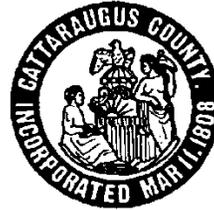




Annual Report 2016



**Presented at Public Hearing
August 18, 2016**

**Cattaraugus County
Department of the Aging/NY Connects
An Aging and Disabilities Resource Center
Advocacy, Action, Answers on Aging**

Cathy Mackay, Director

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LETTER TO THE LEGISLATURE AND COMMUNITY . . .



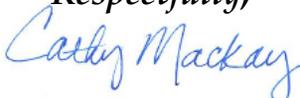
I am honored to present to you the Cattaraugus County Department of the Aging's 2015-2016 Annual Report.

In 2016, I was granted reappointment and I entered my second four year term as Director of the Cattaraugus County Department of the Aging & NY Connects. After recovering from the initial shock that yes, four years had indeed already passed, I was able to take a moment to reflect on just how much this agency has changed over the last four years. Keeping up with the restructuring and expansion of NY Connects alone could make one's head spin. Add to that new fundings, updated program instructions, new services and certifications, endless trainings, more changes in delivery systems, AND a whole new mandated statewide data management system . . . it's a miracle we've actually had time to do what we do best . . . serve the seniors of Cattaraugus County.

This past year has been a banner year for our department and the Aging Network. We finally witnessed a bipartisan reauthorization of the Older Americans Act in April 2016. This guarantees funding for the delivery of vital services for older Americans. It is also assurance that the Federal government recognizes the needs of older Americans as a national priority. On the state level, we were able to advocate for at least level or increased funding. This is crucial as we attempt to keep local funding level while meeting the increased numbers of older or disabled adults walking through our doors.

Clearly, it is an exciting time to be in Aging. Our entire staff and agency has had to examine our old ways of serving the community. We've had to rethink and reinvent some of our simple day to day duties in order to serve a new generation of younger baby boomers and the under 60 disabled population while staying true to our original mission statement. If you've read any of the recent articles about "60 being the new 40" or "60 is the new middle age", I am here to tell you that we are experiencing that first hand every day. People are living longer, more active lives. They no longer see us as the department they call when they "get old". Now we have 70 to 80-somethings calling us for all sorts of options and assistance in preserving their quality of life while they make plans for their "old age" which they haven't reached yet!

I am indeed grateful to be part of this evolution of aging. More importantly, I am grateful for the support of county leaders, volunteers, staff, caregivers, and the older adults of Cattaraugus County.

Respectfully,

Cathy Mackay
Director

LEGISLATURE 2016 (Current)

* Human Services Committee

Joseph Boberg

* Robert Breton

* Vergilio Giardini, Jr.

Dan Hale

* Barbara Hastings

* Richard Helmich, Jr.

Frank Higgins

Richard Klancer

David Koch

* Susan Labuhn

* Robert Neal

John Padlo

James Snyder

James Joseph Snyder, Jr.

Paula Stockman

Howard VanRensselaer

* Donna Vickman

DEPARTMENT OF THE AGING MANAGEMENT TEAM

Cathy Mackay ~ *Director*

Sue Brisky ~ *Assistant to the Director*

Peggy Address ~ *Accountant*

Bonnie Saunders ~ *Case Supervisor,*

NY Connects Administrator

Kim Connell ~ *Nutrition Director*

Ellen Herner ~ *RSVP Director, Planner*

ADVISORY COUNCIL 2016 (Current)

Nancy Allen

Frank Aloï
Hastings

Judi Blair

Diane Boser

Jim Boser

Mary Ann Chamberlain

Helen Crowley

Barbara

Ann Ploetz

Terry Shaw

Ruth Vincent

Dr. Kevin Watkins

LONG TERM CARE COUNCIL 2016 (Current)

* *Ex-Officio Members*

Nancy Crawford, Underwood Manor

Anthony Evans, Director - Youth Bureau

Timothy Finan, CEO - Olean General Hospital

Jodi Fuller, Cattaraugus Community Action, Inc.

* Barb Hastings, Human Services Committee

Tim Hellwig, Director - Department of Nursing Homes

Mari Howard, The Rehabilitation Center

Lesley Kennedy, Seneca Nation of Indians ADA

* Sue Labuhn, Vice Chair - Human Services Committee

Leonard Liguori, Directions in Independent Living

Pastor Marie Meeks, Bethany Lutheran Church

Catherine Mackay, Director - Department of the Aging

Carol Mahoney, Home Care and Hospice

Ann Battaglia, Healthy Community Alliance

Steve McCord, Director - Veterans Service

Daniel Piccioli, Commissioner - Department of Social Services

Candace Plants, United Way of Cattaraugus County

Dawn Rosine, Willcare

* John R. Searles, County Administrator

Kim Shay, Olean Medical Group

Julia Szprygada, Alzheimer's Association, WNY Chapter

* Donna Vickman, Chair - Human Services Committee

Kevin Watkins, Public Health Director

MISSION of the Cattaraugus County Department of the Aging

The Cattaraugus County Department of the Aging was created in July of 1975, and since its inception, has coordinated with existing community services, planned, developed, and/or administered needed programs, while also promoting new and better services for all individuals age 60 or older.

In accordance with the Older Americans Act and the vision of local government, the primary goal of the Department of the Aging is to enable the estimated 19,000 older adults of Cattaraugus County to maintain or improve their quality of life in the least restrictive, most cost effective way.

With respect for the dignity, independence, and strengths of aging Cattaraugus Countians, with compassion for their needs, and with zeal in the promotion of their interests, the Department of the Aging shall:

- ❖ Anticipate, plan, coordinate, and support services and benefits to help older Cattaraugus Countians meet their diverse physical, social, and economic needs;*
- ❖ Fairly and equitably allocate County, State, and Federal funds to communities throughout the County, identify quality programs to receive those funds, and ensure their effective and efficient use to meet the needs of older persons and their families;*
- ❖ Expand resources for the aging through advocacy and through private and public partnerships in the creation of new programs and revenue enhancing innovations;*
- ❖ Develop and encourage opportunities for older persons to serve their communities and to work as long as they wish;*
- ❖ Assist older persons and their families to access existing resources and inform and educate the general public about aging issues; and*
- ❖ Emphasize the development and accessibility of home and community-based services to prevent premature institutionalization.*

