Senior Services Division Annual Report

Healthy Choices. Healthy People. Healthy Communities.



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Division Overview

The Senior Services Division plans and implements programs, services, and policies supporting the needs of the county's aging population. These objectives are achieved through many services including, but not limited to:

- In-Home Services that support independence for older adults as their care needs change preventing premature long-term facility placement. These support services include: assistance with activities of daily living like bathing, small meal preparation, chore or housekeeping, home adaptations, and respite for caregivers. Additionally, home delivered meals are provided to vulnerable older adults who are homebound and in need of nutritional support and medical transportation to critical medical appointments within the County.
- 2. Our three Senior Activity Centers: North Davis (Clearfield), Central Davis (Kaysville), and South Davis (Bountiful), offer highly beneficial opportunities for social interaction, congregate dining, and educational and evidenced-based classes for staying active and healthy.
- 3. Community outreach and engagement efforts in which our Retired and Senior Volunteer Program (RSVP) provides hundreds of volunteers with the opportunity to make a positive impact within their community by volunteering at locations like animal shelters, food pantries, and state parks. We answer calls, connect seniors to resources, provide Medicare Counseling, and protect the rights of residents in long-term care facilities through our Long-term Care Ombudsman Program.

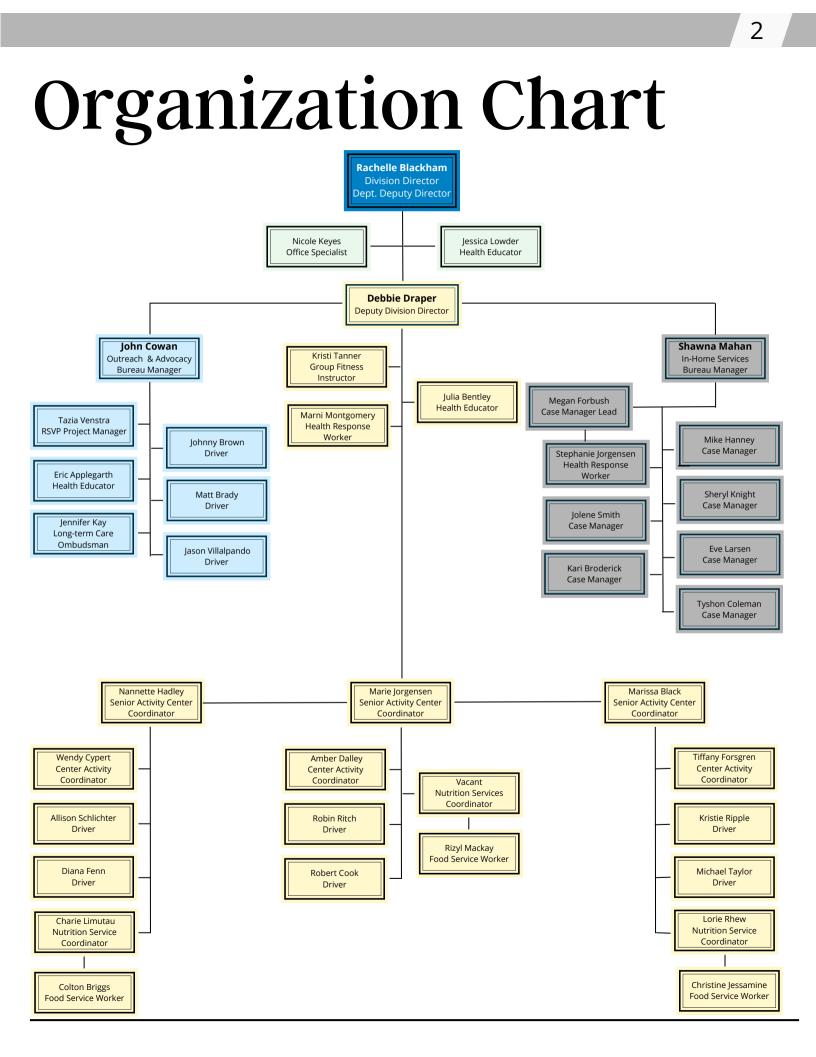
Enrich the lives of older adults and caregivers through advocacy, engagement, connection to resources, and person-centered services for aging in place.

