



JACKSON COUNTY

Department on Aging

2007 Annual Report

30 Years of Serving Jackson County Seniors

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From the Director
Kristy Smith



A flurry of year end activity and the emergence of two new programs earlier in the year ushered out a highly successful 2007 for the Jackson County Department on Aging.

Holy Hollyhocks seasonal workshop on December 4 coached seniors and their caregivers on ways to simplify the holiday. Straight forward information and a bountiful cookie buffet provided relief during what can be a stressful time of year.

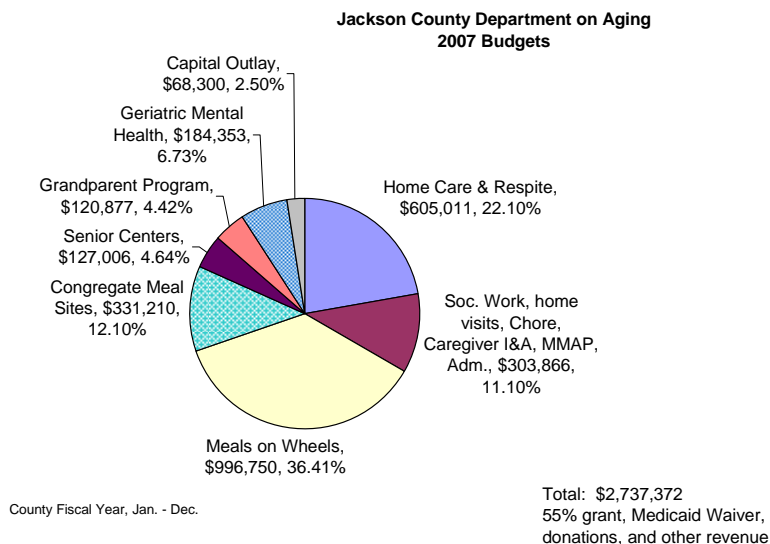
Holidays Around the World on December 20 showcased the considerable cooking abilities of our nutrition staff under the leadership of Lura Briggs. Participants feasted on cuisine from Italy, Germany, Poland, Ghana, Ireland, Mexico, and Spain and learned about lesser known December traditions, including Kwanza. This event was one of the many that invited the public to investigate what the Department has to offer.

Seniors who may not have been able to attend either seasonal offering at the Department, had the opportunity to benefit from our new HOMES (Household and Outdoor Maintenance Especially for Seniors) program. Trained volunteers go to seniors' homes in pairs to perform safety surveys that often lead to minor home repair work. It's hard to say who gains the most from the program, as both HOMES recipients and HOMES volunteers report feelings of satisfaction stemming from the program.

Our newly expanded in-home counseling program has replaced the former Peer Support groups and has provided professional intervention for many seniors. The program has also served as a valuable referral source for our depression and memory screening program.

Pairing these auxiliary services with core programs like Meals on Wheels, Homecare, Congregate Meals, and the Medicare and Medicaid Assistance Program (MMAP) has added depth to our service offerings and enabled us to help even more seniors to lead full, active, and independent lives.

Stop by the Department for a visit and see for yourself the powerful, positive difference we are making in the lives of Jackson County seniors.



Jackson County Department on Aging

Annual Statistics for 2007

October 1, 2006 – September 30, 2007

Senior and Family Support Services

Caregiver Information and Assistance: 492 Clients

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

Caregiver Education and Caregiver Support 123 Clients

Medicare Medicaid Assistance (MMAAP) 528 Clients 578 Hours 818 Forms
Individualized assistance with Medicare and Medicaid concerns, Medicare Part D senior drug coverage, and how to compare supplemental insurance policies.

For June through September 2007, Department on Aging Outreach Workers helped Jackson County seniors save over \$688,000 in drug plan costs.

Case Coordination and Support 962 Clients 1,383 Assessments 3,859 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 177 Clients 2,167.75 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 142 Clients
One-time resource for seniors who find themselves without other options in an emergency situation that threatens their health or safety.

In-Home Services

Meals on Wheels 1,085 Clients 200,223 Meals
Hot, nutritious meals delivered weekdays for homebound seniors; evening and weekday meals provided based on need.

Home Care Assistance 447 Clients 23,246 Hours
In-home assistance for persons with functional limitations, including bathing and housekeeping tasks.

Respite 176 Clients 12,302.25 Hours
(87 Caregivers & 89 Care Recipients)
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 6,023.5 Hours

Alzheimer's Respite 6,278.75 Hours
Specialized dementia respite at a location of the client's choosing, including:
In-Home Respite: 4,858 Hours Adult Day Service: 412.75 Hours
Out-of-Home Respite (overnight): 1,008 Hours

Geriatric Mental Health 138 Clients

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

Mental Health Screens 94 Clients 157 Units

- ❖ Dementia Screens: 34 clients
Screening for those with suspected memory loss, and follow-up referral service.
- ❖ Depression Screens: 63 Clients
Free screening and assistance for this common, yet treatable problem.