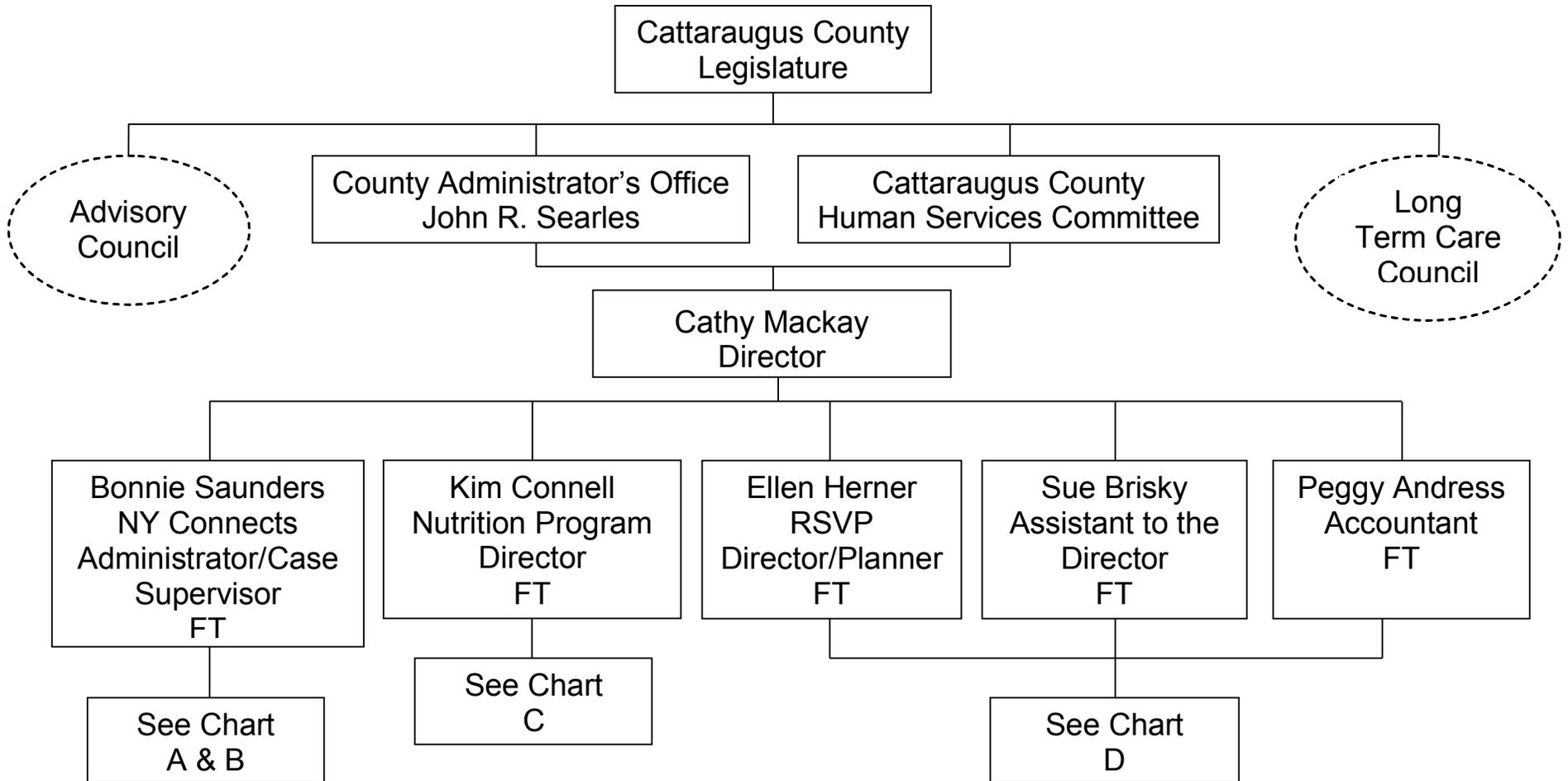
MISSION of NY Connects

- ❖ *Cattaraugus County NY Connects is an Aging and Disability Resource Center that provides accessible, coordinated and person-centered answers to the long term care needs of county residents and those who care for them. It is a “no wrong door” model of information and assistance through a collaboration of the Cattaraugus County Departments of Aging, Social Services, Health, Veterans Administration and Community Services (Mental Health), OPWDD (Office for People with Developmental Disabilities), and Directions in Independent Living. The system will encompass consumer choice, offer system integration for programs that are effective and responsive, promote personal responsibility, serve all socio-economic groups, provide quality care, and ensure accountability, efficiency and affordability.*
- ❖ *Provide a consumer centered entry point for information and assistance about long-term care and direct consumers to linkages to services that assist individuals of all ages with long term care needs. Ensures unbiased information and conflict-free case management.*
- ❖ *Provide information and assistance to all individuals who need long-term care, their caregivers, and those planning for future long-term care needs, whether it is anticipated that public or private sources of payment will be used. Supports a collaborative effort that ensures accountability, efficiency, and affordability for the consumer.*

