

1977 - 2010

33 Years of Service



Annual Report - July 1, 2009 - June 30, 2010


Scenic Valley Area VIII
Agency on Aging

Mission Statement

45 CFR 1321.53 Mission of the Area Agency

The Older Americans Act intends that the area agency on aging shall be the leader relative to all aging issues on behalf of all older persons in the planning and service area. This means that the area agency shall proactively carry out, under the leadership and direction of the state agency, a wide range of functions related to advocacy, planning, coordination, inter-agency linkages, information sharing, brokering, monitoring and evaluation, designed to lead to the development or enhancement of comprehensive and coordinated community based systems, in or serving, each community in the planning and service area. These systems shall be designed to assist older persons in leading independent, meaningful and dignified lives in their own homes and communities as long as possible.

Scenic Valley Area Agency on Aging

Director's Report

Forty-five years ago President Lyndon Johnson signed into law three pieces of legislation that profoundly changed the lives of older persons in our country: Medicare, Medicaid and the Older American's Act.

While Medicare and Medicaid offer a health insurance program, the Older American's Act is the major federal categorical social services program for older adults. It provides a community-based infrastructure of services in every part of every state in the United States.

As part of the that infrastructure, Scenic Valley Area VIII Agency on Aging is pleased to share this annual report of services in Delaware, Dubuque and Jackson Counties. It is difficult to believe that these services did not exist forty-five years ago and hard to imagine what it must have been like to be old, alone, and in need.

Although the Older American's Act is our primary funding source, we could not provide such a range of community-based services without a state appropriation for elderly services, county grants, local donations and contributions from service recipients. These funding sources make our services possible. Our Board of Directors, Advisory Council, staff and partner agencies make the services in this report a reality. Congratulations and Happy Anniversary!

Linda McDonald

FY 2010 Board of Directors

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*Directors and advisory council
members are volunteers -
both include members
from Delaware, Dubuque
and Jackson Counties.*

FY 2010 Advisory Council

Betty Allen
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Kathy Carner
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Those We Serve

Federal regulations dictate how area agencies on aging collect and report data on persons served. According to the National Aging Program Information System (NAPIS), services are classified into certain categories and specific information is collected for persons receiving services in each category. Very little information is required from persons participating in a group social activity or educational event and a one page registration form must be completed for persons receiving an in-home service.

According to NAPIS reports for the period July 1, 2009 through June 30, 2010:

- 6,419 persons received service.
- A little less than half of these individuals reported they live alone. Of these, 82% were female and 18% were male.
- About 30% of all service recipients were male and 70% were female.
- Almost 2/3 of the service recipients were age 75 and older.
- Six persons were 100 years of age or older. Three of the centenarians were men and three were women. The oldest person served was a 103-year-old woman who lived alone.
- Just over 1% of those served were minorities.
- 11% of the recipients had an income below the federal poverty level.

To see the services provided by Scenic Valley, please review the next few pages of this report.

Nutrition Services

Congregate Meals

Congregate meals are served to eligible individuals in a group setting at designated nutrition sites. These meals must meet one third of the current recommended daily allowances.

Meals Served: 66,891

Home Delivered Meals

Home delivered meals are provided to eligible seniors at their primary place of residence. These meals must meet one third of the current recommended daily allowances.

Meals Delivered: 77,888

**“I found them absolutely wonderful--
it was something you look forward
to every day,”** *Minnie said as she talked
about her experience with the home delivered
meals service.*

Nutrition Education

Public education about nutrition, including money-saving shopping ideas, information on good food preparation and on diet questions is provided in many forms, including posters and handouts.

Education Sessions: 189

Nutrition Counseling

Provision of individualized advice and guidance - for individuals who are at nutritional risk because of their health or nutritional history, dietary intake, medications use, or chronic illnesses, about options and methods for improving their nutritional status, performed by a health professional in accordance with state law and policy.

