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MN FIA 2010 FALL RETREAT

Registration forms for the 2010 Fall Retreat are now available. Registrations will be accepted through October 26, 2010; however, for registration received by October 20, 2010 there is an “early-bird” discount. Visit www.mnfia.org/upcomingevents.html to access the registration form and the agenda.

As in the past, we will begin our day on Thursday, October 28, 2010 with registration beginning at 2:30 p.m. Our first session does not begin until 3:30 p.m. so there is plenty of time for settling into your room and perhaps taking a short walk around to check out the beautiful surroundings of St. John’s Campus. Notice that we have built in a little more free time on Thursday for walks, meditation, or simply quiet time.

From 3:30 to 5:00 p.m. we will gather in the Chapter House for our first session, “How Are We Making a Difference in People’s Lives Spiritually” presented by Father Bob Pierson. Father Pierson serves as the Guestmaster and Director of the Spiritual Life Program of St. John’s Guesthouse, and he will be speaking with us about how our image of God influences the way we think about ourselves and the way we relate to others in our ministry.

Our evening’s next session will run from 6:45 to 8:15 p.m., again in the Chapter House. Our speaker will be Dr. Bruce McBeath who is a clinical psychologist with a special focus on the psychology of aging. Dr. McBeath will share with us on the psychology of aging, the changing ideas and



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attitudes and how it can and will make a difference. Immediately following Dr. McBeath’s presentation will be Chocolate Decadence, a time for networking, connecting with new friends, and reconnecting with old friends.

Friday morning begins with morning devotions and breakfast. Our first session will begin at 9:00 a.m. in

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MN FIA 2010 FALL RETREAT



Case Statements

As many of you are aware, efforts were started on our association's behalf by Senator Koering and Representative Ward regarding obtaining permanent funding for our programs. While we know there will be some changes in the Legislature this next year, the Board of Directors have opted to move forward with creating a case statement that would present the many benefits Faith in Action programs bring to their community.

At a past board meeting, Mr. Greg Owen of the Wilder Foundation provided feedback on ways we could begin building this case statement. During Mr. Owens's visit, he indicated that legislators generally review bills for permanent funding based on whether or not it directly affects all of their constituents. That being said, there are ways we can improve our chances to receive permanent funding. Below is a brief summary on ways this could be done.

- Enhancing/expanding our programs through partnerships and collaborations with other older adult programs to create a stronger, more valuable network.
- Collecting data and statistics to support Faith in Action's claim that, by providing services to caregivers and their loved ones, we have extended the caregiver/care receiver's ability to remain living in their home avoiding/delaying nursing home placement.
- Put together an assembly of measures of success for "hand and feet" of-faith. (i.e. number of volunteers, number of rides provided, number of miles driven, assigning a dollar value to chore and homemaker services using a cost equivalent to purchasing them "in the open market", how to best motivate and secure the human resources of the baby boomers as they retire. There is a tremendous value in

organizations that can recruit, train, and retain volunteers. It is important to show that volunteers are providing significant support within the programs and are experiencing a high level of satisfaction in their volunteering. How well is FIA doing at motivating, keeping volunteers, etc?)

- Other process measures include surveying family caregivers as to whether it would be possible for them to maintain their care receiver in the home without the services of FIA; determining amount of training provided volunteers; what is our impact on the community/civic engagement; how do we involve the community to solve the problems, loneliness, and isolation.

Some other thoughts Mr. Owen provided:

- 90% of care giving is family or close family members.
- Need to go beyond the stories – need to back up our stories with process measures.
- How are we facilitating healthy communities?
- In order to be an effective voice in legislatures, we need to be a bigger bundle of organizations. Union of associated and affiliated programs who together account for a huge amount of support for caregivers in our state.
- Huge piece to measure - **reduction of readmission** to hospitalization stays.
- We need to avoid duplication with other programs providing similar services.
- Be clear about the journey that we are on.
- Collecting data to support what we are doing could potentially lead to receiving dollars from areas we have not pursued. (Currently healthcare organizations are receiving care coordination dollars, and they would prefer not to give this up, but with our data collected this could be an area where we show we are making an impact and therefore potentially receive funding.)





