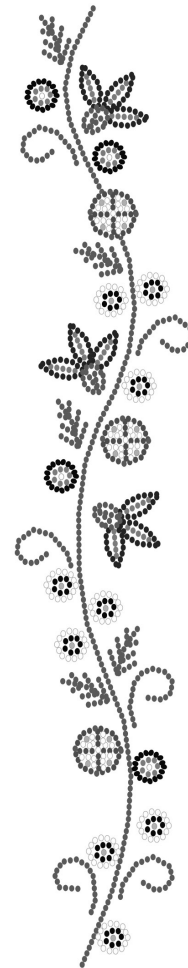
Ms. Caroline Boshey
1595 Farm Road
Tower, MN 55790

Mr. Chuck Ells
C.A.I.R.
211 West 4th Street
Duluth, MN 55806
Phone: 218-726-1370
Fax: 218-726-0501

Ms. Carol Hackett
P.O. Box 335
Grand Portage, MN 55605
218-475-0110

Fr. George Ross
P.O. Box 1231
Cass Lake, MN 56633
Phone: 218-335-2646

Ms. Denise Pike
Aazhoomog Clinic
45741 Grace Lake Road
Sandstone, MN 65072
Phone: 320-384-0149



WISDOM STEPS BOARD OF DIRECTORS & STAFF

June 2004

Minneapolis

Ms. Barb Benjamin Robertson
1433 East Franklin Ave., Suite 7C
Minneapolis, MN 55404
Phone: 612-872-1424
Fax: 612-872-1257

Alternate

Mr. Simon Beaulieu
3300 47th Avenue South
Minneapolis, MN 55406
Phone: 612-724-7641

Prairie Island

Mr. Howard Wells
Elder Division
1158 Island Blvd.
Welch, MN 55089
Phone: 651-385-4008
Fax: 651-385-4158

Red Lake

Mr. Al Thunder
Red Lake Band Staff Member
P.O. Box 550
Red Lake, MN 56671
Phone: 218-679-3341 ext: 1032
Fax: 218-679-3378

Ms. Nora Thunder
P.O. Box 177
Red Lake, MN 56671
Phone: 218-679-3794

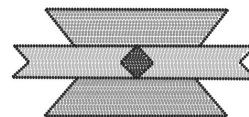
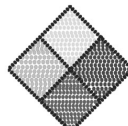
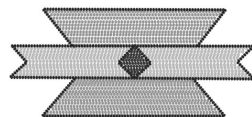
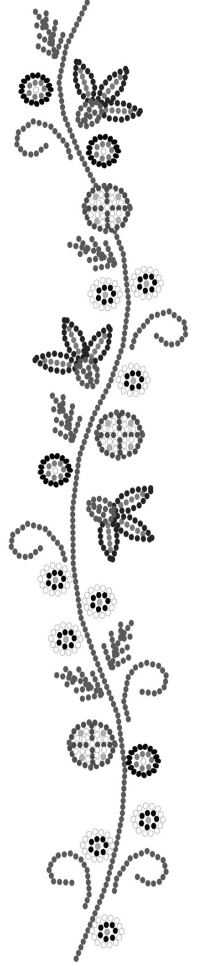
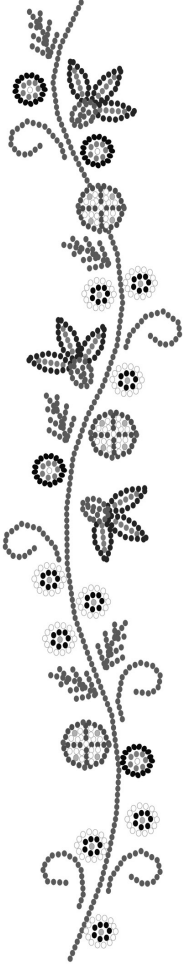
St. Paul

Ms. Melanie Tobin
Earthstar Project
324 Johnson Parkway
St. Paul, MN 55101
Phone: 651-793-3247
Fax: 651-771-0713

Shakopee

Mr. Al Whiting
Shakopee Mdewakanton Sioux Community
2330 Sioux Trail NW
Prior Lake, MN 55372
Phone: 952-496-6164
Fax: 952-445-6180

Mr. Glen Wasicuna
Shakopee Mdewakanton
2330 Sioux Trail NW
Prior Lake, MN 55372
Phone: 952-233-4249
Fax: 952-445-6180



WISDOM STEPS BOARD OF DIRECTORS & STAFF

June 2004

Upper Sioux

Ms. Carolynn Schommer
P.O. Box 174
Granite Falls, MN 56241
Phone: 320-564-2360
Phone: 651-445-8900

Alternate

Ms. Verna Ross
P.O. Box 134
Granite Falls, MN 56241
Phone: 320-564-4423

White Earth

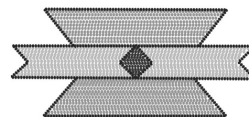
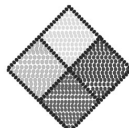
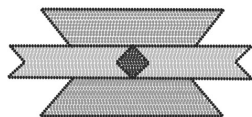
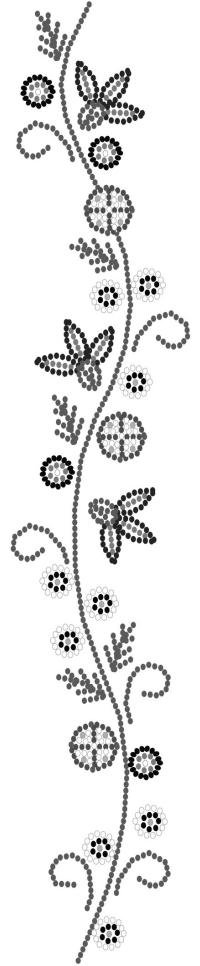
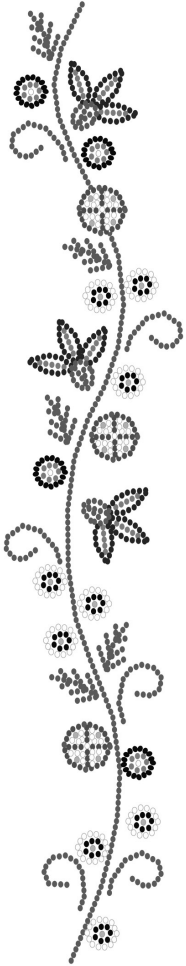
Ms. Bev Karsten
Box 418 RTC
White Earth, MN 56591
Phone: 218-983-3285, ext: 358
Fax: 218-983-3614

Mr. Leonard Wells
1115 Pleasant Ave., HC 3
Waubun, MN 56589
Phone: 218-473-2747

Staff

Ms. Ardith Morrow
MCT IAA Program Coordinator
P.O. Box 217
Cass Lake, MN 56633
Phone: 218-335-8585
888-231-7886
Fax: 218-335-8080

Ms. Mary Snobl
MBA Indian Elder Desk
444 Lafayette Road
St. Paul, MN 55155-3843
Phone: 651-297-5458
800-882-6262
Fax: 651-297-7855



Woodlands Wisdom



Traditional Knowledge Guiding Contemporary Health

Who We Are

Woodlands Wisdom is a collaboration between Tribal Colleges and the University of Minnesota, which seeks to address chronic health issues in Native American communities by integrating traditional Native knowledge with scientific methods of discovery in a culturally relevant programs of teaching, research and community awareness.

The goal of *Woodlands Wisdom* is to integrate traditional Native knowledge with western methodologies to create, promote and support sustained healing processes of American Indian communities.

Four objectives have been identified to carry out the goal of *Woodlands Wisdom*. They are:

1. to increase the number of Native American providers, educators and researchers;
2. to increase culturally responsive research;
3. to promote community awareness around issues of health and well-being; and to increase the capacity of tribal colleges.

Our Vision

Eventually *Woodlands Wisdom* would like to see strong partnerships developing between Tribal Colleges and 1862 land-grant universities throughout the country, sharing resources in order to meet the needs of the communities they serve.

Woodlands Wisdom will work for recognition and support of the work being done by the Tribal Colleges through equity in funding resources for research, facilities and operating expenses.

We would like to see more Native American students graduating and continuing on for advanced degrees in Nutrition and Food Sciences.

And that the Indian Nations once more become Strong and Healthy.



Why We've United

Although diet and lifestyle intervention is not easy in any population, cultural perspectives on health and well-being must be taken into account if there is any prospect for long-term success. A central presumption of the *Woodlands Wisdom* project is that developing more providers, educators and researchers will be critical to the effectiveness and sustainability of any large-scale, long-term life-style intervention program. Many American Indian people are understandably reluctant to follow advice any mainstream practitioners that does not reflect their culture.

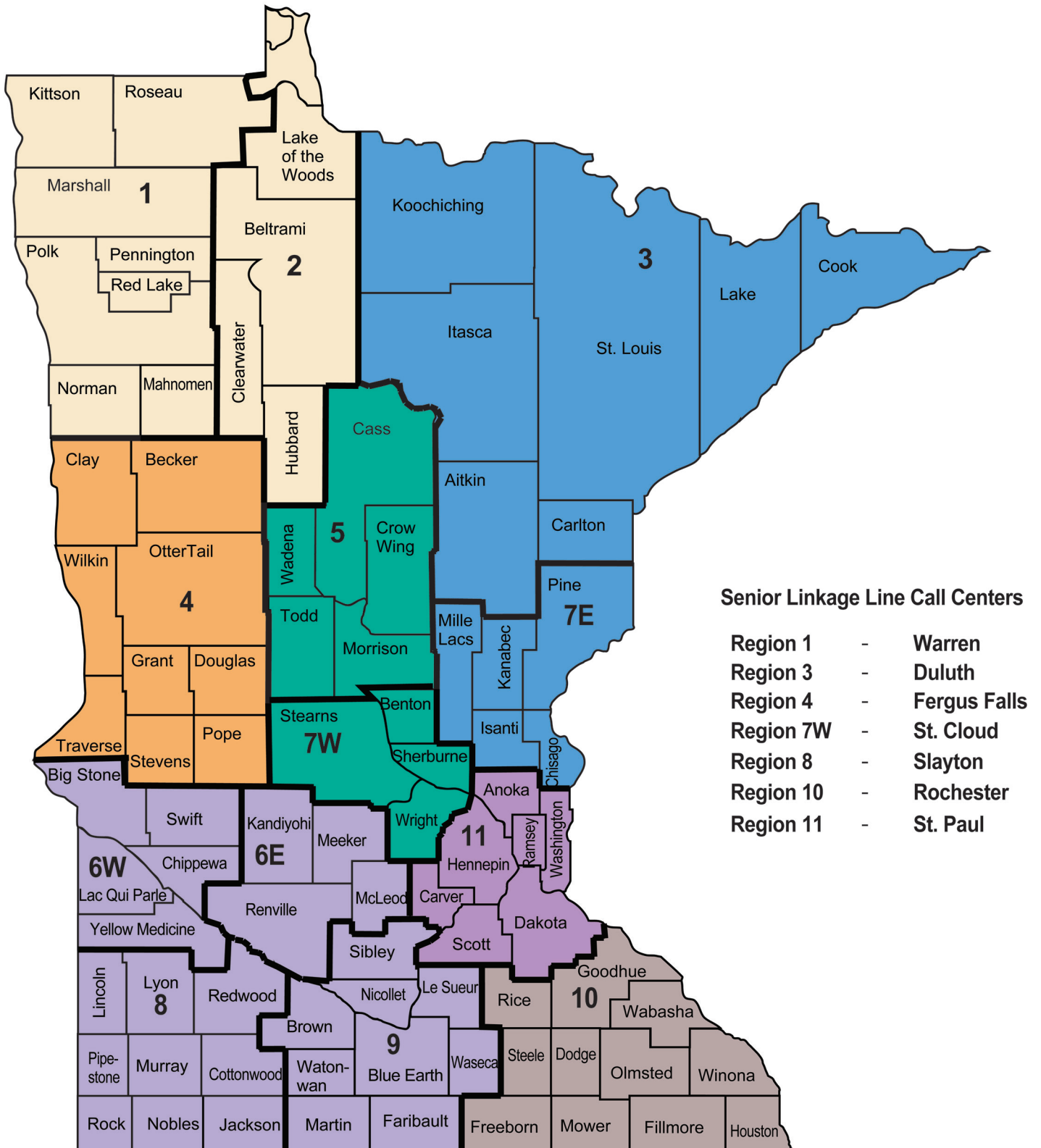
Woodlands Wisdom represents a program in which Native American people, through their Tribal Colleges, are taking a pro-active approach in education, research and community engagement. The pro-active approach empowers the Native American communities to seek solutions within their own culture and traditions to the epidemic of chronic disease.

This partnership between the 1994 land-grant Tribal Colleges and the University of Minnesota, an 1862 land-grant institution is unique. With the development of curriculum based on community input to challenge the old paradigm of scholarly research, *Woodlands Wisdom* has the potential to effect major changes on the Woodlands reservations and within the major Colleges and Universities serving Native Americans across the country.

For more information, and to learn about our partner institutions,
please visit our website at
<http://www.woodlandswisdom.org/>

GENERAL INFORMATION

MINNESOTA SENIOR LINKAGE LINE® SERVICE AREA



1-800-333-2433

MN AREA AGENCIES ON AGING DIRECTORY

Main Senior LinkAge Line®: 1-800-333-2433

Region	Agency Information	E-Mail/Phone/Fax	Counties Served
I and II	Danica Robson, Director Northwest Area Agency on Aging Northwest Regional Development Commission 115 South Main Avenue Warren, MN 56762	E-Mail drobson@nvrdc.org Main: 218-745-6733 Fax: 218-745-6438 SLI: 218-745-6537	Kittson, Marshall, Norman, Pennington, Polk, Red Lake, Roseau, Beltrami, Clearwater, Hubbard, Lake of the Woods, Mahnommen
III	Catherine Sampson, Director Arrowhead Area Agency on Aging 221 West 1st Street Duluth, MN 55802	E-Mail csampson@arde.org Main: 218-722-5545 / 800-232-0707 Fax: 218-529-7592 SLI: 218-723-4729	Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, St. Louis
IV	Mark Tysver, Director West Central Area Agency on Aging P.O. Box 726 Fergus Falls, MN 56537	E-Mail mtwcaaa@prtcl.com Main: 218-739-4617 Fax: 218-739-4618 SLI: 218-739-7622	Becker, Clay, Douglas, Grant, Otter Tail, Pope, Stevens, Traverse, Wilkin
VIE	Kate Selseth, Director Mid-Minnesota Area Agency on Aging Mid-Minnesota Development Commission 333 W 6th Street, Lower Level Willmar, MN 56201	E-Mail kate.selseth@mmdrc.org Main: 320-235-8504 / 800-450-8608 Fax: 320-235-4329 SLI: 320-289-1428	Kandiyohi, McLeod, Meeker, Renville
VIW	Paul Michaelson, Director Upper Minnesota Valley Area Agency on Aging Upper MN Valley Regional Development Comm 323 West Schlieman Appleton, MN 56208	E-Mail paul.michaelson@umvrdc.org Main: 320-289-1981 / 800-752-1983 Fax: 320-289-1983 SLI: 320-289-1428	Big Stone, Chippewa, Lac Qui Parle, Swift, Yellow Medicine
VIII	Penny Simonsen, Director East Central Area Agency on Aging 100 South Park Street Mora, MN 55051	E-Mail ecaaaa@ncis.com Main: 320-679-4065 Fax: 320-679-4120 SLI: 218-723-4729	Chisago, Isanti, Kanabec, Mille Lacs, Pine
VIIV And V	Lori Vrolson, Director Central Minnesota Council on Aging 2700 1st Street North, Suite 307 St. Cloud, MN 56303	E-Mail lori@cmcoa.org Main: 320-253-9349 Fax: 320-253-9576 SLI: 320-654-5319	Benton, Cass, Crow Wing, Morrison, Sherburne, Stearns, Todd, Wadena, Wright

MN AREA AGENCIES ON AGING DIRECTORY

Main Senior LinkAge Line®: 1-800-333-2433

Region	Agency Information	E-Mail/Phone/Fax	Counties Served
VIII	<p>Maddy Forsberg, Director Southwestern Area Agency on Aging Southwestern Regional Development Comm 2401 Broadway Avenue, Suite 2 Slayton, MN 56172-1142</p>	<p>E-Mail swaaa@swrdc.org Main: 507-836-8547, ext. 201 Fax: 507-836-8866 SL: 507-836-6681</p>	Cottonwood, Jackson, Lincoln, Lyon., Murray, Nobles, Pipestone, Redwood, Rock
IX	<p>Linda Giersdorf, Director Region Nine Area Agency on Aging Region Nine Development Commission 410 Jackson Street, P.O. Box 3367 Mankato, MN 56002-3367</p>	<p>E-Mail lindag@rndc.mankato.mn.us Main: 507-389-8866 / 800-450-5643, ext. 866 Fax: 507-387-7105 SL: 507-345-8134</p>	Blue Earth, Brown, Faribault, Le Sueur, Martin, Nicollet, Sibley, Waseca, Watonwan
X	<p>Connie Bagley, Director Southeastern MN Area Agency on Aging 421 SW 1 Avenue, Room 201 Rochester, MN 55902</p>	<p>E-Mail semaa@rochestermn.org Main: 507-288-6944 Fax: 507-288-4823 SL: 507-280-5550</p>	Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, Winona
XI	<p>Dawn Simonson, Director Metropolitan Area Agency on Aging, Inc. 1600 University Avenue West, Suite 300 St. Paul, MN 55104</p>	<p>E-Mail dawn@icaging.org Main: 651-641-8612 Fax: 651-641-8618 SL: 651-642-0388</p>	Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, Washington
XII	<p>Ardith Morrow, Coordinator Minn Chippewa Tribe Area Agency on Aging P.O. Box 217 Cass Lake, MN 56633-0217</p>	<p>E-Mail mctapm@paulbunyan.net Main: 218-335-8585 Toll Free: 888-231-7886 Fax: 218-335-8080</p>	Reservations Served White Earth, Leech Lake Bois Forte, Grand Portage



55 ALIVE, MATURE DRIVING PROGRAM

- Being a safer driver may save your life
- Prevent accidents and traffic violations
- Save at least 10% on your insurance

The AARP Driver Safety Program is the nation's first and largest classroom driver refresher course specially designed for motorists age 50 and older. It is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations.

