

Grant Information Session

LeadingAge Minnesota Foundation

April 18, 2024

9am

2024 GRANT OPPORTUNITY
CONNECTED COMMUNITIES
FOR HEALTHY AGING



Panel Introductions

LeadingAge Team



Gina DiMaggio
Foundation Director



Lori Meyer
SVP & COO

Collective Action Lab Team



Olivia Mastry
Founder



Anne Jin Soo Preston
Evaluator

Panel Introductions

Perham Health/Elevate Team

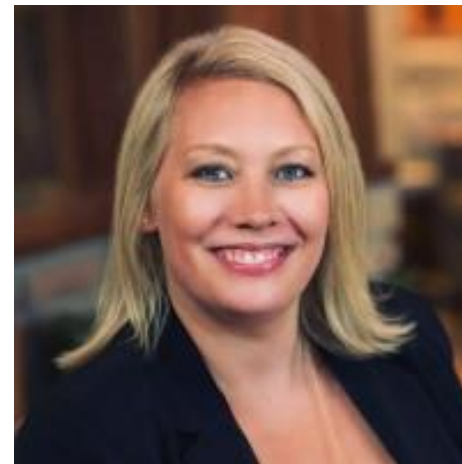
Knute Nelson/ Walker Methodist
Lakes Area Connected Communities



Tracy Hendrickx
VP of Long-Term Care



Mindi Larson
Elevate Program Manager



Lindsey Sand
VP of Population Health



Lisa Duberowski
Population Health
Manager

Agenda

1. Panel Introduction
2. Webinar Objectives
3. Why Connected Communities?
4. Connected Communities Overview
5. Pilot Site Case Studies
6. Phase 1 Pilot Learnings
7. Grant Opportunity Overview
8. Q & A

Webinar Objectives



Deeper Understanding

Provide deeper understanding about:

- Connected Communities
- Backbone/applicant senior care organization role
- Requisite community-wide planning and integration



Self-Assess Readiness

Help potential Long-Term Care applicants self-assess readiness for this type of project

- In their communities
- In their organizations



Pilot Selection Process

Discuss pilot selection process: narrowing down of pilot candidates

- Next step of application
- Community interviews
- Virtual site visit

Definitions

Rural

Communities outside of the seven-county* Twin Cities metropolitan area regardless of population.

(*Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, Washington)

Pilot Communities (or geographic regions)

The geographic area in which the applicant will conduct the project and from which community partners operate. This could be a city, part of a county, county, region, collection of towns or counties.

“Backbone” organization

Also known as the **grant applicant**. LeadingAge Minnesota member that provides a continuum of services in the region, including but not limited to skilled nursing, assisted living, memory care, transitional care, and home care. Entity responsible for holding and dispersing funds, reporting (liaison) to the Foundation, coalition leading duties.

[See Your Organization’s Duties Slide.](#)

Connected Community

Healthcare
preventive, primary, and
acute care



Health insurance
value-based payments and
ACO-like arrangements,
innovation, service
alignment, data analytics



