

DARTS Journal

Winter 2000

2000 and beyond:

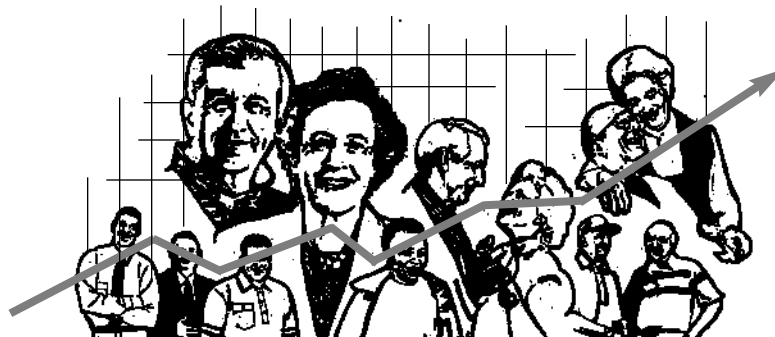
DARTS prepares to make a bright future for all

by Judy Fairbrother, Director of Community Resources

Weren't we all relieved to pass into this new millennium without any major problems? It may seem like our day-to-day lives will sail along smoothly because we escaped Y2K disasters, but being too complacent about the future will mean we aren't prepared.

The Minnesota Department of Human Services' report *Aging Initiative: Project 2030* (December 1998) begs us to be aware of, and try to prepare for, the impact of some demographic realities between now and 2030. For instance, Minnesota's population will double by 2030, and the population over age 85 will nearly triple in the next 50 years. Both facts are worth noting. The increase in older persons will tax resources, particularly those that seniors now enjoy or count on to keep them independent. Resources such as direct service workers who provide in-home assistance can be difficult to find now, so this increase in seniors will pose a concern. Will there be enough direct service workers and the funding to support them?

Echoing such facts is the East Metro Seniors Agenda for Independent Living(SAIL)/Wilder Research Center report *Building Toward the Senior Boom*,



1995

Dakota County
55,280 More Seniors

2025

which also says "seniors' desire to remain in their own homes and neighborhoods will persist and grow stronger in the future."

Indeed, by 2025 the senior population in the Twin Cities will increase by 115 percent. In Dakota County alone, the senior population from 1995 to 2025 will explode by 55,280. Beginning in approximately 2010, Minnesota will experience a profound demographic shift as the first post-war Baby Boom generation begins turning 65. This generation will continue to age for the next 50 years and will become the Senior Boom. The shift will culminate in 2030 when these first Boomers turn 85.

As this wave of Boomers age, they will invariably experience the changes that come with aging: some increased disability, chronic health conditions, and the related need for social and health support systems. Because of this group's forecast size, DARTS must prepare for the overwhelming support needs that will tax traditional family, private sector, and government resources. The factors driving this need

to develop services and systems are unavoidable, yet it is within our power to redesign current services and systems and create new ones to meet the growing demands. We can help ensure that older people who depend on DARTS and need help will get that help.

How is DARTS preparing for this age boom?

DARTS' dedicated staff has the professional expertise and experience to handle community and individual needs that range from transit issues to in-home daily living options to volunteer opportunities that integrate generations. Our professional service

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Some Reflections . . .

by Richard Graham, President

By now I hope you have read Judy Fairbrother's article on page 1. It summarizes some facts and figures that tell us what we already know - we are all getting older. The country, the state, and even Dakota County will, in the year 2030, be a community where one in every four people is over 65 compared with one in eight today.

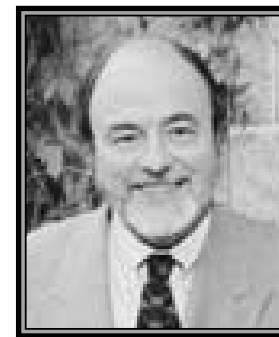
How do you see and think about a future with so many gray heads? Nursing homes and assisted living? Bus trips to casinos, golfing, volunteering, winters in the South? As one who is approaching a 59th birthday, my thoughts become a little more personal.

Never in the history of time has a generation been given this gift of long life. At the beginning of the 20th century, life expectancy was 45. Today it is close to 75. I wonder about and question what is expected in return for

this gift. "To whom much is given, much is expected" is the lesson in the Bible. Or as a friend of mine says, "you don't get nuttin fer nuttin."

