Saginaw County Commission on Aging

ANNUAL REPORT 2014

Saginaw County Commission On Aging... *at a glance ...*

Who We Are.... Department of the County of Saginaw which provides support services to elderly adults. We are governed by a Board of Directors comprised of 11 members appointed by the Saginaw County Board of Commissioners.

Our Mission Is To.... Assist seniors to remain independent with dignity a and quality of life. We strive to provide social and recreational opportunities for older adults to help them with isolation that may restrict their ability to meet essential needs. Our advocacy efforts are channeled to ward removing economic barriers that affect access to community programs and services. We attempt to adhere to several principals of service ...

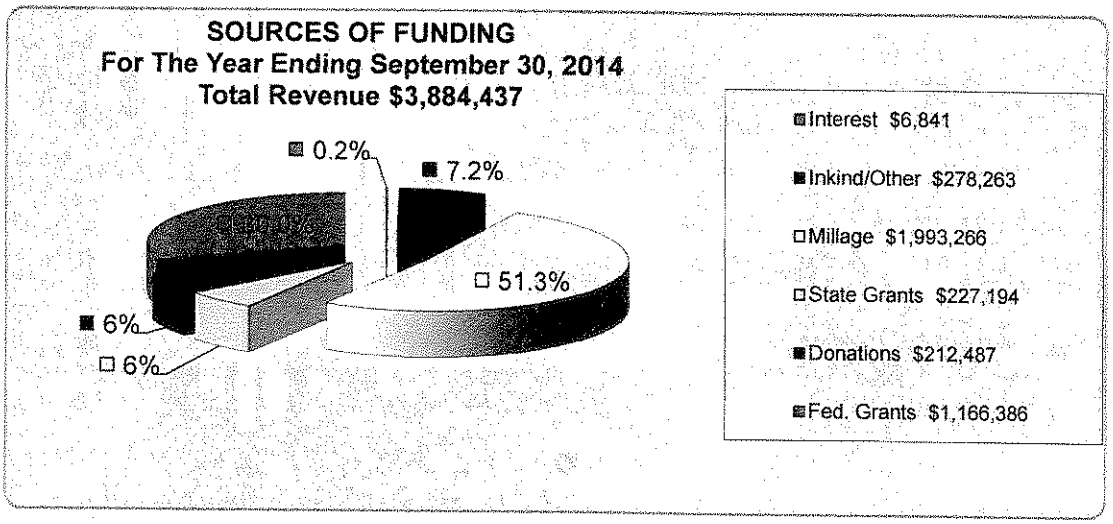
- ***That agency operations and services should be available and equal to all Saginaw County residents;***
- ***That services need to be provided through community collaboration as a means to sustain and expand services as needed;***
- ***That services provided are done in a manner that supports consumer wishes and needs, and not what we assume they should have, and***
- ***To provide quality services in a cost effective manner.***

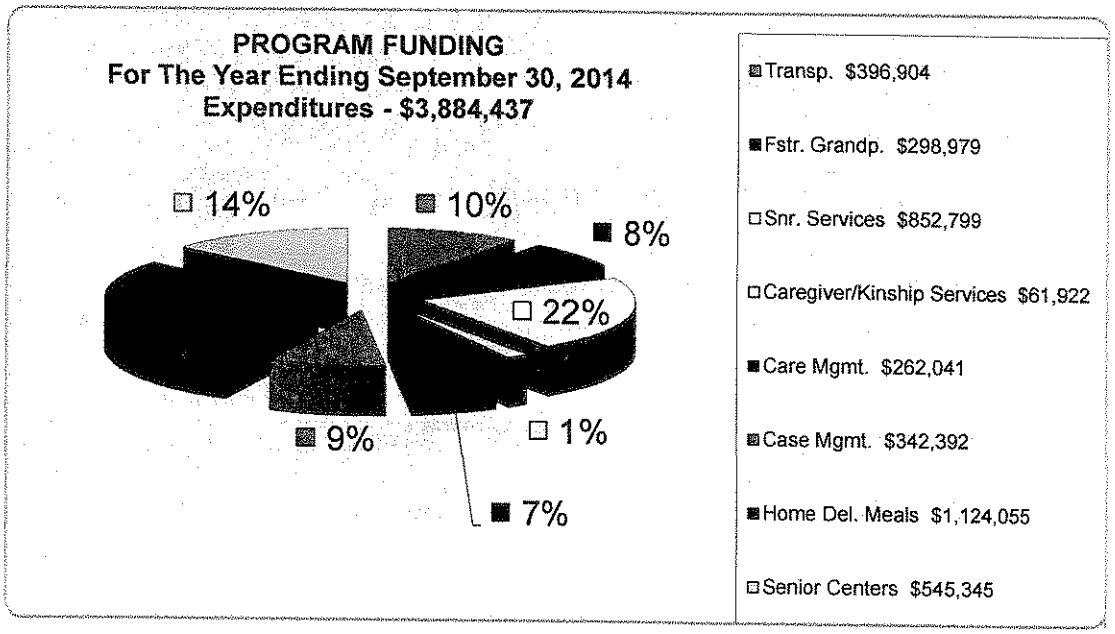
What We do.. We provide nutrition, health/wellness services, transportation, information and referral, volunteer experiences, education, and advocacy services that increase the quality of life for seniors.

