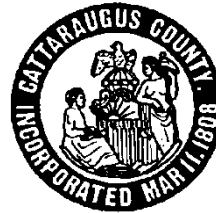




# Annual Report 2018



**Presented at Public Hearing  
August 16, 2018**

**Cattaraugus County  
Department of the Aging/NY Connects  
*An Aging and Disabilities Resource Center*  
Advocacy, Action, Answers on Aging**

***Cathy Mackay, Director***

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## LETTER TO THE LEGISLATURE AND COMMUNITY . . .



*I am honored to present to you the Cattaraugus County Department of the Aging's 2017-2018 Annual Report.*

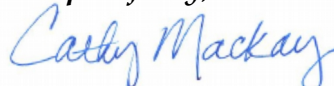
*The 2018 theme for Older Americans Month this year is "Engage at Every Age". With people living much longer lives now than their grandparents or great-grandparents, never has this message been more important. It seems as if it's taken the world a little time to grasp the reality of the situation. Sure, they get that there are more and more senior citizens making up an ever-growing segment of the population. But do they truly understand that this bump in longevity means extra years spent doing...something...anything? What if someone suddenly told you that you had decades longer to live than you had previously thought, but society still thought that at a certain age you should be done living? Dr. Eric Plasker has addressed this very notion in his book, "The 100 Year Lifestyle", which addresses not just life expectancy but the quality of life expectancy.*

*New York has been designated the first age-friendly state in the nation by AARP and the World Health Organization. For the first time in recent memory, New York has included a policy platform to address and support the needs of the modern aging population. The governor has included in this policy the establishment of a Long-Term Care Planning Council. Policy will initiate and expand a statewide Advanced Care Planning campaign. The state will also set a goal of making 50% of all health systems age-friendly within the next five years, including age-friendly emergency rooms, better equipped to serve aging New Yorkers with cognitive and other physical disabilities. But this is just the beginning.*

*Hosea Ballou said, "Forty is the old age of youth. Fifty is the youth of old age." Never has this quote been truer. We have at least three decades more time to spend on this earth than our recent ancestors. When you think about it, that is like a whole second adulthood. What will you do with YOUR second adulthood?*

*I am indeed grateful to be part of this evolution of aging, and I am excited to see what the quality of life expectancy will be for older Americans in the years to come. More importantly, I am grateful for the support of county leaders, volunteers, staff, caregivers, and the older adults of Cattaraugus County. Together we can make these extra decades something worth living.*

Respectfully,



Cathy Mackay  
Director

## LEGISLATURE 2018 (Current)

### \* *Human Services Committee*

Joseph Boberg

\* Robert Breton

\* Andrew Burr

Vergilio Giardini, Jr.

Dan Hale

\* Barbara Hastings

\* Richard Helmich, Jr.

Frank Higgins

Richard Klancer

David Koch

Susan Labuhn

\* Robert Neal

John Padlo

James Snyder

\* James Joseph Snyder, Jr.

Howard VanRensselaer

\* Donna Vickman

## DEPARTMENT OF THE AGING MANAGEMENT TEAM

Cathy Mackay ~ *Director*

Sue Brisky ~ *Office Manager*

Peggy Address ~ *Senior Accountant*

Bonnie Saunders ~ *Case Supervisor,*

*NY Connects Administrator*

Mandi Hemphill ~ *Unit Supervisor*

Kim Connell ~ *Nutrition Director*

Ellen Herner ~ *RSVP Director, Planner*

## ADVISORY COUNCIL 2018 (Current)

Nancy Allen

Frank Aloi

Judi Blair

Diane Boser

Jim Boser

Helen Crowley

Barbara Hastings

Ann Ploetz

Terry Shaw

Ruth Vincent

Dr. Kevin Watkins

## LONG TERM CARE COUNCIL 2018 (Current)

### \* *Ex-Officio Members*

Ann Battaglia - Healthy Community Alliance

Anthony Evans, Director - Youth Bureau

Jodi Fuller - Cattaraugus Community Action, Inc.

\* Barb Hastings - Human Services Committee, Cattaraugus County Legislature

Joni Hewitt, Executive Director - Eden Heights of Olean

Mari Howard - The Rehabilitation Center (Linda Manross)

Leslie Kennedy, Director - SNI Office for the Aging

Susan Labuhn, Cattaraugus County Legislature

Leonard Liguori - Directions in Independent Living (Sue Hannon, Krissy Williams)

Catherine Mackay, Director - Department of the Aging

Carol Mahoney - Home Care and Hospice, Total Senior Care (Roxanne Padlo)

Sue McAuley, Executive Director - United Way of Cattaraugus County

Steve McCord, Director - Veterans Service

Kathleen Mickney - WNYDDSCo/RSO/OPWDD

Chelsea O'Hara - Alzheimer's Association, WNY Chapter

Cheryl O'Keefe - The Bridge Outreach Program

Mary O'Leary, Director - Community Services Department

Jeffrey Reed, Esq. - Legal Assistance of Western New York (Eric Charette, Esq.)

Tammy Schmidt, Administrator - The Pines Healthcare & Rehabilitation Center

\* John R. Searles, County Administrator

\* James Joseph Snyder, Jr., Vice-Chair - Human Services Committee, Cattaraugus County Legislature

Megan Taylor - Interfaith Caregivers

Tony Turano, Commissioner - Department of Social Services (Evonne Phillips)

\* Donna Vickman, Chair - Human Services Committee, Cattaraugus County Legislature

Kevin Watkins, Public Health Director

## **MISSION, VALUES, & VISION of the Cattaraugus County Dept. of the Aging**

*The Cattaraugus County Department of the Aging was created in July of 1975, and since its inception, has coordinated with existing community services, planned, developed, and/or administered needed programs, while also promoting new and better services for all individuals age 60 or older.*

*In accordance with the Older Americans Act and the vision of local government, the primary goal of the Department of the Aging is to enable the estimated 19,000 older adults of Cattaraugus County to maintain or improve their quality of life in the least restrictive, most cost effective way.*

*With respect for the dignity, independence, and strengths of aging Cattaraugus Countians, with compassion for their needs, and with zeal in the promotion of their interests, the Department of the Aging shall:*

- ❖ Anticipate, plan, coordinate, and support services and benefits to help older Cattaraugus Countians meet their diverse physical, social, and economic needs;*
- ❖ Fairly and equitably allocate County, State, and Federal funds to communities throughout the County, identify quality programs to receive those funds, and ensure their effective and efficient use to meet the needs of older persons and their families;*
- ❖ Expand resources for the aging through advocacy and through private and public partnerships in the creation of new programs and revenue enhancing innovations;*
- ❖ Develop and encourage opportunities for older persons to serve their communities and to work as long as they wish;*
- ❖ Assist older persons and their families to access existing resources and inform and educate the general public about aging issues; and*
- ❖ Emphasize the development and accessibility of home and community-based services to prevent premature institutionalization.*

