

2024 YEAR IN REVIEW



A PROGRAM OF THE



NORTHWEST
REGIONAL DEVELOPMENT
COMMISSION



This program is made possible through funding from the Older Americans Act of 1965, under a contract with the Minnesota Board on Aging.

A Message from Heather Pender, Director, Dancing Sky Area Agency on Aging

Greetings Everyone,

As we wrap up another exciting year in our 21-county planning and service area, we reflect on the collective impact made with our providers and partners.

Our vision is for older adults and communities that thrive.

The aging population in rural Minnesota faces unique challenges such as aging alone, social isolation, food insecurity, transportation barriers and overall lack of access to resources. Rural Minnesota faces these and many other challenges at a greater rate and impact than those of their urban counterparts. Our advocacy efforts continue to target these gaps.

As you read through our Year in Review, I hope that you are energized and motivated by our work. We had a successful year with many things to be proud of. Pay close attention to work with Age Friendly Minnesota, WRAPS Adult Protection Pilot report, Senior Linkage Line support and lastly our grants management of Older Americans Act funding.

Other highlights include presenting at the Minnesota Gerontological Conference last spring, this summer attending the US Aging Conference in Tampa with colleagues across the United States having access to over 100 unique learning opportunities and this fall hosting a listening session with Senator Smith's office on the reauthorization of Older Americans Act.

We are honored by our staff, volunteers, board members and provider partners. Their contributions of energy, time, and resources have made Northwest Minnesota a better place to live at any age.

On behalf of Dancing Sky, thank you to those who support our work making a collective progressive impact to our rural communities.



Area Agency on Aging Structure



In 2024, the DSAAA supported 20,000+ older adults wanting to continue to live at home in their community and the caregivers that support them.

This was accomplished across the 21-county service area of: Kittson, Roseau, Marshall, Pennington, Polk, Red Lake, Norman, Lake of the Woods, Beltrami, Clearwater, Hubbard, Mahanomen, Clay, Becker, Wilkin, Otter Tail, Traverse, Grant, Douglas, Stevens and Pope counties.

37 Federally Funded Aging Service Providers

6,878

Consumers served via the Senior LinkAge Line®



4,391

Older Adults received **321,472** Home Delivered Meals



4,274

Older Adults received **112,164** Congregate Meals



175

Older Adults received **3,098** one-way trips



363

Caregivers received **3,461.75** units of Caregiver Support Services



1,474

Older Adults received **1,153** units of Legal Counseling



552

People taking part in healthy aging programs



99

Older Adults received **3,227.50** hours of Homemaker Services



158

Older Adults received **1,413** hours of Chore Services



69

People were served through Medication Management



People Served by County in 2024

	<u>Title IIIB</u>		<u>Title IIIC</u>				<u>Title IIID</u>		<u>Title IIIE</u>	
	chore, homemaker, legal services, home modification, volunteer transportation, medication management		<u>Congregate</u>		<u>Home Delivered</u>		health promotion and wellness programs		respite and caregiver support, counseling & coaching	
			meals served at a senior or community center or a restaurant as a diner's club option		meals served to an individual who is homebound or not able to easily leave their home and also includes Food Shelf meals					
	2023	2024	2023	2024	2023	2024	2023	2024	2023	2024
Becker	76	151	256	217	269	328	11	41	15	12
Beltrami	301	297	211	165	153	202	40	34	95	95
Clay	226	298	138	162	614	665	59	53	10	18
Clearwater	59	241	123	108	142	115	0	0	3	3
Douglas	128	3384	440	469	380	477	29	110	20	15
Grant	22	18	86	57	107	115	10	19	1	2
Hubbard	183	130	355	288	136	121	58	0	76	93
Kittson	4	0	100	59	126	99	14	0	0	0
LOW	3	4	84	56	108	47	0	0	0	1
Mahnomen	52	78	85	49	46	54	0	12	2	2
Marshall	11	33	194	194	188	184	35	27	0	1
Norman	32	43	66	57	88	90	0	17	0	0
Otter Tail	138	409	464	748	368	557	16	49	15	4
Pennington	153	130	206	201	104	132	0	10	4	5
Polk	135	108	311	98	303	237	10	53	9	12
Pope	46	11	388	398	85	119	21	9	15	10
Red Lake	16	8	83	28	74	68	0	0	1	1
Roseau	9	0	327	267	365	269	0	61	1	1
Stevens	23	4	55	57	143	147	1	3	8	8
Traverse	10	4	146	175	143	172	4	0	0	0
Wilkin	20	7	27	41	64	83	46	50	1	0
Other	37	10	452	380	97	110	9	4	69	80
Totals	1,684	5,368	4,597	4,274	4,103	4,391	363	552	345	363