Where And How We Do It... Our services are provided throughout the geographical area of Saginaw County to residents who are at least 60 years of age. We are funded by local Millage Property Taxes, Federal and State Grants, and donations.

FINANCIAL/OPERATIONAL INFORMATION...

The Commission on Aging is a Department of the County of Saginaw that is totally supported by the revenue sources depicted in the chart below. It does not utilize County General Fund dollars. These charts reflect the origin of funding that supports the program and services provided by the Saginaw County Commission on Aging. They also reflect the actual revenue received and how it was utilized in each of the programs for Fiscal Year 2014. Federal grants and local State grants operate under different reporting and budgetary requirements and policies. To make it more difficult, all of these policies and procedures then have to be regulated according to County policies and procedures, creating a very complex accounting system.



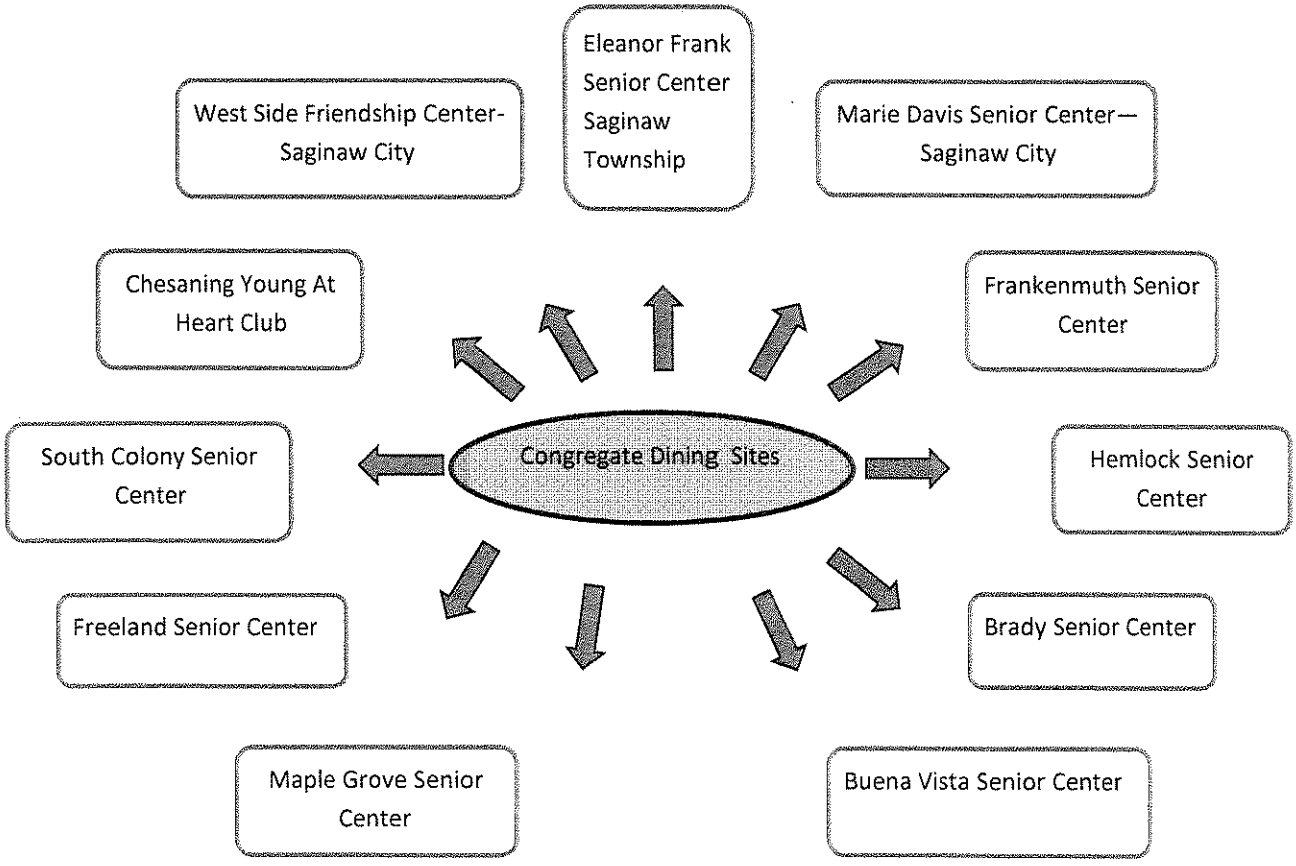


MEALS. . . .Senior Center Dining Sites and Home Delivered Meals

The Senior Nutrition Program attempts to address hunger, poor nutrition habits and inaccessibility to food sources among seniors living in poverty, and/or who have poor health, through the Agency's eleven senior centers, and Home Delivered Meal Program.