Older adults and
their families

**Housing and aging care
services**
supportive independent and
congregate housing, therapy,
homecare, skilled care, etc.



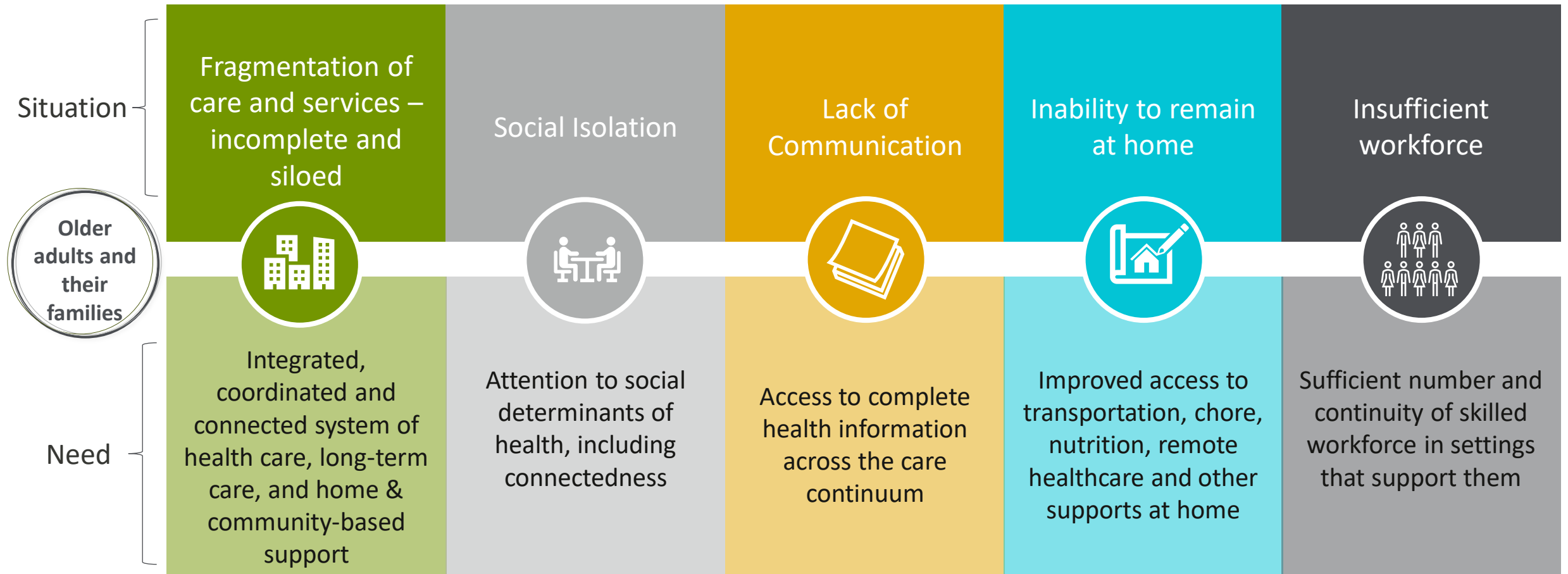
Community supports
meals, chores, transportation,
lifelong learning, fitness, social
inclusion, civic engagement,
etc.



