



Elderbridge Agency on Aging

Annual Report for July 1, 2016 – June 30, 2017

Spanning lifestyles and services in 29 counties

**Audubon - Buena Vista - Calhoun - Carroll - Clay - Cerro Gordo - Crawford - Dickinson
- Emmet - Floyd - Franklin - Greene - Guthrie - Hamilton - Hancock - Humboldt -
Kossuth - Lyon - Mitchell - Osceola - O'Brien - Palo Alto - Pocahontas - Sac - Sioux -
Webster - Winnebago - Worth - Wright**



A message from our CEO

Dear Friends,

Elderbridge Agency on Aging continues to serve older Iowans and adults with disabilities in our 29 county planning and service area. Iowa's Aging Network continues to experience changes as the need for services is increasing and funding is decreasing.


The Iowa Legislature passed down a 4.25% budget reduction in the middle of FY 2017 and an additional cut to the FY 2018 budget, for a total reduction in State funding to Elderbridge of \$199,470. Medicaid income has also been decreasing as the Managed Care Organizations (MCO) work toward providing Case Management services internally rather than through contracted providers. The Federal appropriations through the Older Americans Act is still uncertain but likely to stay status quo or be reduced.

Elderbridge implemented several budget reducing measures in order to continue its mission of serving older Iowans and adults with disabilities with dignity and independence. A reduction in force, reduced work schedules, and salary freezes were implemented as part of the overall reduction plan. Many other efficiencies and cost-saving measures were also implemented including reduced travel costs, decreased association dues, lower IT support costs, and a more economic and dependable telephone system. Reduction in office space costs also occurred. Home and Community-Based Service contracts were reduced by 4.25%, but no services were eliminated. Elderbridge has utilized this budget reduction as an opportunity to reduce the "clutter" and "uncover hidden staff talents and resources" to encourage creativity and innovation.

The Iowa Aging Network is strong and working collaboratively to ensure standard operating procedures statewide for cost effective, quality-focused outcomes for our targeted population. A statewide approach to the Nutrition Program is being carefully examined and a strategy will be implemented to reduce expenditures. Elderbridge continues to pursue grants and other funding opportunities to sustain and enhance service provision to our target population. Elderbridge Alliance, a separate 501(c)(3) corporation, began providing services to adults with the means to private pay for assistance in July 2017. All revenue generated will be transferred to Elderbridge to provide services to the frail elderly most in need socially and economically.

The four year area plan goals are focused on ensuring rights and preventing elder abuse; providing information and assistance to allow for informed decision-making in long-term living planning; and enabling older Iowans to remain in their own residence and community of choice. Elderbridge has also focused on Healthy Aging activities and trained staff are providing fall prevention classes, medication evaluation programming, and Tai Chi classes to improve mobility.

The dedicated Elderbridge staff is utilizing their past knowledge and experience to plan for the future of aging and disability services and supports. As Arthur Ashe once said "start where you are, use what you have, do what you can".



Shelly Sindt
CEO

A Message from Board President, Steven Ehrhardt

Elderbridge Agency on Aging is part of a national network designed to address the needs and concerns of older adults. It is our mission to enable older lowans to live with the maximum dignity, well-being and independence. We accept the responsibility of public trust, are accountable for our actions and are dedicated to the efficient use of resources and deliver what we promise. At Elderbridge we respect the trust that clients place in us. We are committed to the principles of truth and honesty, discerning right from wrong and acting for the right.

Our vision is focused on empowering our consumers to fully participate in all aspects of society and community life, while maintaining their health and independence. lowans want to remain in their homes and age in place with services and supports. Elderbridge provides a multitude of services, including case management, Lifelong Links (information & referral and options counseling), elder rights, and congregate/homebound meals, along with many other services. We also subcontract with providers to deliver even more services.

At Elderbridge we deliver our best and strive to excel in service to our clients. We are confident in our staff and volunteers at Elderbridge as we serve to help older lowans and adults with disabilities to make today's choices necessary for tomorrow's possibilities.



**Elderbridge Agency on Aging
Board of Directors List Fiscal Year 2016/2017**

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Pomeroy, IA 50575

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Garner, IA 50438

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Steven Ehrhardt, President
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Dakota City, IA 50529

Kossuth County

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Beth Will
1802 – Hill Ave. St. 2502
Spirit Lake, IA 51360



Elderbridge Alliance July 1, 2017



This past year, many government funded programs have experienced cuts as state and federal administrations seek to trim their budgets. The majority of funding for Elderbridge Agency on Aging comes from those federal and state sources. In order to offset unstable federal and state funding, Elderbridge Agency on Aging decided to establish a supportive 501(c)(3) non-profit organization called Elderbridge Alliance that would be able to charge for services not offered through traditional Older Americans Act funding.

Elderbridge Alliance provides a new line of services that we think are more responsive to the requests made to us from family members and caregivers. We are launching services in phases and phase one services were launched on July 1, 2017.