A new tool called the Personal Driving Capability Index, which helps people monitor their own driving behavior, is useful in helping older drivers evaluate if they are reaching a time in their lives when they need to make some changes in their driving habits.

The most compelling reason people attend 55 ALIVE classes is the three-year discount in automobile insurance premiums offered to program graduates. Minnesota law mandates a 10% reduction in car insurance premiums for persons 55 years and older who complete a defensive driving course. The program's initial class will be an eight-hour session, followed by an additional "refresher" class every three years that is required in order to maintain the 10% insurance reduction. Class space is limited.

For a complete listing of sites and classes,
call the AARP Main Office, located in Minneapolis at the Mall of America
612-858-9040 or (toll free 1-888-227-7669)

or visit AARP's 55 ALIVE Driver Safety Program on-line at
www.aarp.org

WALK YOUR WAY TO BETTER HEALTH

Walking is the most popular physical activity in the U.S., and it's no wonder why. It's easy, it's cheap, it's gentle on the body, and it's good for people of all ages and almost any fitness level. Walking lifts your spirits, clears your mind, and improves your health. It also strengthens your bones and muscles, lowers your risk for some diseases, improves sleep, and helps you maintain or lose weight - all without fancy equipment, scheduled classes, or a high price tag.

Just Start Walking!



WALK YOUR WAY TO BETTER HEALTH

A brisk walk for at least 30 minutes at least five days a week improves your overall health. If you're pressed for time, try two 15-minute walks or three 10-minute walks. Even walking to the bus or train stop counts. The more you walk, the better you'll feel.

Invest in a solid pair of shoes with good support and tread to prevent falling. If it's cold, dress in layers that you can remove if you start to sweat. Wear a hat, gloves, and scarf to cover your mouth if it's windy. In hot weather, wear loose, light-colored clothing and sunscreen. Sunglasses and a wide-brimmed hat will protect your face, ears, and neck from the sun. Bright or fluorescent colors, such as hot pink, blaze orange, and neon green will make you easier to spot.

Safety Tips:

- ✓ Warm up and cool down. Warm up by walking slowly or marching in place and moving your arms. Then do some stretching for your arms, legs, and back. Repeat the stretches after your walk. Start out gradually and build up speed and distance slowly. A good rule of thumb is the 10 percent rule. Don't increase your walking distance by more than 10 percent a week.
- ✓ Drink enough water. This is just as important in cold weather as in warm. Drink eight ounces of water about 15 minutes before a strenuous walk. If it's hot or dry, also drink six ounces every 15 to 20 minutes during your walk. After a strenuous walk, drink at least two cups of water for every pound of sweat you lose. Weigh yourself before and after your walk.
- ✓ Use paths and sidewalks whenever available. If you must walk on or near a road or street, face oncoming traffic so you can see drivers and they can see you. Don't walk after dark. Look in all directions before crossing a street or intersection. Avoid dangerous crossings when possible. If you wear headphones, keep the sound low enough so that you still can hear what's going on around you - a horn, oncoming traffic, voices. Stop at curbs and allow yourself plenty of time to cross streets. Mind all traffic signs and signals.
- ✓ Stop if you feel nauseous or dizzy, or have unusual pain in your chest or elsewhere.

ALZHEIMER'S ASSOCIATION

Minnesota-North Dakota Chapter

HELP-LINE

24 hours a day, 7 days a week

1-800-232-0851

The Minnesota-North Dakota Chapter of the Alzheimer's Association is proud to provide a Help-line Call Center that is available 24 hours a day, seven days a week, 365 days a year. That means that any time you call the 800 number, a human being will be there to answer it. With the AAA (Assistance from the Alzheimer's Association) support team, help is truly just a phone call away.

Please use the Help-line for any information you need regarding Alzheimer's Association services in your area of the state, and tell others dealing with memory issues to call to get the answers they need, as well. In addition to 24-hour help, the Call Center will be able to provide assistance in over 140 languages. If English is a second language you will be able to speak in your native tongue to a Help-line specialist.

Provided by the Helpline Center are the following:

- Alzheimer's Disease Information
- Books & Videotapes
- Caregiver Education
- Residential & Service Referral
- Community Speakers
- Professional Education
- Family Support Services
- Caregiver Support Groups
- Early Stage Patient Support Groups

Regional Offices:

NORTHERN MINNESOTA OFFICE

Voice: 218-726-4819

Fax: 218-726-4849

Mailing Address:

202 Ordean Building
424 West Superior Street
Duluth, MN 55802

Regional Offices:

SOUTHERN MINNESOTA OFFICE

Voice: 507-289-3950

Fax: 507-289-4666

Mailing Address:

Assisi Heights

1001 14th Street NW

Rochester, MN 55901

WESTERN MINNESOTA OFFICE

Voice: 218-739-2760

Fax: 218-998-9178

Mailing Address:

210 North Cascade

Fergus Falls, MN 56537

TWIN CITIES

Voice: 952-830-0512

Fax: 952-830-0513

Toll-free: 1-800-232-0851

Mailing Address:

4550 West 77th Street, Suite 200,

Minneapolis, MN 55435

Toll-free: 1-800-232-0851





Our Mission

*Our mission is to reduce disability and death from cardiovascular diseases and stroke.
That single purpose drives all we do. The need for our work is beyond question.*

In Minnesota:

Northwestern Regional Office

220 West Washington
Fergus Falls, MN 56537
(218) 739-3329
Fax (218) 739-3320

Northeastern Regional Office

301 West First Street
Duluth, MN 55802
(218) 727-7297
Fax (218) 727-0621

West Central Regional Office

110 South Second Street, Suite 305
Waite Park, MN 56387
(320) 255-9930
Fax (320) 255-9808

Southwestern Regional Office

Northwestern Office Building
Suite 205
209 South Second Street
Mankato, MN 56001
(507) 345-8206
Fax (507) 345-8202

Southeastern Regional Office

1500 First Ave. N.E. Suite 200
Rochester, MN 55906
(507) 288-6749
Fax (507) 288-9287

Twin Cities Metro Regional Office

4701 West 77th Street
Minneapolis, MN 55435
(612) 835-3300
Fax (612) 835-5828

ARTHRITIS FOUNDATION

YOU CAN DO SOMETHING ABOUT YOUR ARTHRITIS

Arthritis Foundation Services & Information

Community Services

Free Public Forums
Self-Help Courses
Support Groups
Land & Water Exercise Programs
Young Adult Group
Juvenile Arthritis March (JAM)
Camp M.A.S.H. (Make Arthritis Stop
Hurting)
Family Education & Support Groups

Public Information

Educational Literature (some available
in Spanish)
-Disease Specific
-Medications
-Good Living Skills
Books on arthritis and related
diseases
Physician Referral List
Video Library

Call about our free arthritis information

Arthritis Foundation North Central Chapter
Serving Minnesota, North Dakota, and South Dakota
1902 Minnehaha Avenue West, St. Paul, MN 55104

Toll-free: 1-800-333-1380

Telephone: 651-644-4108

Fax: 651-644-4219

Info.mn@arthritis.org

www.arthritis.org



COUNTY HUMAN SERVICES AGENCIES

Aitkin County Health and Human Services Agency
204 First Street NW
Aitkin, MN 56431-1291 (218) 927-3744 or
1-800-328-3744
Fax: (218) 927-7262

Anoka County Government Center
2100 Third Avenue
Anoka, MN 55303-2264 (763) 717-7700
Fax: (763) 422-6987

Blaine Human Service Center
1201 89th Avenue NE, Suite 400
Blaine, MN 55434-3377 (763) 717-7700
Fax: (763) 323-6046
TTY: (763) 422-7166

Becker County Human Services
County Annex
712 Minnesota Avenue
Detroit Lakes, MN 56502-1637 (218) 847-5628
Fax: (218) 847-6738

Beltrami County Human Service
616 America Avenue NW, Suite 100
Bemidji, MN 56601 (218) 759-8300
Fax: (218) 759-4150

Benton County Human Services
531 Dewey Street
Foley, MN 56329-0740 (320) 968-5087
Fax: (320) 968-5330

Big Stone County Family Services
340 NW Second Street
Ortonville, MN 56278-0338 (320) 839-2555
Fax: (320) 839-3966

Blue Earth County Human Services
Government Center
410 South 5th Street
Mankato, MN 56002-3526 (507) 389-8335
Fax: (507) 389-8379

Brown County Family Services
1117 Center Street
New Ulm, MN 56073-0788 (507) 354-8246
Fax: (507) 359-6542

Carlton County Public Health and Human Services
1215 Avenue C
Cloquet, MN 55720-1610
Cloquet Office
(218) 879-4583 or
1-800-642-9082
Fax: (218) 878-2500

Carlton County Public Health and Human Services
South Carlton County Family Services Center
316 Elm Street
Moose Lake, MN 55767
Moose Lake Office
(218) 485-8520 or
1-888-485-8520

Carver County Community Social Services
602 East Fourth Street
Chaska, MN 55318-2102 (952) 361-1600
Fax: (952) 361-1660

Cass County Health and Human Services
Social Services Building
400 Michigan Avenue West
Walker, MN 56484-0519 (218) 547-1340 or
1-888-547-1340
Fax: (218) 547-1448

Chippewa County Family Services
Community Service Building
719 North 7th Street, Suite 200
Montevideo, MN 56265-1397 (320) 269-6401
Fax: (320) 269-6405

Chisago County Health and Human Services
313 North Main Street
Center City, MN 55012-9665 (651) 213-0318 or
(651) 213-0324
Fax: (651) 213-0317

Clay County Social Services
715 North 11th Street
Moorhead, MN 56580-2095 (218) 299-5200 or
1-800-757-3880
Fax: (218) 299-7515

Clearwater County Department of Human Services
216 Park Avenue North
Bagley, MN 56621-0662 (218) 694-6164
Fax: (218) 694-3535

COUNTY HUMAN SERVICES AGENCIES

Cook County Social Services

411 West 2nd Street
Grand Marais, MN 55604-1150 (218) 387-3000
Fax: (218) 387-3020

Cottonwood County Family Service Agency

11 Fourth Street
Windom, MN 56101-0009 (507) 831-1891
Fax: (507) 831-0126

Crow Wing County Social Services

322 Laurel Street
Brainerd, MN 56401-0686 (218) 824-1250
Fax: (218) 824-1141

Dakota County Community Services

Northern Service Center
1 Mendota Road West
West St. Paul, MN 55188-4773 (651) 554-5611
Fax: (952) 891-7473

Dodge County Department of Human Services

22 Sixth Street East
Mantorville, MN 55955 (507) 635-6170
Fax: (507) 635-6186

Douglas County Human Services

809 Elm Street, Suite 1186
Alexandria, MN 56308 (320) 762-2302
Fax: (320) 762-2389

Faribault County Human Services Center

Courthouse Annex
412 North Nicollet
Blue Earth, MN 56013 (507) 526-3265
Fax: (507) 526-6227

Fillmore County Social Services

902 Houston Street SW, Suite 1
Preston, MN 55965-1080 (507) 765-2175
Fax: (507) 765-3895

Freeborn County Department of Human Services

203 West Clark Street
Albert Lea, MN 56007-1246 (507) 377-5400
Fax: (507) 377-5498

Goodhue County Social Service Center

426 West Avenue
Red Wing, MN 55066 (651) 385-3200
Fax: (651) 385-3191

Grant County Social Services Department

28 Central South
Elbow Lake, MN 56531-1006 (218) 685-4417
Fax: (218) 685-5319

Hennepin County Social Services

330 South 12th Street
Minneapolis, MN 55404-9760
Attn: Case Assignment (612) 596-1300
Fax: (612) 632-8732

Houston County Department of Human Services

304 South Marshall
Caledonia, MN 55921-0310 (507) 725-5811
Fax: (507) 725-3990

Hubbard County Social Service Center

301 Court Avenue
Park Rapids, MN 56470-1483 (218) 732-1451 or
1-877-450-1451
Fax: (218) 732-3231

Isanti County Family Services

553 18th Avenue SW
Cambridge, MN 55008-9386 (763) 689-1711
Fax: (763) 689-9877

Itasca County Health and Human Services

Itasca Resource Center
1209 Second Avenue SE
Grand Rapids, MN 55744-3983 (218) 327-2941 or
1-800-422-0312
Fax: (218) 327-5547

Jackson County Human Services

310 Sherman Street
Jackson, MN 56143-0067 (507) 847-4000
Fax: (507) 847-5616

Kanabec County Family Service Department

905 Forrest Avenue E., Suite 150
Mora, MN 55051-1316 (320) 679-6350
Fax: (320) 679-6351

COUNTY HUMAN SERVICES AGENCIES

Kandiyohi County Family Services

2200 23rd Street NE, Suite 1020
Willmar, MN 56201-9423 (320) 231-7800
Fax: (320) 231-6285

Kittson County Welfare Department

410 South 5th Street, Suite 100
Hallock, MN 56728 (218) 843-2689
Fax: (218) 843-2607

Koochiching County Community Services

1000 Fifth Street
International Falls, MN 56649-2485 (218) 283-7000
or 1-800-950-4630
Fax: (218) 283-7013

Lac Qui Parle County Family Service Center

930 First Avenue
Madison, MN 562586-0007 (320) 598-7594
Fax: (320) 598-7597

Lake County Human Services

616 Third Avenue
Two Harbors, MN 55616-1560 (218) 834-8400
Fax: (218) 834-8412

Lake of the Woods Social Service Department

206 Eighth Avenue SE
Baudette, MN 56623-0200 (218) 634-2642
Fax: (218) 634-4520

Le Sueur County Department of Human Services

88 South Park Avenue
LeCenter, MN 56057-1646 (507) 357-8288
Fax: (507) 357-6122

Lincoln County

319 North Rebecca Street
Ivanhoe, MN 56142-0044 (507) 694-1452 or
1-800-657-3781
Fax: (507) 694-1859

Lyon County

607 West Main
Marshall, MN 56258-3099 (507) 537-6747 or
1-800-657-3760
Fax: (507) 537-6088

Mahnomen County Human Services

311 North Main Street
Mahnomen, MN 56557-0460 (218) 935-2568
Fax: (218) 935-5459

Marshall County Social Services

208 E. Colvin Avenue, Suite 14
Warren, MN 56762-1695 (218) 745-5124
Fax: (218) 745-5260

Martin County Human Services Center

115 W. First Street
Fairmont, MN 56031-1815 (507) 238-4757
Fax: (507) 238-1574

McLeod County Social Service Center

Health and Human Service Building
1805 Ford Avenue N., Suite 100
Glencoe, MN 55336 (320) 864-3144 or
1-800-247-1756
Fax: (320) 864-5265

Meeker County Social Services

114 N. Holcombe Avenue, Suite 180
Litchfield, MN 55355-2273 (320) 693-5300 or
1-877-915-5300
Fax: (320) 693-5344

Mille Lacs County Family Services

Courthouse Square Building
525 Second Street SE
Milaca, MN 56353 (320) 983-8208 or
1-888-270-8208
Fax: (320) 983-8306

Morrison County Social Services

Government Center
213 SE 1st Avenue
Little Falls, MN 56345-3196 (320) 632-2951
Fax: (320) 632-0225

Mower County Human Services

1005 North Main Street
Austin, MN 55912-3317 (507) 437-9701
Fax: (507) 437-9721

COUNTY HUMAN SERVICES AGENCIES

Murray County

3095 20th Street
Slayton, MN 56172-1493 (507) 836-6144 or
1-800-657-3811
Fax: (507) 836-8841

Nicollet County Social Services

108 S. Minnesota Avenue
St. Peter, MN 56082-2516 St. Peter:
(507) 931-6800
Fax: (507) 931-9562

Nicollet County Social Services

North Mankato Branch Office
2070 Howard Drive
North Mankato, MN 56003-1527 North Mankato:
(507) 387-4556
Toll Free:
1-800-247-5044

