



2017 Annual Conference

Friday, October 27, 2017 9 a.m. – 4 p.m.
 Kelly Inn, 100 – 4th Avenue South, St. Cloud

8:30-9:00 a.m.	REGISTRATION, REFRESHMENTS & EXHIBITS		
9:00-9:20 a.m.	WELCOME		
9:25-10:40 a.m.	BREAKOUT SESSIONS		
	Gray Matters: Understanding Depression in Older Adults (9:25 – 10:55 am)	What I Have Learned as a Professional Fundraiser	Roundtable with Neighbor to Neighbor Companion Program
10:40 – 11:05	BREAK - EXHIBITS & NETWORKING		
11:05-12:15 p.m.	BREAKOUT SESSIONS		
	Rewriting the Rural Narrative	Leaving a Legacy to Your Organization	Serving Older Adults on Public Programs
12:15-1:10 p.m.	BOXED LUNCH, EXHIBITS & NETWORKING Quick Updates - 1:00 p.m.		
1:10-1:55 p.m.	KEYNOTE - MINNESOTA 2030: LOOKING FORWARD <i>Kari Benson, Executive Director of MN Board on Aging and Director of Aging and Adult Services Division of the MN Department of Human Services</i>		
2:00-2:35 p.m.	PEER-TO-PEER SHARING		
	Health Promotion and Other Classes	Best Ideas for Volunteer Recruitment & Retention	Enrolled Provider Experience
2:45-3:45 p.m.	BREAKOUT SESSIONS		
	Rural RoundTable	Living at Home with Alzheimer's	Taking LAHN to the Next Level
3:45-4:00 p.m.	WRAP-UP		

No charge for Living at Home Network Members. [Register](#) online by October 16, 2017



Our Sponsors



Conference Sessions

Morning Breakout Sessions

9:25- 10:40/10:55 a.m.

Gray Matters: Understanding Depression in Older Adults

9:25 – 10:55 a.m. (extended session)

Kay King, Older Adults Program Coordinator, NAMI

Feelings of sadness, loneliness and grief are normal. However, when this sadness is intense, is felt for a long period of time, interferes with our ability to get along with others or to carry out the activities of everyday life.....then it could be depression. Join NAMI Minnesota to talk about risk factors, warning signs, stigma, treatment, recovery and resources for depression in older adults.

What I Have Learned as a Professional Fundraiser that I Wish I Knew When I Directed a LAH/BNP Program

9:25 – 10:40 a.m.

Brendan Bannigan Capital Campaign Manager, VP of Individual Giving, Junior Achievement of the Upper Midwest

Are you interested in taking your organization's individual giving to the next level? Given that 80% of the 390 billion dollars of charitable giving annually is from individuals, this is an area with potential for growth. The session will start with laying the groundwork of the sources of giving, how they are different and what is changing. It will then focus on individual giving, covering how to cultivate donors and strategies for building a strong direct mail program. You will have the opportunity to share what is working for you and to learn from other programs about what is working for them

Roundtable Discussion with Lutheran Social Service- Neighbor to Neighbor Companion Program

9:25 – 10:40 a.m.

Come to this session to learn about the new Lutheran Social Service- Neighbor to Neighbor companion program and to share with them how our companionship services work. This will be roundtable discussion to look at how our agencies can best work together statewide to complement one another, avoid duplication, and collaborate to open new possibilities. The Neighbor to Neighbor Companions provide weekly visits to offer assistance with daily activities and appointments, a link to the community and an opportunity for meaningful friendship. The new service is now available in both metro and rural areas across the state.

11:05-12:15 p.m.

Rewriting the Rural Narrative

Benjamin Winchester, Senior Research Fellow, University of Minnesota Extension, Center for Community Vitality

It seems the rural story has already been told. Small towns keep getting smaller. Churches, schools, clinics, businesses, and now post offices, have closed their doors as the lucky few migrate out to the big cities. This deficit framework dominates how we discuss and envision our rural communities. However, the story of rural America since 1970 is rich and diverse, with positive trends occurring under the radar. Learn how these important positive changes have been occurring across the rural landscape that require us to rewrite the narrative of rural community change. You will be able to ask Ben questions such as "How should I approach getting newcomers involved as volunteers?"

Leaving a Legacy to Your Organization

- Helping Donors to Share Their Values and Be Remembered for Their Generosity

Michael Henley, Michael J. Henley, CFRE, CEO of Hanson, Henley, Yoder and Lamb

With traditional fundraising sources becoming more challenging and requirements on government funding increasing, it is time to explore new types of fundraising. Legacy bequests are becoming a new fundraising frontier for Living at Home/Block Nurse Programs. Some of our programs, in both Greater MN and the Metro, have received legacy bequests that help build up a reserve and provide income. Attend this session to learn to learn practical tips on how you can do build a legacy program, how to talk with a potential donor about leaving a bequest and how to respond when a donor informs your organization that you are in his/her will. The sessions will be tailored for small nonprofits.