- **Home Safety Assessment** will help identify potential fall and safety hazards that can jeopardize well-being and independence of the client.
- **Healthcare Visit Companion**—accompanies individuals to medical appointments and assists with communication to the medical provider.
- **Errand Buddy** is a service that accompanies individuals on errands and appointments.
- **HomeMeds** is an in-home medication assessment program that uses specialized software to screen medications of individuals for potential harmful problems.
- **Care Coordination** will help individuals live safely at home by linking them to services needed through a person-centered action plan.
- **Home Again** provides support to individuals who return home from a hospital or nursing home facility.

Elderbridge Alliance will consider all reasonable requests for services that are specific to an individual's situation. Elderbridge Agency on Aging will continue providing the same traditional services funded through the Older Americans Act, on a contribution basis. Elderbridge Alliance allows us to provide services on a fee-for-service basis, expanding our ability to serve the needs of our consumers.



Healthy Aging Program Highlights July 1, 2016- June 30, 2017

Through the efforts of our subcontractors, meal sites and Healthy Aging Program staff, Elderbridge helped keep seniors in our service areas healthy and independent in FY 17. The nutrition program provided service to all 29 counties in the Elderbridge service area. In all, over 270,000 congregate meals, 235,000 home-delivered meals, and 15,800 nutrition education sessions were provided in FY 17.



Elderbridge, once again, administrated the Senior Farmers Market Nutrition Program (SFMNP) in its service areas. Through the SFMNP, we were able to distribute checks (\$30 per participant) to over 2,200 low income, older consumers. The checks could be used for the purchase of fresh, nutritious, fruits & vegetables at authorized local farmers markets. The program not only helps needy participants fill their pantries with healthy food choices, but it also helps local vegetable farmers and farm stands remain viable food sources in their communities.

Through the efforts of the Elderbridge dietitian and nutrition staff, the Fresh Conversations program has now been implemented at 22 congregate meal sites. The program is a nutrition education and behavior modification program funded by USDA through the Iowa Department of Public Health. In fiscal year 2017, Fresh Conversations sites delivered 2,753 units of service. For FY 18 the goal is to implement Fresh Conversations at an additional 6 meal sites

Elderbridge participated in the Growing Bolder initiative, which is a project by Iowa Department of Public Health and the Department on Aging to develop a statewide strategy to reduce hunger and food insecurity in the population of older Iowans. The strategy is being developed with the assistance of the area agencies on aging and other interested community partners across the state.

Evidence based wellness programs, such as A Matter of Balance and Stepping On, both of which focus on falls prevention, continued to grow in popularity. In FY 17, Elderbridge trainers delivered 194 units of service to 184 participants. Due to demand, Elderbridge plans to expand this type of programming in FY 18 by increasing the frequency of current programs and adding the Tai Chi for Arthritis program, which has proved to be popular and successful with older adults across the country.



Case Management Highlights July 1, 2016 - June 30, 2017

Our mission is to help frail seniors remain safely in their homes with dignity and respect.

The case managers maintain monthly contacts with consumers and/or their support system to ensure services are meeting their needs. Quarterly in-persons visits are conducted to ensure that their home environment is safe and services continue to meet their needs. The Medicaid Home and Community-Based Service Elderly Waiver provides Medicaid funding for Long-Term Services and Supports to maintain eligible consumers in their own homes or communities who would otherwise require care in a medical institution.



Elderbridge Agency on Aging continues to have a contract with AmeriHealth Caritas Iowa to provide case management services. Over the course of the year the MCO has internalized this service and taken approximately 130 consumers. This has reduced the number of Elderly Waiver consumers managed by Elderbridge, primarily in the Spencer region. By the end of fiscal year 2017 the case management program had 11 case managers. Elderbridge Case Management service is also available on a contribution or private pay basis for those not eligible for Medicaid.

Because of this reduction in consumers, some staff have shifted job duties to include Lifelong Links and evidenced based programs. As case managers have left employment or taken on different roles, their positions have not been replaced. In the Mason City region AmeriHealth Caritas has taken very few consumers internally, but in other parts of our service area, AmeriHealth Caritas has assigned clients to their internal case managers.

Quality assurance activities include policy and procedure review and training, consumer and provider satisfaction surveys, as well as audits of consumer files to assure rule compliance.

The Case Management Leadership continues to facilitate collaboration and partnerships with home and community based providers and participated in statewide collaboration for Case Management standard operating procedures.



LifeLong Links, Family Caregiving, & Elder Rights

July 1, 2016 - June 30, 2017

The Life Long Links Program helps older adults and adults with disabilities maintain their independence at home or in the community of their choice through information and assistance, options counseling, family caregiving, and elder rights services.

Life Long Links team members received more than 1,752 calls in fiscal year 2017. Team members include AIRS certified IR&A Specialists and Options Counselors who provide trusted and unbiased information and assistance on local services and resources for older adults, adults with disabilities, and their caregivers. In addition, Options Counselors provided 2,694 hours of service to 322 consumers needing information about available services and options counseling to consumers needing assistance in planning for long-term independent living.