Davis County Senior Services Mission Statement

Senior Services Four-Year Plan Alignment

In 2023, the Senior Services Division developed a new four-year plan (2023 - 2027) or strategic plan that focuses on the six priorities listed below:





Division Highlights

Ombudsman Program 식

The Division expanded the Long-term Care Ombudsman Program to meet the increased need for ombudsman services. Most notably, the number of certified volunteer ombudsmen doubled from five to ten volunteers. Additionally, a staff member was assigned to help with clerical work. This has increased our reach in advocating for Assisted Living and Skilled Nursing facility residents.

Furthermore, one of the Davis County volunteer ombudsmen was selected to be a state volunteer and now assists in recruiting and training volunteer ombudsmen statewide. While the number of complaints decreased slightly from 346 in 2022 to 320 in 2023, the level of complexity of cases has increased. Consequently, volunteers remain essential to meeting the ever-increasing needs of our community.



Health Resource Fairs

Health Resource Fairs were held by the Division to help connect community resources and services to older adults and their caregivers. Two Health Resource Fairs were held at the South Davis and the Central Davis Senior Activity Centers, with over 25 community agencies participating. Each event had agencies representing resources for social security, health insurance, burial services, services for disabled, blind and dementia and nutritional screenings. Transportation to the Centers was also provided, granting additional older adults access to the Health Fairs. As we continue hosting these events, we anticipate an increase in participation from community partners and Senior Activity Center clients.



Strengths, Weaknesses, Opportunities, and Threats Analysis (SWOT)

In 2022, the Division received additional funding from the State of Utah to Expand the Public Health Workforce Within Administration for Community Living (ACL) Networks. A portion of this funding was used to develop a framework and then collect qualitative and quantitative data from older adults in Davis County. A Strengths, Weaknesses, Opportunities, and Threats (SWOT) framework was used and completed in 2023. Over 200 staff hours resulted in the successful collection of 145 surveys. This analysis identified the strengths of Division, along with the key areas where the community would like to see services developed. The chart below displays the analysis highlights.

- During the pandemic, older adults felt that they retained self-sufficiency
- The majority of participants received the COVID-19 vaccine through DCHD and felt the process was easy
- Participants felt the majority of services they needed continued during the pandemic
- Older adults reported a lack of knowledge about senior centers
- Participants felt that they lacked access to community education publications
- Participants felt that they sometimes lacked access to transportation
- DCHD will address participants' top health concerns by increasing educational opportunities and resources related to mental health/stress, chronic disease, and mobility
- DCHD will also increase methods/avenues to get and share information about community resources
- Participants reported feeling a lack of confidence in doctors
- Older adults reported that their insurance will not cover their needs or medical costs
- During the pandemic, participants felt forced to use technology

Music Therapy 📅 🟶 🔃

The Division partnered with Segue Expressive Therapies to provide music therapy within the Senior Activity Centers. Monthly music therapy sessions were held within all three Centers from August through December. These events were a big hit and, in only a few months, showed potential in improving the health and quality of life of older adults who attended. Music therapy has also been incredibly beneficial to non-English speaking clients, encouraging them to get involved regardless of their primary language.



Combined Senior Center Activities 🖓 🕯

Combined Senior Activity Center events were held to enhance socialization of older adults. Three events were held; one at each Center. South Davis held a St. Patrick's Day event, Central Davis hosted a Cinco de Mayo celebration, and North Davis held a Fall Barbeque at a local park. Multiple community sponsorships were generously offered for each combined activity, providing food, games, and prizes. Each event brought together over 100 participants, encouraging socialization among clients from different backgrounds, cultures, religions, and geographical areas who otherwise may not have the chance to interact with one another.