At our senior centers, nutritionally balanced and hot meals are served cafeteria style at noon with a suggested meal donation. For those seniors who are able to attend our centers, recreational activities and educational information on all life issues are provided on a regular basis. We attempt to address not only nutritional needs of the elderly but their physical activity levels as well, because seniors often experience balance issues and lack opportunities for light exercise. Our Sit and Fit Chair Exercises and Tai Chi Arthritis Classes are well attended and many positive reports of increased activity and physical wellbeing have been received.

Elderly persons unable to leave their homes or who are severely hampered by chronic medical conditions that makes meal preparation extremely difficult, are enrolled in the Home Delivered Meal Program. These participants receive up to two meals a day. Besides the nutritional value of the home delivered meal, the Volunteer who delivers the meal can provide a daily check for those seniors who are medically fragile, and provides an opportunity for some social interaction for seniors who experience isolation due to their medical condition.



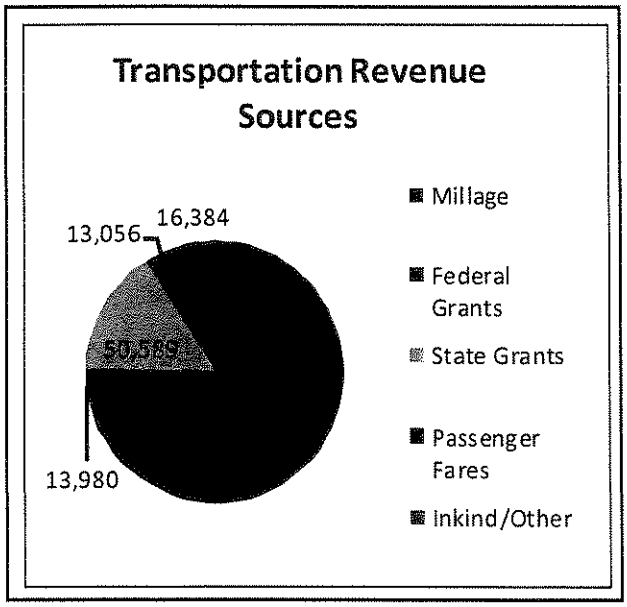
In FY 2014, we served 1,103 persons a total of 50,855 meals at our Senior Center Congregate Meal Sites

