

Minnesota River Area Agency on Aging receives Otto Bremer Trust Grant

Minnesota River Area Agency on Aging, Inc. (MNRAAA) received a \$25,000 grant from the Otto Bremer Trust, allowing an expansion of health care classes.

MNRAAA connects rural service providers to health education programs proven to help older adults prevent falls and self-manage chronic health conditions. However, service providers often have a considerable upfront expense in training and supplies before offering their first health education program.

The Otto Bremer Trust grant will remove this financial barrier by funding training expenses and seed money for service providers new to offering evidence-based health education programs or providing new programming. As a result of this project, there will be increased opportunities for rural older adults to participate in healthy aging classes and experience better health outcomes.

Healthy aging classes that organizations can hold for older adults include but are not limited to: A Matter of Balance, Aging Mastery Program, Arthritis Foundation Exercise Program, Diabetes Prevention Program, Living Well with Chronic Conditions, Living Well with Chronic Pain, Living Well with Diabetes, Programa de Manejo Personal de la Diabetes, Stay Active and Independent for Life, Stepping On, Tai Ji Quan: Moving for Better Balance, Tomando Control de su Salud, and Walk With Ease.

"This is a tremendous opportunity to allow new organizations to try out these classes for older adults," stated Jason W. Swanson, Executive Director of MNRAAA. MNRAAA will be targeting Jackson, Le Sueur, Martin, Meeker, Sibley, Waseca and Watonwan counties with these dollars. For more information about healthy aging classes, visit www.mnraaa.org or contact Krista Eichhorst at 507-387-1256 extension 101.

Landowner enrollment begins for Walk-In Access program

Enrollment opened for Minnesota's Walk-In Access program, which pays private landowners to allow public hunting on their lands, beginning on Monday, March 15.

This year, landowners can receive \$18 per acre enrolled. And the program is expanding to include more counties.

"We're excited to see the program grow," said Troy Dale, interim program supervisor. "Enrollment in the Walk-In Access program will be available for landowners in more than 50 Minnesota counties."

Since 2011, Walk-In Access has enrolled land parcels 40 acres or larger with high-quality natural cover. The program prefers that land also be enrolled in conservation efforts, such as the Conservation Reserve Program or Reinvest in Minnesota, but that is not required.

Hunters must purchase a \$3 permit with a hunting license to access enrolled land. Walk-In Access parcels are marked with highly visible signs posted by DNR staff.

"The Walk-In Access program is a win-win for hunters and landowners," Dale said. "For just a few dollars, hunters have access to nearly 30,000 acres of privately-owned land that is enrolled in the program."

Participating hunters can access Walk-In Access land Sept. 1 through May 31. Hunting laws are enforced by DNR Conservation Officers. Landowners are not required to purchase additional liability insurance. Lands enrolled in the Walk-In Access program are covered by Minnesota's recreational use laws, which limits legal liabilities for landowners who permit outdoor recreational activities.

1,000 points! Congratulations, Natalee!



Junior forward Natalee Rolbiecki scored the 1,000th point of her career against Tracy-Milroy-Balaton on Friday night. She need eight points entering the game and finished with 14. Rolbiecki also notched the 1,000th kill of her volleyball career this past fall season. *Photos by Brian Jeremiason*

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