

## Overview

**Project Name**

Spring 2018 Isabella County Commission on Aging 2% Application

**Total Requested**

\$517,558.00

(amount based on the Itemized Budget total)

**Applicant Project Priority**

High

**Reoccurring Need?**

This Request is Reoccurring

## Applicant Information

**Applicant Name**

[jcrawford@isabellacounty.org](mailto:jcrawford@isabellacounty.org)

**Applicant Email**

Jennifer Crawford

**Organization**

Isabella County Commission on Aging

**Address**

2200 South Lincoln Road  
Mt. Pleasant , 48858

**Phone Number**

989-772-0748

## Organization Information

**Primary Organization**

Isabella County

**Authorizers**

[mmcavoy@isabellacounty.org](mailto:mmcavoy@isabellacounty.org) Andrew Laughlin [laughlin.drew@gmail.com](mailto:laughlin.drew@gmail.com)

**Status**

Review

**Address**

200 N. Main Street  
Mount Pleasant, Michigan 48858

**Phone**

989 772-0911

**Fax**

## Categories

- Education

## Project Description

In July of 2017 the Isabella County Commission on Aging celebrated its 44th anniversary. During our years of service, we have built a strong reputation for assuring the availability of services to all Elders and their families throughout our county and our local communities. The requested funding that this application represents covers our program needs for Fiscal Year 2019 (October 1, 2018 to September 30, 2019). By projecting our agency's future service levels, we will demonstrate our ability, and our need, to plan for the

future of our programs and client care. The funding that has been provided to the Commission on Aging in the past has proven to be vital to the well being of our clients and the survival of our agency. The generosity of the Tribal Council has given us the means to stabilize and maintain our services.

In November of 2016 the Saginaw Chippewa Tribal Council provided the Commission on Aging with \$211,493.00. An additional \$150,000.00 was given to the COA in May of 2017. With the help of these dollars we have been able to provide over 7500 hours of direct care through our Personal Care, Homemaking and Respite Care Programs. Additionally, we provided over 4500 hours of Case Management which provides client assessment and monitoring of service needs and 670 hours through the Caregiver Training Program, which includes in-home educational training for caregivers. With our Unmet Needs Program, which is entirely funded through the Tribal dollars, the Commission on Aging has served over 100 low income households by helping them with the payment of energy bills, prescription and medical costs and minor home repair. Our Fitness Program continues to be a success story. We now have well over 300 participants who take part in exercise classes for Yoga, Tai Chi, Zumba Gold, plus the fitness programs we offer at CMU's Student Activity Center Pool in Water Aerobics and Aqua Zumba.

By the end of the Fiscal Year 2017, the Nutrition Program will have served approximately 56,000 meals in Isabella County. Included within our nutrition program is the special agreement we have with the Saginaw Chippewa Tribal Council to provide Home Delivered Meals to Tribal members between the ages of 50 and 59. From October 2016 to the end of September 2017 we estimate that we will serve nearly 600 meals under this special agreement. In addition to these meals the Commission on Aging will also serve over 3700 meals to Tribal Elders over the age of 60.

The funding that was provided to the agency's Foster Grandparent Program has allowed us to provide volunteer opportunities to over 52 low income older adults. In FY' 2017 they will provide over 47,291 hours of service to children in need in approximately 105 childcare/classroom settings in our community. Our Senior Companion Program was funded for the first time seventeen (17) years ago by a state grant. As a result of the generosity of the Tribal Council our program has been able to fulfill our contractual obligation and reach our goal for the number of Companions placed with Older Adults.

The Tribal funding helped our 25 Senior Companion volunteers to provide over 18,880 hours of care for the Older Adults to whom they were assigned in FY 2016.

The Tribal Council funding for the Gold Key Transportation Program helped to provide nearly 190,000 miles of volunteer transportation in FY'2016. This support allowed us to transport Older Adults to medical appointments, for dialysis and radiation, as well as the delivery of Home Delivered Meals. This vital transportation program would not have been possible without the assistance of the Tribal Council.

Finally, this funding has allowed us to maintain our special programs and activities at our new Activity Center. This program and the many services it brings to the community would otherwise not be available to those Older Adult Activity Center participants who attend on a daily basis.

#### Itemized / Individual Project Description by Program

##### In-Home Services Program

##### Case Coordination & Support / Case Management

"I have had very high bills for medicine and utilities. They were overwhelming and I didn't know where to turn. I met with our social worker from the Commission on Aging and she helped us through this rough time. I am so appreciative of the help I received from the Commission on Aging and the help provided by the Saginaw Chippewa Tribe."

A. CC&S is a program that provides Case Managers/Social Workers who will complete a comprehensive assessment of needs with community elders and her/his family or caregiver(s). All clients who receive services in their homes will participate in an assessment process which will help to determine the needs of the client and resources available. The Case Managers are part of a network of human service providers and are knowledgeable about the resources available in the community and the state. Often, the Case Managers will assist with issues that involve Medicare, Medicaid or other insurances. The Case Managers will assist with housing needs and with clients' permission, will advocate on behalf of clients with medical or financial issues. Each year the case managers find that clients come to the agency with multiple and very complex needs. Case Managers will continue to work with a client until the client states that there is no longer a need.

