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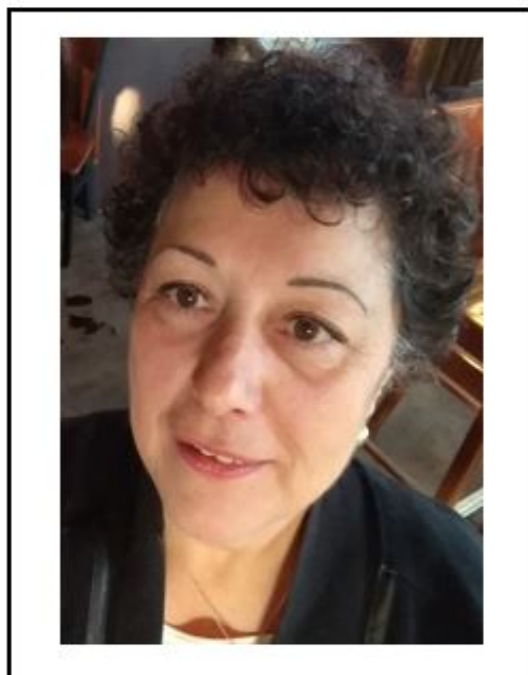
MINNESOTA DFL

SENIOR CAUCUS

MAKING A BETTER WORLD FOR OUR CHILDREN,
OUR GRANDCHILDREN, AND OURSELVES

DFL SENIOR CAUCUS MONTHLY MESSAGE

Senior Substance



“By the way with Kay...”

Hi All,

SAVE THE DATE! The DFL Senior Caucus Annual Membership Meeting is 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](#) Remember we no longer have dues, but you do have to register your contact information in the last 12 months.

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!

Legislative Session is over. The Senior Caucus chose to focus on three important legislative priorities likely to have significant positive impacts on seniors. These were:

- Caregiver Workforce Shortage: Addressing the current health care workforce shortages in nursing homes, assisted living and in-home settings through higher wages and other recruitment strategies to restore staffing levels and prevent closure of senior facilities.
- The Task Force on Aging: This task force, appointed by the Governor and the legislature, is created to identify and prioritize necessary support for an aging population to remain in their communities.
- Funds for Senior Nutrition: This proposal is to increase funding for senior nutrition such as meals preparation and distribution (meals on wheels, congregate dining and food shelves) provided through Area Agencies on Aging was passed.

The Senior Caucus provided letters of support, in person testimony, and on-going monitoring of hearings on-line or in person. Lots of work this session!

Membership - We still have just shy of 600 members. We need all of you to help out in 2023 to gear up for the next election cycles. Please help your local Chapter. Sure, take a (tiny) summer break but gear up! We've got membership recruitment and GOTV fundraising starting this summer. We need to start this year to affect next year's election. There's a lot of blue in MN but as you know we need to increase across the state to make a difference in 2023.

Events

We like to see you and need your help to run all of these events:

- Annual Membership Meeting: June 28 zoom virtual- only, in the evening
- State Fair tabling with the Senior Caucus and the DFL Party August 24 – Sept 4, 2023
- Annual Gala: October 29, 2023

Send a message to <mailto:dflseniors@gmail.com> if you would can participate in any of these activities.

Chapters

We've had a number of great local Chapter meeting this month:

- South Metro had legislators Rep. John Huot and Rep. Robert Beirman plus Senator Judy Seeberger
- Minneapolis worked on position papers and recruitment efforts
- Anoka had speaker Ken McInnis the chair of the AFL-CIO Retirees Council
- North Metro Sen. John Marty discussed health care
- East Metro had speaker Senator Nicole Mitchell discussing the Omnibus spending bill.

Join any Chapter meeting anywhere in the state. Check to see if in person or still on zoom.

Book Club - June 19: *Trumpism: American Politics in the Age of Politainment* by Dr David Schultz

This short, readable volume condenses Dave Schultz's insights from his fine career as a political analyst into ten vital rules explaining American electoral politics and political leadership. Schultz and Avery Gahler offer a clear, incisive, and useful guide to political warfare for citizens of all ages. Dr. Schultz will join us for this discussion.

Request the zoom link from dflseniors@gmail.com

For more information about a Chapter in your area contact:

DFLSeniors@gmail.com

There are no membership dues but we always appreciate your donations. [To donate click here:](#)

Be safe, have fun, be healthy!

Always yours,

Kay C. Hendrikson, PhD

Chair, DFL Senior Caucus.

"Youth is the gift of nature, but age is a work of art." [Stanislaw Jerzy Lec](#), American Author

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](#)

Watch for your personal identification number. Your number will come from dflseniors.org

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!

All nominations received prior to 06/14/2023 will be included in the official Annual Meeting notice.

