

2015 Annual County Board Report

Polk County



Aging Partners Mission

Aging Partners supports quality of life, independence, and options for older adults and their caregivers in an eight-county area in Nebraska.

History

Aging Partners began in 1971 as one of ten federal model programs on aging. With the creation and funding of the Older Americans Act, Aging Partners became the designated area agency for the eight-county Planning and Service Area B in Nebraska. Aging Partners expanded services into these eight counties through interlocal agreements between the City of Lincoln and Butler County, Fillmore County, Lancaster County, Polk County, Saline County, Saunders County, Seward County, and York County. Under the terms of the agreement, the authority to operate the area agency is vested with the City of Lincoln who contracts with each County to fund and coordinate Older Americans Act (OAA) and Community Activities and Services (CASA) services. Aging Partners is a division of the City of Lincoln, and the Director is responsible to the Mayor.



Polk County Senior Services Mission

The mission of Polk County Senior Services is to provide essential, quality and responsive service to older residents of Polk County and their families and caregivers. Given that the well-being of Polk County older residents impacts the entire community, it is the goal of Polk County Senior Services to support independence, encourage life satisfaction and promote vital aging for these treasured residents now and into the future.

History

The Polk County program began in the fall of 1980 with nutrition services as its keystone. Group and delivered meals were identified as significant needs in a county-wide survey in 1979. The need was great enough to guide the program developers to seek funding for a county-wide central kitchen. The City of Stromsburg combined city funding with an Older Americans Act grant from Aging Partners and energy conservation funding to renovate a city community building to include a central kitchen and senior dining hall as part of a community senior center. Development did not stop there and within one year community leaders and volunteers had organized meal services at the other three communities in the county.

In the beginning the Polk County Program was a cooperative effort of Polk County and the City of Stromsburg with Aging Partners. Significant funding was provided by the County while Stromsburg provided day to day management including use of its personnel and accounting systems. This changed in 2004 when Stromsburg opted to stop local management and a new inter-local agreement was signed by Aging Partners and Polk County that moved management of the senior services program to Polk County.

Services Provided to Older Adults in Polk County

Contacts made to assist older adults and/or their caregivers with questions:	4,883	<i>contacts</i>
Meals provided that met dietary standards and needs of older adults:	17,402	<i>meals</i>
Months of service coordination or equipment for older adults who live at home:	127	<i>client months</i>
Hours of individualized & in-home services for people who want to live at home:	222	<i>hours</i>
Sessions of health, nutrition & caregiver programs/events/services:	5,382	<i>sessions</i>
In-home assistance for older adults and caregivers:	2,179	<i>units</i>
Hours county senior centers were open:	6,993	<i>hours</i>
Number of visits to Polk County Senior Centers	20,978	<i>visits</i>
Rides provided to older adults both needing assistance and not:	512	<i>rides</i>
	58,678	TOTAL