Partnerships and Collaboration

University of Utah 🖤

The Division, in partnership with the University of Utah, is conducting a malnutrition study over five years; this year was our first year of participation. The University of Utah provides a registered dietician who conducts malnutrition screenings, presents food demonstrations, and provides individual and group nutritional counseling and education with our three Senior Activity Centers.



The seniors who have previously participated in this study state that they learned how to be more aware of malnutrition, how malnutrition affects them, and how to improve their nutrition.

Malnutrition Highlights

2.5X Davis County's malnutrition death rate is 2.5x the national rate



2 out of 3 people effected by malnutrition are women

Davis School District

Ensuring the safety of our clients, drivers, and vehicles is of utmost importance. Recent changes in federal Commercial Drivers License (CDL) requirements led to increased education and training required (ELDT or Entry Level Driver Training) for our Division drivers seeking to obtain their first CDL license. In response to these changes, the Division developed a partnership with the Davis School District (DSD). DSD has a robust driver training program that meets ELDT requirements and will allow our staff to participate in these training sessions.

Davis Behavioral Health 🍙 🗯

In partnership with Davis Behavioral Health, a mental health professional visited one of the Senior Activity Centers every month this year. This mental health professional provided education and/or held discussions on mental health topics such as managing stress, anxiety, and dealing with grief. They also provided referrals for additional care and services when needed.



17%

of Davis County residents aged 60+ experienced 7+ poor mental health days in the past 30 days

Davis Arts Council 🕤

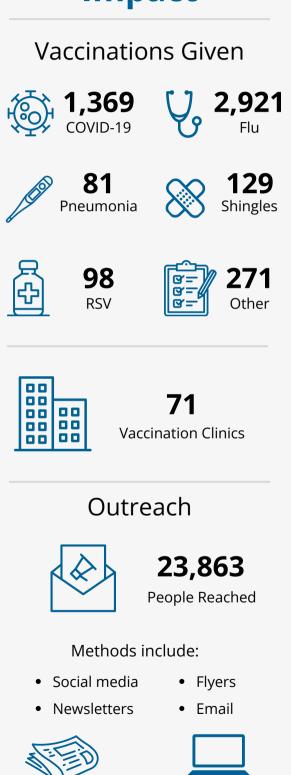
Davis Arts Council, as well as partnerships with Heart & Soul and Plan-B Theatre, provided entertainment within the three Senior Activity Centers. Heart & Soul musicians performed a series of concerts featuring a wide range of musical genres. Plan-B Theatre brought short plays to each Center, with every play including a brief discussion after the performance. These events have been a big hit and Center clients are looking forward to future performances.

USAging Grant 🕫

The Division received funding from USAging to provide vaccinations to older adults. The vaccines offered included Flu, COVID-19, Pneumonia, Shingles, RSV, and other routine vaccines. Vaccination clinics were offered in all three Senior Activity Centers in September, October, November, and December. These vaccination clinics gave us a great opportunity to dispense the newly approved respiratory syncytial virus (RSV) vaccine. This funding also helped expand our in-home vaccinations services for homebound and medically compromised clients.

At the end of 2023, we have nearly reached our goal of providing 4,700 flu and COVID-19 vaccines to seniors within the County. We plan to continue our efforts in order to reach our goals by April of 2024.

USAging Grant Impact



Notable Events

RSVP Recognition Event

In July, the Davis County AmeriCorps Seniors RSVP program held its annual volunteer recognition event. 115 volunteers attended the event, where they were thanked for providing over 37,000 hours of extraordinary service. Speeches were delivered by Department and County leadership each expressing their gratitude for the exceptional work done by RSVP volunteers. Some of the volunteers' most notable accomplishments included delivering 109,950 meals to homebound seniors, serving meals to 1,007 clients in the Senior Activity Centers, collecting 2.43 million pounds of food for local food banks, assisting 55 elementary school students in increasing their reading scores, and maintaining over 60 miles of trails at Antelope Island State Park.

