

Attendance Log	Name	Email	Phone
COA	<u>Dennis W. Streets</u>	dennis.streets@chathamcoa.org	919-545-4512
LPHD	<u>Mike Zelek</u>	michael.zelek@chathamnc.org	919-545-846
citizen	<u>Rebecca Blalock</u>	reb.blalock@gmail.com	919-542-958
DSS	<u>Margaret Kirkman</u>	margaret.kirkman@chathamnc.org	919-558-2701
TJLOG	<u>Mary Warren</u>	mwarren@tjag.org	
citizen	<u>David Marty</u>	dmarty02@yahoo.com	919-386-1146
citizen	<u>Joyce Johnson</u>	jwhjohnson22@yahoo.com	336-563-233
citizen	<u>Anne Kissel</u>	anne.m.kissel@aol.com	919-967-2527
COA	<u>BRETT MORAES</u>	brett.moraes@chathamcoa.org	919-742-3975
COA	<u>Sadie McLanrin</u>		

Action on Funding Plan  
 Motion to Approve: David Marty  
 Second: Rebecca Blalock  
 Unanimous Approval

Sadie J. McLanrin

- \* Matthew Alexander, CAST member, had scheduling conflict.
- \* Danielle Woodall of Cardinal Innovations had scheduling conflict.

Length of Meeting: 10:00 am -



Home and Community Care Block Grant for Older Adults

County CHATHAM

July 1, 2017 through June 30, 2018

County Funding Plan

County Services Summary

Services	A			B	C	D	E	F	G	H	I	
	Block Grant Funding											
	Access	In-Home	Other	Total	Required Local Match	Net Service Cost	USDA Subsidy	Total Funding	Projected HCCBG Units	Projected Reimbursement Rate	Projected HCCBG Clients	Projected Total Units
Sr Ctr Operations			84775	//////////	9419	94194		94194	N/A	N/A	N/A	N/A
Congregate Nutrition			93110	//////////	10346	103456	12000	115456	14416	8.0088	175	17000
Home Delivered Meals		93530		//////////	10392	103922	12000	115922	13105	8.8453	75	17000
Options Counseling				//////////	0	0		0				
& Case Assistance	47000			//////////	5222	52222		52222	N/A	N/A	500	N/A
In Home Aide Serv LV II		117395		//////////	13044	130439		130439	6909	18.88	25	20050
In Home Aide Serv LV III		30500		//////////	3389	33889		33889	1795	18.88	5	1795
Health Promo/Disease				//////////	0	0		0				
Prevention			15000	//////////	1667	16667		16667	N/A	N/A	300	N/A
Volunteer Development			35000	//////////	3889	38889		38889			200+	N/A
				//////////	0	0		0				
				//////////	0	0		0				
				//////////	0	0		0				
				//////////	0	0		0				
				//////////	0	0		0				
<b>Total</b>	47000	241425	227885	516310	57368	573678	24000	597678	36225	//////////	1080	55845

Signature, Chairman, Board of Commissioners

Date



# HCCBG Planning Committee Meeting, Chatham County Council on Aging

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APRIL 2017

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Older Americans Act,  
Public Law 89-73, July 14, 1965



Broad national policy objectives on aging

Grants to states for community planning & services—  
nationwide aging infrastructure

States required to develop a “comprehensive and  
coordinated service system” in partnership with AAAs  
(1973)

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## Area Agencies on Aging

Located in the regional Councils of Government. AAAs have functions in five basic areas:

(1) advocacy; (2) planning; (3) program and resource development; (4) information brokerage; and (5) funds administration and quality assurance.



Area Agency on Aging

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## Comprehensive systems of services include:

**Access services** - such as transportation, outreach, and assessment;

**Community services** - such as congregate meals, education, legal services and counseling, elder abuse services, and senior center programs;

**In-home services** - such as home health, in-home aide, and home-delivered meals.



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## The Chatham County Council on Aging

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The Council promotes and supports independent living, and the physical and mental wellness of persons aged 60 and older through a wide range of services. The Council also supports family caregivers of older adults striving to remain at home. Special emphasis is given to reaching the socially and economically needy, and in particular, those who are not eligible for Medicaid but cannot afford to pay for services themselves.

### Overview of Home and Community Care Block Grant (HCCBG)

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General Assembly established HCCBG in July 1992

Combined federal Older Americans Act, Social Services Block Grant (SSBG) in support of respite, and relevant State Appropriations

Gave counties greater discretion and authority in determining services, service levels, and providers

Counties choose among 17 eligible services

Focus on supporting frail elderly at home, improving physical & mental health, assisting with access to services & information, providing family caregiver relief, and helping seniors remain active

**Development of the County Funding Plan—County Board of Commissioners’ responsibilities for the planning, coordination, and implementation of the county funding plan:**

- Designation of an agency or office within the county with lead responsibility for planning and coordination of the county funding plan. **The designation can be for more than one (1) year. The length of designation is at the discretion of the board of commissioners.**
- Appointment of a committee to serve as a Block Grant Advisory Committee to the lead agency for planning and coordination in the development of the county funding plan. **The length committee members’ appointment is determined by the board of commissioners.** The Division strongly recommends that older adults comprise no less than 1/3 of Advisory Committee membership.
- Ensuring that the county funding plan is in compliance with budgetary instructions provided by the Division of Aging and Adult Services.
- Submission of the recommended county funding plan to the area agency on aging and entering into a grant agreement with the area agency on aging.