Nobles County Family Service Agency

901 Fourth Avenue
Worthington, MN 56187-0189 (507) 372-2157
Fax: (507) 372-5094

Norman County Social Service Center

County Office Building
15 Second Avenue E., Room 108
Ada, MN 56510-1389 (218) 784-5400
Fax: (218) 784-7117

Olmsted County Community Services

151 Fourth Street SE
Rochester, MN 55904-3711 (507) 287-1362
Fax: (507) 287-7118

Otter Tail County Department of Human Services

535 Fir Avenue West
Fergus Falls, MN 56537-2533 (218) 998-8231
Fax: (218) 998-8213

Pennington County Department of Human Services

318 N. Knight Avenue
Thief River Falls, MN 56701-0340 (218) 681-2880
Fax: (218) 683-7013

Pine County Health and Human Services

315 Main Street
Pine City, MN 55063 1-800-450-7463, ext. 5677
Fax: (320) 245-3060

Pipestone County Family Service Agency

121 West Main
Pipestone, MN 56164-0157 (507) 825-6720 or
1-888-632-4325
Fax: (507) 825-6727

Polk County Social Service Center

Crookston Branch
223 East 7th Street, Suite 109
Crookston, MN 56716-1498 (218) 281-3127
Fax: (218) 281-7347

Polk County Social Service Center

East Grand Forks Branch
1622 Central Avenue NE
East Grand Forks, MN 56721-1335 (218) 281-3127
Fax: (218) 281-7347

Pope County Family Services Department

211 Minnesota Avenue #200
Glenwood, MN 56334-1629 (320) 634-5750
Fax: (320) 634-0164

Ramsey County Human Services Department

160 E. Kellogg Blvd.
St. Paul, MN 55101-1494 (651) 266-4444
Fax: (651) 266-4439

Red Lake County Social Service Center

125 Edward Avenue
Red Lake Falls, MN 56750-0356 (218) 253-4131
Fax: (218) 253-2926

Redwood County Human Services

302 East Third Street
Redwood Falls, MN 56283 (507) 637-4050
Fax: (507) 637-4055

Renville County Human Services

301 South 7th Street
Olivia, MN 56277-1301 (320) 523-2202
Fax: (320) 523-3565

COUNTY HUMAN SERVICES AGENCIES

Rice County Social Services
320 Third Street NW #2
Faribault, MN 55021-0718 (507) 332-6115
Fax: (507) 332-6247

Rock County Family Service Agency
2 Roundwind Road
Luverne, MN 56156-0715 (507) 283-5070
Fax: (507) 283-5074

Roseau County Social Service Center
300 Sixth Street SW
Roseau, MN 56751-1451 (218) 463-2411
Fax: (218) 463-3872

St. Louis County Social Service Department
Government Services Center
320 West 2nd Street
Duluth, MN 55802-1495 Duluth:
(218) 726-2101
Fax: (218) 733-2988

St. Louis County Branch Office
Northland Office Center
307 South 1st Street
Virginia, MN 55792-1148 Virginia:
(218) 749-7137

St. Louis County Branch Office
Government Services Center
118 South 4th Avenue E.
Ely, MN 55731-1402 Ely:
(218) 365-8210

St. Louis County Branch Office
Graysher Shopping Center
2534 East Beltline
Hibbing, MN 55746-2302 Hibbing:
(218) 262-6000

Scott County Human Services
Government Center, Room 300
200 Fourth Avenue W
Shakopee, MN 55379-1375 (952) 445-7751
Fax: (952) 496-8430

Sherburne County Social Services
13880 Highway 10
Elk River, MN 55330-4600 (763) 241-2600 or
1-800-433-5239
Fax: (763) 241-2698

Sibley County Human Services
112 Fifth Street
Gaylord, MN 55334-0237 (507) 237-4000
Fax: (507) 237-4031

Stearns County Social Service Center
Administration Center
705 Courthouse Square
St. Cloud, MN 56302-1107 (320) 656-6000
Fax: (320) 656-6447

Steele County Human Services
630 Florence Avenue
Owatonna, MN 55060-0890 (507) 444-7500
Fax: (507) 451-5947
Toll Free from Blooming Prairie 583-2283
Toll Free from Ellendale 684-2211

Stevens County Human Services Department
400 Colorado Avenue
Morris, MN 56267-0530 (320) 589-7400
Fax: (320) 589-3972

Swift County Human Services
410 21st South
Benson, MN 56215-0208 (320) 843-3160
Fax: (320) 843-4582

Todd County Social Services
Courthouse Annex
212 Second Avenue S
Long Prairie, MN 56347-1640 (320) 732-4500 or
1-888-838-4066
Fax: (320) 732-4540

Traverse County Social Services Department
203 Eighth Street N
Wheaton, MN 56296 (320) 563-8255 or
1-800-721-8277
Fax: (320) 563-4230

COUNTY HUMAN SERVICES AGENCIES

Wabasha County Department of Social Services
625 Jefferson Avenue
Wabasha, MN 55981-1589 (651) 565-3351
Fax: (651) 565-3084

Wadena County Social Services Department
124 First Street SE
Wadena, MN 56482-1553 (218) 631-7605
Fax: (218) 631-7616

Waseca County Department of Human Services
123 Third Avenue NW
Waseca, MN 56093-2498 (507) 835-0560
Fax: (507) 835-0566

Washington County Community Services
14900 62nd Street N
Stillwater, MN 55082-0030 (651) 430-6459
Fax: (651) 430-6636

Watonwan County Human Services Center
715 Second Avenue S
St. James, MN 56081-0031 (507) 375-3294
Fax: (507) 375-7359

Wilkin County Family Service Agency
300 Fifth Street S
Breckenridge, MN 56520-0369 (218) 643-7161
Fax: (218) 643-7175

Winona County Department of Human Services
County Office Building
202 West 3rd Street
Winona, MN 55987-3146 (507) 457-6200
Fax: (507) 454-9382

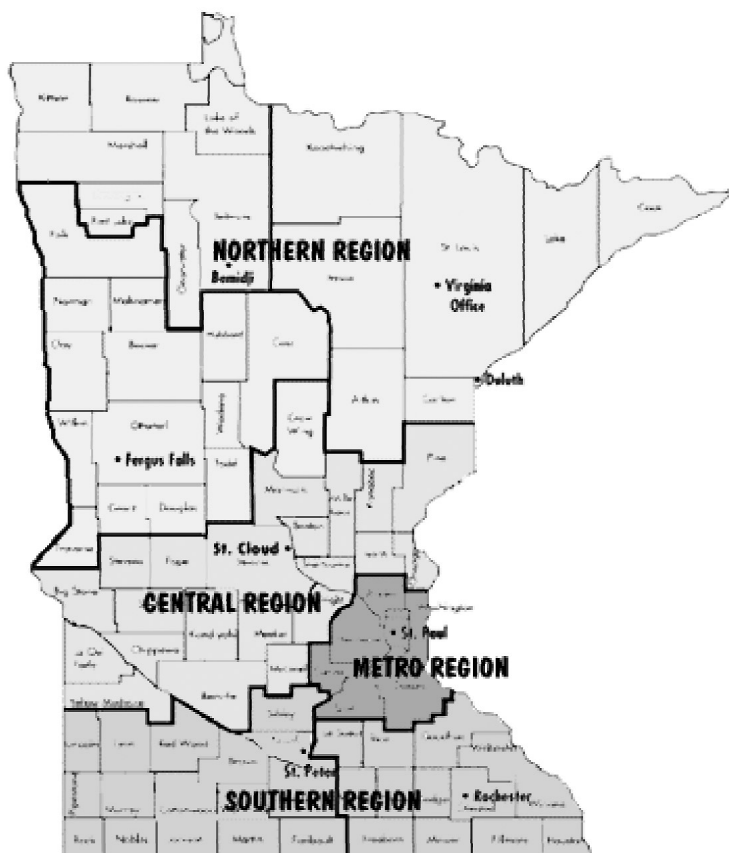
Wright County Human Services
10 Second Street NW, Room 300
Buffalo, MN 55313-1191 (763) 682-7414
Fax: (763) 682-7701

Yellow Medicine County Family Service Center
930 Fourth Street, Suite 4
Granite Falls, MN 56241-1463 (320) 564-2211
Fax: (320) 564-4165

*For more information, please visit the
Minnesota Department of Human Services
website at
www.dhs.state.mn.us/infocenter/regional.htm*

DEAF & HARD OF HEARING REGIONAL SERVICE LOCATIONS

Deaf and Hard of Hearing Services (DHHS) has eight regional offices in Duluth, Virginia, Bemidji, Fergus Falls, St. Cloud, Metro, St. Peter and Rochester. To contact an office near you, please see the information listed by region below.



NORTHERN REGION

Duluth

Counties served: Aitkin, Carlton, Cook, Lake, and St. Louis (southern)

DHHS Northeast

Government Services Center

320 W 2nd Street, Suite 710

Duluth, MN 55802

218-723-4962 (V)

888-234-1322 (V)

888-723-3344 (TTY)

218-723-4961 (TTY)

218-723-4969 (FAX)

Email: dhhs.duluth@state.mn.us

Bemidji

Counties served: Beltrami, Clearwater, Kittson, Lake of the Woods, Mahnomon, Marshall, Norman, Pennington, Polk, Red Lake, Roseau
DHHS Upper Northwest

616 America Avenue NW, Suite 320

Bemidji, MN 56601

218-759-8283 (V/TTY)

888-663-8329 (V/TTY)

218-759-8288 (TTY)

218-759-8279 (FAX)

Email: dhhs.bemidji@state.mn.us

DEAF & HARD OF HEARING REGIONAL SERVICE LOCATIONS

NORTHERN REGION

Fergus Falls

Counties served: Becker, Cass, Clay, Douglas,
Grant, Hubbard, Ottertail, Todd, Traverse,
Wadena, Wilkin
DHHS Northwest
4B1/2 East Drive, Suite 2
Fergus Falls, MN 56537
218-739-7589 (V)
218-739-7591 (TTY)
800-456-7589 (V/TTY)
218-739-7309 (FAX)
Email: dhhs.fergusfalls@state.mn.us

Virginia

Counties served: Itasca, Koochiching, and
St. Louis (northern)
DHHS Northeast
Workforce Center
820 N 9th Street #250
Virginia, MN 55792
218-748-2253 (V)
218-748-2252 (TTY)
218-748-2288 (FAX)
Email: dhhs.virginia@state.mn.us

CENTRAL AREA

St. Cloud

Counties served: Benton, Chisago, Brow Wing,
Isanti, Kanabec, Mille Lacs, Morrison, Pine,
Sherburne, Stearns, Wright
DHHS E/W Central
3333 West Division Street #209
St. Cloud, MN 56301-4555
320-255-3502 (V)
800-456-3690 (V/TTY)
320-255-3590 (TTY)
320-654-5157 (FAX)
Email: dhhs.stcloud@state.mn.us

METRO AREA

St Paul

Counties served: Anoka, Carver, Dakota,
Hennepin, Ramsey, Scott, Washington
DHHS Metro
130 East Seventh Street
Downtown St. Paul (physical address)
Dept of Human Services (mailing address)
444 Lafayette Road
St. Paul, MN 55155-3814
651-297-1316 (V)
651-297-1313 (TTY)
651-215-6388 (FAX)
Email: dhhs.metro@state.mn.us

SOUTHERN AREA

St. Peter

Counties served: Blue Earth, Brown,
Cottonwood, Faribault, Jackson, Lincoln, Lyon,
Martin, Murray, Nicollet, Nobles, Pipestone,
Redwood, Rock Sibley, Watowan
DHHS Southwest
100 Freeman Drive
St. Peter, MN 56082
507-931-7580 (V)
507-931-7579 (TTY)
507-931-7573 (FAX)
Email: dhhs.stpeter@state.mn.us

Rochester

Counties served: Dodge, Fillmore, Freeborn,
Goodhue, Houston, Le Seuer, Mower, Olmsted,
Rice, Steele, Wabasha, Waseca, Winona
DHHS Southeast
Cedarwood Plaza
4104 NW 18th Avenue
Rochester, MN 55901
507-285-7295 (V)
800-311-1148 (V/TTY)
507-285-7172 (TTY)
507-280-5531 (FAX)
Email: dhhs.rochester@state.mn.us



DEPT. OF HUMAN SERVICES ALTERNATIVE CARE PROGRAM

Fact Sheet 2004

How does the Alternative Care Program work?

The Alternative Care (AC) Program is a state-funded program that supports certain home and community-based services for older Minnesotans, age 65 and over, who are at risk of nursing home placement and have low levels of income and assets. The program is administered by counties.

What types of services are available?

Covered services include adult day care, adult foster care, homemaker services, home health aides, personal care assistance, case management, respite care, assisted living, care-related supplies and equipment, home-delivered meals, transportation, skilled nursing, chore services, companion services, nutrition services, residential care services, training for informal caregivers and modifications to the home. Counties also may offer consumer-directed options.

Who is eligible?

A person age 65 and older who is assessed through the Long-Term Care Consultation (LTCC) process is eligible for AC funding when the following are true:

- ✗ The person is in need of nursing facility level of care and admission is recommended.
- ✗ The person's income and assets would be inadequate to fund a nursing facility stay for more than 180 days.
- ✗ The person chooses to receive community services instead of nursing facility services.
- ✗ No other funding source is available for the community services.

How can I enroll?

Contact your county's social services department or call the Senior LinkAge Line® at 1-800-333-2433 for more information about the program.



DEPT. OF HUMAN SERVICES ELDERLY WAIVER PROGRAM

Fact Sheet 2004

What is the Elderly Waiver Program?

The Elderly Waiver (EW) program funds home and community-based services for people age 65 and older who are eligible for Medical Assistance (MA) and require the level of medical care provided in a nursing home, but choose to reside in the community. The Minnesota Department of Human Services (DHS) operates the EW program under a federal waiver to Minnesota's Medicaid State Plan. Counties administer the program.

What types of services are available?

Covered services include visits by a skilled nurse, home health aide, homemaker, companion, personal care assistant, as well as home-delivered meals, adult day care, supplies and equipment, home modifications, and certified community residential services (assisted living, foster care, residential care).

Who is eligible?

- ✗ Those eligible for the EW program are 65 or older, eligible for Medical Assistance, and need nursing home level of care as determined by the Long-Term Care Consultation process.

- ✗ The EW service cost for an individual cannot be greater than the estimated nursing home cost for that same individual.

How can I enroll?

Contact your county's social services department or call the Senior LinkAge Line® at 1-800-333-2433 for more information about the program.

NATIVE AMERICANS AND DIABETES



Years ago, Native Americans did not have diabetes. Elders can recall times when people hunted and gathered food for simple meals. People walked a lot. Now, in some Native communities, one in two adults has diabetes.

Awakening the Spirit: Pathways to Diabetes Prevention & Control was created to help share important messages about diabetes. No one should have to fight diabetes alone.

It is important for you to know:

- ❖ People with diabetes can manage it.
- ❖ People with diabetes can live full lives
- ❖ People with diabetes can be well enough to watch their grandchildren grow up.

Through working with other organizations including the Indian Health Service, developing and disseminating educational materials and participating in advocacy activities, Awakening the Spirit is working to encourage your spirit to fight diabetes, to make healthy food choices and be more active.

All of these things will help create a healthy pathway for you and the generations that will follow after you.

Nationally and locally, Native American communities around the country are working through Awakening the Spirit to encourage Congress to continue funding diabetes education programs in tribal communities. Writing, faxing, calling, and visiting congressional members are several strategies employed at the community level to lobby for issues of concern specifically addressing needs identified by the Native American community.

The volunteer leadership of Awakening the Spirit, representing various tribal communities, invites you to join in the fight against diabetes. Knowledge is power in the fight against diabetes.

For more information, please call 1-800-DIABETES (342-2383),
or visit the website at www.diabetes.org.

EQUIPMENT LOAN PROGRAM

Goodwill/Easter Seals of Minnesota

Assisting people with barriers to education, employment, and independence in achieving their goals.

Goodwill/Easter Seals provides programs and services aimed at increasing independence, community inclusion and self-sufficiency for people with disabilities or disadvantages. The Equipment Loan Program provides loans of durable equipment, or information on procuring equipment, and home modification consultation.

In the Central Minnesota area, the Goodwill/Easter Seals Equipment Loan Program serves persons of all ages and disabilities. The only eligibility criteria required of a loan is the evidence of need, with the maximum amount of time allowed for the loan being six months.

Funding Assistance is also available for the purchase of loan equipment and information/referral services. Consultation and observation services are fully funded by the Goodwill/Easter Seals Program.

