

# ANNUAL REPORT



# 2012



4444 N. Belleview, Suite 108  
Gladstone, MO 64116

(816) 455-4800  
[www.claycoseniors.org](http://www.claycoseniors.org)



## Services Helping Seniors

- Over 3,000 requests for resources, both for our services and those of the community-at-large, were answered by phone, email, and in person.
- 1,000 File of Life emergency medical information cards in red pouches were distributed throughout the county to individuals, senior groups, and senior communities.
- Our volunteers through board and office assistance generously provided 950 hours. Translated to dollars (\$21 per hour), our volunteers' services totaled approximately \$19,950.00.

**Health, Wellness, and Education:** During any one quarter of 2012, approximately 700 Clay County residents took advantage of their senior discount for education and exercise, a little more than half of them using the discount for the first time.

**In-home Services:** Approximately 40,000 unit hours of in-home services were provided to help 291 seniors remain independent in their own homes, in the form of light house-keeping, personal care, respite care, and care management.

**Personal Emergency Response:** 1,029 people felt more secure living in their homes thanks to their personal emergency response (PERS) pendant from Lifeline. We had 257 new clients sign up for the service in 2012.

**Transportation:** We provided 6,474 rides to 433 seniors for medical appointments and 2,742 rides to 94 seniors for shopping and lunch at Senior Centers.

Kansas University's **Osher Lifelong Learning Institute** invites older adults to learn just for the joy of it, and 290 learners age 60+ accepted the invitation and attended classes at Maple Woods Community College and William Jewell College.

**Adult Day Health Care:** A safe, enriching, and enjoyable environment was provided for 64 older adults attending Adult Day Health Care at Southview, Brookside, and Shepherd's Center's BreakTime Club.

**Home Repairs:** 176 home repair projects were completed for Clay County seniors through our partners Shepherd's Center of the Northland, Rebuilding Together Clay County, Good Samaritan Center, and Northland Neighborhoods, Inc.

*"I was recovering from a broken hip and having trouble getting in and out of my front door because of the condition of my front stoop. I am a widow and did not know where to turn for help. A friend told me about the Clay County Senior Home Repair Program. This program administrated by Good Samaritan, has a crew of polite, efficient and knowledgeable workers. Their crew built a new stoop with a handrail which helped me to get in and out of my front door. For those of you over the age of 60, living in Clay County, I highly recommend this program. I would like to say "thank you" to Clay County Senior Services and the Good Samaritan Center."*

- Wanda (Excelsior Springs)



Transportation



Osher Lifelong Learning



Home Repairs



Health, Wellness, and Education

### What our seniors are saying...

*"Thank you so much with your gracious and generous help. Without you I would not be able to live independently."*

*"I would not be able to stay in my home without my wonderful caregiver. I use the assisted transportation to go to doctor appointments. Don't know what I would do without this service."*

*"I voted for the tax that helps fund this program, never dreaming I would be a beneficiary of its support. Thank you for doing a great job!"*

*"My husband (90) and I (88½) want to express our thanks for the transportation services provided to seniors. We could not have had better service!"*

*"I really enjoy the Osher classes. I'm so thankful that Clay County provides this opportunity."*

# PROMOTING PHYSICAL, EMOTIONAL, AND INTELLECTUAL WELLNESS

## Partnerships

**Coming of Age:** "Anything is possible, the future looks bright." "There is still time for accomplishments and dreams." These are a few comments from the 36 attendees that explored opportunities and possibilities after retirement with Coming of Age: Explore Your Future. Another aspect of the program is the Learning Lab training for non-profits; 9 agencies learned strategies to recruit and retain older volunteers.

**Mental Health & Aging:** Through trainings, assessments and care coordination, 421 people learned about depression and other mental health issues or accessed care through Tri-County Mental Health Services. (TCMHS) "Joe" was referred to TCMHS by his physician because he could not determine a medical reason for Joe's severe headaches. Joe is 80 years old and his wife has Alzheimer's disease. After a thorough intake by TCMHS, Joe reported that he was experiencing increased stress as a result of caring for his wife. The home therapist was able to help Joe develop coping skills including ways to manage his own anger, setting boundaries for the care of his wife and utilizing the support of his children to provide respite for himself. Joe was able to reconnect with his friends and take time for himself; including resuming his woodworking projects which he identifies as a stress reliever. Joe progressed well through therapy and was successfully discharged.