Counseling and Intensive Case Management

- ❖ Supportive Counseling: 58 Clients 714 Units
Individualized counseling to aide in coping with life changing experiences.
- ❖ Gatekeeper Services: 43 Clients 93.75 Units
Intensive case management to arrange for services from community resources for at-risk seniors living in the community.

Support Groups and Educational Services

- ❖ Alzheimer's Caregiver's Monthly Support Group: 15 clients, 12 meetings
For people caring for someone with Alzheimer's or another form of dementia.
- ❖ Caregiving Educational Training: 74 participants
Education to families and service providers to improve awareness and knowledge of caregiving for older adults.
- ❖ Older Adult Mental Health Education: 12 sessions with 87 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, specific financial assistance, and education to seniors and relatives who find themselves parenting their grandchildren.

- ❖ Intervention and Support Services: 140 Relative Caregivers 180 Children
- ❖ Permanency Assistance: 30 Families: 52 Relative Caregivers 38 Children
18 guardianships established and 3 adoptions finalized
- ❖ Specific Assistance (unmet needs): 22 Caregivers (13 Families)
- ❖ Relatives as Parents Peer Support Group Meetings: 64 meetings
37 Caregivers (28 Families)
- ❖ Children's Supervised Activities: 49
- ❖ Children's Peer Support Group Meetings: 49 Children 120 Meetings
- ❖ Respite Services: 17 Caregivers (10 Families) 17 children 680 hours
- ❖ Regional Grandparent Conference: 84 attendees, 27 from Jackson County

Intake and Referral 891 Clients

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

Senior Activities

Senior Centers: 2,049 clients

Two senior centers provide multiple services:

Crouch Senior Center – 1715 Lansing Avenue, Jackson

Spring Arbor Senior Center – 122 Starr, Spring Arbor

Senior center activities include:

- ❖ Senior Nutrition Meal Site
- ❖ Senior Craft Sales
- ❖ Legal Services, in cooperation with Legal Services
- ❖ Volunteer Tax Assistance, co-sponsored by AARP and Community Action Agency
 - 374 Taxpayer Interviews; 579 Tax Returns; 548 Volunteer Hours
- ❖ Computer Lab for seniors
- ❖ AARP Mature Driving Classes
- ❖ Recreational activities, including Euchre, Bridge Club, music, special parties, and BINGO
- ❖ Classes such as wood carving, gardening, cooking, and painting
- ❖ Volunteer opportunities: 403 volunteers
- ❖ Work Site for Older Worker Programs: 10 seniors

Nutrition Sites: 1,153 Clients 40,563 Meals

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

Noon meals 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 Sites were involved in various community projects, such as slippers for soldiers, personal care items drive for Catholic Charities, and a canned food drive for Interfaith Shelter.

Senior Activities, continued

Special Activities:

- ❖ Holiday Gifts for Homebound Seniors from Hanover-Horton Cub Scouts Pack 136 and Jackson First United Methodist Church
- ❖ Annual Senior Festival
- ❖ Annual Volunteer Recognition
- ❖ Annual Nursing Home Olympics
- ❖ Senior Fitness Day
- ❖ Evening Dinner Dances: 10 dances with up to 193 participating
- ❖ Genealogical Society Dinner and Meeting: 9 meetings with 35 participants
- ❖ Antique Appraisal Day: 67 participants
- ❖ Wellness Education Activities: 126 events with 2,087 participating
- ❖ Veteran's Day Expo at Spring Arbor Senior Center
- ❖ Red Hat Society Events: 13 events with 388 participants
- ❖ Craft and enrichment classes: 103 participants
- ❖ Community-wide Senior Talent Show: 70 participants
- ❖ Project Fresh - a program using Michigan farmers' markets to make fresh produce available to seniors: 175 participants

Senior Health Promotion: 286 clients

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

- ❖ Aerobics/Strengthening: 98 seniors, 139 sessions
- ❖ Balance Ball: 57 seniors, 25 sessions
- ❖ Line Dancing: 77 seniors, 20 sessions
- ❖ Tai Chi: 109 seniors, 91 sessions

Comments From Exercise Class Participants

"I've postponed knee surgery for a year-and-a-half. My doctor is amazed I don't have to have surgery yet because I'm doing so well."