Counseling Sessions: 1

Social Services

Case Management Program for Frail Elderly

This comprehensive system requires that a client's care is monitored by a case manager who assists clients to make appropriate use of services. This system includes screening, assessment, written plan of care, information about/referral to services, case monitoring, ongoing follow-up, reassessment, evaluation of outcomes and exit planning.

Persons Assessed: 112
Persons Reassessed: 436
Persons Admitted: 112
Hours: 9,811

"That's why I can stay in my own home," *Eileen.*
said as she talked about her experience with Scenic Valley
case management.

Outreach

Takes the information and referral program out of the senior center and into the community, with staff contacting the target population in their homes by phone or in person.

Contacts: 2,267
Persons: 1,705

Transportation

By conveying eligible individuals to and from community facilities and enabling them to obtain goods and services, and reducing their isolation, they can continue their independent living.

One-way Trips: 9,208
Persons Served: 173

Social Services, *continued*

Respite

This service, provided in the individual's home by trained, supervised workers, offers temporary rest or relief to the caregiver of an older, dependent person.

Hours: 1,492

Persons Served: 27

Emergency Response System

This service provides to eligible seniors a device that notifies a central emergency point when a senior needs assistance and cannot use the phone. It offers peace of mind to solitary, frail clients and their families.

Months: 2082

Persons: 207

Information and Assistance

This service provides an individual with current information on opportunities and services available in their area; assesses the problems of the individual; links the individual to the available opportunities and services; and ensures the individual receives the services needed.

Contacts: 1,408

Individuals: 1,398

Caregiver Support

This service provides peer support programs to strengthen those who provide informal support to elders. May include education and training components.

Hours: 116

Persons: 13

Chore Service

Providing assistance to persons having difficulty with one or more of the following instrumental activities of daily living: heavy housework, yard work, or sidewalk maintenance.

Hours: 12

Persons: 2

Social Services, *continued*

Training and Education

Provides opportunities for family caregivers and older persons to acquire knowledge, experience or skills that can help them in their daily living.

Persons Served: 251

Hours: 251

Material Aid

Through material aid, eligible seniors obtain assistance to make their daily living safer, healthier and more comfortable.

Persons Served: 458

Assistance Provided: 489

Adult Day Care

Adult day care offers an organized program of supportive care in a group setting to older persons who need a degree of supervision, interaction and or assistance. Services could include personal care, rehabilitation services, transportation, social/recreational activities, meals and counseling.

Hours: 6,822

Persons Served: 32

Advocacy

Scenic Valley works one-on-one with eligible seniors, helping them to obtain needed rights and services.

Hours: 27

Persons Served: 8

Legal Assistance

An attorney provides legal advice, counseling and representation.

Hours: 161

Persons Served: 145

Volunteer Services

SMP *(formerly Operation Restore Trust of Iowa)*

The coordinator recruits and trains Scenic Valley volunteers to educate seniors on how to detect and prevent Medicare fraud, mistakes and scams.

Presentations: 13
Persons Reached: 493

Public Information

Public Information

These services inform older people about family caregiving, aging topics, programs and services.

Press Releases/Articles: 19
Unregistered Persons: 833
Issues/Sessions: 306

Service Providers - FY 2010

Agency Services

Delaware County Senior Center	<i>Congregate Meals, Adult Day, Home Delivered Meals, Nutrition Education</i>
Hills and Dales LifeTime Center	<i>Congregate Meals, Nutrition Education</i>
Finley Hospital	<i>Home Delivered Meals, Nutrition Education</i>
Jackson County Regional Health Center.	<i>Respite Care</i>
Jackson County Senior Center	<i>Congregate Meals, Home Delivered Meals, Adult Day, Nutrition Education</i>
Iowa Legal Aid	<i>Legal Assistance</i>
Maquoketa Valley REC	<i>Emergency Response System</i>
Mercy Medical Center	<i>Emergency Response System</i>
Regional Medical Homecare	<i>Respite Care</i>
Regional Transit Authority	<i>Transportation</i>
Shady Rest Care Center	<i>Congregate Meals, Home Delivered Meals, Nutrition Education</i>
Stonehill Adult Center	<i>Adult Day Care</i>
Visiting Nurse Association	<i>Respite Care</i>