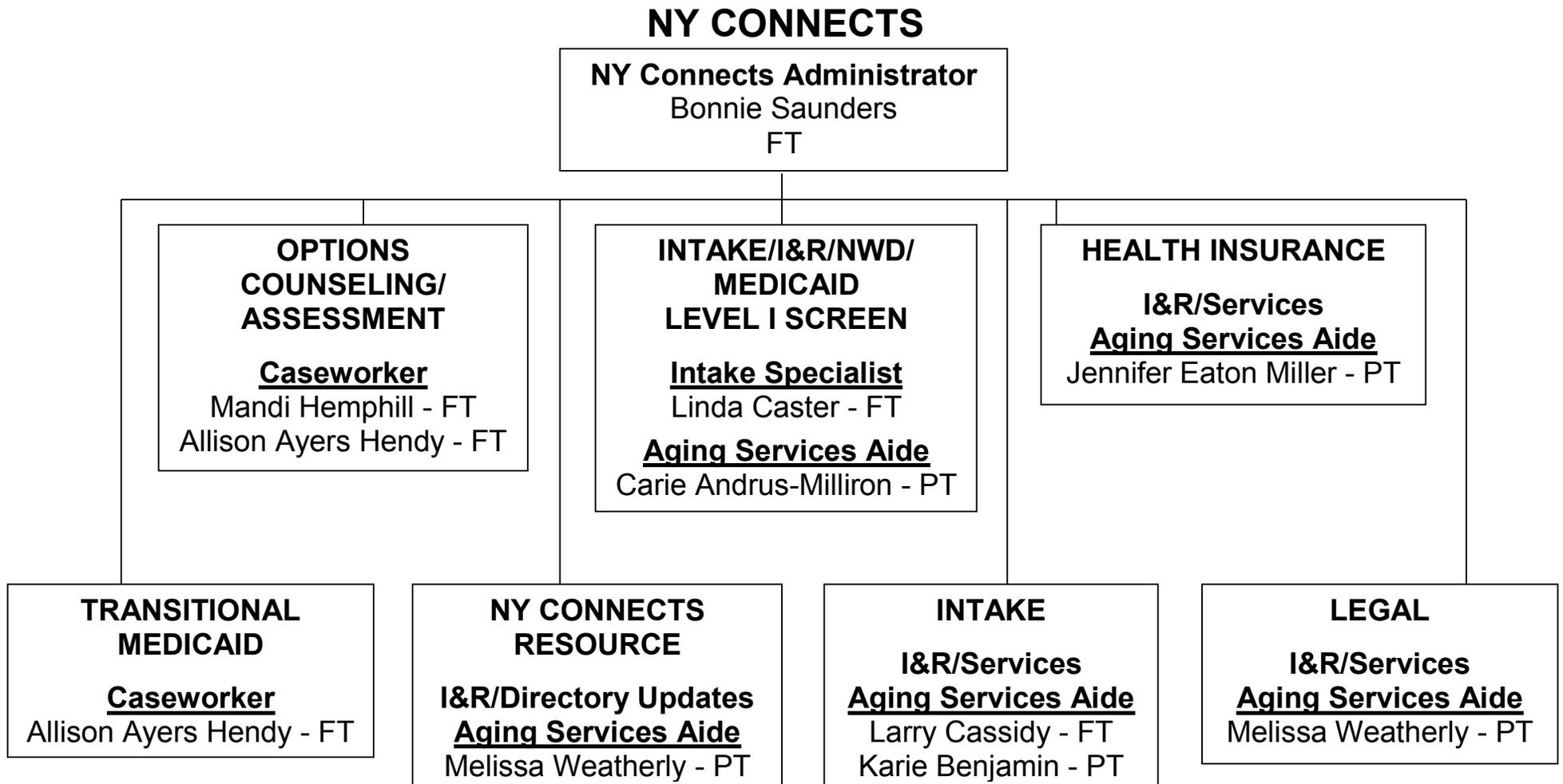


NY Connects
Your Link to Long Term
Services and Supports

Cattaraugus County Department of the Aging PRIMARY ORGANIZATIONAL CHART

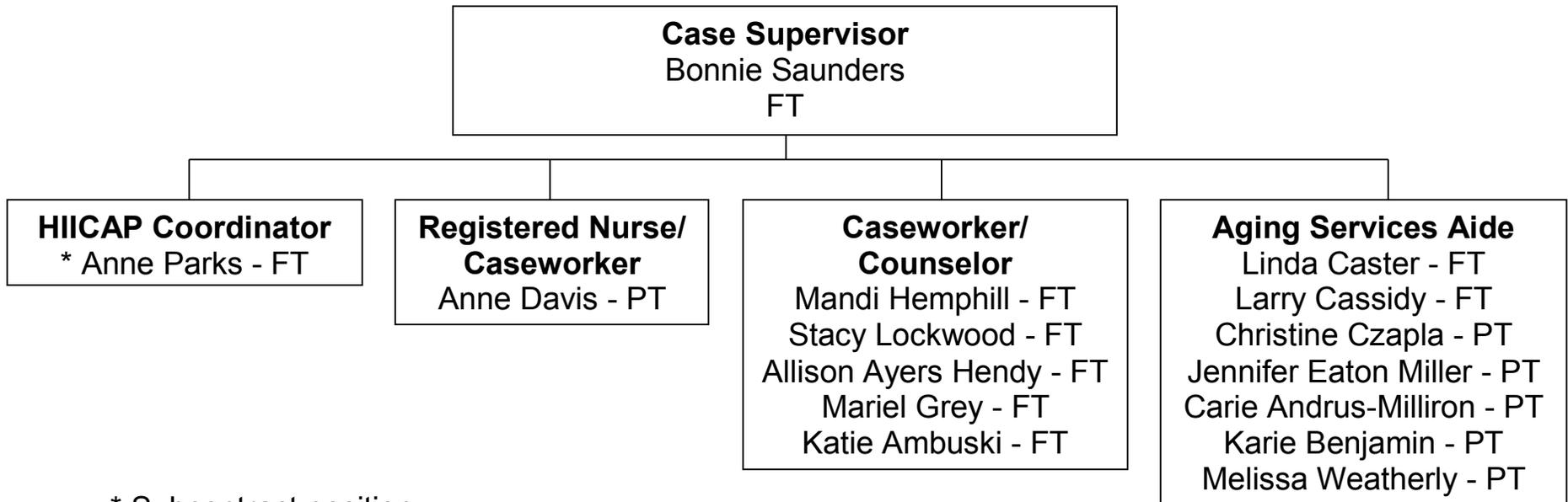


Cattaraugus County Department of the Aging
SUPPLEMENTAL CHART A



Cattaraugus County Department of the Aging
SUPPLEMENTAL CHART B

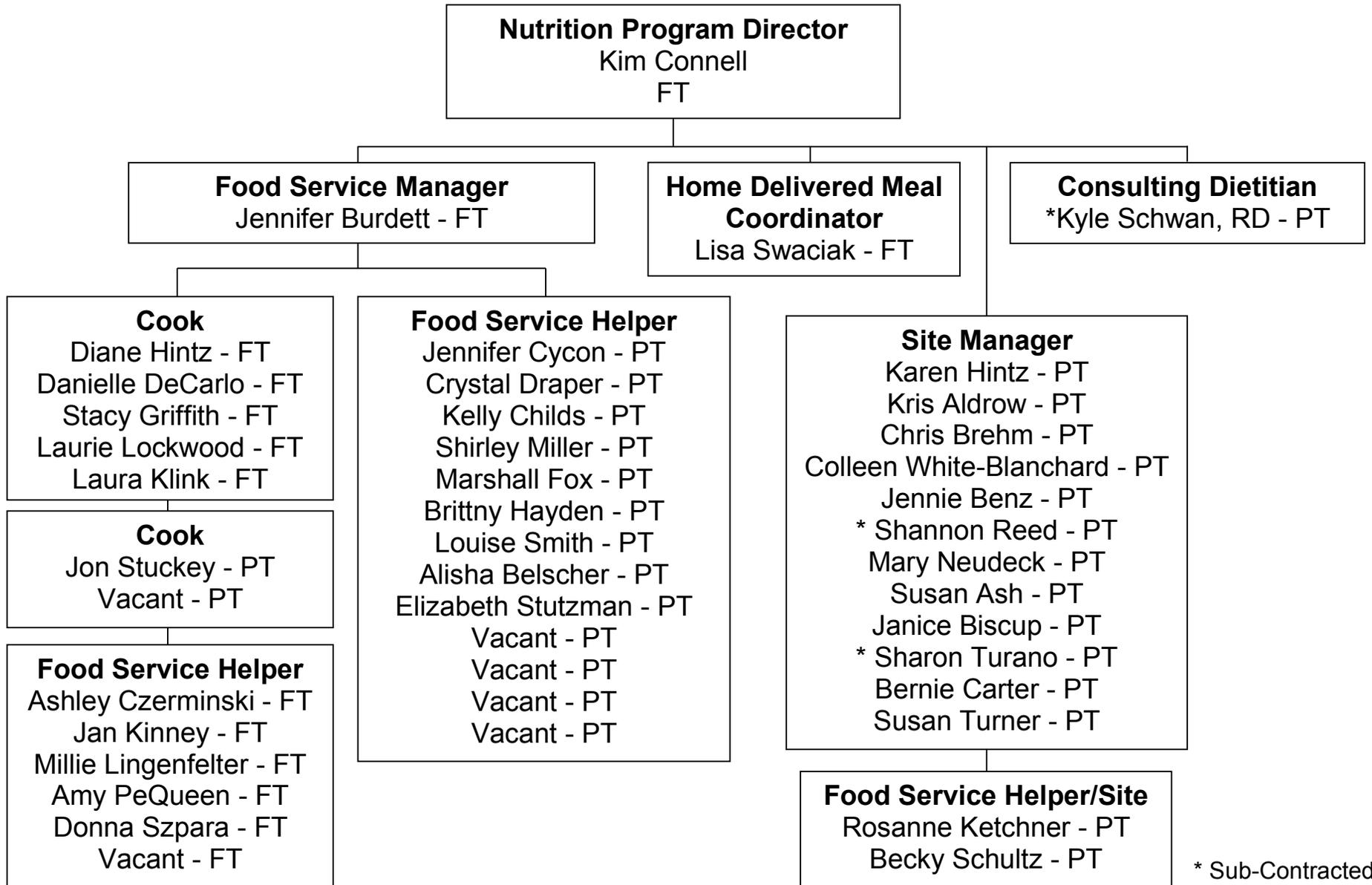
CASE MANAGEMENT



* Subcontract position

Cattaraugus County Department of the Aging
SUPPLEMENTAL CHART C

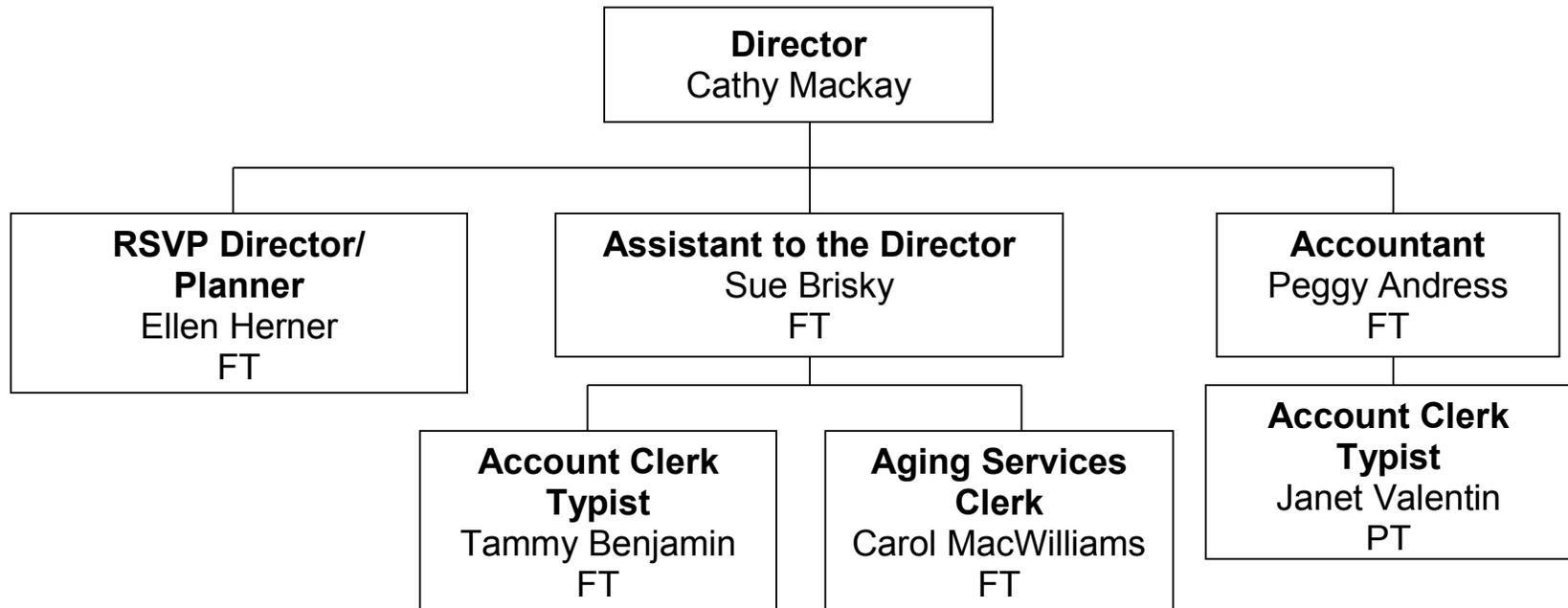
NUTRITION SERVICES



* Sub-Contracted

Cattaraugus County Department of the Aging
SUPPLEMENTAL CHART D

ADMINISTRATION



A PROFILE OF AGING IN CATTARAUGUS COUNTY

The Cattaraugus County Department of the Aging is one of the 59 Area Agencies on Aging in New York State.