Connected Communities Overview

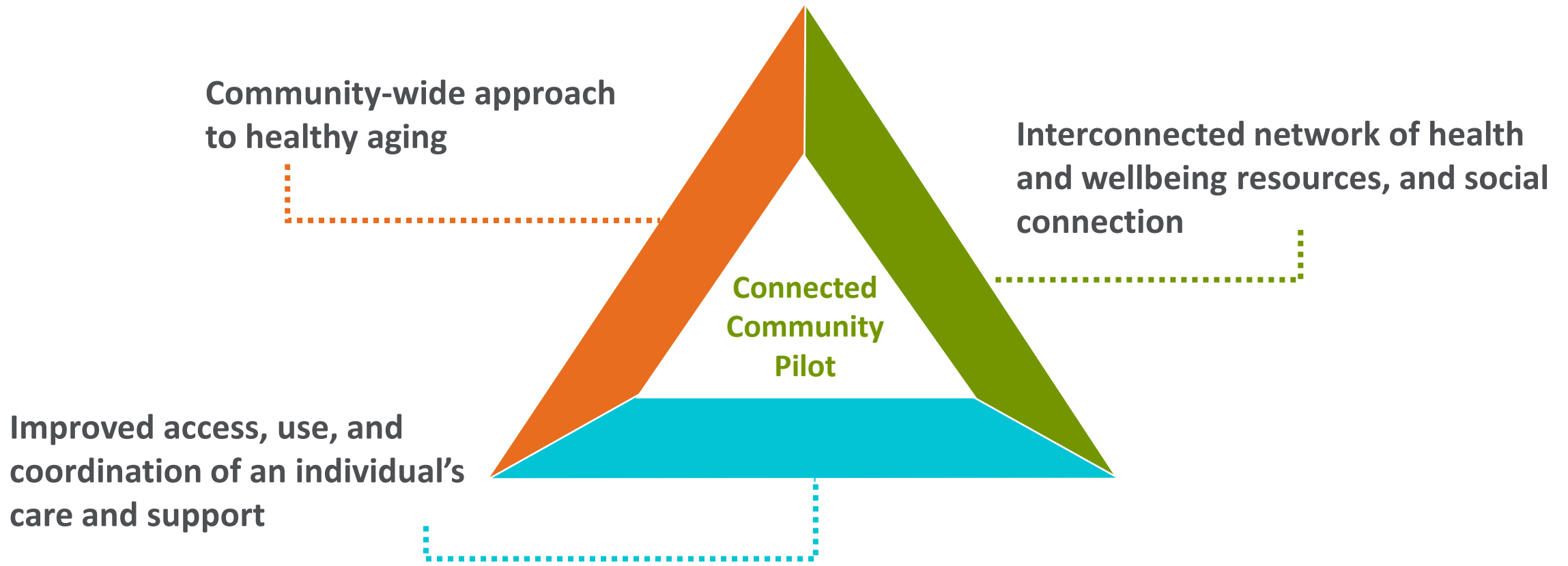


Description of Need: Situation Analysis

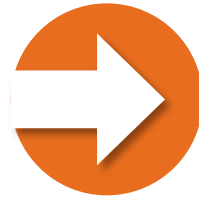


Vision of Success

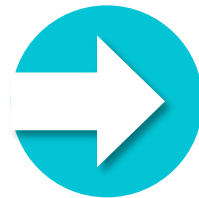
To help older adults experience healthier aging by creating operational partnerships across health care, social services, and aging services



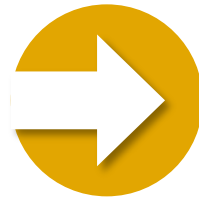
Objectives of Connected Community Pilot



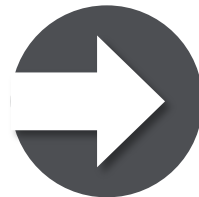
Convene and advance a local and collaborative whole system, whole person approach to serving seniors in the community



Experiment & Improve care of Medicare Advantage enrollees in a local health plan in coordination with providers of primary care, acute-and post-acute care, home care, and community-based services



Connect consumers to local resources for healthier aging and social connections



Implement effective workforce strategies to support this collaborative model

Pilot Case Studies

- Knute Nelson/ Walker Methodist
- Perham Health



Lakes Area Connected Communities



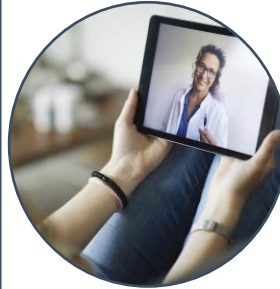
Care Management & Resource Support

Ensuring holistic, person-centered, and coordinated care across communities and health care systems.



Behavioral Health

Providing evidence-based programming that improves mental and behavioral health.



Technology Support

Increasing access to resources and care in rural areas



Community Engagement

Collaborating with community partners to advance shared goals and meet needs



Workforce Initiatives

Supporting the aging care workforce through DEIB initiatives and with training opportunities

Connected Communities: Supporting whole-person health and wellbeing for older adults and the people who care for them.

Client Focused Pillars

Care Management:

- Promote healthy aging and independence by connecting clients to resources, services, and support while also coordinating with client/family, care partners, and providers

Behavioral Health:

- Program to Encourage Active, Rewarding Lives (PEARLS) helps older adults manage depression by setting goals around physical activity, pleasant events and social interaction

Technology Support:

- Easy to use tablets that allow for remote vitals monitoring, video visits with care team and family, and a library of interactive wellness resources that encourage whole-person health



GREAT WELLBEING STARTS WITH
TREATING THE WHOLE PERSON,
NOT JUST A SINGLE CONDITION



Knut Nelson offers a program called Connected Communities. The goal of Connected Communities is to help you connect with the right resources and support to meet your health and well-being needs. Connected Communities offers:

Care Management

Our care managers work with you to understand your needs and create a personalized action plan to meet your goals. Care managers may also help you:

- Access local resources like home-delivered meals, ride services, or companionship programs
- Set up medical appointments and other services, including in-home help
- Communicate with doctors and navigate the healthcare system
- Complete paperwork like insurance forms or advance directives
- Access caregiver resources and support

Technology Support

Personal emergency response pendants and computer tablets may also be available if you work with our care managers. We can help you use tablets for:

- Video visits with your healthcare team and family
- Accessing health and well-being resources online
- Monitoring vitals like blood pressure or heart rate



PEARLS

PEARLS stands for Program to Encourage Active and Rewarding Lives. PEARLS helps develop skills to build a more active life and reduce feelings of sadness or depression. It is an evidence-based program.

Costs & Eligibility

Connected Communities services are funded through grants from LeadingAge Minnesota Foundation and UCare. These services are available to eligible seniors at no cost for one year. Fees will apply for specific community resources or outside services that you may wish to access as part of your action plan. Ongoing access to Connected Communities services is subject to continued funding availability.


Seniors and caregivers in Douglas, Grant, Pope, Stevens, and Traverse counties or closely surrounding areas may be eligible for Connected Communities services.

Learn More

Call us at (320) 759-4908 or visit www.knutnelson.org/population-health-mn for more information.