Website Redesign

In 2023, the Division redesigned the Senior Services Division website landing pages. The original website was difficult to navigate, but after the redesign, and with the help of our Communications Team, we made the site more functional, accessible, and user friendly. We also updated the content of the website to reflect the most accurate information. We hope that the new website will make it easier for community members and staff alike to access all the services that we have to offer.

About RSVP

Davis County AmeriCorps Seniors RSVP has...

269 Volunteers



who contributed...



valued at...



Numbers above reflect 2023 calendar year

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Healthy Aging



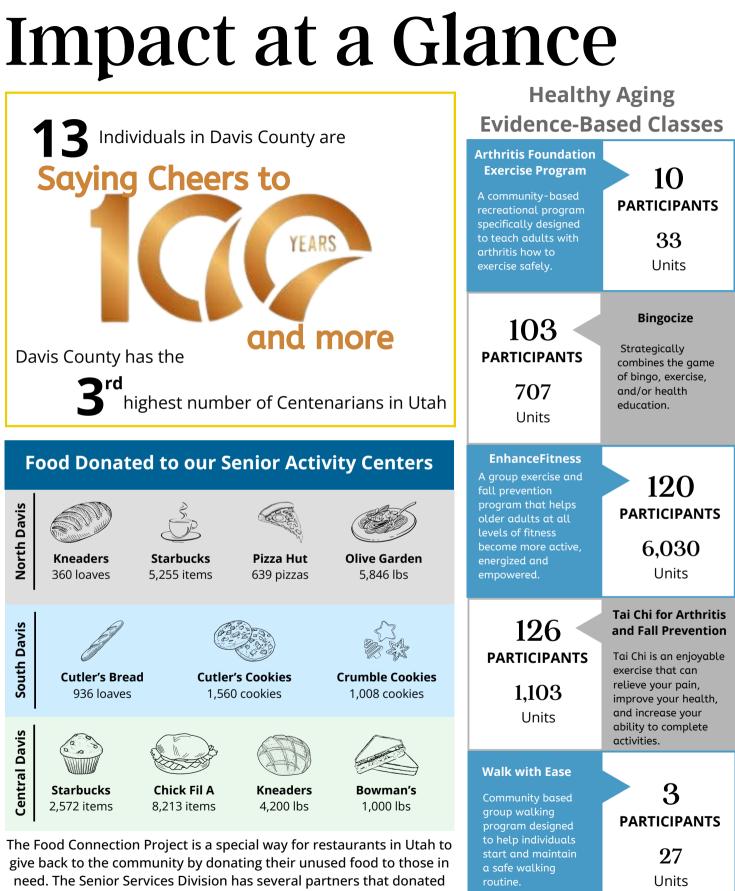


Supported Aging

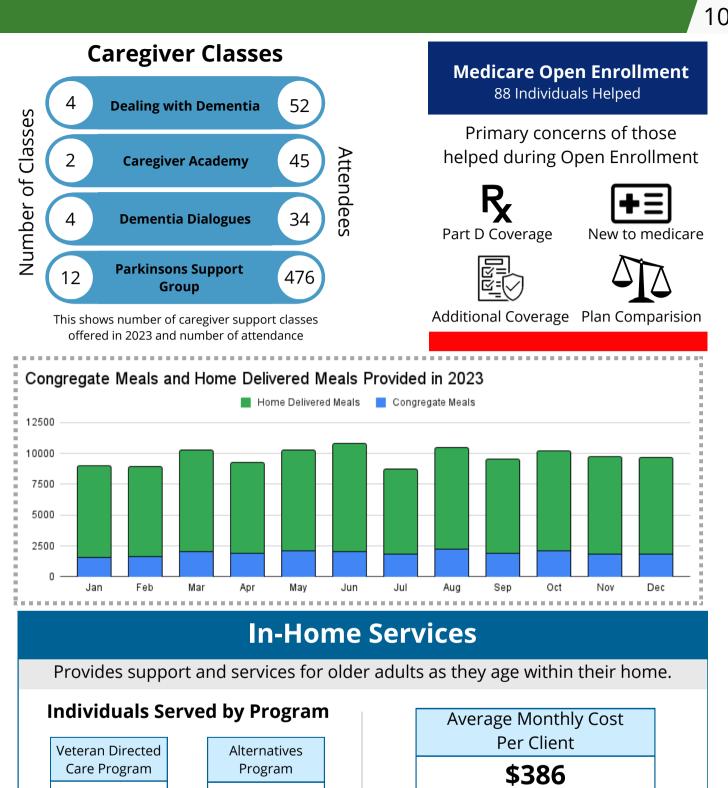


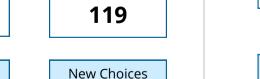
Division Training





food in 2023. We would like to recognize their accomplishments in preventing hunger for older adults in our community.





Medicaid Waiver

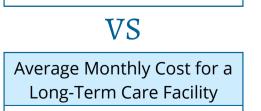
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Medicaid Aging

Waiver Program

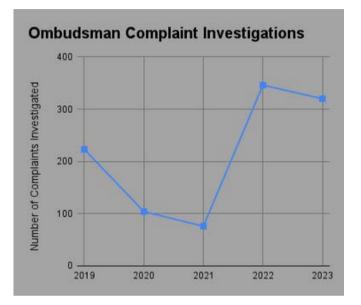
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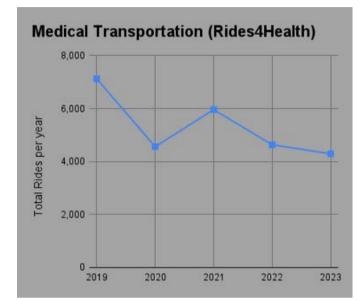