Our agency is dedicated to coordinating and collaborating with existing community service organizations to plan, develop and/or administer needed programs, while promoting productive, quality life for all individuals age 60 or older in the county.

Cattaraugus County is geographically large with approximately 1,310 square miles of land area with an average of 64 persons living per square mile. It had a population of approximately 80,000. Of that population total, 24% or approximately 19,000 are over the age of 60. The implications for community impact are astounding. Today's older adults are likely to be managing two or more chronic conditions, but they are living longer, more active lives.

It is imperative that we be proactive in developing livable communities where older persons can age in place successfully. Community based services are cheaper and less restrictive. We will fulfill our part toward that goal of making Cattaraugus County a place where people can grow older and live happy, healthy, and productive lives.



TRADITIONAL SERVICES PROVIDED

LONG TERM CARE

- Adult Day Care
- Nutrition Services
- Personal Emergency Response Units
- Family Caregiver Support and Respite
- Personal Care and Housekeeping
- Pharmaceutical Assistance/EPIC
- Health Insurance Counseling
- Ombudsman
- Case Management and Counseling
- End of Life Decision Making
- Caregiver Resource Center
- Assessment and Screening
- Long Term Care Planning
- Health Services (CDSMP, DPP, CTI)
- Fall Prevention
- Other Evidence-Based Programs

OTHER COMMUNITY SUPPORT SERVICES

- Advocacy
- Legal Services
- Medicaid (Community and Nursing Home)
- Home Energy Assistance Program (HEAP)
- SNAP (Food Stamps)
- Placement/Housing
- Elder Abuse Prevention
- Weatherization/Home Access
- Public Information
- Information/Referral
- Case Assistance
- Outreach/Education
- Photo I.D.
- Volunteer Opportunities
- Employment Counseling

CONSUMERS SERVED AND SERVICE UNITS PROVIDED

In 2015, the Cattaraugus County Department of the Aging served just under 5,000 unduplicated individuals age 60+ with a tangible service. Below is a breakdown by service, of consumers served and total service units provided by type of unit.

Service	Unduplicated Consumers Served	Service Unit Total	Unit Type
Public Information	-----	272	Sessions
Information	3,406	12,059	Information
NY Connects/NWD	-----	3,019	Contacts
Adult Day Care	18	5,574	Hours
Case Management	1,009	6,355	Hours
Congregate Meals	1,058	57,670	Meals
Home Delivered Meals	810	106,281	Meals
Farmers Market Coupons	760	\$15,200	Dollars
Home Energy Assistance (HEAP)	1,326	\$489,170	Dollars
Food Stamps (SNAP)	-----	362	Applications
Personal Care	83	7,556	Hours
Housekeeping/Chore	27	1,110	Hours
Legal Services	100	852	Hours

Service	Unduplicated Consumers Served	Service Unit Total	Unit Type
Nutrition Counseling	36	24	Hours
Nutrition Education	879	8,548	Information Units
Personal Emergency Response Units	51	415	Months
Senior Center Education & Recreation	886	5,357	Group Events
Transportation	18	2,172	One Way Trips
Volunteerism	498	47,636	Hours
Caregiver Services/Support/CRC	189	10,616	Mixed Units
Long Term Care Assessments	1,260	2,315	Assessments
Health Insurance Counseling	1,864	1,108	Hours
EPIC	4,953	-----	Enrolled Members
Health Promotion	565	14,131	Event Participants
MAJOR EVENTS			
Senior Forum/Public Hearing	122	122	People
RSVP Recognition Dinner	247	247	People

SENIOR WELLNESS AND NUTRITION PROGRAM

- ~ Meal Preparation ~ Congregate Dining ~ Home Delivered Meals ~ Nutrition Education/Counseling ~
~ Health Promotion ~ Senior Center Activities/Recreation/ Education ~ Emergency Meals ~

ALLEGANY SWAN

ReHAbilitation Center Building
3799 S. Nine Mile Road
Allegany, NY 14706

CATTARAUGUS SWAN

Senior Citizen Center
17 South Street
Cattaraugus, NY 14719

DELEVAN SWAN

78 South Main Street
Delevan, NY 14042

ELLICOTTVILLE SWAN

(Home Delivered Meals Only)
28 Parkside Drive
Ellicottville, NY 14731

FRANKLINVILLE SWAN

The Presbyterian Church
25 South Main Street
Franklinville, NY 14737

GOWANDA SWAN

Academy Place
1 School Street
Gowanda, NY 14070

LITTLE VALLEY SWAN

Municipal Building
Little Valley, NY 14755

OLEAN SWAN

Olean Senior Center
112 North Barry Street
Olean, NY 14760

PORTVILLE SWAN

Masonic Temple
14 Temple Street
Portville, NY 14770

RANDOLPH SWAN

Municipal Building
72 Main Street
Randolph, NY 14779

SALAMANCA SWAN

(Home Delivered Meals Only)
25 Jefferson Street
Salamanca, NY 14779

SOUTH DAYTON SWAN

Free Methodist Church
327 Pine Street
South Dayton, NY 14138

WEST VALLEY SWAN

St. Paul's United Methodist Church
9372 Route 240
West Valley, NY 14171

ALLEGANY LINWOOD CENTER – THE REHABILITATION CENTER

(Adult Day Care)
ReHAbilitation Center Building
3799 S. Nine Mile Road
Allegany, NY 14706

SENIOR WELLNESS AND NUTRITION PROGRAM UNITS OF SERVICE BY LOCATION

Allegany SWAN	CLIENTS	# UNITS
Congregate Meals	71	2,257
Home Delivered Meals	75	11,075
HDM LTHHC/MLTC	1	220
HDM Total Senior Care	5	745

Ellicottville SWAN	CLIENTS	# UNITS
Congregate Meals (volunteers)	5	168
Home Delivered Meals	18	1,810
HDM LTHHC/MLTC	0	0

Cattaraugus SWAN	CLIENTS	# UNITS
Congregate Meals	26	1,154
Home Delivered Meals	39	5,695
HDM LTHHC/MLTC	1	175

Franklinville SWAN	CLIENTS	# UNITS
Congregate Meals	27	3,244
Home Delivered Meals	68	10,047
HDM LTHHC/MLTC	1	236
HDM Total Senior Care	1	100

Delevan SWAN	CLIENTS	# UNITS
Congregate Meals	90	3,899
Home Delivered Meals	71	8,837
HDM LTHHC/MLTC	3	825
HDM Total Senior Care	2	288

Gowanda SWAN	CLIENTS	# UNITS
Congregate Meals	138	3,150
WNYDDSO Congregate	66	353
Home Delivered Meals	61	7,966
HDM LTHHC/MLTC	3	695
Total Care Congregate Meal	8	709

Little Valley SWAN	CLIENTS	# UNITS
Congregate Meals	39	1,132
WNY DDSO Congregate	0	0
Home Delivered Meals	24	2,088

Olean SWAN	CLIENTS	# UNITS
Congregate Meals	168	6,117
Home Delivered Meals	180	22,689
HDM LTHHC/MLTC	12	4,030
HDM Total Senior Care	18	2,195
HDM Fidelis	4	843

