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DFL SENIOR CAUCUS MONTHLY MESSAGE

Senior Substance

(thanks to Don Slaten for the new name!)

PS Happy Mother's Day!!

SAVE THE DATE!

Senior Caucus Annual Meeting

The Senior Caucus **Annual Meeting** will be held on
Wednesday **June 28**, 2023, at **6:00p** using Zoom.

You must be a member in good standing to attend and to
vote. [Click here to update, join, or renew your
membership](#)

ELECTIONS ARE OPEN!

If you would like to run for an officer position or for a Member at Large at the Annual Membership meeting send an email to: dflseniors@gmail.com asap!

More information will be coming soon.



Senior Caucus Legislative Priorities

Update for May 15, 2023

The legislative session adjourns on May 22nd. Now the budget and omnibus bills are coming together, and conference committees are merging the House and Senate versions. Now is a good time to thank your Legislators for the progress so far, and encourage them to support our Senior priorities.

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Caregiver Work Force Shortage

The Human Services Omnibus bill (SF2934, author Noor) includes significant funding for increasing payments for direct care workers, in-home services, nursing homes and other related grant programs for addressing workforce shortage issues for seniors and people with disabilities requiring long term services and supports. The Senate and House versions contain a number of important differences and a conference committee to work out those differences met last week. The bill is still listed in being in the conference committee and is not yet scheduled for final action.

Senate conferees: Hoffman; Abeler; Fateh

House conferees: Noor, Fischer, Baker

Details of the most recent version of SF2934 (posted 4-28-23) are found at this link:

<https://www.revisor.mn.gov/bills/text.php?>

[number=SF2934&version=latest&session=ls93&session_year=2023&session_number=0](https://www.revisor.mn.gov/bills/text.php?number=SF2934&version=latest&session=ls93&session_year=2023&session_number=0)

Increases for Senior Nutrition

The senior nutrition funding bill (formerly HF2523/SF2244) is also included in the Human Services Omnibus bill, SF2934. However, the House version included only \$4.5 million for senior nutrition for one year only to be available only until June 30, 2025, a significant decrease from the original Senate version which provided nearly \$16 million per year for two years. Authors of the original Senate bill are hopeful that the Senate's proposed increases prevail in the conference committee.

Legislative Task Force on Aging

SF1022/SF0979, establishing a Legislative Task Force on Aging is included in the Omnibus State Department and Elections Finance bill (HF1830/SF1426). A conference committee on the Omnibus bill (HF1830) was scheduled to meet last week. While the omnibus bill has not had final passage as yet, the task force language in the bill appears to be agreed upon and is expected to pass.

House conferees: Klevorn, Freiberg, Greenman, Huot, Nash

Senate conferees: Murphy; Carlson; Mitchell; Westlin; Boldon

The most recent version of the bill (posted 4-21-23) can be found at this link:

https://www.revisor.mn.gov/bills/text.php?number=HF1830&type=ue&version=1&session=ls93&session_year=2023&session_number=0

Looking Ahead

- MN Secure Choice Retirement Program, amended, and passed it 71-60.

- HF782 Pappas, MN Secure Choice Retirement Act.
-

CHAPTER EVENTS

Chapter Reports for May 2023

North Metro Chapter May 3, 2023: monthly meeting: Luncheon meeting, Little Venetian Inn, Little Canada – Celebrated ten-years of existence having begun in May 2013. -Specials guests: Earl Bower and Dwayne King who also were at our first/organizational meeting. Both offered congratulations and best wishes and visited with many of our members. - Senior Caucus Vice-Chair: Don Slaten, attended the meeting and offered best wishes and congratulation to all. - Norm Hanson reviewed some of the ten-year history of the chapter that he developed with Vice-Chair, Julianne Johnston. - Senior Caucus Book Club update by Cindy Spellman. - Speaker: Erin Parrish, ARRP MN, Associate Director of Advocacy and Outreach: Very good, well prepared and responded very well to member questions regarding Social Security and Medicare. - We recommend Erin as a speaker for other chapters if they have not already had her at their meetings. - Nice attendance of 25 that included five members who had also been at the initial organizational meeting ten years earlier.

Mankato Area No activity for Mankato Area chapter this month, however many Senior Caucus members attended the 24th Annual Burton dinner fundraiser on April 22nd which raised more than \$10,000 for keeping the local SD 18 DFL Office open.