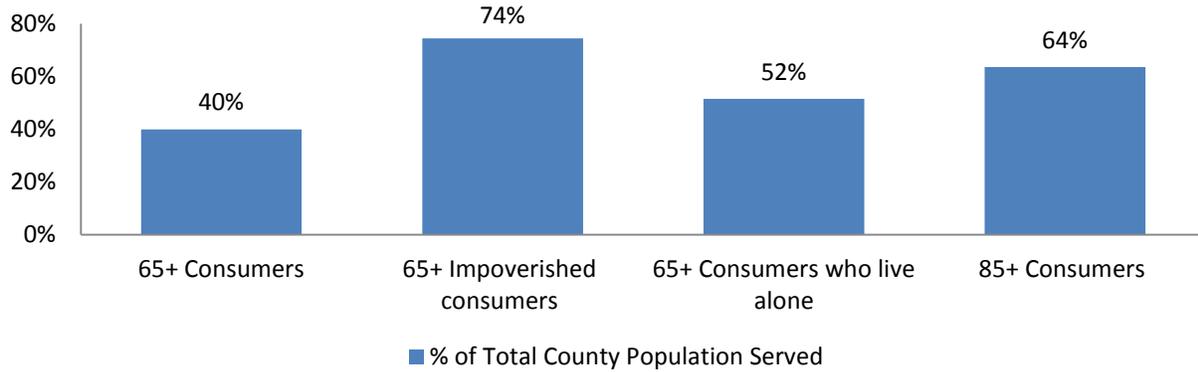
Senior Center Use in Polk County

	<i>Total Meals Provided</i>	<i>Total Health Services Provided</i>	<i>Total Center Users</i>
Osceola Senior Center	3,331	215	161
Polk Senior Center	3,515	869	122
Shelby Senior Center	4,215	753	148
Stromsburg Senior Center	4,770	1,713	152

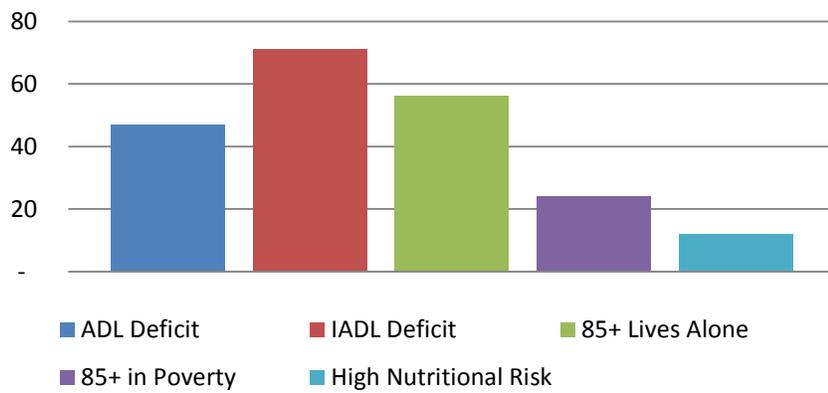


Total number of people who received services in Polk County through Polk County Senior Services or Aging Partners: 470

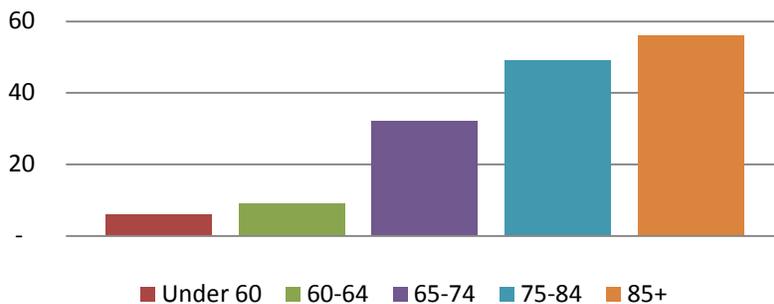
Polk County Residents Served



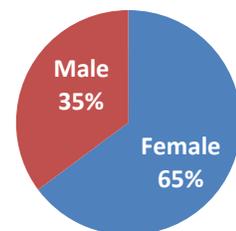
Polk County High-Risk Residents Served



Residents Served that Lived Alone by Age



Gender of Residents Served



Aging Partners

The agency provided on-going technical assistance and training to the County program staff. This included nutrition education presentations & articles, monthly & quarterly program manager trainings and the annual all-center nutrition training day.



During the year, 177 hours of case management services and 103 client months of Medicaid Waiver service coordination were provided to 72 Polk County residents out of the Polk County care management office in Osceola.