Portville SWAN	CLIENTS	# UNITS
Congregate Meals	60	3,851
Home Delivered Meals	55	6,226
HDM LTHHC/MLTC	1	98
HDM Total Senior Care	4	729

Randolph SWAN	CLIENTS	# UNITS
Congregate Meals	42	3,367
Home Delivered Meals	32	3,693
HDM LTHHC/MLTC	1	167

Salamanca SWAN	CLIENTS	# UNITS
Congregate Meals (volunteers)	15	704
Home Delivered Meals	80	9,506
HDM LTHHC/MLTC	2	427
HDM Total Senior Care	6	600

South Dayton SWAN	CLIENTS	# UNITS
Congregate Meals	62	2,299
Home Delivered Meals	16	1,793

West Valley SWAN	CLIENTS	# UNITS
Congregate Meals	101	2,221
Home Delivered Meals	23	2,611
HDM LTHHC/MLTC	2	234

Allegany Linwood (Adult Day Care)	CLIENTS	# UNITS
Congregate Meals	66	10,875
Fidelis Congregate	1	29

Foundations For Change (Community Services Program)	CLIENTS	# UNITS
Congregate Meals	153	6,187

Department of the Aging	CONSUMER GROUPS	# UNITS
Congregate Meals	3	2,579

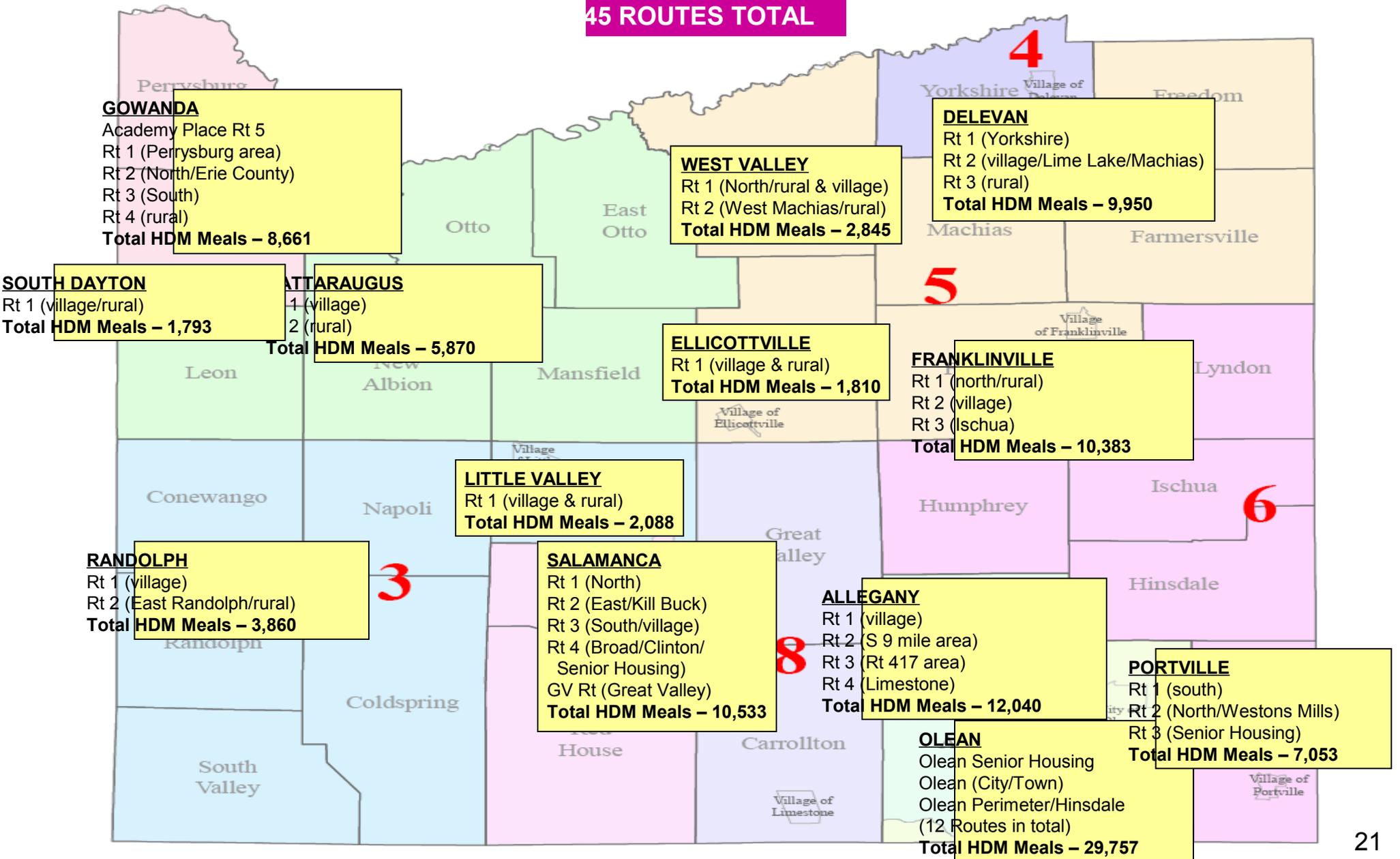
SUMMARY OF HDM REFERRALS FOR 2015



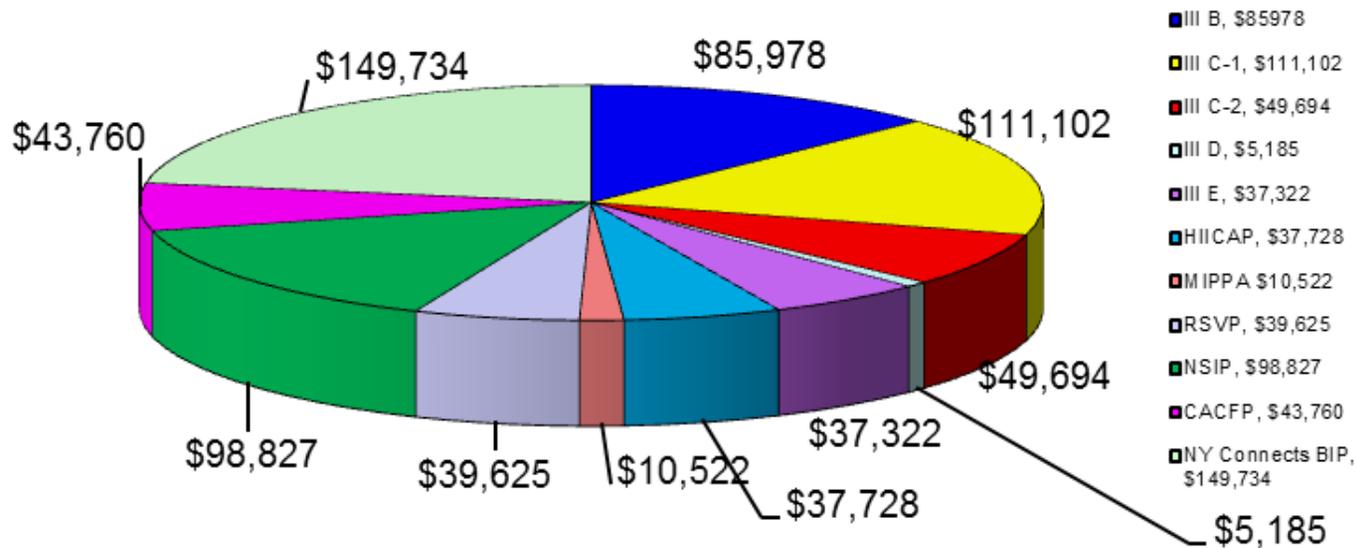
Month	Number of New Referrals Per Month	Average Days Until Assessment	Average Days Until Meals Start
January	32	3	3
February	24	3	3
March	25	3	2
April	27	3	3
May	27	3	2
June	26	3	3
July	20	3	2
August	28	4	3
September	12	2	3
October	22	3	3
November	27	3	3
December	22	4	3
Total	292	37	33
Average	24.33	3.08	2.75