Through our **partnership with Clay County Public Health Center**, two exercise programs are offered. Matter of Balance helped 82 participants, who had concerns about falls, feel more confident by changing their environment to reduce fall risk factors and by promoting exercise to improve flexibility, balance, and strength. "This class taught me to always be more aware of my surroundings." Another class offered for all ages and capabilities is PEPPI: Peer Exercise Program Promotes Independence. PEPPI has 103 seniors participating in classes year-round at 12 partner sites.

**Senior Centers:** Each day, approximately 135 older adults attend the Kearney, Liberty, or Smithville Senior Centers for a meal, social interaction, and activities. Our funding supports the daily operations of these vital centers in our communities.

**Northland GrandFamilies:** In 2012, this program provided monthly support group meetings, education, advocacy and referrals to various social service agencies for 48 grandparents and other relatives raising children. Northland Grandfamilies is a cooperative program between the University of Missouri Extension Council of Clay County and Clay County Senior Services. One grandmother said she has "knocked on many doors" for help, but has found the most support and resources from the Northland Grandfamilies Program.

**Link-AGE:** Shepherd's Center of The Northland "linked" 121 seniors to a range of benefits totaling \$179,000. This year, the Health Care Companion Services was launched; designed to match a trained volunteer to coordinate medical appointments, follow-up, or be an advocate for an older adult. Fifty seniors have benefitted from a health care companion. Dee's neighbors were becoming concerned, she seemed more confused, isolated, and not eating well. During a home visit, Dee told the Social Worker that she had dementia and needed a lot of reminders to help her manage her life. She had complex medical issues and was taking 16 prescription medications. Dee had missed several medical appointments because she didn't have transportation. Dee readily accepted assistance from the health care companion and a physician appointment was arranged. As a result, 4 medications were discontinued and the dementia diagnosis was ruled out because her confusion was related to multiple medication interactions. Dee is doing much better understanding and managing her health care needs. The companion continues to stay involved to monitor her situation.



Northland GrandFamilies

**Rural Senior Advocate Program:** The Good Samaritan Center Rural Advocate program served 136 older adults through volunteer efforts that provided friendly visits, transportation, benefits assistance, and information and assistance to appropriate resources. The rural advocate helped a couple that had not signed up for the Medicare Part D prescription plan when the benefit first became available in 2006. At that time, the couple didn't take any medications, so they didn't think they needed Part D. However, they both need costly medications now, but were hesitant to enroll due to a penalty for delayed enrollment. The rural advocate was able to examine the costs and convince the couple that by signing up now, even with the penalty, they would save \$150.00 per month on prescription costs.



Smithville Senior Center



Members of Senior Falls Prevention Coalition of Clay & Platte Counties

## Thanks to the following partner agencies:

Assisted Transportation	Mid-America Regional Council
Barr Private Care	North Kansas City Hospital
Brookside Adult Day Health Care	North Kansas City School District
Catholic Charities	Northland Career Center
City of Gladstone Community Center	Northland Meals on Wheels
City of Kansas City, Missouri Community Center North	Northland Neighborhoods, Inc.
City of Liberty	OATS, Inc.
• Access Bus	Park Hill School District
• Senior Center	Philips Lifeline Systems
• Community Center	Rebuilding Together Clay County
City of North Kansas City Community Center	Saint Luke's Northland Hospital—SHAPE Fitness
City of Smithville	Senior Falls Prevention Coalition of Clay and Platte Counties
Clay County Government	Senior Link
Clay County Public Health Center	Shepherd's Center Central
Excelsior Springs Area Career Center	Shepherd's Center of the Northland
Good Samaritan Center	Smithville Senior Center
Integrity Home Care	Southview Adult Day Services
Kansas City Art Institute	Spelman Medical Foundation
Kansas University Geriatric Education Center	Tiffany In-Home Services
Kansas University Osher Lifelong Learning Institute	Tri-County Mental Health Center
KC Communities for all Ages	University of Missouri Clay County Extension Center
Kearney Community Foundation	University of Missouri School of Nursing
Kearney Senior Center	William Jewell College
Maple Woods Community College	YMCA Vivion Road