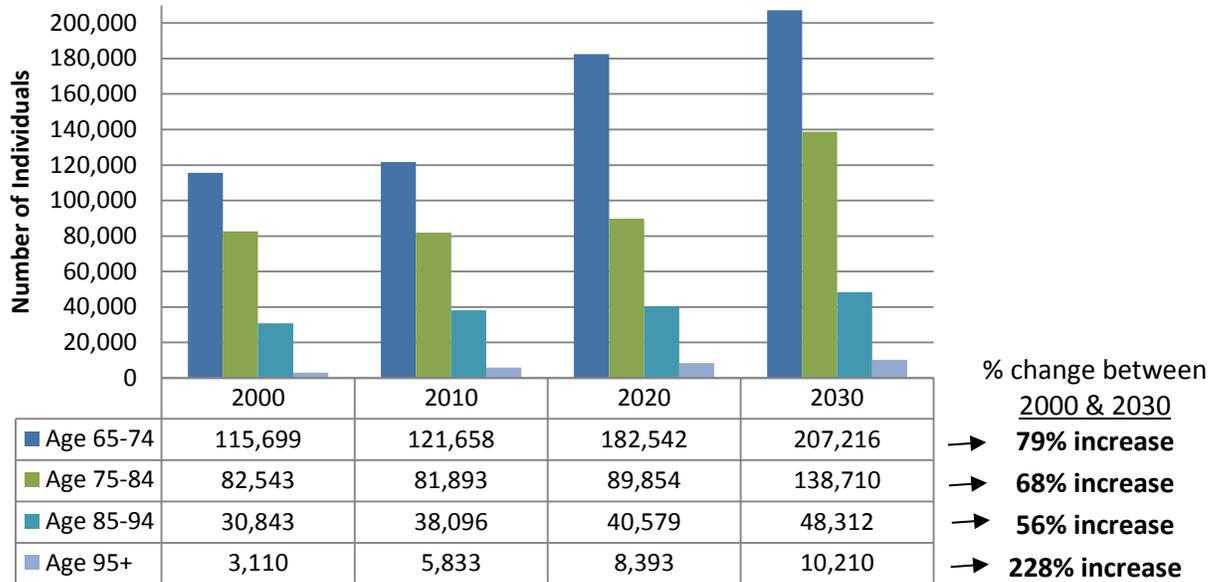
Short surveys were sent to Polk County case management consumers to measure effectiveness of the care management program. In every category, consumers rated their services higher than national averages. Over 97% of consumers rated services received as excellent or very good vs. 79% nationally. 96% of consumers had improved situations because of services received vs. 84% nationally.

Polk County Senior Services Program

- Polk County senior citizens attended the documentary “Cyber Seniors” at the Stromsburg Civic Center Theatre.
- Desktop computers were installed in each of the county’s four senior centers.
- WIFI was installed in all four centers so that seniors could learn how to use social media and surf the web.
- Thirty-one seniors attended either the Older Nebraskans day at the State Fair where they enjoyed the music of B.J. Thomas or attended the Singing Christmas Tree production at the Evangelical Free Church in Grand Island.
- In July 2014, onsite Pedicure services began. Services are now available once a month for seniors at the Shelby and Polk senior centers.
- The Polk County program manager attended two update trainings with SHIP to maintain certification to counsel seniors with Medicare Part D.
- During Medicare Part D open enrollment, the program manager worked with 13 older adults to save over \$6,000 in premium costs.
- Twelve sessions of Tai Chi were held in Polk and Shelby.
- The program’s central kitchen was rejuvenated with a new floor, new cupboards, counter tops and a brand new energy efficient central air unit.



Nebraska's Projected Growth of Individuals age 65 & Older



Nebraska Population Projections

Data tables created by: Center for Public Affairs Research, University of Nebraska Omaha, August 2008. Distributed by UNO, January, 2013

2015-2016 Goals

Aging Partners

- Continue the development and support of the county focal point for older adults and their families.
- Encourage program enhancements to meet the changing demographics of the “new” senior while maintaining services for frail elders. Includes meal service innovations, technology classes, web site presence, retirement planning and evidence-based health promotion services.
- Explore the feasibility of shared programming between counties.
- Enhance nutrition screening with physical clinics in each county.

Polk County Senior Services

- Develop home garden projects between seniors and high school students.
- Increase number of seniors that take advantage of pedicure services.
- Begin “Stepping on Program” throughout the county.
- Generate more high school student & senior involvement in the Cyber-Senior program.
- Facilitate more center involvement with reaching out and giving back in their communities.

FY16 Funding Request
Polk County



For the “dues” of \$14,646, Aging Partners will provide the following to Polk County:

Technical assistance & training to the Polk County Senior Services program staff

Including: Assistance with data collection; Reporting and monitoring of services; Information technology support; Nutrition and food safety training; Regional marketing and publicity.