CASE STATEMENTS

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- The more we can make our case for the return on investment the better.

Based on this information, the Board has developed a spreadsheet that will assist the association and your program in developing our case statement. It is the belief of the Board that many of you already collect this information, and, therefore, it is readily accessible. This data and the ability to accurately and thoroughly tell the FIA story is so important to our future, this spreadsheet will be a requirement of your membership within the association.

It is the Board's hope that each program understands the importance of this decision and the direction that is being taken. Our ultimate goal is to increase our chances of permanent funding, as well as creating a tool that can be used for your program as you continue your search for funding.

If you have any questions or concerns, please feel free to contact one of our Board of Directors. If you have not yet received the Case Statement spreadsheet, please contact Myra Horner via email at info@mnfia.org.

Active Aging Week

Throughout the United States and Canada, host sites registered to participate in the International Council on Active Aging (ICAA) *Active Aging Week*, held September 20 through September 26, 2010. The event, "Be Active Your Way" promoted an active, healthy lifestyle for adults ages 50 and older as well as to live to their fullest potential, within their physical capabilities. Activities offered included health fairs, concerts, brain games, artistic classes, and walks. According to the ICAA website, all activities were free and to be presented in a safe, friendly, and fun atmosphere.

The concept for this week is to offer a variety of activities to introduce participants to the numerous options available. There is great

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the Chapter House. This session we will view the video "Everyday Creativity" by DeWitt Jones, a new video exploring how to find the extraordinary within the ordinary. After viewing the video there will be time for reflective discussion.

Our second session of the day on Friday will begin at 10:15 a.m. This will begin our time of getting to the nitty-gritty, "The Real Work" of our programs, beginning with the unique way we do it, to how to collect information and measure it, to how to tell your story with that information. This session will break and then resume after lunch. At 2:30 we will watch our last video of the day, "Who I Am Makes a Difference" and at 3:00 we will end our retreat with our closing devotion.

This retreat will inspire, encourage, and motivate you to look at what is extraordinary within your program, how the extraordinary affects your staff, volunteers, and care receivers, as well as how to share and tell your extraordinary story! Space is limited, so don't wait too long to turn in your registration form. Join us!

www.mnfia.org/upcomingevents.html

flexibility when planning your activities. Whether you develop a plan for daily and/or multiple activities or only host one event, the ICAA encouraged organizations to aid their older citizens to "be active their way."

While many programs are just wrapping up their weekly events and most likely have not yet begun to even fathom next year's activities, if you were not participating in this year's event, now is the perfect time to form your committee and prepare your program to be a registered host site for the 2011 Active Aging Week.

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ACTIVE AGING WEEK



ACTIVE AGING WEEK

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Seasoned planners and veteran organizers know that an event such as this requires proper planning. Some of their tips include:

Save the dates. Give people plenty of notice and that way whether they are participants, volunteers, or colleagues helping to promote the event, they can mark their calendars and prevent scheduling conflicts.

Initiate Planning Early. Begin planning as early as possible so that you have plenty of develop to your activities. With the event being held in September, the latest you would want to begin planning would be five months earlier, or in May. This ensures that you meet all deadlines for marketing purposes.

Target the audience. Determine who your target audience for the week is going to be? Active and inactive older adults, those with specific health needs, individuals requiring specific levels of care—defining who your audience is going to be will better assist you in defining what your activities will be.

Decide on goals. What goals do you want to achieve with your Active Aging Activities and be sure that your planning is focused on how to achieve those goals. Whether it is the number of new participants in an program, behavior change, or the number of new volunteers, identifying what results you want to accomplish, will determine how to measure your success.

Seek out partnerships. Is there an organization that would be able to partner with you, who would be able to provide speakers, and instructors? Identifying the areas where forming an alliance with partner organizations will multiply your resources, increase your ability to outreach, as well as prevent your program from duplicating efforts.

Have a checklist. This item really doesn't need

much explanation. Keep your committee and staff on track by creating a checklist (available at <http://www.icaa.cc/activeagingweek/resourcesaaw.htm#1>) and checking that list twice, thrice, even four times!

