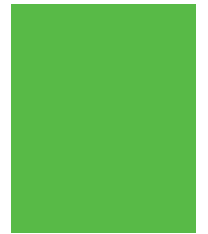




2018 ANNUAL REPORT





Report to the Community

Our mission is to provide older adults with a broad range of services and programs to promote wellness – physical, emotional and intellectual. We are able to accomplish this with the support of our excellent grantees and contractors.

As administrators of the Clay County Senior Levy, we see Northland organizations working together to serve seniors in many ways: through residential ramps or safety repairs, volunteer transportation programs, exercise classes, and support groups.

An example of effective collaboration is our partnership with five Clay County fire departments and emergency medical service providers. Working together, we help older adults remain in their homes by educating them about how to prevent falls and related injuries. We share information about community programs and services such as home safety assessment and repairs.

As the Clay County senior population continues to grow and the need for services increases, we look forward to expanding our partnerships with all community-based organizations, municipalities, hospital systems, businesses and others to build a vibrant county that supports people of all ages.

Please see page 3 to learn how six cities – Excelsior Springs, Gladstone, Kearney, Liberty, North Kansas City and Smithville – are partnering with us and the Mid America Regional Council to earn the distinction of a Community for All Ages.

Together, we can make Clay County a region that supports all ages and is a wonderful place to grow old.

On behalf of Clay County Senior Services board and staff.



Robert Steinkamp
Board Chairman



Tina Uridge
Executive Director

ENHANCING THE LIVES OF SENIORS IN CLAY COUNTY MISSOURI

50,000 Clay County Seniors by 2030

OPPORTUNITY:

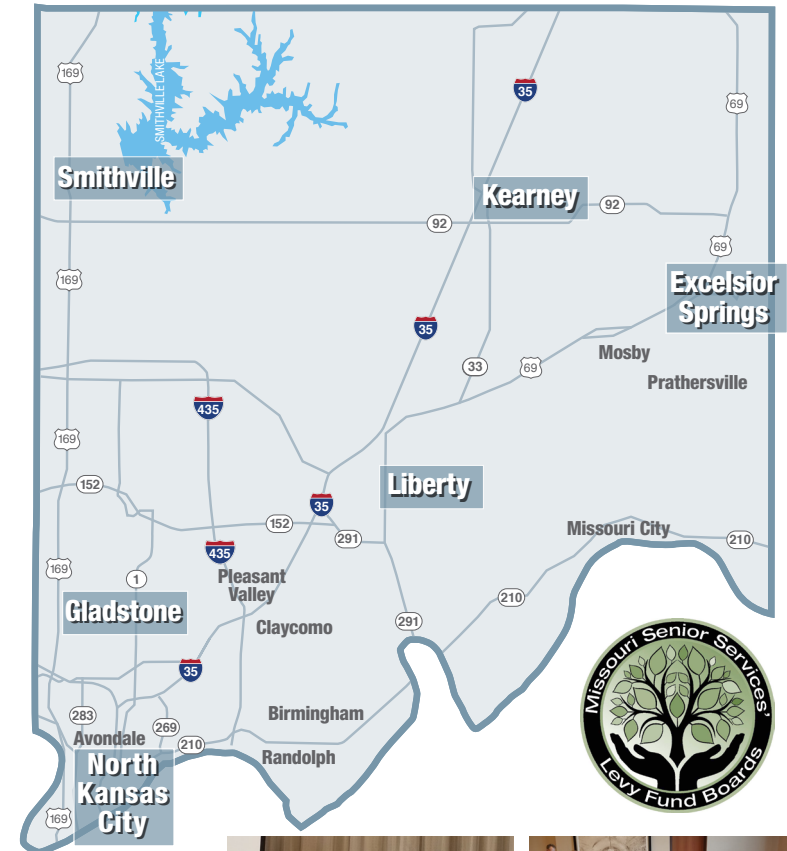
By 2030, nearly 50,000 seniors will comprise 20% of the total Clay County population. Collaboration between our local cities, hospitals, and senior organizations improves the quality of life for all in our county and state.

APPROACH: Kansas City Communities for All Ages, led by the Mid-America Regional Council (MARC), encourages cities to become “age-friendly” through community planning efforts.