**COA and County Established a Formal Agreement in 2016**

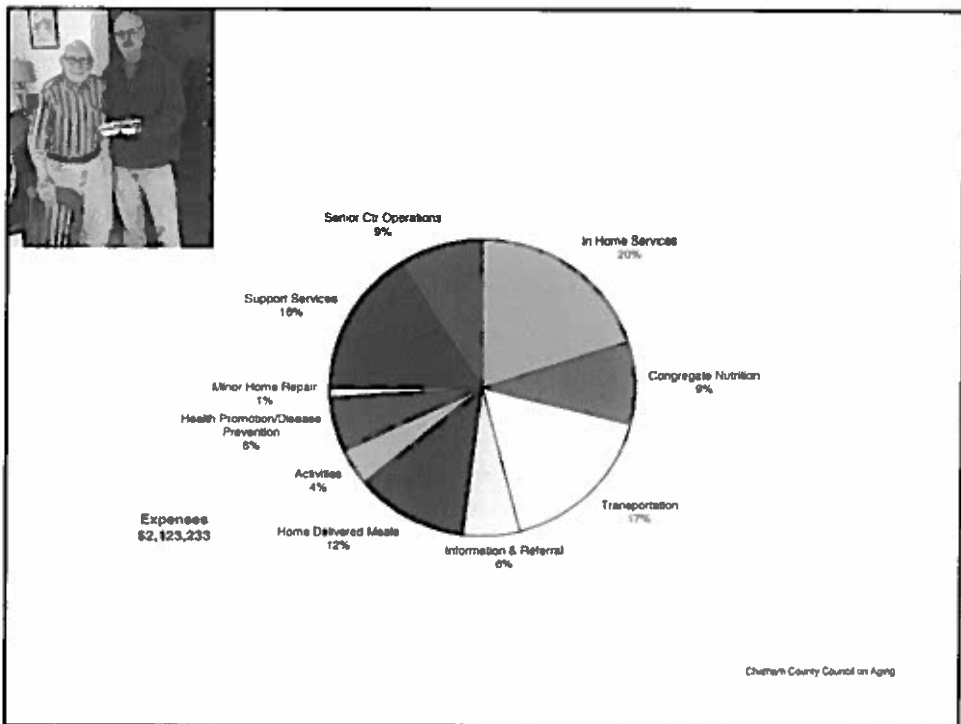
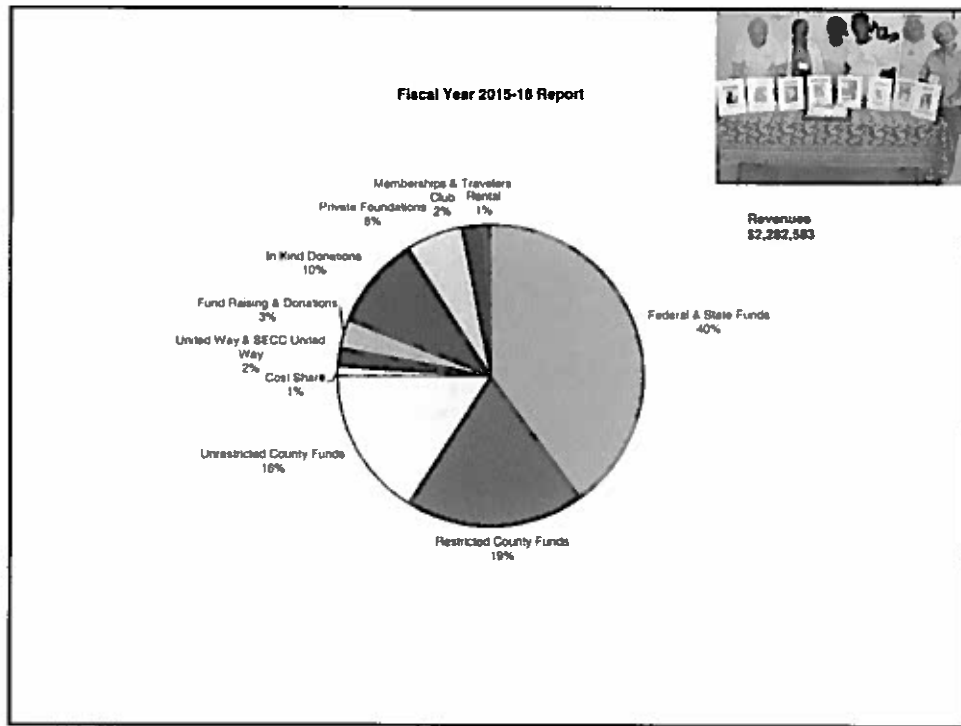
COA agrees to meet the needs of elderly in Chatham by promoting independent living, supporting family caregiving, enhancing physical and mental wellness, and coordinating community, financial and volunteer resources.

COA agrees to serve as the local Designated Lead Agency for the State’s HCCBG and administer HCCBG services under the funding plan recommended by the citizen advisory committee and approved by the Commissioners.

COA is expected to collaborate with other health and human services agencies.

COA must maintain satisfactory HCCBG reviews conducted by the Triangle J Area Agency on Aging.

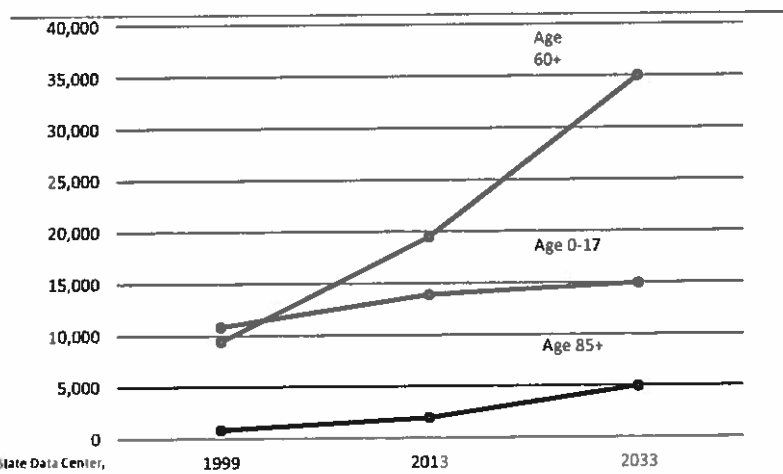




## The Robust Graying of Chatham County

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## Chatham: A Leader in Aging



Source: NC State Data Center, Oct 2014

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Agency/ Funding Source	Total Expenditures, FYI 2014-15	Total Expenditures, FYI 2015-16	Percent of Total, FYI 2014-15	Percent of Total, FYI 2015-16
Medical Assistance (Medicaid)	\$17,945,354	\$18,842,624	80.0%	82.6%
Mental Health	\$1,978,416	\$1,748,564	8.8%	7.7%
Social Services	\$1,741,339	\$1,377,392*	7.7%	6.0%
Aging	\$689,802	\$702,163	3.0%	3.1%
Other	\$129,027	\$149,838	0.5%	0.6%
<b>Total</b>	<b>\$22,483,938</b>	<b>\$22,820,581</b>	<b>100%</b>	<b>100%</b>

\*Does not reflect several adult services shown in previous year: Adult Placement, APS, Guardianship and Other Services that totaled \$213,982 in FY 2014-15.