## MISSION, VALUES, & VISION of NY Connects

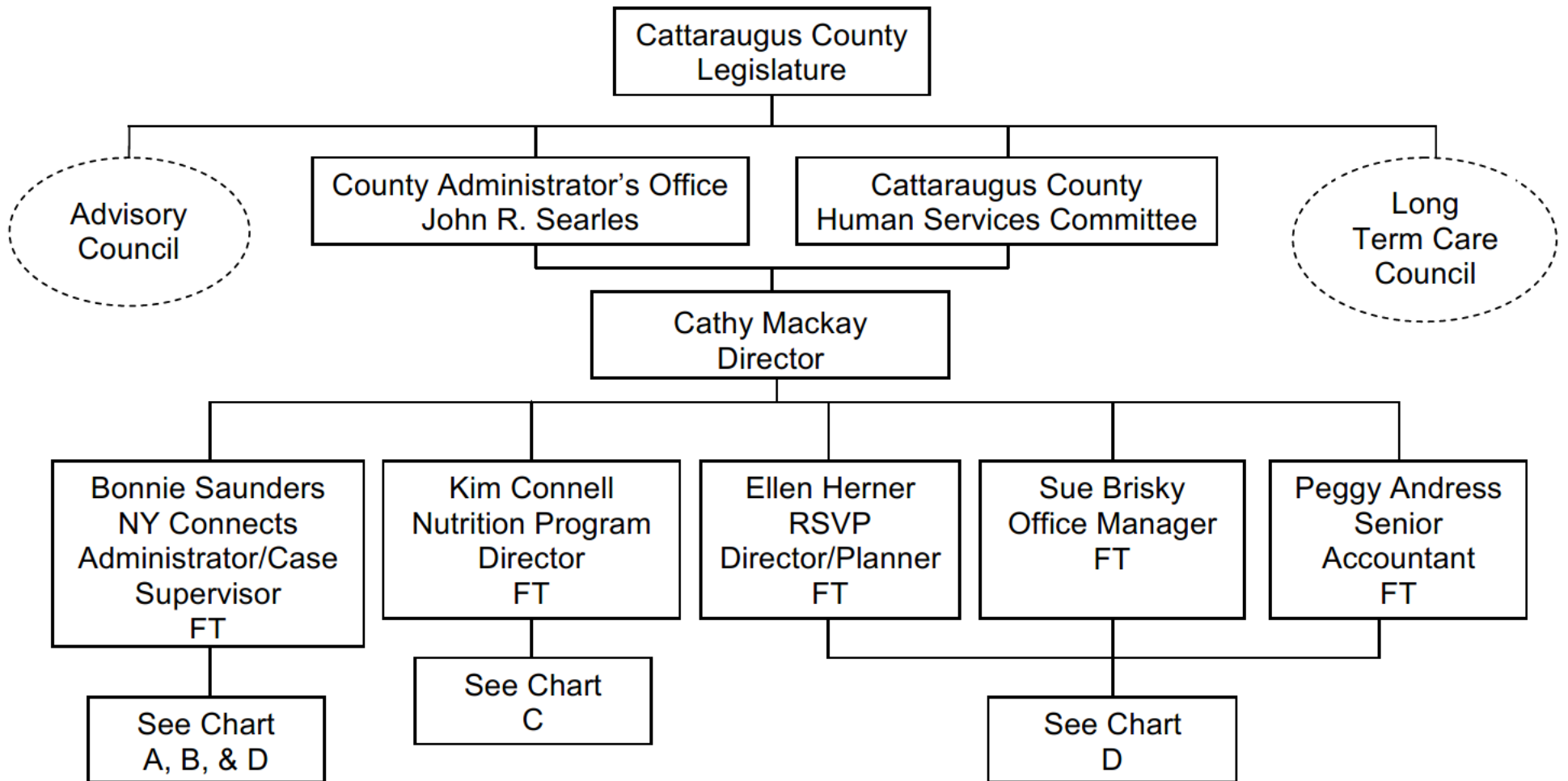
- ❖ *Cattaraugus County NY Connects is an Aging and Disability Resource Center that provides accessible, coordinated and person-centered answers to the long term care needs of county residents and those who care for them. It is a “no wrong door” model of information and assistance through a collaboration of the Cattaraugus County Departments of Aging, Social Services, Health, Veterans Administration, and Community Services (Mental Health), OPWDD (Office for People with Developmental Disabilities), and Directions in Independent Living. The system will encompass consumer choice, offer system integration for programs that are effective and responsive, promote personal responsibility, serve all socio-economic groups, provide quality care, and ensure accountability, efficiency and affordability.*
- ❖ *Provide a consumer centered entry point for information and assistance about long-term care and direct consumers to linkages to services that assist individuals of all ages with long term care needs. Ensures unbiased information and conflict-free case management.*
- ❖ *Provide information and assistance to all individuals who need long-term care, their caregivers, and those planning for future long-term care needs, whether it is anticipated that public or private sources of payment will be used. Supports a collaborative effort that ensures accountability, efficiency, and affordability for the consumer.*



**NY Connects**  
Your Link to Long Term  
Services and Supports



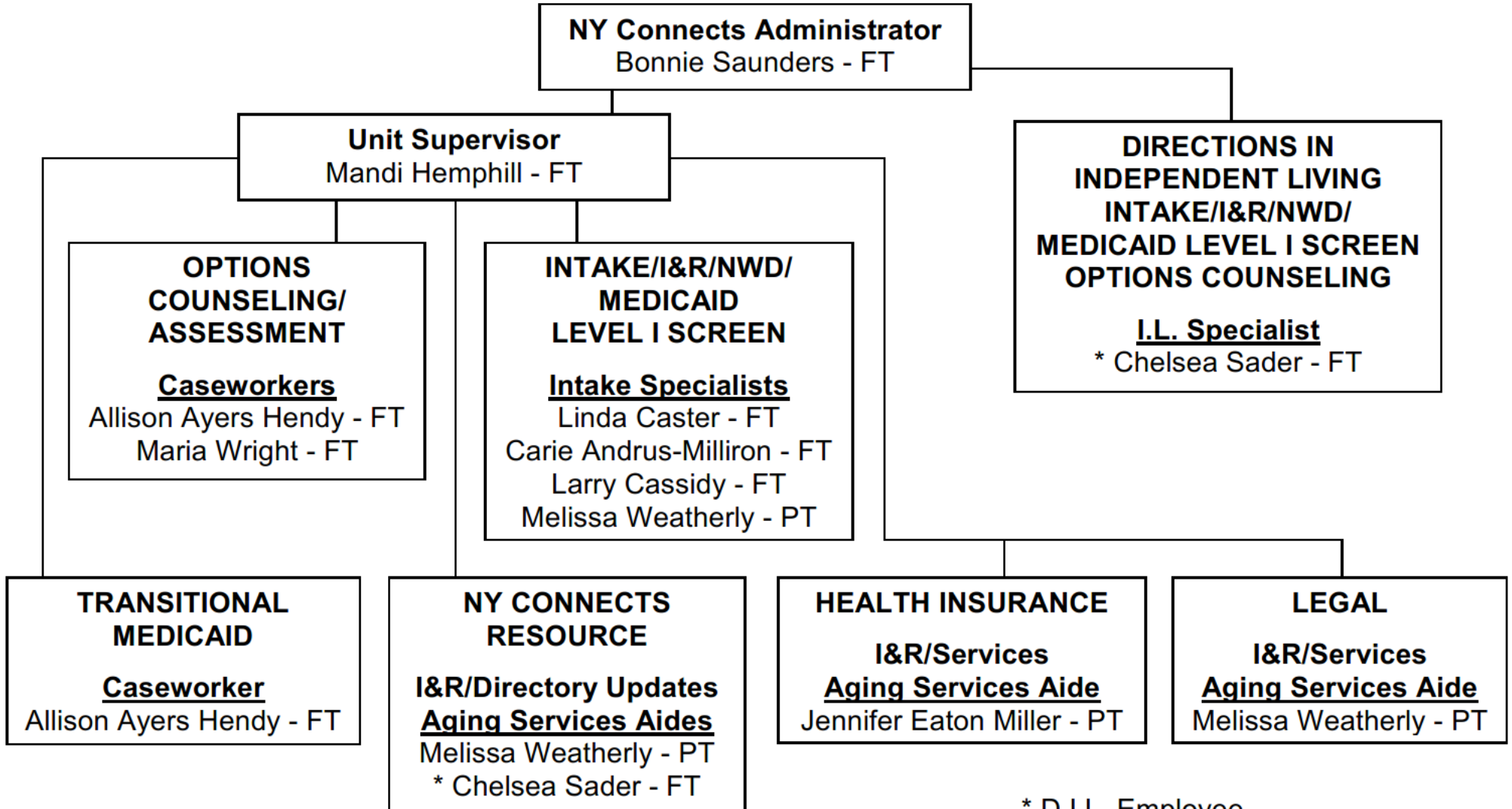
**Cattaraugus County Department of the Aging**  
**PRIMARY ORGANIZATIONAL CHART**





