



SUSSEX COUNTY
COMMITTEE FOR THE AGING / ADULTS WITH PHYSICAL DISABILITIES
AGENDAS AND MINUTES

ADVISORY COMMITTEE ON AGING
AND
ADULTS WITH PHYSICAL DISABILITIES
FOR SUSSEX COUNTY

Minutes of Meeting

Monday, January 23, 2012

A meeting of the Advisory Committee on Aging and Adults with Physical Disabilities for Sussex County was held on Monday, January 23, 2012, at 10:00 a.m. at the Nanticoke Senior Center, 1001 W. Locust Street, Seaford, Delaware. The meeting was called to order by Sally Beaumont, Chair, with the following members present:

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|------------------------|-------------------|
| (1) Ruth Ann Beideman | (5) Anna Short |
| (2) Vance Daniels, Sr. | (6) Fran Smith |
| (3) Raymond Moore, Sr. | (7) John Williams |
| (4) Francine Shockley | |

Also in attendance were Ken Bock, Deputy Director, CHEER; Jamie Magee, Alzheimer's Association – Delaware Valley Chapter; Linda Connors, Delaware Division of Substance Abuse and Mental Health; Robert Chin, Ocean View; Robert Gallagher, Volunteer with DAV/American Legion and AARP; Katherine Jordan, Intern at LifeCare at Lofland Park, Seaford; Lisa Richards and Dolores Timmons, Social Workers at LifeCare at Lofland Park; Lorraine Morris, House of Ruth – Booker Street Church, Georgetown; Patsy Bennett-Brown, Amputee Support Group of Delaware/Sussex County; Fran Burnham, First State Community Action Agency; Kristen Bacon, DT & CC; Arlene Holmes, Laurel; Lavonda Cromwell, Laurel; Ernie Ricketts, Bridgeville; Janice Moseley, AARP; Ernestine Brown, Seaford; Jeanne Dukes, Beebe Home Health; Kathleen Shaban, Seaford; Mark Bacon, East Coast Property Management; Dennis Lineweaver, Sussex

County Sheriff's Office; Barbara Elliott, Executive Director, Nanticoke Senior Center; Karen Elliott, Pyle State Service Center; Linda Rogers, Sussex RSVP; Cynthia Mascar, Lewes; Joe Bleiweis, Wave Newspaper; Margot Kia, Georgetown; Peggy Mack, Delaware Coalition for Injury Prevention; Chantal Willis, Disability Advocate; Chip Guy, Sussex County Communications Director; and members of the Nanticoke Senior Center.

Ms. Beaumont welcomed everyone and briefly reviewed the composition and background of the Committee. She announced that the March meeting would be held at the Milton CHEER Center and at the County's West Administrative Complex in May. She also directed interested persons to the County's website (www.sussexcountype.gov) to obtain phone numbers and emails for Committee members, as well as general Committee information.

Ms. Beaumont introduced Ms. Barbara Elliott, Executive Director of the Nanticoke Senior Center, and thanked her for the use of the Center and their generous hospitality. Ms. Elliott noted that she has been with the Center since 1998. Ms. Elliott gave a brief history of the Senior Center, noting that the Center had been at its new location since July 2011. Their current membership has grown from 850 to almost 1,300 members during the past 7 months. Ms. Elliott noted that the City of Seaford owns the golf course, tennis courts and the outdoor pool, with the building owned by the Senior Center. The City leases the property to the Center for \$1 per year. Services are provided from 6:30 a.m. to 4:30 p.m. Monday thru Friday.

Call to Order

At 10:00 a.m., Ms. Beaumont called the meeting to order.

Approval of Minutes

Ms. Beaumont requested clarification be added to the November 2011 minutes to reflect that although Ms. Quillin had been absent, she had, in fact, given advance notification as to her nonattendance.

A Motion was made by Mr. Williams, seconded by Mr. Moore, to approve the minutes of November 21, 2011, with the clarification that Ms. Quillin had given advance notice regarding her absence. Motion Adopted by Voice Vote.

Ms. Beaumont noted that Committee members Sandy Quillin and James Moseley had advised they would be unable to attend today's meeting.