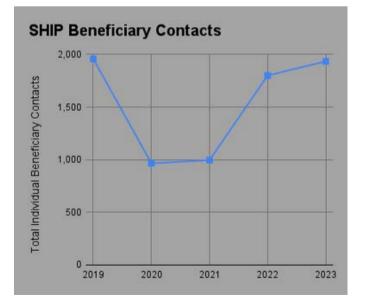


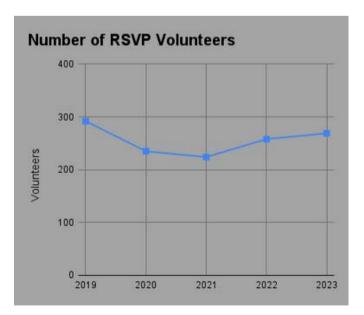
Program Trends

Outreach and Advocacy

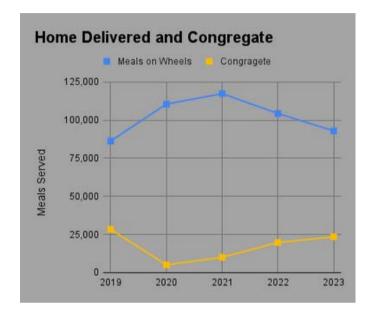


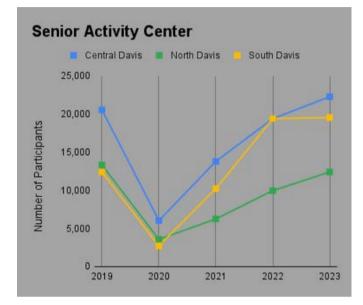




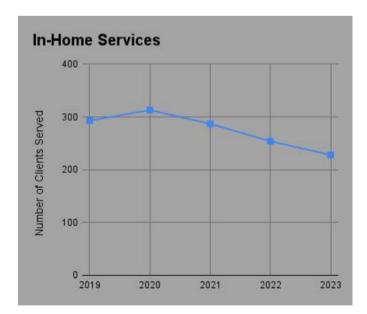


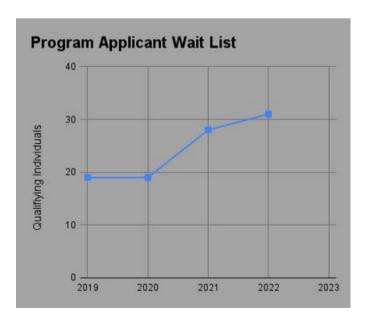
Senior Activity Centers and Nutrition





In-Home Services





Recognitions

"WE MUST FIND TIME TO STOP AND THANK THE PEOPLE WHO MAKE A DIFFERENCE IN OUR LIVES." - JOHN F. KENNEDY

Adams, Carol Albiston, Norm Allen-Metz, Celeste Allen, Barbara Allred, Michael Amos, William Jay Anderson, Don Anderson, Gale Ballou, Patty Ballstaedt, Diane Barber, Angela Barham, Debra Barker, Sonja Barrett, Winifred Bean, James Beard, Michael Bennett, Dean Bentley, Julia Bertram, Linda Bird, Vickie Black, Melanie Bodily, Patricia Bodily, Victoria Bradshaw, Michelle Bright, Jan Broadbent, Eleanor Broadbent, Kent Broadbent, Meg Broadbent, Warren Brown, Mary Brown, Ruth Browning, Cheri Butcher, Kathy Butler, Keith

Buxton, Mindy Bybee, Carma Call, Rex Call, Ruth Campbell, Larella Campbell, Susan Carroll, Jacquelynn Carter-Nielsen, Stephanie Carter, Bonnie Catoe, Mitchell Chase, Rita Chase, Stella Chase, Wendy Checketts, Denece Coe, Janis Cole, Lori Connelly, Claudette Cook, Marsha Cooper, Katheleen Cowder, Carolyn Crispo, Anita Cummings, Catherine Cutler, Diane Daniels, Janus Davis, John DeJong, Ana DeMille, Helen Devenport, Shauna Draper, Michael Drouin, Joelle DuFour-Thurn, Georgina Earl, Mary Earl, Stanley Elliott, Lynette

