Leon County Senior Outreach Center

2009/10 Annual Report

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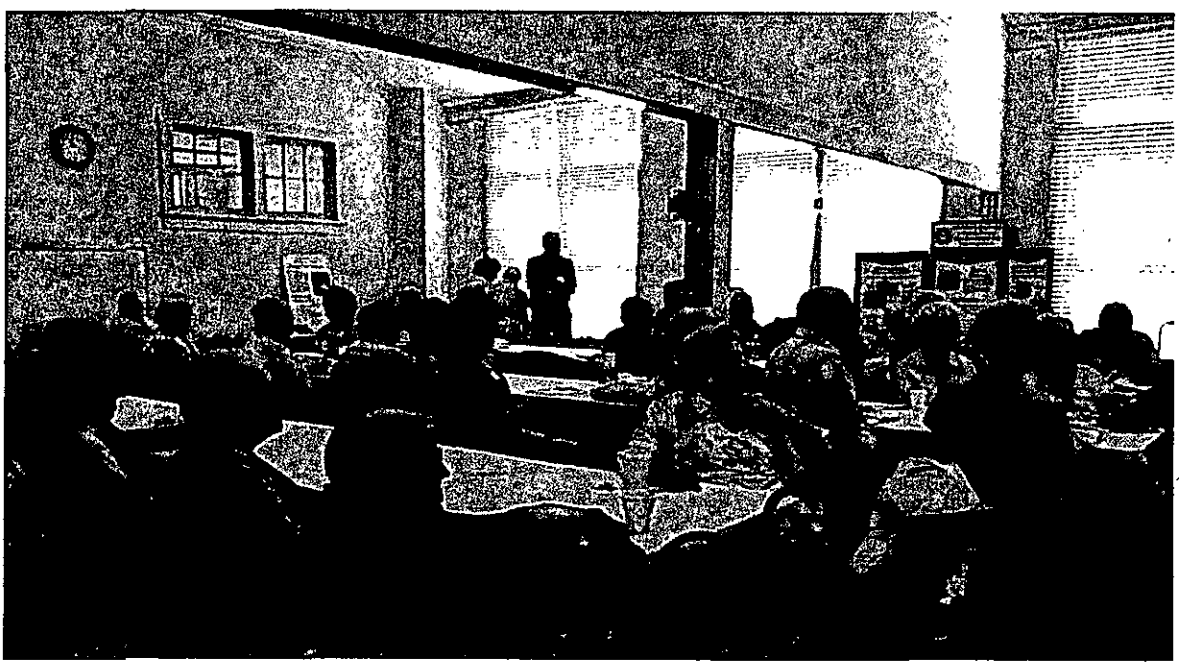
Summary of Program Services

- Satellite Senior Center Services
- Senior Days
- Fitness and Art Classes
- Transportation Program
- Volunteer Services
- Grandparents as Parents (GaP)
- Disaster Preparedness
- Senior Games
- Positive Aging Community for a Lifetime Project
- Respite Services and Caregiver Training
- Public Awareness and Community Outreach



Summary of Senior Day Activities and Accomplishments

- **Facilitated and coordinated senior programs at County community centers.**
  - ***"Senior Days" offered in five geographic areas: Bradfordville, Chaires-Capitola, Ft. Braden, Miccosukee and Woodville.***
  - Over 100 social service providers, community organizations, private businesses, and individual community members participated at Senior Days (see attachment #1).
  - Representatives from 11 Leon County Departments brought resources and information to Senior Day participants throughout the year.
  - The Leon County Health Department in conjunction with various health care businesses and volunteer nurses conducted ongoing blood pressure checks and diabetes screenings at each Senior Day location.
  - A variety of additional screenings were offered throughout the year, including hearing, vision, glaucoma, balance, memory, bone density, joint integrity, cholesterol and weight.
  - The Leon County Health Department administered flu shots at all Senior Day locations.
  - Coordinated the Florida Farmers Market Nutrition Program in conjunction with Tallahassee Senior Services. This program provides low-income seniors with coupons that can be used to purchase up to $40 worth of locally grown produce. These were distributed at all Senior Day locations.
  - **SHINE (Serving the Health Insurance Needs of Elders)** volunteers from the Department of Elder Affairs have come to each of the Senior Day locations to assist participants in choosing a Medicare health and/or prescription drug plan. These specially trained volunteers provided needed counseling to individual seniors who were confused by the complexities of navigating the health insurance system.
  - Volunteer attorneys attend all the Senior Days and assist seniors with their End-of-Life documents, as well as other legal concerns.