**Cattaraugus County Department of the Aging**  
**SUPPLEMENTAL CHART A**

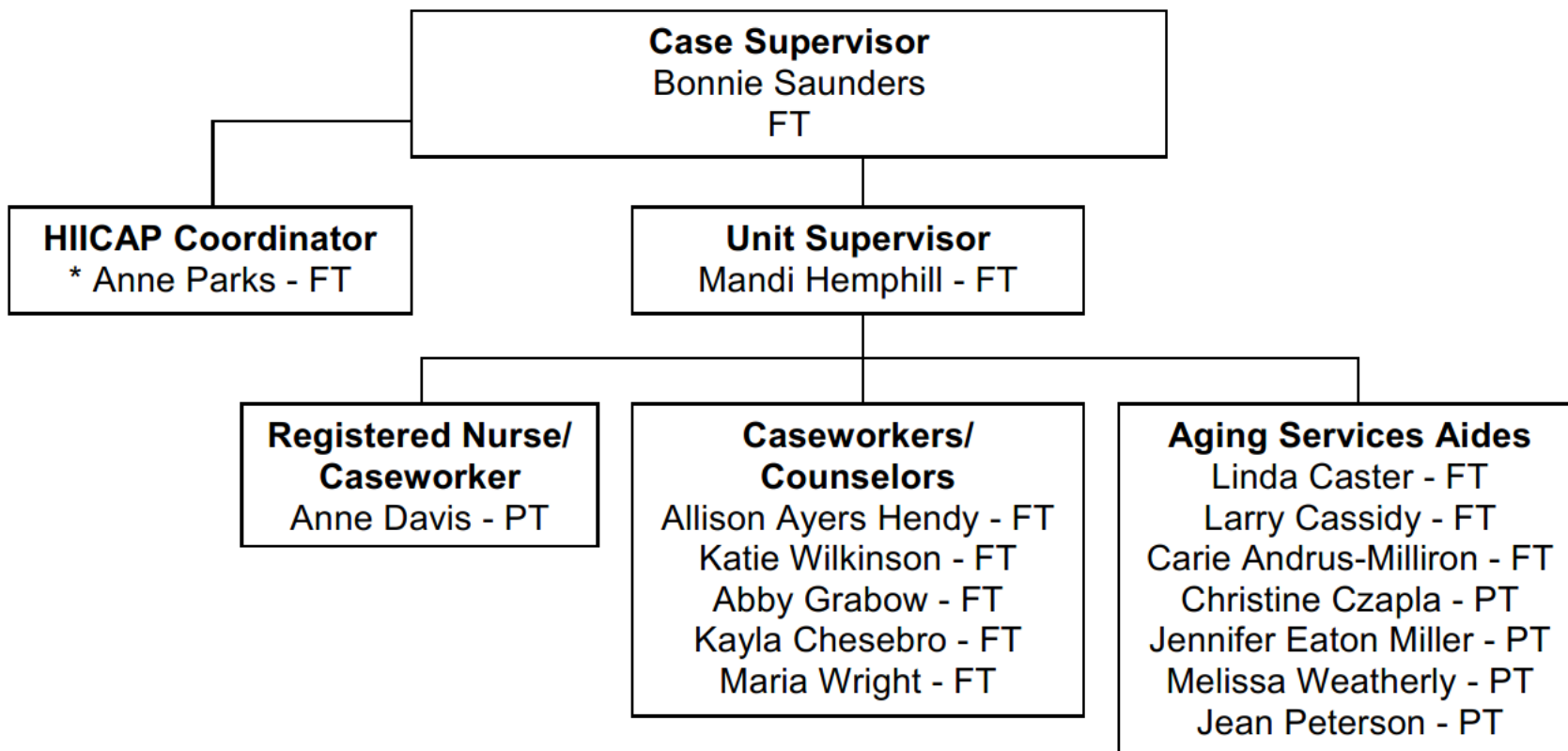
**NY CONNECTS**



\* D.I.L. Employee

**Cattaraugus County Department of the Aging**  
**SUPPLEMENTAL CHART B**

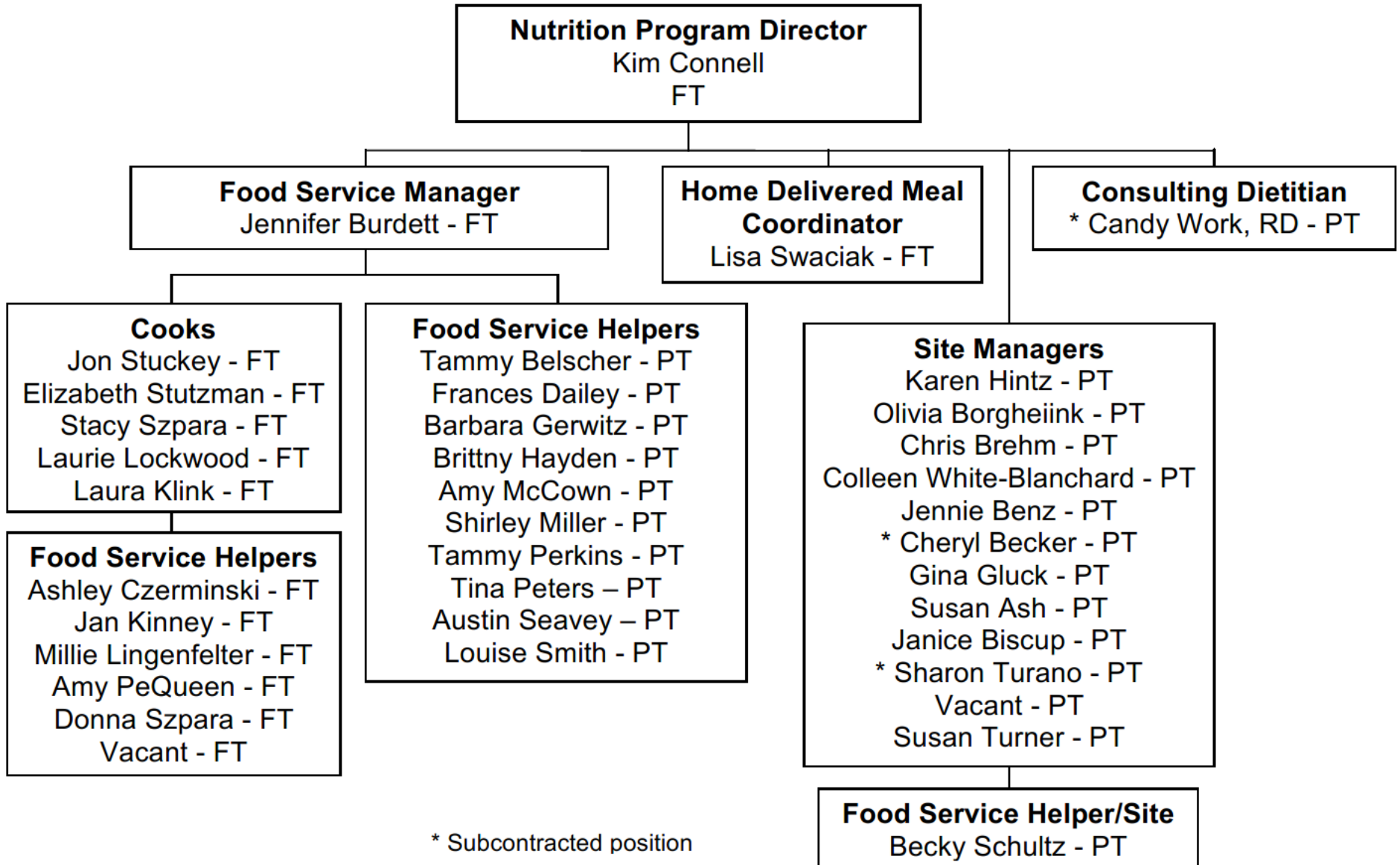
**CASE MANAGEMENT**



\* Subcontracted Position

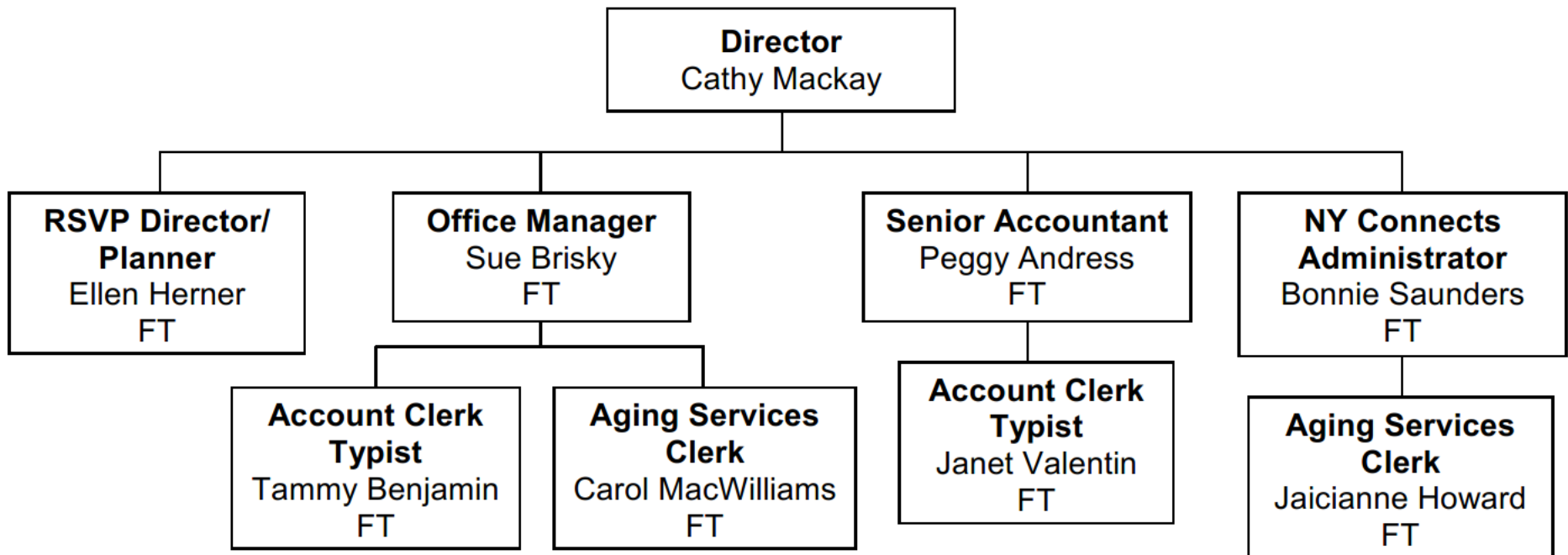
**Cattaraugus County Department of the Aging**  
**SUPPLEMENTAL CHART C**

**NUTRITION SERVICES**



**Cattaraugus County Department of the Aging**  
**SUPPLEMENTAL CHART D**

**ADMINISTRATION**



## A PROFILE OF AGING IN CATTARAUGUS COUNTY

The Cattaraugus County Department of the Aging is one of the 59 Area Agencies on Aging in New York State.

Our agency is dedicated to coordinating and collaborating with existing community service organizations to plan, develop and/or administer needed programs, while promoting productive, quality life for all individuals age 60 or older in the county.

Cattaraugus County is geographically large with approximately 1,310 square miles of land area with an average of 62 persons living per square mile. It has a population of approximately 80,000. Of that population total, 1 in 5 are persons 65 years of age and over. The implications for community impact are astounding. Today's older adults are likely to be managing two or more chronic conditions, but they are living longer, more active lives.

It is imperative that we be proactive in developing livable communities where older persons can age in place successfully. Community based services are cheaper and less restrictive. We will fulfill our part toward that goal of making Cattaraugus County a place where people can grow older and live happy, healthy, and productive lives.