The Elderbridge Family Caregiving Program provided much needed assistance to the family caregiver. In fiscal year 2017, Elderbridge received more than 502 calls from family caregivers, provided 31 counseling sessions, and delivered 5,712 hours of respite. A total of 165 caregivers received 985 hours of Options Counseling service.

As part of a family caregiver outreach effort, Elderbridge hosted 8 Caregiver Outreach Dinners in Guthrie Center, Denison, Audubon, Jefferson, Orange City, Sibley, Sanborn, and Larchwood to connect with Caregivers and offer support and information.

The need for elder rights consultation and intervention services has steadily increased this past year. Approximately 1 in 10 older adults living at home experience some form of elder abuse, including physical and emotional abuse, exploitation, neglect, and abandonment. The Elder Rights program provided 287 hours of consultation to 58 consumers and 2,747 hours of assessment/intervention to 79 consumers.

Funding constraints have resulted in Elder Rights Program to restructure from 5 down to 3 total full-time Elder Rights Specialists located in Spencer, Mason City, and Ft. Dodge. Elderbridge continues involvement with Victims of Crime Act (VOCA) 3-year grant. The Elder Rights Program continues to work with community partners to raise the awareness of elder abuse through outreach activities and safety team meetings.



ELDERBRIDGE AGENCY ON AGING
FY'17 UNAUDITED AGENCY REVENUE AND EXPENDITURES
July 1, 2016 – June 30, 2017

INCOME

Funding Source	<u>Amount</u>	<u>%</u>
Older American Act Federal Grants Earned	\$2,612,609	38.03%
State of Iowa Grants Earned – Dept. on Aging	1,818,401	26.47%
Other Federal and State Grants Earned	222,164	3.23%
Program Income	1,164,218	16.95%
Subcontractor Match	264,207	3.84%
County Contributions	251,812	3.67%
Community Grants/Contributions	46,087	0.67%
Miscellaneous Income	21,415	0.31%
Non Cash	469,574	6.83%
TOTAL CASH INCOME	<u>\$6,870,477</u>	<u>100%</u>

EXPENDITURES BY PROGRAM

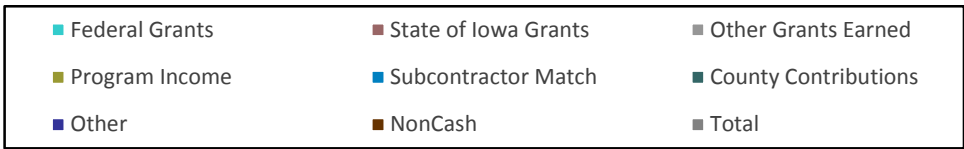
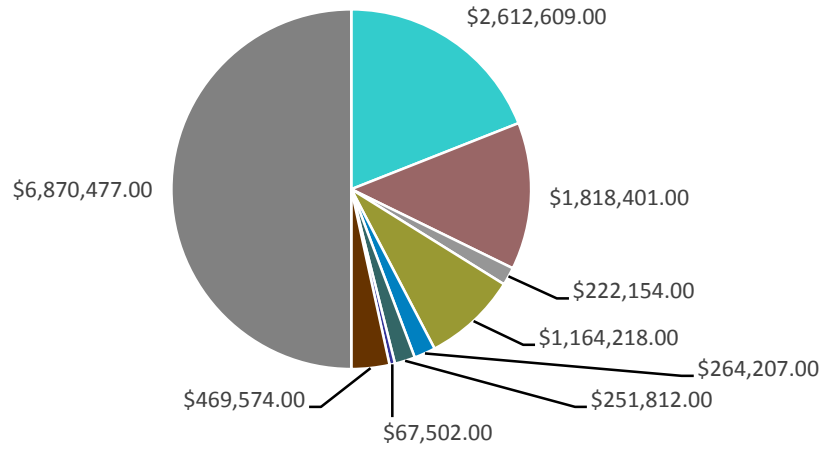
	<u>Amount</u>	<u>%</u>
Healthy Aging		
Home Delivered Meals	\$1,610,757	23.49%
Congregate Meals/Nutrition Education	2,006,158	29.26%
Evidenced Based Health Activities	61,161	0.89%
HCBS Services		
Homemaker	334,154	4.87%
Transportation	268,808	3.92%
Personal Care	263,094	3.84%
Respite	123,655	1.80%
Health Promotion	109,427	1.60%
Chore	73,535	1.07%
Legal Assistance	48,883	0.71%
Mental Health Outreach	27,583	0.40%
Client Services Department		
Options Counseling	261,378	3.81%
Elder Rights Awareness & Prevention	213,505	3.11%
Information & Assistance	160,948	2.35%
Caregiver Information Services	152,444	2.22%
Caregiver Options Counseling/Counseling	90,442	1.32%
Case Management	71,986	1.05%
Under 60 ADRC Center	54,918	0.80%
Caregiver Access Assistance	36,789	0.54%
<u>Other Elderbridge Programs/Services</u>		
Administration	444,211	6.52%
Material Aid	97,737	1.43%
Evidence Based Health Activities	61,161	0.81%
Training & Education	23,935	0.35%
Caregiver Supplemental Services	10,686	0.16%
Other Contracts		
Other State Contracts	159,841	2.33%
Non Cash Expenses - Elderbridge	41,184	0.60%
Non Cash Loss – Subsidiary Central Services	46,044	0.67%
TOTAL EXPENDITURES	<u>\$6,857,424</u>	<u>100.00%</u>
CONTINGENCY	<u>\$ 13,053</u>	