MEALS ON WHEELS BY DELIVERY AREA 2015

45 ROUTES TOTAL

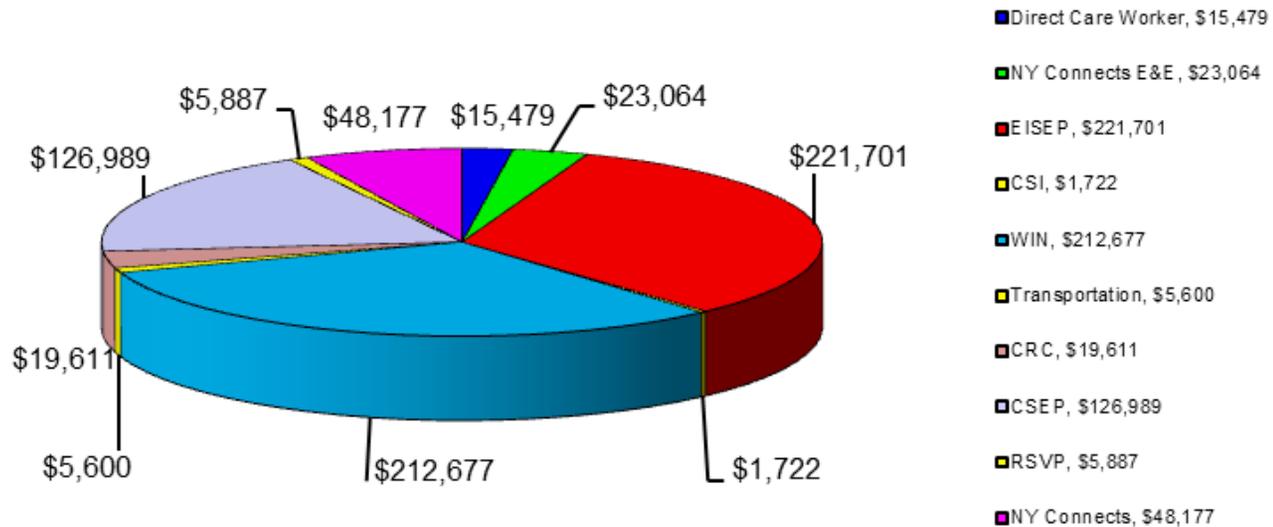


CCDOA TOTAL FEDERAL REVENUE 2015



Title III B	Case Management, Information & Referral, Outreach, Case Assistance,
Legal Services	
Title III C-1	Congregate Meals
Title III C-2	Home Delivered Meals
Title III D	Health Promotion/Evidence Based Programs
Title III E	Family Caregiver Support, Respite
HIICAP	Health Insurance Counseling
MIPPA	Medicare Improvements for Patients & Providers Act
RSVP	Volunteer Services
NSIP	Meal Reimbursement
CACFP	Social Adult Day Care/Other Day Programs
NY Connects BIP	Information & Referral, Long Term Services & Supports

CCDOA TOTAL STATE REVENUE 2015



Direct Care Worker

NY Connects E&E

EISEP

CSI

WIN

Transportation

Caregiver Resource Center

CSEP

RSVP

NY Connects

State Reimbursement Program

Information & Referral/Long Term Services & Supports

Personal Care, Housekeeping, Personal Emergency Response Units, Adult Day Care

Senior Center Activities

Congregate and Home Delivered Meals

Transportation

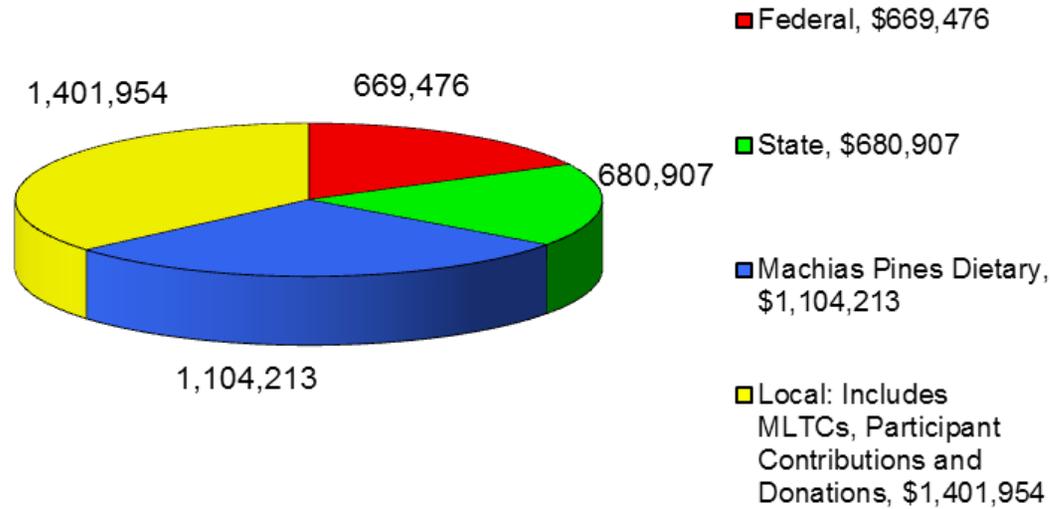
Caregiver Education, Information & Support

Transportation, Adult Day Care, Case Management, I & R

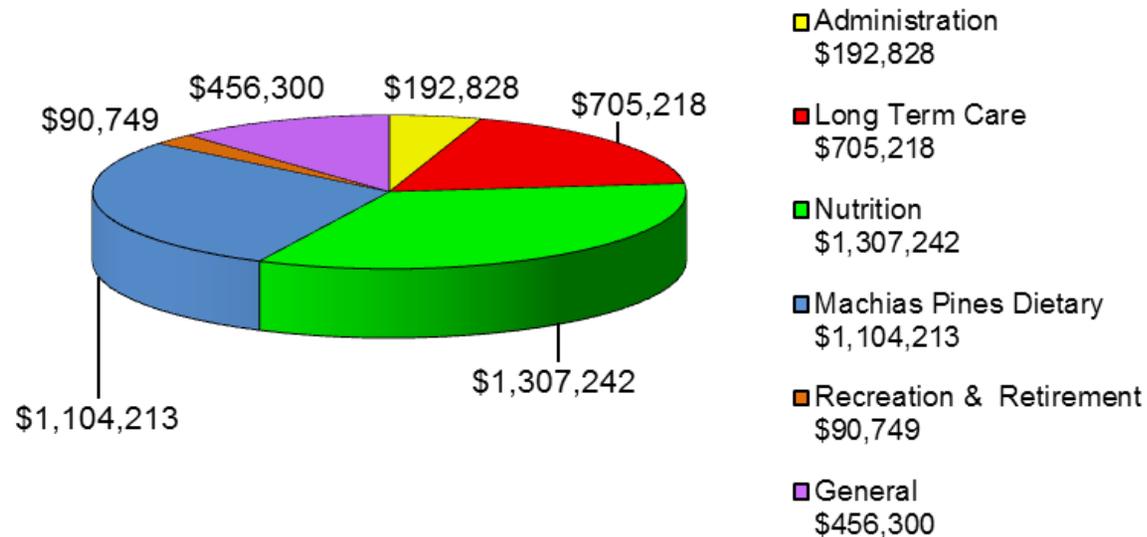
Volunteer Services

NY Connects/ADRC, Information & Assistance

CCDOA TOTAL REVENUES BY SOURCE 2015



CCDOA TOTAL EXPENSES BY CATEGORY 2015



2015/2016 ACCOMPLISHMENTS AND HIGHLIGHTS

- Case Management Supervisor and staff underwent extensive training and received CADER (Center for Aging and Disability Education and Research) Certification
- Continued to expand staff training and increase community program sessions for all evidence-based health promotion programs, including CDSMP, DPP, Tai Chi for Arthritis, and Powerful Tools for Caregivers classes
- Awarded the 5-year NYS Department of Health Alzheimer's Disease Caregiver Support Initiative Grant and created WNYACP (Western New York Alzheimer's Caregiver Partnership) with the WNY Alzheimer's Association, Catholic Charities, and seven Western New York Area Agencies on Aging
- Chosen to serve as the ADA Compliance Facilitator/Monitor for the 2015 local NYS Department of Health Anthrax Drill, partnering with the Cattaraugus County Department of Health
- Chosen to speak at the 2015 NYS Association for Rural Health Conference in Geneva, NY, as a "Livability and Living Well" presenter in partnership with AARP
- Partnered with Healthy Community Alliance and the Olean Public Library to sponsor two caregiver events featuring the "Being Mortal" Documentary
- Partnered with Cattaraugus Community Action, CARES (Council on Addiction Recovery Services), and other area agencies to promote the Cattaraugus County Coalition Against Domestic Violence and expand anti-bullying education/training to senior housing and senior citizen organizations throughout the county
- Legislative appointment of Cattaraugus County Department of the Aging Director to newly established Cattaraugus County Heroin/Opioid Task Force
- Appointment of Cattaraugus County Department of the Aging Director to United Way of Cattaraugus County Board of Directors
- Provided grant writing trainings for key staff to assist with accessing future non-traditional funding streams and revenues

