

March/April 2011



Meals on Wheels Feeding Furry Friends, too

Meals on Wheels of Stark and Wayne Counties prides itself on providing a meal packed with the nutrition needed for a day for homebound clients. When the people who run the organization realized that clients were sharing that nutrition with their pets, they realized something needed to be done. **READ MORE** [<http://www.wkyc.com/news/local/story.aspx?storyid=171796&catid=45>]

More Seniors Living in Poverty

Less than 10% of the nation's 38 million elderly people are living in poverty, according to official statistics. But once medical care and other costs of living are factored in, the number of people aged 65+ living in poverty jumps to 16.1%, according to a new Census Bureau analysis. **READ MORE** [<http://www.ncoa.org/news-ncoa-publications/aging-news/more-seniors-living-in.html>]

SEND TO A FRIEND

Know someone who might like *Your Care Connection*?

Forward this newsletter to a friend.

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Senior Centers Offer a Valuable Service *Care Providers cares for those who care*

Recognized by the Older Americans Act (OAA) as a community focal point, senior centers have become one of the most widely used services among America's older adults.

Today, nearly 11,000 senior centers serve 1 million older adults every day.

Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease, and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.

Services

Senior centers serve as a gateway to the nation's aging network—connecting older adults to vital community services that can help them stay healthy and independent. More than 60% of senior centers are designated focal points for delivery of OAA services—allowing older adults to access multiple services in one place.

Senior centers offer a wide variety of programs and services, including:

- Meal and nutrition programs
- Information and assistance
- Health, fitness, and wellness programs
- Transportation services
- Public benefits counseling

- Employment assistance
- Volunteer and civic engagement opportunities
- Social and recreational activities
- Educational and arts programs
- Intergenerational programs

To maintain operations, senior centers must leverage resources from a variety of sources. These include federal, state, and local governments; special events; public and private grants; businesses; bequests; participant contributions; in-kind donations; and volunteer hours. Most centers rely on 3 to 8 different funding sources.

Today's senior centers are reinventing themselves to meet the needs and desires of the aging baby boom generation. Boomers now constitute more than two-thirds of the 50+ population. Senior centers are developing new programs and opportunities for this dynamic generation of older adults. To learn more about the future of senior centers, read *Tomorrow's Senior Center: Dynamic, Accessible and Perhaps Not Even Called Senior* [<http://www.ncoa.org/strengthening-community-organizations/senior-centers/nisc/tomorrows-senior-center.html>].

Source: National Council on Aging [www.ncoa.org/]

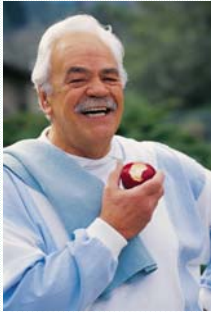
NISC Senior Center Standards and Accreditation

To advance the quality of senior centers nationwide, National Institute of Senior Centers (NISC) has developed nine standards of excellence for senior center operations. These standards serve as a guide for all senior centers to improve their operations today — and position themselves for the future.

NISC also offers the nation's only National Senior Center Accreditation Program. Accreditation provides official recognition that a senior center meets the nine standards of senior center operations.

More than 200 senior centers have been accredited, and many more are in the process. National accreditation status is good for five years, at which time centers revisit the accreditation process.

Click here to learn more about NISC accreditation and for a list of accredited centers [<http://www.ncoa.org/strengthening-community-organizations/senior-centers/nisc/NISC-accreditation.html>].



GOOD EATS ON A BUDGET

Food stamps. These are available from the Federal Government to help qualified people to buy groceries.

The Senior Farmers' Market Nutrition Program. This Federal Government program gives coupons to older adults with low incomes that can be used at farmers' markets, roadside stands, and some other places.

Local Resources. Free or low-cost meals are available in many communities. Home-delivered meals may be available for people who can't get out.

Contact your Area Agency on Aging (AAA) to learn more about food assistance programs. To find your local AAA, visit the National Association for Area Agencies on Aging website [<http://www.n4a.org/about-n4a/?fa=aaa-title-VI>] or call the Eldercare Locator toll-free at 1-800-677-1116.]

Source: National Institute on Aging [<http://nihseniorhealth.gov/>]

RESOURCES MADE EASY!

Find government resources for seniors on money, housing, health, consumer protection and more. Visit and bookmark the **Senior Citizens' Resources** page [<http://www.usa.gov/Topics/Seniors.shtml>].

MOWAA Takes Closer Look at Senior Hunger

Hunger is a serious threat facing millions of seniors in the United States. Understanding the problem is a critical first step to developing strategies to eliminate it. Let's take a closer look at what the Meals on Wheels of America Association (MOWAA) has to say about senior hunger in America...