**Reaching the Socially and Economically Needy under the Home and Community Care Block Grant in Chatham County**

Characteristics	HCCBG Participants	General NC Population 60+
<b>Women</b>	75%	56%
<b>Minority</b>	37%	19%
<b>Living Alone</b>	52%	27%
<b>Reported Low Income</b>	41%	10% <poverty 24% 100-200% poverty

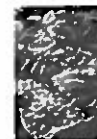
## Service Priorities

Once community service providers have determined that individuals meet the eligibility criteria for a given service as specified in the service standard, individuals must be served in the following priority order:

1. Older adults for whom the need for Adult Protective Services has been substantiated by the local department of social services and the service is needed as part of the adult protective service plan.
2. Older adults who are at risk of abuse, neglect, and/or exploitation.
3. Older adults with extensive impairments in activities of daily living (ADL's), or instrumental activities of daily living (IADL's), who are at risk of placement or substitute care.
  - "ADL's" include: eating, dressing, bathing, toileting, bowel and bladder control, transfers, ambulation and communication (ability to express needs to others e.g. speech, written word, signing, gestures, communication devices).
  - "IADL's" include: meal preparation, medication intake, cleaning, money management, phone use, laundering, reading, writing, shopping and going to necessary activities.
4. Older adults with extensive ADL or IADL impairments.
5. Older adults with less extensive (1-2) ADL or IADL impairments.
6. Well Older Adults.

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## Importance of Nutrition



- Prevalence of obesity in US is increasing in all age groups. Over past 30 years, the proportion of obese older adults has doubled. **Obesity was the #1 priority in Chatham's 2014 Health Assessment.**
- Food insecurity is complex, not only can it lead to under-nutrition and recurring hunger, but also to over-nutrition which can lead to overweight and obesity.
- Malnutrition among older adults is well documented.
- COA is providing congregate, frozen/shelf-stable, and home-delivered meals—and nutrition education.
- Meals on Wheels clients report improved health (83%), security (87%), and independence (92%).

*Malnutrition is a serious senior health issue. — Mayo Clinic*  
*Without support from programs like Meals on Wheels, millions of seniors are forced to prematurely trade their homes for nursing facilities. Meals on Wheels for an entire year costs the same as spending one day in the hospital or ten days in a nursing home.*

## Notable Client Data

Congregate Nutrition	State	Region J	Chatham
Females	68%	70%	75%
Average Age	75	74	78
Minority	38%	52%	48%
Living Alone	47%	42%	51%

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## Other Notable Client Data

Meals on Wheels	State	Region J	Chatham
Females	67%	68%	70%
Average Age	80	79	83
Minority	38%	51%	29%
Living Alone	52%	55%	72%
Average ADLs & IADLs	5.9	5.5	7.3

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## Other Notable Client Data

In-Home Aide, II	State	Region J	Chatham
Females	79%	79%	72%
Average Age	81	80	82
Minority	45%	59%	38%
Living Alone	52%	54%	52%
Average ADLs & IADLs	7.4	7.9	8.2

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## HCCBG Services

*\*Chatham's HCCBG services in SFY 2016-17*

Adult Day Care	Health Screening	Mental Health Counseling
Adult Day Health Care	*Home-Delivered Meals	* Senior Center Operations
Care Management	Housing & Home Improvement	Senior Companion
* Congregate Nutrition	*Information and Options Counseling	Skilled Home (Health) Care
Group Respite	*In-Home Aide (levels I, II, III, IV)	Transportation
Health Promotion & Disease Prevention	Institutional Respite Care	*Volunteer Program Development

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## HCCBG Services

*\*Proposed for SFY 2017-18*

Adult Day Care	Health Screening	Mental Health Counseling
Adult Day Health Care	<b>*Home-Delivered Meals</b>	<b>* Senior Center Operations</b>
Care Management	Housing & Home Improvement	Senior Companion
<b>* Congregate Nutrition</b>	<b>*Information and Options Counseling</b>	Skilled Home (Health) Care
Group Respite	<b>*In-Home Aide</b> (levels I, II, III, IV)	Transportation
<b>***Health Promotion &amp; Disease Prevention</b>	Institutional Respite Care	<b>*Volunteer Program Development</b>

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## Comprehensive systems of services include:



**Access services** - such as transportation, outreach, and assessment;

**Community services** - such as congregate meals, education, legal services and counseling, elder abuse services, and senior center programs;

**In-home services** - such as home health, in-home aide, and home-delivered meals.

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## Chatham's HCCBG Service Selection— Rationale

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**Core Long-Term Services and Supports** = In-home aide & Meals on Wheels

**Person-centered Information Brokerage**= Information and Options Counseling

**Wellness and Primary and Secondary Prevention** = Congregate Nutrition,  
Senior Center Operations and Health Promotion

**Volunteer Program Development** = core to provision of many other services

Other funding sources support other vital services, such as DOT funding of general and medical transportation; private grants and County support for housing/minor home repair; private grants and federal Family Caregiver Support for respite

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## Sample Service Needs

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Client lives alone. Unable to prepare meal. No services in home.

Client has memory issues, diabetic, and COPD. Her son is on disability and unable to prepare meal. Requests frozen meals.

Client is in Chatham Hospital, Rehab. She recently fell and has brace on right leg. Had stroke several years ago. Needs personal care, assistance with dressing, prepare breakfast and lunch. Heat frozen meal in microwave, light housekeeping, laundry, clean bathroom, clean kitchen, make bed, change linen.

Client is blind and returning back to her home at the end of July. Her granddaughter-in-law is trying to set up Meals on Wheels for her and possibly in-home aide services.

Client has diabetes, Pacemaker put in August 2013, hypertension. Needs personal care, assist with bath, laundry, fold client's clothes, take trash out, On Wednesday pull trash to drive way to be picked up and light housekeeping.

Client is looking to get her bathroom modified. She lives alone and uses a walker all the time. She has a bathtub in her bathroom that she cannot use because she is unsteady and falls when she does. Also may need a lift chair.

Client came home from the hospital; inquirer is concerned that family members aren't doing enough for him (hinted at some family discontent). Primary concern though is the heat- his A/C recently went out (some sort of pump issue), but thinks that he would benefit from Meals on Wheels as well.

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## Service Definitions

### **In-Home Aide**

The provision of paraprofessional services which assist functionally impaired older adults and/or their families with essential home management, personal care and/or supervision necessary to enable the older adult to remain at home as long as possible.