2024 Dancing Sky Senior LinkAge Line (SLL) Team Highlights

Dancing Sky's Resource Specialists answered 11,915 calls statewide in 2024



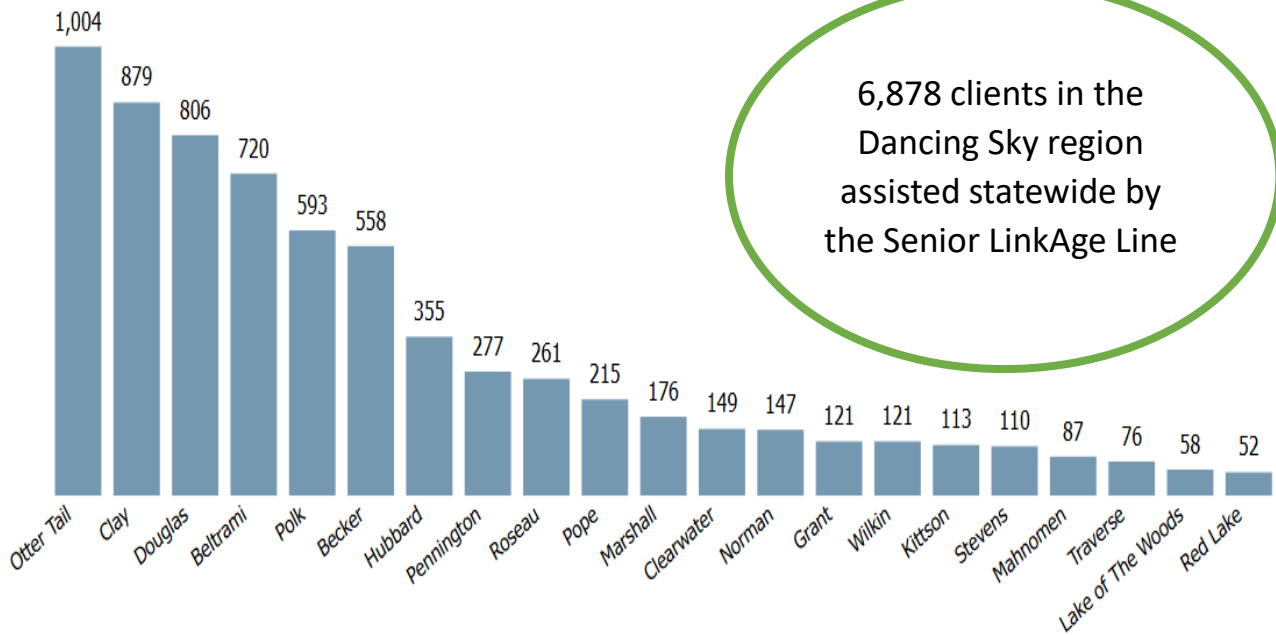
Scam & Fraud presentation at First Lutheran Church of Battle Lake