The face

- Nearly six million seniors faced the threat of hunger in 2007.
- Senior hunger is not confined primarily to those who are poor.
- Over two-thirds of all hungry seniors are white.

The causes

Research conducted in 2008 revealed that seniors were more likely to be at risk of hunger if they were:

- A young senior between the ages of 60 and 64.
- Living at or below the poverty line.
- A high school dropout.
- An African-American or Hispanic.
- Divorced or separated, or living with a grandchild.
- Renters.

The health consequences

Seniors experiencing some form of food insecurity are:

- Significantly more likely to have lower intakes of energy and major vitamins.
- Significantly more likely to be in poor or fair health.
- More likely to have limitations in activities of daily living (ADL).

The future

It's estimated that In 2025:

- 9.5 million senior Americans will experience some form of food insecurity.
- 3.9 million senior Americans will be at-risk of hunger.
- 1 million senior Americans will suffer from hunger.

The above findings are from Meals On Wheels Association of America Foundation commissioned research studies. For more information on either of these reports — *The Causes, Consequences and Future of Senior Hunger in America* and *Senior Hunger in the United States: Differences across States and Rural and Urban Areas*, visit the MOWAA website. [<http://www.mowaa.org/page.aspx?pid=281>]

Care Providers Services Underwriting Successes	
DESCRIPTION	PREMIUM
Ranch for troubled boys	\$85,175
Services for mentally retarded or developmentally disabled	\$123,559
Shelter	\$14,981
Facility/group home for developmentally disabled	\$544,877
MRDD group home	\$52,795
Community Action Agency	\$240,000
Shelters (homeless, women's and children's)	\$120,000
Children's homes	\$83,775
Community action agency	\$111,802
Vocational training for developmentally disabled	\$73,313

Have You Heard?

...from page 1

Help Your Clients Keep More Money in Their Pockets

One way to increase your nonprofit's sustainability is to help your clients increase their own financial stability. Programs such as homesharing, elder cottages, and energy efficiency can help. Explore how in *Source 2 of NCOA's 12 Sources of Millions & Billions for Aging Services & Programs*. **READ MORE** [<http://www.ncoa.org/strengthening-community-organizations/funding-sustainability/12-sources-articles/source-2.html>]

Elder Abuse: How to Recognize It, How to Help

In general, elder abuse refers to intentional or neglectful acts by a caregiver or "trusted" individual that lead to, or may lead to, harm of a vulnerable elder. Physical abuse; neglect; emotional or psychological abuse; verbal abuse and threats; financial abuse and exploitation; sexual abuse; and abandonment are considered forms of elder abuse. In many states, self-neglect is also considered mistreatment.

What Can I Do to Prevent Elder Abuse?

Report suspected mistreatment to your local adult protective services agency or law enforcement. Although a situation may have already been investigated, if you believe circumstances are getting worse, continue to speak out.

Keep in contact. Talk with your older friends, neighbors, and relatives. Maintaining communication will help decrease isolation, a risk factor for mistreatment. It will also give them a chance to talk about any problems they may be experiencing.

Be aware of the possibility of abuse. Look around and take note of what may be happening with your older neighbors and acquaintances. Do they seem lately to be withdrawn, nervous, fearful, sad, or anxious, especially around cer-

tain people, when they have not seemed so in the past?

Volunteer. There are many local opportunities to become involved in programs that provide assistance and support for seniors.

Participate in World Elder Abuse Awareness Day. Elder abuse is a global issue. Contact your local aging services organizations to find out how your community will observe World Elder Abuse Awareness Day on June 15. Help to raise awareness by talking about the issue.

Learn more about the issue. Visit the National Center on Elder Abuse website. [www.ncea.aoa.gov]

Source: National Center on Elder Abuse
[www.ncea.aoa.gov]



Signs of Elder Abuse

According to the National Center on Elder Abuse (NCEA), more than one-in-10 seniors may experience some type of abuse, but only one-in-five cases or fewer are reported. This means that very few seniors who have been abused get the help they need.

Know the warning signs:

- **Physical abuse**—Slap marks, unexplained bruises, pressure marks, and certain types of burns or blisters, such as cigarette burns
- **Neglect**—Pressure ulcers, filth, lack of medical care, malnutrition or dehydration
- **Emotional abuse**—Withdrawal from normal activities, unexplained changes in alertness, or other unusual behavioral changes
- **Sexual abuse**—Bruises around the breasts or genital area and unexplained sexually transmitted diseases
- **Financial abuse/exploitation**—Sudden change in finances and accounts, altered wills and trusts, unusual bank withdrawals, checks written as "loans" or "gifts," and loss of property