Equipment is available for the following:

- ✓ Aids for Daily Living (ADL)
- ✓ Beds/Bed Modifications
- ✓ Education/Employment
- ✓ Mobility/Ambulation

For more information, please contact one of the following regional offices:

Office Hours are Monday through Friday 8:00am - 4:30pm; Wednesday Evenings 4:30pm - 7:00pm

50 South 2nd Street
Waite Park, MN 56387
320/654-9527
TTY: 320/654-9527

2543 Como Avenue
St. Paul, MN 55108
651/646-2591 ext. 176
Fax 651-649-0302

2424 1st Street South
Willmar, MN 56201
320/214-9238

660 37th Street NW
Rochester, MN 55901
507/287-8699

To make your tax-deductible donation of used medical equipment in good condition, please bring it to any Goodwill store.



SENIOR CORPS FOSTER GRANDPARENT PROGRAM



About Senior Corps Foster Grandparents Programs

The Foster Grandparent Program (FGP) is part of Senior Corps, a network of national service programs that provide older Americans the opportunity to put their life experiences to work for local communities. Foster Grandparents serve as mentors, tutors, and caregivers for at-risk children and youth with special needs through a variety of community organizations, including schools, hospitals, drug treatment facilities, correctional institutions, and Head Start and day-care centers. In fiscal year 2001, more than 30,000 Foster Grandparents tended to the needs of 275,000 young children and teenagers.

Eligibility

The Foster Grandparent Program is open to people age 60 and over with limited incomes. All applicants undergo a background check and a telephone interview, as well as pre-service and in-service training. Foster Grandparents serve 20 hours a week.

Partners/Operations

Local non-profit organizations and public agencies receive grants to sponsor and operate local Foster Grandparent projects. Organizations that address the needs of abused and neglected children, troubled teens, young mothers, premature infants, and children with physical disabilities work with the local Foster Grandparent program to place and coordinate the services of the Foster Grandparent volunteers. These local partners are called volunteer stations. Volunteer stations include children's services agencies, child and youth-oriented charities, and faith-based institutions.

Volunteer Benefits

For their service, Foster Grandparents receive \$2.65 an hour (tax free), reimbursement for transportation, meals during service, annual physical examinations, and accident and liability insurance while on duty.

More Information

To learn more about Foster Grandparents and other Senior Corps programs, call 800-424-8867 or TTY 800-833-3722.



MEDICARE

Important Telephone Numbers

SOCIAL SECURITY ADMINISTRATION (eg. lost Medicare card, Medicare card questions)	1-800-772-1213
MEDICARE PART A Noridian Government Services (eg. hospital care, skilled nursing facility – N.H.)	1-800-330-5935
HOME HEALTH/HOSPICE BENEFITS United Government Services, Wisconsin	1-800-531-9695
MEDICARE PART B (Wisconsin Physician Services) (eg. doctor’s bills, outpatient tests, ambulance claims)	1-800-352-2762
DURABLE MEDICAL EQUIPMENT (eg. wheelchairs, walkers, oxygen)	1-800-270-2313
STRATIS HEALTH, Help-line (Quality Improvement Organization) Quality of Care, Early Discharge	1-800-444-3423
SENIOR LINKAGE LINE® (help with forms and bills, insurance questions)	1-800-333-2433
RAILROAD RETIREES	1-800-833-4455
SENIOR LINKAGE LINE® STATE HEALTH INSURANCE ASSISTANCE PROGRAM	1-800-333-2433

MINNESOTA AREA GERIATRIC EDUCATIONAL CENTERS

The Minnesota Area Geriatric Education Center (MAGEC), established in 1988 through a federal grant, is part of the University of Minnesota Center on Aging. Eight university faculty members representing the disciplines of medicine, public health, nursing, dentistry, pharmacy, social work, and physical medicine and rehabilitation constitute the leadership of MAGEC.

MAGEC provides educational and innovative programs on a regional and local basis through partnerships with institutions and organizations involved in aging. An integral part of promoting education is the design and expansion of curricular offerings in geriatrics and gerontology. Additionally, MAGEC works to strengthen clinicians' skills and knowledge in geriatrics.

The mission of MAGEC is to improve the lives of older persons in the region by improving the skills and knowledge of those who provide or affect their health care.

MAGEC provides educational and innovative programs on a regional and local basis through partnerships with institutions and organizations involved in aging. An integral part of promoting education is the design and expansion of curricular offerings in geriatrics and gerontology. Additionally, MAGEC works to strengthen clinicians' skills and knowledge in geriatrics.

GOALS

- Improve geriatric training programs
- Develop and strengthen networks for geriatric education
- Bring relevant educational programs on aging issues to practicing clinicians
- Build on strengths and stimulate innovation in care for older people

OBJECTIVES

- Foster interdisciplinary collaboration across institutions to enhance geriatric and gerontology curricula
- Utilize current research and technology to design innovative educational resources for students and providers of aging services
- Improve geriatric primary care capacity through a broad range of continuing education programs



MINNESOTA AREA GERIATRIC EDUCATIONAL CENTERS

Regional Geriatric Education Centers (RGECS) help extend MAGEC's mission into greater Minnesota and the surrounding states. Each RGECS is built around community partnerships of local leaders, academic institutions, health professionals, and service providers. MAGEC serves as the central coordinating link for the RGECS. There are currently seven RGECS located with Minnesota and western Wisconsin.

North Star RGECS

Karen Schumacher, Director
Minnesota State Community and Technical College
Custom Training Services
1900 28th Avenue S
Moorhead, MN 56560
Toll Free: 800-426-5603 ext. 586
Phone: 218-299-6586
Fax: 218-299-6554
karen.schumacher@cts.minnesota.edu

Northern MAGEC

Catherine Sampson, Director
David Wallace, Coordinator
Arrowhead Area Agency on Aging
221 West First Street
Duluth, MN 55802
Toll Free: 800-232-0707
Fax: 218-529-7592
csampson@mail.ardc.org
dwallace@mail.ardc.org

Western Wisconsin RGECS

Doug Olson, Assistant Professor
Health Care Administration Program
University of Wisconsin-Eau Claire
HSS 212
P.O. Box 4004
Eau Claire, WI 54702-4004
Phone: 715-836-5067
Fax: 715-836-3379
olsondou@uwec.edu

MAGEC Central

Lynn Rohman, Coordinator
Central Minnesota Council on Aging
600 25th Avenue S, Suite 201
St. Cloud, MN 56301
Phone: 320-253-9349
Fax: 320-253-9576
rohmanl@cmcoa.org

MAGEC Southwestern

Carol Gerlach, Coordinator
Minnesota West Community & Technical College
1593 11th Avenue
Granite Falls, MN 56241
Phone: 800-657-3247 ext. 115
Fax: 320-564-4582
cgerlach@gf.mnwest.mnscu.edu

MAGEC South

Shirley Murray, Director
Minnesota State University, Mankato
360 Wissink Hall
Mankato, MN 56001
Phone: 507-389-5194
Fax: 507-389-6516
shirley.murray@mnsu.edu

Heartland RGECS

Kathy Richie, Director
Rochester Community & Technical College
851 30th Avenue SE, Box 50
Rochester, MN 55904-4999
Phone: 507-285-7251
Fax: 507-285-7110
kathy.richie@roch.edu



MINNESOTA AREA GERIATRIC EDUCATIONAL CENTERS

MAGEC Faculty (MAGECians)

Robert L. Kane, MD *School of Public Health*

James Gambucci, DDS
School of Dentistry

Margaret Artz, PhD
College of Pharmacy

Ken Hepburn, PhD
School of Nursing

Merrie Kaas, DNSc, RN
School of Nursing

Helen Kivnick, PhD
School of Social Work

Teresa McCarthy, MD
Medical School

Teresa Jacobson Kimberley, PhD, PT
Program in Physical Therapy

Staff

Anne Kane
Deputy Director

Dean Neumann
Coordinator

Marilyn Eells
Executive Secretary

Nicole Kast
Coordinator

Jake Priester
Coordinator

Lorri Todd
Principal Secretary

Center on Aging/MAGEC
420 Delaware Street SE
Mayo Mail Code 197
Minneapolis, MN 55455

Phone: 612-624-3904
E-mail: coa@umn.edu

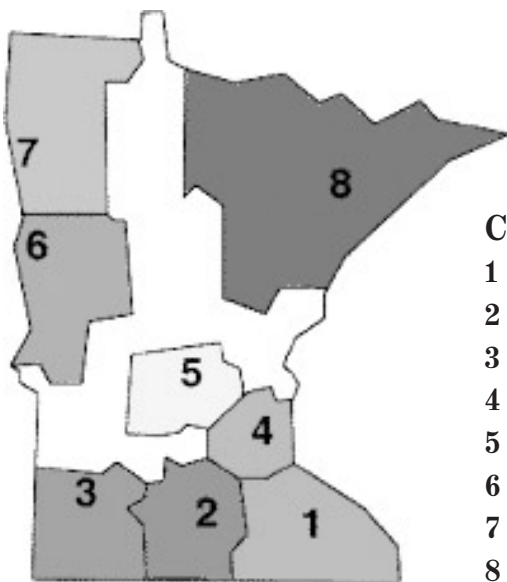


MINNESOTA ASSOCIATION OF CENTERS FOR INDEPENDENT LIVING (MACIL)

519 2nd Street North ■ Saint Cloud, MN 56303 ■ (320) 529-9000

The Minnesota Association of Centers for Independent Living (MACIL) is a non-profit organization whose purpose is to advocate for the independent living needs of people with disabilities who are citizens of the State of Minnesota, to develop new resources, identify and provide access to existing resources which provide the services needed by persons with disabilities so that they may live independently in the situation and community of their choice.

MACIL is dedicated to providing information about independent living services, provided by Minnesota's eight Centers for Independent Living (CILs), and disability related information around the world.



Center For Independent Living Locations

- 1 Rochester SEMCIL
- 2 Mankato SMILES
- 3 Marshall SWCIL
- 4 MCIL - Mpls./St. Paul
- 5 St. Cloud Independent Lifestyles
- 6 Moorhead FREEDOM
- 7 East Grand Forks OPTIONS
- 8 CILNM Hibbing

SERVICES OF CENTERS FOR INDEPENDENT LIVING

● Information and Referral

Centers maintain comprehensive information files on availability in their communities of accessible housing; transportation; employment opportunities; rosters of persons available to serve as personal care attendants, interpreters for hearing impaired people, or readers for visually impaired people; and many other services.

● Independent Living Skills Training

Centers provide training courses to help people with disabilities gain skills that would enable them to live more independently; courses may include using various public transportation systems, managing a personal budget, dealing with insensitive and discriminatory behavior by members of the general public, and many other subjects.

MINNESOTA ASSOCIATION OF CENTERS FOR INDEPENDENT LIVING (MACIL)

● Peer Counseling

Centers offer a service in which a person with a disability can work with other persons who have disabilities and who are living independently in the community. The objective is to explore options and to solve problems that sometimes occur for people with disabilities, for example, making adjustments to a newly acquired disability, experiencing changes in living arrangements, or learning to use community services more effectively.

● Advocacy

Centers provide two kinds of advocacy:

- (1) consumer advocacy, which involves center staff working with persons with disabilities to obtain necessary support services from other agencies in the community and
- (2) community advocacy, which involves center staff, board members, and volunteers initiating activities to make changes in the community that make it easier for all persons with disabilities to live more independently.

● Other services

Centers also offer a number of other services, generally depending on specific needs of their consumers and lack of availability elsewhere in the community. Among the most frequently provided services are community education and other public information services, equipment repair, recreational activities, and home modifications. Visit each of the [Minnesota CILs](#) to see more details about their particular programs.

**For more information, call 651-582-1998
or visit the MACIL website at:
<http://www.macil.org>**

DISABILITY PARKING

Disability parking is not a special privilege, but a necessity. Because some people cannot walk, or because a visible or hidden impairment makes walking difficult or hazardous, people with disabilities are at a disadvantage. Disability parking spaces also provides extra space for people in wheelchairs getting in and out of vehicle. Below is information that explains who qualifies for disability parking and how to obtain disability parking certificates and license plates.

Disability License Plates

- Disability license plates are issued to a person with a physical disability or to a custodial parent or guardian of a minor with a permanent disability.
- A disabled person can only obtain one set of disability plates.
- Fee: \$14 (\$7.00 license plate fee [\$5.50 for single plate] plus \$7 service fee)
- The application for disability plates must be completed and signed by the vehicle owner or primary driver and by one of the following: a licensed physician, physician's assistant, advanced practice registered nurse, or chiropractor.
- If you submit your application through a deputy registrar office, you'll be issued a temporary permit to display until you receive your license plates.

Eligibility

Disability plates may be obtained by the owner of a motor vehicle if the disabled person is the owner or primary driver of the vehicle, or if the owner is the custodial parent or guardian of a permanently disabled minor. Persons not qualifying for disabled license plates may be eligible for a disability parking permit.

To be eligible you must meet one or more of the below described definitions of a "physically disabled person:"

- An individual who has a cardiac condition to the extent that their functional limitations are classified in severity as Class III or Class IV according to the standards set by the American Heart Association.
- An individual who uses portable oxygen.
- An individual who has an arterial oxygen tension (PAO₂) of less than 60 mm/Hg on room air at rest.
- An individual who is restricted by a respiratory disease to such an extent that their forced (respiratory) expiratory volume for one second, when measured by spirometry, is less than one liter.
- An individual who has lost an arm or leg and does not have or cannot use an artificial limb.
- An individual who, because of the of the disability, cannot walk without the aid of another person, a walker, a cane, crutches, braces, a prosthetic device, or a wheel chair.
- An individual who has a condition that would be aggravated to such an extent that walking 200 feet would be life threatening. *Physician must specify disability.*
- An individual who cannot walk 200 feet without stopping to rest. *Physician must specify disability.*
- An individual who cannot walk without a significant risk of falling. *Physician must specify disability.*
- An individual has a specific medical condition related to: *Physician must state condition.*

Disability Parking Certificate

- Disability parking certificates are issued to individuals (drivers or non-drivers), and to institutions that transport persons who have disabilities.

- Certificates are transferable to any vehicle transporting a person with a disability.
- Two parking certificates may be issued to a disabled individual, provided they do not have disability license plates. If you have a set of disability license plates we can only issue one disability parking permit.
- If you submit your application to a deputy registrar office, you'll be issued a temporary permit to display until you receive your placard.
- Non-commercial permit applications must be signed by one of the following: a licensed physician, physician's assistant, advanced practice registered nurse, or chiropractor.
- It takes approximately four weeks to process your application.

Eligibility

Disability plates may be obtained by the owner of a motor vehicle if the disabled person is the owner or primary driver of the vehicle, or if the owner is the custodial parent or guardian of a permanently disabled minor. Persons not qualifying for disabled license plates may be eligible for a disability parking permit.

To be eligible you must meet one or more of the below described definitions of a "physically disabled person:"

- An individual who has a cardiac condition to the extent that their functional limitations are classified in severity as Class III or Class IV according to the standards set by the American Heart Association.
- An individual who uses portable oxygen.
- An individual who has an arterial oxygen tension (PAO₂) of less than 60 mm/Hg on room air at rest.
- An individual who is restricted by a respiratory disease to such an extent that their forced (respiratory) expiratory volume for one second, when measured by spirometry, is less than one liter.
- An individual who has lost an arm or leg and does not have or cannot use an artificial limb.
- An individual who, because of the of the disability, cannot walk without the aid of another person, a walker, a cane, crutches, braces, a prosthetic device, or a wheel chair.
- An individual who has a condition that would be aggravated to such an extent that walking 200 feet would be life threatening. *Physician must specify disability.*
- An individual who cannot walk 200 feet without stopping to rest. *Physician must specify disability.*
- An individual who cannot walk without a significant risk of falling. *Physician must specify disability.*
- An individual has a specific medical condition related to: *Physician must state condition.*

Privileges

A disability parking certificate (permit) allows a vehicle that prominently displays the certificate to be parked by or for a physically disabled person in the following locations:

- a designated disabled parking space.
- a non-restricted metered parking space without obligation to pay the meter fee.
- a non-metered space with time restrictions (i.e. two-hour spaces etc..) without regard to the maximum time limit.

This law does not allow you to park in no parking zones, fire lanes, rush hour zones, in front of fire hydrants or at yellow curbs. Minnesota does honor foreign state disability certificates displayed with license plates from that state.

For more information, please contact us at:

motor.vehicles@state.mn.us

651-296-6911 (8:00 a.m. - 4:30 p.m.)

TDD/TTY for the hearing impaired - 651-282-6555



NFDH
National Foundation of
Dentistry for the Handicapped

MINNESOTA DONATED DENTAL SERVICES

in conjunction with the Minnesota Dental Association

(651) 454-6290 or toll free (866) 242-6290

131 dentists and 49 laboratories are now volunteering for this newly initiated program

Sponsors and Funders include:

the Minnesota Dental Association and
the Minnesota State Board of Dentistry

Volunteer dentists treat DDS patients in their offices where they can work more efficiently with their own equipment, supplies, and staff. Patients are usually referred to nearby offices instead of one or two clinics.