Minneapolis Area -Arranged a full table of Minneapolis Area DFL Senior Caucus members at the DFL Humphrey-Mondale dinner. Working to ensure endorsement of our candidates in Minneapolis Ward elections. Approved revisions of the Minneapolis Area DFL Senior Caucus charter. Forwarded to State DFL Caucus. Working on defining role of and recruitment of Membership Chair.

South Metro Twenty- seven South Metro DFL Senior Caucus members met at the Lakeville Pizza Ranch oat noon on Wednesday, May 10, 2023. Speakers included Samantha Mathur, Nutritionist from the VA, about eating right for older adults. Sam and the the USDA "plate' to describe how

seniors can balance grains, protein, greens and dairy to have a healthier future. Samantha recommended making one small change at a time and adding another once the habit was established. Because Samantha had appointments at the VA, she was unable to attend in person so we piped her in via a computer and speaker. I worked very well. She had also sent printout ahead of her presentation which were available to members.

Our second speaker was South Metro member, Bill Middlecamp, on climate change. Bill had presented his information at a church in Burnsville last month on Earth Day and brought a screen with slides demonstrating the amount of climate change we have developed over time (thousands of years) and the consequences we face if we do not reduce our use of fossil fuels and limit their growth to 1.5 degrees Celsius. Climate related issues are like water behind a dam, according to Bill, and at some point it will overflow. Bill also demonstrated the MIT Inroads program which allows players to reduce/change influencers and see what impact that change would have on the climate overall.

Announcements by members included a Saturday bike give-away by bike rehabbers volunteers; Fred Sachs on programming coming up this fall; the Annual Meeting on June 28th and registration; and June speakers including MN senators and representatives.

Anoka County – took May off because of illness, but we too had a full table at the Humphrey Mondale dinner thanks to Betsy O’Berry. We have looked at the F and L of DFL. A few months back we had the Rural Community Caucus chair and in June we will have Ken McInnis who is chair of the retirees for the AFL CIO. On a sad note - The very first members of the Anoka County DFL Senior Caucus were Carl and Diane Halverson. Carl died a number of years ago and I am heart broken to report that Dianne died yesterday and few days short of her 90th birthday

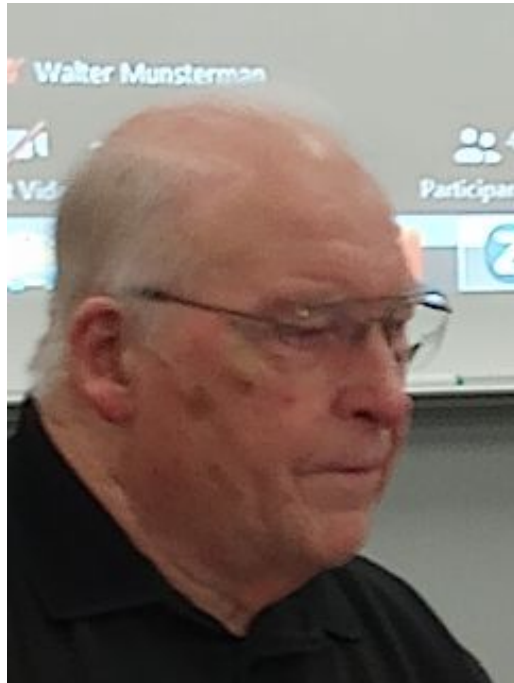
East Metro - June 8, East Metro Chapter: Erin Parrish, AARP Jerry’s Food in Woodbury - Outreach Director of AARP will discuss the summary of results of legislative issues

East Central – on hiatus

South East – on hiatus

Duluth - no report

Saint Paul – no report



SENIOR CAUCUS MEMBER OF THE MONTH
Ken McInnis

Ken McInnis is a member of the Anoka County DFL Senior Caucus chapter as well as the state DFL Senior Caucus. When Covid hit, he ensured that the Anoka County Chapter could meet by providing the Zoom contact.

Ken McInnis has been going to union meetings since he was 5 years old. He helped organize a union when he was 15.

