



JACKSON COUNTY

Department on Aging

2008 Annual Report

Serving Jackson County Seniors Since 1977

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From the Director
Kristy Smith



This past year was rife with unforeseen issues outside of the Department's control. Delayed grant contracts and funding, dramatic increases in fuel prices, the institution of federal stimulus payments, and a heavier than usual amount of snowfall. Staff innovation, frugality, hard work and resilience helped us winter those external changes.

We voluntarily ended our long-term Strong Families/Safe Children contract that was the chief funding source of the Grandparent Program. Sky-rocketing fuel prices forced us in our Meals on Wheels program to modify outlying area meal delivery routes, serving the same number of meals to the same number of seniors, but delivered less frequently.

Other programs continue to grow, threatening to exceed capacity. The ripple effect of federal government actions kept us busy with legions of seniors who came seeking income tax assistance to capture stimulus payments. Similarly, in our Medicare and Medicaid Assistance Program (MMAP), we served as untangler of the complexities involved in enrollment and coverage.

On the more progressive side, we hosted a Medicare Part-D group enrollment session at Baker College, where a large group of seniors received simultaneous instruction. We also began initiating more electronic interaction with the public on our website, with its new government questions and answers component, which features commonly asked questions.

Our two largest programs, Home Care and Nutrition Services, have new leaders. Angie Duckham replaced retired Betty Wozniak as Home Care Supervisor, while Amy Hopping became our new Nutrition Services Manager. Long-time employee Community Relations Coordinator Pat Spink retired in the fall of 2008, but continues to support our efforts as a volunteer.

Despite the national economic downturn, some opportunities remain free. Our newest is Tuesday afternoons at the Crouch Senior Center which has become home to a weekly stringed instrument jam session. Scores of musicians and music lovers stop in for a relaxing set of improvisational country, folk, and gospel music.

Visit us to learn the many ways we're supporting Jackson County seniors to live functionally and comfortably at home for as long as possible.

**Our Mission: Helping seniors to live more
full, active, and independent lives.**

Jackson County Department on Aging

Annual Statistics for 2008

October 1, 2007 – September 30, 2008

Senior and Family Support Services

Caregiver Information and Assistance 540 Clients

Family members concerned about a senior discuss available services and options with a Caregiver Outreach Worker.

Caregiver Education and Caregiver Support 99 Clients

Medicare & Medicaid Assistance (MMAP) 648 Clients 813 Hours 977 Forms
Individualized assistance with Medicare and Medicaid concerns, Medicare Part D senior drug coverage, and how to compare supplemental insurance policies.

Department on Aging Outreach Workers helped Jackson County seniors save over \$1,370,400 in drug plan costs.
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Case Coordination and Support 994 Clients 1,399 Assessments 3909.5 Units
Providing an in-home assessment of older adults with multiple needs, developing a plan of care, and arranging for services from community resources.

Chore and HOMES 179 Clients 2,290.5 Hours
Household safety maintenance, such as installing bathroom grab bars, stair handrails, smoke detectors, snow removal, and lawn mowing. Household and Outdoor Maintenance Especially for Seniors, or HOMES, enlists volunteers to do safety related Chore work.

Unmet Needs Assistance 135 Clients
Resource for seniors who find themselves without other options for situations where their health or safety is at risk.

In-Home Services

Meals on Wheels 1,060 Clients 212,596 Meals
Hot, nutritious meals delivered weekdays for homebound seniors; evening and weekday meals provided based on need.

Home Care Assistance 469 Clients 23,427 Hours
In-home assistance for persons with functional limitations, including bathing and housekeeping tasks.

Respite 142 Clients 10,690.5 Hours
70 Caregivers & 72 Care Recipients
35 more were assessed but did not schedule service
Prearranged breaks for caregivers in need of "time off" to meet some of their own needs. Assistance with bathing and household tasks also provided. Respite services include:

In-Home Respite 5,049 Hours

Alzheimer's Respite 5,641.5 Hours
Specialized dementia respite at a location of the client's choosing, including:
In-Home Respite: 4,528.5 Hours Adult Day Service: 270.5 Hours
Out-of-Home Respite (overnight): 502 Hours

Geriatric Mental Health 148 Clients

Evaluation, referral and counseling services for seniors experiencing mental health issues. Home visits provided for homebound seniors.