### **Home-Delivered Meals [Meals-on-Wheels]**

The provision of a home delivered meal that provides 1/3 of the Recommended Daily Dietary Allowance to a home-bound older adult.

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## Service Definitions

### **Information and Options Counseling**

Information and Options Counseling is a service designed to link persons with resources available to meet their needs and/or interests. The primary goal of the service is to provide a continuum of access services (information, assistance and options counseling) to facilitate informed decision-making about the range of long-term services and supports and serve a key role in the streamlined access to supports.

### **Senior Center Operations**

Operation of a multipurpose senior center includes the provision of a broad spectrum of services and activities for older adults. The primary objectives of a multipurpose senior center are: the centralized provision of services which address the special needs of older adults; opportunities for older adults to become more involved in the community; and the prevention of loneliness and premature institutionalization by promoting personal independence and wellness.

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## Service Definitions

### **Congregate Nutrition**

A service which assists older adults, their families and others acting on behalf of older adults, in their efforts to acquire information about programs and services and to assist older persons with obtaining appropriate services to meet their needs. Options Counseling provides guidance to individuals as they make informed choices about long-term services and supports.

### **Volunteer Program Development**

Volunteer Program Development is the development of a systematic process of utilizing volunteers of all ages to support community services for older adults.

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## Service Definition

### **Health Promotion & Disease Prevention**

The purpose of Title IIIB Health Promotion and Disease Prevention Services is to provide health promotion and disease prevention services to older adults who need them. This service can be used to support activities that may not be allowable with Title IIID funds. Examples of allowable programs are NC Senior Games activities, chair aerobic programs and exercise equipment.

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## Move Naturally—2016 CDC Report Cites Danger of Inactivity among Aging Population

- More than 1 in 4 Americans aged 50+ are inactive
- Inactivity is highest in the South and among adults with at least one chronic disease
- Inactivity significantly increases with age—more than 1 in 3 persons aged 75+
- Inactivity is especially high among the less educated

**"Adults benefit from any amount of physical activity. Helping inactive people become more physically active is an important step towards healthier and more vibrant communities."**

—Dr. Janet Fulton, CDC report author

<https://www.youtube.com/watch?v=ZQOJ5IMXfmw>

## What Research Says about the Value of Home and Community-Based Services...

HCBS are consistent with the goals of seniors and have been shown to save \$ or are at least cost neutral.

There is significant evidence to support the health benefits and cost-savings of home-delivered meals (HDM).

States that spend more on HDM save \$ by reducing the % of low-care nursing home residents.

*"It is our finding that HCBS in general is an important avenue for improving the health of older Americans, fulfilling their goals of community-based living, and reducing costs related to inpatient nursing and hospital stays."*

—UNC graduate students

## More importantly, what are seniors and caregivers saying?

"I have met a lot of friends and learned a lot. I like being with the people and enjoy all the activities. All the employees are so wonderful. The COA is awesome and same for the meals. I really enjoy coming up here, everything is good and everyone is very friendly and helpful."—Congregate Nutrition Participants, 2016

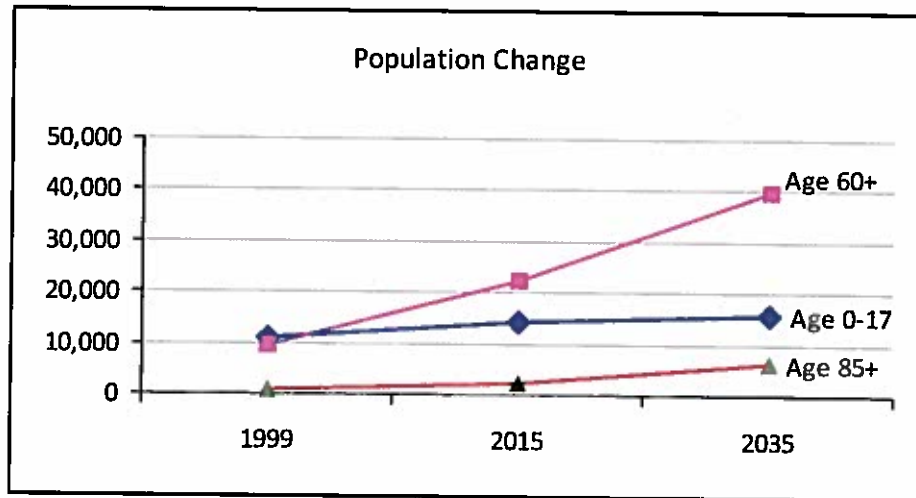
"It makes me happy knowing someone is coming to visit if only for five minutes. This has helped me stay at home. I feel so blessed to have a service as this and my children are thankful for it. I like having someone coming in to speak and check on me. I don't know how it could be any better than this. Thank you all so much."—Meals on Wheels Participants, 2016

"I depend on you to give my husband a bath."—spouse of In-home Service Aide client who is striving to avoid institutional care

# Chatham

## Aging profile, 2015

Ages	2015		2035		% Change (2015-2035)
	#	%	#	%	
Total	71,815		99,058		38%
0-17	14,120	20%	15,778	16%	12%
18-44	20,082	28%	26,143	26%	30%
45-59	15,441	22%	17,183	17%	11%
60+	22,172	31%	39,954	40%	80%
65+	16,593	23%	33,020	33%	99%
85+	2,207	3%	6,207	6%	181%



### Population 65 and over:

Race/Ethnicity	County	County (%)	NC	NC (%)
White alone	13,206	86.7%	1,136,764	81.1%
Black or African American alone	1,779	11.7%	223,659	16.0%
American Indian and Alaska Native alone	42	0.3%	11,976	0.9%
Asian alone	123	0.8%	15,884	1.1%
Hispanic or Latino (of any race)	129	0.8%	22,951	1.6%
Some other race	0	0.0%	4,334	0.3%
Two or more races	76	0.5%	8,257	0.6%

# Chatham

Population 65 and over:	County	County (%)	NC	NC (%)
Speak English less than "very well"	76	0.5%	27,054	1.9%
Veterans	3,488	22.9%	293,055	20.9%
Homeowners		83.7%		81.3%
Living alone	3,904	25.6%	377,092	26.9%
In group quarters	466	3.1%	44,822	3.2%
In labor force	2,458	16.1%	221,404	15.8%
Less than high school graduate	2,067	13.6%	295,992	21.1%
High school graduate, GED, or alternative	4,091	26.9%	448,391	32.0%
With one or more disabilities	4,734	32.1%	508,329	37.4%
Below 100% poverty level	1,037	7.0%	133,578	9.8%
In 100%-199% poverty level	2,286	17.9%	322,713	23.7%