Reading of Correspondence

None

Guest Speaker

Ms. Smith introduced today’s guest speaker, Mr. Eric Jacobson, Associate Director and Policy Scientist, Institute for Public Administration, University of Delaware. Mr. Jacobson distributed copies of a PowerPoint presentation entitled, “Demographics & Profile of Delaware’s Seniors”. The majority of the PowerPoint presentation (exclusive of bar charts) has been made part of the record both as an attachment and included within the body of the minutes. Four key areas were included as part of Mr. Jacobson’s agenda and discussion:

1. Demographics for Sussex County
2. National initiative to address the “Maturing of America”
3. Translational research that improves practice in the community
4. Delaware’s Senior Center funding formula

Mr. Jacobson noted that he developed what is known as the “grant-in-aid senior center funding formula” for Delaware. Through State funding, \$8 million of grant-in-aid funding was awarded to Delaware’s 44 senior centers: Wilmington – 11, balance of New Castle County – 13, Kent County – 7, and Sussex County – 13. Sussex’s 13 centers received \$2.1 million in funding to support programs for seniors. The First Tier of the grant-in-aid formula contains demographic variables (population 60+, low-income 60+, and 75+), as well as a Second Tier which includes participation and service levels that are used to determine funding levels coming from the State to the 4 counties (the City of Wilmington is considered a fourth county in this funding formula). The funding is then transferred from the each county to the local senior centers. The more seniors served and services provided, the larger the increase that could be realized by each center in the future.

Additional information regarding the University of Delaware – Institute for Public Administration – Senior Center Grant-in-Aid Project can be found at their website: <http://www.ipa.udel.edu/healthpolicy/srcenters>

Between now and the year 2030, six factors will necessitate the need for increased senior services in Sussex County, as well as the critical need for funding sources:

<i>Economic Perspective</i> <i>Increased Demand for Aging Programs/Services in Sussex County</i>
<ol style="list-style-type: none"> 1. Increase in 65+ population 2. <i>Rapid</i> growth in the number of ‘older’ seniors (75+ and 85+) 3. Desire to “Age in Community” (also known “Age in Place”) 4. Rising expectations for more services/programs (e.g., need to expand funding formula service levels) 5. Increase in the prevalence chronic disease and disability (arthritis/rheumatism #1 cause of disability) 6. More research studies demonstrating exercise adds ‘life to one’s years’

The chart below shows that the overall population rate, as well as for persons 65 and over, is growing more rapidly in Sussex County than Statewide:

2010 Demographic Snapshot		
	<u>Sussex County</u>	<u>Delaware</u>
Population – 2010	197,145	897,934
Population Growth – 2000 to 2010	25.9%	14.6%
Percent Persons 65+	20.8%	14.4%

Source: U.S. Census Bureau

Homeownership percentages are shown for Sussex County vs. the State:

Demographic Snapshot – Aging in Community		
	<u>Sussex County</u>	<u>Delaware</u>
Homeownership Rate (2005-2009)	80.3%	73.5%
Living in same house 1 year & over (2005-2009)	88.2%	84.9%

AARP Survey

- Nearly 90% of Americans 65+ want to stay in their residence for as long as possible
- 80% believe their current residence is where they will always live

Sources: U.S. Census Bureau, AARP 2010

In the population projections and analysis for the year 2030, Mr. Jacobson noted that he used two sources of information: the Delaware Population Consortium (University of Delaware) and the Center for Applied Demography and Research Study. The year 2030 is the peak year that baby-boomers will attain the rank of “senior”. In discussing the legends contained on the bar charts which reflect population growth, Mr. Jacobson noted that ‘natural increase’ refers to births minus deaths, and ‘net migration’ refers to the persons moving into Delaware – or Sussex County – from surrounding states. 2006 was the peak year for Sussex County’s total population. After 2006, the economic climate had a huge impact on the number of persons moving into Sussex.

Four Measures of Rapidly Aging of Sussex Population
<u>In the year 2030 ...</u>
1. The number of Sussex adults 65+ is expected to reach 90,000 – more than triple their number in 2000.
2. 33 percent of people in Sussex County will be 65+ compared to 24% in Delaware.
3. The number of Sussex adults age 85+ will increase dramatically from 2,600 to nearly 18,000 – nearly a 7-fold increase from the year 2000.
4. Four-Fold increase for 75+, compared to 2.7 for the State.