Community Engagement & Collaboration



Bridging the Gap IN DEMENTIA CARE



WHO SHOULD ATTEND?
This event is open to everyone in the community, including family care partners, friends, service providers/care professionals and anyone else who provides care or support for people living the dementia.

VIRTUAL VIEWING OPTIONS:

- Morris Library, 102 East 6th St. Morris
- Douglas County Library, 720 Fillmore St., Alexandria
- Ambulance Service of Wheaton, 401 12th St N., Wheaton
- Western Prairie Human Services, 15 Central Ave. N., Elbow Lake

Refreshments will be served while networking

REGISTRATION - Please Register by March 8
Register by Phone: 320-759-4908
OR
Register at **Eventbrite**: When registering for your tickets, please select the tickets based on the location you plan to attend.
Please call 320-759-4908 if you need any special accommodations.

GARDENING & GRAND FRIENDS



- Gardening & Grand Friends is for seniors who enjoy gardening and working with children.
- It is a time to work in the garden with local youth and learn more about growing vegetables and flowers.
- Each session will be about 45 minutes to 1 hour long. Come to as many sessions as you can.
- Sessions will be led by a horticulture educator from the U of M Extension or Master Gardener volunteers.
- It will take place in the gardens at the Alexandria Area YMCA.

Sessions are at 9 am on:

- Wednesday, June 14, Alexandria Area YMCA
- Tuesday, June 27
- Tuesday, July 11
- Tuesday, July 25
- Tuesday, August 8
- Tuesday, August 22

Location and Address:
110 Karl Drive, Alexandria, MN

Cost:
There is no cost to attend.

Space is limited! You must register to attend.



Call for more information or to register.
(320) 759-4908






CONNECTED COMMUNITIES

Lakes Area Population Health Pilot

ADVANCE CARE PLANNING (ACP) NAVIGATOR TRAINING


As part of our community collaboration initiatives, Connected Communities is sponsoring ACP Navigator Training. This training is being provided by Light the Legacy at no cost to participants.

This training will:

- provide a solid foundation in understanding ACP
- teach you the necessary skills to have effective ACP conversations using the Light the Legacy ACP Conversation Guide
- include an overview of ACP legal requirements and

October 4
October 6
November 3
8:30am-1:30pm
Credits: Earn 5.0 CE Credits

25 spots are available at each session, please sign up at the link below:
<https://www.eventbrite.com/e/advance-care-planning-2024-tickets-7594908>



Participation in community coalitions and workgroups:

- Enables sharing of resource information and updates across organizations and communities to reach more older adults
- Advances shared goals through collaboration and programming support (Lakes Area Age Friendly)
- Informs our programming decisions to meet
 - Question. Persuade. Refer.
 - Community Naloxone Training
 - Mental Health First Aid

KNUTE NELSON

QPR Gatekeeper Training

QPR stands for **Question. Persuade. Refer**. Three steps anyone can learn to help prevent suicide. This training is open to the public. It is appropriate for health and human services professionals, faith leaders, safety personnel, supervisors, co-workers, teachers, parents, and concerned friends or neighbors.

Speaker:
Arlene K. Selander is the CEO and Founder of Selander Coaching and Consulting. She is a certified QPR instructor and has 15+ years of experience working in health and human services. She is a passionate advocate for mental health.

When and Where

Alexandria Wednesday, Sept 20 10:30 am - 12:00 pm Grand Arbor, 4403 Pioneer Rd SE, Alexandria	Glenwood Wednesday, Sept 20 2:00 pm - 3:30 pm Western Prairie Human Services Building 211 Minnesota Ave E, Glenwood
Morris Thursday, Sept 21 9:00 am - 10:30 am West Central Research & Outreach Center 46352 State Hwy 329, Morris	Elbow Lake Thursday, Sept 21 12:30 pm - 2:00 pm Western Prairie Human Services 15 Central Avenue North, Elbow Lake
Wheaton Wednesday, Sept 27 12:00 pm - 1:30 pm Wheaton Community Library 901 1st Ave N, Wheaton	There is No Cost to Attend The event is sponsored by Knute Nelson's Connected Communities grant with funding from LeadingAge Minnesota and UCare. This event will be the first in a series of educational events sponsored by Connected Communities to help community members and professionals recognize and respond to mental health crises.

Space is limited and registration is required.

Please register by September 15th at qrco.de/bsEYo or by calling 320-759-4908.


Community Naloxone Training

Prevent an overdose. SAVE A LIFE.

