General overview of Older adults Health / Nutrition
and sampler of ideas/concepts to help older adults live well in MN

Objectives: “Participants will . . . “

• identify services that support older adults in nutrition

• identify services that support older adults through health promotion
Agenda

• Opening with introduction of panel
• General overview older adults current health/nutrition

Panel presentation: Sampler of ideas/concepts to help older adults live well in Minnesota

• LSS: Home Delivered/ Frozen Meals concept
• FiftyNorth: Redefining “Senior” Center in community
• MDH: Walk with Ease- an evidence based program
• Juniper- a resource for evidence based classes

• Questions?
Presenters for this panel

• Mary Hertel, RN  Nutrition/Health Promotion, Minnesota Board on Aging
• Kristin Schurrer, Senior Director, Lutheran Social Service
• Lynne Pederson, Director, Fifty North (Northfield, MN)
• Amy Michael, Arthritis Program Coordinator, Minnesota Department of Health
• Georgia Lane, Developer, Arrowhead Area Agency on Aging
Older Adults in Minnesota: What do we know?

In 2019 there are approximately 1.1 million older adults 60 years of age or older in Minnesota.

When it comes to the current state of healthy aging and nutrition consider the following, of those age 60 and older, it is estimated that: 72 percent have at least one chronic health condition (ongoing health issue) and 60 percent have 2 or more.

It is also estimated that up to 15 percent experience under nutrition (not consuming enough calories, protein or nutrients). Those at most risk for under nutrition are older women, minorities, and people who are poor or live in rural areas.
What can do to support older adults to remain healthy and remain in the communities they love?

It's all in opportunities!

Community based organizations that provide opportunities for:

• Nutrition for better health and wellness
• Being part of a social community
• Participation in programs that support health and wellness
Older Adult meals- options

Kristin Schurrer,
Senior Director,
Lutheran Social Service
LSS Meals

- LSS Bistros
- LSS Diners Clubs
- LSS Meals on Wheels
- LSS Catering
- LSS Meals to Go
LSS Meals to Go

• Affordable Meal shipment option

• Available to anyone in Minnesota

• How meals can be paid for
  • AC/EW
  • Private Pay
  • Health Insurance plans
  • SNAP Benefits

• Why?
  • Medical programs
  • Food deserts
  • Meet the needs of rural clients outside of City limits
  • Available to anyone
  • Convenient
Each recipe is developed by a registered dietician and carefully portioned with a balance of proteins, carbohydrates and spices to both meet dietary needs and taste great.

35 Menu items

- Breakfast Muffin
- Cheese Omelet
- Cherry Almond Oatmeal
- Maple Walnut Granola
- Scrambled Egg with Cheese
- Beef and Bean Chili
- Beef Lasagna
- Pepper Steak
- Home Style Meatloaf
- Swedish Meatballs
- Teriyaki Beef
- Oven Roasted Turkey
- Chicken Marinara
- Chicken Chow Mein
- Salmon Loaf
- Oven Baked Fish
- BBQ Pork Loin
- Cheese Tortellini
- Vegetable Lasagna
- Baked Chicken
- Asian Chicken
• Meals can be ordered online at lssmn.org/MealsToGo

• Call 1-800-488-4146 to place an order over the phone

• An order form can be downloaded on the website and completed- see website for further information

• Appropriate payment is determined

• Meals can be selected from menu or a sample pack can be sent

• Meals arrive within 3-4 business days after payment is received

• 14 Frozen meals arrive (7 meal packs are available)

• Freeze until ready to thaw and reheat
Redefining “Senior Center”

Lynne Pederson
Director
Fifty North, Northfield MN
The Future

• Being positioned for the future
• Demographic shift and growth in 65+ age group
• Baby Boomers
What’s in a name?

- Attracting the next customer
- Are we ready?
- The Brand
Engage, Empower, Enrich

• New Thinking
• New Perspective
• New look
What does a day at FiftyNorth look like?

- **Fitness**: Work with our personal trainers to get the most of your body every day. Jump in the pool, work out in our gym, or take a group fitness class.
- **Arts**: Whether you’re a seasoned artist or a curious novice, come explore our visual art, theater, writing, and music classes.
- **Lifelong Learning**: Explore your curiosity and add to your knowledge about computers, current events, history, health topics and so much more.

