

# Elderbridge Agency on Aging



Annual Report  
7/1/2021 - 6/30/2022



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# MESSAGE FROM OUR CEO

As I reflect on this past year, I am amazed at the flexibility of our staff and the resiliency of our consumers, caregivers, and service providers. The lasting effects of the Coronavirus have been felt across Iowa and the country. Although we have reopened our offices to the public and resumed offering congregate meals, the delivery methods continue to require flexibility. Demand for services has increased exponentially; clients served by one or more services increased by 27.5% in FY2022. COVID Relief funds have allowed us to broaden our reach and services to those in need, but we will be facing a budget deficit when ARPA funds are depleted. We continually advocate for increased Older American Act and state funding to meet the increased demand for services we have encountered since the beginning of the pandemic.

Our amazing staff began returning to the office or began working a hybrid schedule and resumed home visits at the beginning of FY2022. We continue to offer many virtual and in-person options for providing direct services such as options counseling, case management, elder abuse prevention, caregiver support, older worker employment support, and care transition assistance. Community partners have continued to provide in-home services to assure the daily living needs of consumers are met.

Our Return to Community grant-funded service has continued to grow and has expanded to three additional regions this year. Clay, Dickinson, Palo Alto, Hancock, Cerro Gordo, and Franklin Counties are now participating in the program.

Elderbridge continues to focus on fundraising opportunities with \$11,506 raised and \$239,806 acquired through grant writing, which is used to expand our direct consumer support. Through a state grant, we were able to develop a new Lifelong Links website with a chat feature, fund assistive technology through Easter Seals, and develop a training portal through the University of Iowa School of Public Health. We have trained additional staff in providing elder abuse interventions through High-Risk Case Management and expanded our evidence-based falls prevention programs.

The Board of Directors, volunteers, and Elderbridge staff are dedicated to enhancing the lives of those we serve to assist them to “Age Their Way”! We continually strive for professionalism, integrity, and excellence while achieving our mission to advocate for and empower older adults, caregivers, and individuals with disabilities to pursue independent, healthy lives. Making choices today will provide options for tomorrow!



SHELLY SINDT



It is our mission to advocate for and empower older adults, caregivers, and individuals with disabilities to pursue Independent healthy lives.

# MESSAGE FROM OUR BOARD PRESIDENT

We are living through an unprecedented moment in time, but what gives me hope is our equally unprecedented commitment to responding to the needs of our region.

While you read this report, you will see there are a lot of successes to celebrate. 2022 has reinforced how important our work is and how much we rely on our grantees to make it a reality. By uniting for our causes, we were able to create more impact and successful outcomes than we could do individually.

Years like 2022 reminded me that we are all in this work for the long haul, momentum may not always be on our side, but the stakes are too high, and the issues are too important to not keep moving forward. By joining as a community, we have strengthened to survive and even thrived in rough seas. I am more confident now than ever, that Elderbridge and our many partners are prepared for whatever the future has in store.

To all our advocates, staff, partners, grantees, and friends, thank you again for all your hard work and perseverance. Never before have I been more grateful for and reliant on my fellow Board Members and our CEO than I have this past year. Their judgment and dedication to doing what is right are unparalleled evidenced by their willingness to put in the time and effort to properly position Elderbridge for success in these very difficult times.

Elderbridge lives by our mission to advocate for and empower older adults, caregivers, and individuals with disabilities to pursue independent, healthy lives. Thank you for inspiring us and joining us in building Elderbridge. Your support is essential to our continued service excellence.

BETH WILL



## BOARD MEMBERS

Barry Anderson

Lionel J. Foster - Vice President

Lori Hain - Secretary

Ethan Huizenga

Steve Kruse

Larry Pedley - Treasurer

Linda Vaudt

Beth Will - President

Advisory Council Rep - Sandra Olson

# WHO ARE WE?

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

Founded in 1974 after the passage of the Older Americans Act, Elderbridge is one of six Iowa 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 Iowans.



Elderbridge serves a 29-county area in Northwest, North Central, and Central Iowa with offices in Mason City, Fort Dodge, Carroll, and Spencer.