## TRADITIONAL SERVICES PROVIDED

### LONG TERM CARE & OTHER COMMUNITY SUPPORT SERVICES

- Adult Day Care
- Nutrition Services
- Personal Emergency Response Units
- Family Caregiver Support and Respite/ADCSI
- Caregiver Resource Center/Caregiver Services
- Personal Care and Housekeeping
- Pharmaceutical Assistance/EPIC
- Health Insurance Counseling
- NWD/Options Counseling
- Case Management and Counseling
- End of Life Decision Making
- Assessment and Screening
- Long Term Care Planning
- Health Services (CDSMP, DPP, Tai-Chi)
- Fall Prevention
- Other Evidence-Based Programs
- Advocacy
- Legal Services
- Medicaid (Community and Nursing Home)
- Home Energy Assistance Program (HEAP)
- SNAP (Food Stamps)
- Placement/Housing
- Elder Abuse Prevention
- Weatherization/Home Access
- Public Information
- Information/Referral
- Case Assistance
- Outreach/Education
- Photo I.D.
- Volunteer Opportunities
- Employment Counseling

## CONSUMERS SERVED AND SERVICE UNITS PROVIDED

In 2017, the Cattaraugus County Department of the Aging served over 5,000 unduplicated individuals age 60+ with a tangible service. Below is a breakdown of services with total service units provided by type of unit.

<b>Service</b>	<b>2016 Totals</b>	<b>2017 Totals</b>	<b>Unit Types</b>
Public Information/Information	2,535	4,357	Sessions/Units
NY Connects/NWD	4,942	10,653	Contacts
Adult Day Care	4,248	5,031	Hours
Case Management	6,624	8,428	Hours
Congregate Meals	57,670	50,266	Meals
Home Delivered Meals	112,776	116,585	Meals
Farmers Market Coupons	840/\$16,800	840/\$16,800	Booklets/Dollars
Home Energy Assistance (HEAP)	1,354	1,255	Applications
Food Stamps (SNAP)	174	213	Applications
Personal Care	9,774	10,026	Hours
Housekeeping/Chore	1,365	1,616	Hours
Legal Services	872	721	Hours

<b>Service</b>	<b>2016 Totals</b>	<b>2017 Totals</b>	<b>Unit Types</b>
Nutrition Counseling	51	311	Sessions
Nutrition Education	9,944	12,698	Units
Personal Emergency Response Units	66	68	Consumers
Senior Center Education & Recreation	6,148	6,646	Group Events/Units
Transportation	2,196	2,051	One Way Trips
Volunteerism	465/44,920	494/48,429	Volunteers/Hours
Caregiver Services	2,156	4,866	Units
Health Insurance Counseling	2,055	2,056	Contacts
Health Promotion	17,576	22,613	Units
<b>MAJOR EVENTS</b>			
Senior Forum/Public Hearing	149	151	People
RSVP Recognition Dinner	273	220	People





## SENIOR WELLNESS AND NUTRITION PROGRAM

- ~ Meal Preparation ~ Congregate Dining ~ Home Delivered Meals ~ Nutrition Education/Counseling ~  
~ Health Promotion ~ Senior Center Activities/Recreation/ Education ~ Emergency Meals ~