Espinoza, Becky Evans, Thomas Ewing, Shirley Farr, Wendy Ferguson, Brian Fillmore, Max Fillmore, Sharla Fixmer, Connie Fixmer, William Forsgren, Ryan Fraley, Patsy Freeman, Ronald Furse, Lorraine Gardner, Dennis Garner, Edwin Garner, Venice George, Matthew Gerberding, Mark Gibbons, Adele Gibbs, Janet Gillie, Margaret Goodson, Brenda Gover, Nancy Gregory, Linda Gridley, Cathi Grimaldi, Laura Gubler, Kahl Hales, Susan Hall, Steven Hall, Winon Hambleton, Larry Hamblin, Michael Hanken, Jim Hartley, Richard

Hartman, William Harvey, Marci Henderson, Karen Hewitt, leffery Hewitt, Paulette Hewlett, Neal Hewlett, Robin Hiatt, Jeanne Hill, Alan Hill, Dean Hill, Richard Hirst, Holly Hole, Christie Holmes, Chad Holmstead, JoAnn Holmstead, Randy Hooper, Gary Howard, Darlene Howe, Darlene Hubbard, Ronald Hubbard, Sandra Huffaker, Lauralyn Hughes, Elaine Hughes, Roger Hunsaker, Spencer Hunt, Barry Hunt, Bruce Hunt, LeAnn Husak, Jacklyn Inman, Sandra Jamison, Steve Jensen, Barbara Johnson, David Johnson, Donna Johnson, Dorothy Johnson, Grant Johnson, Rachel Johnson, Scott Jordison, Gail Kapp, Rebecca Kearns, Joyce Kearns, Ray Keck, Gary