ELDERBRIDGE AGENCY ON AGING
FY'17 UNAUDITED AGENCY REVENUE AND EXPENDITURES
Continued
July 1, 2016 – June 30, 2017

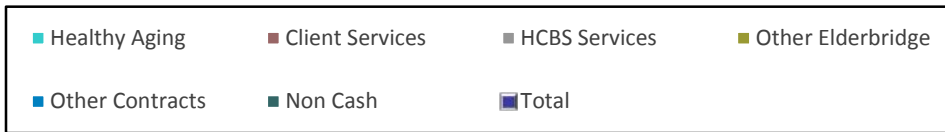
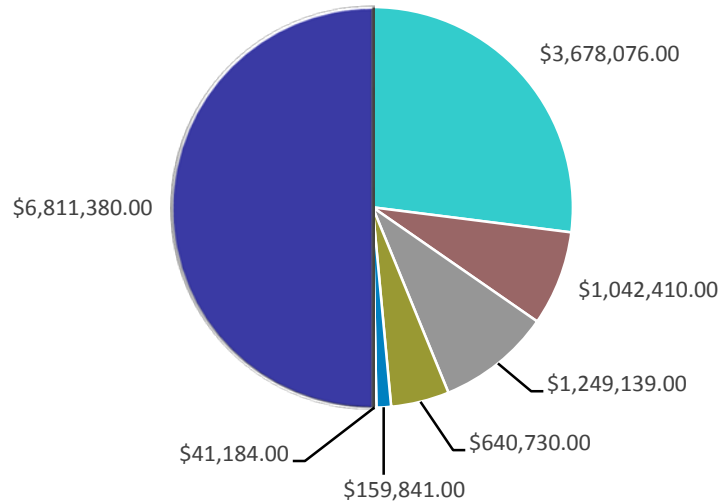
MEDICAID – MANAGED CARE ORGANIZATIONS

Revenues	\$1,294,906
Expenses	
Nutrition	155,000
Case Management	890,068
IME Recoupment	<u>69,759</u>
Excess Revenue over Expense	<u>\$ 179,579</u>

FY17 FUNDING BY SOURCE



FY17 EXPENDITURES BY PROGRAM AREA



FY'17 HCBS Subcontractor Expense Report

<u>SERVICE/SUBCONTRACTOR</u>	<u>FUNDS</u>	<u>MATCH</u>	<u>TOTAL EXPENSES</u>	<u>TOTAL UNITS OF SERVICE</u>
CHORE:				
New Opportunities, Inc.	\$18,750	\$ 6,250	\$ 25,000	1,667
Pocahontas County General Relief	1,481	494	1,975	198
Upper Des Moines Opportunity, Inc.	<u>29,250</u>	<u>9,760</u>	<u>39,010</u>	<u>3,715</u>
TOTAL CHORE	<u>\$49,481</u>	<u>\$16,504</u>	<u>\$ 65,985</u>	<u>5,579</u>
HEALTH PROMOTION & DISEASE PREVENTION:				
Avera @ Home	\$ 2,500	\$ 910	\$ 3,410	49
Calhoun County Department of Health	3,979	1,326	5,305	146
Cerro Gordo Dept. of Public Health	12,000	4,044	16,044	48
Floyd County Public Health/Home Health Care	2,000	670	2,670	18
Franklin County Public Health Agency	6,000	2,000	8,000	47
Greene County Medical Center, Public Health	2,625	899	3,524	23
Hamilton County Public Health Services	4,750	3,454	8,204	233
Hancock County Public Health Services	1,989	511	2,500	32
Humboldt County Public Health	1,442	500	1,942	52
Orange City Home Health & Hospice	3,080	1,010	4,090	49
Pocahontas County Health Department	4,000	2,048	6,048	63
St. Anthony's Home Health	17,652	6,096	23,748	124
Webster County Health Department	2,000	1,131	3,131	34
Worth County Health Department	4,500	1,514	6,014	66
Wright County Department of Health	<u>2,987</u>	<u>996</u>	<u>3,983</u>	<u>45</u>
TOTAL HEALTH PROMOTION	<u>\$71,504</u>	<u>\$27,109</u>	<u>\$ 98,613</u>	<u>1,028</u>
HOMEMAKER:				
Audubon Co. Public Health Nursing Service	\$ 8,250	\$3,029	\$11,279	305
Avera @ Home	3,406	1,135	4,541	120
Buena Vista Co. Public Health & Home Care	7,115	2,398	9,513	250
Calhoun County Department of Health	5,625	1,970	7,595	209
Carroll Co. Home Care Aide Service	11,250	3,795	15,045	364
Cerro Gordo Dept. of Public Health	20,000	13,965	33,965	523
Crawford Co. Home Health Care Aide Service	17,000	5,667	22,667	597
Emmet Co. Public Health	6,982	2,892	9,874	200
Floyd County Public Health/Home Health Care	11,250	3,764	15,014	395
Franklin County Home Care Service	10,000	3,333	13,333	392
Greene County Medical Center, Public Health	7,000	2,334	9,334	289
Guthrie Co. Public Health Nursing	15,000	5,006	20,006	625
Hamilton County Public Health Services	4,125	1,449	5,574	151
Health Services of Lyon County	3,750	1,258	5,008	135
Humboldt County Public Health	7,495	3,513	11,008	360
Kossuth Regional Health Center	66	200	266	7
Orange City Home Health & Hospice	2,660	1,014	3,674	95
Osceola Community Health Services	5,000	2,541	7,541	189
Palo Alto Co. Homecare Services	9,804	7,216	17,020	258
Pocahontas County Home Care Aide Agency	20,000	6,844	26,844	790
Sac County Health Services	3,323	1,108	4,431	127
St. Anthony's Home Health	1,391	464	1,855	38
Webster Co. Health Department	8,700	5,670	14,370	240
Winnebago Co. Public Health Nursing	9,000	3,178	12,178	385
Worth Co. Health Department	9,000	3,087	12,087	415
Wright Co. Department of Health	<u>8,995</u>	<u>3,050</u>	<u>12,005</u>	<u>316</u>
TOTAL HOMEMAKER	<u>\$ 216,147</u>	<u>\$89,880</u>	<u>\$306,027</u>	<u>\$7,772</u>