Mental Health Screens 93 Clients 134.25 Units

- ❖ Dementia Screens: 31 clients
Screening for those with suspected memory loss, and follow-up referral service.
- ❖ Depression Screens: 64 Clients
Free screening and assistance for this common, yet treatable problem.

Counseling

- ❖ Supportive Counseling: 59 Clients 857.5 Units
Individualized counseling to aide in coping with grief, loss, caregiving and other life changing experiences.
- ❖ Gatekeeper Services: 43 Clients 86 Units
Intensive clinical assessment, intervention, and community referrals for at risk seniors.

Support Groups and Educational Services

- ❖ Alzheimer's Caregiver's Monthly Support Group: 12 clients, 12 meetings
For people caring for someone with Alzheimer's or another form of dementia.
- ❖ Caregiving Educational Training: 13 participants
Education to families and service providers to improve awareness and knowledge of caregiving for older adults.
- ❖ Older Adult Mental Health Education: 14 sessions with 163 participants
In conjunction with LifeWays Anti-Stigma grant
Education to older adults about mental health concerns.

Grandparents and Other Relatives as Parents

Information, support, advocacy, and education to seniors who find themselves parenting their grandchildren or another relative.

In 2008 Strong Families Safe Children funding changed focus. The Grandparent Program, with Older Americans Act funds, now serves caregivers age 55 and older.

- ❖ Intervention and Support Services: 45 Relative Caregivers 56 Children
- ❖ Permanency Assistance: 11 Families: 18 Relative Caregivers 13 Children
6 guardianships established and 4 maintained
- ❖ Relatives as Parents Peer Support Group Meetings: 47 meetings 5 Caregivers
- ❖ Jackson County Grandparent Conference: 7 relative caregivers; 12 attendees

Intake and Referral 850 Clients

Helping individuals find appropriate community services that can meet their needs.

Senior Activities

Senior Centers: 1,891 participants

Two senior centers provide multiple services:

Crouch Senior Center – 1715 Lansing Avenue, Jackson

Spring Arbor Senior Center – 122 Starr Street, Spring Arbor

Senior Center activities include:

- ❖ Senior Nutrition Meal Site
- ❖ Senior Craft Sales
- ❖ Legal Services, in cooperation with Legal Services
- ❖ AARP Driver Safety Classes: 4 classes; 55 participants
- ❖ AARP “Car Fit” Training
- ❖ Quilting Club: 37 sessions
- ❖ Recreational activities, including Euchre, Bridge Club, music, special parties, and BINGO: 339 activities
- ❖ Retiree Breakfasts: 3 events; 25 participants
- ❖ Silver Strings Jam Session: 6 sessions; 51 participants
- ❖ Volunteer opportunities: 342 volunteers
- ❖ Volunteer Tax Assistance, co-sponsored by AARP and Community Action Agency
 - 556 Taxpayer Interviews; 1,093 Tax Returns; 689 Volunteer Hours
- ❖ Wellness Education Seminars: 55 sessions
- ❖ Wood Carving/Burning Club: 82 sessions
- ❖ Work Site for Older Worker Programs: 10 seniors

Nutrition Sites: 1,238 Jackson County Seniors 42,948 Meals

Communal dining program where seniors also receive socialization and education opportunities.

Noon meals in 2008 served at:

Crouch Senior Center – 1715 Lansing Avenue, Jackson
Monday thru Friday

Henrietta Senior Citizen Nutrition Site – 11120 Musbach Rd., Munith
Monday, Wednesday, Friday

Michigan Center – St. Aidan’s, 361 Grove St., Michigan Center
Monday, Wednesday, Friday

Napoleon Township Hall – 6755 Brooklyn Rd., Napoleon
Tuesday, Wednesday, Thursday

Norvell Township Hall – 106 E. Sweezy Lake, Norvell
Monday, Wednesday, Friday

Park Forest Apartments – 3300 Spirea Ct., Jackson
Monday thru Friday

Spring Arbor Senior Center – 122 Starr, Spring Arbor
Monday thru Friday

Word of Light – 800 S. Cooper St., Jackson
Monday thru Friday

Nutrition Site activities included Mother’s Day and Father’s Day events, special trips, entertainment, and community outreach.
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Senior Activities, continued

Special Activities:

- ❖ Annual Senior Festival
- ❖ Annual Volunteer Recognition
- ❖ Annual Nursing Home Olympics
- ❖ Antique and Collectables Class: 6 sessions; 33 participants
- ❖ Enrichment and craft classes, including computers, cooking, painting: 222 sessions
- ❖ Evening Dinner Dances: 10 dances with up to 80 participants
- ❖ Genealogical Society Evening Meetings/Dinners: 9 events; 64 participants
- ❖ Holiday Gifts for Homebound Seniors – 140 seniors
gifts from Hanover-Horton Cub Scouts Pack #136, Jackson First United Methodist Church, Jackson Eagles Auxiliary #612, and Parnall Elementary
- ❖ Holidays Around the World: 87 participants
- ❖ Project Fresh - a program using Michigan farmers' markets to make fresh produce available to seniors: 218 participants
- ❖ Red Hat Society Events: 11 events; 113 participants
- ❖ Veteran's Day Expo at Spring Arbor Senior Center: 61 participants

Senior Health Promotion: 240 clients

Classes offered, in collaboration with the Health Department, where seniors engage in exercise and obtain health and wellness information.

- ❖ Aerobics: 66 seniors, 119 sessions
- ❖ Strengthening: 84 seniors, 110 sessions
- ❖ Balance Ball: 17 seniors, 35 sessions
- ❖ Chair Exercises: 40 seniors, 104 sessions
- ❖ Line Dancing: 93 seniors, 121 sessions
- ❖ Tai Chi: 80 seniors, 76 sessions
- ❖ PATH – Personal Actions Toward Health Six-Week Class: 8 seniors, 1 class

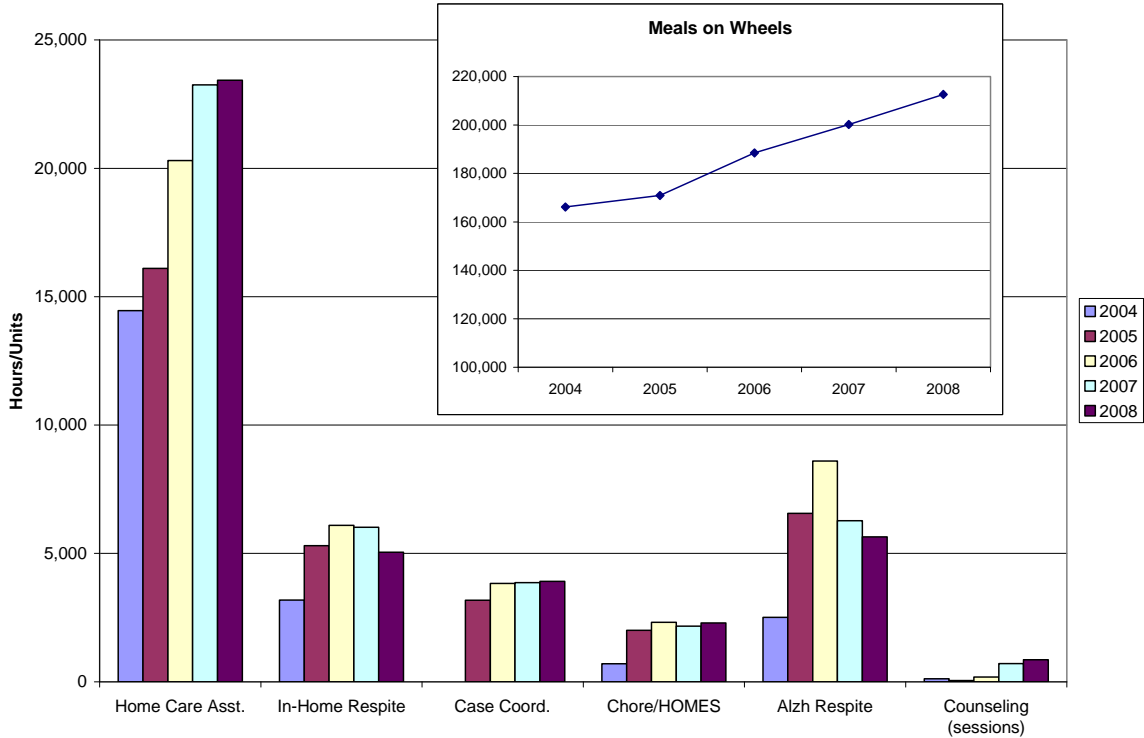
"It's almost a miracle that I can do the stuff that I do now. Before I started working out, I thought I couldn't walk any more I was in so much pain all the time."