It's no surprise, then, that his union activism has extended into retirement. A former diesel mechanic and longtime member of [Machinists Local Lodge 737](#), McInnis is president of the [Minnesota State Retiree Council](#)

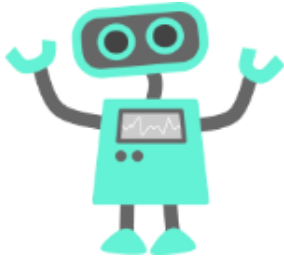
“My dad was a pulp and paper worker, and my mother used to send me with him to his union meetings when I was 5, 6 and 7 years old,” McInnis said.

“When I was 15, I was working at a SuperValu store in Eau Claire, and we were lucky enough to organize a union.”

For McInnis, it was the start of a lifetime of support for the labor movement and progressive causes. In between jobs as a mechanic, he worked over 12 years as a business representative for Machinists District Lodge 77. He's run for state and federal office, held several positions in the DFL Party and served alongside

Paul Wellstone in Minnesota's delegation to the Democratic National Committee.

The old adage is 'The world is run by those that come to the meeting.' he is always at the meetings.



TECHNICAL TIP OF THE MONTH

Readers asked: Is Facebook Safe?

My answer is a qualified yes. There are many dimensions to online safety, the most obvious being technological security, but the human element is far more important. Facebook uses the latest technology, including two-factor authentication and encrypted communications, to provide a sound foundation for security, but user actions are the most important pieces of any security system.

First, use a unique password for every online account and turn on two-factor authentication wherever it is offered. When you use a password for more than one account, it's like having a master key and giving that key to a parking valet. An untrustworthy or compromised website (the valet) might be taking a copy of that key and trying it on all your most important websites, financial and otherwise. Two-factor authentication makes it much harder for anyone other than you to use your passwords.

Second, recognize that using social media is like going to the fair. At the fair you might have your pocket picked by someone

in the crowd, maybe get food poisoning, or get cheated by a carnie. Similarly on Facebook, be careful what you share and whom you trust. Be suspicious of friend requests because hackers frequently impersonate your friends. Look for interactions in their posts that show they know mutual friends well. (I do not accept friend requests from people who never post on their own page.) Send them a direct message asking them to say how they know you. Do not participate in those fun viral survey questions—they are known to be looking for potential victims to manipulate. Avoid sharing personally identifying information, such as birthdate, that can be used to steal identities.

Third, the psychological risks of social media (and much more). This column cannot address all of these!

Facebook security is a vast topic with many aspects that cannot be answered with a simple yes/no. I use Facebook cautiously in a way that matches my appetite for risk. I am always aware that I could be interacting with someone who can harm me and that everything I have put on Facebook could be released to the world.

To know more, I suggest reading the lengthy Wikipedia article “Criticism of Facebook.” Also, search the Web for “is Facebook safe” to find a collection of short lists to keep front of mind.

Submit your own questions to [Ask A](#)

[Techie here:](#)

SENIOR CAUCUS BOOK CLUB

May 15, 11:00 – 1:00 zoom

[Diesel Heart](#) by Melvin Whitfield Carter Jr.

Diesel Heart is the story of a leader who created a powerful family legacy by standing up for what is right, even in the face of adversity. Zoom link

<https://us02web.zoom.us/j/86446648933>



Next book club meeting: June 19

Trumpism: American Politics in the Age of Politainment by Dr David Schultz

Come with your comments and questions!

Request the link from dfiseniors@gmail.com



IMPORTANT DATES OF THE MONTH

May:

- [Mental Health Awareness Month](#)
- [Older Americans Month](#)
- [Jewish American Heritage Month](#)
- [Asian American and Pacific Island Heritage Month](#)

June:

1. June 19th is [Juneteenth](#). In 1863, President Abraham Lincoln issued the Emancipation Proclamation. Nearly two and a half years later, on June 19th, 1865, the enslaved African Americans of Galveston, Texas got the news by way of the Union army troops that freedom had come at last.
2. June 26 - July 1 is [The Hajj](#) in the Muslim faith. *The Hajj is the annual Islamic pilgrimage to Mecca. This pilgrimage is a mandatory religious duty for Muslims that must be carried out at least once in their lifetime by all who are physically and financially capable of undertaking the journey.*
3. June 28 - July 2 is [Eid-al-Adha](#) also in Islam. ***Eid al-Adha*** or the Feast of Sacrifice is the second and the larger of the two main holidays celebrated in Islam (the other being ***Eid al-Fitr***).
4. The month of June is LGBT+ Pride Month. In the metro [Twin Cities Pride](#) has a lot of information events. *LGBT Pride Month is a month, typically June, dedicated to celebration and commemoration of lesbian, gay, bisexual, and transgender pride. Pride Month began after the Stonewall riots, a series of gay liberation protests in 1969, and has since spread outside of the United States.*

Let us know if cultural events are happening in your community.