B. Each year for the last three fiscal years, the Case Management Program of the In-Home Services Program has seen an increase in hours of service given to the Isabella County community. During FY '17, the Case Management Program expects to give more than 4,500 hours of service to the older adults and family members in Isabella County. The Case Managers expect to serve more than 550 older residents. In addition to these numbers, the Case Managers, with the assistance of agency volunteers, look forward to assisting 600+ Medicare recipients with enrollment and information concerning the Medicare D prescription drug program and other health insurance situations.

"I just turned 65 years old. This Medicare system is so confusing and I don't know what Parts of Medicare I need. I was told I could get good information at the Commission on Aging so I called them and one of the social workers made it all very clear."

The funding request for this program would fund two full time case management positions.

Total request for CCS: \$75,000.00

#### Respite Care

A. Respite Care is a program with a dual purpose: to provide some "time away" for caregivers and a friendly aide for the person confined to the home. Service is provided by a Respite Care Aide with Certified Nurse Aide training or direct care worker training. It has been the experience of the Commission on Aging that caregivers are very willing to provide care for family or friends and are proud of the care they give. However, caregivers also know that caring for a loved one with a dementia or physical disability can have an effect on their health. If the caregiver becomes ill, often there is no one to care for their loved one. The Respite Care Program provides four to six hours, once or twice per week for the caregiver to have some personal time away from the 24/7 caregiving situation. During the respite time, the aides will also provide assistance with activities of daily living, which include bathing, dressing, hair care and light housekeeping.

"My social worker kept telling me that it would help if I was away from the home and caregiving duties. She kept saying caregivers need to care for themselves so they can continue to care for their loved one. She was right. I play cards with a group of friends every week and my partner works jigsaw puzzles with the respite aide from the Commission on Aging. We both take advantage of some "time away".

B. During Fiscal Year 2016, it is estimated that the Respite Care Aides will provide over 2,400 hours of service to 36 clients. Most households will also receive the personal care and homemaking assistance. All recipients of the Respite Care Program will also work with one of the Case Managers. This also allows for client access to other services which may make the caregiving task easier.

The funding request for this service would help to cover the cost of two part-time respite care aides.

Total request for Respite Care: \$30,000.00

#### Personal Care

A. Personal Care is the provision of in-home assistance with activities of daily living, which includes bathing, dressing, hair care, grooming, and assistance with ambulation and toileting. Assistance is given by Personal Care Aides who are trained as Certified Nurse aides or direct care workers. Many clients, who request this care, have had recent hospitalizations, have been dealing with an illness that has left them in a weakened state, or have had a stroke or surgery that makes it impossible to bathe themselves. Personal care aides are able to provide service 2 – 3 times per week and spend about 1 – 2 hours with clients.

B. Each year the hours of service of the Personal Care Aides have increased. As the population of frail older adults grows, the need for assistance with personal care grows. It is the expectation that in the coming fiscal year, the Personal Care Program will provide assistance to 50 clients and will provide 2,300 hours of personal care assistance.

The funding request for this service would help to cover the cost of two part-time personal care aides.

Total request for Personal Care: \$28,000.00.

#### Homemaking

"My husband and I have had the good fortune to be participants in the homemaking and personal care programs. We have both had surgeries in the past year and could not have returned home if not for the assistance from the homemakers and personal care aides. They were professional and courteous and helped us remain independent."

A. The Homemaking Program assists older adults with light housekeeping tasks. The goal of the program is to provide a safe and clean-living environment for older adults who have trouble keeping up with the daily household chores. Clients may find assistance with laundry, dusting, vacuuming, mopping floors and cleaning kitchens and bathrooms. Given our current funding situation, clients normally only receive assistance

every other week for 1 ½ to 2 hours. If clients have a problem with incontinence, the agency will try to have a homemaker assist weekly.

B. The Homemaking Program will provide 2,600 hours of assistance to 140 clients each year. As with our other services, as the population of frail older adults continues to grow, so too will the need for assistance with daily living activities. During this fiscal year, we have had a waiting list for homemaking services.

The funding request for this service would help to cover the cost of two part-time homemakers.

Total request for Homemaking: \$25,000.00

#### Caregiver Training Program

A. The Caregiver Training Program focuses on the needs of the ever-growing numbers of caregivers. It is designed to help improve the physical, emotional and spiritual health of those people who provide care of family and friends. The Caregiver Trainer works with caregivers to design topics that will help ease the burden of caregiving. Topics include stress relief, medication management, good nutrition, dealing with difficult behaviors and any other situation in which the caregiver needs assistance. The Caregiver Trainer also facilitates a caregiver support group, which averages 12–15 participants monthly and provides formal educational training sessions each fall. The Caregiver Trainer will also meet individually with caregivers in the setting of their choice and will provide information on any care needs.

B. This program will continue to provide annual training sessions that have historically served 80 – 90 people at each session. The monthly support group will each continue to maintain 12 – 15 caregivers. The Caregiver Trainer will provide 500 hours of service.

The funding request for this service would help to cover the cost of one caregiver trainer.