Grandparents.....	County	NC
Grandparents (age 30+) responsible for grandchildren under 18 years	543	98,656
Grandparents (age 60+) responsible for grandchildren under 18 years	160	35,801

\*%'s are given as a percentage of age group

## References:

NC Office of State Budget and Management, county estimates and projections.  
<http://www.osbm.ncgov/facts-figures/demographics>  
 US Census Bureau. American Community Survey, 2011-2015, five year estimates. <http://www.census.gov/>

## North Carolina Population Change

Ages	2015		2035		% Change 2015-2035
	#	%	#	%	
Total	10,056,683		12,167,836		21%
60+	2,101,237	21%	3,214,038	26%	53%
65+	1,508,441	15%	2,522,834	21%	67%
85+	173,970	2%	352,086	3%	102%

**Table IV. Schedule of Expenditures by County, Funding Source, Service and Service Category for Clients 60+ Years of Age: SFY 2015-2016**

<b>Chatham</b>			
	<i>Category</i>	<i>Clients</i>	<i>Expenditure</i>
<b>Department of Transportation</b>			
Elderly and Disabled Transportation Assistance Program	6		\$40,398
	<b>Total:</b>		<b>\$40,398</b>
<b>Division of Aging and Adult Services</b>			
Congregate Nutrition	6	195	\$116,734
Family Caregiver Support Program	6		\$36,134
Health Promotion/Disease Prevention	3		\$8,083
Home Delivered Meals	4	97	\$126,809
Housing and Home Improvement	6	11	\$4,333
Information and Options Counseling	6		\$78,018
In-Home Level II	4	29	\$131,666
In-Home Level III	4	7	\$39,153
Legal Services	6		\$2,393
Senior Center	6		\$158,840
	<b>Total:</b>		<b>\$702,163</b>
<b>Division of Medical Assistance</b>			
ACH-PCS Basic/Enhanced	1	121	\$621,192
ACH-Transportation	1	121	\$11,945
CAP/CHOICE	4	6	\$106,040
CAP/DA	4	66	\$1,296,357
Clinics	3	191	\$87,830
Dental	3	325	\$111,082
HMO	2	1,136	\$1,705,033
Home Health	4	347	\$414,727
Hospice	4	41	\$615,299
Inpatient Hospital	5	140	\$732,311
Lab & XRay/Physicians	3	1,114	\$653,599

**Division of Medical Assistance**

Medicare Part A&B Premiums	2	1,501	\$1,799,946
Medicare Part D Clawback	2	900	\$865,995
Nursing Homes	5	293	\$7,902,905
Other Care	3	312	\$93,856
Other Practitioners	3	311	\$17,087
Outpatient Hospital	3	639	\$695,078
Prescribed Drugs	3	336	\$378,025
Regular Personal Care (PCS)	4	113	\$734,317
<b>Total:</b>			<b>\$18,842,624</b>

**Division of Mental Health/Developmental Disabilities/Substance Abuse Services**

Alcohol Rehabilitation Centers	5		\$30,306
Developmental Disabilities	3	18	\$101,605
Mental Health	3	54	\$34,241
Mental Retardation Centers	5	3	\$710,403
Psychiatric Hospitals	5	7	\$848,827
Substance Abuse	3	9	\$23,183
<b>Total:</b>			<b>\$1,748,564</b>

**Division of Services for the Blind**

Independent Living Rehabilitation Program	3	12	\$2,490
In-Home Level I	4		\$1,624
Rehabilitation	3		\$163
<b>Total:</b>			<b>\$4,277</b>

**Division of Social Services**

Energy Assistance - CIP	2	240	\$89,269
Energy Assistance - LIEAP	2	334	\$65,100
Food and Nutrition Services	2	752	\$788,382
Special Assistance: Adult Care Home	1	115	\$351,148
Special Assistance: In-Home	4	27	\$83,493
<b>Total:</b>			<b>\$1,377,392</b>



**Division of Vocational Rehabilitation**

Independent Living	3	14	\$51,519
Vocational Rehabilitation	6	15	\$53,644
	<b>Total:</b>		<b>\$105,163</b>
	<b>County Total:</b>		<b>\$22,820,581</b>



## Highlights of COA Consumer Surveys 2016

### Congregate Meals

Item	ECSC			WCSC		
	2016 (N=25)	2015 (N=17)	2014 (N=42)	2016 (N=43)	2015 N=44)	2014 (N=31)
Have participated 10+ years	28%	48%	31%	12%	22%	10%
Have participated less than a year	4% <sup>1</sup>	18%	31%	25%	16%	39%
Always get enough food	92%	100%	91%	91%	95%	78%
COA staff always friendly & helpful	96%	76%	91%	98%	96%	94%
Feel that overall health has improved due to participation	76%	76%	83%	84%	80%	83%

#### *Sample Comments (ECSC)*

- I have met a lot of friends and learned a lot.
- I like being with the people and enjoy all the activities.
- All the employees are so wonderful.
- The COA is awesome and same for the meals.

#### Suggestions (ECSC)

- More Fresh fruits and vegetables.

#### *Sample Comments (WCSC)*

- I really enjoy coming up here, everything is good and everyone is very friendly and helpful.
- Very good staff, great trainings and good meals.
- I would recommend anyone to come and join.
- I'm glad I started coming and I will encourage others to come also.
- I look forward to coming.
- It has given me something to look forward to everyday.
- I have established new friends and old acquaintances.

#### Suggestions:

- Provide more games like checkers, card games, etc.

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<sup>1</sup>56% did not answer how long they had been coming to the Eastern Chatham Senior Center, Maybe they were unsure. About eight out of twenty-five participants did not answer page two of the survey.