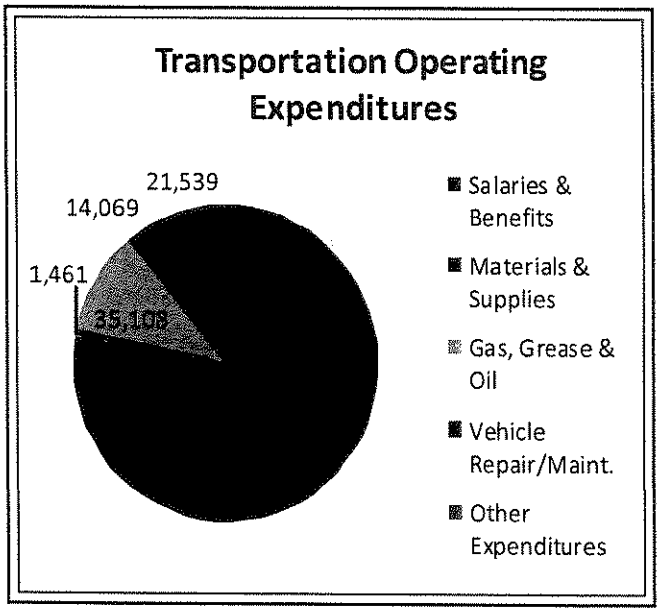
In FY 2014, we served 182,224 Home Delivered Meals to 1164 Program Participants

TRANSPORTATION. . . .

Availability of transportation for the elderly is crucial to support their continued independency as they age. The Commission on Aging provides essential non emergency medical and grocery shopping services which assist the elderly to stay out of the institution and to remain in their homes of choice. Public transportation services are limited in the County and presently are only available to residents of the City of Saginaw. Because of the lack of public transportation and the resultant high demand for services, the Commission on Aging's transportation program is designed to utilize strict criteria for eligibility, utilizing a reservation system with a limited two week pre-ride reservation request. The use of that system prevents over utilization by repeat riders and opens up service availability for more people.

Our transportation program provides door-to-door services within the boundaries of Saginaw County for its elderly residents who are at least 60 years of age, do not drive and have few or little choices to obtain transportation services. Door-to-door services provides assistance to riders by the driver. This service is especially important to those riders who utilize walkers, canes and wheelchairs. There is a flat fee of $2.00 for a one way trip, whether the trip is one mile or 50 miles. Our drivers are trained in First Aid, receive over 12 hours of training each year, and strive to always utilize safe driving habits. Our goal is to ensure that our riders are provided quality transportation services in a manner that ensures their health and wellbeing.





In 2014, the Transportation Program provided services to 546 persons, 10,3827 one way trips, and logged 134,015 miles.

CONSUMER SUPPORT SERVICES...

The Commission on Aging provides an integrated support program which addresses the barriers that typically compromise the wellbeing of seniors who are at risk of losing their independence. At-risk factors could be low income, poor health choices, and physical impairments that affect the person's ability to function in the home setting.

In order to address these needs, comprehensive services focus on intervention, education, prevention, and collaboration with other community agencies that support and provide services to the elderly. These services provide a safety net for those seniors who may find themselves with no familial support, or just unable to physically care for themselves due to age and health. Information and referral is an integral part of the Consumer Support Services continuum of care.

CASE COORDINATION AND SUPPORT

Caseworkers provide assistance in meeting a variety of needs of home bound seniors. In-home assessments and phone monitoring are used to assess needs. Services may include advocation, information and referral, home delivered meals or other forms of assistance which help the elderly person remain in a safe and secure environment.

In 2014 this program served 985 persons with 7,472 consumer hours

CARE MANAGMENT PROGRAM

This specialized program provides comprehensive assessments of older adults in a team format consisting of a Licensed Social Worker/RN. Assistance is provided to older adults and their family by arranging for in-home services and other supports which enable a person to continue to live independently outside of the institutionalized setting. Persons served in this program must be nursing home eligible.

In 2014, this program served 124 elderly adults

CAREGIVER/ KINSHIP SUPPORT

Caregivers are provided support services in order to facilitate their every day care of loved ones. Support groups, respite care, training and information and referral are just a few of the services provided. Kinship care providers who are at least 55 years of age and taking care of relative children, can also access these same services.

In 2014, this program served 170 persons with 2,287 consumer hours

IN-HOME SUPPORT SERVICES

The In-Home Support Services Program provides services to older adults who may be in need of assistance with housekeeping chores, personal care needs, and respite care for the caretakers who reside in the home. Services are arranged through outside provider agencies.

In 2014, this program served 112 persons with 1,228 consumer hours

OUTREACH / REFERRAL SERVICES...