- Age is just a Number.
- 600 to 1946 members
- Fitness, the Arts, Life-long Learning, Social, Community Engagement
- Partnerships
An Evidence Based Program- Walk with Ease

Amy Michael
Arthritis Program Coordinator
Minnesota Department of Health
Physical Activity Helps Manage:

ALL OF THESE CONDITIONS

Arthritis
Heart disease
Diabetes
Obesity
...and more

About half of adults with heart disease or diabetes

- HAVE ARTHRITIS

One third of obese adults

- HAVE ARTHRITIS

What can we do to manage symptoms?

KEEP MOVING
Physical activity can lower pain and improve physical function by about 40% and may reduce healthcare costs.

- **BUT** 1 in 3 adults with arthritis are inactive.

Adults with arthritis also can reduce their symptoms by participating in disease management education programs.

- **BUT** only 1 in 10 have taken part in these programs.
Walk With Ease

• An evidence based
• 6 week
• Low impact
• Low cost walking program
Low-impact walking and behavior change program

Sessions include:

- Pre-walk discussion covering a specified topic related to exercise and arthritis
- Warm up stretches
- 10 to 40 minute walk 3x/week; 6 weeks
- Cool down stretches

Walk with Ease Workbook is your guide
WWE has 2 formats:

• Group/Instructor-led (requires training)
  • Instructors must complete 4 hours of online training offered through the AFAA
  • completed CPR training

OR

• Self-directed & Self Directed hybrid

All participants receive the Arthritis Foundation Walk With Ease Workbook
Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis.
- Increase balance, strength and walking pace.
- Build confidence in the ability to be physically active.
- Improve overall health.
• Understand the basics about arthritis and the relationship between arthritis and pain.
• Learn how to be physically active safely and comfortably.
• Use methods to make walking fun.
• Make a doable walking plan with realistic goals for improved fitness.
• Gather tips, strategies and resources to help overcome barriers and continue to be physically active.
• Learn about other programs and resources that can help maintain walking and other physical activity.
Everyone is welcome to join Walk With Ease!

- Adults with arthritis
- Adults without arthritis

It’s for people with diabetes, heart disease or other chronic conditions; anyone who wants to get more active!
Thank you.

Amy Michael
amy.michael@state.mn.us
or
Health.arthritis@state.mn.us
Resources to find out about health promotion/health aging programs available

MinnesotaHelp.info

Well Connect (SE MN area)

Compass (MDH) and Juniper
Resource to find out about classes: Juniper

Georgia Lane
Developer
Arrowhead Agency on Aging
What is Juniper?

Juniper is improving health and wellness in communities across Minnesota.

Through a network of local leaders, community organizations and health systems, Juniper delivers programs to help adults manage chronic health conditions, prevent falls, and foster well-being. If you are coping with high blood pressure, heart disease, COPD, arthritis, diabetes or other chronic conditions, Juniper can support your efforts to live life as fully and independently as possible.

Features

- Diabetes: 5 Things You Should Know
  - By Sara Lindquist, MD, Director of Healthcare Integration, Juniper
  - Have you or a loved one been diagnosed with diabetes or [...]  
- DuluthMedia Coverage of Living Well with Diabetes Workshop
  - Check out Georgia Lane, Juniper Program Developer at Arrowhead Agency on Aging, on Fox 21 News.
Current Programs listed in Juniper

- Living Well with Chronic Conditions/ Tomando Control de su Salud
- Living Well with Diabetes/Programa de Manejo Personal de la Diabetes
- Living Well with Chronic Pain
- Diabetes Prevention Program
- A Matter of Balance
- Tai Ji Quan: Moving for Better Balance
- Stepping On
- Arthritis Foundation Exercise Program
- Stay Active & Independent for Life
Your Juniper.org Search and register for classes

Find A Class Near You

Select a Class

enter zip code

Within 30 Miles

Sort By Distance

SEARCH

Showing 106 results for all classes sorted by date

Don't see a desired class near you? More classes are coming soon. Call us at 1-855-215-2174 or email info@yourjuniper.org to be connected to a representative and added to our waiting list.

Tai Ji Quan: Moving for Better Balance

Juniper
Gerald’s Story

Gerald’s story
Questions?

Thank you for joining us!