

# **The Resilient Reader**

## **Resilient Region Stories**



## **Changing Populations**

**October 2015**



## The Changing Population Champions all do their part to address aging issues

**WHO:** Champions of the Changing Populations theme are:

Mary Sam (Director of Intercultural Services)-Central Lakes College, CLC

DeAnn Barry (Executive Director)-The Center

Dean Loidolt (Community Service Developer)-Central MN Council on Aging (CMCOA)

Dan Frank (Community Specialist)-Initiative Foundation

**WHAT:** In the Changing Populations theme area, Champion Dean Loidolt prompted Lutheran Social Services (LSS) to make reporting revisions to include age segmentation and that has assisted in then getting additional funding for (LSS) of Brainerd/LSS HOPE Advisory Team. This is going to allow LSS to respond to the significantly increasing senior need for housing, address homelessness and improve support services for many of the needs they see coming from the five county region. Additionally, Dean has been leading/coordinating a Wadena County Senior Providers group and has included MNDOT in those discussions which have assisted in getting increased public transit needs provided by Friendly Ride (Public transit serves all ages).

CMCOA provides financial support for non-profit organizations like LSS to provide the senior citizen population with things such as Meals on Wheels as well as evidence-based wellness/exercise activities at senior centers or other locations.

Champion Dan Frank has implemented an ethnical focus into the Changing Populations theme area. With the ethnical aspect, every race, gender, and age of people in the area are involved. The purpose of this aspect in the Changing Populations area is to make sure that every citizen in the region has the workforce skills to be productive, valued, and self-reliant, rather than dependent on society. An Emerging Leaders program has been started to prepare a cross section of our regional population for leadership across the region in business, government and the nonprofit sectors.

Champion DeAnn Barry is the lead for organizing the activities at The Center. DeAnn is encouraging senior citizens to remain active by taking part in activities at The Center. There are thirty-seven programs, events or activities that happen every week. We are encouraging our members to “energize” by participating in our exercise programs; walking the north side of Brainerd, Zumba Gold, Bone Builders and using our workout rooms. There are community events, such as concerts in Gregory Park and the Ageless Expo to enjoy and learn from.



The Center



Community Concert in Gregory Park

**WHY:** Diversity will continue to grow and expand from existing clusters. The region's aging population impacts every area for which planning is occurring. Housing, transportation, land use, and the current and future workforce will all be affected by the age of the region's population.

**HOW:** The involvement in this theme area has advanced relations between all of the Resilient Region Champions. The Resilient Region Champions been the forefront addressing a variety of aging issues from assisted transit, to Leading Age involvement and MNDOT Coordinating Councils and will continue to advocate for aging community members.

Links for Changing Populations:

Lutheran Social Service [www.lssmn.org](http://www.lssmn.org) 

Initiative Foundation [www.ifound.org](http://www.ifound.org) 

Central MN Council on Aging [www.cmcoa.org](http://www.cmcoa.org) 

The Brainerd Center [www.thebrainerdcenter.com](http://www.thebrainerdcenter.com) 