Membership!

Join us and become an active member of our DFL Senior Caucus to help us address the needs of seniors.

[Join/Renew here](#)

No dues are required! Because no dues are required, we would love it if you donate! [Donate Here](#)

For more information or to suggest a next Chapter for recruitment email the Senior Caucus at:

dflseniors@gmail.com

FUND RAISING

SENIOR CAUCUS FUNDRAISING FOR GOTV for 2024 will begin summer of 2023. Goal is \$4,500 for postage and printed postcards for 20,000 cards and other GOTV activities.

SAVE THE DATE - NEXT EVENTS FOR STATEWIDE SENIOR CAUCUS

- Annual Membership Meeting: June 28 zoom virtual only in the evening
- National Speaker: TBD
- State Fair tabling with the Senior Caucus and the DFL Party August 24 – Sept 4, 2023;
- Annual Gala: October 2023

send message to dflseniors@gmail.com if you would like to participate in any of these activities.

LOCAL CHAPTERS SCHEDULED MEETINGS

- **Anoka County Chapter**
- Second Wednesday of every month at 1:00 p.m.
Perkins Restaurant in Blaine
- **East Metro Chapter**
Second Thursday August through November at 11:00 a.m.
Jerry's Foods Woodbury
- **Mankato Area Chapter**
First Monday of every month at 11:30 a.m.
Happy Chef, 2100 Hwy 169, North Mankato
- **Minneapolis Area Chapter**
Second Saturday of every month
Zoom only
- **North East MN Chapter**
Third Tuesday of every month at 4:30 p.m.
Sara's Table Chester Creek Cafe (1902 E Eighth St. Duluth, MN)

LOCAL CHAPTERS

Anoka County Chapter

Second Wednesday of every month at 1:00 p.m.

East Metro Chapter (eastern Ramsey, Washington counties)
Second Thursday of the month 11:00 a.m.

Mankato Area Chapter

First Monday of every month at 11:30 a.m.

Minneapolis Area Chapter

Second Saturday of every month

North East MN Chapter (Duluth)
Second Tuesday of every month at 4:30 p.m.

North Metro Chapter (northern Ramsey County)

First Wednesday of every month at 11:30 a.m.

Saint Paul Area Chapter

meetings tbd

South East MN

Chapter (Rochester)

Second Tuesday of every month at 1:00 p.m.

South Metro Chapter

Second Wednesday of every month at 12 noon

East Central MN Chapter

on hiatus

If you would like to participate in, or for more information about, any of

these Senior Caucus activities, send an email to dflseniors@gmail.com. We welcome your input!

STATE-WIDE SENIOR CAUCUS CONTACT INFORMATION

Contact the Senior Caucus at dflseniors@gmail.com

Board Officers: Chair and SEC Liaison, Kay Hendrikson, Vice Chair Don Slaten, Treasurer, Nancy Stroessner, Secretary, Janet Conn and Membership Director, Mary Bliesmer

Technology Chair: Bill Middlecamp, Governance Chair: Mel Aanerud, Chapter Chair Coordinator, Mel Aanerud, Book Club Moderator and webmaster: Cindy Spellman; Facebook Admin Linda Hopkins

At Large Directors: Janet Conn, John Corcoran, Roger Gerhke, Linda Hopkins, Pat Kelly, Dwayne King, Linda Larson, Bill Middlecamp, Tim Bonham, Sue Moravec, Joe Mullery, Jim Reed, Sandy Sandoval, Tony Scallon, Ann Siefert, Cindy Spellman; **Past Chair:** Don Bye

[Donations are always welcome click here](#)

If you prefer make your check to DFL Senior Caucus and mail to Senior Caucus Treasurer - 1453 Hayes Road, Apple Valley, MN 55124

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EXPERIENCE MATTERS

Our mailing address is:

14253 Hayes Apple Valley MN 55124

Find the MN DFL Senior Caucus website [here](#)

Find the MN DFL Senior Caucus Facebook page [here](#)

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