At this **FREE VIRTUAL** training, you will:

- Learn how to recognize an opioid overdose.
- Learn all about naloxone (NARCAN).
- Learn about Steve's Law (MN's Good Samaritan and Naloxone Legislation).
- See a demo of naloxone administration.
- Get your own naloxone kit.


PLUS:
Hear from special guests, Dr. Allison Juba & Pat Homstad.



Monday, November 13, 2023
3:00 PM - 5:00 PM

Zoom ID: 846-0240-1392
Password: naloxone

Questions? Please contact:
320-759-4908
This is not a CPR class



KNUTE NELSON Mental Health FIRST AID

MENTAL HEALTH FIRST AID

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID?

- Employers
- Police officers
- Healthcare staff
- Fire responders
- Caring individuals

WHY MENTAL HEALTH FIRST AID?

- On average, **130** people die by suicide every day.
- 841,000** people died from drug overdoses.
- Nearly **1 in 5** in the U.S. live with a mental illness.

FREE Mental Health First Aid in Your Community

This course requires 2 hours of self-paced, online learning followed by about 6 hours of in-person training at one of the following sites:

- Alexandria | Grand Arbor**
Thursday, May 30, 2024 from 9:00 am - 3:30 pm
- Elbow Lake | Western Prairie Human Services Building**
Tuesday, May 14, 2024 from 9:00 am - 3:30 pm
- Glenwood | Lakes Area Chamber & Welcome Center**
Wednesday, May 22, 2024 from 9:30 am - 4:00 pm
- Morris | West Central Research & Outreach Center**
Wednesday, May 1, 2024 from 9:30 am - 4:00 pm
- Wheaton | Sanford Ambulance Training Facility**
Thursday, May 9, 2024 from 9:30 am - 4:00 pm

SPACE IS LIMITED. REGISTRATION IS REQUIRED.

Register at <https://www.eventbrite.com/e/mental-health-first-aid-2024-tickets-7594908> or by calling 320-759-4908. Registration closes on Sept 15. Space left for each site requires a minimum of 8 programs. If fewer than 8 participants register for a site, the site may be closed or dates may be adjusted. Please contact us at 320-759-4908 for more information. *This is not a CPR class. This training is not a substitute for professional training. This training is provided by Knute Nelson's Connected Communities project with funding from LeadingAge Minnesota Foundation and from Horizon Public Health's community partner grants for COVID-19 recovery activities.

Questions? Contact us at 320-759-4908.

Workforce Initiatives

Front Line Staff Engagement

- Opportunities for staff to attend community-wide trainings
- Training on value-based concepts for staff and leadership
- Adjusting care plans to be more informative, inclusive of the patient preferences and opportunities to engage the client in the dimensions of wellness

DEIB: Diversity, Equity, Inclusion and Belonging

- Knute Nelson engaged PHI in analysis and action planning around DEIB
- Helped formulate a rolling plan that produces ongoing action around person-centered care delivery and person-centered career support