FY'17 HCBS Subcontractor Expense Report Continued

<u>SERVICE/SUBCONTRACTOR</u>	<u>FUNDS</u>	<u>MATCH</u>	<u>TOTAL EXPENSES</u>	<u>TOTAL UNITS OF SERVICE</u>
LEGAL ASSISTANCE:				
Iowa Legal Aid	\$35,246	\$11,750	\$46,996	627
TOTAL LEGAL ASSISTANCE	\$35,246	\$11,750	\$46,996	627
MATERIAL AID				
Community Kitchen of North Iowa	\$18,400	\$ 210	\$18,610	13,293
Hamilton County Public Health	1,500	500	2,000	100
Meals on Wheels – Mason City	5,000	3,419	8,419	1,684
Northwest Iowa RSVP	816	4,670	5,486	1,372
Rotary Club of Rock Valley	4,806	14,908	19,714	2,934
Winnebago County Public Health	450	155	605	61
TOTAL MATERIAL AID	\$30,972	\$23,862	\$54,834	19,442
OUTREACH				
Behavioral Health Options	\$ 4,120	\$ 2,575	\$ 6,695	52
Hamilton Co. Public Health Services	1,500	500	2,000	40
Seasons Center for Behavioral Health	10,440	3,480	13,920	464
Wright Co. Department of Health	1,350	468	1,818	11
TOTAL OUTREACH	\$ 13,290	\$ 4,448	\$17,738	515
PERSONAL CARE:				
Avera @ Home	\$ 3,645	\$ 1,215	\$ 4,860	108
Buena Vista County Public Health & Home Care	4,745	1,565	6,310	140
Calhoun County Department of Health	4,000	1,339	5,339	147
Carroll County Home Care Aide Service	11,250	3,857	15,107	482
Cerro Gordo Dept of Public Health	14,440	6,420	20,860	321
Emmet County Public Health	6,750	3,050	9,800	199
Floyd County Public Health/Home Health Care	7,125	2,377	9,502	250
Franklin County Home Care Service	4,875	1,670	6,545	193
Greene County Medical Center, Public Health	4,000	1,355	5,355	119
Guthrie County Public Health Nursing	8,000	2,916	10,916	243
Hamilton County Public Health Services	5,547	1,849	7,396	199
Hancock County Public Health Services	8,953	2,983	11,936	265
Health Services of Lyon County	1,500	505	2,005	54
Humboldt County Public Health	6,750	2,250	9,000	423
Kossuth Regional Health Center	9,045	3,015	12,060	268
Mitchell County Home Health	7,500	2,501	10,001	222
Orange City Home Health & Hospice	5,285	2,014	7,299	189
Palo Alto County Homecare Services	6,648	2,216	8,864	167
Pocahontas County Home Care Aide Agency	3,000	1,046	4,046	119
Sac County Health Services	3,267	1,089	4,356	97
St. Anthony's Home Health	4,320	9,080	13,400	96
Webster Co. Health Department	20,050	6,806	26,856	448
Winnebago County Public Health Nursing	5,879	1,960	7,839	245
Worth County Health Department	7,125	2,416	9,541	307
Wright County Department of Health	7,125	2,375	9,500	211
TOTAL PERSONAL CARE	\$170,824	\$67,869	\$238,693	5,510