Every generation has its challenge and opportunity for a legacy. Today's elders can take pride in the fact they were tempered by the Great Depression and, in winning World War II, saved the world for democracy and all its subsequent benefits. Tom Brokaw goes so far as to characterize them "the greatest generation." So, I ask the question: if there is a grand plan for us all, is it linked to why we are being given such long lives? Is there a need for an even "greater generation" to address serious threats to a secure future?

The world we live in is far from perfect. Economic conditions have never been better, but the gap between rich and poor grows. Technology can address many problems, yet the quality of our air and water remains a serious concern. We have the most advanced health care systems ever, but they are out of reach for many people on the planet. Farmers are willing to feed the world, yet thousands starve every day. Society encourages the highest levels of formal



education, yet ignorance and illiteracy remain widespread. Lastly, civility and good manners are a rare commodity at a time when people are searching for friends and neighbors who care.

Every generation has its challenge and opportunity for a legacy.

Do these challenges and threats to our world surpass those of past generations?

Can this growing elder population respond? What will the collective total of hours of new retirees be? Could a generation that prided itself on activism in its youth become as energized and tenacious in the later stages of life? Is it in the cards for elders that they will teach good citizenship and community activism to future generations?

Some final haunting questions. If not us, who? Will we say, "I've got mine - the rest is up to someone else," or will we make every effort to leave the planet in as good a shape as it was given to us? Or, as the boy scouts ask, will our campsite be left cleaner than we found it?

The DARTS Journal

1645 Marthaler Lane
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www.darts1.org

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VISIT OUR "USER-FRIENDLY"
NEWLY DESIGNED DARTS WEB SITE

www.darts1.org

You can find this Journal issue and other current happenings on the DARTS web site. Go there to get on our e-mail list for easy access to other important information.



Announcing



Catholic Charities

DARTS

HSI (Human Services, Inc.)

Senior Community Services

**Volunteers of America
of Minnesota**

Amherst H. Wilder Foundation

People who know DARTS often say, "It's too bad there isn't an organization like DARTS in other parts of the Twin Cities." That time has come. DARTS has joined with five other nonprofit organizations – Catholic Charities, HSI (Human Services, Inc.), Senior Community Services, Volunteers of America of Minnesota, and Amherst H. Wilder Foundation – to form Eldercare Partners, a multi-resource for seniors needing options for housekeeping and chore services, meals, transportation, home care, and housing. Though not exact replicas of DARTS, the other partner organizations are similar in their concern for seniors' independence, in their deep roots within local communities, and in the value they place on volunteerism.

Within Eldercare Partners, each organization provides consultation and care management services. Personal advisors – licensed social workers and registered nurses – can, for a fee, help an older person and/or family members evaluate senior services and living options and then arrange and monitor the services.

Because the partner organizations are located throughout the Twin Cities, they can help seniors in the entire seven-county metropolitan area.

Since DARTS has been providing individualized consultation and assistance to seniors and their families for 20 years, Eldercare Partners is a service we are well-equipped to offer. It is comprehensive in that the client receives a written assessment and recommendations and can have ongoing involvement with the personal advisor if desired. Lynn Cibuzar and Annette Cunningham, DARTS service coordinators with a combined 30 years of experience in senior care, are the Eldercare Partners advisors serving Dakota County. Such skilled advisors are on staff at each partner organization. No matter where you live, there is just one phone number to call to get help from the Eldercare Partners organization near you.

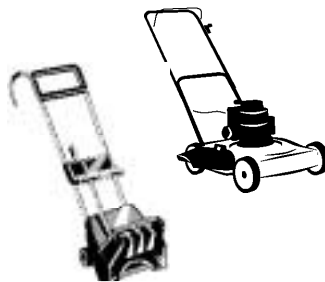
DARTS is pleased to be part of this innovative collaboration in meeting the needs of seniors throughout the Twin Cities. For information about Eldercare Partners, call 651-917-1208 or check the web site – www.eldercarepartners.org.

Need some assistance with bathing or dressing?

Through DARTS' collaboration with Wilder, seniors in northern Dakota County can get help with bathing or dressing and nursing assistance with medications.

