



Louisa County Commission on Aging

2021-22 ANNUAL REPORT

INTRODUCTION

Many Americans are fortunate enough to maintain their well-being and enjoy retirement when they age out of the workplace. But many others find growing older fraught with health issues, financial concerns, isolation or other situations that can have negative – sometimes cruel – impacts on their lives. Local governments, community organizations and aging-focused nonprofits can attend to these challenges and make aging easier for older citizens. However, not all communities face the same issues. Each community must identify the needs that are prevalent in the area, then actively support the resources that address them.

This is the mission of the Louisa County Commission on Aging (COA). The Commission assesses the needs of the aging population in our community and advocates for their improved quality of life. The COA collects data and reports these findings to the Louisa County Board of Supervisors to assist the Board in policy development and decision-making. Through this process, the Commission hopes to provide support for the institutions and resources that improve the lives of older County residents, enabling them to “age awesomely.”

The Commission serves approximately 10,664 residents, or 28.7% of the County’s population of 37,136. The County skews slightly older than the rest of the commonwealth, which estimates the total number of state residents over 60 at 22.8%.¹² As older residents are such a substantial and significant segment of the County’s population, the COA is deeply invested in ensuring their well-being.

This annual report summarizes the Commission’s activities in 2022 and projected activities in 2023.

DATA COLLECTION

Survey

In 2022 the Commission created and conducted an extensive survey of older County residents. Members distributed the survey at public events, fairs, churches, senior centers, and other places of outreach. The survey was intended to assess primary needs in general, and asked questions on transportation, finances, life and health, and housing and community.

² 2021: ACS 1-year Estimate Subject Tables S0101: Age and Sex

More than 200 surveys have been collected. Considering the County population over 60, the results of the survey will provide us with a confidence level between 93-94%. The data is currently under assessment by a professional statistician, and results will be available in January 2023. Our evaluation of the results will help the Commission identify the areas of greatest concern. We will then develop a more detailed survey focused on the top two or three most predominant needs.

Speakers

The Commission also collects data by inviting speakers to our monthly meetings and interviewing representatives of organizations that deal with older residents in some capacity. Speakers have included representatives from County organizations such as the County Emergency Medical services, local nonprofits such as the Fluvanna-Louisa Housing Foundation, businesses such as Commonwealth Life and Legacy, and national organizations such as the Alzheimer's Association.

Upcoming speakers will be invited based on the results of the survey. For example, if the assessment reveals paying for mortgages is a key concern, the Commission will seek to learn more by seeking out financial/loan experts to speak at monthly meetings.

JABA

The Commission collaborates with JABA on multiple projects. This year we supported JABA by funding the design and distribution of a postcard promoting JABA's new toll-free number. Older residents who need assistance can access this number for information about resources in the JABA area. The toll-free number covers the entire JABA region – 6 counties – but as of the end of October, 2022 JABA reports they have received about 300 calls from Louisa County alone. This service has a 98% satisfaction rate and 99% of respondents had their questions answered satisfactorily. However, the number of calls is trending downward, and additional publicity may be necessary.

OUTREACH

Little Yellow Book Production and Distribution

The COA did a complete update and reprinting of The Little Yellow Book this year. The Little Yellow Book is now available in hard copy and on the LCCOA website (<https://louisa-county-coa.github.io/Little-Yellow-Book.pdf>).

The book contains information and contact numbers specifically for senior-related organizations. Approximately 2,500 copies of the Yellow Book were printed. To date, about 2,000 have been distributed to government agencies, local organizations, churches and businesses throughout the county.

Although the current Little Yellow Book covers 2022-2023, the Commission plans to revise the format for FY 2023-2024 to incorporate short descriptions and website addresses along with telephone numbers.

“Aging Awesomely” Column

In the summer of 2022, the Commission began writing a column called “Aging Awesomely” in the Central Virginian. The column appears once every 4 to 6 weeks, and is written by members of the commission. It covers some of the services available in the county, tips for healthy living, events happening around the County, and other types of information for aging awesomely. The Commission has produced four columns to date.

Public Events

The Commission participated in three local fairs/festivals this year. Events like the Agricultural Fair and the Fall Festival offer opportunities for the Commission to reach local citizens, inform them about the Commission, and hear their concerns.

In December the Commission held its annual Holiday Luncheon and Resource Fair at the Betty Queen Intergenerational Center. The luncheon attracted approximately 150 attendees and their caregivers, and 23 providers of resource services and programs, including County and State government agencies, numerous aging-related organizations and nonprofits, and several businesses promoting services for seniors. Over 160 hot meals were served.

Membership

The Commission currently has 13 members, including two new members who joined in October 2022. There is one vacancy in the Green Springs District. Early in the new year a membership committee will be formed to seek a new volunteer from Green Springs, as well as additional at-large volunteers who are committed to the COA’s mission.

Website

The COA website was completed in 2020 with the support of JABA staff and volunteers. The website contains information relevant to Commission on Aging activities and to older adults in general. However, analytics show that the site has not been accessed as frequently as the Commission expected. More site visits can be generated through better publicity, which will be an activity for the next calendar year. The website is located at: <https://louisa-county-coa.github.io/>.

UPCOMING ACTIVITIES

As noted above, results of this year’s survey will be available early in 2023. This data, along with information compiled from speakers and JABA’s toll-free resource number, will be presented to the Board in early 2023. Based on the data, the Commission will also provide recommendations

for allocating funding to resources that will improve the lives of older residents in Louisa County.

Throughout the year, the Commission will continue its work with JABA and other age-related organizations to stay informed of the needs of seniors. Specifically, the COA will:

- Develop a more detailed survey based on the key issues identified in the 2022 assessment
- Redesign The Little Yellow Book to include short descriptions and website information and begin distribution in early 2024
- Continue to write the “Aging Awesomely” column for the Central Virginian
- Refresh promotion of the JABA toll-free resource line
- Work closely with JABA to identify the issues expressed by callers on the resource line
- Improve website analytics by distributing promotional material at public events

The COA looks forward to continuing our mission in Louisa County during FY 2023-24.

Submitted by:

To Griffith

Chair

Louisa County Commission on Aging

Attachment: Financial Report FY 2021-22

COA Financial Report

July 2021 - July 2022

Beginning balance	6973.45
Receipts	
October 2021	1125.00
February 2021	1125.00
June 2021	<u>1125.00</u>
Total	3375.00
Subtotal	10,348.45
Expenditures	7729.69
Balance July 31, 2022	2618.76

Expenditures

#00001 Harvest Festival	30.00
Check order	135.68
#2503 Jon Tustin Printer items	55.25
#2504 Willie Gentry for AG Fair	65.00
#2505 T & N Post Cards & Mailing to Srs.	2837.37
#2506 Ginger Dillard Christmas gifts Srs.	249.95
#2507 Fitzgerald Barnes Catering	1600.00
#2508 Fitzgerald Barnes Catering balance	400.00
#2509 Jon Tustin Punch & Paper items	39.97
#2510 Ginger Dillard Appetizers	265.90
#2511 P.O. Box rental	78.00
#2512 Jon Tustin Sr. Citizen materials	287.10
#2513 Jon Tustin Visa Cards survey drawing	211.90
#2514 Ginger Dillard design application for Little Yellow Book	44.25
#2515 Print shop Little Yellow Book	1266.32
#2516 Jo Griffith for Chamber of Commerce	85.00
#2517 P.O. Box Rental	<u>78.00</u>
Total	7729.69