Kelley, Michael Kelley, Monica Kettell, Maurice Knight, June Koci, Lorna Krumpos, Linda Lamb, Julia Lange, Diane Langevin, Sharon Lapine, Robert E. Larrabee, Mary Larsen, Alene Larson, Kathleen S. Lazarz, Caren Leary, Glen Leonhardt, Don Lewis, Carol Lopez, Carmen Lowrie, Chris Lund, David Major, Susan Malaska, Debra Marino, Patricia Markoch, Cynthia Martin, Jama Martinez, Laurell Martinez, Leonore Martinez, Manuel Maxwell, Charlotte McClurg, Larry McIntyre, Joel Menacker, Ira Mikkelsen, Scott Miller, Mark Miller, Shelley Mills, Brent Millward, Larry Modlin, Ronald Moellmer, John Mohlman, Deborah Monson, Craig Monson, Sandra Montgomery, Ralene Moore, Rich Moreno, Pat Moss, Neil Mott, Dan Mott, Susan Munoz, Erasmo Murphy, Buddy Naprestek, Cynthia Newman, Patrice Nicol, Marjorie Nielsen, Lori Norton, Diana Norton, Keith Nussbaum, Larry Nussbaum, Sherry Nyman, Michelle Olsen, Merilyn Oscarson, Gary Ouellette, Carol Pace, Beverly Pace, William Parker, Paul Parkin, Terry Partridge, Ronald Passey, Nadine Payne, Donna Payne, Rosalie Perkins, Derek Perry, Mark Peterson, Carol Phillips, Kent Platt, Richard Porter, Lynn Potter, Russell Pressett, Gene Pribble, Clair Price, Linda Pugmire, Kim Randolph, Joseph Read, Margaret Reynard, Earl Reynard, Joe Reynard, Linda Rieb, Carol Roberts, Wendy Rogers, Jan Romero, Linda Scardino, Cheri Schaffer, Emma Scott, John Seeley, Fran Senekjian, Becky

Senekjian, Harry Sensenbaugh, Margo Settles, Shelley Sheen, Peggy Shutt, Esther Simmons, June Simpson, Delmer Slater, Tamera Smedley, Ross Smith, Franklin Smith, Irene Smith, Ruth Smoot, Abraham Smoot, Elizabeth Snow, Kathleen Speth, Donette Starkey, Paul Stewart, Patsy Strange, Jean Streeter III, Stephen Streeter, Christine Sturdevant, Sheri Taggart, Lyn Terheggen, Patricia Tharp, Jolynn Thorne, Lani Thorne, LeeAnn Thorne, Timothy Thurgood, Colleen Toole, Tauna Udy, Calvin Uno, Tab Lyn Unopulos, Stephen Valentine, Dallas Van Dyke, Dorothy Van Noy, Kelly Vastardis, Karen Villanueva, Alex Wainwright, Camille Walkowski, Cary Walters, Mary Ann Wheadon, Sydney White, Charles (Chuck) Williams, Bonnie Williams, Martina Wilson, Barbara J. Womack, Patsy Wood, Eileen Workman, Joan Yorgason, Keith Young, Ann

Promotions

Marissa Black - Senior Activity Center Coordinator Tazia Venstra - RSVP Project Manager Debbie Draper - Senior Services Deputy Director Jason Villalpando - Driver

New Staff

Nicole Keyes - Office Specialist Jessica Lowder - Health Educator Julia Bentley - Health Educator Kari Broderick - Case Manager Tyshon Coleman - Case Manager

Retirements

Ann Workman - Office Manager (Rides4Health) Jennifer Whitesides - RSVP Volunteer Coordinator

Career Service Milestones

Tiffany Forsgren - 25 Years Rachelle Blackham - 15 Years Tazia Venstra - 10 Years Amber Dalley - 10 Years John Cowan - 10 Years Charie Limutau - 5 Years

By the Numbers

Nutrition	TOTAL
Meals Served	118,047
Number of Meal Assessments	549
Number of Initial Meal Assessments	337
Number of Meal Reassessments	227
Home Delivered Meals	
Home Delivered Meals Served	92,841
Home Delivered Nutrition Clients	693
Clients at Nutritional Risk (Year AVG.)	54%
Congregate Nutrition	
Congregate Nutrition Served	25,206
Congregate Nutrition Clients	1,241
Clients at Nutritional Risk (Year AVG.)	23%
Senior Activity Centers	TOTAL
Senior Center Participants	10,431
Participation (units)	54,273
Senior Activity Center Clients	3,188
Group Socialization (units)	49,966
Non-Medical Transportation-One Way Trips	19,078
Health Promotion	TOTAL
Evidence Based Total Participants	1,445
EnhanceFitness	829
Tai Chi for Arthritis	332
Arthritis Foundation Exercise	12
Living Well with Chronic Conditions	2
Walk with Ease	7
Bingocize	257
Non-Evidence Based Total Participants	2,082
Non-Evidence Based Participation (units)	9,209

