

Mid-East Area Agency on Aging



Annual Report

For the Fiscal Year Ending June 30, 2007

TO MEAAA'S CONSTITUENTS

By Mary E. Schaefer
Executive Director

This past year has been both a challenge and opportunity for the MEAAA board and staff.

Level or potential cuts in funding, plus rising costs have necessitated careful planning of expenditures. This challenge has resulted in tighter controls of costs in all areas and the opportunity to streamline operations. In addition, a Development Committee is hard at work looking to secure addition sources of funding.

We are seeing a change in the demographics of our senior population with the average age of senior center participants rising and the aging of the baby boomers. Our challenge and opportunity is to serve the needs of a diverse senior population, ranging in age from 65 to 100 years in both an urban and rural setting.

Because seniors are aging in place, we are delivering more meals to older, frailer, homebound seniors who would likely end up in nursing homes without this service. Many of our senior centers have been moved to newer more modern locations, many in community centers, and new centers have been opened.

As we increase activities at these centers or are located adjacent to activities community centers provide, the number of participants has increased.

MEAAA is fortunate to have a hard

working board, a knowledgeable and dedicated staff and a wonderful network of volunteers that truly believe in our mission of "Assisting adults through the journey of aging." My personal thanks for their commitment to MEAAA goals and vision.

By Charles Heisler
Board President

Where did 2007 go? Going into my first term as the new president of the Mid-East Area Agency on Aging, I knew that the previous president left a huge challenge for me. But it was a rewarding year, thanks to the steady hard work of our volunteers and staff.

The board faced challenges immediately in fiscal year 2007. To operate more efficiently, we began making better use of the meal production capacity at some centers with larger kitch-

ens. Those centers began catering meals for other centers, whose on-site kitchens we closed. In the past few years, we have had to co-locate some centers as certain locations were longer suitable as senior centers. It is often difficult to explain the reasons for these changes to seniors in the community and to the media. But rest assured all of these decisions were made in the interest of providing the best possible service to older adults with our ever-shrinking funding.

Over the past year, several communities have stepped up to the plate and offered various kinds of new support for their local senior centers. To no one's surprise, we are paying more for utilities, transportation, raw food and rent, and more than ever we need assistance from our community partners to keep providing exceptional service.

This coming year, we ask for your help as well. Please contact your state representatives and senators. The future may bring more funding cuts for senior services, so it's more important than ever that you let these officials know that allowing seniors to live independently, with help from the area agencies on aging, keeps communities strong and ultimately saves Medicare and Medicaid dollars.

Speaking for the board, staff and volunteers as a team, I hope that our public officials recognize the need for support for services for older adults. The seniors and their families are counting on us.



Mary E. Schaefer



Charles Heisler

Mid-East Area Agency on Aging

Board of Directors 2006-07

Charles Heisler, president; (Allene Jackson, president through October 2006)

Merline Anderson, Ron Bauers, Geraldine Bedwell, Lester Bohle, Martha Brown, Joan D'Ambrose, Laura Ernst, Kenneth Fleer, Karen Green, Kelley Guertzgen, Charles Hiatt, Jo Anne Jeffries, Jill Kassander, Fredricka (Fritzi) Lainoff, Anthony Lane, Denise Liebel, Ruby Joyce Little, Carol Lowe, Gene Maggard, Debbie Noblitt, Carl Phillips, Penelope Seaton, Stacy Tew-Lovasz, Jocelyn Tobnick, Nina Tumosa, Arthur Visor, William Walker, Don Wieland

Advisory Council 2006-07

Lily Ko, chair; (Linda Willis, chair through October 2006)

Ken Buren, Anna Carmi, Kay Cheatham, Ruth Clerkley, Mary Ann Cordes, Andrew Duff, Debbie Door, Lu Duemler, Patrick Fontane, Patty Marshall, Conrad McMillin, Ralph Queen, Gussie Roberson, Linda Schneider, David Schmerber, Elizabeth Smith

