

Newaygo County Commission on Aging Service Report

Fiscal Year 2018 (October 1, 2017 – September 30, 2018)

Home Delivered Meals on Wheels: The Home Delivered Meals (HDMs) or Meals on Wheels are prepared in White Cloud. These meals are delivered by five part-time meals drivers who travel about 400 miles on Mondays - Fridays. In most situations, frozen meals are provided for Saturday, Sunday, and Government Holidays. Additional meals are provided to some depending upon their particular situation. Emergency meals are also given out in case of snow, ice, or other emergencies. *Ensure* is provided, if prescribed by a doctor, through this program. Although the cost of transporting meals is rather substantial, homebound individuals in all corners of Newaygo County benefit from receiving nutritious meals that they are unable to prepare for themselves.

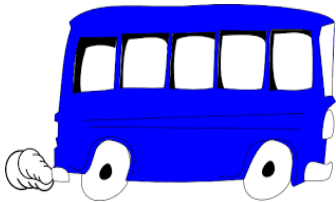


275 people 56,914 meals served

Congregate/Community Meals: Nutritious meals are prepared in White Cloud. These meals are low in salt. Special dietary needs of elderly clients can be addressed as needed. We provide salad bars at all meal sites. FY 2018 meal sites were in White Cloud, Fremont, Merrill Township, and Newaygo.

352 people 15,358 meals served

TOTAL MEALS 627 people 72,272 meals served



Senior Bus Transportation: The Commission on Aging provides basic access services to older adults and people living with disabilities in Newaygo County using six buses (five are on the road regularly; one is used as a backup and for special trips). All of the vehicles are wheelchair-lift equipped. Access services consist of transportation to COA meal sites, banks, stores, pharmacies, post offices, and other needed destinations nearest where people live. Routes are coordinated with the meal sites.

1,002 duplicated riders 15,292 one-way trips 97,854 miles

Health Care Van: The Commission on Aging provides unlimited transportation for in-county health care access utilizing wheelchair-lift-equipped and ramped vans. The health care vans also provide out-of-county transportation for specialized health care treatment to individuals who are wheelchair-bound. The health care vans are available to transport anyone living in the county 60 years or older who have no other means of transportation.

1,482 duplicated riders 8,868 one-way trips
3,518 one-way trips used wheelchair lift – 39.6% 202,097 miles

Volunteer Transportation: The Commission on Aging utilizes a volunteer driver network for out-of-county travel for ambulatory seniors to obtain health services not available within the county. These services include cancer treatment and appointments with specialists, e.g., eye, heart, kidney, and specialized surgeries.

556 duplicated riders 1,766 one-way trips 115,440 miles



TRANSPORT TOTALS 3,040 duplicated riders 25,926 one-way trips 415,391 miles

We transported riders 16.7 times around the earth's circumference!



Case Management: Clients are visited for assessments and for assistance with meeting their needs at least twice each year. Seniors, as well as family members, are supplied with a better understanding of services available, COA programs as well as other service organizations, for which they are eligible, and are assisted in finding the resources to meet their needs.

987 unduplicated people

1,948 contacts

Medicare/Medicaid Assistance Program (MMAP): Trained case managers assist people who have questions regarding Medicare, Medicaid, supplemental insurance, and patient rights. The MMAP Program tracks calls lasting more than 5 minutes for which reports are submitted to the State’s MMAP organization. Numerous “quick” calls were answered but not tracked as these usually are less than 5 minutes and are general in nature. **During fiscal year 2018 MMAP we had 259 hours of contact and training.**

Homemaker: Through the COA homemaker program clients receive assistance with basic cleaning, i.e., vacuuming, mopping, washing dishes, cleaning countertops and bathroom fixtures, dusting, changing bedding and making up the bed, laundry, basic meal preparation, warming food, putting away leftovers, and/or shopping and errands, e.g., picking up prescriptions and necessary grocery items. The frequency of homemaker service varies depending on individual needs.



1,831 duplicated people

7,504 hours

White Pine Adult Day Group: Our plan is for all care recipients and caregivers to maintain their optimal level of functioning for as long as possible. This group focuses on some of the social and financial factors that concern the caregivers while addressing the intellectual, social, and physical impairments of the clients. By looking at the entire scope of needs, we accomplish two goals: 1) assist the clients in achieving and maintaining the highest level of functioning and the best quality of life possible; and 2) easing the caregiving burdens placed on family members which allows them to care for their loved ones longer at home.

Adult Day Services:

21 individuals

14,730 hours

Older Adult Respite Services (OARS): In-home respite services, through the OARS program, are provided to caregivers of the medically frail. The program was created to help fill the gaps created by Medicare cuts to home health care agencies.

Nursing agencies:

40 unduplicated clients

1,502 hours



Home Repair: Labor for minor home repairs, i.e., fixing a leaking sink, thawing frozen pipes, and applying heat tape, is provided with the seniors paying for the materials needed to make the repairs. Estimates for and construction of wheelchair ramps are also available if time allows.

199 unduplicated people

712 contacts/duplicated people

DISEASE PREVENTION/HEALTH PROMOTION PROGRAMS

EnhanceFitness®: This is a low-cost, evidence-based, group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. A full hour of fun, EnhanceFitness®, focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age. Classes are one hour long, three days per week, for eight weeks. **Six 8-week sessions were held throughout fiscal year 2018. This amounted to an average of 31 different participants per month.**



Senior Project Fresh: Senior Project Fresh is for people 60 and over, or people living with disabilities under 60, who are at or below 180% of the poverty level. Each individual who qualifies is provided with \$40 worth of coupons to redeem fresh Michigan fruits and vegetables at local farm markets or roadside stands where the seller participates in the project. **During fiscal year 2018 we distributed 1,394 booklets valued at \$27,880, which served 697 households with people aged 60 and over.**

FUNDING SOURCES

The Newaygo County Commission on Aging thanks our generous funding sources: Newaygo County Taxpayers (COA Senior Millage), Community Donations, Fremont Area Community Foundation, Area Agency on Aging of Western Michigan, Michigan Department of Transportation, Reliance Community Care Partners, T.R. & Bonnie Deur/St. Bartholomew Church Fund, Aging and Adult Services Agency, and United Way.



Thank you very much!