élevate

YOUR HEALTH · YOUR WAY

Our Pillars

elevate



EVENTS



FLEX WORK

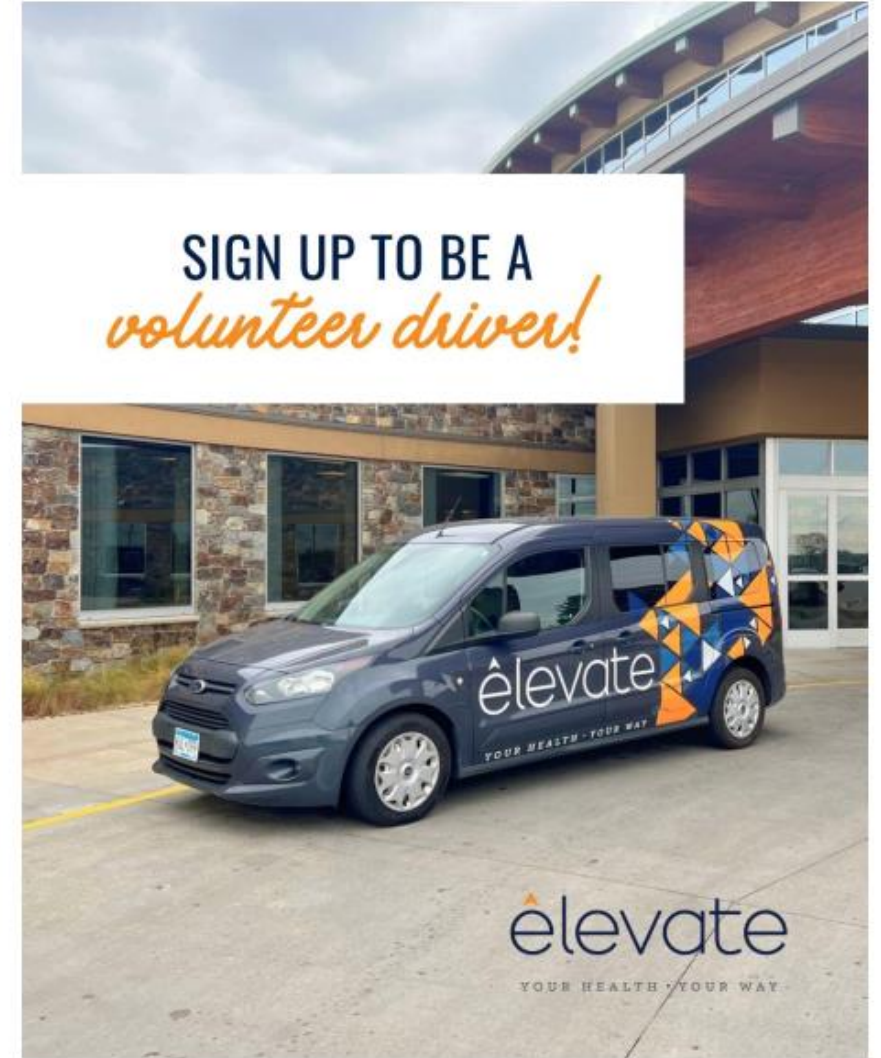


**HEALTH COACH
+ RESOURCES**



VOLUNTEER

RESOURCE NAVIGATION WINS



RESOURCES

EVENTS

VOLUNTEERISM

FLEX WORK

The Mixer

Adulting is hard. Join us for a break from life while learning a new thing or two.

TOPIC
History of Lund Boats

We're going to amp up to Lundmania with a history of Lund Boats from Lenn Scholz. Join us for an interesting history lesson, a lake-themed cocktail from Lana, and fun conversation

Tuesday, June 20
from 4:30-6pm
Mills Liquor, NYM

Cheers!

brought to you by
elevate
PROFESSIONAL WELLNESS PARTNERS
NYM
Small Towns, Big Life!
www.nymnyc.org

ELEVATING VOICES

MEMORY LOSS CHORUS

FOOT CARE CLINIC



Coffee Talks

Sponsored by **elevate**



OSTEOPOROSIS

Explore a holistic approach to osteoporosis management, covering exercise, posture, body mechanics, and fall prevention with Perham Health's Dave Dahl, DPT.

WEDNESDAY
April 10

10:30-11:30am
New York Mills Public Library
30 W Main Ave, NYM

FREE + OPEN TO THE COMMUNITY!

1st & 3rd Wednesday at PACC | 2nd & 4th Wednesday at

elevate

WALKING Club

Join us for a healthy stroll on Tuesdays from 10-11am!

NOSEY NEIGHBOR Maple Lane Syrup

The trees are ready for tapping! Join us at Maple Lane Syrup in Vergas to tour and learn about the process of making maple syrup. We'll take a walk through the woods, get a look at the equipment, and have a tasting. Please dress accordingly!



Monday, March 11 from 1-3pm

Maple Lane Syrup, Vergas



FARMERS MARKET

WEDNESDAYS + FRIDAYS
8AM-3PM IN NP PARK



COOKBOOK CLUB

a taste of something new

Join us for a fun culinary adventure. Cookbook Club! This unique gathering will bring together a group of food lovers who want to try new things. Each individual will choose a healthy, nutritious recipe from The Well Plated Cookbook to prepare and share with the group.