Call Vicky at
DARTS,
651/455-1560, for more information.

Needed: Lawn mowers and snow blowers



DARTS can always use above-standard lawn mowers or snow blowers in good working order. For the last two years DARTS has helped seniors with outdoor chores. This past summer we mowed lawns for 25 seniors on a week-by-week basis, and for the last two winters we shoveled driveways for 15 seniors.

To keep improving our outdoor chore service, we need your help. If you have any equipment you could donate or any questions about the chore service, please call Nick Klietz or Jason Sanders at 651/455-1560.

Celebrating Volunteers at The 1999 Silver Ball

DARTS ▶

Taking some gifts home



Signing in



Fun conversation



Playing bingo



Eating with entertainment

DARTS ▶ *For Your Information*

Free education and support programs for caregivers

If you're a caregiver for a frail or disabled senior, set aside some time to attend an educational program that can help with the many challenges you face each day. Upcoming programs include: *Advice on Eldercare* *Legal and Financial Issues*, March 2 and March 6; *Caring for an Aging Love One*, a series on Tuesdays from March 14 to April 11 and Mondays from April 3 to May 1; and *Normal Memory*

Loss: When Should You be Concerned?, a two-session program on June 20 and June 27. DARTS may be able to arrange for a volunteer to stay with your family member while you attend a program. Call Vicky, 651/455-1560, for information or to receive a program brochure. See our web site - www.darts1.org - for more information about how we help caregivers and their families.

We can help!

DARTS is always looking for seniors we can assist with everyday living needs. If you know someone who could use our help, have them call Vicky at 651/455-1560.

or someone simply looking for a rewarding job, start your search at DARTS. Call Cathleen in Human Resources, 651/455-1560, for more information or see our web site - www.darts1.org - for an online application form.

Make your mark at DARTS!

If you enjoy helping others, like to spend time with seniors, and want to work with people who make a difference in the community, consider working at DARTS. Typical positions include drivers, homemakers, administrative support, and professional. Whether you're a college student, a retiree,

Enrich your life - volunteer at DARTS

Get involved in your community and volunteer with DARTS. The time commitment can be as little as 2 hours a week, and you can touch the life of an older adult or young child. See our web site - www.darts1.org - for volunteer opportunities and scheduled events or call 651/455-1560 and ask for Volunteer Resources.

Home Share: the rewards of being at *“Home”*



"Welcome home" is how homeowner Tilly Broz greets her Home Share "renter" when she returns from a long day at work. The words symbolize the home-sharing experience, which is a "just-like-home" setting for someone in need of a low-cost alternative housing option.

Home Share is a program partnered by HSI (Human Services, Inc.) and DARTS to provide a housing arrangement that will benefit both a homeowner and homeseeker. A typical Home Share homeowner has plenty of space and would like some companionship, could use some additional income, and may need some help with small chores around the house. A typical homeseeker is trying to save some money, would like a home atmosphere, and is willing to help with some chores in exchange for less rent.

Matching homeowner with homeseeker is a four-stage process. At DARTS, it's administered by Jane Hubbard, Home Share coordinator. In the application interview, Jane describes the program to both participants and discusses their needs and concerns. Then she uses the information to make the best match of homeowner and homeseeker. When a match is made, the two participants

meet, get to know one another, and live together for a 30-day trial before the arrangement is finalized. After the trial period, Jane formalizes the arrangement in writing (including rent fees and chore services, if applicable) and follows up regularly to ensure the match is successful.

"Opening my home and heart to others makes life more worthwhile."

Who can benefit from the Home Share program? The elderly, single parents, persons with disabilities, and others who need housing alternatives, support services, and a safe environment that allows them to remain independent, either as the homeowner or homesharer. A low-cost housing alternative or earning extra income may be a starting goal, but in the end, other rewards usually come as well. Homeowner Tilly says it best, "Opening my home and heart to others makes life more worthwhile. It's important to mingle with others and it can bring friendship and companionship."

If you'd like more information about the Home Share program, call Jane Hubbard at DARTS, 651/455-1560.