Positive Aging Community for a Lifetime Project (PAC)

The Tallahassee-Leon County Positive Aging Community for a Lifetime project is committed to creating a community that values and benefits all residents, and offers individuals the opportunity to remain in their chosen community for a lifetime. The Tallahassee Senior Center has served as the focal point for senior programs in the Tallahassee area since 1978. In 2001, both the City of Tallahassee Commissioners and the Leon County Board of Commissioners resolved to support the Department of Elder Affairs Communities for a Lifetime initiative to make our community senior-friendly, thus a better place to live for all ages.

With both the City's and the County's commitment, senior services staff has worked with more than 80 other City and County staff, community experts, and volunteers the past five years to raise awareness of senior issues and to create an environment for seniors, caregivers, and families that encourages independence and the opportunity to age in place–with dignity, security and purpose.

The T-LC Positive Aging Community Project looked beyond a one-time assessment to a lifelong sustainable project – continuing to improve the quality of life of seniors and their families throughout Tallahassee and Leon County. They are dedicated to a long-range project that continues to make improvements in the areas of transportation, housing and medical services, just to name a few.

- *Pedestrian Safety Workshops: A Focus on Older Adults* – The Tallahassee Senior Center & Foundation was selected as one of 12 demonstration sites for the National Highway Traffic Safety Administration's Pedestrian Safety Workshop: A Focus on Older Adults managed by the University of North Carolina Highway Safety Research Center. TSC will be working with the Woodland Drives Neighborhood Association and the Lafayette Street Improvement Committee to host four workshops in Tallahassee.
- *Caregiver Services* – Senior Services Manager is facilitating a new multi-purpose building project to house a dementia-specific adult day care, the Alzheimer's Project, and a lifelong learning and training site.
- *Nationally Accredited Senior Center* – Is accredited by the National Institute of Senior Centers. Serving 24 percent of the senior population in T-LC, the Accreditation further highlights the 141 different opportunities each month offered at the Senior Center and its satellite sites.

Additional Senior Outreach Activities

- **Transportation Program** - In partnership with Star Metro, a monthly para-transit service is provided from the Miccosukee Community Center to the nearest Super Wal-Mart. LCSO volunteers assist in registration and accompany riders on these trips.

- **Leon County Senior Gazette** - Production and distribution of the Leon County Senior Gazette, a bi-monthly publication delivered to over 6,000 households comprised of seniors age 60 and older living in or near the five Senior Day locations. The Gazette includes information on local services and resources, wellness topics, and LCSO programs and activities. It also incorporates articles involving the people and history of each of the rural communities served.

- **Volunteer Services** - 27 volunteers contributed over 854 hours of service to the Leon County Senior Outreach program. Over 95 people were honored at the annual LCSO Volunteer and Community Partner luncheon held in September.

- **Disaster Preparedness** -The American Red Cross and Leon County Emergency Management provided disaster preparedness information and recruited eligible seniors for the Special Needs Registry.

- **Senior Games** - LCSO Coordinator serves on the Capital City Senior Games committee that brought competitive athletic events for seniors to Tallahassee in May 2010. This is a nationally recognized program to be held annually that will attract seniors from across the state and the north Florida region. LCSO Coordinator recruited and coordinated over 100 volunteers to assist with this four day event.

Additional Senior Outreach Activities Cont.

Respite Services and Caregiver Training

Through the cooperative agreement between Alzheimer's Project of Tallahassee (APT) and the TSC Foundation, provide additional respite and volunteer services for caregivers in the Tallahassee-Leon County community.