FY'17 HCBS Subcontractor Expense Report Continued

<u>SERVICE/SUBCONTRACTOR</u>	<u>FUNDS</u>	<u>MATCH</u>	<u>TOTAL EXPENSES</u>	<u>TOTAL UNITS OF SERVICE</u>
RESPITE:				
Audubon Co. Public Health Nursing Service	\$ 709	\$ 336	\$ 1,045	28
Calvary United Methodist Church	587	136	847	136
Crawford Co. Home Health, Hospice & Public Health	2,900	967	1,554	52
Friendship Haven Adult Day Services	8,925	14,528	17,428	2,702
Hamilton County Public Health Services	6,000	3,868	12,793	426
Respite Angels	7,900	2,700	8,700	435
Rotary Club of Rock Valley Foundation	1,700	4,586	12,486	1,858
Salvation Army ADC	14,490	6,996	8,696	878
Winnebago County Public Health Nursing	1,666	633	15,123	504
Worth County Health Department	24,000	8,006	32,006	1,067
TOTAL RESPITE	\$ 68,877	\$42,758	\$110,678	8,087
TRANSPORTATION:				
Buena Vista County Public Health & Home Care	\$ 900	\$ 306	\$ 1,206	27
MIDAS Council of Governments	25,000	32,257	57,357	10,316
North Iowa Area Council of Governments	33,750	37,184	70,934	12,897
Northwest Iowa RSVP	6,750	9,888	16,638	1,188
Osceola Communities	1,015	1,074	2,089	842
Palo Alto County Homecare Services	264	205	469	13
Region XII Council of Governments	28,043	14,447	42,490	4,249
Regional Transit Authority - RIDES	35,348	26,580	61,928	7,741
TOTAL TRANSPORTATION	\$131,070	\$122,041	\$253,111	37,274

FY'17 Meal Site Subcontractors and Caterers

SITES UTILIZING SUBCONTRACTORS

<u>SITE</u>	<u>MEAL SITE SUBCONTRACTOR</u>	<u>ACTUAL MEALS SERVED</u>	<u>CASH EXPENSES TO SUBCONT</u>
AUDUBON COUNTY			
Audubon/Exira	Good Neighbor Council	14,871	\$79,272
CALHOUN COUNTY			
Manson	Manson Golden Eagles	9,664	55,531
Rockwell City/Lake City	Rockwell City Mobile Meals	9,651	56,703
CARROLL COUNTY			
Carroll	Carroll Rotary Club	16,605	75,667
Coon Rapids	Manna Inc.	4,143	27,349
Manning	Manning Comm'n Service Inc	11,773	62,607
CRAWFORD COUNTY			
Charter Oak	Sixty Plus Nutrition Project	1,564	12,725
Denison	Sixty Plus Nutrition Project	14,468	68,199
CERRO GORDO COUNTY			
Clear Lake	Clear Lake Senior Citizens	10,377	49,010
Mason City Sr. Center	Mason City Senior Center	11,303	58,742
Ventura	Ventura Senior Citizens	2,826	20,871
FLOYD COUNTY			
Charles City	Sr Citizens of Charles City Area	9,237	45,542
Rockford	Sunset Generation	4,958	33,839
FRANKLIN COUNTY			
Hampton	Hampton Senior Citizens	12,744	68,124
GREENE COUNTY			
Jefferson	Elderserve Inc	21,094	95,361
Scranton	Scranton Community Service	3,192	17,077
GUTHRIE COUNTY			
Guthrie Center	Guthrie County Hospital	7,144	49,835
Panora	Panora Congregate Meals	3,249	12,759
Stuart	Tri-Center Association	11,030	66,813
HAMILTON COUNTY			
Stratford	Stratford Evangelical Lutheran Church	3,077	21,839
Webster City	Webster City Congregate Meals	6,911	41,701
HANCOCK COUNTY			
Britt	Ventura Senior Citizens	2,826	20,871
Kanawha	ABC Club	3,923	28,973
HUMBOLDT COUNTY			
Humboldt	Humboldt Cty Memorial Hospital	13,899	75,551