In each state, at least one program coordinator is responsible for determining that applicants are disabled, elderly, or medically compromised and have no other way of paying for dental care – thus establishing that DDS patients are truly needy. Communicating between offices and patients is also a major responsibility. The coordinators verify patients have reliable transportation, remind them of appointments, and resolve problems that may arise. Coordinators also arrange for specialists and laboratory services when necessary.

*Please visit our website to download a copy of our application
for free dental services available to qualifying older and disabled people
at www.nfdh.org*

MINNESOTA EXTENSION SERVICES



The University of Minnesota Extension Service provides practical information to people who need it, when they need it.

Minnesotans trust Extension because of our long history of providing relevant and credible educational programs that address real-life issues. Programs developed by the University of Minnesota Extension Service reflect the concerns of local citizens, combined with the applied knowledge of the University of MN, and the research of other state and national organizations. Extension Agents work with local advisory committees, seeking their input to identify needs and design programs to meet those needs.

Our strength lies in our:

- Local linkages in communities throughout Minnesota
- Connection to the research base of the University of Minnesota and other national research centers
- Network of citizens, scientists, and educators working together
- Partnerships with local, state, and national governments and organizations
- Ability to build individual and community capacity



800-525-8636

If you have a question about **Community** (economic development, technology, tourism, diversity, leadership, public policy), the **Environment** (conservation, forests, water quality, waste management), **Family Services** (Adult Development/Aging, financial planning, relationships, parenting), **Farming** (crop rotation, management, the environment, livestock and food production), **Gardening** (fruit and vegetable production, commercial distribution), or general **Living Practices** (nutrition, food safety, health and wellness/fitness), call U-line at 1-800-525-8636.

U-line operators will direct you to the resources nearest you.

For more information, please visit the University of Minnesota website:
www.extension.umn.edu

MINNESOTA HEALTH INSURANCE COUNSELING PROGRAMS

MEDICARE/HEALTH INSURANCE LONG-TERM CARE INSURANCE

Have questions about Medicare, health insurance, long-term care insurance or other issues?
Get answers you can rely on at Senior LinkAge Line®.

1-800-333-2433

Health insurance choices, including Medicare and long-term care insurance can be confusing. Senior LinkAge Line® is the number to call to get answers to your health insurance related questions such as:

- What will Medicare cover and cost?
- When should I enroll in Medicare Part B?
- What is Medicare Part D?
- What is an HMO?
- What is Medicare Advantage?
- How do a Basic Medicare supplement and Extended Basic Medicare supplement differ?
- What is long-term care insurance?
- Does long-term care insurance only pay for my care if I am in a nursing home?
- What are the options available to supplement Medicare in Minnesota?
- What are my options for getting prescription drug coverage?
- What is Medicare Fraud
- AND MANY MORE!

For answers to all of these questions and more,
call 1-800-333-2433
or send your e-mail question to senior.linkage@state.mn.us

The Senior LinkAge Line® is the State Health Insurance Assistance Program (SHIP) for Minnesota. It was developed in 1993 as part of an initiative of the Centers for Medicare & Medicaid Services. Assistance is provided by staff and volunteers who have completed an intensive training program and are certified by the Minnesota Board on Aging to provide health insurance counseling assistance.

The Senior LinkAge Line® is not connected with any insurance company or HMO. The Senior LinkAge Line® does not sell, endorse, or market any health insurance product. You will get objective, comprehensive information, to help you make your decisions.

MINNESOTA HEALTH INSURANCE COUNSELING PROGRAMS

Senior LinkAge Line® works with other various health care resources, such as the Social Security Administration, Minnesota Department of Commerce, Medicare Part A, Medicare Part B, Quality Improvement Organization, Minnesota Department of Health, and Ombudsman for Older Minnesotans.

Minnesota Medicare beneficiaries and their caregivers can find options, answers and solutions through Senior LinkAge Line®.

Other Resources:

- If your elderly loved one lives outside Minnesota, call the Eldercare Locator at 800-677-1116 or at www.eldercare.gov.
- www.minnesotahelp.info has a statewide database of community resources with special topic areas containing resources for older adults, including Medicare and health insurance. If you are looking for information on services for people of other ages available in another state - www.minnesotahelp.info can link you to those resources.

MINNESOTAHELP.INFO

MinnesotaHelp.info

*Brought to you by the Minnesota Board on Aging,
the Minnesota Department of Human Services and other partners*

“Need help finding help?”

Use this directory to locate community resources in six easy steps.

MinnesotaHelp.info is an on-line directory of services designed to help people in Minnesota identify resources such as human services, information and referral, financial assistance, and other forms of aid and assistance within Minnesota. It is especially rich in resource information for seniors and their caregivers; disabled and their caregivers; parents and families; and low income people.

Questions like these and others are addressed on MinnesotaHelp.info:

How can I find information for myself or for someone else?

I have a disability, can I use this site?

What kinds of resources are in this Directory?

Where is this Directory available?

All that is required to get started is either your Zip Code or the City and State in which you reside.

For more information, please visit the website at www.MinnesotaHelp.info

MINNESOTA KINSHIP CAREGIVERS ASSOCIATION



Minnesota **Kinship** **Caregivers** Association

*Improving lives of grandparents, relatives,
and the children they're raising.*

To find out more about the services and support available to you
or if you are a grandparent raising grandchildren...

visit our website at:

<http://www.mkca.org>

or

contact us by e-mail at: mkca@mkca.org

1600 University Avenue West, Suite 302
St. Paul, Minnesota 55104-3800
Phone: (651) 917-4640 • Fax (651) 641-8618



1-800-333-2433

MINNESOTA LEGAL SERVICES COALITION (MLSC) OFFICES

Albert Lea Office - Southern Minnesota Regional Legal Services (Southeast Region)

132 North Broadway

Albert Lea, MN 56007

(507) 377-2831 or (Clients Only) 1-800-223-0280 FAX (507) 377-2832

(Serving Freeborn, Mower, Rice, and Steele Counties)

Alexandria Office - Legal Services of Northwest Minnesota, Inc.

1114 Broadway

Alexandria, MN 56308

(320) 762-0663 or (Clients Only) 1-800-450-2552 FAX (320) 762-0740 e-mail: legalaid@lsnmlaw.org

(Serving Douglas, Grant, Otter Tail, Pope, Stevens, Traverse, and Wadena (no seniors) Counties)

ANISHINABE LEGAL SERVICES - Cass Lake Office

411 1st Street. NW, P.O. Box 157

Cass Lake, MN 56633

(218) 335-2223 or (Clients Only) 1-800-422-1335 FAX (218) 335-7988

(Serving residents of Leech Lake, White Earth, and Red Lake Reservations)

JUDICARE OF ANOKA COUNTY

1201 89th Avenue NE, Suite 310

Blaine, MN 55434

(763) 783-4970 or (Clients Only) (763) 783-4970 FAX (763) 783-4959

(Serving Anoka County)

Bemidji Office - Legal Services of Northwest Minnesota, Inc.

215 4th Street NW

P.O. Box 1883

Bemidji, MN 56619-1883

(218) 751-9201 or (Clients Only) 1-800-450-9201 FAX (218) 751-9217 e-mail: legalaid@lsnmlaw.org

(Serving Beltrami, Clearwater, Hubbard, Lake of the Woods, and Mahnomen Counties)

Brainerd Office - Legal Aid Service of Northeastern Minnesota

14091 Baxter Drive, Suite 116

Baxter, MN 56425-7997

(218) 829-1701 or (Clients Only) 1-800-933-1112 FAX (218) 829-4792 Website: www.lasnem.org

(Serving Aitkin, Cass, and Crow Wing Counties)

MINNESOTA LEGAL SERVICES COALITION (MLSC) OFFICES

Cambridge Office - East Central Minnesota Legal Services (A Division of MMLA)

140 Buchanan Street N, Suite 176

Cambridge, MN 55008

(763) 689-2849 (Local) or (Clients Only) 1-800-622-7772 FAX (763) 552-2849

(Serving LSC clients in Chisago & Isanti Counties; Seniors in Anoka, Chisago, Isanti, Mille Lacs and Pine Counties. Also serving members of the Mille Lacs Band of Ojibwe in Aitkin, Crow Wing, Mille Lacs, Morrison and Pine Counties.)

CENTRAL MINNESOTA LEGAL SERVICES (CMLS) - Downtown Minneapolis

430 First Avenue N, Suite 359

Minneapolis, MN 55401

(612) 332-8151 New clients call: (612) 334-5970 FAX (612) 334-3402

(Serving LSC eligible clients in Hennepin County)

LEGAL AID SERVICE OF NORTHEASTERN MINNESOTA (LASNEM) - Duluth Office

424 West Superior Street

302 Ordean Bldg.

Duluth, MN 55802

(218) 726-4800 or (Clients Only) 1-800-622-7266 FAX (218) 726-4804

(Serving Carlton, Cook, Lake, and southern St. Louis Counties)

Eastside and American Indian Branch Office - Southern Minnesota Regional Legal Services

579 Wells Street, #100

St. Paul, MN 55101

(651) 771-4455 or (Clients Only) (651) 495-0473 FAX (651) 771-4929

Faribault Office - Southern Minnesota Regional Legal Services (Southeast Region)

303 NE First Avenue, Suite 365

Faribault, MN 55021

(507) 990-9840 or (Clients Only) (888) 575-2954 FAX (507) 332-6999

(Serving Rice County)

Grand Rapids Office - Legal Aid Service of Northeastern Minnesota

Central Square Mall

201 NW 4th Street

Grand Rapids, MN 55744

(218) 327-8857 or (Clients Only) 1-800-708-6695 FAX (218) 327-8856 Website: www.lasnem.org

(Serving Itasca and Koochiching Counties)

MINNESOTA LEGAL SERVICES COALITION (MLSC) OFFICES

LEGAL SERVICES ADVOCACY PROJECT (LSAP)

Midtown Commons

2324 University Avenue W, Suite 101

St. Paul, MN 55114

(651) 222-3749 FAX (651) 603-2750

(Providing legislative and administrative advocacy for all Minnesota Legal Services programs)

Mankato Office - Southern Minnesota Regional Legal Services (Southwest Region)

12 Civic Center Plaza, Suite 3000

P.O. Box 3304

Mankato, MN 56002-3304

(507) 387-5588 or (Clients Only) 1-800-247-2299 FAX (507) 387-2321

(Serving Blue Earth, Brown, Faribault, LeSueur, Martin, McLeod, Nicollet, Sibley, Waseca, and Watonwan Counties.)

Special Project: Minnesota Family Farm Law Project (Serving the entire 33-county SMRLS service area)

MID-MINNESOTA LEGAL ASSISTANCE (MMLA) - Downtown Minneapolis

Legal Aid Society of Minneapolis, Inc.

430 1st Avenue N, Suite 300

Minneapolis, MN 55401-1780

(612) 332-1441 TDD (612) 332-4668 or (Clients Only) (612) 334-5970 FAX (612) 334-5755

Intake number for new clients: (612) 334-5970. Hours: 9:30 a.m. to 11:30 a.m. and 1:30 p.m. to 3:30 p.m.

(Serving Hennepin County.)

Special Projects: Legal Assistance for Older Americans (Intake through Legal Aid Society of Minneapolis Downtown.)

Minnesota Disability Law Center (Serving entire state) **(Clients Only) (800) 292-4150**

Legal Aid Society of Minneapolis, Inc. - Mid-Minnesota Legal Assistance (Northside Office)

2100 Plymouth Avenue N, Room 114

Minneapolis, MN 55411

(612) 332-1441 or (Clients Only) (612) 334-5970 FAX (612) 436-5412

(Serving north and northeast Minneapolis)

Legal Aid Society of Minneapolis, Inc. - Mid-Minnesota Legal Assistance (Southside Office)

2929 4th Avenue S, Suite 201

Minneapolis, MN 55408

(612) 332-1441 or (Clients Only) (612) 334-5970 TDD (612) 827-1491 FAX (612) 827-7890

(Serving South Minneapolis)

Special Project: Housing Discrimination Law Project (Serving the seven-county metropolitan area and discrimination statewide). **Senior Law Project and Youth Law Project** (Serving Hennepin County).

MINNESOTA LEGAL SERVICES COALITION (MLSC) OFFICES

LEGAL SERVICES OF NORTHWEST MINNESOTA, INC. (LSNM) - Moorhead Office

1015 7th Avenue N

P.O. Box 838

Moorhead, MN 56560

(218) 233-8585 or (Clients Only) 1-800-450-8585 FAX (218) 233-8586 e-mail: legalaidd@lsnmlaw.org

(Serving Becker, Clay, Kittson, Marshall, Norman, Pennington, Polk, Red Lake, Roseau, and Wilkin Counties)

Naytahwaush Office - Anishinabe Legal Services

P.O. Box 57

Naytahwaush, MN 56566

(218) 935-5345 or (Clients Only) 1-877-800-7295 FAX (218) 935-5186

Pine City Office - Legal Aid Service of Northeastern Minnesota

235 Main Street South

Pine City, MN 55063

(320) 629-7166 or (Clients Only) 1-800-382-7166 FAX (320) 629-0185

(Serving LSC clients in Kanabec and Pine Counties)

Prior Lake - Southern Minnesota Regional Legal Services

15815 Franklin Trail SE

Prior Lake, MN 55372

(952) 440-1040 FAX (952) 440-1041

(Serving LSC clients in Carver, Dakota and Scott Counties; and Seniors in Carver and Scott Counties)

Red Lake Office - Anishinabe Legal Services

P.O. Box 291

Red Lake, MN 56671

(218) 679-2281 or (Clients Only) 1-866-679-2281 FAX (218) 679-2392

Rochester Office - Southern Minnesota Regional Legal Services (Southeast Region)

903 West Center Street, Suite 210

Rochester, MN 55902

(507) 292-0080 or (Clients Only) 1-866-292-0080 FAX (507) 292-0060

(Serving Dodge, Fillmore, Goodhue and Olmsted Counties)

St. Cloud Office - Central Minnesota Legal Services

830 West St. Germain, #309, P.O. 1598

St. Cloud, MN 56302

(320) 253-0138 or (Clients Only) 1-800-622-7773 FAX (320) 253-9208

(Serving LSC eligible clients in Benton, Chisago, Isanti, Mille Lacs, Morrison, Sherburne, Stearns, Todd, and Wright Counties)

MINNESOTA LEGAL SERVICES COALITION (MLSC) OFFICES

ST. CLOUD AREA LEGAL SERVICES - A Division of MMLA

830 West St. Germain, Suite 300, P.O. Box 886

St. Cloud, MN 56302

(320) 253-0121 or (Clients Only) 1-888-360-2889 (voice/TDD) FAX (320) 253-5794

(Serving Benton, Mille Lacs, Morrison, Sherburne, Stearns, Todd, and Wright Counties and senior clients in Benton, Morrison, Sherburne, Stearns, Todd, Wadena and Wright Counties)

SOUTHERN MINNESOTA REGIONAL LEGAL SERVICES (SMRLS) - St. Paul Central Office

46 East 4th Street, Suite 300

St. Paul, MN 55101

(651) 222-5863 FAX (651) 297-6457

Intake number for new clients: (651) 222-4731. Hours: 9:00 a.m. - 12:00 noon & 1:00 - 3:00 p.m.

Intake number for new Senior clients: (651) 224-7301. Hours: 9:00 a.m. - 12:00 noon.

(Serving Dakota (seniors only), Ramsey and Washington Counties)

Special Projects: Homeless Outreach Prevention and Education Project (H.O.P.E) (Serving Ramsey County).

Intake Number for new clients: 651-842-1501 - Hours: 9:00 a.m. - 12:00 noon - M-F; 1:00 p.m. - 4:30 p.m. - M, W, F.

Housing Equality Law Project

Senior Law Project

Virginia Office - Legal Aid Service of Northeastern Minnesota

Olcott Plaza, Suite 150

820 North 9th Street

Virginia, MN 55792

(218) 749-3270 (voice/TDD) or (Clients Only) 1-800-886-3270 FAX (218) 749-0706

(Serving north St. Louis County)

Willmar Office - Central Minnesota Legal Services

620 Litchfield Avenue SW, Suite 101A

Willmar, MN 56201-3246

(320) 235-7662; TDD (320) 235-2820 or (Clients Only) 1-800-622-4011 FAX (320) 235-9496

(Serving LSC eligible clients in Big Stone, Chippewa, Kandiyohi, Lac qui Parle, Lincoln, Lyon, Meeker, Renville, Swift, & Yellow Medicine Counties)

Willmar Office - Western Minnesota Legal Services (A Division of MMLA)

620 Litchfield Avenue SW, Suite 101

P.O. Box 1866

Willmar, MN 56201-1866

(320) 235-9600 or (Clients Only) 1-888-360-3666 FAX (320) 235-1030

(Serving Big Stone, Chippewa, Kandiyohi, Lac qui Parle, Lincoln, Lyon, Meeker, Renville, Swift & Yellow Medicine Counties)

MINNESOTA LEGAL SERVICES COALITION (MLSC) OFFICES

Winona Office - Southern Minnesota Regional Legal Services (Southeast Region)

66 East 3rd Street

P.O. Box 1266

Winona, MN 55987-7266

(507) 454-6660 or (Clients Only) 1-800-372-8168 FAX (507) 454-6667

(Serving Dodge, Fillmore, Goodhue, Houston, Olmsted, Wabasha, and Winona Counties)

Worthington Office - Southern Minnesota Regional Legal Services (Southwest Region)

421 Tenth Street

Worthington, MN 56187

(507) 372-7368 or (Clients Only) 1-800-233-0023 FAX (507) 372-2574

(Serving Cottonwood, Jackson, Murray, Nobles, Pipestone, Redwood, and Rock Counties)



MINNESOTA'S PRESCRIPTION DRUG PROGRAM

Formerly called the Senior Drug Program, this PDP is designed to address the rising costs of prescription drugs. Too often, many low-income Medicare enrollees are forced to choose between buying medications and paying for other necessities such as food or housing. Some people cut costs by rationing their medicine or not taking it at all.