- Increased respite services for caregivers.
- Increased caregiver training opportunities for volunteers and professionals outside of the aging network, i.e. faith-based organizations, first-responders, schools and universities, community service organizations, and civic groups.
- Served families and caregivers in rural Leon County through the Senior Day program.
- The Alzheimer's Project continues to be an active part of the Leon County Senior Days. Quarterly the Project exhibits at each location to educate seniors about services including providing condensed memory screenings.

Public Awareness and Community Outreach

- Publishes Senior Day programs in bi-monthly *Active Living* magazine, printed by the *Tallahassee Democrat*, for 80,000 readers.
- Publishes and mails the *Leon County Senior Gazette* on the alternate months from *Active Living* magazine. Information is provided on a variety of senior related topics, county and community services, and program activities. The *Gazette* is distributed to over 6,000 senior households in or near the rural communities of Bradfordville, Chaires/Capitola, Ft. Braden, Miccosukee and Woodville.
- Program descriptions, a calendar of activities, and the *Senior Gazette* are available on the Leon County web site.
- Informational fliers on LCSO programs and activities are distributed at the Senior Days and posted at each of the Senior Day locations.
- PSA's are sent to local television stations for inclusion in their Community Bulletins.
- Program information is printed in the daily Calendar section of the Democrat and their annual "Living Here" guide.
- Monthly fliers are mailed to Grandparents as Parents program participants reminding them of the GaP luncheons/support groups.
- Program information is published in the Family Forum Resource Guide and the Big Bend 211 Directory.
- Informational letters explaining LCSO and GaP services are mailed to area churches.

Advocate for Leon County Commissioners' concerns on issues affecting seniors

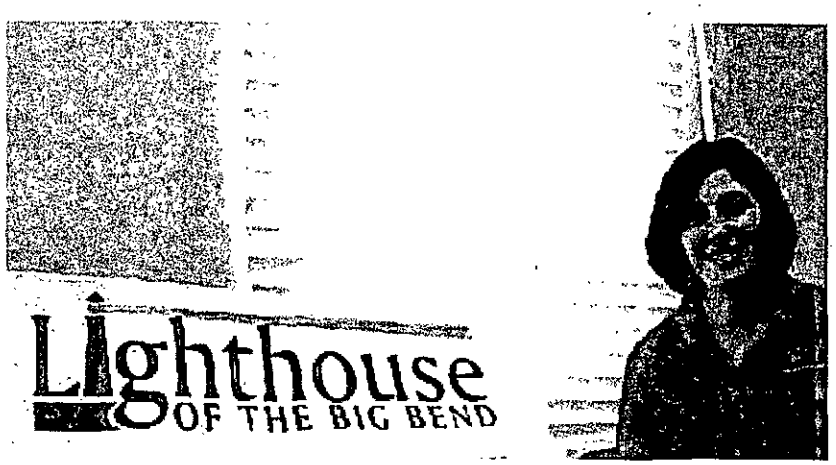
The Leon County Senior Outreach Advisory Council meets bi-monthly to advocate for Leon County seniors and address the needs and issues they may have. Representatives from local County and community agencies are invited regularly to discuss their services and how they impact the senior population.

Identify initiatives and possible funding sources to enhance and expand services to the senior community.

The Positive Aging Community team is working on integrative services grants to better serve seniors in their homes.The seniors served through the Leon County Senior Outreach program have been very generous in their monetary contributions back to the program. Regular donations are made at each Senior Day and Senior Outreach activities. Funds are used to support program growth as it exceeds the grant funds.

Collaborative Efforts

- **Collaborative Events**
  - Partnered with Capital City Christian Church to host two Lunch and Learn events for seniors. These were large events, one with over 100 participants, and the other with over 200.
  - Co-hosted Car-Fit with Capital City Christian Church. This is a national educational program that uses a comprehensive safety checklist to ensure that the car a senior drives is properly adjusted for him/her. Information is also provided on transportation alternatives and available driving aids.
  - In conjunction with the Tallahassee Senior Center and Capital City Christian Church, LCSO staff conducted significant research and planning for an inaugural Lifelong Learning Extravaganza to be held in October, 2010. This annual, week-long event will feature a multitude of speakers, field trips, and entertainment showcasing the abundance of cultural and educational resources in Leon County and the surrounding region.
  - Partnered with the YMCA Northwest to provide discounted fees for seniors to attend their gym/fitness classes.