Silver Haired Legislature 2006-07

John (Jack) Anderson, chair

Dora Backer, Kay Cheatham, Janet Cunningham, Lu Duemler, Andrew Duff, Francele Gorman, Mary Miller, Mary Lou O'Connell, Frieda Orenstein, Lorraine Parks, Ralph Queen, Gussie Roberson, Don V. Roloff, David Schmerber, Linda Schneider, Elizabeth Smith, Henry Wetzel

Mid-East Area Agency on Aging Foundation

Board of Directors 2006-07

Stacy Tew-Lovasz, president

Barbara Bindler, Lynn Davis, Sheila Cawns, Nathaniel Crump, Alice S. Handelman, Laura Hobson, Jo Anne Jeffries, Jerome Kraus, Kenneth Kraus, Phyllis Langsdorf, Michelle Mixon, Marilyn Olschansky, Ron Present, Anne E. Rice-Sosne, Al Ukman, Robin Walpert



Top: *Members of the MEAAA board of directors during 2006-2007 included (from left) Denise Liebel, Kelley Guertzgen, Anthony Lane, Fritzi Lainoff, Penny Seaton and Chuck Hiatt.*



Middle: *MEAAA's advisory council members included Mary Anne Cordes, Gussie Roberson, Elizabeth Smith, Anna Carmi, Lily Ko, Andy Duff, Kay Cheatham, Linda Schneider and Linda Willis.*



Bottom: *MEAAA's Silver Haired Legislature delegation meets with the state's other nine SHL delegations each October in Jefferson City to debate and vote on bills they will support in the next legislative session.*

Our Vision

... is for seniors and their caregivers to have opportunities to lead satisfying, productive lives with health, honor and dignity.

Our Mission

... is to assist adults through the journey of aging.

Mid-East Area Agency on Aging

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HIGHLIGHTS OF FY 2007



1. St. Louis County Executive Charlie Dooley joined 21 other public officials in the second Mayors for Meals event March 21, 2007. 2. More than 1,000 seniors enjoyed the 2007 MEAAA Senior Fair on May 13, 2007. Entertainment included the Cameo Club dancers. 3. Caregivers enjoyed a day of rest, fun, entertainment and education at the MEAAA/Alzheimer's Association Caregiver Retreat in May 2007. 4. Arnold Mayor Mark Powell joined MEAAA Executive Director Mary E. Schaefer at the grand opening celebration of the new Arnold Senior Center March 28, 2007.

From July 2006 through June 2007, Mid-East Area Agency on Aging continued to strengthen its partnerships with the many communities and senior service agencies in the four counties of St. Louis, St. Charles, Franklin and Jefferson.

The city of Arnold, in Jefferson County, opened the doors to MEAAA's new senior center inside **Arnold's new community center** on March 28, 2007. In addition to the senior center programs, older adults can walk the track, use the facility's exercise equipment and enjoy a spacious new library, all within the complex.

Also in Jefferson County, the **Knights of Columbus Hall in De Soto** became the new home of that city's senior center after the previous location was lost to redevelopment.

In May of 2007, **Northwest Plaza in St. Ann** hosted MEAAA's 31st annual Senior Fair, the theme of which was a salute to the then-World Champion Cardinals. More than 1,000 seniors enjoyed live music, games, information booths and dozens of attendance prizes.

MEAAA, a proud member of the **Meals on Wheels Association of America**, enlisted the help of 22 area public officials to raise awareness of the importance of home-delivered meals and the need for volunteers in the second **Mayors for Meals** event March 21, 2007. MOWAA awarded MEAAA \$1,000, recognizing our Mayors for Meals effort as one of the best in this nation-wide event.

The **Missouri Foundation for Health** awarded MEAAA a \$200,000, two-year grant to replace aging kitchen equipment at its senior centers. Some of the items the centers replaced were more than 30 years old and could have been expected to fail at any time, making it necessary to close the center until the equipment could be replaced.