Total request for Caregiver Training: \$36,000.00

#### Unmet Needs

A. Many older adults are faced with the choice of buying prescription medications or paying for their heating bills; getting medical or dental treatment or putting food on their tables; making minor home repairs or paying for electrical bills. With the Unmet Needs Program, the Saginaw Chippewa Tribe and Commission on Aging have made it possible so that many older community members no longer have to make those choices. This fund helps older residents pay for minor home repairs and high utility bills. This fund helps older residents pay for medical, dental and optical costs that aren't covered by Medicare or other insurances. The Unmet Needs fund has helped older residents to feel more confident about their situations and safer in their living environments. Our elders should never be forced to make decisions to pay utility bills instead of putting food on their table or to deny themselves medical or dental assistance because their insurance will not pay.

B. It is our expectation that this program will serve 100 households (80 - 85 older adults) with income levels at or below 200% of the federal poverty guideline. Each household will be able to receive up to \$300.00 per year. Client needs may include medical, dental, or optical assistance, minor home repair, durable medical equipment or utility bills. In-Home Services staff will attempt to co-pay with other agencies, such as DHS, Eight-Cap and Veterans' Affairs. Networking with other community agencies will help to stretch already limited funds.

Total funding request for Unmet Needs: \$12,000.00

The total request for all In-Home Services Programs is \$206,000.00

### Food with Friends Nutrition Program

The Food with Friends Nutrition Program (FWF program) provides nutritious, home style meals for elders in need throughout Isabella County. We work hard to provide high quality meals that meet, and exceed state guidelines for nutrition, quality, and safety. We have a long history of high quality service throughout central Michigan. Through the FWF program, we provide meals to small gatherings of seniors (our "congregate meals"), as well as meals delivered right to the doorstep of those who are unable to get out of their homes on a regular basis. During this last year, we have been able to provide 56,000 meals to more than 800 elders in Isabella County.

### Tribal Meals

Over the years the Isabella COA has had the great privilege of cultivating a relationship with the Saginaw Chippewa Tribe. Through this relationship, we have been able to provide meals to elder tribal members over sixty, as well as those between the ages of fifty (50) and fifty-nine (59) years old. Through the efforts of volunteers and staff, we were able to serve over 4,300 meals to Tribal members last year. With a mutual calling and vision to serve the elders of our community, we welcome all elders to join in our activities and meals at our meal sites throughout the county. We also continue to provide high quality, consistent meal delivery for all those in need. It is our goal in the upcoming year to continue our strong relationship with the Saginaw Chippewa Tribal members in Isabella County. The Food with Friends Program will provide opportunities to promote health & nutrition, community, diversity, and creativity through the use of a wide range of media, publications, and local speakers.

The Commission on Aging is promoting health & nutrition through research driven nutrition classes taught by CMU staff, MSU Extension staff, as well as local registered dietitians and nutritionists. We are also promoting community and relationships by reaching out to community groups, non-profits, colleges & universities, and by prompting and training staff & volunteers to continually welcome, always share, and always respect.

Our desire is great, and so is our need. We would love to continue the work we are doing, as well as improve and increase the effectiveness of our program. Because of the ever present need for Congregate Meals and Home Delivered Meals we are asking the Tribal Council for a donation of \$58,000.

### General Program Operations for Nutrition Programs

The upcoming Federal and State operating budget for the nutrition program is estimated to cover only about 35% of the required funding. With an ever dwindling amount of Federal and State funds, the remaining 65% of budgeted dollars for these programs must be generated locally. With the total budgeted dollars, we estimate that we will serve over 56,000 meals to the elders in the Isabella County community.

In order to fulfill these obligations to our clients and their families we must be able to maintain our standards not only in the food we serve but in the quality of the service we provide. We do this by carefully purchasing program supplies and employing appropriately trained personnel.

Raw food costs continue to increase, and have been increasing by a minimum of 5% annually for the last 10 years. This is partially due to the State of Michigan introducing new food guidelines which add an increased amount of fruits and vegetables, which are more expensive items to purchase. Currently, the State of Michigan is looking at more changes to the Dietary Guidelines, leading to even more of an increase in food cost.

Personnel expense, delivery costs, disposable and utility costs are also general operating supply costs of the meals programs. These costs have continued to increase over the years. We continue to utilize volunteers and have always reimbursed them for their mileage.

In Isabella County in FY 2016 our volunteers traveled nearly 103,705 miles to deliver our Home Delivered Meals. We estimate our volunteers will travel at a cost of \$51,853. As you are aware we have consistently received tremendous funding support from the Tribal Council for our nutrition programs. The contributions we have received through the 2% distribution has made the difference not in whether we will be able to expand our programs, but whether we are going to be able to maintain our nutrition programs at a consistent level.

We are therefore asking the Tribal Council to continue their support of the Food with Friends Nutrition Programs by providing the Commission on Aging with \$67,000 to be used in the General Operations of the Nutrition Program.

The total request for the Food With Friend Nutrition Program is \$125, 000.00.