Community Support

City of Tallahassee Support

- Provides office space in the Tallahassee Senior Center, the focal point in the Tallahassee—Leon County community for seniors and their caregivers.
- Provides Internet access to City computer services.
- Provides use of phone services.
- Senior Outreach Coordinator represents program at TSC Advisory Council meetings.
- County liaison serves on TSC Foundation Board of Directors.
- City of Tallahassee Senior Services staff and TSC Foundation staff, including the Leon County Senior Outreach Coordinator, work cooperatively to ensure coordination of projects and maximize senior services.

Tallahassee Senior Citizens Foundation Support

- Provides experienced administration and supervision of the Leon County-funded position and oversight of the T-LC Senior Outreach program.
- Provides public relations resource to assist Coordinator in promoting and advertising County Senior Days and other Positive Aging Community project activities.
- Provides fiscal support for grant administration.

Community Center Activities and Classes

Bradfordville
- Three Senior Fitness classes 2X per week
- Art class 1X per week
- Bridge 1X per week
- Three 6-week Lifelong Learning Series 1X per week

Chaires-Capitola
- Senior Fitness classes 3X per week
- Lo-Impact Senior Fitness classes 2X per week
- Art class 1X per week

Ft. Braden
- Senior Fitness classes 2X per week
- Cards for Fun 1X per week
- Art class 1X per week

Miccosukee
- Senior Fitness classes 3X per week
- One six-week art class 1X per week

Woodville
- Senior Fitness classes 2X per week

Served 13,410 units of service at Senior Days and on-going activities, a 14.5% increase over last year. One unit equals one person attending an activity.

- **Bradfordville**: 4,579 units of service
- **Chaires-Capitola**: 2,788 unites of service
- **Ft. Braden**: 1,988 units of service
- **Miccosukee**: 1,142 units of service
- **Woodville**: 1,878 units of service
- **1,149 individuals attended Senior Days and/or on-going activities.**

Leon County Senior Outreach 2009/10 Budget Summary

Revenue Source	2009/10	
Leon County (not CHSP):	$144,000	
City of Tallahassee (not CHSP):	$12,547	In-Kind
United Way (not CHSP):		
Community Human Services Partnership (CHSP):		
State:		
Federal:		
Grants:	$500	
Contributions/Special Events:	$69,413	
Dues/Membership:		
Program Service Fees:		
Other Income (please itemize): Carry-forward		
Total Revenue	**$226,460**	

Expense	2009/10		
Compensation and benefits	$121,611	*In-Kind	6,431
Professional Fees	$2,000		
Occupancy/Utilities/Network	$6,281	In-Kind	6,116
Supplies/postage	$8,352		
Equipment Rental, Main., purchase			
Meeting costs/travel/transportation	$1,212		
Staff/Board development/Recruitment	$30		
Awards/Grants/Direct aid *(Additional Activity Instructors)*	$79,974		
Bad Debts/uncollectibles			
Bonding/liability/directors insurance			
Other expense (please itemize)			
Publicity/Advertising	$0		
Printing/copying	$7,000		
Total Expenditures	**$226,460**		
***CITY OF TALLAHASSEE IN-KIND SUPPORT**			
Administrative Staff for PAC Project. (10%)	$6,100		
Office space, Internet access to City computer services, use of Copy Machine, and phone service	$3,993		
Total In-Kind Support	**$10,093**		

Leon County Senior Outreach Exhibitors, Speaker and Entertainers October 2009 – September 2010