Our Outreach and Referral Services are two integrated programs which bring people and services together to meet their vital needs via face-to-face visits, the telephone, and internet. For many elderly Saginaw County residents, there are barriers that prevent access to available community programs and services. Those barriers, for example, could be lack of adequate income, language, inability to read, or just medical conditions that affect the ability to hear or understand. The outreach worker targets those areas of the county where income or language barriers may be prevalent, identifying those persons who could benefit from our services. Contact is made and assistance is provided based on what services the consumer may be requesting. Bilingual services are available.

Callers to the Commission on Aging via the phone or website are provided with information relative to their individual situation, and either served within the program or are given referral information to other community agencies which may be able to meet their needs.

OUTREACH SPECIALIST

In 2014, the Outreach Specialist provided 890 hours of outreach and referral services to 274 persons.

INFORMATION AND REFERRAL SERVICES

In 2014, the Agency received 15,640 requests for information and assistance.

FOSTER GRANDPARENT PROGRAM...

The Saginaw County Commission on Aging is the grantee for the Foster Grandparent Program, a federal grant from the Corporation for National & Community Service. This program targets services to two very important groups of people; children and the elderly. Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their communities. Volunteers are placed in all types of organizations that serve children, providing from 15 to 40 hours of service weekly. For those volunteers who meet income guidelines, a small stipend is provided. Upon starting the program, they receive initial orientation and training specific to their volunteer assignment. Our Foster Grandparent Program has volunteers placed in school districts and child caring programs. The ability for our aging seniors to keep active and to share their life experience with young children of all ages benefits the senior, the child, the school, the daycare, and the community at large.

In 2014, the Foster Grandparent Program provided volunteer experiences for 65 seniors at 18 sites.

VOLUNTEER SERVICES PROGRAM.....

The Saginaw County Commission on Aging offers volunteer opportunities to help older adults maintain an active lifestyle. Studies have shown that volunteering has many surprising benefits. Isolation, depression and loss of self-worth can affect older adults who have lost their significant other or who have to curtail their lifestyle. This life change can be catastrophic. Volunteering can help people make new friends; it increases social and relationship skills; boosts self-confidence; and helps with depression and stress. The other obvious benefit of volunteering is the impact it has on the community as a whole.

Our volunteers deliver home delivered meals, assist in our senior centers, and help with agency events. Without the services of our volunteers, we could not fund or deliver as many home delivered meals that we do, so obviously we put a high value on their service. Just as important is the impact they have on our seniors who are homebound. For many of them, the home delivered meal volunteer is the only person they see each day and the only exchange of conversation they may have.

In 2014, our volunteers numbered 235 and they delivered 17,343 hours of service

Ancillary Program Services.....

There are several services provided in this Agency which support our continuum of care programs. These programs are small in size and less consumers may be served. However, they are still appreciated as

PROJECT LIFESAVER

A bracelet with a tracking mechanism is provided to families who may have a member that is in danger of wandering due to severe dementia. The program is funded by community donations and is a collaborative effort between this agency and the Saginaw County Sheriff's Department. The cost for the service is based on a sliding scale.

In 2014, Project Lifesaver provided 273 consumer hours to 7 families

LEGAL ASSISTANCE

We provide space and referral services to Lake Shore Legal Services, a competitive grant from the State of Michigan to provide Saginaw County seniors an opportunity to obtain no cost legal consultations.

In 2014, Lake Shore Legal Services provided legal advice to 66 individuals

EMERGENCY ASSISTANCE

The agency has two funds which are utilized for emergency needs for seniors. The Emergency Services Fund is used to provided financial assistance to older adults who find themselves in unexpected financial stress. The Emergency Food Assistance Fund, a grant from FEMA,

In 2014, these two programs provided assistance to 20 people

GOVERNANCE.....

The Saginaw County Commission on Aging is governed by a Board of Directors appointed by the Board of Commissioners. Several of our Senior Centers have Advisory Committees on which center attendees volunteer their time and expertise. Committee members help us fine-tune our services at our senior centers. Our Commission on Aging Board and Advisory Committees work in unison to ensure that the best possible and most cost effective services are provided to all older adults residing in Saginaw County.