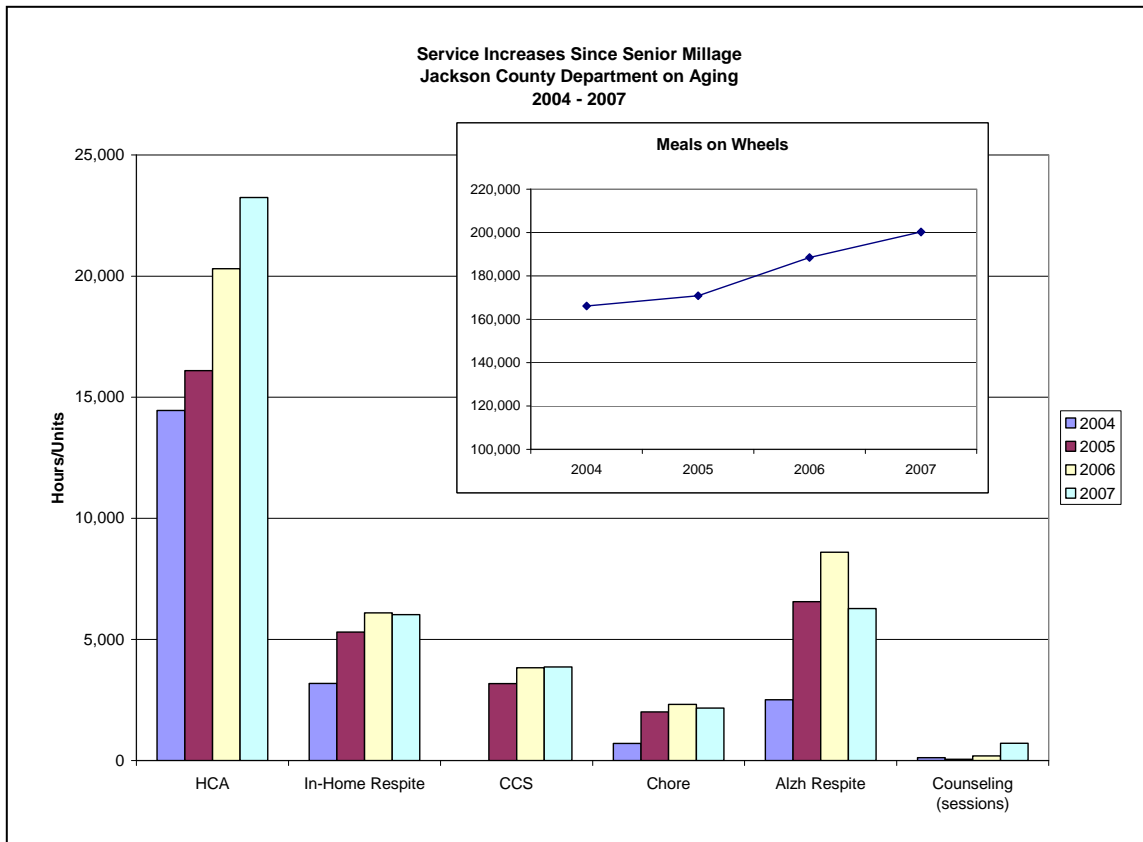
- Aerobics and Strength Training Participant.

"Tai Chi has helped tremendously."

- Two Women Living with a Chronic Disease

"I fee like this is saving my life."

- Aerobics Participant.



Thanks to Senior Millage funding initiated in 2005, home services to Jackson County senior citizens have increased. Comparing 2004 with 2007 units provided, service increases include:

Home Care Assistance 60.8%	Chore 206%
In-Home Respite 89.1%	Alzheimer's Respite 150%
Meals on Wheels 20.5%	

From 2004-2007, the Department on Aging budget, including Senior Millage, grant, Medicaid Waiver, and donations, increased 48.5%. We have reached service capacity.

- A 78 year mobility-impaired woman who doesn't drive cares for her 81-yr. old husband who has early dementia. Working family members struggle to help with transportation. *Meals on Wheels has lessened the need for most grocery shopping and weekday meal preparation. Home Care Assistance performs basic house cleaning every other week.*
- A daughter-in-law and her 80 year old widowed mother-in-law needed help completing a seven-page Medicaid Application. *Our Caregiver Information & Assistance Specialist helped with the application, provided information on which local ophthalmologists and physicians are accepting patients, and made a referral to the "Smiles on Wheels" low-cost dental hygiene service.*
- A senior needed to complete a federal tax return in order to receive the federal stimulus payment. *A Tax Volunteer at the Crouch Senior Center helped the senior complete the federal income tax return, plus Michigan Homestead and Home Heating tax credit forms for the past four years. The senior was surprised and happy to learn she will receive over \$3,800 in tax rebates, enabling her to pay what she owes for new eyeglasses.*

What Seniors Are Saying

"Couldn't be more pleased, excellent service."

"Thank you for all the help you have given me."

"You know, I could not live alone if I did not have this help."

"I don't know what I would do without you. God Bless you."

"The HOMES fellows couldn't have been nicer. They acted as if it was a pleasure for them to do it. I really appreciated it. It makes all the difference."

"The HOMES volunteers were very nice and polite. They were great. Now that the ceiling light bulbs have been changed we can see the light of day."

"I wouldn't be able to stay in my home without all the services I get from the Department on Aging."

"The Meals on Wheels Drivers are all especially friendly."

"I have recommended Department on Aging services to other people."

"Never in my life did I give myself a bath the way the Homecare worker does. It is so nice."

"The vacuuming and changing the bed are most helpful, and having the company."

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2007

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