

2018 Polk County Report



Executive Summary

Last year, 462 individuals received over 46,500 total units of services delivered via Polk County Senior Services and Aging Partners. The need to grow services continues as services are currently only reaching 38% of county citizens who are 65+.

Polk County is aging. The total population decreased 8% between 2000 & 2015 while the 60+ population increased 1%. These changes increased the county's median age from 41.6 years to 45.4 years. This trend will continue with 42% of the county's population projected to be over 60 by 2030.



Revenue to support this work includes county tax support (27%), state and federal funds from Aging Partners (38%), state & federal funds direct to the county program (3%), and local private funds (32%).

Dues paid to Aging Partners, the area agency on aging that supports Polk County, ensures that federal and state funds for aging services flow into the county. This year, Aging Partners is requesting \$15,817, a 2.5% increase in funding from FY18.

	Polk County funds	Aging Partners funds	Direct Federal & State funds	Local private funds	Total cost
Dues	15,817				15,817
Polk County Senior Services operations	50,456	58,015	6,548	78,122	193,141
Supportive services grants to Polk County residents		4,026			4,026
Care management services to Polk County Residents		30,879			30,879
Total allocation	66,273	92,920	6,548	78,122	243,863
Percent of total cost	27%	38%	3%	32%	

Summary: Total Cost of Aging Services in Polk County

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2017-18 Aging Services in Polk County

Contacts made to assist older adults and caregivers with questions:	5,336	contacts
Meals provided that met dietary needs of older adults:	14,559	meals
Service coordination or equipment for older adults who live at home:	159	client months
Hours of individualized services for people who want to live at home:	286	hours
Sessions of health, nutrition & caregiver programs/events/services:	3,333	sessions/people
In-home assistance for older adults and caregivers:	51	units
Hours county senior center & meal site was open:	7,076	hours
Number of visits to senior centers in Polk County:	15,320	visits
Rides provided to older adults:	396	rides
Services provided to older adults in Polk County	46,516	TOTAL



Osceola Senior Center

- 2,966 Meals
- 305 Health Services
- 121 Total center users



Polk Senior Center

- 2,764 Meals
- 725 Health Services
- 110 Total center users



Shelby Senior Center

- 3,403 Meals
- 667 Health Services
- 142 Total center users



Stromsburg Senior Center

- 5,392 Meals
- 1,560 Health Services
- 158 Total center users

Service site use in Polk County last year



The County Program Manager assisted 21 Polk County older adults with the Medicare Part D enrollment process resulting in over \$7,000 in premium and drug cost savings in 2018.