Serving Older Adults on Public Programs

So, you are (or Soon to Be) an Enrolled Provider for AC/EW, What is Next?

Jennifer Stevens, Agency Policy Specialist, Minnesota Department of Human Services

Attend this session to learn:

An overview of Elderly Waiver, Alternative Care and Essential Community Support programs – how they are similar and different and eligibility requirement.

Information about Alternative Care and Elderly Waiver services that can be offered as an Enrolled Provider without a 245D license.

Next steps after you get your enrollment letter:

- How to work with case managers for authorization for people you are already serving.
- How to get the word out that you can accept referrals.

Considerations on the decision on whether to take the next step to get a 245D license

Minnesota 2030: Looking Forward Keynote Address 1:10 – 1:55 p.m.

The Minnesota Board on Aging, in partnership with the MN Department of Human Services, is looking ahead to 2030. At the midpoint between the original vision for the long-term services and supports system, and the year that baby boomers start turning 85 they are revisiting the multi-year commitment to prepare for a permanently older society. MN Board on Aging Executive Director Kari Benson will talk about the MN 2030 planning process and how your community can participate. Kari will also give an overview of the Board on Aging and the role it plays in the state and share what is new.

Afternoon Breakout Sessions

2:00-2:35 p.m.

Health Promotion and Other Classes

Facilitated by Alison Schaub, Program Director, Neighborhood Network for Seniors

What are the options for exercise programs and other classes? Which ones have programs had the most success with? Come to this session ready to share what you do for exercise, health promotion and other classes and learn practical details on the wide array of options. We will request programs send ahead of time information for a handout: a summary/ listing of health/other classes they've done along with programs' contact person's info connect outside of the meeting.

Best ideas for Volunteer Recruitment and Retention

Come to this session with two of your best ideas for volunteer recruitment and retention to share and go home with dozens of ideas. Learn from the experts on volunteer engagement for our type of organizations– the other Living at Home/Block Nurse programs.

Provider Enrollment Experience

Curious about what services that your fellow programs selected to enroll to provide? Interested to hear about the experiences of North Shore Area Partners who is an enrolled provider for Elderly Waiver and Holdingford Helping Hands that has a 245D license? This session will be peer-to-peer sharing to learn the wisdom of the group.

2:45-3:45 p.m.

Rural Roundtable

Facilitated by Darcy Hestekind, Program Director, Tri-Community Living at Home/Block Nurse Program

What is different about running a LAH/BNP program in rural community(ies)? This roundtable session will give programs from rural areas a chance to share their challenge and ways to address them.

Living at Home with Alzheimer's

Kate Selseth, Central Minnesota Program Manager Alzheimer's Association Minnesota and Kendra Lund, Western Minnesota Program Manager Alzheimer's Association Minnesota

This session will focus on how to help someone live at home longer with Alzheimer's. The session will include tips for caregivers of people with Alzheimer's and tips for volunteers working with people with Alzheimer's. You will have the opportunity to learn what is new on research and receive handouts that you can share with caregivers and volunteers.

Moving the Living at Home Network (LAHN) to the Next Level

Join LAHN Executive Director Mary Quirk for a small group discussion to process information received from programs over the past couple years on what they would like from the Network, to look at our assets, and consider financial realities. We will talk about the potential to start new programs, cultivating legislative support, increasing visibility and more. Help conceptualize how we can move LAHN to the next level.

3:45-4:00 p.m.

WRAP-UP

Join in for a fast paced, fun conclusion for the day including a vision for moving forward and take home treats.

Register by October 16, 2017

(Online at Eventbrite at: <https://www.eventbrite.com/e/living-at-home-network-annual-conference-2017-tickets-37229399135> . To enter multiple people, you may need to click on "Sign Out")

Cost:

No charge for staff, Board Members and volunteers of Living at Home Network member programs

Suggested Hotels:

Best Western Kelly Inn at 100 – 4th Avenue South, St. Cloud
Fairfield Inn St. Cloud at 4120 2nd Street South, Saint Cloud, MN

Thank you to the 2017 LAHN Annual Conference Planning Committee

Darcy Hestekind, Tri-Community Living at Home/Block Nurse Program
Marji Miller, Southeast Seniors, A Living at Home/Block Nurse Program
Mary Quirk, Living at Home Network
Alison Schaub, Neighborhood Network for Seniors

Questions:

Contact Mary Quirk, LAHN Executive Director at director@lahnetwork.org or 651-649-0315 before 9-15-17 or after 10-1-17