Because Medicare doesn't cover prescription drugs, Minnesota and 26 other states have established state-funded programs to provide drug coverage to low-income Medicare enrollees.

Who's served by PDP?

When Minnesota's program began in 1999, it served people 65 and older. In July 2002, the program expanded to include Medicare enrollees who are under 65 and have a disability.

What does PDP provide?

The program pays for most prescription drugs after enrollees pay the first \$35 per month (per person).

What are the eligibility requirements?

- Must be a Minnesota resident for six months.
- Must be a Medicare enrollee, age 65 or older, or under 65 with a disability.
- Must not be eligible for full Medical Assistance (MA); some people who have MA with a spend down may be eligible.
- Must not have had prescription drug coverage within four months of applying.
- Must be enrolled in, or apply for, a Medicare Savings Program (Qualified Medicare Beneficiary or Service Limited Medicare Beneficiary) that helps pay out-of-pocket costs related to Medicare.
- Must meet income and asset limits.

What are the income limits?

Enrollees' income must not be greater than 120 percent of the Federal Poverty Guidelines. Examples of the income limits effective until June 30, 2005, are listed below.

Family size	Gross Monthly Income*
1	\$ 951
2	\$ 1,269

*Income limits increase as of July 1 of each year, based on changes in the Federal Poverty Guidelines.



MINNESOTA'S PRESCRIPTION DRUG PROGRAM

What are the asset limits?

Enrollees' total household assets must not exceed the limits listed below. Some basic assets are not counted against the limit, such as homestead property or a mobile home used as the primary home, prepaid burial fund up to \$1,500 and burial space items, one vehicle (under certain circumstances).

Family size	Total assets may not exceed
1	\$10,000
2 or more	\$18,000

Which pharmacies honor the Prescription Drug Program?

Any pharmacy that serves enrollees in public health care programs (Medical Assistance, General Assistance Medical Care, and Minnesota Care) is part of the Prescription Drug Program. This includes most pharmacies in Minnesota and some in neighboring states.

How many people are enrolled?

The average monthly enrollment in state fiscal year 2002 was 4,780 people.

How is the program funded?

- The program is state funded. Rebates received from drug manufacturers help reduce costs.
- State spending for this program was \$2.2 million in FY 2000 and \$4.7 million in FY 2001.
- The 2002 Legislature appropriated \$5.4 million for FY 2002 and \$8.5 million for FY 2003.

How do people apply?

Submit a Minnesota Health Care Programs application to your county human services agency. Applications can be obtained from the county office or on the Internet at www.dhs.state.mn.us/healthcare.

For more information, call the statewide Senior LinkAge Line® at 1-800-333-2433, or the Minnesota Department of Human Services at (651) 297-5418 or toll free at 1-800-657-3756 (voice).

TDD users can call the Minnesota Relay at 711 or 1-800-627-3529.

For Speech-to-Speech Relay, call 1-877-627-3848.

This information is available in other forms to people with disabilities by calling any of the numbers above.



MINNESOTA STATE SERVICES FOR THE BLIND

State Services for the Blind has offices throughout the state of Minnesota. All offices are open from 8:00am to 4:30pm, Monday through Friday. It is recommended that you call ahead to confirm the office nearest you will be open for your visit. For further assistance, please call the main office in St. Paul.

BEMIDJI

616 America Avenue NW, Suite 230
Bemidji, MN 56601-3866
Tel: 218-759-8207 (Voice)
218-755-4422 (TTY)
Toll Free: 1-888-234-1257
FAX: 218-759-8259

DULUTH

320 West Second Street, Suite 205
Duluth, MN 55802-1494
Tel: 218-723-4600 (Voice)
218-725-7759 (TTY)
Toll Free: 1-800-657-3752
FAX: 218-723-4712

MANKATO

Mankato Place
12 Civic Center Plaza, Suite 1600B
Mankato, MN 56001-7797
Tel: 507-389-6070 (Voice)
507-389-3257 (TTY)
Toll Free: 1-800-657-3821
FAX: 507-389-6097

MOORHEAD

Family Service Center of Clay County
715 11th Street North, Suite 205
Moorhead, MN 56560-2083
Tel: 218-236-2422 (Voice)
218-291-4362 (TTY)
Toll Free: 1-800-657-3755
FAX: 218-299-5810

BRAINERD

1919 South Sixth Street
Brainerd, MN 56401-4526
Tel: 218-828-2490 (Voice)
218-828-2734 (TTY)
Toll Free: 1-800-657-3779
FAX: 218-828-2662

HIBBING

3920 13th Avenue E, P.O. Box 68
Hibbing, MN 55746-4600
Tel: 218-262-6754 (Voice)
218-263-2962 (TTY)
Toll Free: 1-800-657-3824
FAX: 218-262-7315

MARSHALL

Lyon County Courthouse
607 West Main Street
Marshall, MN 56258-3009
Tel: 507-537-7114 (Voice/TTY)
Toll Free: 1-800-366-4813
FAX: 507-537-7977

ROCHESTER

300 11th Avenue NW
Rochester, MN 55901-1801
Tel: 507-285-7282 (Voice)
507-280-2886 (TTY)
Toll Free: 1-800-366-2715
FAX: 507-280-5592



MINNESOTA STATE SERVICES FOR THE BLIND

ST. CLOUD

Midtown Square
3333 West Division Street, Suite 212
St. Cloud, MN 56301-3783
Tel: 320-255-4800 (Voice)
320-202-6401 (TTY)
Toll Free: 1-800-366-5420
FAX: 320-255-4801

ST. PAUL - *Central Office*: Vocational Rehabilitation, Home Living, and Statewide Services Unit

2200 University Avenue West, Suite 240
St. Paul, MN 55114-1840
Tel: 651-642-0500 (Voice)
651-642-0506 (TTY)
1-888-665-3276 (Statewide Toll-Free TTY)
Toll Free: 1-800-652-9000
FAX: 651-649-5927

<http://www.mnssb.org/seniors/>

OFFICE OF OMBUDSMAN FOR OLDER MINNESOTANS

The Office of Ombudsman for Older Minnesotans is a statewide service administered by the Minnesota Board on Aging. The Ombudsman for Older Minnesotans works to enhance the quality of life, care and services for consumers by advocating for reform in the long-term care and social services delivery systems through changes in state and federal law and administrative policy.

Functions of the Ombudsman Office:

- Resolve disputes and complaints through mediation, negotiation, education or referral to appropriate state or federal enforcement agencies or legal services
- Provides information and education about consumers' rights, laws and regulations and the financing of health care and long-term care services through written materials, individual consultation or public speaking
- Calls for reform through state and federal legislation and the health care and social services system to enhance the quality of life and services for consumers

Persons served by the Ombudsman Office:

- Nursing home residents and board and care home residents
- Medicare beneficiaries with questions about hospital and physician services, Medicare rights and benefits
- Home care consumers including those receiving in-home services, hospice, assisted living services, adult day services, adult foster care and durable medical equipment and supplies
- Any citizen who has questions about long term care, hospital, home and community services and Medicare rights and benefits

Concerns or questions handled by the Ombudsman Office include:

- Quality of services
- Rights
- Termination of services or discharges
- Service agreements or care plans
- Building sanitation and safety
- Access and referrals to services
- Appeals
- Fees and billing
- Public benefit issues

Locating an ombudsman:

Call our toll-free number: **1-800-657-3591** (TDD/TTY please call 711). This toll-free number operates out of the state ombudsman office in St. Paul. The local phone number is (651) 296-0382.

OFFICE OF OMBUDSMAN FOR OLDER MINNESOTANS

OFFICE OF OMBUDSMAN FOR OLDER MINNESOTANS DIRECTORY

Local Office

DARLENE WEBER, OMBUDSMAN

Northern Office of Ombudsman for Older Minnesotans

P.O. Box 25

Ponsford, MN 56575

(218) 573-2214 or 1-800-657-3591

FAX: (218) 573-2215

darlene.weber@state.mn.us

VIRDA HALL, OMBUDSMAN

Midwest Office of Ombudsman for Older Minnesotans

P.O. Box 276

Hoffman, MN 56339-0276

(320) 986-6277 or 1-800-657-3591

FAX: (320) 986-6276

virda.hall@state.mn.us

JANE BRINK, OMBUDSMAN

Central Minnesota Office of Ombudsman for Older Minnesotans

P.O. Box 361

Brainerd, MN 56401

(218) 825-2005 or 1-800-657-3591

FAX: (218) 825-2007

jane.m.brink@state.mn.us

ANN HOLME, OMBUDSMAN

West Central Office of Ombudsman for Older Minnesotans

40719 County Hwy. 23

Ortonville, MN 56278

(320) 273-2364 or 1-800-657-3591

FAX: (320) 273-2254

ann.holme@state.mn.us

SYLVIA HASARA, OMBUDSMAN

Southwest Office of Ombudsman for Older Minnesotans

P.O. Box 1022

Lakefield, MN 56150

(507) 662-6652 or 1-800-657-3591

FAX: (507) 662-5644

sylvia.hasara@state.mn.us

Counties

Becker, Clay, Douglas, Grant,
Hubbard, Otter Tail, Pope, Stevens,
Stearns, Todd, Traverse, Wadena,
Wilkin

Aitkin, Carlton, Chisago, Cook,
Lake, Pine, St. Louis, Beltrami,
Clearwater, Itasca, Kittson,
Koochiching, Lake of the Woods,
Mahnomen, Marshall, Norman,
Pennington, Polk, Red Lake, Roseau

Benton, Cass, Crow Wing, Isanti,
Kanabec, Mille Lacs, Morrison,
Sherburne, Wright

Big Stone, Chippewa, Kandiyohi,
Lac Qui Parle, McLeod, Meeker,
Renville, Swift, Yellow Medicine

Brown, Cottonwood, Jackson,
Lincoln, Lyon, Martin, Murray,
Nobles, Pipestone, Redwood,
Rock, Wantonwan

OFFICE OF OMBUDSMAN FOR OLDER MINNESOTANS

SANDRA NEWBAUER, OMBUDSMAN

South Central Office of Ombudsman for Older Minnesotans
P.O. Box 3733
Mankato, MN 56002
(507) 389-2705 or 1-800-657-3591
FAX: (507) 389-2517
sandra.newbauer@state.mn.us

Blue Earth, Faribault, Goodhue,
Le Sueur, Rice, Nicollet, Sibley,
Wabasha, Waseca

JEAN PATZNER MUELLER, OMBUDSMAN

Southeastern Office of Ombudsman for Older Minnesotans
Rural Route 1, Box 78
Houston, MN 55943
(507) 896-2351 or 1-800-657-3591
FAX: (507) 896-4088
jean.mueller@state.mn.us

Dodge, Fillmore, Freeborn, Houston,
Mower, Olmstead, Steele, Winona

Metropolitan Office of Ombudsman for Older Minnesotans

121 East 7th Place, Suite 410
St. Paul, MN 55101
(651) 296-0382 or 1-800-657-3591
FAX: (651) 297-5654

Anoka, Carver, Dakota, Hennepin,
Ramsey, Scott, Washington

State Office of Ombudsman for Older Minnesotans

121 East 7th Place, Suite 410
St. Paul, MN 55101
(651) 296-0382 or 1-800-657-3591
FAX: (651) 297-5654

SHARON ZOESCH

(651) 296-7465
State Ombudsman
sharon.zoesch@state.mn.us

MARIA MICHLIN

(651) 215-0453
Deputy Ombudsman
maria.michlin@state.mn.us

DIANE LEVITT

(651) 296-8992
Ombudsman Specialist
diane.levitt@state.mn.us

SHERILYN MOE

(651) 296-3836
Ombudsman Specialist
sherilyn.moe@state.mn.us

OFFICE OF OMBUDSMAN FOR OLDER MINNESOTANS

KELLY HAYDON

(651) 296-0382

kelly.haydon@state.mn.us

Office Administration

JAMES DOSTAL

(651) 284-0471

james.dostal@state.mn.us

Regional Ombudsman - Hennepin County

CHERYL HENNEN

(651) 284-0472

cheryl.hennen@state.mn.us

Regional Ombudsman - Carver, Dakota, Hennepin & Scott Counties

WENDY WEIDNER

(651)215-3832

wendy.k.weidner@state.mn.us

Regional Ombudsman - Anoka, Hennepin & Ramsey Counties

PAULA WIECZOREK

(651) 284-0620

paula.m.wieczorek@state.mn.us

Regional Ombudsman

State office staff:

- answer telephone calls from the toll-free line,
- provide technical assistance and back up case work assistance to the regional ombudsman,
- provide information consultation to callers about nursing homes, Medicare and home care
- develop consumer resource brochures,
- offer quarterly training and regular updates about long term care, health care and elderly housing to ombudsman staff,
- speak to consumers and interested groups about long term care and health care and the services of the Ombudsman Office,
- participates in public policy development about nursing homes, Medicare and home care.

The Office of Ombudsman for Older Minnesotans also works with consumer council educators through the Advocacy Center for Long-Term Care. The council assists in the development and ongoing support of resident councils and family councils in Minnesota's nursing homes.

For more information call the Advocacy Center for Long-Term Care at (952) 854-7304. TDD/TTY please call 711.



Minnesota Senior Federation

METROPOLITAN REGION

PENSION RIGHTS PROJECT

The Pension Rights Project, sponsored by the Minnesota Senior Federation-Metro Region, has joined forces with the Coalition of Wisconsin Aging Groups Elder Law Center of Madison, Wisconsin to form the Upper Midwest Pension Rights Project. Since its inception in 1993 and under the guidance of the Center for Career Change director, the project has spearheaded a number of unique initiatives with the aim of getting retirement benefits to workers who have earned them, or to their survivors.

The project provides - at no charge - assistance in situations involving survivor benefits, divorce, lost pensions, pension denials, miscalculations and other pension concerns. Often not thought of as “pensions,” defined contribution plans such as 401(k) plans or employee stock ownership (ESOP) plans, are also included in the type of plans that the Pension Rights Project can help with.

The project continues to provide pension rights counseling for Minnesota, Wisconsin, and the Dakotas, with an emphasis on reaching women, rural residents, and minority populations. One initiative pursued by the project is the Circle of Life, which involves outreach to Native Americans groups. Through the years the project has served the community by providing thoughtful, thorough pension counseling and claims assistance.

A recent trend in the type of claims assistance is tracking “lost pensions” because of company mergers or employers going out of business. With the many changes in the types of pensions available, it is extremely important that workers stay current with their plans and seek guidance to ensure they will not lose what they have earned.

The Pension Rights Project is especially interested in making presentations to senior groups and/or those approaching early retirement age. Anyone with pension concerns is encouraged to contact Project staff directly for assistance, including legal and technical help as needed. Services are offered at no charge. To reach the Pension Rights Project, write to pensions@mnseniors.org or phone the Senior Federation offices at 651-645-0261, ext. 121 or toll free at 1-800-365-8765.

QUALIFIED INDIVIDUAL BENEFICIARY (QB)

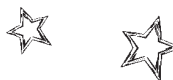
DHS-20871 (2-04)

Minnesota Department of Human Services
**Medical Assistance for
Qualified Individuals**



Minnesota Department of Human Services

Medical Assistance for Qualified Individuals



(As of July 1, 2005)

The Qualified Individuals (QI) Program can help people pay their Medicare Part B premiums. QI is available for a limited time on a first-come, first-served basis.

How can I get QI benefits?

You may get QI benefits if:

- Your assets are within the QI asset limits
- Your income is within the QI income standards
- You are enrolled in Medicare Part A and B, **and**
- You apply while funding is available for the program.

How do I apply for QI?

Call, write or go to the county human services agency in the county where you live and ask to apply for QI.

What are the QI benefits?

QI will pay your Medicare Part B premium if you qualify. If the Part B premium is now deducted from your Social Security check, your check will increase when you get QI. If you are enrolled in Part A, but not in Part B, you will automatically be enrolled in Part B when you get QI.

Over ➡

This information is available in other forms to people with disabilities by contacting us at (651) 296-8517 (voice) or toll free at (800) 657-3659. TDD users can call the Minnesota Relay at 711 or (800) 627-3529. For the Speech-to-Speech Relay, call (877) 627-3848.