- Increased targeted outreach and education, including hiring bi-lingual case manager, participating in African American Heritage Weekend, and sponsoring the Cattaraugus County Interdisciplinary Team training with LGBTQ Pride Center of Western New York. Cattaraugus County Department of the Aging LGBTQA advocacy highlighted by NYSOFA Director at a national WHCoA follow-up meeting in Colorado.
- Expanded and enhanced professional development in several key areas through special events and trainings including: UASNY, University of Rochester Project ECHO, NYSDOH HIV/STD, Brookdale Adult Abuse, ACUU, Association on Aging in NY, Leadership Conference, St. Bonaventure University and Jamestown Community College (leadership, person-centered care, business acumen, etc.)
- Introduced the Cattaraugus County NY Connects Resource Directory
- Enhanced PERS (Personal Emergency Response) Services through additional no-cost medical monitoring units and the introduction of the newly available Fall Detection and Mobile GPS units
- Collaborated with Walmart for the availability of a pharmacist intern to provide in-service and education for health promotion activities
- Participated in several LTC/Health Fairs throughout the county in partnership with other area agencies and organizations
- Received letter of commendation from Senator Young in February 2016 for advocacy efforts
- Co-sponsored the 2015 Cattaraugus County Dementia Care Conference
- Participated in the 2015 Leadership Summit and Community Networking Day held at St. Bonaventure University
- Developed and completed strategic 4-year plan for 2016-2020
- Participated in the Sweet Charity Event sponsored by Interfaith Caregivers
- Participated in the 2015 Albany Legislative Conference for Aging
- Participated in the Cattaraugus County Care Coordinator Summit



- Supported the 2015 Cattaraugus County Farmer Neighbor Dinner
- Secured 760 booklets in 2016 farmers market coupon distribution to Cattaraugus County older adults resulting in \$15,200 worth of local produce disbursed to area senior citizens
- Awarded new 3-year Federal CNCS/RSVP Competition Grant, including an additional RSVP monetary supplement for 2016
- Two local RSVP volunteers recognized through the NYS Office for the Aging for Outstanding Contribution Awards
- Held annual RSVP Volunteer Recognition Event with Outstanding Volunteer Community Contribution Awards presented to two volunteers
- Received an increase in our MOWAA grant award for 2016 March for Meals for our participation in the Ellicottville Mardi Gras Parade and Community Champions Day
- Received an increase in our MOWAA Subaru Share the Love Grant for expanded food drive efforts and our participation in the Santa Claus Lane Parade
- Secured 2015 emergency shelf stable food for homebound seniors and Meals on Wheels recipients through donations from area churches, faith-based organizations, and food pantries throughout the county
- Secured 2015 donations through the Olean Medical Group to distribute blankets, food, scarves, and large gift packages to area seniors that may not have otherwise had anything for the holidays
- Successfully collaborated with the village of Cattaraugus and Roberts Memorial Free Methodist Church to secure meal congregation and distribution site during renovation period
- Cattaraugus County Department of the Aging Nutrition/Dietary staff participated in large scale Fire Safety Training and live demonstration in conjunction with Cattaraugus County Emergency Services, Salamanca Fire Department, DPW, and Cattaraugus County HR/Risk Management
- Completed ServSafe Certification for key staff working with the Cattaraugus County Department of the Aging Nutrition Programs and the Machias Pines Dietary Program

~ A LOOK AHEAD ~
THE CATTARAUGUS COUNTY
DEPARTMENT OF THE AGING/NY CONNECTS FOUR YEAR PLAN 2016-2020

- Continue to expand, update, share newly developed Resource Directory
- Strengthen existing NY Connects partnerships and look at co-location of outside agency staff
- Increase volunteer and staff time devoted to health insurance information, counseling, assistance, and advocacy
- Expand Caregiver Services and respite options (WNYACP)
- Expand home care options and decrease wait list
- Expand options for weatherization, home repair, and home modifications
- Implement use of new statewide database through the Health Commerce System - PeerPlace
- Expand our evidence-based health promotion programs through new programming, increased class sessions, and the use of 40 CDSMP trained RSVP volunteers
- Expand non-traditional funding through business acumen training, increased MLTC/MCO contracts, and marketing campaign for existing foundation
- Expand outreach and education for NY Connects by adding new outreach locations
- Assist in the development and support of increased housing options, including subsidized, market rate, and assisted living
- Establish BEAF (Bullying, Elder Abuse, Fraud) Coalition with 4-year expansion goals
- Establish OEAC (Ombudsman Education and Awareness Campaign) Coalition with 4-year expansion goals
- Develop a more detailed Cattaraugus County Department of the Aging/NY Connects Emergency Disaster Registry, including increased staff training of FEMA approved basic disaster case management

Director's Message for 2016

The 2016 Older Americans Month theme this past spring was **Blaze a Trail**.

The Administration for Community Living used this opportunity to raise awareness about important issues facing older adults.

They also highlighted the ways that older Americans are advocating for themselves and taking part in their communities.

Across the nation, we have been celebrating these “trailblazers” – celebrating their goals, their accomplishments, and their LIVES.

BLAZE A TRAIL TO REINVENTION

Today, older Americans are living longer and more healthfully than ever before. What does this mean for our notions of life after a career? Many retirees are finding new inspiration in second careers, helping others, discovering new interests, and pursuing dreams. Reinventing yourself can be fun and rewarding. Even better: it is also good for your mental and physical well-being.

Whether you are planning for retirement or simply looking to get involved in new activities, start by thinking about your skills, dreams, and passions.



By 2029, more than
20%
of Americans will be
of retirement age.

THE BENEFITS:

- Helps keep your mind active
- Helps maintain physical health
- Provides structure and routine
- Connects you with the community
- Promotes social activities
- Helps prevent isolation
- Provides income in some cases



FOLLOW YOUR PASSION, USE YOUR SKILLS

Careers after retirement can be rewarding, personally and financially. First, determine whether you have the skills needed for a new venture. If so, update your resume and start looking at job posts. If not, seek out classes and training—online or at a local college. Remember to ask whether financial assistance is available.



Express yourself through the arts. Learn to paint or draw, dust off those dancing shoes, or put your musical talent to use. Take a class in stand-up comedy or acting, or finally write that story. Even if you never felt artistic, everyone has the ability to be creative. As a bonus, studies show that the arts can improve brain health.



Keep learning and growing! Learn a new language or take a computer class. Or, maybe you have always wanted to travel and discover other cultures. No matter what you choose, pursuing a new interest will help keep you happy, healthy, and connected.



Consider using your years of experience to serve others. Volunteers meet a range of community needs, from mentoring at-risk youth to providing job training to helping families recover from disasters. Find opportunities at <http://serve.gov/> or by visiting a local organization or charity.

TIP: NEED HELP DECIDING WHAT TO DO?

Connect with your local senior center, community college, or library to find programs in your community.

BLAZE A TRAIL TO WELLNESS

Although Americans are living longer these days, more are also developing chronic illnesses. Do illness and aging always go hand-in-hand? The answer is a surprising, but resounding, NO.