The following chart offers explanation as to the purpose and background of the national survey and report entitled, “Maturing of America – Communities Moving

Forward for an Aging Population” (June 2011). The report can be found at: http://www.n4a.org/files/MOA_FINAL_Rpt.pdf

<p><u>2010 National Survey</u> <i>Maturing of America: Communities Moving Forward for an Aging Population</i></p> <ul style="list-style-type: none"> • Purpose: collect information about programs, policies, and services that address the needs of older Americans • Surveyed 10,500 municipalities/counties, with a 14% response rate • Project led by the National Association of Area Agencies on Aging; funded by MetLife Foundation

Below are a few of the report’s findings. It was noted that Hurricane Katrina was a catalyst for additional “Public Safety/Emergency” services; approximately half of the nearly 1,200 to 1,500 victims were seniors. “Aging in Place” would also affect the need for additional “Housing” supports.

<u>Maturing of America/Results</u>	
<u>Programs/Service with Examples</u>	<u>% of Local Governments Reporting Availability</u>
1. Health (screenings, immunizations, hospital-run medical programs at senior centers)	69 %
2. Exercise (professionally-staffed fitness centers at senior centers, exercise classes tailored to specific health concerns)	70%
3. Nutrition (congregate & home delivered meals, senior center trips to local farmers markets)	85%
4. Transportation (to/from senior centers, to/from health care services, grocery stores, cultural events)	80%
5. Public Safety/Emergency (specialized training in dealing with older adults, plans for evacuation of older adults)	59%
6. Housing (home maintenance/repair, home modification and targeted service delivery to meet needs of older adults)	63%
7. Workforce Development (workforce skills development targeted towards older adults, employer education/engagement programs)	48%
8. Land Use Planning (zoning that supports <i>complete streets</i> – roadways that enable safe, attractive, and comfortable access and travel for all users, including pedestrians, bicyclists, public transportation, motorists, and users of all ages and abilities)	54%

Although communities offer many programs to address the needs of older adults, Mr. Jacobson noted that the sluggish economy has heavily influenced policies, programs and planning. In spite of the economic downturn, he reported that Delaware increased its funding to senior centers by \$1.5 million during last year.

The following chart shows the six benefits of promoting social, mental, and/or physical stimulation for seniors:

Programs that promote social, mental, and/or physical stimulation ...
• may provide protection against <u>dementia</u> . Those who pursue social or intellectually challenging activities have a 38% decreased risk of developing dementia
• reduce the risk of developing <u>depression</u> and <u>Alzheimer’s disease</u>
• increase the ability of seniors to <u>defend against</u> – and <u>recover faster from</u> – illnesses
• slow down <u>functional deterioration</u> , which promotes the prolonged ability for seniors to engage in activities of daily living
• facilitate <u>self-sufficiency</u> and enhance quality of lives of seniors and their families
• better enable seniors to live independently – to “ <u>age in community</u> ”

Below is additional information regarding Delaware’s Grant-in-Aid Program:

Delaware’s Performance-Based Senior Center Funding Formula Delaware Grant-in-Aid
➤ Formula developed in FY 1985
➤ Applied to new funds appropriated each year
➤ Formula design has been updated several times, e.g. adding new service levels
➤ Legislature added \$1.5 million in FY 2012

Following are the 9 criteria used by Delaware for determining services offered by senior centers:

Funding Formula’s Service Level Criteria
New Criteria
Core 1. Transportation
Core 2. Nutrition (Congregate Meals)
Core 3. Social & Recreational
4. Health, Wellness & Support
5. Physical Fitness

6. Aquatics
7. Outreach & Reference
8. Educational Enrichment
9. Adult Day Care

To receive funding, Mr. Jacobson reported that all Delaware senior centers are required to fill out a 23-page Delaware GIA Application Form each year.

The following chart shows the percentage of Sussex County Senior Centers that offer the services noted. Improvement has been seen in the areas of health and wellness programs, as well as fitness and educational opportunities.

PROGRAM TRENDS IN SUSSEX COUNTY			
% CENTERS OFFERING			
	2008/2009		2010/2011
Health/Wellness	53.8%	↑	69.2%
Fitness	7.7%	↑	23.1%
Aquatics	7.7%		7.7%
Educational	46.2%	↑	53.8%
Outreach/Reference	23.1%		23.1%
Adult Day Care	7.7%		7.7%
Nutrition	76.9%		76.9%
Transportation	92.3%		92.3%

A brief question and answer period followed. Topics discussed included the disparity of services offered between centers, Aging in Place vs. the reality of 55+ housing communities, Delaware Coalition for Injury Prevention, and the Community Associations Institute (www.caionline.org).