### **ALLEGANY SWAN**

ReHAbilitation Center Building  
3799 S. Nine Mile Road  
Allegany, NY 14706

### **CATTARAUGUS SWAN**

Senior Citizen Center  
17 South Street  
Cattaraugus, NY 14719

### **DELEVAN SWAN**

78 South Main Street  
Delevan, NY 14042

### **FRANKLINVILLE SWAN**

First Baptist Church  
27 South Main Street  
Franklinville, NY 14737

### **GOWANDA SWAN**

Academy Place  
1 School Street  
Gowanda, NY 14070

### **LITTLE VALLEY SWAN**

Municipal Building  
Little Valley, NY 14755

### **OLEAN SWAN**

Olean Senior Center  
112 North Barry Street  
Olean, NY 14760

### **PORTVILLE SWAN**

Masonic Temple  
14 Temple Street  
Portville, NY 14770

### **RANDOLPH SWAN**

Municipal Building  
72 Main Street  
Randolph, NY 14779

### **SOUTH DAYTON SWAN**

Free Methodist Church  
327 Pine Street  
South Dayton, NY 14138

### **WEST VALLEY SWAN**

St. Paul's United Methodist  
Church  
9372 Route 240  
West Valley, NY 14171

### **ELLICOTTVILLE SWAN**

(Home Delivered Meals Only)  
28 Parkside Drive  
Ellicottville, NY 14731

### **SALAMANCA SWAN**

(Home Delivered Meals Only)  
25 Jefferson Street  
Salamanca, NY 14779

### **ALLEGANY LINWOOD CENTER – THE REHABILITATION CENTER (Adult Day Care)**

ReHAbilitation Center Building  
3799 S. Nine Mile Road  
Allegany, NY 14706

### **TOTAL SENIOR CARE – DAYBREAK (Adult Day Care)**

Total Senior Care  
519 North Union Street  
Olean, NY 14760

Academy Place  
1 School Street  
Gowanda, NY 14070

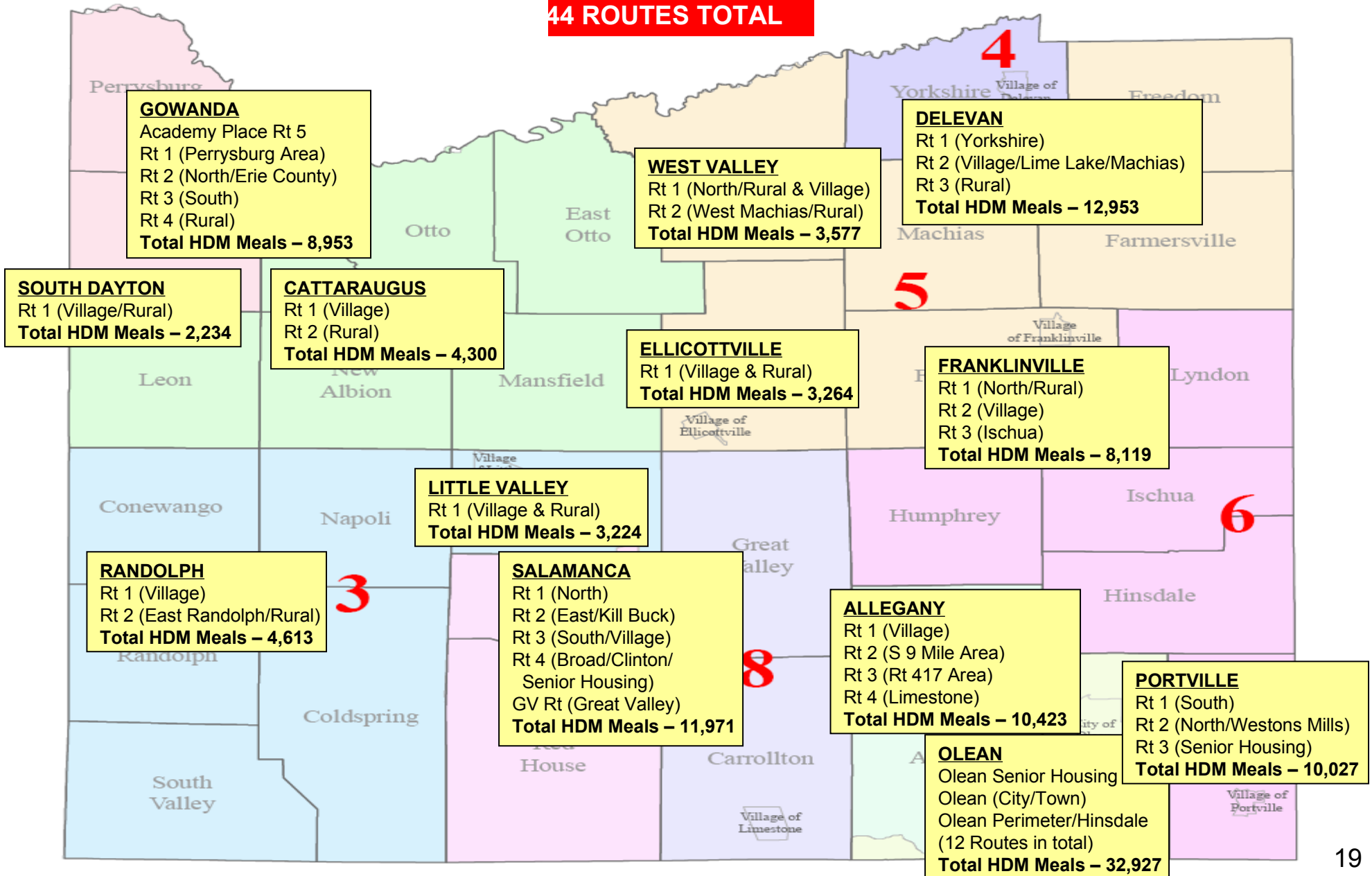
## SUMMARY OF HDM REFERRALS FOR 2017



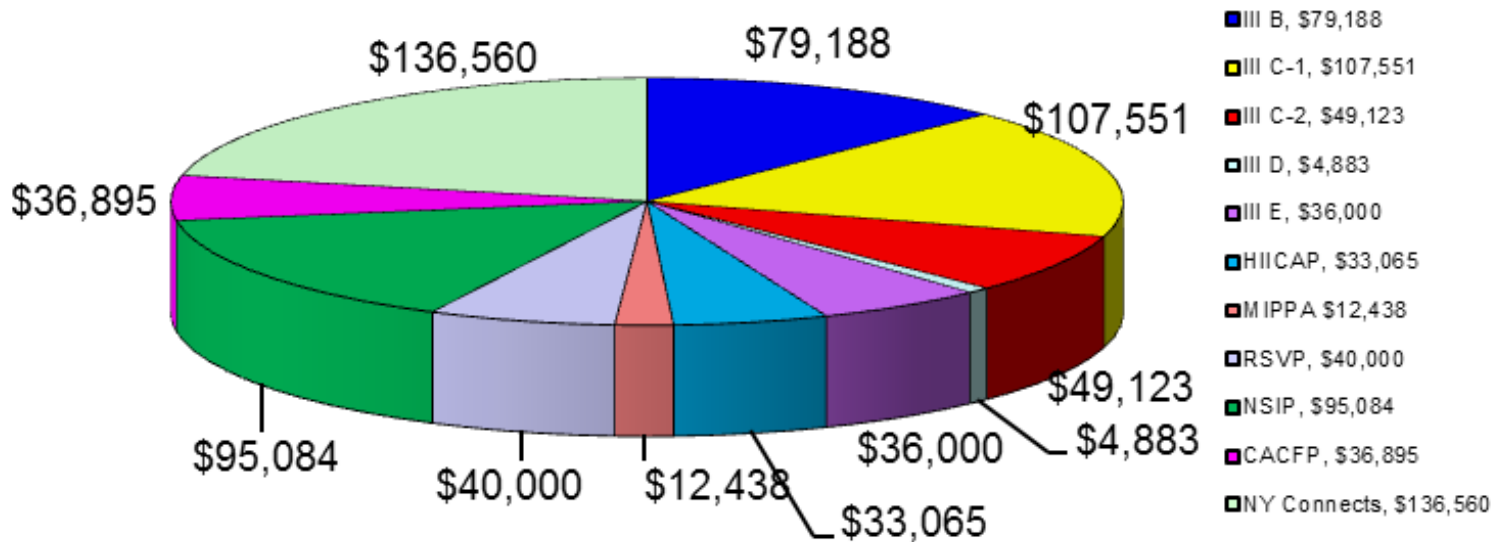
Month	Number of New Referrals Per Month	Average Days Until Assessment	Average Days Until Meals Start
January	35	5	2
February	28	3	3
March	29	3	2
April	28	3	3
May	24	3	3
June	29	2	3
July	31	4	2
August	31	6	3
September	33	4	3
October	40	3	3
November	27	5	2
December	18	3	2
<b>Total</b>	<b>353</b>	<b>44</b>	<b>31</b>
<b>Average</b>	<b>29.4</b>	<b>3.66</b>	<b>2.58</b>

# MEALS ON WHEELS BY DELIVERY AREA 2017

44 ROUTES TOTAL

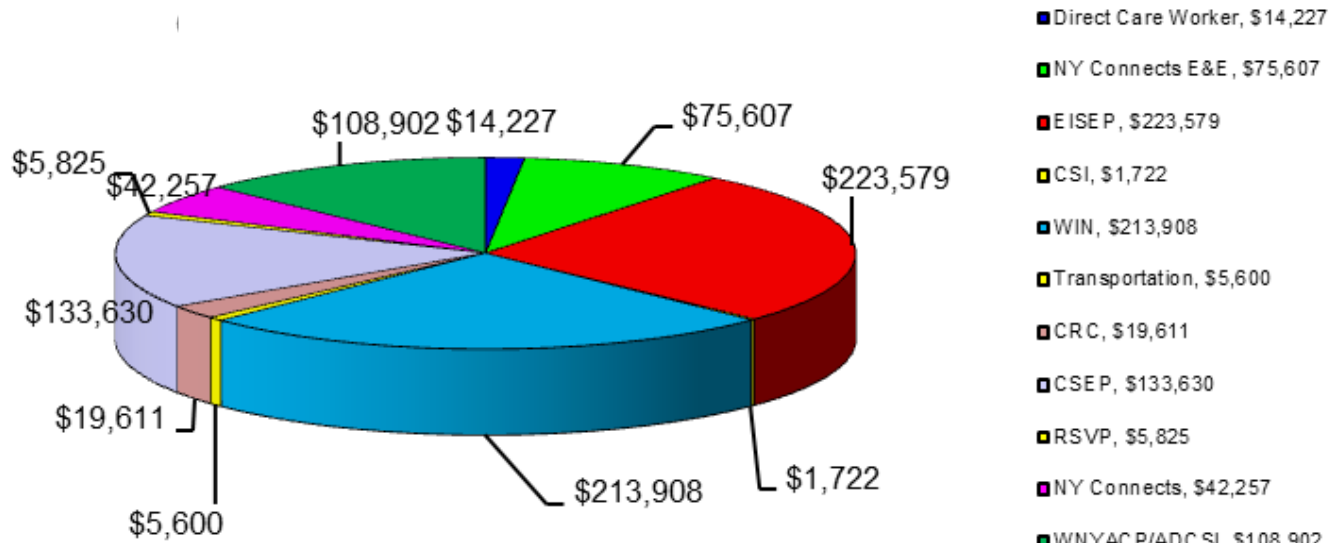


# CCDOA TOTAL FEDERAL REVENUE 2017



<b>Title III B</b>	Case Management, Information & Referral, Outreach, Case Assistance, Legal Services
<b>Title III C-1</b>	Congregate Meals
<b>Title III C-2</b>	Home Delivered Meals
<b>Title III D</b>	Health Promotion/Evidence Based Programs
<b>Title III E</b>	Family Caregiver Support, Respite
<b>HIICAP</b>	Health Insurance Counseling
<b>MIPPA</b>	Medicare Improvements for Patients & Providers Act
<b>RSVP</b>	Volunteer Services
<b>NSIP</b>	Meal Reimbursement
<b>CACFP</b>	Social Adult Day Care/Other Day Programs
<b>NY Connects</b>	Information & Referral, Long Term Services & Supports

# CCDOA TOTAL STATE REVENUE 2017



**Direct Care Worker**

**NY Connects E&E**

**EISEP**

**CSI**

**WIN**

**Transportation**

**Caregiver Resource Center**

**CSEP**

**RSVP**

**NY Connects**

**WNYACP/ADCSI**

State Reimbursement Program

Information & Referral/Long Term Services & Supports

Personal Care, Housekeeping, Personal Emergency Response Units, Adult Day Care

Senior Center Activities

Congregate and Home Delivered Meals

Transportation

Caregiver Education, Information & Support

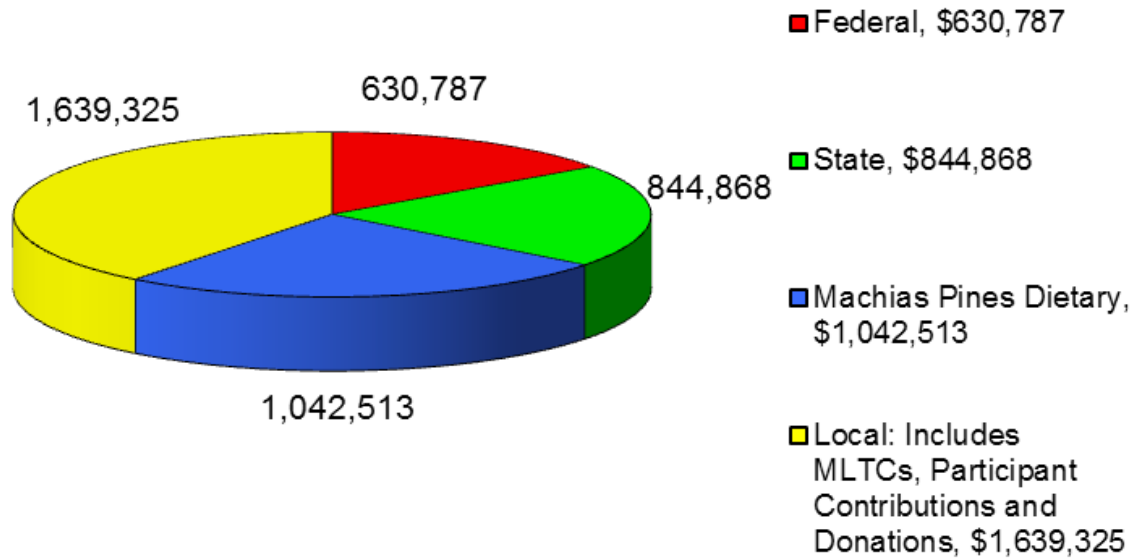
Transportation, Adult Day Care, Case Management, I & R