Choose a recipe from The Well Plated Cookbook

Prepare the dish according to recipe

Share, sample, and discuss the recipe!

wednesday
july 12
4:30-6pm
Perham Senior Hall in library

Three ways to sign up!
1. In Person at the Library
2. Call the Library at 755-345-4102
3. Email reference@perhamlibrary.org

*see flyer for exact address

BLOOD PRESSURE CHECKS

WEDNESDAYS FROM 9-11AM

VOLUNTEERISM

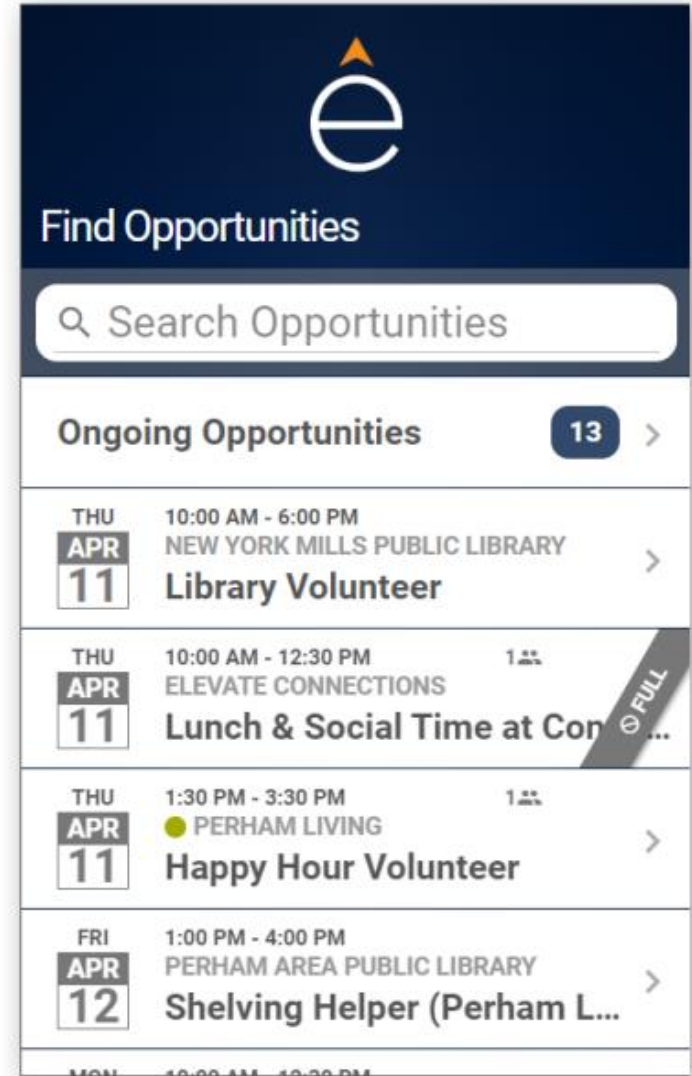
2023 in Numbers:

834
opportunities
added

\$127,117
Economic
Impact

3,997 hours
volunteered

590
volunteers



Success Story

MEET ANDY

Job matched with
Productive Alternatives



Phase 1 Pilot Learnings



Silos to Circles: Bringing the Community Together

3 KEY ACTION STEPS



CONVENE LOCAL PARTNERS

Building a strong coalition starts with a small group of interested leaders that grows to a broad-reaching local coalition through collaboration, leadership, and ongoing interactions.

[Learn More](#)



CONNECT PROVIDERS & PROFESSIONALS

A well connected infrastructure of aging supports begins with strong connections between providers. Navigation and referral functions often happen informally and rely on resourced, educated service providers to get the right information to older adults and their families.

[Learn More](#)



EQUIP THE COMMUNITY

The ultimate goal of the Age Well Initiative is reach and equip people - helping them be more aware of, and connected to, resources in their community. Pilot communities found that it is best to take multiple approaches.

[Learn More](#)

What We Have Learned About Pilot Progression

Forming.
Infrastructure development, relationship and coalition building, community engagement, asset inventory, strategy development, and action planning.



Transforming.
Pilot implementation drives systems, process, and relational changes that more formally connect and bridge across **all** community social supports.



Sustaining.
Exploring and testing economic models and payment partnerships that will sustain the effort long-term. Health plan partnerships, benefit studies and pilots.

Year 1-2

Year 2-3

2024 Connected Communities Grant Opportunity



Connected Communities Initiative

Create integrated care systems in 2 rural pilot communities, guided by LAMN members

2
Rural
Pilots

\$600K subgrants to invest in the infrastructure, technology, data collection, and workforce development to support this systemic transformation.

\$600k
invest

Approach: shared learning and experimentation.



Pilot selection process complete this summer.