Transit Jottings

- ▶ DARTS will place three new buses into service in the next month and three more by summer. New wheel chair tie-downs have been included along with new high-intensity exterior lights for better visibility and safety.
- ▶ DARTS has started a new bus service in Farmington through the purchase of a vehicle funded by a Federal Transit 5310 Grant. The City of Farmington is participating in the cost of the service and will use the bus one day a week for special outings and senior center activities.
- ▶ Darcy Johnson was hired to replace Chris Moates as the Transportation Coordinator working on welfare-to-work issues and staffing the Dakota County Transportation Collaborative. Mark Hoisser, DARTS Executive Director, chairs the collaborative.
- ▶ Mark Hoisser was elected President of the Minnesota Public Transit Association for 2000-2001. The 100+ member association is active in promoting transit alternatives statewide.
- ▶ Transit has started providing Monday rides from Hastings to the Rosemount adult day care. We hope to add another day of service and possibly extend the service to Apple Valley for riders wanting to make connections to MVTA and to make trips to the Mega Mall or other destinations in their service area.

Transit listens to riders

As the transit staff prepares to move to offices in the new Transportation Center (now under construction), staff is reviewing how we currently work and interact and investigating new ways we can meet increased demand for service while maintaining excellent customer service. In September we surveyed bus riders, in October we distributed a follow-up random survey, and in November we held rider focus groups to review and verify the survey information. In each phase we heard the same theme: DARTS is doing a great job.

The surveys showed that riders think the world of the drivers (100% thought the drivers drove safely and were courteous, 95% said they arrived at their destination on time, 91% said they were picked up on time, and riders said the drivers were helpful and appeared neat 99% of the time.) When asked about the service received from office staff, the rider focus group was only slightly less supportive. Although the riders thought staff was helpful, they felt they didn't always get their questions answered correctly or quickly and they often had to wait "on-hold."

In response to this survey and listening process, DARTS is re-evaluating some transit jobs to develop new, or adjust current, operating procedures. In addition, staff is preparing a new training curriculum to perform their work better and maintain the customer service riders want. A new Rider's Guide will inform all riders, especially new ones, of what to expect from DARTS transit service. We hope to have the guide available in April or May.

New flex-route transit service: Community Access Bus

In September, with direction and assistance from the Dakota County Welfare-to-Work Transportation Collaborative, DARTS started a new transit service aimed at providing rides for people returning to work and needing to get to jobs in the Eagan area. Called the Community Access Bus (CAB), the demonstration service provides a bus connection from West St. Paul to Eagan for county assistance clients as well as seniors and the general public. It operates on a regular schedule to jobs in Eagan and to some new retail areas. Another goal is to provide a link from Metro Transit bus service in the northern area to the Minnesota Valley Transit suburban service that includes Eagan.

The CAB service is a new type of transit called "flex-routing." Riders can call for the bus to pick them up at the curb close to their home and drop them off at the curb of their destination provided the trip falls within the defined service area. Riders can also just "hop" on the bus at designated stops or "time points" that are thought to be high traffic stops. Seniors are encouraged to use this service since it has regular stops at scheduled times, which reduces the need to plan ahead. The service will continue through 2000. The goal is to reach five passengers per hour throughout the day. The Collaborative and DARTS Transportation Coordinator, Darcy Johnson, will work with Eagan employers to build ridership and to determine whether the service hours should be expanded. Call 651/234-2290 to learn more about the CAB service or to receive a printed schedule.



Memorials & special gifts to DARTS

July 1, 1999 –

December 31, 1999

Jack Alberts

Eileen Rauchwarter
 Edwin Anderson
 Millie Gignac
 Randa Tchelebi
 Susan Tchelebi
 Lydia Anderson
 Kara Anderson
 Bruce & Marianne Bauman
 Carol Bierbrauer
 Jean Breunig
 Richard & Nancy Colvin
 Klea Ecker
 Phyllis & Alton Elmquist
 Robert & Kathleen Hamer
 Bonnie Johnson
 Dale & Ardella Leslie
 William & Anne Losby
 Carol Schulze
 John & Anne Stebner
 Roger Anderson
 Dorothy Cosgrove
 Barbara Paape
 Charles Arth
 Eagle Ridge Tenants Assn.
 Ann Barsul
 Lou Dort
 Fern Piquette
 Howard Bartz
 Dorothy Cosgrove
 Walter Becker
 Mr. & Mrs. Charles Nelson
 Elmer Bester
 Eileen, Randy & Grace
 Rauchwarter
 Gary Blazick
 Bob & Mary Schulze
 John E. Bobick
 Helen Armstrong
 Joyce Goodell
 Nancy O'Keefe
 Sam & Evelyn Vrieno
 Kathryn Bodle
 Joyce Goodell
 Gordon C. Brown, Jr.
 Jean Pierson
 Glendora Choban
 Emily Solberg
 Audrey Clancey
 Millie Mlinarevich
 Harry Clark
 Shirley & Ken Pike