## Home-Delivered Meals

Item	2016 (N=53)	2015 (N=49)	2014 (N=36)
% receiving meals 5 x per week	88%	88%	81%
Always satisfied with how food tastes	85%	76%	72%
Always satisfied with variety of foods	83%	96%	86%
Always satisfied with how food is packaged	94%	100%	88%
Always get enough food for lunch	85%	98%	81%
Volunteers are always polite	96%	100%	89%
Know that contributions/donations are voluntary	88%	92%	81%
Feel that overall health has improved due to participation	72%	93%	80%
Would recommend lunch program to friends	92%	100%	100%
Has helped participant remain living at home	94%	94%	86%
% saying that participation has helped them	98%	100%	98%
% rating program as 'excellent' or 'very good' overall	79%	75%	70%

### *Sample Comments*

- Before I was getting meals, I would just pick up something, I'm sure a balanced meal is better for me.
- It makes me happy knowing someone is coming to visit if only for five minutes.
- This has helped me stay at home.
- I feel so blessed to have a service as this and my children are thankful for it. Everyone is so kind and friendly.
- I do not have to fix lunch, its nice knowing a person is coming who can help if I need good help.
- The volunteer is what makes it. I like having someone coming in to speak and check on me.
- Very satisfied, I would like to thank each and every one of you, you all are good to me. I love you all. Thank you.
- The staff and volunteers are great. They are always accommodating, cheerful, and willing to help in any way they can. This is great for mom.
- Good program, I know he benefits and I know an additional person checks on him daily.
- I don't know how it could be any better than this. Thank you all so much.

### 3rd QUARTER VOLUNTEER HOURS FISCAL 2016 -2017

	Jan-17	Feb-17	Mar-17	QuarterTotal
<b>Pittsboro Mealsite</b>	123	153.5	174.25	450.75
<b>Siler City Mealsite</b>	25	25	30	80
<b>Sub-Total</b>	148	178.5	204.25	530.75
<b>Health Support</b>	4.5	4.5	31.5	40.5
<b>Friendly Caller</b>	15.5	14	14	43.5
<b>VITA</b>	266.5	382.75	532.75	1182
<b>Staff Support</b>	114.5	155.5	69.25	339.25
<b>Minor Home Repair</b>	18	67	115	200
<b>SHIP</b>	40.5	33	22.5	96
<b>Assistive Equipment Loan Prog</b>	18	0	0	18
<b>Special Events</b>	0	35.5	0	35.5
<b>Senior Games</b>	0	2	9	11
<b>WCSC DANCES</b>	170	170	212.5	552.5
<b>Tech Literacy</b>	0	0	0	0
<b>Groups/Classes/Activities</b>	17.5	27.5	24	69
<b>Advisory Boards and CAST**</b>	21	2	3	26
<b>Chair Massage</b>	0	0	0	0
<b>Sub-Total</b>	686	893.75	1033.5	2613.25
<b>Meals on Wheels</b>				
<b>Bear Creek*</b>	4	10	12	26
<b>Bennett</b>	10	11	10	31
<b>Goldston</b>	12	14	16	42
<b>Gulf/Golston 2</b>	14	15	18	47
<b>Pittsboro</b>	80	114.25	114.5	308.75
<b>Siler City</b>	60.25	69.5	82.5	212.25
<b>Sub-Total</b>	180.25	223.75	241	645
<b>Board of Directors Meeting</b>	10.5	10	27.5	48
<b>Finance Meeting</b>	7	16	8	31
<b>BOD Misc. (cards, OR, etc...)</b>	2	0	28	26.5
<b>Sub - Total BOD Hours</b>	19.5	26	63.5	82.25
<b>Total Monthly Hours</b>	1033.75	1322	1542.25	3898
<b># of Volunteers (active in month)</b>	181.00	210.00	203.00	
<b>Dollar Value for the Month</b>	\$23,849	\$30,499	\$35,580	\$89,927
<b>Fiscal Year to Date Hours</b>	7,019	8,341	9,883	
<b>Fiscal Year To Date Dollar Value</b>	\$161,917	\$192,415	\$227,995	

Fiscal year July 1 - June 30

The value per hour of volunteer service is \$23.07.

\*New route started Jan 24,2017

\*\*CAST added Jan 2017

**83.4** average age of in-home aide recipients, compared to State average of 81.2

wellness  
education  
health  
exercise  
caregiver  
clubs  
support groups  
wheelchairs  
nonprofit  
activities  
senior center  
walkers minor home repair  
meals  
in home aide  
programs

**Over half** of our clients live alone

Last year, we provided

**33,000+** meals

**25,000+** hours of in-home aide

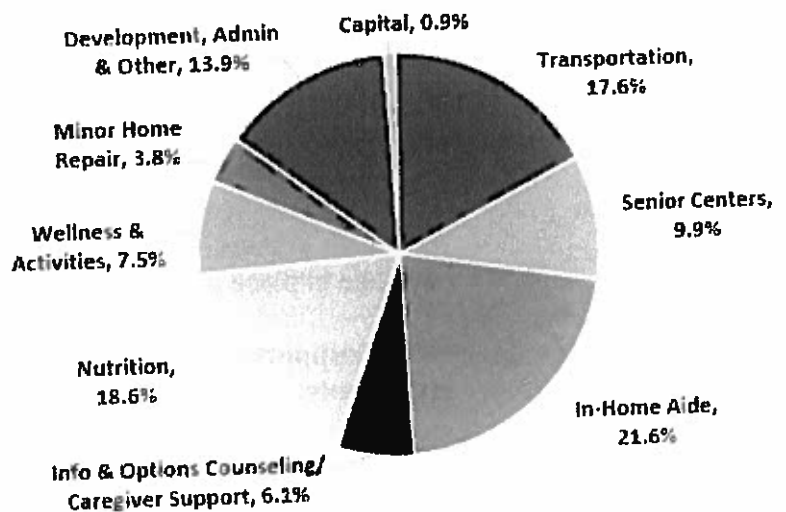
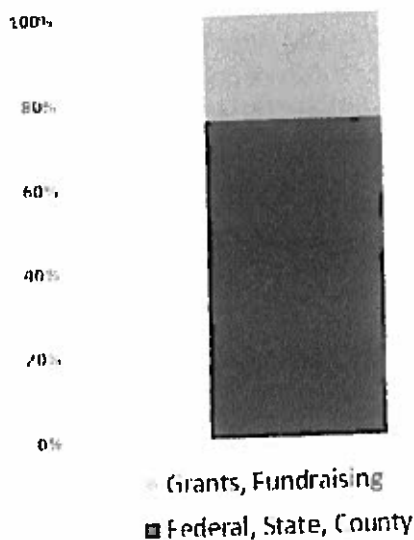
**2,000+** hours of caregiver respite