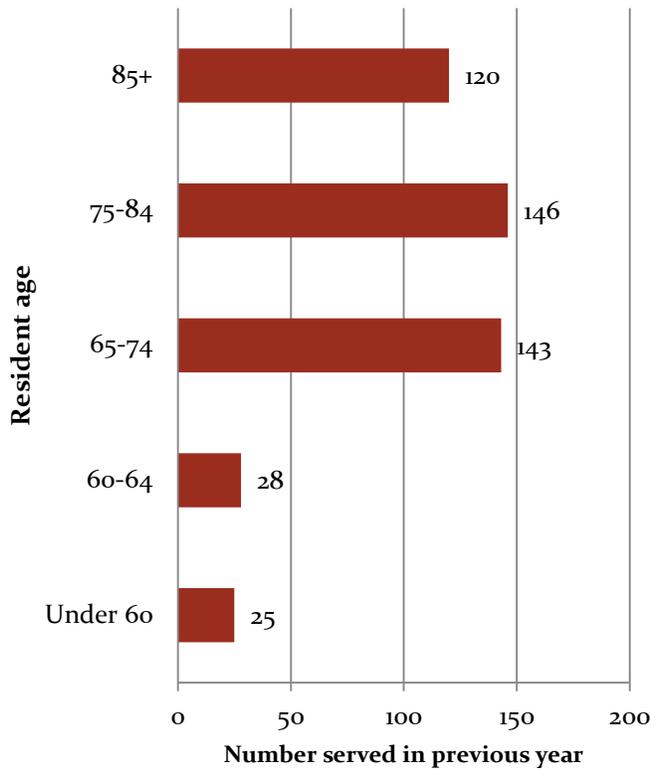
2017-18: Programming

Polk County Senior Services Program

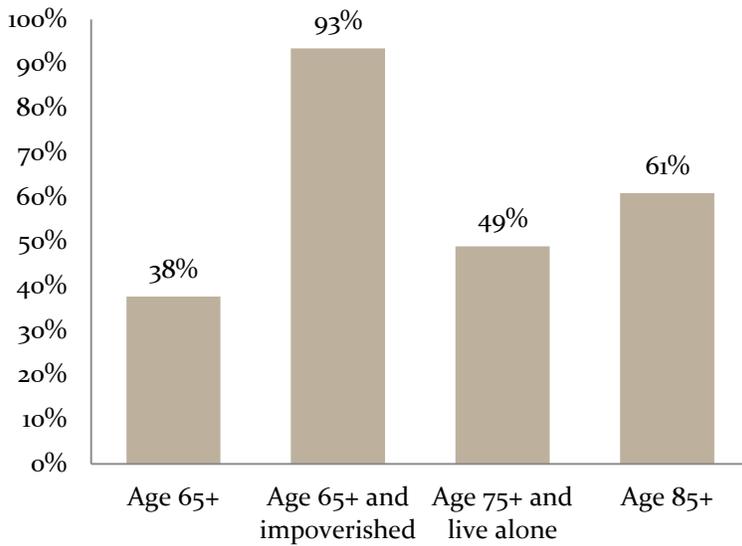
- In July 2017 nineteen seniors took a day trip to Brainard, Nebraska to visit the Jisa Cheese factory and the Makovicka Winery. Following a tasting room experience, the group had lunch at the Husker Bar.
- In August 2017 the program said goodbye to its cook after 10 years of service to the program. Fortunately, the program was able to hire a new cook immediately and the meal program continues with excellent meals while also developing new menus.
- In October 2017 the program hosted its bi-annual Shred Monster event with a very successful Baked Potato Bar open to the public. Many were in attendance and enjoyed the music of an accordion duo from Benedict, Nebraska.
- A Christmas party was held for all county seniors in December at the Stromsburg Senior center following the Senior Advisory Board meeting. Many were in attendance and the food was amazing. The group sang Christmas carols accompanied with piano music by Shelby Senior Center Manager, Avis Rathje
- In January 2018 the first ever Polk County Senior Services Prime Rib Dinner special meal was held. The suggested contribution for the meal was \$10. With a participation goal of 100, the event ended up serving 120 seniors. The meal and the cook received rave reviews.
- In March 2018 the Stromsburg seniors celebrated the birthday of the oldest citizen in Polk County when 105-year-old Doris Kreis attended a birthday party in her honor at the Stromsburg Senior Center.



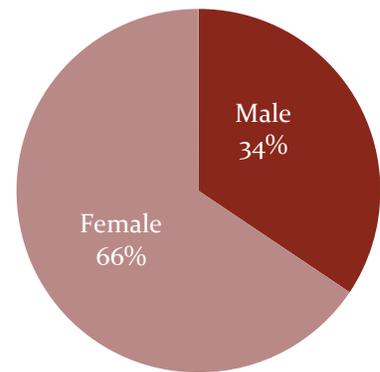
2017-18: County Residents Served



Total participation by age category



Percentage of TOTAL county population served last year



Gender of participants

In total, 462 people were helped last year by the Polk County aging network

Living Well magazine, an informational publication produced by Aging Partners, is mailed quarterly to 242 households in Polk County.

2017-18: Programming

Aging Partners

The care management office in Osceola, staffed by Aging Partners, assisted 104 individuals in assessing needs, developing plans and arranging for home and community based services.

The Aging Partners Care Manager assisted 34 Polk County older adults with the Medicare Part D enrollment process resulting in over \$27,000 in premium and drug cost savings in 2018.

As part of a care plan that included an in-home assessment, 14 Polk County residents were provided with funding for in-home services such as assistance with chores and housekeeping. In some cases, the services were provided to support the resident’s caregiver. The Polk County Care Manager assisted with locating providers and monitoring service provision.