Watch the website and Facebook page for more information.



Senior Caucus Legislative Priorities

Update for June 14, 2023

The Senior Caucus chose to focus on three important legislative priorities likely to have significant positive impacts on seniors. These were:

- Caregiver Workforce Shortage: Addressing the current health care workforce shortages in nursing homes, assisted living and in-home settings through higher wages and other recruitment strategies to restore staffing levels and prevent closure of senior facilities. An additional \$1 billion is being invested in home and community based services (HCBS) and nursing home support although some funding is short term.

- The Task Force on Aging: This task force, appointed by the Governor and the legislature, is created to identify and prioritize necessary support for an aging population to remain in their communities. It must seek input from a wide array of stakeholders and provide recommendations by January 15, 2025.
- Funds for Senior Nutrition: After years of static funding creating food assistance waiting lists for seniors, especially in rural areas, this proposal to increase funding for senior nutrition such as meals preparation and distribution (meals on wheels, congregate dining and food shelves) provided through Area Agencies on Aging was passed. Significant additional funding was approved, although it is short term.

The PAC provided letters of support, in person testimony and on-going monitoring of hearings on-line or in person. The PAC notified members of status reports, hearings, opportunities and instructions for individual comments.

Thanks to the DFL trifecta and committee leadership, all three priority issues were approved by the legislature.

The PAC monitored other key legislation identified as important. We sent status updates and monitored and collaborated with AARP on increased tax exemptions for Social Security and with labor retiree organizations on the Family Leave Act.

The PAC is now in the planning phase for the 2023-2024 agenda in which the 2024 election will be paramount. The PAC will continue to solicit member input for legislative priorities for the 2024 session, to update and revise screening questionnaires as needed for candidate screening for 2024. The PAC also expects to further expand support to endorsed candidates,

follow up with elected legislators, and improve GOTV efforts.

The DFL Senior Caucus wants to thank all the members who worked on these issues during the 2023 legislative session. Thanks for providing testimony; speaking, talking and visiting with legislators and their staff, responding to action alerts, etc.

CHAPTER EVENTS

Chapter Reports for June 2023

South Metro On the 14th of June the South Metro Chapter of the DFL Senior Caucus will meet at the Lakeview Pizza Ranch at noon for lunch and a program. Speakers will include legislators Rep. John Huot and Rep. Robert Beirman plus Senator Judy Seeberger, We have missed seeing our representative and senators during the very predicative session. We are going to say thanks for doing such good work for Minnesotans - especially seniors! Also speaking will be Eileen Weber, Chair of SD41 and Associate Professor at the UM School of Nursing. We will also alert members to look for information on the Annual Meeting on June 28 and the Summer Social hosted by the Minneapolis Chapter.

Minneapolis

1. The Executive Committee prepared and circulated a position on the Bipartisan Debt Ceiling bill.
2. The Executive Committee prepared a strategy to improve the number of centrist Minneapolis City Council members in the upcoming elections.
3. Recruitment efforts continue for the Membership Chair and Facebook co-chair.

Anoka On the 14th of June Susan Witt will host the meeting. Speaker is Ken McInnis the chair of the AFL-CIO Retirees Council – He will talk about the retirees council, but also about the legislative session and how Labor and Seniors did. We also have a link the documentary on the FL party and - An article on the funding for Anoka County in the infrastructure bill. - The annual

meeting of the state DFL Senior Caucus – the book club
South East MN Chapter Our chapter doesn't meet until 6/13

North Metro Chapter held their monthly meeting on June 7th at the Little Venetian Inn in Little Canada. Thirty members and guests in attendance to socialize and to hear Sen. John Marty provide an update of the recently successfully concluded first half of the 2023-24 Legislature. Sen. Marty talked about the many legislative successes of the 2023 session including the fact that the DFL slim majorities in both bodies help together on so many public policy votes.

East Metro June 8 Senator Nicole Mitchell discussing the Omnibus spending bill. Great turnout.

East Central – on hiatus

South East – on hiatus

Mankato no report

Duluth - no report

Saint Paul – no report



SENIOR CAUCUS MEMBER OF THE MONTH

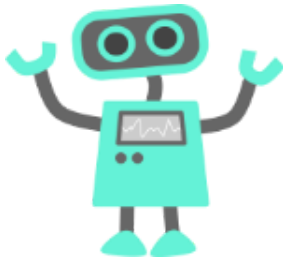
Carolyn Thornton as the DFL Senior Caucus Member of the Month for June 2023. Carolyn has been a loyal and active member of the SC for many years

and, to our benefit, has increased her volunteerism recently. As the newly elected Membership Chair of the South Metro Chapter, Carolyn has been calling lapsed members very successfully with most renewing when she contacts them.