Audubon  
Buena Vista  
Calhoun  
Carroll  
Cerro Gordo  
Clay  
Crawford  
Dickinson  
Emmet  
Floyd

Franklin  
Greene  
Guthrie  
Hamilton  
Hancock  
Humboldt  
Kossuth  
Lyon  
Mitchell  
O'Brien

Osceola  
Palo Alto  
Pocahontas  
Sac  
Sioux  
Webster  
Winnebago  
Worth  
Wright

# SERVICES

The LifeLong 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, case management, and elder rights services.

## **LifeLong Links**

LifeLong Links provides information and referral resources to older Iowans, individuals with disabilities, veterans, and their caregivers as they begin to think about and plan for long-term independent living. Services include:

- Information, Referral, and Assistance (IR&A) offer current information on resources and services that are available for older adults and caregivers.
- Options Counseling provides a person-centered, interactive planning process to help the consumer identify long-term support preferences and develop an individual action plan.
- Family Caregiver Support provides the family caregiver and older relative caregiver, information and assistance, options counseling, emotional support, and supplemental services.
- The Elder Rights/High-Risk Case Management Program provides consultation and intervention to at-risk older adults.
- Case Management services help people over 60 remain independent in their own homes through the coordination of services.

## **Healthy Aging Program**

The Healthy Aging Program focuses on improving the health and well-being of older adults by providing hot, nutritious meals, nutrition education and counseling, and evidence-based health activities. Services include:

- Home Delivered Meals are provided to homebound seniors by a volunteer delivery person.
- Congregate Meals are provided in a congregate setting where diners can meet with friends and eat a healthy, well-balanced meal. The Iowa Café offers diners the option to eat and socialize in a restaurant setting.
- Evidenced-based health activities include fall prevention programs such as Matter of Balance, Walk with Ease, Stepping On, Seated Tai Chi, Tai Chi for Arthritis, and an in-home medications review called HomeMeds.

## **Home and Community Based Service (HCBS) Program**

HCBS are person-centered and often designed to enable people to stay in their homes, rather than move to a facility for care. Elderbridge subcontracts with multiple agencies within our 29-county area. These contracts include services such as personal care, homemaker, transportation, legal aid, and respite.

# GRANT BASED SERVICES

## **MIPPA: Medicare Improvements for Patients and Providers Act.**

This grant focuses on assisting Medicare beneficiaries to apply for the Medicare Part D Extra Help/Low-Income Subsidy (LIS), and Medicare Savings Programs. Funding is also used to provide Part D counseling to Medicare beneficiaries who live in rural areas and to promote Medicare prevention and wellness benefits.

## **IRTC: Iowa Return to Community:**

This grant focuses on successful care transitions for individuals who are discharged from a hospital or nursing home back to their home or community. This grant provides social support and coordination of services in the home to ensure that readmission to the hospital or nursing facility is deterred.

## **Community-Based Foundation Grants:**

Elderbridge has several community foundation grants spread throughout our 29 counties. Elderbridge utilizes this money for client-directed assistance (material aid) personal assistive devices, housing assistance, nutrition assistance, and other unmet needs.

## **Older Worker Employment Program:**

A growing number of older lowans are choosing to join or stay in the workforce well past the traditional retirement age. Our specialist assists job candidates with vocational assessments, job-seeking skills, orientation to a new job, and job retention.