Normand Coen
 Earl & Karen Krueger
 Lloyd & Violet Sachs
 Richard Crampton
 Audrey Brucker
 Arlene DeValerio
 Westwood Ridge Hearts & Flowers
 Clark Dorland
 Marilyn Dorland
 Marion Doyen
 Millie Mlinarevich
 Anne Dubbin
 Jeannine Churchill
 Sallie Ehlers
 Dodd Civic Club
 Doris Rhodes
 Glen Einhorn
 Anne Weirick
 Loretta Engelmann
 Robert & Delores Young
 Elmer Engfer
 R.W. & Merrill Varien
 Mildred(Chick)Farrell
 M.J. Koss
 Joyce Stedt
 Agnes Feifarek
 Mary Moha
 Odin H. Fistea
 Earl Krueger
 Paul Foss
 Burette Foss
 Cecelia Fox
 Emily Solberg
 Otis Frampton, Jr.
 Marcella Frampton
 Reinhold J. Frank
 Agnes Frank
 George Frank, Jr
 Ken & Lisa Frank & Family
 Paul & Dawn Frank
 Barb & Ed Garski
 Bev & Dick Mauer
 Lois & Kevin Miller
 Judy Olsen
 Roger & Helen Yacel
 Rosemary Frank
 Joan Frische
 Audrey Brucker
 Harry Gebhart
 Sylvia Neumann
 Elaine Gerten
 Nancy Melin
 James & Dorothy Quirk
 Eunice Glover
 Myrna Brady
 Carol Berg(Goers)
 James & Karen Taylor
 Geneva Guzijan
 Millie Mlinarevich
 Janet Zeverino
 Marjorie Hathaway
 Denny & Janice Needham
 Linda & Steven Christianson
 Doris Rhodes
 Richard Graham & Pat Powers
 Arnold Hoepfner
 Leonard & Arlene Perron
 Mr. & Mrs. Arnold Schwolow
 Ortrude Holte
 Diane Morehouse
 Joseph & Eugenia Dixon
 Oscar Iverson
 Nancy & Michael Schwartzbauer
 Thomas Janssen
 George & Katherine Janssen
 Betty Katzenmaier
 Frank & Barbara Sidla
 David & Cheri Chadima
 Grace Christensen
 Linda G. Oman
 Charles & Jeannie Guldan
 Calvin & Eleanor Twining
 Evelyn Kearney
 Lorraine Rolf
 Helen Knauss
 Walter & Gladys Schuno
 John & Josepha Kopp
 Joan Kopp
 Rose Langula
 Walter & Marvel Gretsfield
 Charlotte Gautschi
 Selma Marie Linnell
 Robert & Sylvia Scheerer
 Mary Ellen Lillis
 Miles Lillis
 Marjorie Haslerud
 Sidney Lokich
 Gladys Christiansen
 Mary Ellen Dow
 Max & Grace Gransburg
 Bob & Dee Sparks
 Stephen & Irene Szymanski
 Lorraine Webb
 Ted & Margaret Zamora
 Marjorie Mairs
 Maria Battaino
 Helen Malerich
 Jack & Lois Harris
 Catherine Marusic
 Warren Johnson
 Gordon W. McGlothlin
 Eleanore McGlothlin
 Howard McGlothlin
 Virginia Nissen
 Linda Smith
 Delilah Michaud
 Marshall & Mary McDonough
 Rosalie Moore
 Audrey Burington
 Rose Pechous
 Alice Novak
 E.A. McDonough
 Thomas Oberle
 Patricia Oberle
 Doris Rhodes
 Frank Pellegrino
 Eagle Ridge Tenants Assn.
 Stanley Piekarski
 Jim & Karen & Nikki Taylor
 Carl Poeschl
 Bob & Louise Eggleton
 Casey P. Quinn
 Eldie May
 Edythe Ramsey
 Dorothy Quirk
 William Rascher
 Katherine Roe
 Howard Reichstadt
 Earl Krueger
 Howard Reinsberg
 Dorothy Eckhart
 Edward Reller
 Stephen & Irene Szymanski
 Clarice Roen
 Myrna Brady
 Lois Runge
 James & Dorothy Quirk
 Edwin Ryan
 Arvid & Janet Peterson
 Louise Ryan
 Earl & Karen Krueger
 Margery A. Schaffer
 Donald Dix
 Charles Schauer
 John Evazich