## Foster Grandparent Program and Senior Companion Program

### Foster Grandparent Program

A. The Foster Grandparent Program is a volunteer program for low income older adults. Participants must be 55 years of age or older and meet the income guidelines of 200% of poverty or below. They serve 15 to 20 hours per week providing service to special and exceptional needs children in our community. They serve in Elementary, Jr. High and High School classrooms, Head Start programs and Day Care Centers. The special needs of the child can range from difficulties adjusting to school to a severe learning disability. The volunteer provides the much needed academic and emotional support a child needs to succeed in school and life.

For their service, the volunteers receive a small non-taxable stipend in the amount of \$2.65 an hour. This money does not affect their social security or any other benefits they may be receiving. They also receive transportation reimbursement at a rate of .50 cents per mile or the actual cost of public transportation. The goal is to make sure that the volunteers incur no out of pocket costs which would prohibit them from volunteering. As part of our grant requirements we also make arrangements so they receive a meal each day of service, an annual physical and are recognized annually in a special event that showcases the program, the volunteers and the wonderful service they provide.

Before any volunteers are placed at a volunteer site they are required to attend 40 hours of training. Once they are placed they must attend monthly in-service meetings where information is provided that will benefit the volunteer both personally and in their work with the children. As part of our training for our volunteers we visit the Ziibiwing Cultural Center and have had staff from the 7th Generation Program present a workshop on the Anishinabe Culture, History and Language. This part of our training is an important aspect of understanding the history of the community we serve in. As an added support, project staff make monthly site contact to touch base with the volunteers as well as the volunteer site staff to answer any questions or address any concerns regarding the program or the placement.

B. Many older adults who live on a limited income may experience more isolation than others with more resources. The average annual income of our volunteers is \$8,000. The Foster Grandparent Program provides an opportunity for these individuals to make a difference and to be able to give back to the community. It allows them an opportunity for positive social interaction, a sense of accomplishment, usefulness and self-esteem. All of these factors contribute towards a healthier life style both physically and emotionally. The small stipend they receive helps to eliminate some of the stress of not having enough money available to buy groceries, pay for medications, cover rising utility costs, etc. As one of our volunteers stated, "The Foster Grandparent Program has given me my dignity back. I am focused now on helping others and the small stipend I receive allows me to stand on my own two feet. This program honors a person's self-respect."

The greatest impact these volunteers have is on the lives of the children they serve. The Foster Grandparents provide the one-on-one attention needed for children to succeed. They are there to support them in language development, pre-reading and reading skills. They are there to provide mentoring, a listening ear and emotional support. Many volunteer sites report how much the children look forward to grandma or grandpa coming into their classroom each day and how important it is for children to have a consistent and caring older adult in their lives especially when many of the children's own grandparents do not live in the area. Recently one parent sent a Foster Grandparent a note thanking them for all the help, love and support they gave to their child to make school a better experience for their son. They stated that they never thought their son would ever like going to school – he would experience nightmares about it. But when Grandma took him under her wing and sat with him at lunch, guided him and encouraged him with his school work, the nightmares began to disappear. School and learning became a joy for him. As they say it is the little things in life that count and Foster Grandparents are experts at making an impact on the little things in life.

The Foster Grandparents share their wisdom and experience – passing their knowledge on to the next generation. They are the bridge that connects the generations. The funding from the Saginaw Chippewa Tribe is an important component in keeping that bridge and connection strong.

### Foster Grandparent Program Tribal Support Request:

Stipends \$ 38,732 (This supports 14 volunteers)

Transportation \$ 18,342 (Mileage reimbursement)

Total Request \$ 57,074

#### Senior Companion Program

A. The Senior Companion Program is a volunteer program for low income older adults. Participants must be 55 years of age or older and meet our income guidelines of 200% of poverty or below. They serve 15 to 20 hours per week providing companionship to older adults with special needs in our community. Volunteer placements may include the Adult Day Program, Prestige Centre, Rosebush Manor, MMI, and in-home placements through referrals from the Commission on Aging, Midland Care Management, Community Mental Health, DHS, and others.

For their service, the volunteers receive a small non-taxable stipend in the amount of \$2.65 an hour. This money does not affect their social security or any other benefits they may be receiving. They also receive transportation reimbursement at a rate of .50 cents per mile or the actual cost of public transportation. The goal is make sure that the volunteers incur no out of pocket costs which would prohibit them from volunteering. As part of our grant requirements we make arrangements so they receive a meal each day of service, an annual physical and be recognized annually in a special event that showcases the program, the volunteers and the wonderful service they provide.

Before any volunteers are placed at a volunteer site they are required to attend 40 hours of training. Once they are placed, they must then attend monthly in-service meetings where information is provided that will benefit the volunteer both personally and in their work with older adults. As part of our training for our volunteers we visit the Ziibiwing Cultural Center and have had staff from the 7th Generation Program present a workshop on the Anishinabe Culture, History and Language. This part of our training is an important aspect of understanding the history of the community we serve in. As an added support, project staff make monthly site contacts to touch base with the volunteers as well as the volunteer site staff to answer any questions or address any concerns regarding the program or the placement.