**300+** assistive device loans

**17,000+** transportation rides

**A \$100 donation could provide 20 meals  
OR 6 hours of in-home aide or caregiver respite**

### Funding Sources



### Budget Allocations

Our program expenses represent **84%** of total expenditures, better than the industry standard for non-profits of between 65-75%

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Volunteer Income Tax Assistance</b>                      To schedule an appointment, call 919-542-4512                      Tuesday from 1-4 pm                      on April 12                      Saturday from 10 am-2 pm</p>	<p><b>Chatham County Senior Games</b>                      Ages 50 and better                      April 19-May 5, 2017                      Registration Deadline: March 30                      Contact Lindsay 919-542-4512</p>	<p><b>Lunch Bunch</b>                      April 7- 18 Seaboard                      Call Allison 542-4512  <b>Day Trips</b>                      April 4-Southern Pines                      Call Allison 542-4512</p>	<p>Pickleball at Pittsboro Courts                      Tuesdays &amp; Thursdays at 9  <b>Bocce on Thursdays at 9</b>  <b>Golf 1st, 2nd, 3rd Monday at 1</b></p>	<p><b>Key</b>                      S=Fee</p>
<p><b>3</b>                      Fitness Room Open 8-5 \$                      Exercise \$                      Tai Chi \$                      10:30 Arthritis Exercise                      2 Lunch/ 1 Mixed Media                      Golf-Preserve \$                      15-6:45 Yoga \$                      and 8 Shag Lessons</p>	<p><b>4</b>                      Fitness Room Open 8-5 \$                      8 Exercise \$                      10:15 Front Porch Ministry                      11 Science with Alan                      12 Lunch                      1 Rummikub</p>	<p><b>5</b>                      Fitness Room Open 8-5 \$                      8 Exercise \$                      9 Tai Chi \$                      9 Walk for Nat'l Walking Day                      10:30 Seniors Helping Seniors                      11:30 Singing with Marie                      12 Lunch/ 1 Quilting                      7 Dances for Peace</p>	<p><b>6</b>                      Fitness Room Open 8-5 \$                      8 Exercise \$                      8:30 3 G's Men's Group                      10 Needlework                      10-11 Blood Pressure Checks                      10:30 Student interviews                      12 Lunch/12:30 Bowling S                      1:30 Line Dance/3 Yoga S</p>	<p><b>7</b>                      Fitness Room Open 8-5 S                      8 Exercise S                      10 Strong and Fit                      12 Lunch                      2 Wood Working Group</p>
<p><b>10</b>                      Fitness Room Open 8-5 \$                      Exercise \$                      Tai Chi \$                      10:30 Arthritis Exercise                      2 Lunch/ 1 Mixed Media                      Golf-Twin Lakes \$                      15-6:45 Yoga \$                      and 8 Shag Lessons</p>	<p><b>11</b>                      Fitness Room 8-5 \$                      8 Exercise \$                      10 Singing Group to Siler                      10:30 COA Services by Brett                      11 Elder Abuse Program                      12 Lunch                      1 Rummikub</p>	<p><b>12</b>                      Fitness Room Open 8-5 \$                      8 Exercise \$                      9 Tai Chi \$                      10:30 Wordies                      12 Lunch                      1 Quilting                      1 Parkinson's Support Group</p>	<p><b>13</b>                      Fitness Room Open 8-5 \$                      8 Exercise \$                      8:30 3 G's Men's Group                      10 Needlework/10 BP Check                      10:30 Easter Party                      12 Lunch                      1:30 Line Dance/3 Yoga S</p>	<p><b>14</b>                      COUNCIL ON AGING                      CLOSED                      FOR EASTER</p>
<p><b>17</b>                      Fitness Room Open 8-5 \$                      Exercise/9 Tai Chi \$                      10:30 Arthritis Exercise                      Lunch/ 1 Mixed Media                      Golf-SC Country Club \$                      15-6:45 Yoga \$                      Caregiver's Support                      and 8 Shag Lessons</p>	<p><b>18</b>                      Fitness Room 8-5 \$                      8 Exercise \$                      9:30-11 Bld Glucose/BP                      10:30 Singing Group Practice                      10:15 Walmart Shopping Trip                      11:45 April Birthdays                      12 Lunch                      1 Rummikub/1:30 AARP</p>	<p><b>19</b>                      Fitness Room Open 8-5                      8 Exercise \$                      9 Tai Chi \$                      10:30 Senior Games Opening                      12 Lunch                      1 Quilting                      1 Bridge</p>	<p><b>20</b>                      Fitness Room Open 8-5 S                      8 Exercise \$ / 8:30 3 G's                      10 Needlework/10 BP Check                      10 Diabetic Support Group                      10 Bingo/11 Corp. Exten Program                      12 Lunch                      1:30 Line Dance/3 Yoga S                      7 Carolina Jazz</p>	<p><b>21</b>                      Fitness Room Open 8-5 S                      8 Exercise S                      10 Strong and Fit                      11 Twin Rivers Singing Group                      12 Lunch</p>
<p><b>24</b>                      Fitness Room Open 8-5 \$                      Exercise \$                      Tai Chi \$                      10:30 Arthritis Exercise                      Lunch/1 Mixed Media                      30 Memory Lane Café at PACE                      15-6:45 Yoga \$                      and 8 Shag Lessons</p>	<p><b>25</b>                      Fitness Room 8-5 \$                      8 Exercise \$                      10:15 Trip to Library                      12 Lunch                      1 Rummikub</p>	<p><b>26</b>                      Fitness Room Open 8-5 \$                      8 Exercise \$                      9 Tai Chi \$                      10:30 Jeopardy                      12 Lunch                      1 Quilting</p>	<p><b>27</b>                      Fitness Room Open 8-5 S                      8 Exercise \$ / 8:30 3 G's                      9:30 Needlecrafters                      10 Needlework/ 10 BP Check                      11 am Program with Ashley                      12 Lunch                      1:30 Line Dance/3 Yoga S                      5:30 Board Meeting in Siler</p>	<p><b>28</b>                      Fitness Room Open 8-5 S                      8 Exercise S                      10 Strong and Fit                      ECSC to WCSC                      Lunch in Siler</p>