IMPACT: Our incentive funds have led six Clay County cities to participate in MARC’s Communities for All Ages recognition program: Gladstone, Kearney, Excelsior Springs, Liberty, North Kansas City, and Smithville. Their efforts to make communities age friendly include improved walkability, accessible housing design, and promoting healthy lifestyles.

APPROACH: CCSS’ funding comes from the Senior Levy. At the annual levy conference, we share our successes as models for other counties throughout the state.

IMPACT: 55 out of 115 Missouri counties have passed the Senior Levy. For the 14th year, participants from all over Missouri attended the annual meeting to learn about advocacy, board governance, and innovative programs.





Providing interventions to manage chronic illnesses

OPPORTUNITY:

Community-based interventions improve the quality of life for seniors with chronic illnesses. On average, three in four seniors have multiple chronic conditions that require on going medical attention or that limit their activities of daily living

APPROACH: In-home support: Provide assistance with care management, medication monitoring, housekeeping, personal care, respite, and caregiver support through high quality and trusted agencies.

IMPACT: We contract with nine in-home care agencies that serve 200 clients in their homes.

APPROACH: Affordable, dependable and quality transportation services are provided so that seniors can manage their health conditions.

IMPACT: 634 seniors utilized our transportation program with 9,099 one-way rides to medical appointments.





ENHANCING THE LIVES OF SENIORS IN CLAY COUNTY MISSOURI

Seniors desire to stay in their homes

OPPORTUNITY:

Almost 90% of seniors express a desire to stay in their home as long as possible. To support seniors to age in community safely, home modification and repairs are vital.

APPROACH: We partner with four organizations to provide repairs through donated supplies, reduced labor cost, and volunteers.

IMPACT: 233 safety repair projects were completed.

APPROACH The Personal Emergency Response device assures that when help is needed and the technology is activated for a medical or other incident, assistance will be on the way.

IMPACT: 1,020 seniors have peace of mind with having a personal emergency response system in place.





It's more than just a meal...

OPPORTUNITY:

Good nutrition plays an increasingly important role as we age. One in eight Missouri seniors struggle with hunger.

APPROACH: We support two Meals on Wheels programs and four senior Community Centers.

IMPACT: Each day, 40 to 50 participants benefit from a nutritious meal, socialization, and activities by attending a senior community center in Excelsior Springs, Smithville, Liberty or Kearney.

- Northland Meals on Wheels serves 185 (daily average)
- Kearney Meals on Wheels serves 20 (daily average)





Falling is not an inevitable part of aging

OPPORTUNITY:

Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially. Falls are the leading cause of unintentional injury and death to adults age 65+ in Missouri. 33% of Clay County seniors age 65+ that went to the emergency department went for a fall related injury.

APPROACH: Through our leadership in the Senior Falls Prevention Coalition of Clay & Platte Counties, we have developed partnerships with five area Fire & EMS agencies to work together to reduce falls among older adults. Reducing calls to 911 by helping older adults make lifestyle changes is a win-win for the community and the resident.

IMPACT: 91 residents were referred to our office to learn about resources such as home safety modifications, home delivered meals and Matter of Balance exercise classes.

APPROACH: The Senior Falls Prevention Coalition of Clay and Platte Counties' mission is to reduce falls in our senior population through awareness, education, and access to effective prevention programs and resources.

IMPACT: Monthly coalition meetings, two community events, and 16 presentations/trainings were provided.





All seniors and caregivers deserve to receive support

OPPORTUNITY:

In the Kansas City area, about 4,000 grandparents are responsible for dependent relatives due to parental separation.

APPROACH: We partner with the University of Missouri – Clay County Extension’s Northland GrandFamilies Program to support grandparents.

IMPACT: Northland grandparents received care management, accessed support groups, and be connected to community resources and agencies that can offer assistance.

APPROACH: Tri-County Older Adult Mental Health program aims to reduce the stigma some older adults may have when struggling with a mental health issue.

IMPACT: 446 older adults, caregivers, and professionals attended 55 training forums related to health and mental wellness. As a result, 90% of the participants reported a better understanding of the symptoms of depression and how to seek help for mental health issues for themselves or their loved ones. Through Care Coordination sessions, 94 clients identified relevant resources and services within our community.





Lifelong learning strengthens your mind

OPPORTUNITY:

The time after retirement creates new opportunities that can be filled with meaning through lifelong learning.

APPROACH: Partner with KU's Osher Institute to provide lifelong learning opportunities throughout the year.