B. Many older adults who live on a limited income may experience more isolation than others with more resources. The average annual income of these volunteers is \$8,000. The Senior Companion Program provides an opportunity for these individuals to make a difference and to be able to give back to the community. It allows them the opportunity for positive social interaction, a sense of accomplishment, usefulness and self-esteem. All of these factors contribute towards a healthier life style both physically and emotionally. The small stipend they receive can make the difference of being able to pay their bills or even fill their prescriptions. One volunteer shared that the Senior Companion Program was a warm light after experiencing a dark period in her life after the loss of her husband, a son and her mother. The program allowed her to once again be productive and to stand proud of her achievements and contributions to her community. She will inform and educate others about the value and need for this program in our communities. Because of her passion for the Senior Companion Program she has made volunteering a family affair and recruited her sister to become a Senior Companion too.

The greatest impact the Senior Companions have is on the lives of their clients. The Companion is a link to the outside community; they are a support for the client's activities of daily living. Examples of services they provide include having lunch with their client by taking them out to a meal site, taking them to the grocery store or to medical appointments, reading stories or just simply conversing about topics of interest to ease a person's loneliness. They also serve as a support to the families who are the primary caregiver for their frail family member. Recently one of our Senior Companion Volunteers was awarded the 2016 Senior Volunteer Award during the Governor's Service Award Celebration in Saginaw. Nancy Bryant has served over 3200 hours as volunteer with the Senior Companion Program. She works with homebound, isolated clients, and residents who have transitioned into a nursing home. Nancy brings her homebound clients to local meal sites for lunch, as well as taking them on additional outings or transports them to medical appointments. Nancy takes the time to individualize outings for each of her clients on what their interests may be in. She provides encouragement and companionship which combats their loneliness and isolation. Nancy's involvement assists in keeping her in-home client's independent and living in their own environment. The Senior Companions treasure and preserve the past with their clients yet they are also a link to the present.

Senior Companion Program Tribal Support Request:

Stipends \$ 22,133 (Supports 8 volunteers)

Transportation \$ 20,351 (Mileage reimbursement)

Total Request \$ 42,484

### Gold Key Volunteer Program

A. The Gold Key Volunteer Program is a County Funded service that has been a part of our agency for more than forty-two (42) years. In FY'16 we had 353 registered individual volunteers and 36 group organizations that provided assistance in nearly all of the Commission on Aging programs. Those volunteers donated 44,706 hours of service in FY'16. We estimate that our Gold Key Volunteers will donate over 52,600 hours in 2017. The importance of their time and talents can not be emphasized enough. The volunteers of the Gold Key program are the heart and back bone of the Commission on Aging.

**Volunteer Mileage:** A major part of the Gold Key Volunteer Program is our transportation service. We utilize volunteer drivers to transport Elders primarily for medical appointments, cancer treatments and dialysis. Because our local transportation system is, for the most part, restricted to within Isabella County, it is difficult to find transportation that will take Elders to appointments outside the county. Our Gold Key Volunteer Drivers transport Elders to Alma, Saginaw, Lansing, Midland, and even Grand Rapids, Detroit and Ann Arbor when necessary. In FY'16 our volunteer drivers documented 85,935 miles to transport clients to medical appointments, responding to 1,263 requests for transportation. We estimate that in 2017 they will provide more than 106,826 miles of service. Volunteers are reimbursed for their mileage at \$.545 per mile.

Over the years the Saginaw Chippewa Tribal Council has supported the Gold Key Volunteer Program with Tribal 2% funding. This funding request would represent about 1/3 of the total budget for the volunteer mileage program.

**Volunteer Support Position:** For many years our Gold Key Volunteer Program was managed by one full time staff position that has been, and continues to be, paid directly by the County Board of Commissioners. However, because of the support of the Saginaw Chippewa Tribal Council, the Commission on Aging has been able to manage the increasing demand on the volunteer program by providing funding for a full-time support position. This position is responsible for arranging and scheduling volunteers to transport our Older Adult clients to medical appointments. The transportation clerk position is full time, at 37.5 hours per week. The salary is at the county pay scale of \$13.52 per hour. By continuing this position, the Program Coordinator would have the time required to recruit new volunteers and to plan volunteer training.

B. Gold Key Volunteer Drivers provide medical transportation to older adults living in every Township of Isabella County. Families are assisted when they are unable to provide transportation on their own. This service helps enable frail older adults to remain independent and enhances their quality of life. Volunteer opportunities allow older adults to help provide needed services while enhancing their own lives. The Gold Key Volunteer program works closely with families, physician's offices, hospitals, social service agencies, veterans' organizations, residential facilities, dialysis units, churches and service clubs to provide this much needed service.

### Gold Key Volunteer Program Tribal Support Request:

Volunteer Mileage \$19,000

Volunteer Support \$30,000

Total Request \$49,000

### Activity Center Program

According to the Center for Disease Control, 80% of adults age 65 and older have at least one chronic health condition; 50% have at least two. In addition older adults suffer from depression, and nationwide at least 35% do not participate in leisure time physical activities. According to the National Council on Aging research shows that older adults who participate in Activity Center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental and economic well-being. The National Council on Aging also reports that depression affects 7 million older Americans. As people age and retire or move to a new community, they may not have as many opportunities to socialize as they did when they were younger. They may not be getting out and about each day, and they may be missing out on important social interactions that may help them stay sharp and healthy. Social interaction helps keep the brain from getting rusty and it is most effective when combined with a healthy lifestyle, including a nutritious diet and physical activity.