Medicare presentation at Benedictine Living Community in Crookston

Clients served by Senior LinkAge Line in Dancing Sky Region in 2024

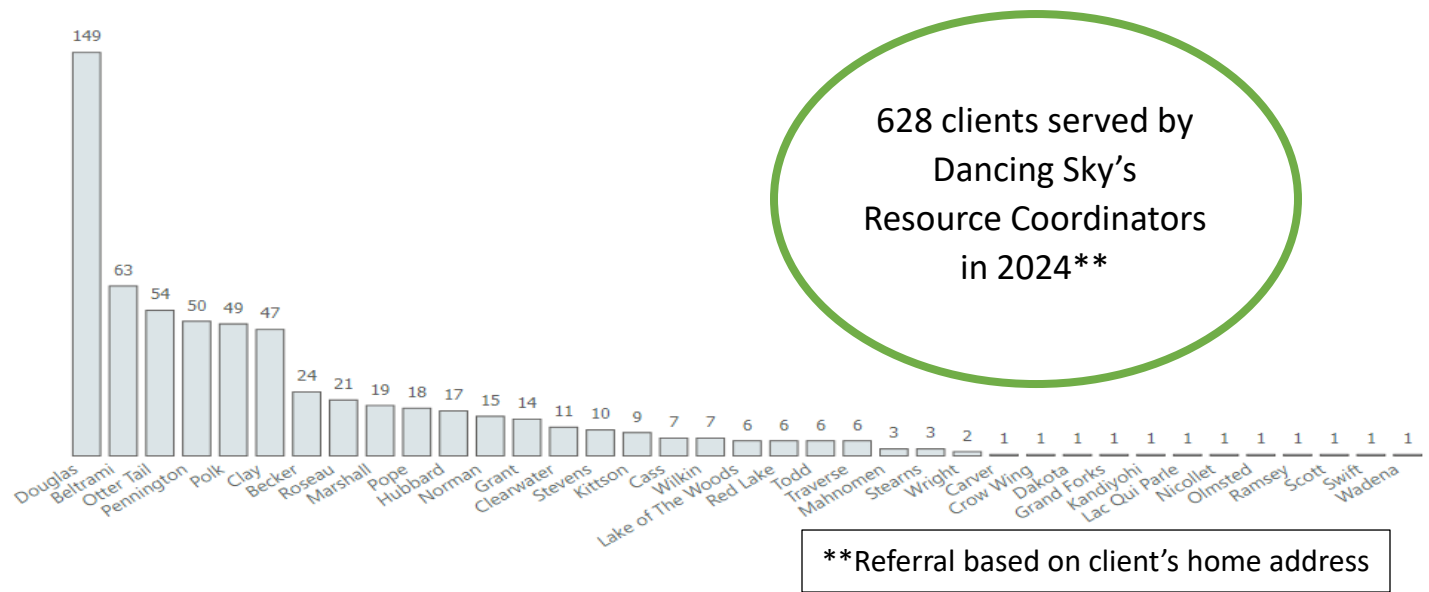
Clients by county of residence



6,878 clients in the Dancing Sky region assisted statewide by the Senior LinkAge Line

Return to Community Service

All cases by client's county of residence



2024 Senior LinkAge Line Medicare Open Enrollment Statewide

25,000+ In-bound calls during Open Enrollment

1,811+ Enrollments with SLL assistance

\$2,323,573 saved on Prescription Drugs

WRAPS Program (Pilot Project)

- Referrals come from county adult protection staff for clients 18 years of age and older.
- Qualified clients can receive services to reduce/mitigate their risk of maltreatment & neglect.
- The average expenditure per person to date is \$1,200, maximum is \$2,500/person.
- Utilizes American Rescue Funds which have been extended through September 2025.
- In the Dancing Sky Region:
 - 60 referrals from April 8th - December 1st
 - Over \$45,000 in funds expended to directly support clients and caregivers.
 - Services provided include transportation, relocation, meals, legal services, home environment improvements, health promotion, emergency housing and client supplies.

2024 Dancing Sky Development Team Highlights

Outreach and Education

- Dancing Sky Facebook – 629 Followers
- In-person presentations
 - 30 presentations
 - 408+ in attendance
- Dancing Sky Monthly Webinars via Zoom on a variety of aging topics
 - 184 Zoom attendees + 32 at a “watch party”
- Community & Health Fair Booths
 - 2600+ Attendees



↑ Falls Prevention Bingo at the Perham Area Community Center



← Park Rapids Teepa Snow dementia education event - 252 attendees

Dementia Friendly Initiatives

- Dementia Friends Info Sessions - 169 participants
- Virtual Dementia Tours – 39 participants

Walk to End Alzheimer's – Alexandria →



Health & Wellness Classes

- 44 classes in SAIL, Matter of Balance, Tai Ji Quan, Bingocize, Enhance Fitness, Living Well Programs, & Walk with Ease
- 500+ participants

2024 Alvarado SAIL class offered by Warren SOS →



Dancing Sky Area Agency on Aging Staff

Heather Pender – Director

Senior LinkAge Line Team

Melissa Hoeft – Contact Center Manager
Marlene Dahlquist – SLL Supervisor
Kristen Anderson – Resource Coordinator
Tanya Hagen- Resource Coordinator
Mary Krueger – Resource Coordinator
Nancy Sandahl Finstrom – Resource Coordinator
Jane Stumbo – Resource Coordinator
Patrick Amiot – Resource Specialist
Kim Anderson – Resource Specialist
Kathy Hanson – Resource Specialist
Anne Larson – Resource Specialist
Renee Lurfald – Resource Specialist
Tami Miller – Resource Specialist
Gina Zerr – Resource Specialist

Development Team

Amy Dallmann – Team Supervisor
Judi Weiss – Grants Manager
Stephanie Aasness – Program Developer
Val Mattison – Program Developer

NWRDC Team

Darla Walder – Executive Director
Ann Joppru – Finance Director
Amanda Russell – Office Manager
Amy Trudell – Admin Assist/Communications

CONNIE TROSKA

We mourn the loss of a beloved member of our team, Connie Troska, who fought a brave battle against cancer. Her kindness, dedication, and bright spirit touched us all deeply. Though she may be gone, her legacy of resilience and positivity will forever inspire us. Let's honor her memory by continuing to support one another and spreading kindness in everything we do. Rest in peace, dear Connie. You will be deeply missed."

 #InMemory #ForeverInOurHearts

