

WOOD COUNTY COMMITTEE ON AGING, INC.

2023 Annual Report

WOOD COUNTY COMMITTEE



140 South Grove Street
Bowling Green, OH 43402
419-353-5661 or 800-367-4935
www.wccoa.net
www.facebook.com/wccoa

OUR MISSION The mission of the Wood County Committee on Aging, Inc. is to provide older adults with services and programs which empower them to remain independent and improve the quality of their lives.

OUR VISION The Wood County Committee on Aging aspires to be recognized as the premiere agency for the provision of services for older adults and their families in Wood County.

EIGHT SENIOR CENTERS IN WOOD COUNTY

(1975) Wood County • 419-353-5661
140 South Grove Street | Bowling Green, OH 43402

(1977) Rossford • 419-666-8494
400 Dixie Highway | Rossford, OH 43460

(1985) Perrysburg • 419-874-0847
140 West Indiana Avenue | Perrysburg, OH 43551

(1988) North Baltimore • 419-257-3306
514 West Water Street | North Baltimore, OH 45872

(2001) Northeast (Walbridge) • 567-249-4921
705 North Main Street | Walbridge, OH 43465

(2008) Wayne • 419-288-2896
202 East Main Street | Wayne, OH 43466

(2008) Pemberville • 419-287-4109
220 Cedar Street | Pemberville, OH 43450

(2019) Grand Rapids • 419-601-1896
23019 Kellogg Road | Grand Rapids, OH 43522

The Wood County Committee on Aging, Inc. (WCCOA) is pleased to present our 2023 Annual Report. This report highlights the variety of services and programs offered by WCCOA. Like the previous year, 2023 provided many challenges for all of us, but we continued to move forward with our mission. Besides the usual challenges, the year provided us opportunities to be innovative and offer new programs to meet our core mission.

The Wood County Senior Center in Bowling Green hosted a listening session for the Governor's Nursing Home Quality and Accountability Task Force in March of 2023. We were the only senior center in Ohio to host one of these events.

In 2023, WCCOA continued the popular "LivelyU Life Learning Academy." This program is done in collaboration with The BGSU Optimal Aging Institute. Another great service is the home delivered meals providing balanced nutritious meals delivered to seniors homes. We are seeing an increase from 2022 in the number of home delivered meals as this service offers piece of mind to seniors families. They know their seniors are being checked on at least once a day five days a week besides receiving balanced and nutritious meals.

LivelyU and home delivered meals are just two of the many programs and services provided by WCCOA. Please be sure to read our report and learn more about the many opportunities provided by WCCOA.

Our staff members deserve a big "Thank You" for a job well done during 2023 as they worked hard and diligently to provide programs and services. Like many other organizations and businesses, we dealt with staffing issues whether retirement, medical leave, or other employment opportunities. Through cross-training, our dedicated staff was able to continue providing diverse programs and services offered by WCCOA with only a couple of satellite locations experiencing impact from the staffing issues. Another big "Thank You" goes out to volunteers as their efforts make it possible for WCCOA to provide services and programs.

We are also thankful for the assistance from the Wood County Commissioners and the Wood County Health Department. They definitely helped us make a difference in the lives of seniors in Wood County.

Through the continued efforts of staff and volunteers and the use of our eight senior centers, WCCOA will maintain and expand services for the senior population of Wood County. If you have any questions about services, or should you desire to be a part of WCCOA, please do hesitate to contact us at 800.367.4935 or via email at wccoa@wccoa.net.

Sincerely,

Paul Herringshaw, President
WCCOA Governing Board
2023

Denise C. Niese
WCCOA Executive Director

PROGRAMS DEPARTMENT

DANIELLE BROGLEY, DIRECTOR OF PROGRAMS

The WCCOA Programs Department highlighted successful aging opportunities throughout Wood County senior centers via designed programming activities in 2023. Successful aging opportunities consisted of additional fitness classes, art exploration programs, and showcasing successful aging examples at all of the county's centers. These classes, events, and programs featured opportunities for shared experiences making 2023 a most productive year.

Enhancement of art and cultural programs allowed participation at the county senior sites through a variety of program offerings. The creation of a quarterly concert series and evening performances spotlighted area older adult musicians and also highlighted the new guitar circle that practices at the Wood County Senior Center. These events attracted more than 150 attendees each quarter to experience musical performances and opportunity to enjoy evening meals provided at the Wood County Senior Center.