A typical senior center serves 88 people per day and spends about \$510 per year in operating costs per user. Nationwide senior centers serve 1,000,000 people every day, ¾ of visitors visit 1 – 3 times per week and stay an average of 3.3 hours. The average visitor is 75 years



old; 7 in 10 are women and 50% live alone.

Older adults are looking to their communities for support as they age, so they can continue living in their homes as long as possible. According to a 2015 National Council on Aging survey, fifty-eight percent of older adults have not changed residences in more than 20 years and seventy-five percent intend to live in their current home for the rest of their lives. The Isabella County Commission on Aging Activity Center serves as a focal point to the area's older adults. We strive to accommodate the growing needs of an older population, by providing social, emotional and supportive services in a safe, fun and welcoming environment. By offering opportunities to address physical, emotional and psychological needs of our participants, we help them to see that they are valuable, productive and contributing members of our community. Given this growing population of adults, fixed income, the increase in cost of living and age related health care coverage; our elders are fortunate to be able to participate in so many services that are made affordable to them through the COA Activity Center. It is a place where they can come together for services and activities which will enhance their dignity, support their independence and encourage involvement within the community. We offer a variety of programs and services, including: information and assistance, health and wellness programs, transportation services, volunteer opportunities, support groups, social and recreational activities and educational and inter-generational programs. Our older adults are able to gain information on resources, learn and participate in activities of their interest, explore new opportunities, travel, volunteer, stay current on pertinent health issues, form new relationships, have access to a healthy, balanced, affordable meal through the Food with Friends meal program and most importantly stay active. They have access to a computer lab that is internet accessible and computer classes, which keep them up to date on current technology and their minds stimulated. We offer many health and wellness opportunities, including physical exercise, a safe building for walking, health assessments and hand eye coordination activities such as arts & crafts, knitting, interactive Wii, card games and bingo. We also offer educational programs covering topics and information such as a Matter of Balance, an evidence-based fall prevention program for older adults that has been proven to help older adults reduce their risk of falling; Eat Healthy, Live Strong nutrition classes, the AARP Smart Driver Course and more.

Healthy lifestyles have been linked with reductions in chronic disease, unnecessary hospitalizations and delays in the onset of dementia and Alzheimer's. As part of the COA Activity Center, we offer fitness programs for older adults. Since 1995, the Commission on Aging, through the generosity of the Saginaw Chippewa Tribe, has contributed to fitness programs for the older adults of Isabella County. The fitness programs, which includes low-impact exercise and water aerobics, provides a two-pronged approach to health for older adults: exercise to help maintain flexibility and strength and information on healthy living. The low-impact exercise class is held three days a week with an average of 15 participants per class. The water aerobics class is held at the Student Activity Center pool on the campus of Central Michigan University three days a week and each class averages 40+ older adults. Along with the low-impact and water aerobics classes, we offer several other fitness classes; an evidence-based Tai Chi for Arthritis class, Yoga class, Zumba Gold and Aqua Zumba classes, beginner and intermediate line dancing lessons, iRest (an evidence-based meditation practice that can lead to psychological, physical and spiritual well-being) and a Hula class. We have a walking track around the outside of our building and have stationary exercise equipment (cardio stepper, chest/back press, squat press, a stretching pole and Tai Chi wheels) in one location around the track. The walking trail and equipment is utilized on a daily basis. 300+ older adults participate each year in one of more of the fitness programs.

Participants at the COA Activity Center come from all areas of Isabella County. The building is available and is used by any group of elders with a need in the community. People want a place where they can gather to be informed, volunteer and remain healthy and active. The new generation of retirees, "Baby Boomers", will be looking for a place that will meet these needs. The Center continues to focus on a positive, active lifestyle for all. The Activity Center Coordinator schedules programs and oversees the activities at the Center. It is our expectation to continue and enhance our fitness opportunities. With the addition of new fitness opportunities, we have been able to increase the number of participants participating in our programs by more than 20%. We know that exercising with friends and having knowledge about health and fitness are two very powerful ways to stay healthy both physically and mentally and play an important part in healthy aging. There are 696 registered individuals who participated in a wide variety of activities, special events and travel opportunities last year. Our larger programs that serve the community as a whole attracted tens of thousands of participants. In addition to the COA Programs there are more than 75 different community groups who utilize the Activity Center for meetings and events.

Our older adults are passionate and grateful for the programs and services we offer. Several shared their stories:

"I attend two classes at COA plus enjoy several events/trips and enjoy them. I have made new friends plus learning new skills and getting more exercise, both for body and mind."

"I never would have imagined that I could participate in the travel opportunities offered through the COA, but through encouragement, patience and reassurance I went and I had a wonderful time. In fact, it was life changing and I intend on going on a lot

more trips in the future. Thank you COA!"