Financial support of the Polk County Senior Services & senior centers:

Older Americans Act and Nebraska Community Aging Services Act Funding for Polk County Senior Services & the Polk County senior centers	\$ 51,235
USDA funding for congregate and home delivered meals served through the Polk County senior centers	\$ 10,787
Total funds to Polk County to support local programs	\$ 62,022

Funding and support for aging services provided beyond Polk County Senior Services & senior centers:

In-home services grants for chore and homemaker services	\$ 2,936
Family Caregiver grants for services or respite to help caregivers in maintaining their loved one at home	\$ 2,679
Total funds to Polk County residents	\$5,615

Professional individual assistance to older adults or their families in assessing needs, planning and coordinating home care. This service is provided by Aging Partners staff member Amy Theis.	\$ 34,104
Total funds to support Care Management services in Polk County	\$ 34,104

Total funds committed by Aging Partners to Polk County	\$ 101,741
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Aging Partners also will continue to provide additional aging services to Polk County residents:

- **Aged Medicaid Waiver services**
 Individuals who are Medicaid eligible will receive individual assistance to set up and manage in-home services in lieu of nursing home placement.
- **Health and Fitness services**
 Screenings or educational programs will be available to senior centers and senior groups.
- **Nutrition Counseling**
 Individual assessment and counseling from a Registered Dietitian to consumers at nutrition risk.
- **Living Well Magazine**
 Polk County older adults receive complimentary copies of the agency’s quarterly news and information magazine.

**FY16 Budget Summary
Polk County Senior Services**



Expenditures	Totals
Personnel: <i>40 hours per week positions for manager and cook including benefits, 20 hours per month for clerical assistant to manager, and 100 hours annually for cook substitute</i>	\$ 81,578
Travel: <i>Includes mileage for volunteers to deliver meals on wheels as well as mileage reimbursement for program manager</i>	\$ 11,500
Printing and Supplies: <i>Includes monies for printing and copying, kitchen supplies other than raw food and home delivery paper products</i>	\$ 5,657
Building Space: <i>Rent for the central kitchen and the manager's office</i>	\$ 1,200
Communications and Utilities: <i>Postage, telephone, utilities and garbage collection</i>	\$ 14,070
Other Costs: <i>Includes insurance, workshop/conference registrations & expenses for manager, equipment and maintenance, contracts, water softener costs and other miscellaneous</i>	\$ 5,804
Raw Food: <i>Includes costs for raw food for both congregate and home delivered meals as well as costs for the home delivered weekend meals contract</i>	\$ 73,413
Contractual Services: <i>Contract held with local nursing home to provide home delivered meals on weekends</i>	\$ 1,778
Grand Total Expenditures	\$ 195,000

Revenue	
Client contributions including <u>all</u> meals and cost reimbursements:	\$ 89,669
Allotments funds from Aging Partners and Polk County Commission:	\$ 90,722
Donations, fundraising & other revenue:	\$ 14,609
Grand Total Revenue	\$195,000

Polk County Return on Investment

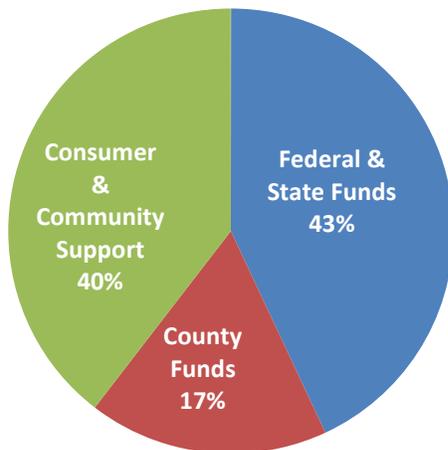
FY16 Dues to Aging Partners	\$ 14,646
FY16 Financial Support to Polk County Senior Services	\$ 28,700
Total Polk County funds requested to support services to Polk County older adults	\$ 43,346