Glen Scholz
 Florence Bohrer
 Janet Brightwell
 Allen & Elsie Forsman
 Helen Kane
 Eldie May
 Shirley & Ken Pike
 Regina Shank
 Esther Stahl
 Helen Fletcher
 Eleanor Striegel
 Warren Schluckebier
 Lawrence Stoffel
 Richard & Mona Reid
 Harvey Tesler
 Scott & Brenda Apfelbacher
 Dennis Thorsland
 Mary, Mother of the Church AA
 Tuesday a.m. Group
 Robert Toombs
 Emily Solberg
 Bill Wacker
 Kenneth & Mary Jones
 Geraldine Valleau
 Tom & Betty Garrett
 William Wacker
 Kenneth & Mary Jones
 Delores Weber
 Annette Gross
 Diane Heinrich
 James Husman
 Virginia Husman
 Cheryl Pawlenty
 Barbara Stone
 US West Foundation
 Elaine Weber
 George Weber
 William Webber
 Delmar & Bud Jennrich
 Ray Winkel
 Emily Solberg
 Phil Woog
 James & Sandie Metzen
 Andrew J. Yackly
 Thomas & Mary Banaszewski
 Hazel Gustafson
 Gary & Cathy Hanson
 Wayne & Gwen Peterson
 Ray Zweber
 Elizabeth Schreiner

In Honor of

Mr. & Mrs. Fred Glassing
 Dr. Fredrick & Barbara Ferris
 Peg Vopava
 Audrey Brucker

50th Wedding Anniversary

Mr. & Mrs. Fred & Peggy
 Riehm
 Mrs. Clare Lesch

Happy Birthday

Evelyn McClung
 Kristen Lund
 Meta Wahlstrom
 Audrey Brucker

You can create a personal memorial

by Jan Needham, Major Gifts Officer



Piramids rising in the desert . . . paintings on a cave wall . . . great works of art and literature all reflect a common yearning in people to leave

behind a legacy – a personal memorial that will touch the lives of others in the years to come.

Most of us, given the opportunity, would like to make a lasting contribution to a better world. We'd like to leave a legacy that says "I was here; my life was important . . . I made a difference."

Friends who include a bequest to DARTS programs in their estate plans enjoy the quiet satisfaction of helping us provide for future generations.

Please consider:

- Including DARTS in your will or living trust.
- Leaving a portion of your life insurance to DARTS.
- Designating us a beneficiary of a retirement account, IRA, or CD.
- Making a gift of appreciated stock to DARTS.

I would be pleased to talk with you about the many ways you can contribute to a better future – and assure yourself a place among those who can say "I was here; my life was important . . . I made a difference." Call me anytime at 651/453-9009.

OTHER GIVING OPPORTUNITIES AT **DARTS** ▶

- *Spring campaign (March)*
- *Phonathon (April)*
- *Golf sponsorships (June)*
- *Year-end magazine sponsorships (October/November)*
- *Year-end angel campaign (November/December)*
- *Memorials (all year)*

2000 and beyond: *continued from page 1*

coordinators can help tailor services to individual needs and can combine DARTS services with other community services that will complement one another. Services can be flexible and change as a senior or family member's needs change.

DARTS partners with similar agencies to streamline access to services throughout the Twin Cities. Through Eldercare Partners (see page 3), personal advisors provide information on senior services and living options in the seven-county metro area. DARTS service coordinators can identify a person's strengths and challenges and

find appropriate services to meet ongoing needs.

As the aging boom unfolds, many productive opportunities will present themselves for us all, young and old.

DARTS already has important pieces in place to prepare for this "age wave" and will continue its vigilance to ensure we are all ready for the future.

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