Mr. Jacobson recommended ‘Toolkit for a Healthy Delaware – bringing communities and health together’. According to their website www.ipa.udel.edu/healthyDEtoolkit, the toolkit is based on a resource guide that reflects the most up-to-date information with regard to developing healthy communities in Delaware. Mr. Jacobson noted that two new resources would also be available in the very near future: the first being a ‘*complete streets*’ guide for local governments (roadways that enable safe, attractive, and comfortable access and travel for all users, including pedestrians, bicyclists, public transportation, motorists, and users of all ages and abilities), and the second – ‘*complete communities*’ – would deal with specific building/housing issues for seniors.

Ms. Beaumont thanked Mr. Jacobson’s for his time and informative presentation.

Old Business

- (a) Finalize Strategic Plan for 2011-2012 - Ms. Beaumont noted that the Strategic Plan had been discussed during the Committee's planning meeting held at 9:00 to 10:00 a.m. There are a few timelines that must be established and Ms. Beaumont will follow-up with committee members. Ms. Beaumont stated that she plans to compile all of the information submitted from the three subcommittees into the draft strategic plan and present it to the Sussex County Council in February. Once the County Council has given its approval, the next step would be to contact agencies who have expressed interest in what the Committee is doing to develop a leadership consortium of advocacy groups who work with seniors, as well as adults with physical disabilities, within Sussex County.

New Business

As a result of the 9:00 a.m. subcommittee meetings, there was some confusion by the public as to the start-time of today's meeting. Consequently, Ms. Short noted a suggestion had been made that only the Committee's flyer be sent to outside agencies; committee members would still receive both the agenda and flyer. After brief discussion by members and due to the length of the meeting, Ms. Beaumont stated that additional dialogue would be held in the future.

Public Comment

Ms. Beaumont gave opportunity for audience members to introduce themselves. She encouraged everyone to fill out the sign-in sheet and to note their preference of contact:

- Mr. Ken Bock requested support of House Bill No. 240, which would add an additional \$100 fine to the sentence of any criminal whose victim was age 62 or older. The money collected would be held in a new Senior Trust Fund administered by the State's Division of Services for Aging and Adults with Physical Disabilities. Mr. Bock reported that the money would be used to specifically support community-based senior programs.
- Mr. Robert Gallagher noted that the Veteran's Association and DAV (Disabled American Veterans) would be a good adjunct to the Committee, and would like volunteer his assistance.
- Linda Rogers, of the Sussex RSVP, reported that they provide educational programs to help prevent falls and to lessen injury when sustaining a fall.

- Chantal Willis, disability advocate, noted her membership on the State of Delaware Independent Living Advisory Committee.
- Kristen Bacon, of the DT & CC Adult Plus Program, stated they have an aquatics program through their partnership with the Howard T. Ennis school.
- Representative from United Healthcare – in attendance to provide information regarding long-term care for seniors and adults with physical disabilities.
- Patsy Brown, member of the Amputee Support Group of Delaware, reported that peer support group sessions are held on the 4th Tuesday of each month at Easter Seals in New Castle County and in Sussex County at the Georgetown Easter Seals facility. She also noted her membership on the Governor’s Advisory Council for Aging and Physical Disabilities.
- Jeanne Dukes, of Beebe Home Health, noted her availability as a guest speaker to present information about their services.
- Linda Connors, of the Delaware Division of Substance Abuse & Mental Health, made reference to the current Issue of CHEER’s News & Views (page 12). She reported that beginning this month, the Parent Information Center of Delaware is starting a resource group for grandparents raising grandchildren and great-grandchildren. There will be a meeting on Wednesday, January 25, 2012, noon to 1:30 p.m., at the West Seaford Elementary Parent Resource Center. Everyone is welcome.
- Fran Burnham, First State Community Action Agency, noted their work providing seniors – 55 and over – with job training.

Additional Business

None

Next Regular Meeting

The next meeting of the Advisory Committee is scheduled for Monday, March 19, 2012, at 10:00 a.m. at the Milton CHEER Center, 13275 Reynolds Road, Milton, Delaware. Ms. Beaumont stated that no subcommittee meetings would be held and that information would be presented regarding the new Diamond State Health Plan.

Adjournment

At 11:36 a.m., a Motion was made by Mr. Williams, seconded by Ms. Smith, to adjourn. Motion Adopted by Voice Vote.

Respectfully submitted,

Anna Short, Secretary
Sussex County Advisory Committee for the Aging
and Adults with Physical Disabilities