Volunteer Services

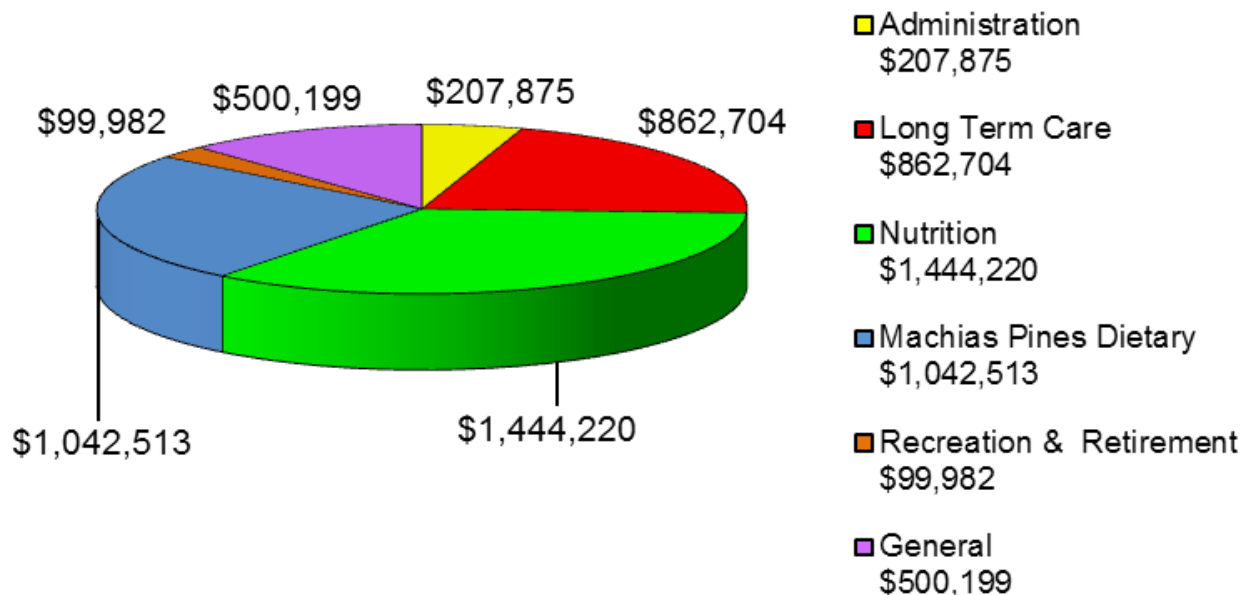
NY Connects/ADRC, Information & Assistance

NYSDOH/Western New York Alzheimer's Caregiver Partnership

## CCDOA TOTAL REVENUES BY SOURCE 2017



## CCDOA TOTAL EXPENSES BY CATEGORY 2017



## 2017/2018 ACCOMPLISHMENTS AND HIGHLIGHTS

- Case management staff underwent extensive training and completed year three of CADER (Center for Aging and Disability Education and Research) Certification
- Continued to expand community program sessions for evidence-based health promotion programs, including CDSMP, DPP, Tai Chi for Arthritis, and Powerful Tools for Caregivers classes
- Joined with the Alzheimer's Association of WNY for the ADCSI (Alzheimer's Disease Caregiver Services Initiative) to expand the 5 year NYS Department of Health Alzheimer's Disease Caregiver Support Initiative Award Grant, including offering new types of technology and adaptive equipment to caregivers and care receivers
- Supported the 2018 local NYS Department of Health "Hepatitis A Vaccination Drill", partnering with the Cattaraugus County Department of Health and the Seneca Nation Health Department
- Partnered with the Red Cross and other local organizations to provide education and outreach events for cancer services, including mobile mammograms and colon cancer screenings
- Partnered with Eat Smart of WNY to provide informational events regarding accessibility in healthy nutrition and physical activity behaviors
- Partnered with the Meals on Wheels Foundation of WNY and National Fuel to provide increased awareness and information for heating assistance
- Continued increased awareness to address growing drug addiction issues as a member of the Cattaraugus County Heroin/Opioid Task Force, including NARCAN trainings for staff
- Partnered with CARES (Council on Addiction Recovery Services) for a Rx Safety Event to provide medication lock bags to Cattaraugus County seniors and collect over 72 pounds of discarded or discontinued medications

- Renewed Certification through SAGE for completion of LGBT cultural competency work, including specialized trainings for transgender inclusiveness and LGBT memory loss caregiver classes
- Received the 2017 Alliance Award from COLORS Unity, local LGBTs organization, for supporting and partnering in local activities
- Participated in the Cattaraugus County Inclusion Ceremony at Jamestown Community College to recognize the new efforts and protocols to ensure accessibility and ADA compliance within all county structures
- Promoted and participated in the CARFIT program countywide
- Continued to expand and enhance professional development in several key areas through special events and trainings including: University of Rochester Project ECHO, Brookdale Adult Abuse, ACUU, Association on Aging in NY, Leadership Conference, St. Bonaventure University and Jamestown Community College, REST, SAGE, CHNA, and EBI certifications
- Partnered and participated in several new caregiver initiatives, including the Caregiver Symposium and the Cattaraugus County Caregiver Wellness Event
- Partnership with local medical group to contract with a Physician's Assistant (RPA-C, RD, CDN) for increased nutrition counseling and health promotion activities resulted in 260 more counseling sessions over the previous year
- Purchased new VASCO translator units to enhance our language capabilities while in the field for outreach or in individual homes and businesses
- Invited to present workshops in Albany and Syracuse on the success of the local Healthy Livable Communities Consortium and its work in the areas of equity, accessibility, and inclusion
- Participated in the 2017 Leadership Summit and Community Networking Day held at St. Bonaventure University
- Developed a Cattaraugus County Interdisciplinary Team to improve efforts for emergency preparedness, including improved GIS technology for coordinated client case management and EOC/DLAN training for all key staff





- Participated in several LTC/Health Fairs and other special events throughout the county in partnership with other area agencies and organizations, including the Mental Health Awareness Event, the Special Olympics Torch Run, the Community CHILA Event, and the Southern Tier Golden Olympics
- Participated in the 2018 Albany Legislative Conference for Aging
- WNY Leading Age Employee of the Year awarded to a nutrition staff member, being recognized and selected by his peers for his commitment to excellence
- Secured 840 booklets in 2018 farmers market coupon distribution to Cattaraugus County older adults resulting in \$16,800 worth of local produce disbursed to area senior citizens at 27 locations
- Awarded year 3 renewal of the Federal CNCS/RSVP Competition Grant, including the implementation of the new EBI Tai-Chi and CDSMP focus areas to promote healthy aging
- Two local RSVP volunteers recognized through the NYS Office for the Aging for Outstanding Contribution Awards
- Held annual RSVP Volunteer Recognition Event with Outstanding Volunteer Community Contribution Awards presented to two local volunteers
- Received the MOWAA grant award for 2018 March for Meals for our participation in the Community Champions Week and countywide awareness campaign activities
- Received almost \$7,000 for our MOWAA Subaru Share the Love Grant for expanded food drive efforts and our participation in the Santa Claus Lane Parade
- Secured 2017 emergency shelf stable food for homebound seniors and Meals on Wheels recipients through donations from area churches, faith-based organizations, and food pantries throughout the county
- Secured 2017 donations through the Olean Medical Group for the Warmer Hearts Campaign to distribute blankets, food, scarves, and gift packages to area seniors that may not have otherwise had anything for the holidays
- Completed continued ServSafe Certification for new staff working with the Cattaraugus County Department of the Aging Nutrition Programs and the Machias Pines Dietary Program