IMPACT: 311 older adults participated in a wide variety of short courses, day trips, and events developed by the Osher Institute.

APPROACH: Arts & AGEing KC leads creative AGEing workshops at senior centers that incorporate storytelling and the arts.

IMPACT: 51 older adults attended creative AGEing workshops that were filled with vibrancy and creativity. Meaningful moments of reminiscence and life review were shared as they participated in improvisations, enactments, and storytelling.

APPROACH: Partner with North Kansas City Public Schools to provide opportunities for older adults to interact with children in the school district and get paid a stipend that is applied to property taxes.

IMPACT: Grant funds were used to pay 10 Senior Tax Exchange Program (STEP) participants for their service in schools; most participants gave more than their required time to get paid the stipend.





Longer life spans present opportunities

OPPORTUNITY:

Longer life spans present the opportunity to consider increased years of healthy, productive aging.

APPROACH: The Aging Mastery Program® encourages older adults to adopt behaviors across many dimensions that foster improved health, stronger financial security, and overall well-being.

IMPACT: 46 older adults age 50 to 90 graduated from the core Aging Mastery Program® and 13 caregivers graduated from the Aging Mastery Program for Caregivers®.

APPROACH: Keep Clay County seniors moving by allocating exercise scholarship funds to community centers, hospitals, and adult community education programs.

IMPACT: Healthy Lifestyles exercise programs, including Matter of Balance, PEPPI, and LIFT, offer a variety of exercise options to 249 older adults. Nine Exercise partners offered discounted fitness classes and memberships to 1,811 Clay County residents.

APPROACH: Partner with school districts and career centers to offer scholarships.

IMPACT: 427 older adults participated in a variety of continuing educational opportunities.



Connecting people to resources

OPPORTUNITY:

Advocacy – many public and private programs help eligible low-income older adults pay for health care, prescriptions, food, and utilities, yet eligible seniors often don't know about these programs or how to apply.

APPROACH: Our partners Northland Shepherd's Center (NSC) and Good Samaritan Center (GSC) advise, screen, and assist older adults in applying for a range of benefits.

IMPACT: Through NSC 289 older adults received assistance with utility, food, and insurance savings that had a total value of \$531,339 in benefits. The rural outreach specialist from GSC helped connect 234 older adults to needed resources.

APPROACH: Assistance League of Kansas City- Senior Outreach Services makes a big impact on the lives of seniors residing in Clay County nursing homes through a variety of activities.

IMPACT: 655 residents participated in musical programs, art shows, and other activities; and 110 Senior Pals received cards for birthdays and holidays.





Aging on your own terms

OPPORTUNITY:

Consumers seek to age on their own terms and exert control over their health and well-being and how they achieve these goals.

APPROACH: Provide information and referral, community education, a timely E-newsletter, website with chat feature, social media engagement, and participation in health fairs regarding CCSS' programs.

IMPACT: 790 community members subscribe to our bi-monthly E-newsletter to stay current on older adult happenings. Over 1,000 people took advantage of health information fairs or requested speakers to talk to residents about services offered in our county. We responded to 3,500 requests in our office by phone, website inquiries, email, or walk-ins.

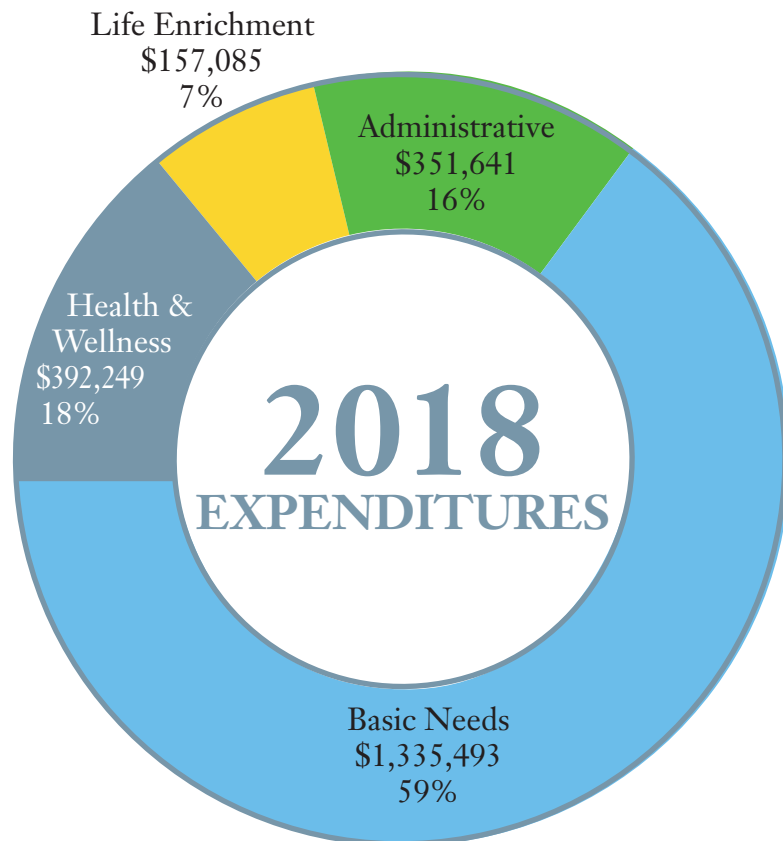
APPROACH: The Kearney Firehouse Tech Café is a public computer and enrichment center focused on the social and digital needs of active senior adults.

