

# Barry County Commission on Aging

## 2021 Annual Service Report to the Community

### Vision:

To lead the community in providing resources to meet the changing needs and desires of the aging population.

### Mission Statement:

To promote independence, dignity and quality of life to the aging population and their families.

### Our Focus:

- Decreasing isolation and loneliness
- Improving health and wellness
- Increasing supports to caregivers
- Supporting financial stability

### 2022 Challenges

Although 2021 presented many challenges, the COA staff and volunteers were still able to provide the services most critical to Barry County's older adults.

The growth of the senior population has made it apparent that we will be unable to provide more services in our existing space. Our building continues to deteriorate, making it unsuitable for adding extra space or re-purposing existing space. The roof continues to be a problem: the flat portion continues to leak, even after extensive repairs, and the peaked portion now needs to be reshingled. Installing new roofing doesn't seem to be a good investment, as the rest of the building has been damaged by moisture, and rain now comes through the walls and foundation.

Our aging fleet of meal delivery trucks needs to be replaced, and our kitchen equipment is constantly breaking down. Repairs and maintenance costs are rising, and the older trucks are not very fuel efficient.

### Fiscal Year 2021 Quick Facts:

- 1,433 older adults served
- 51,936 meals provided
- 10,017 in-home care hours provided
- 1,712 day services hours provided
- 1,541.5 hours provided by 87 community volunteers
- 153 seniors received assistance in receiving free Personal Emergency Response Systems
- \$531,113 in federal and state grants written and received
- \$5,345 in emergency funding for utility shut-off notices, prescriptions, home repair, ramps and other necessities
- Revenues of \$1,903,911 supported all programs and expenses
- Although the pandemic halted many activities, meals and in-home care continued to be provided
- 100% of Barry County townships and municipalities served

The COA provides a variety of services to Barry County residents aged 60 and better, including:

### In-Home Services

**Personal Care Services** include bath assistance and hair care to homebound seniors provided by our staff of professional nurses' aides. In 2021, we provided 3,123 hours to 75 individuals.

**Homemaking Services** include housekeeping, errands, laundry and light meal preparation for seniors who find it difficult to do this work for themselves. In 2021, our staff of experienced aides provided 5,934.75 hours of service to 146 individuals.

**Respite Care** provides supervised care by our aides to individuals who require 24-hour care in their homes. Designed to give caregivers "respite" away from their loved ones, last year this program provided 115.25 hours of care to 7 families.

**In-Home Assessments** include home visits by our RN and staff to assess client needs. In 2021, 502 In-Home Assessments were provided to 367 individuals, for a total of 310.5 hours.

**Chore Services** focuses on safety and security, including the installation of smoke detectors, light bulbs and grab bars, repair of frayed electrical cords, stair steps and railings, and other minor home repair tasks. In 2021, 532.25 hours of chore service was provided to 158 individuals by our chore staff.

### Senior Nutrition Programs

**Meals on Wheels** are delivered Monday through Friday by our friendly staff and volunteers. These tasty, nutritionally balanced meals are delivered with a smile and a kind word, along with a daily well-being check. In 2021, staff and volunteers drove over 87,800 miles, delivering 44,202 lunch, supper, weekend and liquid Ensure meals to 326 clients. Our partnership with the Barry County Humane Society continued through the pandemic, and we delivered and distributed over 5,000 pet meals to our clients through our **Pet Meals on Wheels** program.

**Congregate Dining** is group dining available Monday through Friday at Friendship centers located in Delton, Hastings, Nashville and Woodland. Although all dining sites were closed for over six months, participants were still able to pick up meals to take home to enjoy. As Covid-19 levels began to stabilize, dining centers opened at a reduced capacity, offering limited activities. In 2021, we served 4,515 meals to 421 seniors.

The **Senior Meal Choice** program offers low-cost dining at two designated restaurants for seniors that don't have access to a congregate dining center five days a week. Restaurants were closed for several months due to Covid-19, and participants began to return as restrictions lifted. In 2021, 2,809 meals were enjoyed by 230 eligible seniors at Bowens Family Dining in Delton and Thornapple Kitchen in Middleville.

1,500 **Market Fresh coupons** were distributed to 147 qualified seniors to be redeemed at authorized farmers' markets and roadside stands throughout Michigan.

## Adult Day Services

**Adult Day Services** provides relief to caregivers of persons living with Alzheimer's or other dementia related disease. After being closed the majority of the year due to Covid-19, Adult Day Services re-opened in mid-June when State guidelines determined it was safe to do so. In three and one-half months, our professional nursing staff provided 1,716 hours of care to 16 caregiver families.