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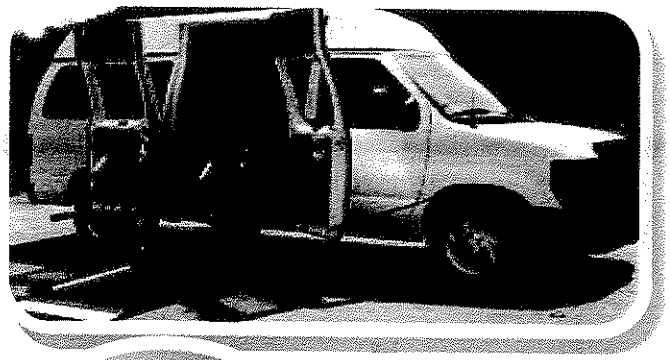
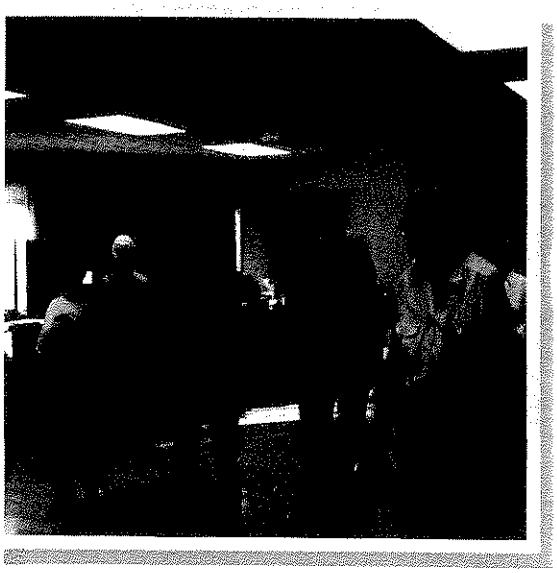
KEEPING OUR SENIORS MOBILE & ACTIVE.....

Our Transportation Services
keep our seniors mobile when
it counts the most



Meals on Wheels Volunteers



Sit and Fit chair exercises
helps tone muscles and
balance

Line dancing provides a low impact activity that
keeps legs and feet mobile

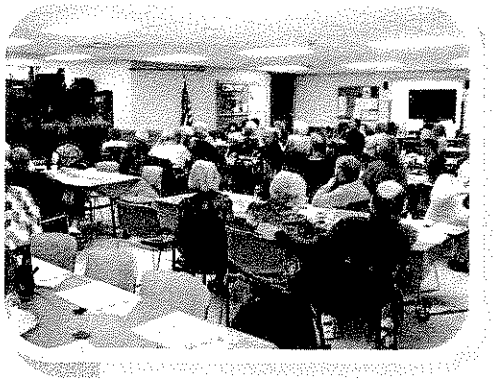
Tai Chi for arthritis classes are
provided at three of our senior
centers

SPECIAL EVENTS...

Our Senior Picnic is the Commission's biggest event in the year. We provide entertainment, information, recreation, and a delicious lunch for over 500 seniors and dozens of vendors who travel from all over the County to attend. Many area legislators and elected officials volunteer to serve the meal, donning the hair nets and aprons to give staff a hand. Local high school groups also assist us wherever they are needed.

The Foster Grandparent Program honors a Volunteer of the Year during their recognition event each year.

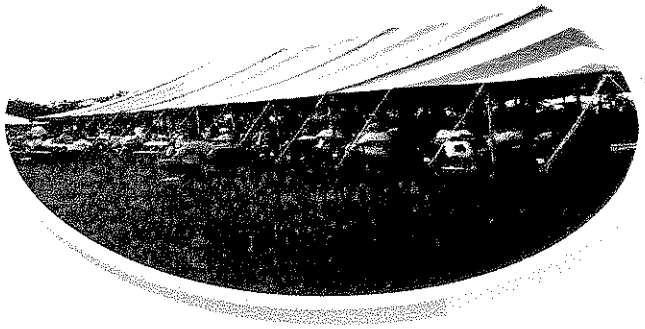
Our Volunteer Appreciation Event was celebrated with a four piece band who played many old but goody songs and even some of our volunteers hoofed it on the dance floor. This year we provided each one of our volunteers with an embroidered hot or cold meal lunch bag. All of our senior centers decorate and have special events and menus for holidays such as Christmas, Easter, and St. Valentines Day.



Special Holiday Luncheons

Volunteer Luncheon

Foster Grandparent Program



Senior Picnic

SAGINAW COUNTY COMMISSION ON AGING

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