It is never too late to get more active or revamp your diet. It is not a matter of training for a marathon or giving up entire food groups, either. Small things can lead to huge differences in the way you feel and the way your body works. Although you should always consult with your doctor before making changes, there are easy steps you can take toward overall wellness—regardless of your age.



About **80%** of older Americans have at least one chronic health condition.

HEALTHY LIVING:

- Helps keep your mind active
- Helps maintain physical health
- Provides structure and routine
- Connects you with the community
- Promotes social activities
- Helps prevent isolation
- Provides income in some cases

BE WISE, BE WELL



Start slowly. If you have not been exercising, choose something low-impact that you can do a little at a time. Walk for ten minutes in the morning and the afternoon. Sign up for a Tai Chi class, or learn some gentle stretches.



Exercising is less of a chore when you do it with people you enjoy. Involving others will also hold you accountable. Gather a group of friends or join a class that offers what you are looking for. Most senior and community centers offer free or low-cost options.



Activity is important, but nutrition is equally vital. Keep an honest record of what you eat to see how you are doing. If you have a condition like diabetes, always consult your doctor before changing your diet. Nutritionists are another excellent resource, whether you have special dietary needs or not.



Wellness is a matter of body and mind. Eating healthy foods and staying active may reduce risks to your brain's health. Do even more by learning new things and exercising your mind. Try reading, playing games, taking a class, or simply being social.

TIP: IT'S MORE THAN ADDING YEARS TO YOUR LIFE.

Add life to your years! Stay motivated by picking goals that will bring you joy, like going to the theater or joining friends for dinner.

BLAZE A TRAIL TO CIVIC ENGAGEMENT

Civic engagement means working to make a difference in the lives of community members. Community service and volunteering are common ways to refer to this engagement. No matter what you call it, older Americans are doing it, and in higher numbers than ever before.

Beyond helping and the people around you, being involved in your community benefits you. From preventing mental health issues by engaging in meaningful work to the physical benefits of being active and social, civic engagement is a win-win. It is never too late to give back!

 **1 IN 4**
older Americans makes
a positive impact
through volunteering.

THE BENEFITS:

- Volunteering can lead to improved physical and mental health.
- Older volunteers report greater life satisfaction than non-volunteers.
- New relationships and making a difference provide a greater sense of purpose.
- Research suggests that those who volunteer are more likely to live longer.

GETTING INVOLVED



Schedule service that fits your lifestyle and determine how much time you want to give. If you are a morning person, the early shift at an animal shelter or reading to kids might be a good fit. 10-20 hours per week is common for many retirees.



Find the right opportunities. Volunteering works best when you involve your interests and skills. If you are handy, a Habitat for Humanity project may be most rewarding. If you enjoy working with kids, contact a local school to talk about ways you can help. Need inspiration? Visit <http://serve.gov/> for more tips and ideas.



Check out the do-it-yourself guides at <http://serve.gov/site-page/toolkits> if you have trouble finding the right opportunity or you have an idea for a new project. These toolkits will help to turn your concept into a successful activity.



If you want to help others more informally, think about driving neighbors to appointments, babysitting for working parents, or tutoring kids in your neighborhood. If you are a member of a spiritual community or club, ask if there are outreach programs that need help.

TIP: ASK FRIENDS OR FAMILY TO JOIN YOU!

Or check with other older adults in your community. Studies show that being asked to get involved is a great motivator.

It is with this **Blaze a Trail** theme in mind that we declare

LIFE BEGINS AT 60!





FUN FACT

There are LOTS of us getting older today! Here's a fun fact:

Over two-thirds of all men and women who have lived beyond the age of 65 in the entire history of the world are alive today.

First, let's be honest about getting older. There are challenges. But there are also benefits. Did you know that according to several studies, the portion of the population that expresses the most happiness is the 65+ population? That may surprise you when you think about the fact that older adults are often faced with more health problems, increased loneliness, or just plain old aches and pains that make a person tire out a little sooner.

In fact, according to Virginia Ironside,
there are typically two camps of people over 60:

The first half bemoan their age, look back on their youth with envy and regret, complain about aches and pains, loss of memory and being “invisible”. They have the annoying habit of prefacing every sentence with “When you get to our age....” and ultimately close down into retirement hell.



The other half, meanwhile, are all trying oh-so-desperately to stay young. They're running marathons, going to the gym, signing up for university courses and traveling the world in an effort to show that their brain cells aren't as atrophied as they fear. "Sixty is the new 40," they scream as they break the ice on frozen ponds for a Christmas swim to show how fit they are. "Inside, I'm as young as I ever was." Oh please



Today, I am here to tell you that there **IS** a happy medium. You can accept being older but experience it as a completely new and thrilling adventure. Let's just look at all the little perks . . .

😊 You often have more “disposable income” even if you are making less money than you did when you were younger. You've learned how to be content with less.

😊 There are all sorts of things you probably don't HAVE to do anymore. You probably don't set an alarm and rush through the day trying to meet everyone else's needs and demands. If you don't want to cook today, you don't. If you want ice cream for dinner, you can have ice cream for dinner. Also, you probably already achieved a LOT in your life. You don't have to rush around proving anything. You have a lifetime of experiences that speak for themselves. If you want to loaf around, you don't have to worry about people thinking you are lazy. Tell them to check the record - you did stuff. You don't have anything to prove to anyone.

😊 Speaking of not having to prove anything to anyone - you can have fun being EXACTLY who you want to be. You don't have to pretend to like things you don't like. People always give you a free pass when you say exactly what you think because you are older. Remember when you were told to respect your elders - that's YOU now. You can have fun getting away with a lot more. I plan on being the “crazy old neighbor lady that tells wild stories and wears peculiar outfits” . . . in fact, I plan on having lots of fun messing with people just because I CAN.

SO HOW DO I GO ABOUT REINVENTING MY LIFE AFTER 60?



IS IT TOO LATE TO START SOMETHING NEW? IS IT TOO LATE TO ACHIEVE GREATNESS?

- At 62** John Wayne (“The Duke”) wins an Oscar for *True Grit*.
- At 68** Lillian Carter, President Carter’s mother, joins the Peace Corps and spends the next two years working as a nurse near Bombay, India.
- At 74** Katharine Hepburn stars in *On Golden Pond* with 76-year-old Henry Fonda. Both won Oscars.
- At 76** H.G. Wells completes his doctoral dissertation, earning a D.Sc. from London University. He had dropped out of school at 14.
- At 80** Grandma Moses, who only started serious painting in her 70’s, stages her first solo show. She will work for another 20 years.
- At 90** John Gleick starts working as a greeter at Walmart because he has no family and needed socialization and something to do. Sgt. Gleick was a WWII war hero. Now he shares his stories with his new family - his fellow co-workers.
- At 91/103** At 91 and 103, Doreen Luckie and George Kirby are thought to have become the world’s oldest newlyweds, with a combined age of 194. The couple tied the knot on Kirby’s 103rd birthday in June 2015.
- At 102** Alice Pollock publishes her first book, *Portrait of My Victorian Youth*.



SO, LET'S PLAN OUR NEW LIFE TODAY!

If you feel like you're in a rut or you need a new purpose, or maybe you could use a little excitement, remember - it's never too late to try something new. People are always planning financially for retirement, but a retired person needs to plan for being a person first. Volunteer. Take at least ten minutes a day to have some physical activity. Call a friend. Perform a random act of kindness. If you already do these things, do something ELSE that's new. Get out of your comfort zone.

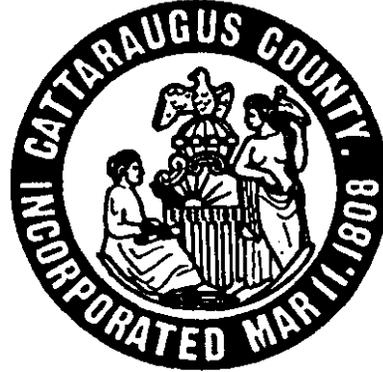
Be social. Be active. Be well.

— LIFE —
BEGINS
— AT —
THE
END **OF YOUR**
COMFORT
— ZONE —



**QUESTIONS
AND
COMMENTS**





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