# 2012 ANNUAL REPORT TO THE CITIZENS OF CLAY COUNTY

In 2012, Clay County Senior Services touched and improved the quality of life of over 3,290 older adults ranging in age from 60 to 98. Many of them receive weekly and daily services that keep them in their homes, provide nutrition, transportation, and exercise opportunities. Our 2012 Annual Report emphasizes the programs that Clay County Senior Services offers through the senior tax fund. Over 40 agencies partner with us to deliver a broad range of services to assist and enrich the lives of our older adults. Since 2005, Clay County Senior Services has endeavored to inform residents of the services we offer and to link them to the most appropriate programs we provide. The Board of Directors and staff have a very important job administering and overseeing the senior fund to insure that all providers, grantees, and partners are providing the highest quality services to Clay County seniors. As stewards, tracking performance outcome data is essential in determining that our funding is being utilized effectively and making an impact on the quality of life of our seniors and their families. This report provides a comprehensive picture of all the programs we provide along with just a few of the many success stories of 2012—which to us is the best data of all!

We offer a big thank you to the Clay County Commissioners for their support and to our valuable staff and partners who work hard to improve the lives of our seniors.

Sincerely,

*Charles S. Hughes*

Charles Hughes  
Board Chairman

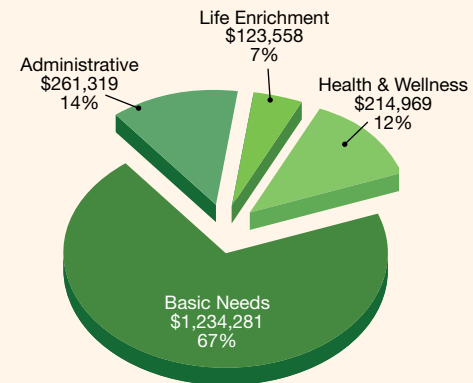
*Tina Uridge*

Tina Uridge  
Executive Director

## 2012 FINANCIALS

Total Revenue	\$1,839,295
Total Expenses	\$1,834,127
Net Income	\$5,168

### 2012 EXPENDITURES



<b>Basic Needs</b>	<b>\$1,234,281</b>
Adult Day Health	\$38,390
Care Management	\$149,469
Homemaker / Personal Care	\$535,007
Respite	\$81,133
Minor Home Repair	\$99,500
Meals On Wheels	\$27,391
Personal Emergency Response	\$103,630
Transportation	\$199,761
<b>Health &amp; Wellness</b>	<b>\$214,969</b>
Public Education	\$230
Caregiver Training	\$8,545
Exercise	\$53,137
Senior Centers	\$110,130
Preventive Health	\$42,927
<b>Life Enrichment</b>	<b>123,558</b>
Advocacy	\$60,007
Education	\$51,090
Life Bio	\$320
Volunteer program	\$1,026
Civic engagement	\$11,115
<b>Administrative</b>	<b>\$261,319</b>

## BOARD & STAFF

### 2012 Board



Joan Nicely, *Secretary*  
 Michael Maher, *Treasurer*  
 Robert Steinkamp, *Vice-Chair*  
 Tina Uridge, *Executive Director*  
 Charles Hughes, *Chair*  
 Dr. Bruce Kauk  
 Jim Nelson  
 Donald Harper

### Staff



Tammy Gillispie, *Office Coordinator*  
 Tina Uridge, *Executive Director*  
 Paula Zigmond, *Program Coordinator*  
 Carolyn Foxworthy, *Operations Administrator*



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## Our Vision:

Clay County is a community that values productive, healthy living.

## Our Mission:

Clay County Senior Services will support and value the well-being of our senior adults by serving as the resource delivery agency and by providing a broad range of services to promote wellness—physical, emotional, and intellectual.

The board of directors and staff will accomplish this through responsible management, advocacy, and collaboration, thereby improving the quality of life of our seniors.

## Our Core Values:

- Honor, value, and respect all
- Levy fund stewardship and accountability
- Innovative programming
- Integrity and excellence



Kearney Senior Center