Comparison - Units of Service

	<u>FY 2010</u>	<u>FY 2009</u>
Adult Day Care Hours	6,822	6,957
Advocacy Hours	27	29
Case Management for Frail Persons Admitted	112	123
Case Management for Frail Persons Reassessed	436	364
Case Management for Frail Persons Assessed	112	122
Congregate Meals	66,891	67,929
Home Delivered Meals	77,888	70,800
Legal Assistance Hours	161	161
Material Aid - Persons Served	458	106
Emergency Response System- Persons Served	207	247
Nutrition Education Sessions	189	214
Outreach Contacts	2,267	2,537
SMP Presentations	13	25
SMP Persons Reached	493	645
Public Information Press Releases	19	36
Training & Education - Persons Served	251	16
Information & Assistance Contacts	1408	1425
Caregiver Support Hours	116	86
Respite Hours	1,492	1,634
Transportation (rides)	9,208	8,489
Nutrition Counseling Sessions	1	0
Chore Hours	12	0

Two Year Comparison - Expenditures

	<u>FY 2010</u>	<u>FY 2009</u>
Administration	\$ 100,015	\$ 93,502
Social Services	934,120	883,807
Nutrition Services	<u>966,552</u>	<u>889,898</u>
	\$2,000,687	\$1,867,207

Two Year Comparison - Funding Sources

	<u>FY 2010</u>	<u>FY 2009</u>
Federal	\$ 723,446	\$ 646,679
Project Income	335,953	328,259
State	235,639	353,561
Match	282,215	300,342
Local Cash	413,754	229,318
County	<u>9,650</u>	<u>9,048</u>
	2,000,687	\$1,867,207

Voices of Those We Serve

Excerpts taken from survey comments about Scenic Valley funded programs:

*When asked about the Home Delivered Meals program they receive through Finley Hospital, Dubuquers got to the point, “**Have more days with fish, please;**” “**I love the meals and the real nice people who bring the meals;**” “**You are doing a good job! Thank you very much--it’s a wonderful service!**”*

*Folks in Bellevue raved about the lunchtime meals at the community center: “**Very good variety;**” “**They can’t be beat!**” “**Excellent cooks.**” “**Delicious homemade! Real potatoes!**”*

*Assistive products make a real difference in the lives of older people: “**I can get up and down without pain. It’s very comfortable...**” (lift chair)*

*Our case managers work hard to help their clients. When asked are you satisfied with your case manager we heard: “**Love her!**” “**Very friendly, helped a lot.**” “**She’s excellent!**”*

*When we talked about adult day services, we received positive comments: “**The girls are real nice;**” “**It’s a great place;**” “**Everyone is very good.**”*



Delaware County Office

1208 W. Marion Street
Manchester, IA 52057-1610
(563) 927-5037
FAX (563) 927-6134
Toll Free Phone (Caregiving Information)
888-238-0831
e-mail: scenicman@iowatelecom.net

Web Site:
www.scenicvalley.org

Dubuque County Office

Fountain Park, Springs Building
2728 Asbury Rd.
Dubuque, IA 52001
(563) 588-3970
FAX (563) 588-1952
Toll Free Phone (Caregiving Information)
888-238-0831
e-mail: mail@scenicvalley.org

Jackson County Office

1000 E. Quarry Street
Maquoketa, IA 52060-2550
(563) 652-6771
FAX (563) 652-6771
Toll Free Phone (Caregiving Information)
888-238-0831
e-mail: scenicmaq@iowatelecom.net

Find Us In Your Area

Scenic Valley Area Agency on Aging's programs and policies are consistent with pertinent federal and state laws and regulations on nondiscrimination regarding race, color, national origin, religion, sex, age and handicap.