IMPACT: 997 seniors received computer lab training, assistance with their devices, social media tips, and internet access, as well as social and exercise opportunities through The Firehouse.



2018 Financials

Total Revenue	\$2,123,516
Total Reserve Funds Used	\$112,952
Total Expenses	\$2,236,468
Net Income	0



Basic Needs	\$1,335,493
Adult Day Health	\$22,600
Care Management	\$141,925
Homemaker / Personal Care	\$528,212
Respite	\$35,557
Minor Home Repair	\$103,000
Meals On Wheels	\$32,145
Personal Emergency Response	\$87,873
Transportation	\$384,181
Health & Wellness	\$392,249
Aging Mastery Program	\$5,157
Exercise Programs	\$193,323
Caregiver Training	\$20,000
Senior Centers-Operations	\$137,250
Preventive Health	\$34,294
Public Education	\$1,033
Senior Companion	\$1,192
Life Enrichment	\$157,085
Advocacy	\$56,412
Education	\$87,223
Life Bio	\$1,000
Program Development	0
Civic Engagement	\$12,450
Administrative	\$351,641



ENHANCING THE LIVES OF SENIORS IN CLAY COUNTY MISSOURI

2018 Program Partners

Arts & AGEing KC
Assistance League of Kansas City
Assisted Transportation
Barr Private Care Services
City of Gladstone - Community Center
City of Liberty
Clay County Government
Clay County / University of Missouri
Extension Council
Clayview Home Health
Excelsior Springs Area Career Center
Excelsior Springs Community Center
Excelsior Springs Fire Department
Excelsior Springs Parks and Recreation/
Senior Center
First Light HomeCare
Focus Health Care
Gladstone Fire-EMS
Good Samaritan Center
Integrity Home Care
Kansas City Art Institute

Kansas City Parks and Recreation
Kearney Community Foundation
Kearney Enrichment Council
Kearney Fire & Rescue Protection
District
Liberty Hospital Sports Medicine
Mid-America Regional Council - KC
Communities for all Ages
North Kansas City Fire Department
North Kansas City Hospital
North Kansas City Schools Community
Education
Northland Career Center
Northland Neighborhoods, Inc.
Northland Regional Ambulance District
Northland Shepherd's Center
OATS Transit
Park Hill Community Services
Philips Lifeline
Provide-A-Care
Rebuilding Together Kansas City

Saint Luke's North Hospital - SHAPE
Fitness
Sally King Consulting
Senior Falls Prevention Coalition of Clay
& Platte Counties
Senior Helpers
Senior Link (Life Unlimited, Inc)
Smithville Senior Center
Tiffany In-Home Services
Tri County Mental Health Services
William Jewell College
YMCA of Greater Kansas City





ENHANCING THE LIVES OF SENIORS IN CLAY COUNTY MISSOURI

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Board Vice-Chair and
Treasurer



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Edward O'Herin
Board Member



Kay Peca
Board Member



John McGovern
Board Member



Marie Steiner
Board Member



PAST BOARD MEMBERS THANK YOU FOR YOUR SERVICE



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In Remembrance
Board Member 2014-18



Bob Nance
Board Member 2015-18

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Vicki Hon
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& Program Support