Work with colleagues. Work with your Board of Directors and make the most of their talents whether its in writing press releases, leading activities, speaking on radio programs, or selecting the goals. Work with dining staff for healthy eating ideas or contact your community chaplain to lead a spiritual walk. By working with resources already in place, you won't have to reinvent the wheel!

Call in volunteers. Start a volunteer team and use their expertise in creating the vision, for networking and spreading the word, and providing assistance in carrying out plans. They are a valuable resource and tool for your program, whether with this event or any event.

Use ICAA resources. The ICAA web site has various resources for planning your event: ideas for press releases; calendar announcements; certificates of participation; and much more. To access online resources, go to www.icaa.cc/aaw.htm. From the homepage select "Wellness Programs" and then look under "Active Aging Week" in the left menu. And don't forget to register with the ICAA as a host site. Throughout the weeks leading up to *Active Aging Week*, they send out news releases to media outlets across North America.

To start the brainstorming process off, here are some ideas on activities you may want to use for your *Active Aging Week*. Host a Wii bowling tournament, walk local trails, host presentations on topics such as exercise and fall prevention, or nutrition and weight loss. Holding a Wellness

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ACTIVE AGING WEEK



ACTIVE AGING WEEK

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Expo could include exercise demonstrations, flu shots, wellness screenings, seminars focusing on nutrition and weight loss and health exhibits. In fact, one program took this opportunity to host a volunteer fair at the same time as their Expo. What a perfect time to not only promote seniors to “Be Active” but to recruit volunteers! Yet other programs offered week long activities including a horse therapy program designed to improve balance, coordination, depression, and the overall strength of patients. Other suggestions include brain aerobics, “Ezy Tai Chi”, balance classes, strength and balance training, chess tournaments, and card games. The bottom line is that no matter what the activity is, it is helping seniors to remain active, their way.

Though it seems daunting to begin your planning process for an event that will not happen for another year, by setting the wheels in motion now it will actually reduce the amount of work you will have to do down the road. And it provides you with ample time to ensure deadlines for printing materials, marketing materials, and promotion. With a plan in place now, your event is sure to be a super success!

Information for this article was taken from the ICAA Active Aging Week 2010: kicking off the planning stage pamphlet.

IS YOUR COMMUNITY A LIVABLE COMMUNITY ?

Performing a Google search for the keywords “livable community” is akin to playing Russian Roulette. You just never know what is going to show up. While some sites were touting how wonderful this was, others were attempting to persuade me into thinking that it was a socialist trap. While this is extreme, it does bring to mind why our society seems to rely on the government for implementing laws and acts when it should just be a matter of common sense.

Considering the fact that our over 50 population is booming, we have holes in the ozone layer requiring us to go green, and the price of gasoline is to the point where you are required to take a small loan out to fill your SUV, creating a livable community is a no-brainer. Ensuring that our communities are able to meet the needs of the aging baby boomer population and keeping them safe is an important piece in retaining your community’s vitality.

While researching for this article, I came across the Aging in Place Initiative web site (www.aginginplaceinitiative.org). On their web site they have a PDF document entitled “A Blueprint for Action: Developing a Livable Community for All.” The following is an excerpt: “...These dramatic improvements for older Americans and their communities have created both new challenges and new opportunities. Older Americans are generally healthier, wealthier, and better educated than their age cohorts of previous generations. Communities that can capitalize on the diverse assets of older adults may find ways to stabilize the costs of governing and providing services, create new opportunities for economic growth, and provide a better quality of life for residents of all ages. At the same time, the aging of the population will call for continued innovations in areas traditionally associated with aging, such as health care and supportive services. ...”

Creating an environment where dollars are spent by older Americans who are able to remain in their own homes and community is, in my mind, a win-win situation. Whether or not it’s a socialist trap, it certainly presents an interesting concept to ponder and peruse.

(For a copy of “A Blueprint for Action: Developing a Livable Community for All.” visit www.aginginplaceinitiative.org and click on the Resources tab.)



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Early registrations for the 2010 MN Faith in Action Association Fall Retreat are due to Myra Horner by 10/20/2010!! Visit www.mnfia.org/upcomingevents.html for the registration form and agenda.

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