# Council on Aging April 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chili Beans & Beef Fried Squash Banana Yogurt Cornbread 2% Milk	<b>4</b> Turkey Pot Pie w/ Vegetables Harvard Beets Seasonal Fruit Biscuit/jelly/marg 2% Milk	<b>5</b> Ravioli w/ Meat Sauce Tuscan Blend Vegetables Tossed Salad with Tomato Garlic Bread Dressing Orange 2% Milk	<b>6</b> Baked Chicken Field Peas & Snaps Sliced Carrots Brownie Roll 2% Milk	<b>7</b> Salmon Patty Coleslaw/carrots Baby Baker Potato Fruit Cobbler 2% Milk
<b>10</b> Managers Choice Beans Greens Mac & Cheese Corn Bread Juice 2% Milk	<b>11</b> Baked Chicken Broccoli/Cheese Sauce Sweet Potato Roll Yogurt 2% Milk	<b>12</b> Roast Beef/gravy Green Peas Mashed Potatoes Roll Fruit cobbler 2% Milk	<b>13</b> Pork chop w/ gravy Cauliflower w/Cheese Rice Pilaf Roll/jelly Banana 2% Milk	<b>14</b> Council on Aging Closed for Easter
<b>17</b> BBQ Sandwich Parsley potatoes Coleslaw/Carrots Cinnamon Applesauce Vanilla wafers 2% Milk	<b>18</b> Hamburger w/Lettuce Tom/Onion Managers Choice Beans Corn Banana 2% Milk	<b>19</b> Cheese Sandwich Potato Soup Breaded Vegetable Sticks Scalloped Apples Juice 2% Milk	<b>20</b> Beefy Macaroni & Cheese Lima Beans Tossed Salad w/Tomato Roll Salad Dressing Orange 2% Milk	<b>21</b> Chicken & Dumplings Green Beans Sweet Potatoes Yogurt Roll/marg/jelly 2% Milk
<b>24</b> BBQ Chicken Greens Squash Casserole Corn Bread Jell-o 2% Milk	<b>25</b> Lasagna Tossed Salad Mix Vegetables Garlic Bread Salad Dressing Graham Crackers Juice	<b>26</b> Stir Fry w/cabbage Rice Egg Roll Yogurt Duck Sauce Juice 2% Milk	<b>27</b> Sloppy Joe Sandwich Baby Baker Potatoes Coleslaw Banana 2% Milk	<b>28</b> Oven Fried Chicken Green Beans Dirty Rice Fruit Cobbler Roll Juice 2% Milk

REMEMBER:  
 DONATION BOX  
 IS LOCATED ON THE  
 DESK WHERE YOU SIGN IN

Call the day before to order  
 Senior Meal of the Day  
 Guest \$5.50  
 919-542-4512 Alan  
 919-742-3975 Teresa or Fred





DEPARTMENT OF HEALTH AND HUMAN SERVICES  
DIVISION OF AGING AND ADULT SERVICES

ROY COOPER  
GOVERNOR

MANDY COHEN, MD, MPH  
SECRETARY

SUZANNE P. MERRILL, MSW  
DIRECTOR

**DAAS ADMINISTRATIVE LETTER NO. 17-02**

**To:** Area Agencies on Aging Directors

**From:** Suzanne P. Merrill, Director *SM*

**Subject:** SFY 15-16 County Aging Services Data and  
SFY 17-18 County Budget Instructions

**Date:** February 20, 2017

Each year the Aging County Data Package is released for use by local committees in recommending a funding plan for the Home and Community Care Block Grant (HCCBG). The explanation of the State and County Expenditure Report for State Fiscal Year (SFY) 2015-2016, as well as the expenditure reports by county, agency, and service can be accessed at <http://www.ncdhhs.gov/divisions/daas/data-reports>. The Area Agency on Aging (AAA) will provide these reports to the lead planning agency for the Home and Community Care Block Grant in the county by March 1, 2017. The AAA's will also share the information with Chairs of the County Boards of Commissioners, County Managers and Local Aging Services Providers. The AAA can forward this Administrative Letter and/or develop its own correspondence. Please contact Swarna Reddy ([Swarna.Reddy@dhhs.nc.gov](mailto:Swarna.Reddy@dhhs.nc.gov)) at 919-855-3442 if you have any questions.

The SFY 2017-18 Home and Community Care Block Grant (HCCBG) Budget Instructions, along with HCCBG formats are available through the Division's website at <http://www.ncdhhs.gov/document/home-and-community-care-block-grant-hccbg-county-budget-instructions-documents>. HCCBG instructions are unchanged from last year. Effective cost development for services should continue to be emphasized. Potential service providers must give lead agencies service cost-computation worksheets and labor distribution schedules along with their service summaries, as specified on page 16 of the HCCBG Budget Instructions. Please contact Annette Bagwell ([Annette.Bagwell@dhhs.nc.gov](mailto:Annette.Bagwell@dhhs.nc.gov)) at 919-855-3446 for any questions.

SPM:sr



The chart shows the regional and county level impact (a decrease) of the non-recurring state funding for HCCBG (\$969,549 state-wide), if these funds are not restored by the legislature. This is only about the non-recurring state HCCGB funds and does not account for any other potential decreases or increases at the federal or state level.

J	Chatham	10,083
J	Durham	22,164
J	Johnston	16,230
J	Lee	6,337
J	Moore	12,586
J	Orange	10,397
J	Wake	55,148
Region		132,945
J		

**Region J HCCBG Allocation**

COUNTY/REGION	SFY 2017 HCCBG	Local Match	Total Allocation Plus Local Match	Min Budget Requirement Access 30%	Min Budget Requirement In-Home 25%	Min Budget Requirement Congregate	Min Budget Requirement Home Del
CHATHAM	526,393	58,488	584,881	36,786	30,655	93,161	78,828
DURHAM	1,202,504	133,612	1,336,116	78,367	65,306	198,467	167,931
JOHNSTON	868,962	96,551	965,514	59,009	49,174	149,442	126,449
LEE	371,899	41,322	413,221	27,075	22,563	68,569	58,019
MOORE	703,604	78,178	781,782	47,737	39,781	120,895	102,294
ORANGE	592,820	65,869	658,689	41,268	34,390	104,511	88,431
WAKE	2,934,203	326,023	3,260,226	189,402	157,835	479,662	405,863
REGION J	7,200,386	800,043	8,000,429	479,644	399,704	1,214,707	1,027,816