In May, for "Older Americans Month," an older adult at each Wood County senior center site was recognized. The individual honored at each site exemplified "Successful Aging" in the county. Honorees were acknowledged at a concert in the park with a glass "Successful Aging" award and poster board with photo and biography. Community partners were also honored at this event to acknowledge contributions to center sites.

Additional spotlights on the arts included a quarterly "Art Exploration" night presented by our art therapist to highlight art as a form of expression and relaxation. The evenings consisted of participants exploring four art stations and enjoying food from charcuterie boards. A "Murder Mystery" event in August focused on developing improve skills in a theatrical form.

In October, the department hosted the inaugural "Arts Abound: Perineal Pursuits" event that showcased participants' art and photography work, highlighted poems entered in the annual poetry contest, and featured musical, dance, and theatrical performances by seniors in the county. Other programs/classes included painting parties, Bob Ross painting classes, craft classes, jam sessions, "Name that Tune" contests, knitting, crocheting, and quilting groups.

Continued collaboration with Bowling Green State University's Optimal Aging Institute enabled the LivelyU Lifelong Learning Academy to prosper in 2023. The goal of this educational opportunity was having retired professionals share knowledge to ensure county residents have continued exposure to learning opportunities. In the spring of 2023, the Wood County Senior Center offered 17 classes to 108 registered participants. In the fall of 2023, there were 24 classes with 98 participants, for a total of 206 registered participants in 41 classes in 2023, including classes offering a Zoom option.

In order to reach participants where they are, the department added additional videos to our "YouTube" channel, with 220 videos used by 324 subscribers in 2023. This platform offered users educational offerings outside senior centers operational hours. The programs department loaned tablets and hot spots to assist with connectivity, making these programs available for the homebound. In 2023, focus on technological education included a session on how to use "MyChart" and smart watches instruction. Participants also had opportunities to attend open forums for technology, where they could learn from each other with their devices in hand.

With a grant from the National Council on Aging, the programs department developed a program to educate participants on frauds and scams. The event was entitled, "Citizens S.C.A.M. Prevent Academy." The goal of this program was to train participants to "Stop Counterfeit Attempts to steal their Money" (SCAM). More than 60 attendees were able to learn and practice methods to protect themselves, their friends, and community members by keeping up to date with the ways scammers use the digital world to target older adults. Presenters for this series included the Ohio Attorney General's Office Consumer Protection Section. A recorded version of this session was shared at all county senior center sites, and it is archived on our "YouTube" channel, with 32 views to date.

Additional opportunities to enjoy world and national travel of various lengths and destinations were provided through relationships with Collette Travel and Shoreline Tours throughout the year.

The Wood County Senior Center presented motion pictures in the media center every Wednesday, Thursday, and Friday at 1 p.m. following lunch. Wednesday movies were primarily romance or romantic comedies, Thursday motion pictures were primarily movies from 1980 to the present, and Friday films were primarily classic flicks from the 1930s through the 1980s. DVD movies of all genres were available to borrow from the media center via sign out sheets.

2023 has been a year of continued growth and opportunities for the Programs department, and provided seniors throughout Wood County with diversified activities to enhance and enjoy success in retirement years. The programs department will continue to strive to make aging in Wood County a successful and action-packed journey.

SOCIAL SERVICES

LISA MYERS, LISW-S, DIRECTOR OF SOCIAL SERVICES



This year brought a change in staffing in the social services department. Bella Genson, MSW, LSW, joined the social services team in June of 2023 as a social services specialist. In addition to Bella, the department is comprised of Lisa Myers, department head, who is a licensed independent social worker; social services specialist, Caleb Johnson, LSW, and two medical escorts Cindy Below and Linda Savage.

Throughout 2023, staff members have offered Wood County older adults vital services including medical transportation, home-delivered meal assessments, information and referral assistance to clients, medicare consultation and benefit coordination, durable medical equipment loans, and home repairs/modifications. Below are social services statistics for 2023:

| | |
|-----------------------------------|-------------------------|
| Information and Referral Contacts | 2,079 |
| Home-Delivered Meal Assessments | 747 |
| Medicare Consultations | 184 |
| Medical Transportation | |
| - Northern Wood County | 1148 one-way transports |
| - Southern Wood County | 1006 one-way transports |

In 2023, WCCOA was fortunate to receive home repair/modification funding from three separate sources, including Title IIIB funding of \$22,500, Ohio Housing Trust Funding (OHTF) for \$37,485, and a one-time award for home repair/modification funding from the Ohio Department of Aging (ODA) for \$115,000. All of the Title IIIB and Ohio Housing Trust Funding received in 2023 were exhausted. The department was able to assist 13 older adult residents with home repairs/modifications including ramps, furnace repairs/replacements, roof repairs/replacements, bathroom modifications, window replacements, etc.