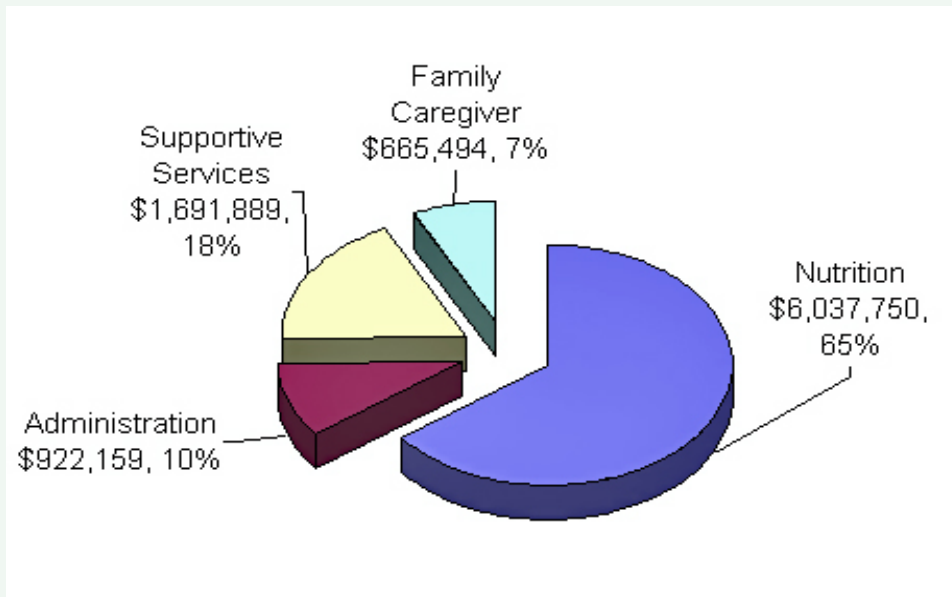
In May 2007, MEAAA partnered with the **Alzheimer's Association** to present a special retreat day for caregivers of older adults. The event included not only helpful, practical, educational presentations, but plenty of opportunities for caregivers to enjoy a day of relaxation with hand massages, games and entertainment.

MEAAA FUNDING SOURCES, FISCAL YEAR 2007

<i>Funding of Expenditures</i>	Older Americans Act	5,127,061
	Social Services Block Grant	228,250
	USDA/NSIP	435,819
	Senior Employment Program	41,488
	Medicaid	72,840
	Other Grants (FEMA and IRS)	26,404
	Total Federal Support	5,931,862
<i>State General Revenue</i>	Administration	228,250
	Supportive Services (other than transportation)	42,785
	Congregate Meals	82,810
	Home-Delivered Meals	1,324,695
	Home-Delivered Meals Trust Fund	14,315
	MEHTAP (Transportation)	165,101
	Ombudsman Coordinator	15,000
Total State Support	1,872,956	
<i>Other Funding Sources</i>	Local Client Contribution	1,040,722
	Cash Match for DA Resources	401,778
	Other Cash Donations	45,330
	In-Kind Match (Volunteer Services and Donated Goods)	2,760,752
	Total Local Support	4,248,592
	Grand Total Funding	12,053,400

FY 2007 EXPENDITURES

Total Budget \$9,317,292



Nutrition: Senior Centers

64.8% of Total Budget

Congregate Meals	28.5%
Home-Delivered Meals	71.5%

Supportive Services

18.2% of Total Budget — includes

Transportation	47.8%
In-Home Services	16.5%
Information and Assistance	10.4%
Adult Day Care	4.9%
Ombudsman	5.2%
Supply Bank for Sr. Independence	5.9%
Legal Services	1.1%
Disease Prevention	4.0%
Other Support Services	4.2%

Administration

9.9% of Total Budget

Family Caregiver

7.1% of Total Budget — includes

Public Info & Education	2.4%
Information and Assistance	18.8%
Case Management	10.7%
Transportation	4.7%
In-Home Respite	36.1%
Adult Day Care	10.5%
Durable Medical Equipment/Supplies	11.3%
Nutritional Supplies	2.1%
Other Family Caregiver Services	3.3%

SUPPORT PROVIDED BY FUNDING OTHER ORGANIZATIONS

In addition to the directly operated programs and services, MEAAA contracts with community agencies to provide important supporting services for older adults. In FY 2007, MEAAA allocated \$1,545,988 for that purpose. The figures in this chart represent actual MEAAA funds expended for each program in FY 2007.