QUALIFIED INDIVIDUAL BENEFICIARY (QB)

What are the QI income limits?

QI Gross* Income Limits

July 1, 2005

Family Size	Monthly Standard
1	\$1,068
2	1,426

*Social Security gross income is your benefit **before** premiums or other amounts are deducted.

What are the QI asset limits?

Assets are what you own, such as cash, savings, and non-homestead property. A person living alone may own \$10,000 in assets. A married couple or family may own \$18,000 in assets.

Some assets that do not count are:

- Your home
- A mobile home used as your primary home
- A prepaid burial fund up to \$1,500
- Burial space items
- One motor vehicle under certain conditions.

If you live with your spouse, your spouse's income and assets also count, even if your spouse does not want to apply for QI.

If your household includes your stepparent, the income and assets of your stepparent do not count. The income and assets of a child do not count when deciding the eligibility of their parents or brothers and sisters.

How do I get more information?

The information above can help you decide if you wish to apply for QI. *It does not cover all the program rules.* Your county agency will need all the facts about your situation to determine if you are eligible for QI benefits.

Even if you are not sure whether or not you may be eligible, you should apply as soon as possible.

For more information, contact your county human services agency or call Senior LinkAge Line® at (800) 333-2433. You can also check out our website at: www.dhs.state.mn.us/healthcare.

QUALIFIED MEDICARE BENEFICIARY (QMB)

DHS-2087E (2-04)

Minnesota Department of Human Services
**Medical Assistance for Qualified
Medicare Beneficiaries**



Minnesota Department of Human Services



Medical Assistance for Qualified Medicare Beneficiaries



(As of July 1, 2005)

The Qualified Medicare Beneficiaries (QMB) Program pays your:

- Medicare Part A premiums
- Medicare Part B premiums
- Medicare deductibles
- Medicare co-insurance and co-payments.

Can I get QMB benefits?

You may get QMB benefits if:

- Your assets are within the QMB asset limits
- Your income meets QMB income guidelines
- You are willing to assign any medical insurance benefit rights to the Minnesota Department of Human Services and
- You are enrolled in Medicare Parts A and B.

How do I apply for QMB?

Call, write, or go to the county human services agency in the county where you live and ask to apply for QMB.

Medicare Part A enrollment

If you are enrolled in Medicare Part B, you will also be enrolled in Medicare Part A by applying for QMB if you:

- Are within three months of your 65th birthday
- Are less than 65 years of age and have received a Social Security disability check for the last 24 months **or**
- Need kidney dialysis or kidney replacement.

If you are over 65 and are not enrolled in Medicare Part A or Part B, contact your Social Security office to find out how you can apply.

Over ➔

This information is available in other forms to people with disabilities by contacting us at (651) 296-8517 (voice) or toll free at (800) 657-3659. TDD users can call the Minnesota Relay at 711 or (800) 627-3529. For the Speech-to-Speech Relay, call (877) 627-3848.

QUALIFIED MEDICARE BENEFICIARY (QMB)

What are the QMB income limits?

If your income is less than the amounts listed below, you may be eligible for QMB.

QMB Gross* Income Limits July 1, 2005

Family Size	Monthly Income
1	\$ 796
2	1,061

*Social Security gross income is your benefit before premiums or other amounts are deducted.

What are the QMB asset limits?

Assets are what you own, such as cash, savings accounts, and real estate where you do not live. A person living alone may own \$10,000 in assets. A married couple or family may own \$18,000 in assets.

Some assets that do not count are:

- Your home
- A mobile home used as your primary home
- A prepaid burial fund up to \$1,500
- Burial space items
- One motor vehicle under certain conditions.

Other income and asset guidelines

If you live with your spouse, your spouse's income and assets also count, even if your spouse does not want to apply for QMB.

If you are under age 21 and living with your parents, your parents' income and assets also count, even if your parents do not want to apply for QMB.

If you have a disability and are between the ages of 18 and 21, your parents' income and assets do not count.

If you are someone's stepchild, the income and assets of your stepparents do not count. The income and assets of a child do not count when deciding the eligibility of the child's parents or brothers and sisters.

For more information

The information above can help you decide if you wish to apply for QMB. ***It does not cover all of the program rules.*** Your county agency will need all the facts to determine if you are eligible.

You should apply for QMB as soon as possible. If you are eligible, your QMB benefits will begin the month after your eligibility is approved.

For more information, **contact your county human services agency or call the Senior LinkAge Line[®] at (800) 333-2433.** You can also check out the website:

www.dhs.state.mn.us/healthcare.

SPECIFIED LOW-INCOME BENEFICIARY PROGRAM (SLMB)

DHS-2087G (2-04)

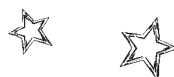
Medical Assistance for Service
Limited Medicare Beneficiaries



Minnesota Department of Human Services



Medical Assistance for Service Limited Medicare Beneficiaries



(As of July 1, 2005)

The Service Limited Medicare Beneficiaries (SLMB) Program can help people pay their Medicare Part B premiums.

Can I get SLMB benefits?

You may get SLMB benefits if:

- Your assets are within the SLMB asset limits,
- Your income is within the SLMB income standards, and
- You are enrolled in Medicare Parts A and B.

How do I apply for SLMB?

Call, write, or go to the county human services agency in the county where you live and ask to apply for SLMB.

Medicare enrollment

The SLMB program will pay your Medicare Part B premium directly to Medicare. If the Part B premium is now being deducted from your Social Security or Railroad Retirement check, you will receive a larger check when you get SLMB. If you are now enrolled in Part A, but not in Part B, you will be automatically enrolled in Part B when you get SLMB.

If you are over 65 and are not enrolled in Medicare Part A or Part B, contact your Social Security office to find out how to apply.

Over ➔

This information is available in other forms to people with disabilities by contacting us at (651) 296-8517 (voice) or toll free at (800) 657-3659. TDD users can call the Minnesota Relay at 711 or (800) 627-3529. For the Speech-to-Speech Relay, call (877) 627-3848.

SPECIFIED LOW-INCOME BENEFICIARY PROGRAM (SLMB)

What are the SLMB income limits?

If your income is less than the SLMB income limits listed below, you may be eligible for SLMB.

SLMB Gross* Income Limits *July 1, 2005*

Family Size	Monthly Income
1	\$ 951
2	1,269

*Social Security gross income is the amount before premiums or other amounts are deducted.

What are the SLMB asset limits?

Assets are what you own, such as cash, savings, and real estate that is not your home. A person living alone may own \$10,000 in assets. A married couple or family may own \$18,000 in assets.

Some assets that do not count are:

- Your home
- A mobile home used as your primary home
- Burial space items
- A prepaid burial fund up to \$1,500
- One motor vehicle under certain conditions.

Are there other income and asset guidelines?

If you live with your spouse, your spouse's income and assets also count, even if your spouse does not want to apply for SLMB. If you are under age 21 and living with your parents, your parents' income and assets also count, even if your parents do not want to apply for SLMB. If you have a disability and are between the ages of 18 and 21, your parents' income does not count.

If your household includes your stepparent, the income of your stepparent does not count. The income and assets of a child do not count when deciding the eligibility of their parents or brothers and sisters.

How do I get more information?

The information above can help you decide if you wish to apply for SLMB. ***It does not cover all of the program rules.*** Your county agency will need all the facts to determine if you are eligible.

Even if you are not sure that you qualify, you should apply as soon as possible.

For more information **contact your county human services agency or call Senior LinkAge Line® at (800) 333-2433.** You can check out the website at:
www.dhs.state.mn.us/healthcare.



SENIOR CORPS

SENIOR COMPANION PROGRAM

“You’ve Been a friend before, now be a Senior Companion”

The Senior Companion Program (SCP) is part of Senior Corps, a network of national service programs that provides older Americans with the opportunity to apply their life experiences to meeting community needs. Senior Companions serve one-on-one with the frail elderly and other homebound persons who have difficulty completing everyday tasks. They assist with grocery shopping, bill paying, and transportation to medical appointments, and they alert doctors and family members to potential problems. Senior Companions also provide short periods of relief to primary caregivers. Because of the program, thousands of citizens are able to live with dignity in their own homes. In fiscal year 2001, 15,500 Senior Companions tended to the needs of more than 61,000 adult clients.

Eligibility

The Senior Companion Program is open to healthy individuals age 60 and over with limited incomes. All applicants undergo a background check and a telephone interview, as well as pre-service and in-service training on such topics as Alzheimer’s disease, diabetes, and issues related to mental health. Senior Companions serve 20 hours a week.

Partners/Operations

Local non-profit organizations and public agencies receive grants to sponsor and operate Senior Companion projects. Community organizations that address the health needs of older persons work with the local SCP projects to place and coordinate the services of the SCP volunteers. These local partners – which include hospitals, Area Agencies on Aging, and home health groups – are called volunteer stations. The stations’ professional staff identify individuals who need assistance and work with SCP projects to place them with Senior Companions.

Volunteer Benefits

For their service, Senior Companions receive \$2.65 an hour (tax free), reimbursement for transportation, annual physical examinations, meals, and accident and liability insurance during service.

More Information

To learn more about Senior Companions and other Senior Corps programs, call Lutheran Social Services of Minnesota’s Senior Companion Program at (612) 872-1719, or the national hotline at 1-800-424-8867 (TTY 800-833-3722).

SENIOR LINKAGE LINE®

**Senior LinkAge Line® can make your life easier
by connecting you to services**

1-800-333-2433

Senior LinkAge Line® is a free information and assistance service that makes it easy for seniors and their families to find community services.

With just one call, you can find services near you or get help reviewing your situation to determine what service might be helpful.

Senior LinkAge Line® can help.

You learn all of your options. You make the choices.

Senior LinkAge Line® can connect you with:

- | | |
|-------------------------------|-----------------------------------|
| ✓ Caregiver Support | ✓ Financial Assistance |
| ✓ Health Insurance Counseling | ✓ Home Care |
| ✓ Housing | ✓ Housekeeping (Chore) help |
| ✓ Indian Elder Program | ✓ Legal Assistance |
| ✓ Meal Delivery and Nutrition | ✓ Ombudsman for Older Minnesotans |
| ✓ Snow/Lawn care | ✓ Transportation |
| ✓ Volunteering | ✓ Many more.... |

And

Senior LinkAge Line® staff have special knowledge in the areas of

- | | |
|--------------------------------------|--|
| ✓ Medicare | ✓ Prescription Drug expense assistance |
| ✓ Long-term care insurance | ✓ Caregiver issues |
| ✓ Grandparents Raising Grandchildren | |

Contact the Senior LinkAge Line® at 1-800-333-2433 or by e-mail at senior.linkage@state.mn.us.

Calls to the Senior LinkAge Line® are free of charge, although there may be a charge for the services in your community you are referred to.

Don't wait. Contact Senior LinkAge Line® now. The Senior LinkAge Line® is answered from 8:00 am to 4:30 p.m. weekdays. Messages can be left 24 hours a day.

Senior LinkAge Line® is a service of the Minnesota Board on Aging and the Minnesota Area Agencies on Aging.

SENIOR LINKAGE LINE®

Other resources:

- ✓ If your elderly loved one lives outside Minnesota, call the Eldercare Locator at 800-677-1116 or at www.eldercare.gov.
- ✓ www.minnesotahelp.info™ has a statewide database of community resources with special topic areas containing resources for older adults. If you are looking for information on services for people of other ages available in another state - www.minnesotahelp.info™ can link you to those resources.
- ✓ The counties provide Long-term Care Consultation. These consultants can assist in getting access to the services you need to remain independent. www.minnesotahelp.info™ can help you find the county long-term care consultation program closest to you.



1-800-333-2433



TWIN CITIES SHRINERS HOSPITAL

2025 East River Parkway • Minneapolis, MN 55414
Telephone: 612-596-6100 • Toll-free: 888-293-2832 • Fax: 612-339-7634

Chairman, Board of Governors: John R. Perkins • Administrator: Laurence E. Johnson
Chief of Staff: Randall T. Loder, M.D.

**SHRINERS HOSPITALS EXIST FOR ONE PURPOSE;
TO PROVIDE CARE FOR CHILDREN WITH ORTHOPEDIC DISABILITIES.**

“We help children build better lives.”

Opened March 12, 1923 the Shriners Hospitals for Children/Twin Cities is a leading upper Midwest children's hospital providing high quality pediatric orthopedic care. Located on the east side of the Mississippi River between Minneapolis and St. Paul, the hospital is a short term, 40-bed facility that combines quality medical care with innovative education and research. The hospital is one of 22 Shriners hospitals operated in the United States, Canada and Mexico by the Shrine fraternity. At Shriners Hospitals, there is no charge to the patient, parent, or any third party.

Who is eligible for care . . .

Shriners Hospitals are open to all children without regard to race, religion or relationship to a Shriner. The highest quality hospital and medical care are provided at no charge to patients, families, or third party payors. A child may be eligible for care at any one of the 22 Shriners Hospitals for Children if:

- the child is under the age of 18, and
- there is a reasonable possibility the child's condition can be successfully treated.

How to apply for care . . .

To refer a child to the Shriners Hospital for Children/Twin Cities or to obtain an application, you may call:

- Shriners Hospitals for Children's national toll-free patient referral line at (800) 237-5055 in Tampa, Florida;
- Shriners Hospitals for Children/Twin Cities Admissions department at 612-596-6105 or 1-888-293-2832;
- Any Shriner or Shrine Temple.

For emergency burn admissions to one of the Shriners Hospitals that treat burns, the referring physician should telephone the chief of staff at the Shriners Hospital in Boston, Cincinnati, Galveston, or Sacramento and indicate the patient needs emergency care. Emergency care is not available at the orthopedic hospitals. Non-emergency admissions of burn patients for reconstructive or plastic surgery can be arranged in the same manner as orthopedic admissions at the nearest Shriners Hospital for Children.



SOCIAL SECURITY ADMINISTRATION MINNESOTA FIELD OFFICES

Social Security Administration
1103 Broadway Street
Alexandria, MN 56308-2529
(800) 772-1213
(320) 762-2454
TTY: (320) 762-5467

Social Security Administration
2900 Hannah Avenue NW
Bemidji, MN 56601
(800) 772-1213
(218) 751-2904
TTY: (218) 751-2586

Social Security Administration
Brooklyn Crossing Office Park
3280 Northway Drive
Brooklyn Center, MN 55429
(800) 772-1213
TTY: (800) 325-0778

Social Security Administration
5215 Edina Industrial Blvd., Suite 500
Edina, MN 55439-2910
(800) 772-1213
TTY: (800) 325-0778

Social Security Administration
1023 West Lincoln Avenue
Fergus Falls, MN 56537
(800) 772-1213
(218) 739-1025
TTY: (800) 325-0778

Social Security Administration
404 NW 2nd Street
Austin, MN 55912
(800) 772-1213
(507) 433-1838
TTY: (800) 325-0778

Social Security Administration
3800 8th Street North, Suite 100
Saint Cloud, MN 56303
(800) 772-1213
TTY: (800) 325-0778

Social Security Administration
US Bank Building, Suite 400,
130 West Superior Street
Duluth, MN 55802
(800) 772-1213
(218) 727-1193
TTY: (218) 727-3577

Social Security Administration
456 South State Street
Fairmount, MN 56031
(800) 772-1213
(507) 235-6617
TTY: (800) 325-0778

Social Security Administration
990 West 41st Street, Suite 69
Hibbing, MN 55746
(800) 772-1213
(218) 263-4668
TTY: (218) 263-7729



SOCIAL SECURITY ADMINISTRATION MINNESOTA FIELD OFFICES

Social Security Administration
1550 Mankato Place
12 Civic Center Plaza
Mankato, MN 56001
(800) 772-1213
(507) 345-4822
TTY: (507) 345-5389

Social Security Administration
1811 Chicago Avenue South
Minneapolis, MN 55404
(800) 772-1213
TTY: (800) 325-0778

Social Security Administration
Federal Building, Room 185
316 North Robert Street
St. Paul, MN 55101
(800) 772-1213
TTY: (800) 325-0778

Social Security Administration
1210 East College Drive
Marshall, MN 56258
(800) 772-1213
(507) 532-2850
TTY: (507) 532-2615

Social Security Administration
401 NW 16th Avenue, Suite 104
Rochester, MN 55901
(800) 772-1213
(507) 289-1667
TTY: (507) 285-0315

Social Security Administration
Choate Building
53 East Third Street, Suite 307
Winona, MN 55987
(800) 772-1213
(507) 452-3460
TTY: (507) 457-0002

UNITED STATES SOCIAL SECURITY ADMINISTRATION'S American Indian & Alaska Natives (AIAN) Website

“The life of a man is a circle from child hood to childhood...”

– Black Elk Speaks



You can apply on-line for Social Security retirement, disability or spouses' benefits. It's quick and easy, and the information you give us will be secure.