2010 Census Bureau
2-1-1- Big Bend
2nd Harvest of the Big Bend
Accessibility Home Care
Acting Up Senior Drama Troupe
Aging with Dignity
Alzheimer's Project
American Lung Association
American Red Cross
Animal Aid Foundation
Apalachee Beekeepers Association
Area Agency on Aging
Banjo's Smokehouse
Big Bend Cares
Big Bend Hospice
Birdsong Nature Center
Capital City Christian Church, Senior Life Resource Center
Capital Health Plan
Capital Regional Medical Center
Cherry Laurel Retirement Residence
City of Tallahassee Parks and Recreation
Comfort Keepers
Covenant Hospice
Dave Robinson, Elder Hostel Presenter
Desloge Home Oxygen and Medical Equipment
DOEA-Long Term Ombudsman Program
Dr. Bruce Bickley, FSU Professor Emeritus
Dr. Jennifer Koslow, FSU Assistant Professor
Dr. Steven Mills, FSU Family and Child Science
Dr. William Christiansen, FSU Dept. Chair & Bank of America Professor of Finance
Elder Care Services
FAAST (Florida Association of Assisted Services and Technology)
Florida Abuse Hotline
Florida Area Health Education Center (AHEC)
Florida Dept. of Agriculture and Consumer Services
Florida Dept. of Blind Services
Florida Dept. of Business and Professional Regulation
Florida Dept. of Elder Affaires, SHINE Program
Florida Dept. of Transportation
Florida Elder Farmers Market Nutrition Program
Florida Historic Capital
Florida Legal Services
Florida Museum of History
Florida Public Service Commission
Florida State Office of the Attorney General
Florida Telecommunications Relay, Inc.
Florida Wildlife Commission
Fred Dietrich, Hummingbird Bander
FSU ACTS Program
FSU High Magnetic Lab
Gary Stillwell, FSU Religion Professor
Genealogical Society
Goose Creek Wildlife Sanctuary
Guardian Medical Monitoring
HealthSouth Rehabilitation Hospital
Home Instead Senior Care
Hopewell
Humana
Kermit Brown, Historian and Museumologist
Kevin Carr, FSU Doctoral Student
Knott House Museum
Legal Services of North Florida
Leon County Division of Emergency Management
Leon County Emergency Management Services
Leon County Extension Service
Leon County Office of Sustainability
Leon County Parks and Recreation
Leon County Sheriff's Department
Leon County Supervisor of Elections Office
Leon County Tax Collector's Office
Leon County Victims Advocate Program
Leon County Waste Management
Lighthouse of the Big Bend
Literacy Volunteers of Leon County
LocalSeniorDiscounts.com
March 7X-Health and Social Services
McClay Gardens State Park
McConnaughhay Law Group
Mission San Luis
National Oceanic and Atmosphere Administration
Native Plant Society
New Leaf Market
NHC Homecare
Palmer Eye Care Center
Pam Laws, Singer
R&R Physical Therapy
Radiology Associates
Regions Bank
SAMS Club
Senior Financial Services
Senior vs Crime
Southeast Eye Specialist
St. Marks Wildlife Refuge
Star Metro
Tallahassee Senior Center Resource Coordinator
Talquin Electric
The Angel Band
TMH Lifeline Systems
Volunteer Nurse, Paula Cooper
WellCare
Wellness Center
Woodmont Retirement Community
Workforce Plus

Grandparents as Parents (GaP) Speakers and Exhibitors October 2009 – September 2010

211 Big Bend
American Red Cross Babysitting Program
Apalachee Center
Area Agency on Aging
Big Bend Community Based Care Capitol Alliance
Big Bend Hospice
Bond Health Clinic
CHADD
Children's Home Society
Children's Medical Services
Cub Scouts
Department of Children and Families
Discovery Toys
Early Learning Coalition
Epilepsy Association of the Big Bend
Florida Dept. of Agriculture and Consumer Services
Florida Dept. of Highway Safety
Florida Legal Services Prescription Drug Hotline
FSU Clinic for Hearing Loss
FSU National Magnetic Lab
Health South Rehabilitation Center
John Pascal, Mental Health Counselor
Jumpstart
Lee's Place
Legal Services of North Florida
Leon County Emergency Medical Services
Leon County Extension Service
Leon County Health Department
Leon County Public Library
Leon County Schools
Literacy Volunteers of Leon County
Magellan Counseling and Health Care Services
Mission San Luis
Molar Express
NAMI – National Alliance on Mental Illness
Oasis Center for Girls
St. Marks Wildlife Refuge
Tallahassee Fire Department
Tallahassee Parks and Recreation
The Mary Brogan Museum of Arts and Sciences
United Way Tax Assistance
Whole Child Leon
Worrkforce Plus
Young Marines of the Big Bend