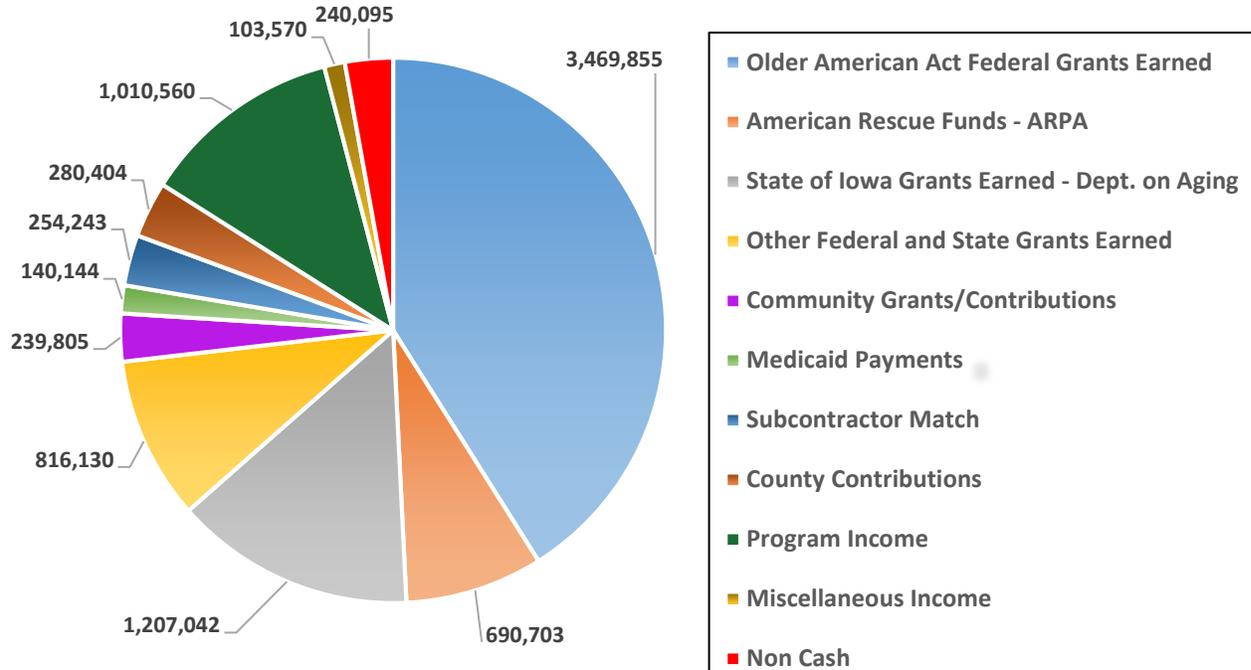
## **Volunteer Program**

Elderbridge relies on volunteers to help provide services, unique support, and assistance to older adults, caregivers, and persons with disabilities. Volunteering connects us to those whom we share our communities with and supports our neighbors to remain vital participants in the community.