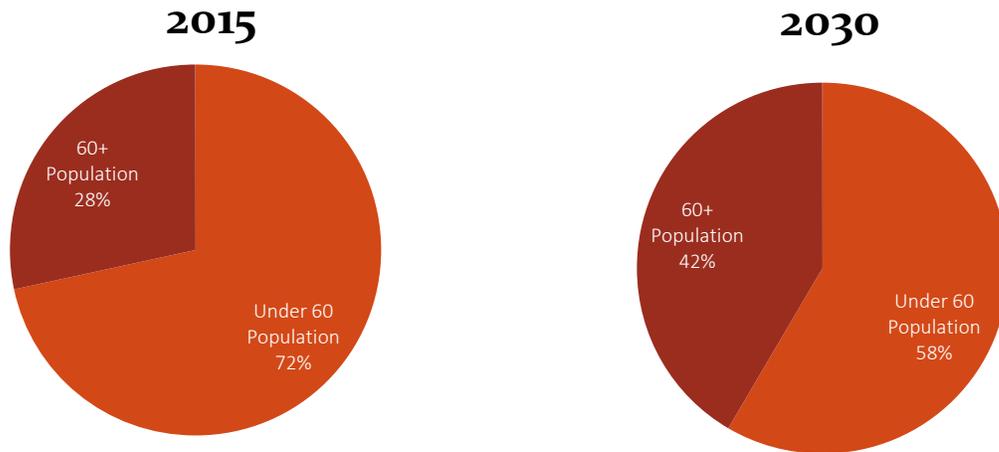


FY19: Looking Forward

County Age Demographics

Polk County is aging. The total population decreased 8% from 5,639 to 5,203 between 2000 & 2015. In this same period the 60+ population increased 1% from 1,466 to 1,478. These changes increased the county's median age from 41.6 years to 45.4 years.

Population projections for the county show that continued investment in aging services is necessary as the percentage of residents that are age 60 and older will increase to 42% by 2030.



FY19 Goals

Aging Partners

- Protect and enhance the rights of older adults and people with disabilities.
- Work with older adults and people with disabilities as they make informed decisions, and exercise self-determination and control about their independence, well-being, and health.
- Enable older adults and people with disabilities to live in the community through availability of and access to long-term services and supports including supports for families and caregivers.
- Implement management practices that support the efficient operations of programs serving people with disabilities and older adults and ensure stewardship of taxpayers' dollars.

Polk County Senior Services

- Build participation of Polk County seniors at each of the four centers through activity and daily meal service.
- Increase availability of evidenced-based programs to provide tools for individuals wanting to continue to live independently.
- Increase the use of local media to disseminate information about programs and services for older adults available through senior centers.
- Increase the numbers of congregate and home delivered meal participants.