Medical Transportation	TOTAL
One-Way Trips	4,313
Clients Transported	174
Trips Not Provided (unable to serve)	255
Cancellations	154
Vouchers Distributed	34
Vouchers Redeemed	2
SHIP Performance Measures	TOTAL
Beneficiary Contacts	1,934
Under 65	48
Enrollment Contacts	1,197
Group Outreach Contacts	2,909
Underserved Populations Contacts	718
SMP Performance Measures	TOTAL
Counselors	14
Counselors Hours	611
Group Outreach & Educational Events	65
MIPPA Performance Measures	TOTAL
Overall MIPPA Contacts	1,842
Contacts Under 65	45
Native American Contacts	43
English as Second Language Contacts	207
Contacts with Applications Submitted	30
Persons Reached Through Outreach	2,831
Retired Senior Volunteer Program	TOTAL
Volunteers	269
Volunteer Hours	39,099
Total Volunteer (Host) Sites	53
Volunteer (Host) Sites w/Vols.	32

15

Ombudsman	TOTAL
Total Open Cases	114
Total Complaints Investigated	320
Consultations	903
Individuals (Client) Consultations	565
Facility Staff Consultations	338
Facility Visits	314
Routine Visits	174
Non-Routine Visits	140
Discharge Interviews	0
Training given to Facility Staff	6
Total Volunteer Hours	1287
In-Home Services	TOTAL
The Alternatives Program	
Clients Served	119
Contact Units	3,997
Quarterly & Monthly Visits	476
New Clients	32
Average Client Cost per Month	\$386.00
Average Time on Program	4 Years
Veterans Directed Program	
Clients Served	23
Contact Units	945
Quarterly Visits & Monthly Visits	92
New Clients	1
Medicaid Aging Waiver Program	
Clients Served	39
Contact Units	2,379
Quarterly Visits & Monthly Visits	156
New Clients	9
RN Assessments	39
New Choice Waiver Program	
Clients Served	6
Contact Units	620
Quarterly Visits & Monthly Visits	36
New Clients	0
RN Assessments	6

Caregiver Support Program	
Total Clients Served	47
New Clients	22
Average Cost Spent per Caregiver	\$1,500
Average Time on Program	1 Year
Caregiver Academy Classes	2
Caregiver Academy Participants	45
Dealing with Dementia Classes	4
Dealing with Dementia Participants	52
Dementia Dialogs Classes	4
Dementia Dialogs Participants	34
Caregiver Talking Points Encounters	65
Support Services	TOTAL
Information & Assistance Units	13,476
Information & Assistance Clients	672
Outreach Units	2,651
People Reached	746
People Served	1446
Case Management	28
Community Outreach	TOTAL
Total Community Outreach Events	11
Total Social Media Posts	132
Total Reach of Social Media	43,658
Total Newsletters Distributed	29,079
Center Distribution	6,375
Public Distribution	1,020
Physical Mail	1,120
E-mail	22,964
MailChimp Total Campaigns	16
MailChimp Total Recipients	30,285
Successful Deliveries	29,887
Average Open Rate	34%
Average Clicks per Unique Open	25.84%

Coalition for Abuse Prevention of the Elderly (CAPE)	TOTAL
Total Cases Staffed	25
Total Active Participates	53
Average Meeting Attendance	19
Training Presentations Given	7
Adult Protective Services (APS)	TOTAL
Number of Calls to APS Intake	1128
Opened Cases	357
Average Age of Victim	65
Legal Services	TOTAL
Clients Served	114
Legal Service Units Provided	147