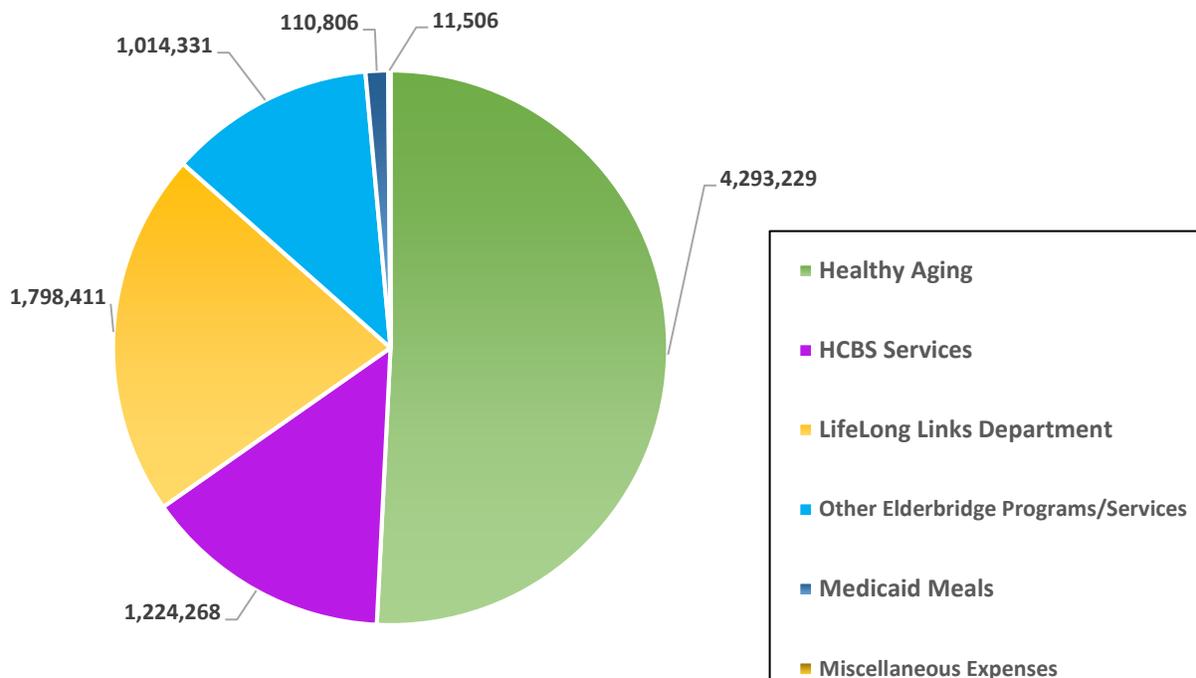


# FINANCIAL REPORTS

## FY22 FUNDING SOURCES



## FY22 FUNDING EXPENDITURES



**FY22 UNITS OF SERVICE PROVIDED**  
**Area Plan Programs**

<b>Program</b>	<b># Unduplicated Clients</b>	<b># of Units</b>	<b>Unit Type</b>
Case Management	202	2,972	1 hour
Caregiver Case Management	15	122.75	1 hour
Caregiver Counseling	15	17.75	1 session per consumer
Caregiver Emergency Response System	6	27	1 month
Caregiver Home-Delivered Nutrition	10	759	1 meal
Caregiver Information & Assistance	585	708	1 consumer contact
Caregiver Information Services	1,965	105	1 activity
Caregiver Options Counseling	115	115	1 hour
Caregiver Respite: In-Home	44	2,442	1 hour
Caregiver Respite: Out-of-Home	11	1,533	1 hour
Caregiver Supplemental Services	35	350	1 item
Caregiver Support Groups	26	84	1 session
Chore	47	488.5	1 hour
Congregate Nutrition	5,004	149,865	1 meal
EAPA Assessment & Intervention	42	624.75	1 Hour
EAPA Consultation	48	94	1 consumer contact
Emergency Response System	63	346	1 month
GO Information & Assistance	2	3	1 activity
GO Options Counseling	3	5.25	1 hour
Health Promotion: Evidence-Based	97	115	1 consumer/program
Health Promotion: Non-Evidence Based	398	1209	1 contact
Home Delivered Nutrition	2,944	262,494	1 meal
Homemaker	362	7,937	1 hour
Information & Assistance	3,261	4,779	1 consumer contact
Legal Assistance	114	255	1 hour
Material Aid: Other	481	2,440	1 item
Nutrition Counseling	8	8	1 hour
Nutrition Education	3,207	10,481	1 session
Options Counseling	303	1454	1 hour
Outreach	2,637	1355	1 contact
Personal Care	213	6,852	1 hour
Training & Education	28,666	661	1 activity
Transportation	477	27,787	1 one-way ride

# FEE FOR SERVICE

The majority of funding for Elderbridge Agency on Aging comes from federal and state sources, which remain stagnant except for special COVID-19 Relief funding. To offset unstable federal and state funding and meet the increased demand for services, Elderbridge Agency on Aging is able to charge for services not offered through traditional Older Americans Act funding.

Elderbridge provides a line of services that we think are more responsive to the requests made to us by family members and caregivers.

- Home Safety Assessment helps identify potential fall and safety hazards that can jeopardize the well-being and independence of the client.
- Healthcare Visit Companion accompanies individuals to medical appointments and assists with communication with the medical provider.
- Errand Buddy accompanies individuals on errands and non-medical appointments.
- HomeMeds is an in-home medication assessment program that uses specialized software to screen the medications of individuals for potentially harmful interactions.
- 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 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. These services allow us to provide services on a fee-for-service basis, expanding our ability to serve the needs of our consumers.



## **CONTACTS**

### **MASON CITY AREA**

1190 Briarstone Dr. Suite 3  
Mason City, IA 50401

### **FORT DODGE AREA**

308 Central Avenue  
Fort Dodge, IA 50501

### **CARROLL AREA**

603 N. West Street  
Carroll, IA 51401

### **SPENCER AREA**

714 10th Avenue East  
Spencer, IA 51301

**800-243-0678**

**[www.elderbridge.org](http://www.elderbridge.org)**