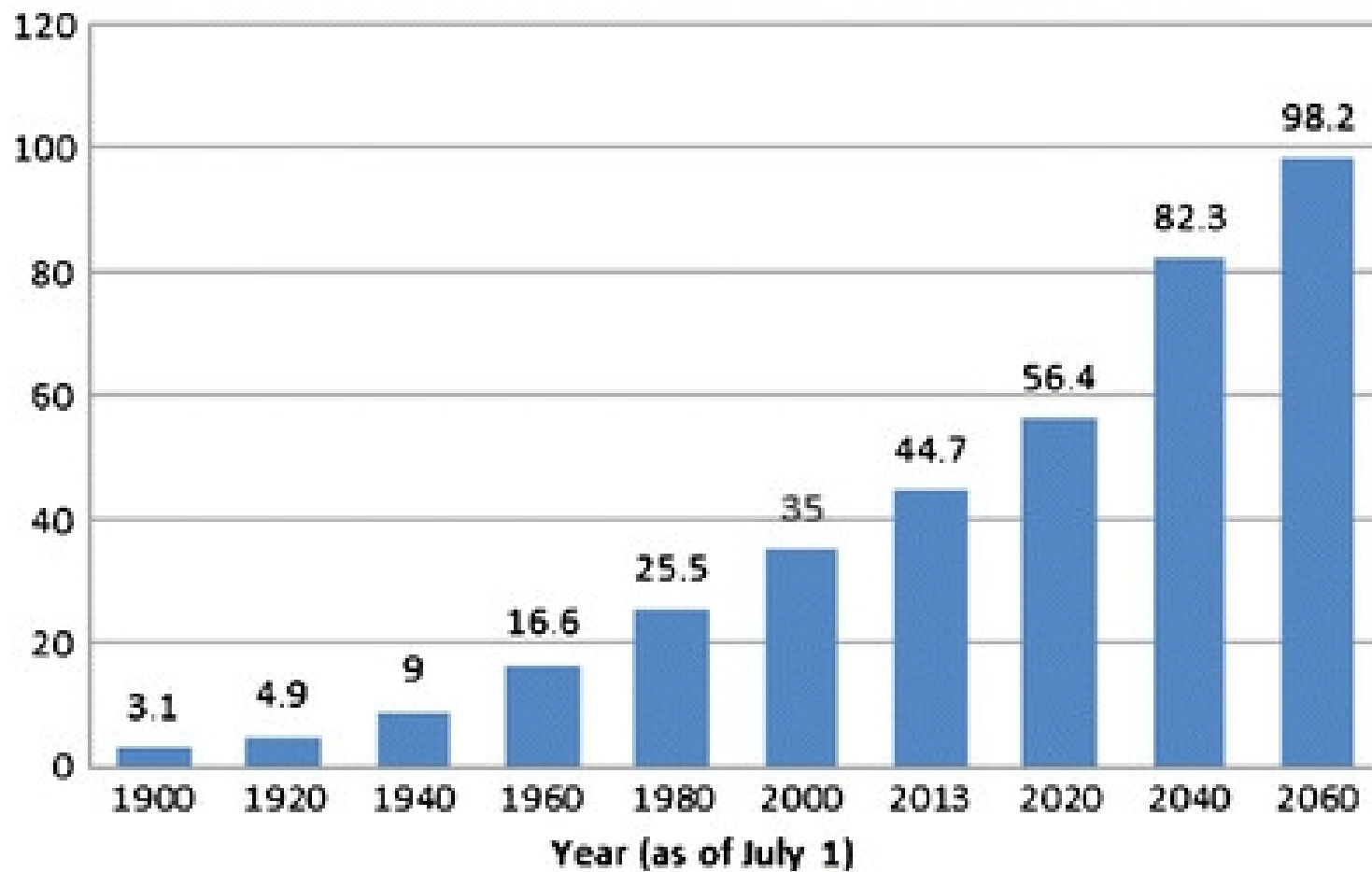
**~ 2018 UPDATE ~**

**THE CATTARAUGUS COUNTY**

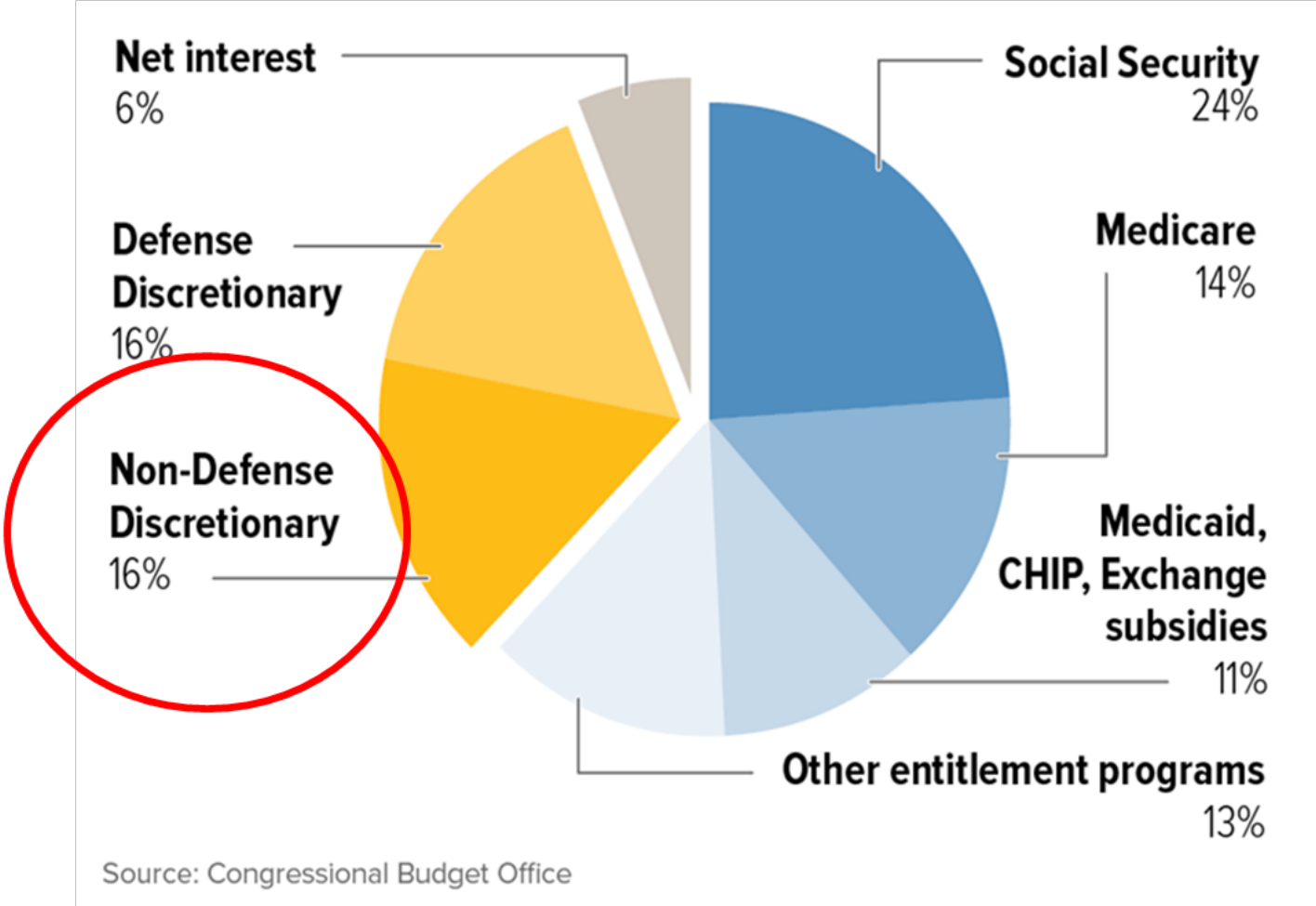
**DEPARTMENT OF THE AGING/NY CONNECTS FOUR YEAR PLAN 2016-2020**

- Continue to expand, update, share newly developed Resource Directory.....**Ongoing**
- Strengthen existing NY Connects partnerships and look at co-location of outside agency staff.....**Completed**
- Increase volunteer and staff time devoted to health insurance information, counseling, assistance, and advocacy.....**Ongoing**
- Expand Caregiver Services and respite options (WNYACP).....**Completed**
- Expand home care options and decrease wait list.....**Continues to Progress/Unmet Need**
- Expand options for weatherization, home repair, and home modifications.....**Ongoing**
- Implement use of new statewide database - PeerPlace.....**Completed**
- Expand our evidence-based health promotion programs through new programming, increased class sessions, and the use of 40 CDSMP and/or Tai-Chi trained RSVP volunteers.....**Continues to Progress**
- Expand non-traditional funding through business acumen training, increased MLTC/MCO contracts, and marketing campaign for existing foundation.....**Ongoing**
- Expand outreach and education for NY Connects by adding new outreach locations.....**Completed**
- Assist in the development and support of increased housing options, including subsidized, market rate, and assisted living.....**Continues to Progress**
- Establish Elder Abuse/Fraud Coalition with 4-year expansion goals.....**Completed**
- Establish OEAC (Ombudsman Education and Awareness Campaign) Coalition with 4-year expansion goals.....**Completed**
- Develop a more detailed Cattaraugus County Department of the Aging/NY Connects Emergency Disaster Registry, including increased staff training of FEMA approved basic disaster case management.....**Continues to Progress**

## Number of Persons 65+, 1900 to 2060 (numbers in millions)



# Most of the Federal Budget = Defense, Social Security and Major Health Programs



# Federal Budget Snapshot

In FY 2016...

- Total Federal Spending = **\$3.9 Trillion**
- Total Non-Defense Discretionary Spending = **\$600 Billion (~15.4 percent)**
- Total Older Americans Act Spending = **~\$1.9 Billion**
- **Total OAA Spending as percentage of Federal Budget = .0487 percent**

# FY 2018 Final Levels

## **Older Americans Act BIG INCREASES!**

- + \$35 million for Title III B Supportive Services
- + \$40 million for III C 1 Congregate Nutrition
- + \$19 million for III C 2 Home-Delivered Meals
- + \$5 million for III D Preventative Health
- + \$30 million for III E National Family Caregiver Support Program
- + \$4 million for Title VI Native American
- + \$1 million for Title VII Ombudsman

[HUD Section 202 +\$105 million, Service Coords +\$90 mil]

◀◀ a look back





Happy  
National Chip  
& Dip Day  
from the  
South Dayton  
Senior  
Wellness &  
Nutrition  
Site!

3-23-18





## 2018 Community Champions Week March 19 -23

Across the country this week, Meals on Wheels programs have enlisted elected officials, local celebrities and other prominent figures to deliver meals, speak out for seniors and raise awareness for the power of Meals on Wheels.

Little Valley Mayor Norman Marsh, Olean Mayor William Aiello, Legislator Frank Higgins, Legislator Howard VanRensselaer, Legislator Robert Neal, Randolph Town Supervisor Dale Senn, Legislator Susan Labuhn and Legislator David Koch participated this week by delivering Meals on Wheels along with our awesome volunteers.