Older Americans Act and Nebraska Community Aging Services Act funding for Polk County Senior Services, Polk County senior centers and Aging Partners care management & in-home services provided in Polk County	\$ 90,954
USDA, Medicaid Waiver and Title XX funding for congregate and home delivered meals served through the Polk County senior centers	\$ 16,147
Total federal and state funds to Polk County to support services to Polk County older adults	\$ 107,101

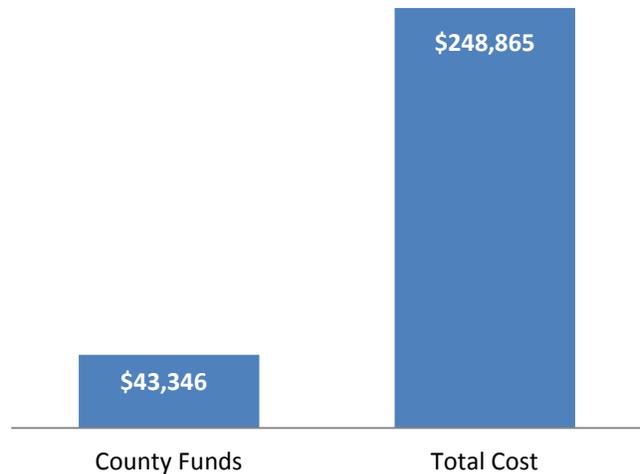
Client Contributions & User Fees	\$ 84,309
Donations & Fundraising	\$ 14,109
Total Polk County consumer & community support of services	\$98,418

Grand Total Program Cost	\$248,865
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Cost Allocation of Aging Services in Polk County



Return on Investment of County Funds in Aging Services



For every \$1 that Polk County invests, \$5.74 worth of services is provided

Definitions & Acronyms

Activities of Daily Living (ADLs): Basic activities essential to living independently, such as eating, walking, the ability to transfer oneself from one place to another, bathing, and toileting.

Administration on Aging (AoA): The principal federal agency responsible for programs authorized under the Older Americans Act of 1965.

Area Agency on Aging (AAA): Public or private agencies responsible for developing and administering a comprehensive and coordinated system of services to meet the needs of older people in a specific geographic area.

Caregiver: Unpaid individual (a spouse, partner, family member, friend, or neighbor) involved in assisting others with activities of daily living and/or medical tasks.

High Nutritional Risk: The DETERMINE nutrition risk assessment is the standard assessment used nationally by Older American's Act providers to measure whether or not an individual's diet and lifestyle is nutritionally complete. Individuals assessed with significant deficiencies are at high nutritional risk.

Community Aging Services Act (CASA): Nebraska statutes passed on July 17, 1982 which created the Nebraska Department on Aging, which is now the Nebraska State Unit on Aging as well as provided funding for aging services in Nebraska.

Instrumental Activities of Daily Living (IADLs): Tasks requiring the completion of a series of actions in sequence, such as using the telephone, shopping for groceries, preparing meals, doing housework, managing medications, and managing money.

Intake: Form used to collect basic demographic and assessment information on consumers.

Interlocal Agreements: Agreements authorized by state statute which permit local governmental units to make the most efficient use of their powers by enabling them to cooperate with other local governmental units on a basis of mutual advantage to provide services.

NAMIS/SAMS/UPT: Secure web-based databases used to track demographic and service information.

Nebraska Care Management Program: A program operated through the Area Agencies on Aging which assists frail, older individuals to remain in their own home for as long as possible. It provides a client assessment, care plan development, implementation and follow-up.

Older Americans Act (OAA): Federal statute first passed in 1965 which provides older Americans (generally, Americans aged 60 and over) opportunities and benefits.

Poverty Level: Household income level defined by the U.S. Bureau of the Census as the threshold for determining poverty as established by the Bureau. The 2015 level for an individual is \$11,770 annually or \$981 monthly. For a household of two it is \$15,930 annually or \$1,328 monthly.

Senior Center: A community facility for the organization & provision of a broad range of services for older persons, including: health, social, meals, educational, and recreational services.

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