FY'17 MEAL SITE SUBCONTRACTORS CONTINUED

<u>SUBCONT</u>	<u>SITE</u>	<u>MEAL SITE SUBCONTRACTOR</u>	<u>ACTUAL MEALS SERVED</u>	<u>CASH EXPENSES TO</u>
KOSSUTH COUNTY				
	Algona	Active Seniors of Algona	14,527	76,211
	Bancroft	St. John's Baptist Catholic Church	5,377	30,732
MITCHELL COUNTY				
	Osage	Osage Senior Citizens	13,272	60,834
	Riceville	Over 60 Social Club	4,775	28,197
	St Ansgar	Senior Saints of St. Ansgar	7,396	33,612
POCAHONTAS COUNTY				
	Laurens	Laurens Senior Pioneers	10,980	56,029
	Pocahontas	Pocahontas Congregate Meals	7,792	51,637
SAC COUNTY				
	Auburn	Sixty Plus Nutrition Project	2,677	12,490
	Sac City	Sixty Plus Nutrition Project	10,811	45,498
	Wall Lake	Sixty Plus Nutrition Project	7,407	68,470
	Lake View	Sixty Plus Nutrition Project	5,608	14,937
	Odeboldt	Sixty Plus Nutrition Project	1,855	15,218
WEBSTER COUNTY				
	Ft Dodge Deercreek	City of Fort Dodge/Senior Ctr	8,295	51,747
	Ft Dodge Sr Center	City of Fort Dodge	7,817	62,743
	Gowrie	City of Gowrie	10,539	57,399
WINNEBAGO COUNTY				
	Buffalo Center	Bison Senior Citizens	7,215	29,739
	Forest City	Kum Along Citizens Club	7,176	42,257
	Lake Mills	Lake Mills Senior Citizens	6,519	33,838
WORTH COUNTY				
	Manly	Manly Senior Citizens	6,966	49,498
	Northwood	Northwood MOW's Inc	8,924	50,108
WRIGHT COUNTY				
	Belmond	Sencar Inc.	7,554	51,525
	Clarion	Iowa Specialty Hospitals	6,861	47,120
	Eagle Grove/Goldfield	Eagle Grove Concerned Inc	22,089	110,784

SITES UTILIZING CATERERS

	<u>SITE</u>	<u>MEAL SITE CATERER</u>	<u>ACTUAL MEALS SERVED</u>	<u>CASH EXPENSES TO SUBCONT</u>
BUENA VISTA COUNTY				
	Alta	Red's Café & Catering	966	5,796
	Linn Grove	Red's Café & Catering	621	3,726
	Marathon	Jackson's Hometown Café	661	3,008
	Sioux Rapids	Red's Café & Catering	950	5,700
	Storm Lake	Red's Café & Catering	11,352	68,112
CLAY COUNTY				
	Everly	Red's Café & Catering	771	4,433
	Peterson	Red's Café & Catering	723	4,338
	Spencer	Kim Buck Cuisine	15,301	78,800
	Spencer Sunset Apts.	Kim Buck Cuisine	5,792	29,829
	Webb	Jackson's Hometown Café	757	3,331
DICKINSON COUNTY				
	Dickinson County	Dickinson Co. MOW	5,227	2,613
	Lake Park	Red's Café & Catering	1,776	10,212
	Milford	Red's Café & Catering	221	1,271
	Spirit Lake	Kim Buck Cuisine	5,027	25,889
EMMET COUNTY				
	Estherville	Kim Buck Cuisine	4,644	23,917
LYON COUNTY				
	George	George Good Samaritan Center	2,184	1,092
	Rock Rapids	Kara Corporation	4,269	23,693
O'BRIEN COUNTY				
	Hartley MOW	Community Memorial Health	2,160	1,080
	Primghar	Red's Café & Catering	3,199	19,194
	Sutherland	Red's Café & Catering	2,658	15,948
OSCEOLA COUNTY				
	Melvin	Kara Corporation	243	1,397
	Ocheyedan	Kara Corporation	887	4,923
	Sibley	Kara Corporation	8,530	47,342
PALO ALTO COUNTY				
	Emmetsburg	Kim Buck Cuisine	4,072	20,971
	Graettinger	Graettinger Drive Up	744	3,422
	Palo Alto MOW	Palo Alto MOW	4,248	2,124
	Ruthven	Community Care Center	1,470	6,762
SIOUX COUNTY				
	Hawarden	Kara Corporation	6,852	38,029
	Hull MOW	Hull MOW	237	119
	Rock Valley	Kara Corporation	4,269	23,693
	Sioux Center	Kara Corporation	250	1,388

SERVICES

[Case Management](#) – Our case management program assists people over 60 remain independent in their own homes. Staff coordinates services such as personal care and home delivered meals, to ensure that those crucial activities of daily living are being met. Staff meets with clients on a quarterly basis to discuss changing needs and environments.

[Family Caregiver Support](#) – The Family Caregiver Support program provides the family caregiver information and assistance, options counseling, emotional support and information services. In addition, Elderbridge contracts with local agencies to provide respite.

[Healthy Aging](#) – Elderbridge provides three evidence based services proven to provide documented health benefits to improve long term effects of chronic diseases and lower the risk of falls.

[Matter of Balance](#) – This is a program designed to reduce the fear of falling and increase the activity levels of older adults who have this concern.

[Stepping On](#) – Many older adults who fall lose their self-confidence and start to go out less often. Inactivity leads to social isolation and loss of muscle strength and balance. Stepping On provides a number of falls prevention strategies.