"I have participated in Zumba classes and drawing classes, both of which got me motivated to get out and do some new things. I then checked into working in the kitchen, which I now do regularly on Monday mornings. After retiring, I needed something purposeful to do again. Working for Food with Friends as a Kitchen Asst. has done that for me. Thank you for the chance to contribute to the community in a way that I really enjoy. I also love the kitchen staff. They are so appreciative."

"I particularly liked the iPad instruction I attended. It helped me be a better user. Also, the annual program to help seniors with Medicare Part D selection is wonderful. The Commission on Aging is a jewel."

"The COA has provided the opportunity for my husband and I to be active, participate in educational classes and enjoy camaraderie with seniors of all ages."

"Both my husband and I have enjoyed the swimming classes. It is a wonderful way to start the day and stretch your muscles in a safe environment."

"I have enjoyed all the activities I have elected to participate in. The camaraderie has been very rewarding. The physical exercise and the mental stimulation has been rewarding. I have especially enjoyed Yoga and hula classes. The teachers and students are a pleasure to be around."

"I came to learn to knit and found a best friend forever. Can't beat that with a stick. I am the only one located here. Moved with my husband, my family and friends all back in New York...I was a pretty lonely little puppy and...I can knit socks, sweaters, shawls, hand mitts, and all sorts of other stuff. I bless the day I screwed up the courage and walked through the doors of COA."

"COA is a great community gathering place that meets a need and responds to that need by caring and attentive volunteers. Whether it is socializing, sharing a meal, gathering information that is relative to their needs, COA DOES IT WITH COMPASSION AND CARE. I am and have been on both sides now and realize how important COA is to this community."

"As a newcomer to the area (1 yr.) I visited the COA a way to get information on area happenings. Wow, what I received was new friends, travel, clubs of interest to me and socializing with others, which is very important to us as we age. Thank you to the staff, merchants & services offered at my COA."

Various joint problems have limited my ability for aerobic exercise on land. I credit 15 years of water aerobics with my current fitness and quality of life.

The COA Activity Center budget for Fiscal Year 2018 is estimated at \$69,226.00. The request for funding for the Activity Center Program will allow for the continuation and growth of programming. The Tribal Council has continued to be supportive of the Activity Center for many years. Several years ago, we lost all funding from the State of Michigan for our activity programs. In order to maintain the programs, we have had to do extra fundraising. The funding that the Tribal Council has given to us through the 2% distribution has been vital in supporting and maintaining the Activity Center Program.

The funding request for the Activity Center Program is \$38,000.00.

## Benefit Description

For forty-four (44) years the Isabella County Commission on Aging has provided services to the Elders of the Saginaw Chippewa Indian Tribe and to other Older Adults throughout our service area. Everything from our In-Home Services Programs: CCS, Personal Care, Homemaking, Caregiver Training Program and Respite Care, to our Food with Friends Program: Special 50-59 Meals, Home Delivered Meals and our Congregate Meals have been available to the Elders of the Saginaw Chippewa Indian Tribe and the general Older Adult population. We also continue to serve the Tribe through our Foster Grandparent Program, the Activity Center and our Gold Key Volunteer Program. The funding that the Tribal Council has provided for these programs has allowed the Commission on Aging to maintain our core services and develop new ones where there has been a demonstrated need (i.e. Fitness Exercise Program, Unmet Needs Program). Without a doubt, the funding that has been provided to the Commission on Aging has not only allowed us to serve a greater number of Tribal Elders, but has also allowed us to better serve the county as a whole.

## Funding Requirements

The Isabella County Commission on Aging is a Department within the Isabella County Governmental Unit. During our many years of existence we have served our Older Adult citizens and their families with great respect and care. As we state within the contents of this funding proposal, we are constantly receiving more and more requests for services. We cannot keep up with this demand and even with the generous support of the Tribal Council our funding needs do not keep pace. The demand for care is greater than ever before, but the State and Federal dollars that we also depended upon for support are continually decreasing in size and availability.

An additional point of concern is the growing Older Adult population in Isabella County. Between 2000 and the year 2010 the 60+ population of Isabella County grew by over 26.6%. In comparison, the general population increased by 10.9%. As we look 10 to 15 years into the future we know that because of the Baby Boomer Generation the growth rate of the 60+ population will increase at an even faster rate. In the year 2000 there were 7,639 Older Adults in Isabella County. In 2010 there were 9,672, and by 2020 we will have nearly 13,500 individuals over the age of 60 living in Isabella County. By 2030, according to the U.S. Census Bureau, Isabella County will have an estimated 60+ population of over 19,500 individuals. Because of this growth the funding the Commission on Aging receives from the Saginaw Chippewa Indian Tribal Council will continue to be just as important as they are today.

For several years the Saginaw Chippewa Tribe has been one of our largest funding sources for the Commission on Aging. We, therefore, understand the importance of Tribal support and how vital it is to all of the older citizens of Isabella County. In Fiscal Year 2017, it is estimated that the Tribal funding will represent approximately 20% of the total budgeted revenue. Our Senior Millage funds have also been used to provide services to county elders, however, given the state and federal funding climate, we continue to search for funding sources that help us maintain our programming and services to our elders. Saginaw Chippewa Tribal support is, and always will be, a vital part of our entire program, service and care structure.