- Aerobics and Strength Training Participant

"There's so many things going on at the Senior Center that it is hard to choose which one I want to do".

"I'm thankful for the Nutrition Site because it gives me somewhere to go to be with people, and not be alone."

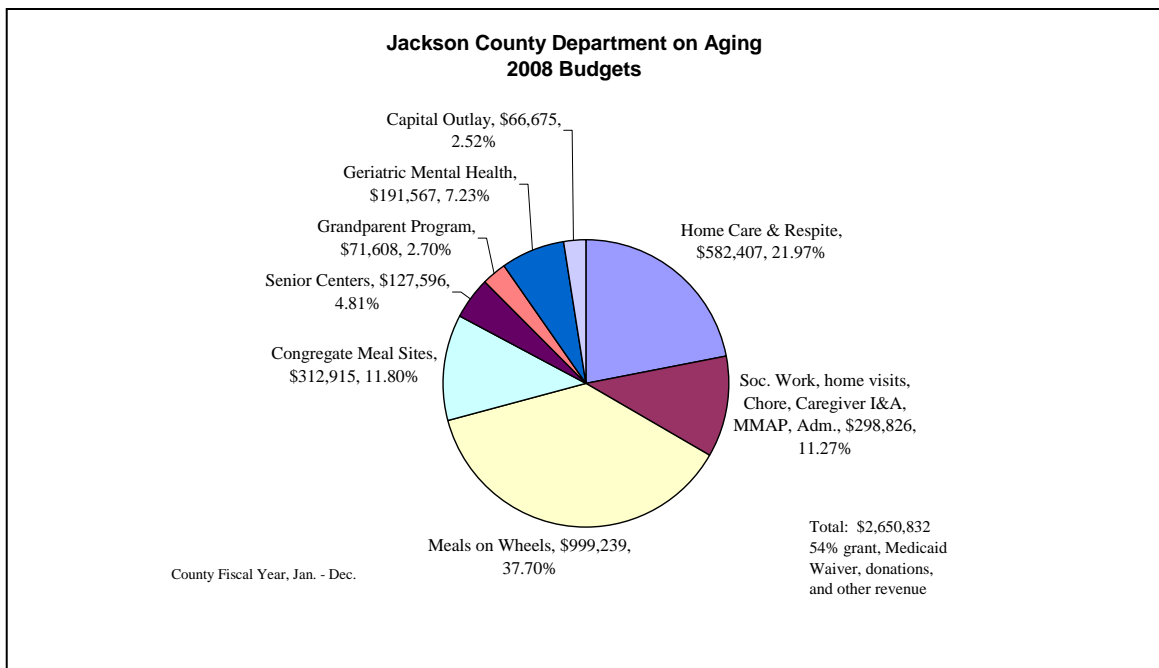
**Service Since Senior Millage
Jackson County Department on Aging
2004 - 2008**



Home Service Snapshot

In March 2008 the Department provided home-based services to 866 seniors, providing over 21,800 hours/units of service.

A “typical” Meals on Wheels senior is age 80 to 84, has difficulty walking, needs help with house cleaning, laundry, errands, and getting to appointments, takes three or more prescriptions, has income below 150% of poverty (\$16,245 year), and usually finds out about Meals on Wheels from one of their children.



What Seniors Tell Us

Alzheimer's Respite

"Respite has helped ease stress on my marriage by giving me time for my spouse."

"What a joy to get out for a few hours - Thanks!"

"I am deeply thankful for all the service, care, and promptness when needed. You are indeed a wonderful organization."

"I was really excited to come home and find mom showered, my carpet vacuumed, and dishes done. This has really taken a load off my shoulders."

Meals on Wheels

"It's nice that when I can't even walk meals come to my door ready to eat. You have so many really nice people delivering (meals)."

"I want to thank the Department for your excellent food and apartment cleaning. Thanks for everything you did for me."

Chore and HOMES

"I do appreciate the grab bar and wall railing. They are really nice. Thank you for making it safer for my wife and better."

"My sincerest "thank you" for installing a porch rail for me. It is deeply appreciated. They really did a nice job!"

Home Care Assistance

"Thank you so much for the service. It is really a godsend as it lets me stay in my home."

"I can't tell you how much I appreciate your services and my caregiver. It's very comforting to know such caring people. Thank you!"

"At age 87 it was difficult for me to give my husband a shower. He is happy with his shower (bathing assistance) and I appreciate the help very much."

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