Carolyn, also, reports these successes to the South Metro Board in a timely manner. For many years, pre and post Covid Carolyn has been a member of the SC Gala Committee with insights and memories of past details which has helped the committee members host a successful event.

Carolyn has a busy schedule. She works. She is matriarch of an extended family. She volunteers at MN 360, a community resource organization which supports housing, food, and services for families and seniors.

The South Metro DFL Senior Caucus is a better organization because of Carolyn Thornton.



TECHNICAL TIP OF THE MONTH

Ask a Techie

Readers asked: What is the best way to access the Internet?

Before I answer that question, it might be helpful to define a few concepts: what is a network, what is the Internet, and how are these different from *the Cloud*?

A network connects things together. The road system is a network that connects cities, homes, businesses, etc. A vehicle enters the public road system from a private location, makes a series of turns, and delivers its contents to a second private location. The Internet system carries packets of information from network connections (analogous to vehicles and driveways), through a series of networks (analogous to roads), through several routers (analogous to intersections), to deliver the packets to their destination

connections. The packets contain pieces of e-mail, web pages, Zoom calls, printer files, etc. This all happens automatically when you use computer programs to access these services. Notice that Internet is capitalized—that's because it's a proper name for the set of all networks working together.

The Cloud is a term for computers, data-storage locations, etc., outside your home where some work is done instead of doing it on your own computer. Google Drive and Google Docs are some examples of Cloud services. (You might already be storing backups for your iPhone or iPad on Apple's iCloud.)

Access to the Internet comes in many forms: WiFi access at businesses, shared access at community residences (that contract for phone/TV/Internet through a single provider), DSL (telephone wires), cable-service providers (coax cable), fiber optic (glass fiber cable), cellphone providers (cellphone or base-station hot spot), Starlink (radio through satellites and ground stations), and some others that are less frequently used. Most of these technologies use a modem to provide a single connection and a router (intersection) to allow you to connect many separate devices within your own home. Your in-home connections may be wired (more reliable) or wireless WiFi (convenient).

The best access method for you depends a lot on where you live. The service-providers' wires, cables, and radio signals that come to your property line constrain your options. Speed, reliability, and cost vary widely. All of the technologies have limitations, such as

speeds and the amount of data you can access per billing cycle. Some technologies (cellphones, satellites) may be portable if you like to travel. Ask your neighbors how they use the Internet and ask which provider they have if their use is similar to yours.

Public WiFi access is a whole topic by itself—there are security concerns with this.

I know you were hoping for a simple answer, but maybe this background information will give some insights as you navigate the jungle that is the Internet!

Submit your own questions to **Ask A**

Techie here:

https://docs.google.com/forms/d/e/1FAIpQLSeMDQvRyfcmap_a93TXwgowaEwfoTTao4EjewBRbNGGEq2yrQ/viewform?usp=sf_link

Submit your own questions to **Ask A**

Techie here:

SENIOR CAUCUS BOOK CLUB

June 19: *Trumpism: American Politics in the Age of Politainment* by Dr David Schultz

This short, readable volume condenses Dave Schultz's insights from his fine career as a political analyst into ten vital rules explaining American electoral politics and political leadership. Schultz and Avery Gahler offer a clear, incisive, and useful guide to political warfare for citizens of all ages. Dr. Schultz will join us for this discussion.



July 17: *The American Spirit: Who We Are and What We Stand For* by David McCullough

“History is a larger way of looking at life...a source of strength and inspiration. It is people who speak to us across the years.”

So says award-winning David McCullough, who has been giving speeches on historical topics for over 50 years. In this text, he collects some of his notable speeches on notable and varied topics.

Contact dfl.seniors@gmail.com for link and more information

11:00 – 1:00 3rd Monday of the month, on zoom.

Or go to <https://www.dflseniors.org/news-and-events/> and scroll down to book club for most recent flyers

Come with your comments and questions!
Request the zoom link from dflseniors@gmail.com



IMPORTANT DATES/EVENTS OF THE MONTH

- July 19 – Hijri New Year: this day marks the start of the Islamic New Year — beginning the prior evening <https://ing.org/resources/for-all-groups/calendar-of-important-islamic-dates/islamic-new-year-information-sheet/>
- 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.*
- 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.*
- July 26 – Americans with Disabilities Act anniversary: This law protects people with disabilities from being discriminated against https://lawlibguides.sandiego.edu/ada_history.
- 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**).*
- August 9 – International Day of the World’s Indigenous People: This day was created by the UN to celebrate the culture of indigenous people on a global scale <https://www.un.org/en/observances/indigenous-day/background>

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 29, 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.

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

Sara's Table Chester Creek
Cafe (1902 E Eighth St. Duluth,
MN)

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

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

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