Service Type Agencies Funded	Amount Expended	Units	Unduplicated Persons Served
Adult Day Care Jewish Community Center Adult Day Care St. Elizabeth Adult Day Care	\$73,706	13,830	52
Senior Center Operation Jewish Community Center (JCC)	170,418	37,025	351
Legal Services Legal Services of Eastern Missouri	18,900	591	157
Personal Care, Homemaker Chores Help at Home Northeast Community Action Corp. Cardinal Ritter Senior Services Pyramid Homemaker Services	241,026	16,884	375
Long-Term Care Ombudsman Services Long-Term Care Ombudsman Program	72,396	2,117	2,944
Transportation OATS City of Union City of Wentzville	610,138	80,476	1,716
Family Caregiver Support Services			
In-Home Caregiver Respite Services Help at Home Pyramid Homemaker Services Northeast Community Action Corp. Cardinal Ritter Senior Services	\$268,875	21,818	235
Long-Term Care Ombudsman Services Long-Term Care Ombudsman Information	22,246	931	931
Fill-Gap Transportation Various Providers	3,574	167	70
Adult Day Caregiver Services Jewish Community Center Arlington House Cardinal Ritter Institute St. Elizabeth's Adult Day Care	64,709	10,493	60

SENIOR CENTERS

ST. LOUIS COUNTY

Affton 9801 McKenzie Road, 63123	(314) 544-5100
Bridgeton 4201 Fee Fee Road, 63044	(314) 739-5572
Creve Coeur (Covenant House) #2 Millstone Campus, 63146	(314) 567-4910
Eureka (Route 66) 500 N. Central, 63025	(314) 938-5525
Florissant (Pope John Paul II) 6325 Waterways Dr.	(314) 741-1930
Kirkwood 385 S. Taylor, 63122	(314) 965-1002
Manchester (West County) 14535 Manchester, 63011	(636) 227-3882
Moline Acres (Northside)	(314) 867-5661
Normandy (St. Jane Center) 7530 Natural Bridge, 63121	(314) 383-6539
St. Ann (North County Senior Towne) 528 Northwest Plaza, 63074	(314) 209-0079
Shrewsbury 7677 Watson Road, 63119	(314) 968-8720
Lemay (South County) 9451 Gentry, 63125	(314) 631-8698
University City (Crown Center) 8350 Delcrest, 63124	(314) 991-3119
University City (Ochs) 975 Pennsylvania., 63130	(314) 721-2722
Webster Groves 546 N. Elm Ave., 63119	(314) 961-4004

ST. CHARLES COUNTY

O'Fallon 106 N. Main St., 63366	(636) 272-4180
St. Charles 1455 Fairgrounds, 63301	(636) 949-0658
St. Peters 108 McMenemy Road, 63376	(636) 278-2410
Wentzville 506 S. Linn St., 63385	(636) 327-8720

JEFFERSON COUNTY

Arnold 1695 Missouri State Road, 63010	(636) 296-0475
Crystal City (Quad-Cities) 221 Bailey, 63019	(636) 937-8333
De Soto 13225 State Road E, 63020	(636) 586-8833
High Ridge 2800 Community Drive, 63049	(636) 677-4578

FRANKLIN COUNTY

Gerald 731 S. Main St., 63037	(573) 764-2256
St. Clair 310 Park Ave., 63077	(636) 629-2187
Sullivan Sappington Bridge Road, 63080	(636) 468-3766
Union 205 N. Washington, 63084	(636) 583-5432
Washington 2nd & High Sts., 63090	(636) 239-3374