## Volunteer Week 4/16- 4/20



Each volunteer received a popcorn gift thanking them for "popping" in each week as we are "bursting" with appreciation. Names were drawn at the end of the week at each of our Nutrition Sites. The winner at each site received a popcorn/movie prize basket



























**Paul Brown Chevy** Date December 19, 2017  
Pay to the Order of MEALS ON WHEELS \$1,000.00  
One Thousand Dollars and 00/100 Dollars  
For DONATION Terence Brinkley  
1123456789 9870079841

# Happy Senior Citizen Day!



***"To a young heart,  
everything is  
fun."***

***- Charles Dickens***



# **Director's Message for 2018**

## **ENGAGE AT EVERY AGE**



***“It Takes a Long Time to Become Young”***

***~ Pablo Picasso***



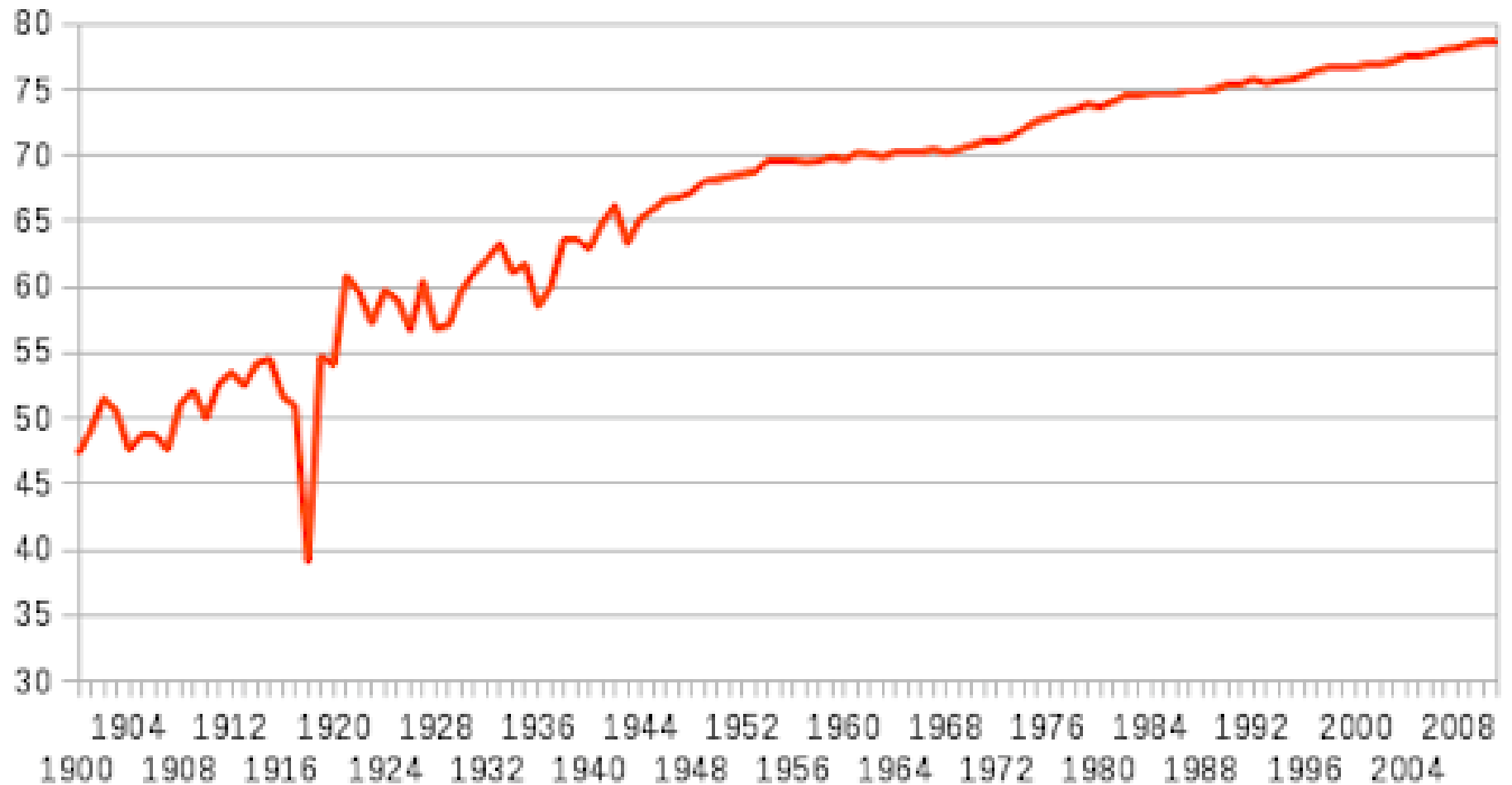
A graphic featuring the text "30 years" in a large, white, 3D-style font. The text is surrounded by a dense cloud of colorful confetti in shades of red, blue, yellow, and pink. The background is white with a subtle gradient.

**30 years**

**WHAT IS THIS??**

## Life expectancy in the US (1900-2011)

Source: [http://www.cdc.gov/nchs/data/nvsr/nvsr64/nvsr64\\_11.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr64/nvsr64_11.pdf)



## Advances in Health & Medicine over Bob's life time (1920-1996)

1918-1919 Influenza virus spreads worldwide - 25 million dead - 500,000 in the U.S.

1921 Tuberculosis vaccine introduced (within 4 years, TB is no longer one of the top 5 causes of death)

1928 Penicillin is discovered (distributed widely only AFTER the military successfully uses it to treat WWII soldiers)

1945 First successful dialysis treatment (within 4 years, kidney disease is no longer one of the top 5 causes of death)

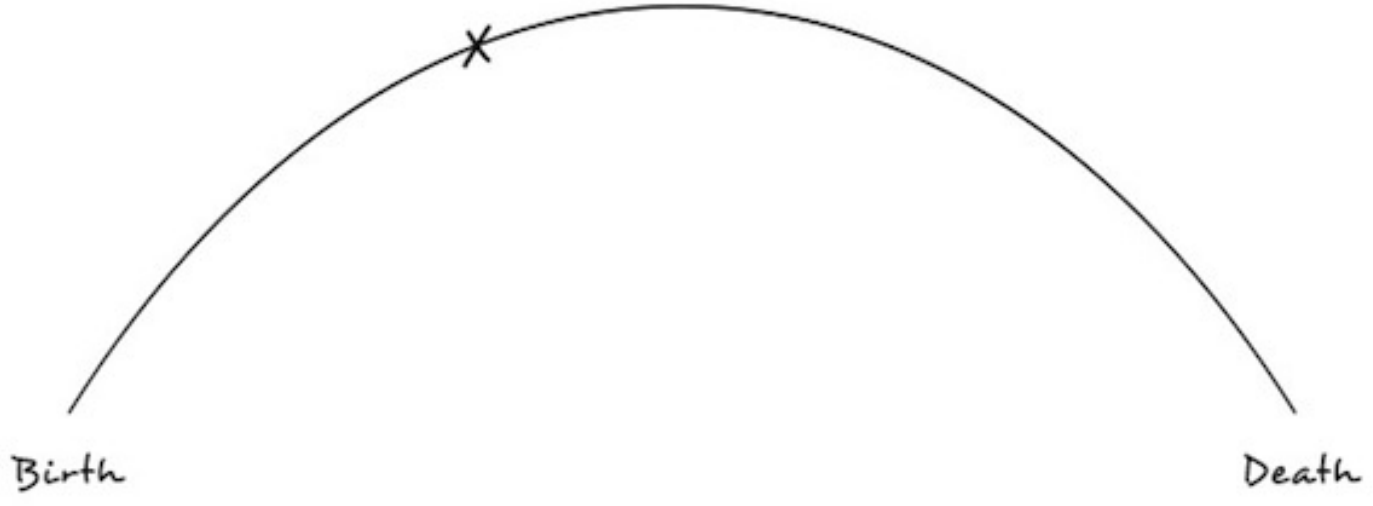
1947 First effective use of drugs to treat high blood pressure

1953 First successful open-heart surgery

1955 Polio vaccine discovered

1964 First successful use of chemotherapy to treat cancer

1987 First drug to lower cholesterol approved by FDA



© Can Stock Photo

## The Ascension of the Human Spirit . . .



Nothing is inherently and invincibly young, except spirit . . . spirit can enter a human being perhaps better in the quiet of old age and dwell there more undisturbed than in the turmoil of adventure.”  
- *George Santayana*



“The inner person, or the human spirit,  
does not know what old age is.”



We can feel “unfinished” in life.  
“There’s never enough time for . . .”  
“If only I had . . .”



Maybe these 30 years are nature's way of helping us to finish ourselves.









## **OLDER BRAINS, BETTER BRAINS?**

Because they didn't grow up with smart phones, older Americans may be better equipped for serious thinking. They are often better trained to be patient with tasks. They can stand being bored for more than a second.

*Tim Wu, author of the "Attention Merchants"*



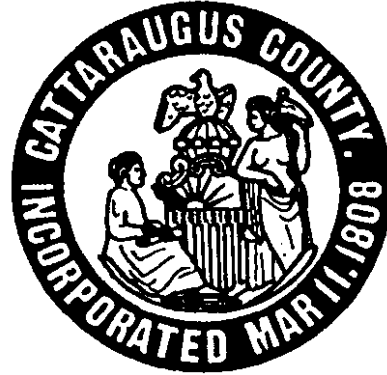


***So . . . What are you doing with your second adulthood?***



**QUESTIONS  
AND  
COMMENTS**





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