FY19 Polk County Senior Services Budget Request

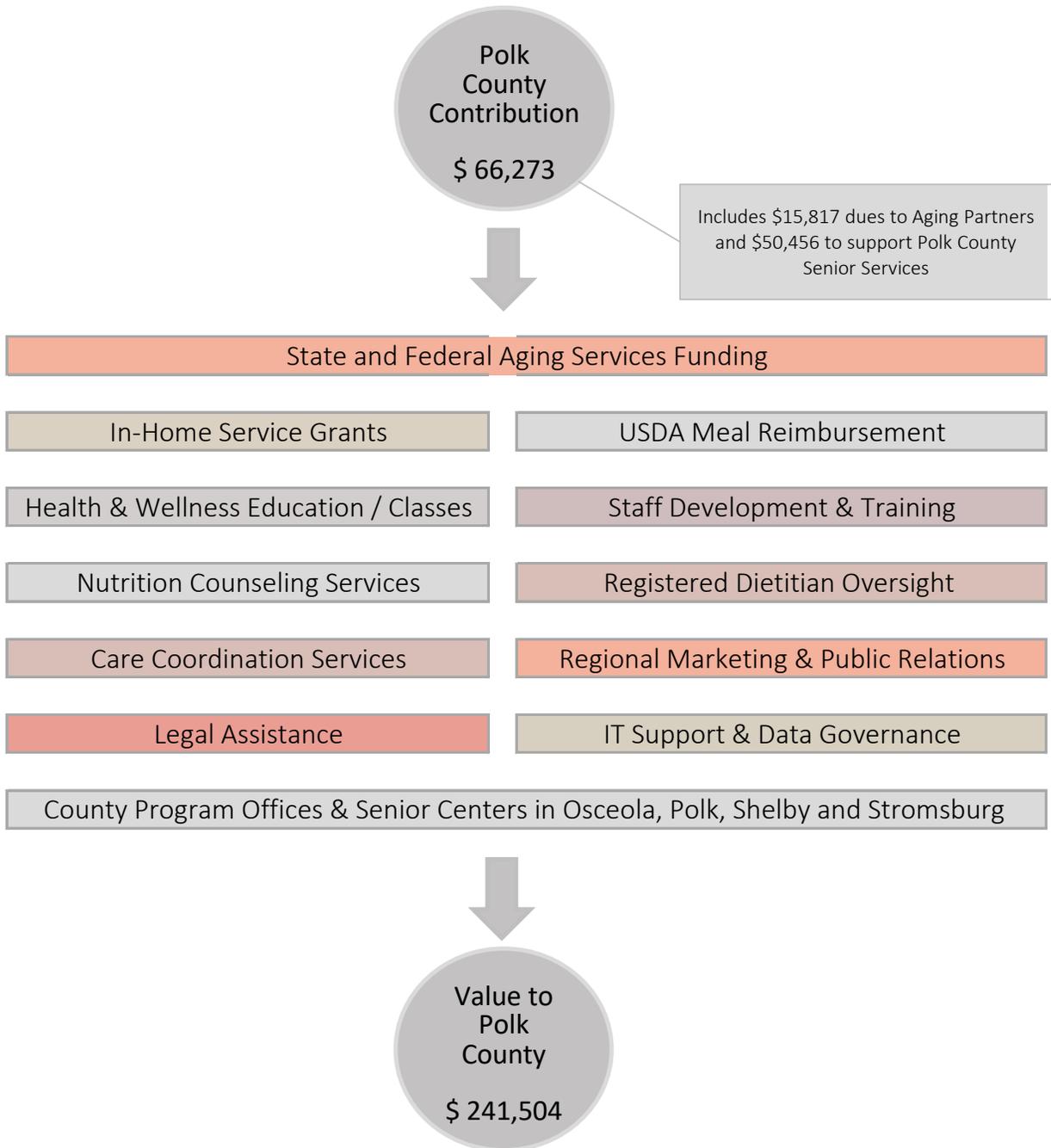
Expenditures		
Personnel	\$ 90,157	47%
Travel	\$ 8,400	4%
Printing & Supplies	\$ 5,152	3%
Building Space	\$ 1,200	1%
Communications & Utilities	\$ 12,784	7%
Other Costs	\$ 13,448	6%
Raw Food	\$ 58,000	30%
Contractual Services	\$ 4,000	2%
Total Expenditures	\$ 193,141	

Revenue		
County Support	\$ 50,456	26%
State & Federal Funds from Aging Partners	\$ 58,015	30%
Federal & State Funds Direct	\$ 6,548	3%
Local Private	\$ 78,122	41%
Total Revenue	\$ 193,141	



FY19 Aging Partners Dues Request

Dues paid to Aging Partners, the area agency on aging that supports Polk County, ensures that \$92,920 in federal and state funds for aging services are available to the county. This year, Aging Partners is requesting \$15,817 a 2.5% increase in funding from FY18.



For every dollar that Polk County provides through dues to Aging Partners and financial support to its county program, it receives \$2.68 worth of services.



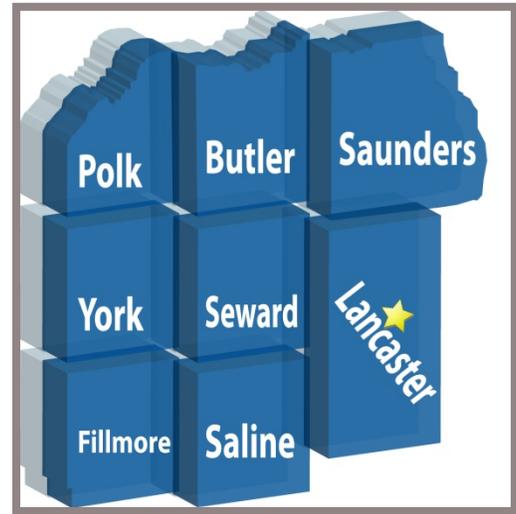
Program Information

Aging Partners Mission

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

History

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



Polk County Senior Services Mission

The mission of Polk County Senior Services is to provide essential, quality and responsive service to older residents of Polk County and their families and caregivers.

History

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

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

Resources

Definitions & Acronyms

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

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

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

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

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

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

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

Poverty Level: Household income level defined by the U.S. Bureau of the Census as the threshold for determining poverty as established by the Bureau. The 2018 level for an individual is \$12,140 annually or \$1,012 monthly. For a household of two it is \$16,460 annually or \$1,372 monthly.

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

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