Conditions for Success

- **Applicant organization's leadership is committed** to initiative as a priority with these characteristics: ready to partner, active, engaged, and community focused.
- Identified, well-connected **program manager who can coordinate the initiative**
- Lead organization has **experience integrating** core and services that they can build on including **existing mechanism for collaborating and communicating**
- Relationships with **payors** interested in engaging in project
- Organizational strategy for **workforce development**
- **Critical Mass:** Sufficient numbers of older adults and Med. Advantage enrollees (MSHO, etc.)
- Ability to implement **value-based contract arrangements** that reward all payers in the continuum to achieve same outcomes

Your Organization's Duties

APPLICANT/BACKBONE ORGANIZATION: This LeadingAge Minnesota member must have experience in effective partnerships locally with payors, health systems, and other community-based aging services providers. This project will require leadership team commitment, investment in a project coordinator role using grant funds, and a sustainability plan for support beyond the grant period.

- 1 Convene community partners
- 2 Manage the work plan to achieve all project outcomes
- 3 Organize collaboration between local partners including care model adoption
- 4 Coordinate data gathering and outcomes reporting



Self-Assessment: Applicant Community or Geographic Area

Required to have:

- ✓ At least 1 LAMN provider member (multi-faceted care)
- ✓ Outside of 7 county Twin Cities metro region

Nice to have:

- ✓ 65+ population is greater than 2,000
- ✓ Medicare Advantage offered in area

Self-Assessment: Applicant Organization

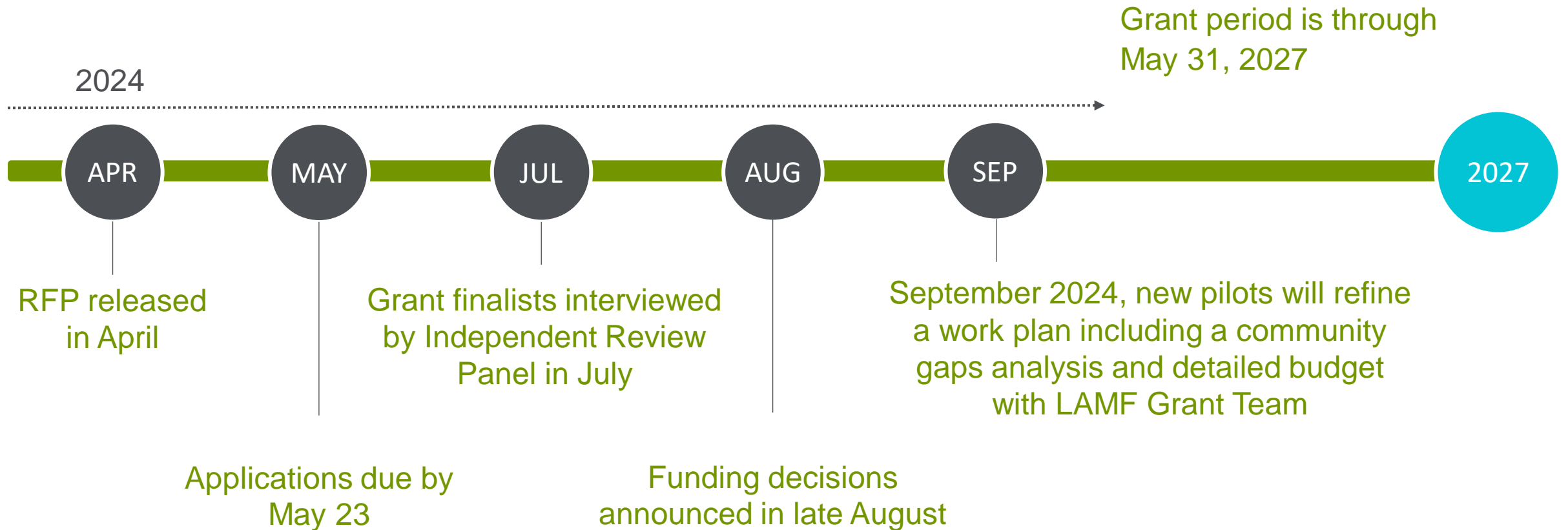
Required to have:

- ✓ Capacity to convene and facilitate across sectors
- ✓ Strong project manager identified with skill set to lead strategy and sufficient time to manage the project
- ✓ Existing collaborations with healthcare and social care providers
- ✓ Sophistication in quality data collection & analysis
- ✓ Leadership committed to integrating care
- ✓ Experience in implementing workforce initiatives
- ✓ Entrepreneurial organizational culture

Nice to have:

- ✓ Experience with Silos to Circles and or Age-Friendly
- ✓ Organization seen as a leader in the community
- ✓ Strategic commitment to value-based care
- ✓ Experience with managed care contracts

Timing of Pilot Selection and Planning



Questions?

Contact information:

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