## Description of Reoccurring Need

2% funding awarded by the Saginaw Chippewa Indian Tribe has been a vital source of funding for the Isabella County Commission on Aging since the first award was received in 1995. Since that time, the funding received by the Commission on Aging has represented approximately 20% of its total direct care budget. With the drastic increase in the older population and financial cuts at both the federal and state levels, the Isabella County Commission on Aging relies heavily on the incredible generosity and support of the Saginaw Chippewa Indian Tribe, which allows us to provide a variety of wonderful programs and services to the older adult population throughout Isabella County.

## Project Timeline

If awarded with 2% funding from the Saginaw Chippewa Indian Tribe, the Isabella County Commission on Aging will use the funds throughout the year to provide programs and services to the older adult population throughout Isabella County.

## Budget Items

Name	Cost	Quantity	Total	Category
Case Management	\$75,000.00	1	\$75,000.00	Education
Respite Care	\$30,000.00	1	\$30,000.00	Education
Personal Care	\$28,000.00	1	\$28,000.00	Education
Homemaking	\$25,000.00	1	\$25,000.00	Education
Caregiver Training	\$36,000.00	1	\$36,000.00	Education
Unmet Needs	\$12,000.00	1	\$12,000.00	Education
Tribal Member Meals	\$58,000.00	1	\$58,000.00	Education

Name	Cost	Quantity	Total	Category
General Program Operations for Nutrition Programs	\$67,000.00	1	\$67,000.00	Education
Foster Grandparent Program	\$57,074.00	1	\$57,074.00	Education
Senior Companion Program	\$42,484.00	1	\$42,484.00	Education
Volunteer Mileage	\$19,000.00	1	\$19,000.00	Education
Volunteer Support	\$30,000.00	1	\$30,000.00	Education
Activities and Fitness Programs	\$38,000.00	1	\$38,000.00	Education
<b>AmountRequested</b>	<b>\$517,558.00</b>			

## Matching Funds

Name	Cost	Quantity	Total
Isabella County Millage	\$1,224,748.00	1	\$1,224,748.00
Area Agency on Aging	\$213,472.00	1	\$213,472.00
State of MI Aging and Adult Services Agency	\$262,501.00	1	\$262,501.00
Nutrition Services Incentive Program (USDA)	\$38,357.00	1	\$38,357.00
Project Income	\$89,564.00	1	\$89,564.00
POS/DHS Waiver	\$17,855.00	1	\$17,855.00
Trip Revenue	\$55,000.00	1	\$55,000.00
In-kind	\$64,919.00	1	\$64,919.00
Miscellaneous	\$21,175.00	1	\$21,175.00
Special Contributions	\$2,250.00	1	\$2,250.00
Event Revenue	\$20,000.00	1	\$20,000.00
Meals to Go	\$2,000.00	1	\$2,000.00
<b>AmountMatched</b>	<b>\$2,011,841.00</b>		

## Budget Summary

Amount Requested

\$517,558.00

Amount Matched

\$2,011,841.00

## Total Amount

\$2,529,399.00

## Uploaded Files

Name
<a href="#"><u>May2018SCITCoverLetterIsabellaCountyCommissiononAging_2018-03-08.pdf</u></a>

There are no comments to display.



2200 South Lincoln Road, Mount Pleasant, Michigan 48858 (989) 772-0748 Fax: (989) 773-0514

March 5, 2018

Mr. Ronald Ekdahl, Tribal Chief  
Saginaw Chippewa Tribal Council  
7070 East Broadway  
Mt. Pleasant, MI 48858

Dear Chief Ekdahl,

First and foremost, I wish to extend to you, the Tribal Council and the entire Saginaw Chippewa Indian Tribe the utmost appreciation of the Isabella County Commission on Aging for your generosity and support that you have provided and continue to provide to all of Isabella County, especially our older adult population. We cannot express strongly enough how important your 2% Distribution has meant to all of our programs and services at the Commission on Aging. The first 2% funding we received was in November, 1995. Since that time the Tribal Council has blessed us with their generosity annually and has given our organization over \$8 million (\$8,158,931.60 to be exact). We are so grateful for this support, which represents over 20% of our total direct care budget. The funds are not used to provide or even supplement any of our administrative costs as they are dedicated to programs and services. Your continued financial support is a vital part of what we do for the elders in Isabella County, and we are extremely grateful for your generous assistance.

As you are probably aware, it is the normal custom of the Commission on Aging to submit our 2% Application Request during the Fall distribution, which we did for November, 2017. In response to that application, we are so thankful that the Tribal Council awarded us with approximately 20% of our initial request, totaling \$94,000.00. Several years ago, at the request of the Tribal Council, we began resubmitting the Fall 2% distribution request for further consideration during the May distribution process. As a result, this application for the May, 2018 Distribution was originally submitted in November, 2017.

A copy of our original November, 2017 2% Application has been re-submitted to the Isabella County Board of Commissioners and will be included in the County request. Please feel free to contact me if you have any questions. Thank you for your consideration and continued support.

Sincerely,

A handwritten signature in blue ink that reads 'Jennifer A. Crawford'.

Jennifer A. Crawford, M.S.A.  
Executive Director