[Home Meds](#) – Home Meds provides an in-home medication review and intervention that includes a computerized risk assessment and alert process, along with a pharmacist review.

[Tai Chi for Arthritis](#) - This low impact, relaxing form of exercise helps relieve pain and stress, increases muscular strength and flexibility, and improves balance and stability.

[LifeLong Links](#) – LifeLong Links is Iowa’s Aging and Disability Resource Center (ADRC), whose purpose is to expand and enhance the state’s information and referral resources for older lowans, individuals with disabilities, veterans and their caregivers as they begin to think about and plan for long-term independent living.

[Information, Assistance and Referral \(IR&A\)](#) – Elderbridge offers current information on available resources and services that are available for older adults and caregivers. Staff will assist in searching for particular resources and services based on clients individual needs.

[Options Counseling](#) - Depending on the needs of the consumer, they can be referred to a trained options counselor, who can begin a person-centered, interactive planning process to help the consumer identify long-term support preferences and develop an individual action plan.

[Nutrition](#) – Elderbridge helps to provide hot, nutritious meals in the communities we serve.

[Home Delivered Meals](#) – Home delivered meals assist those who are home bound by providing a hot, healthy meal and a friendly visit from a volunteer delivery person.

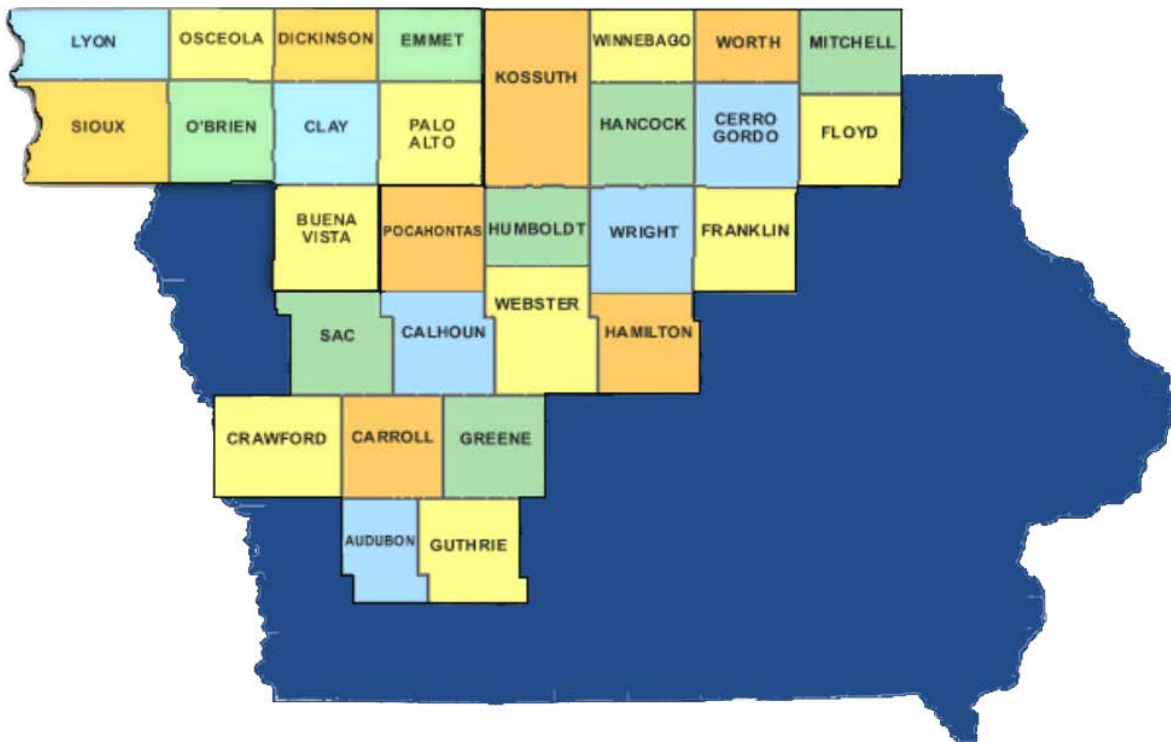
[Congregate Meals](#) – Congregate meals provide the opportunity for fellowship, where diners can meet with friends, make new friends and eat a healthy, well balanced meal.

[Nutrition Education](#) – Information is provided to our diners on a regular basis. All information is from credible sources that can be relied on as accurate.

It is our mission to empower older lowans and adults with disabilities to live with dignity and independence.

Elderbridge Agency on Aging is a private nonprofit organization that serves the needs of lowans sixty (60) years and older and their families.

Founded in 1974 after the passage of the Older Americans Act, Elderbridge is one of six lowa Area Agencies on Aging and is part of a national aging network designed to address the needs and concerns of adults with disabilities and older lowans.



With offices in Mason City, Fort Dodge, Carroll and Spencer,
Elderbridge serves a 29-county area in Iowa.

Office Locations

Mason City

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Mason City, IA 50401
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800-243-0678

Fort Dodge

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(515)-955-5244
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Carroll

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