## Medicare/Medicaid Assistance Program

The **Medicare/Medicaid Assistance Program**, or MMAP, provides assistance to Barry County residents who need help accessing these programs. Professionally trained volunteers assist with questions and enrollment into the Medicare Part D Prescription Program, Medicaid, health plans, the Extra Help Program, Low Income Subsidy and Long Term Care Insurance Supplemental Policies. In 2021, 306.25 hours of assistance were provided to 193 individuals by 7 volunteers and one staff coordinator. All counseling was done via phone, as face-to-face appointments were eliminated by the pandemic.

## Community-Based Services

All of our Friendship Centers were closed for meals and activities for the first six months of FY 2021 due to Covid-19 restrictions. Although our dining centers were closed, frozen congregate meals were available for pick-up through August, when limited in-person dining resumed. Exercise classes were held outdoors when weather permitted, and congregate participants enjoyed several outdoor concerts and activities.

As Covid-19 levels decline, we will be re-introducing many favorite activities, as well as offering new ones:

### Arts & Crafts

- Adult Coloring
- Art in Action
- Painting Group

### Community

- Legal Aid Clinic
- Red Cross Blood Drives

### Education, Health & Wellness

- Healthy Aging Memory Group
- Blood Pressure Checks
- Chair Massage
- Get Your Groove Back
- Medical Alert Systems Assistance
- Medical Equipment Rental
- William Renner Caregiver Resource Library
- Tech Cafe
- Tech Wednesday

### Exercise

- Chair Exercise & Yoga

### Exercise (Continued)

- Line Dancing
- Moving for Better Balance
- Senior Group Exercise
- Walk with Ease
- WERQ

### Live Music

- Music by Friends: Doug Acker, Troy Burch, Maggie Murphy, Steve Youngs and more!

### Social Activities

- Bingo
- Euchre and Card Games
- Holiday Parties
- Iron Rails Model Train Club
- Puzzles and Trivia
- Wii Bowling

### Support Groups

- Caregiver Support Group
- Parkinson's Support Group

## Volunteer Opportunities

Even in the midst of Covid-19 restrictions, 87 brave volunteers unselfishly contributed 1,541.5 hours of service to the COA. 75% of those hours were spent delivering Meals on Wheels and providing Medicare counseling. We anticipate volunteer hours to increase as more clients return to congregate dining and participate in more activities. Our volunteers are unsung heroes!

## Thank You!

Covid-19 put a damper on many of our planned, annual fundraisers: Holiday Silent Auction, Trivia Night, and Spaghetti Supper to name a few. The 32nd Walkathon for Meals on Wheels was held, but with a new twist: Man's Best Friend! "The Trail Mix," a combination Walk/Dog Walk around beautiful Charlton Park was enjoyed by all. At the end of the day, all fundraising efforts raised \$12,813 for our Meals on Wheels program.

Thank you, Barry County, for always supporting the COA's efforts to provide more services for our older adult population. 100% of each dollar raised is spent expanding local programs.

## A New Era

2022 marks the beginning of a new era, as we say good-bye to several long time staff and board members. We thank them for their dedication and wish them well in their retirement. We are excited to welcome a new team!

Many thanks to former staff: Colleen Acker, Michelle Baker, Elaine Brill\*, Angela Bryant-Soya, Virginia Burlison, Marilyn Goldstein, Diane Neeb, Marilyn Roush and Kent VanBuren for their combined 117 years and to retiring board members: Sandy Kozan, Carole Wiggs, Cathy Gramze, and Nelly Shephard for their 34 years of service and dedication to the Commission on Aging and the seniors we serve.

*\*In Loving Memory*

## 2022 Board of Directors

Sally Shoff, Chairperson  
Sharon Zebrowski, Vice Chairperson

Don Bowers  
Betsy Colgan  
Terry Dennison  
Jennie DeWitt  
Comm. Ben Geiger  
Carrie McCormick

Sager Miller  
Charlotte Mohler  
Sally Shoff  
Mike Snyder  
David Tossava

## 2022 COA Staff

Tammy R. Pennington, Executive Director

### In-Home Care Staff

Tracy Beachnau, RN

Sue Arias  
Kris Bazan  
Brittney Cowles  
Denise Hall  
Donna Offley  
Roberta Pennington  
Connie Reinke  
Nichole Whelpley

### Day Services Staff

Jorden Wolfe, RN

Heidi Carpenter  
Patricia Cruce, RN  
Gail Halsey  
Teri Price

### Nutrition Staff

Theresa Lancaster

**Meals:** Leona Rairigh,  
Mandy Richardson,  
Dennis Bassett, Terri Shelton,  
Judy Van Dien

**Drivers:** Keith Beebe,  
Dann Furrow, John Kuball,  
Mike Poliski, Don Wilgus

### Office Staff

Lynn Kline  
Sue Bryans  
Kim VanderVeen  
Cecilia Weatherly

### Maintenance/Chore

Don Converse



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Seniors  
Since 1974*