The AIAN website provides basic information and ongoing updates of programs administered by the Social Security Administration and the Centers for Medicare and Medicaid (CMS). We also provide information on how individuals and tribes or nations can contact the Social Security Administration, ongoing outreach efforts, and links to related federal programs.

On the AIAN site, you will learn about:
retirement, disability, survivors, supplemental Security Income (SSI),
Medicare, Medicaid, and other health issues.

For more information, please visit the website at:

<http://www.ssa.gov/aian/>

TELEPHONE EQUIPMENT DISTRIBUTION PROGRAM

Do you have trouble using the telephone?

The Telephone Equipment Distribution Program can help you!



What is the Telephone Equipment Distribution (TED) Program?

This program gives telephone equipment to people who are hard of hearing, deaf, or have a speech or mobility impairment. With the equipment, people can use their telephone more easily.

What equipment is given?

- Telephones that amplify sound
- Devices that show when the phone rings
- TTYs
- Speaker phones
- Special equipment for people who are deaf or blind

For a full description of the equipment available through the TED Program, please visit www.dhs.state.mn.us/ecs/ted/equipment.

How much does the TED Program cost?

The equipment is provided on a long-term basis at no cost. The TED Program is paid for through a surcharge on all private telephone lines in Minnesota.

How do I qualify?

You must:

- Live in Minnesota
- Have a hearing loss, speech or mobility impairment that limits your use of a standard telephone
- Have a telephone in your home or have applied for telephone service
- Have a family income equal to or below these guidelines:

TELEPHONE EQUIPMENT DISTRIBUTION PROGRAM

Income Guidelines

Effective 10/1/03- 9/30/04

<u>Family Size</u>	<u>Annual Gross Income*</u>
1	\$37,770
2	\$49,392
3	\$61,013
4	\$72,635

*The guidelines are adjusted yearly.

What if my income is too high?

We can give you information about where to buy equipment.

How do I apply?

- Fill out an application and send in required verifications
- Discuss your needs with a program specialist
- Equipment will be distributed if you qualify

How to fill out an application and send in required verifications

Request an application by:

- Sending an e-mail request to: ted.program@state.mn.us.
- Calling us at: **1-800-657-3663 (phone)** or **1-800-657-3513 (TTY)**
- Filling out an application online (PDF format) and printing it. You can then mail or fax it back to us along with the required verifications.

Mail to:

Telephone Equipment Distribution Program
444 Lafayette Road North
St Paul MN 55155-3814

or

Fax to:

(651) 297-7155

Verification of Eligibility

As described in the TED Program application, applicants will need to provide certain documents that show eligibility. We need proof of:

- Minnesota residency
- Telephone service
- Household income
- Communication impairment

The specialist in your region will guide you through this process at the time of the appointment. For more information, please visit us on the web at www.tedprogram.org.

HELP WITH TELEPHONE BILLS

As a Minnesota consumer, you may qualify for one of three programs that provide assistance with paying your telephone bill.

Lifeline: This is a federally funded program that will provide a credit of up to \$8.62 each month on your bill. (Exact credit may vary slightly by carrier.) To be eligible, you must be enrolled in one of the following programs:

- Medicaid
- Food Support (food stamps)
- Minnesota Family Investment Program (MFIP)
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance
- Low-Income Home Energy Assistance Program (LIHEAP)

For persons living on a reservation:

- Bureau of Indian Affairs General Assistance
- Tribally administered Temporary Assistance for Needy Families
- Head Start (only those meeting its income qualifying standard)
- National School Lunch Program's free lunch program

For questions about Lifeline or Link-Up, contact your local telephone company. Additional information is also available from the Public Utilities Commission.

Telephone Assistance Plan (TAP): This program offers an additional \$1.75 monthly discount on your phone bill. Eligibility requirements are the same as Lifeline above.

If you have a complaint against a telephone company regarding the TAP program, e-mail the Department of Commerce at telecom.commerce@state.mn.us or call 651-296-1255.

Link-Up: This national program will pay up to 50% of your local telephone service connection and installation charges, up to a maximum of \$30. Eligibility requirements are the same as for Lifeline listed above.

Telephone Equipment Distribution (TED): Provides equipment for those who have a hearing loss, speech, and/or mobility impairment that limits their use of a standard telephone. To be eligible, you must:

- Have phone service or applied for phone service; and
- Meet income guidelines.

Contact the Department of Human Services for more information or an application.

VETERANS ADMINISTRATION

VETERANS Service Organizations

Minnesota Department of Veteran's Affairs*

PHONE: 651-296-2562

WEBSITE: www.mdva.state.mn.us

Minnesota Assistance Council for Veterans

PHONE: 612-726-9375

Veterans' Regional Office

PHONE: 612-970-5359

Toll Free Number: 1-800-827-1000

Veterans Resource Center

PHONE: 651-644-4022

Disabled American Veterans

PHONE: 612-970-5665

**Each County in Minnesota has a County Veterans Service Officer assigned to it. In order to contact the Service Officer in your County, please look for the Minnesota Department of Veteran's Affairs listing in your local telephone directory under County Services.*

STATE PROGRAMS FOR MINNESOTA VETERANS

Minnesota Department of Veterans Affairs

20 West 12th Street • St. Paul, MN 55155

(651) 296-2562

DEFINITION OF VETERAN

A veteran in the State of Minnesota is described in Minnesota Statute 197.447 as...a citizen of the United States or a resident alien who has been separated under honorable conditions from any branch of the armed forces of the United States after having served on active duty for 181 consecutive days or by reason of disability incurred while serving on active duty, or who has met the minimum active duty requirement as defined by Code of federal regulations, title 38, section 3.12a, or who has active military service certified by the United States Secretary of defense as active military service and a discharge under honorable conditions must be issued by the Secretary.

For purposes of accessing state programs and services for veterans, Minnesota residents separated from the military services with a general Discharge, under honorable conditions, are also regarded as eligible veterans.

VETERANS ADMINISTRATION

A DEPARTMENT TO SERVE VETERANS AND THEIR DEPENDENTS

The Minnesota Department of Veterans Affairs was set up in 1943 by the State Legislature to serve Minnesota residents who served in the armed forces, their dependents and survivors.

The department assists veterans in obtaining their federal and state benefits to which they are entitled. These services are offered under the direction of the Commissioner of Veterans Affairs, who is assisted by the Deputy Commissioner of the department. The offices of the Department of Veterans Affairs are in the Veterans Service Building, on the Capitol Mall. They include a benefits division, guardianship, Veterans Preference and Agent Orange programs, and related services.

Also, to aid veterans who are applying for federal benefits, the department has field offices at the U.S. Department of Veterans Affairs regional offices in St. Paul and Fargo, N.D.

COUNTY VETERANS SERVICE OFFICES

In each of Minnesota's 87 counties there is an office dedicated to serving veterans. It is managed by a Minnesota County Veterans Service Officer who is certified by the Minnesota Department of Veterans Affairs. The county service officer is usually located in the county courthouse or government center, and is a valuable initial contact for state and federal claims for veterans.

THE IMPORTANCE OF A DISCHARGE RECORD

An essential document all veterans must produce when they apply for any benefits, whether state or federal, is their Certificate of Release or Discharge from Active Duty, or DD Form 214, the Defense Department document number, as it is usually identified.

It is recommended that all veterans have their DD Form 214 recorded in their county courthouse immediately upon discharge from military service. Veterans who have lost or misplaced their DD Form 214 may obtain a copy of the original document with the assistance of their County veterans Service Officer.

STATE PROGRAMS AND SERVICES FOR VETERANS

The State Soldiers Assistance Program provides limited financial assistance to veterans and their families who are unable to work due to a temporary disability and a confirmed financial need. In addition to financial assistance, veterans declared eligible under the State Soldiers Assistance Program may qualify for emergency medical funds, as well as limited aid for optical and dental care, and funding grants for dependent school clothing and clothing lost through disaster.

Applications for these programs should be made through the County Veterans Service Officer.

VETERANS ADMINISTRATION

STATE EDUCATION BENEFITS

A one-time education grant is available for Minnesota veterans who have exhausted their federal resources. The grant may be used only for accredited institutions in the state.

Also, there is a state War Orphans Education Benefit available to children of Minnesota residents who were killed in action or died of a service connected injury or illness. This benefit applies to adopted children, as well, but excludes step-children and foster-children.

Other educational benefits are available for dependents of Prisoners of War and military personnel declared Missing-In-Action, which are applied to post-secondary learning at a Minnesota institution and includes tuition and education-related fees.

Veterans of the Persian Gulf War who served between August 1, 1990 and February 27, 1992, and received the Southwest Asia Service Medal also may be eligible for tuition assistance. Applications for these programs should be made through the County Veterans Service Officer.

VETERANS PREFERENCE

The Minnesota Veterans Preference Act grants veterans a limited preference over non-veterans in hiring and promotion, and provides protection against unfair dismissals, demotions and layoffs. The act applies to most, but not all Minnesota public jobs. Jobs in the private sector and federal jobs are not covered by the act. Under the Minnesota Veterans Preference Act, the rights given veterans are in addition to any rights granted by an existing employment contract.

GUARDIANSHIP SERVICES

The Commissioner accepts guardianship appointments by various courts, which have jurisdiction over veterans who have been determined by those courts to be unable to manage their financial affairs.

Veterans in this program may be charged a nominal administrative fee, according to their ability to pay. The Minnesota Department of veterans Affairs provides the courts of jurisdiction with an annual accounting report of its activities for these veterans.

AGENT ORANGE PROGRAM

Agent Orange is one of several herbicides used in Vietnam to destroy foliage that concealed enemy combat forces from allied troops. It has been determined that veterans who were exposed to these defoliant may develop health problems which may be life-threatening. The Agent Orange Program was initiated by the State Legislature to counsel these veterans and assist them in obtaining medical care and other aid.

VETERANS ADMINISTRATION

VEHICLE LICENSE PLATES FOR VETERANS

The State of Minnesota, through the Department of Transportation, issues commemorative vehicle license plates for war eras, Ex-POWs, Medal of Honor recipients and veterans who received the Purple Heart. There are also special plates for Laotian veterans and National Guard and Reserve members.

Some of these special plates require an additional fee while others are provided at no cost to veterans.

BRONZE STAR GRAVE MARKERS

The Minnesota Department of Veterans Affairs offers bronze stars to mark the grave of any veterans buried in the state, where it is permitted. Bronze Star Markers are available through county veterans service offices.

STATE VETERANS CEMETERY

The Minnesota State Veterans Cemetery is a burial site for veterans and their eligible dependents. It is located 7 miles north of Little Falls, on Highway 371, and is managed and maintained by the Minnesota Department of Veterans Affairs. The Minnesota State Veterans Cemetery follows National Cemetery eligibility guidelines for burial.

MINNESOTA VETERANS HOMES

State nursing homes and related services for veterans are located at Minneapolis, Hastings, Silver Bay, Luverne and Fergus Falls.

These facilities are under the administration of the Minnesota Homes Board, a separate state agency. County veterans service officers have information regarding admission criteria, or contact the Homes Board, (651) 296-2073.

VISION LOSS RESOURCES

www.visionlossresources.org

In 1990, two of Minnesota's leading providers of services for the blind, merged to create what is now Vision Loss Resources. They have a proud history of offering service and assistance dating back to 1914.

West Metro Office

1936 Lyndale Avenue South
Minneapolis, MN 55403
612-871-2222

East Metro Office

216 South Wabasha Street
St. Paul, MN 55107
651-224-7662

Mission

To assist people who are blind or visually impaired in achieving their full potential and to enrich the lives of all persons affected by blindness or vision loss.

Vision Loss Resources employs over 25 professionals dedicated to provide clients with the best and most individualized attention to their needs. Community Services programs are designed to enhance independent living, increase leisure opportunities and educate the community at large about vision loss.

These programs include:

In-Home Assessments and Evaluations, provides assessment for magnifiers, lighting and distance vision aids in the client's home or workplace.

Volunteers assist clients with services such as shopping, reading, telephone reassurance, and leisure skills.

Peer Counselors are trained, visually impaired volunteers who provide one-to-one counseling and facilitate support groups.

Support and Growth Groups - Regularly scheduled meetings throughout the metro area are offered for information, encouragement and support.

Leisure Opportunities - Classes, activities and outings for people of all ages are provided through Vision Loss Resources' Community Center.

Life Skills Classes - Maintaining independence at home is the focus of weekly group meetings, providing training and resources for older adults with vision loss.

Community Education - Community Education provides information to health care and community professionals, as well as to consumer groups, about vision loss and available services.

Hearing Assessments - Hearing assessments include hearing screening, advocacy and resources for adaptive equipment for persons with hearing loss.

VISION LOSS RESOURCES

Diseases of the Eye – The most common age related diseases of the eye and how they affect a person’s ability to live independently.

New Research – The latest new research on diseases affecting the aging eye and what new treatments are being investigated.

Emotional Aspects Of Vision Loss – The emotional aspects of vision loss and how we learn to cope and adjust.

Rehabilitation Skills and Mobility – The rehabilitation skills and mobility skills that can help people with vision loss stay independent in their daily lives.

For more information, please contact
Vision Loss Resources at (612) 871-2222
or visit the website at
www.visionlossresources.org



VULNERABLE ADULTS PROTECTIVE SERVICES UNIT

This unit identifies and prevents maltreatment of Minnesota's most vulnerable adults. Identifying maltreatment in vulnerable adults can be challenging because the adult may not be able to communicate what happened or may be considered an unreliable witness. For example, an elderly man with dementia has a bruise on his arm. Is the bruise the result of caregiver abuse or did he accidentally bump into the wall?

There are three basic kinds of maltreatment:

- Abuse (physical, emotional or sexual)
- Neglect (caregiver neglect or self neglect)
- Financial Exploitation

The Adult Protective Services unit is a consultant for Minnesota's **Vulnerable Adult Act** [Minnesota Statute Section 626.557 (1995)]. In addition to educating the public about maltreatment of vulnerable adults, Adult Protective Services consults with local agencies, including counties and law enforcement agencies.

Eighty-seven counties have their own adult protection units, which are responsible for investigating county complaints and providing protective services. State agencies investigate complaints in regulated industries, such as nursing facilities. Law enforcement units coordinate with state and local units to provide protection on maltreatment reports made and investigated. In addition, Adult Protective Services keeps an aggregate statewide database on maltreatment reports made and investigated.

The Minnesota Vulnerable Adult Act outlines the role of Adult Protective Services as being to provide:

1. Training:

- Providers of adult services must be offered training on their responsibilities under the statute.
- Public agencies with responsibilities under the statute are required to receive training on their responsibilities, specifically in the areas of investigation of vulnerable adult maltreatment and operation of a Common Entry Point.
- DHS will offer training to the general public on the Vulnerable Adult Act.

2. Consultation:

- Provide general and case specific assistance to citizens, providers, local and state agencies on the Vulnerable Adult Act and issues arising under it.

FOR FURTHER INFORMATION CONTACT:

Adult Protection State Office at (651) 296-5563 or (651) 297-3984 or (800) 882-6262.

TDD/TTY users please call (800) 627-3529 and ask for the phone numbers listed above.

WEB RESOURCES

- AARP<http://www.aarp.org/contacts/health/privltc.html>
1-888-OUR-AARP 1-888-687-2277
- Administration on Aging.....www.AOA.gov
- Centers for Medicare & Medicaid Services<http://www.medicare.gov/>
877-267-2323 or TTY Toll Free 866-226-1819
- Department of Human Services (DHS)<http://www.dhs.state.mn.us/>
Information Desk (651) 297-3933 or TTY Service 1-800-627-3529
- Minnesota Board on Aging (MBA).....www.mnaging.org
- Minnesota Commission Serving Deaf and
Hard of Hearing People (MCDHH).....www.dhs.state.mn.us/ECS/DHHS/mcdhh.htm
- Minnesota County Links Listingwww.state.mn.us/local/index.html
- Minnesota Department of Healthwww.health.state.mn.us
- Minnesota Department of Human Serviceswww.dhs.state.mn.us
- Minnesota Department of Veterans Affairswww.mdva.state.mn.us
- Minnesota First Call for Help 2-1-1.....www.firstcallnet.org
800-543-7709
- Minnesota Governor's Council
on Developmental Disabilitieswww.mnddc.org
- Minnesota Libraries Listingwww.mnlibs.org/dir/multi.cfm
- Minnesota North Star Information Pagewww.state.mn.us
- Minnesota Senior Federation<http://www.mnseniors.org/health.cfm>
1-877-645-0261
- Minnesota State Council on Disability.....www.disability.state.mn.us
- MinnesotaHelp.Infowww.MinnesotaHelp.Info
- Office of the Ombudsman for Mental Health
& Mental Retardationwww.ombudmhm.state.mn.us/
- Social Security On-linewww.ssa.gov/
- U.S. Department of Housing and
Urban Development.....www.hud.gov
- U.S. Federal Government in Minnesota.....www.state.mn.us/govtooffice/mnfederal.html
- Wisdom Steps.....www.wisdomsteps.org

If you do not have access to the internet, please contact your telephone directory assistance, or call 2-1-1 for information and referral throughout the state.