Of the ODA funding received in the spring of 2023, the department assisted 22 older residents and exhausted \$72,163 of those funds. WCCOA was able to assist older adults with temporary ramps, tub cuts, grab bars, correcting unlevel flooring, and modifications to keep residents safe in their homes. The remaining ODA funding is available through September 2024.

The Social Services Department also offers monthly caregiver support groups at the Wood County Senior Center and the Perrysburg Senior Center locations. Additionally, a grief support group met twice each month at the Wood County Senior Center location. WCCOA also resumed offering blood pressure and glucose monitoring monthly clinics at the senior centers throughout the county beginning in December 2023. These clinics are conducted by a registered nurse contracted through collaboration with the Wood County Health Department.

Social services programs as mentioned above are vital to older adults' health, safety, and independence. The staff is dedicated to the mission of the agency, which is to provide seniors with services and resources allowing them to thrive and maintain independence.

WCCOA VOLUNTEERS

STEPHANIE SPENCER, ADMINISTRATIVE ASSISTANT / VOLUNTEER COORDINATOR



In 2023, The Wood County Committee on Aging, Inc. had 253 active volunteers who provided the agency with more than 13,250 hours of service. The service of these volunteers was essential to the agency operations at all eight senior center locations. Volunteers donated their time and talents in a variety of ways, often serving in more than one volunteer role.

Each of the eight senior center locations had a team of home-delivered meal volunteers who provided more than 6,098 hours delivering meals to those who are homebound, ensuring that these Wood County seniors had nutritious lunches each day.

WCCOA also had 39 volunteers across the eight locations who provided kitchen and dining room help. These volunteers spent 2,597 hours helping staff set up, serve, and clean up after meals in 2023.

Eleven front desk volunteers at the Wood County Senior Center kept day-to-day operations running smoothly by answering phones, assisting participants signing up for programs, and providing answers to questions. These volunteers served in four-hour shifts, which totaled 1,589 hours in 2023.

Newsletter collation volunteers assisted in assembling the monthly publication with 224 hours.

WCCOA experienced an increase in volunteers who helped with programs such as exercise and art classes, totaling more than 800 hours in 2023.

The organization's 15 board members gave 166 hours in regular or committee meetings.

The organization also had a handful of general service volunteers who provided 671 hours stamping bags for the home-delivered meals, shredding, and completing other helpful tasks around the senior centers.

WCCOA volunteers gave much of themselves to the clients and staff members in the agency; completing routine tasks that must be done in the day to day operation of services. These volunteers completed more than 13,250 hours of service at the eight sites in 2023.

FOOD SERVICE

ANGIE BRADFORD, DIRECTOR OF FOOD SERVICE



More than 156,000 home-delivered meals were distributed to 2,200 unduplicated Wood County older adults in 2023. These meals, prepared in the centralized production kitchen, were hand-delivered daily (Monday – Friday) to the frailest, most nutritionally at-risk individuals in rural Wood County who would not have access to constantly good nutrition.

WCCOA congregate senior center dining sites provided older adults a safe place for socialization and interaction, in addition to hot, nutritious meals. More than 60,000 meals were served to participants who visited one of the county's area senior centers in 2023.

The WCCOA food safety program is an integral part of senior centers' day-to-day operations. Site managers go above and beyond to ensure the meals are appetizing and safe for the county's older adults. Seven of WCCOA senior centers were again awarded the Wood County Health Department's Clean Plate Award. This award is presented to food service establishments that receive violation-free-inspections during the licensing period (March 2022-March 2023). The WCCOA production kitchen, which is licensed through the Ohio Department of Agriculture, continued to be recognized for its good manufacturing practices.

Each year a home-delivered meal survey is sent to all home-delivered meal clients. This survey gathers information regarding client satisfaction, eating habits, suggestions for upcoming menus, etc. The survey in 2023 determined that participants appeared to be satisfied with the smell, appearance, taste, temperature, and variety of meals. All respondents from the survey stated that the meals have helped them to continue living independently at home and they would recommend WCCOA meals to others.

In addition, to this home-delivered meal survey, the director of food service presented an annual "Menu Talk" at all WCCOA senior center sites. This presentation gave participants an overview of the food service department, including state and federal rules and regulations that must be followed. In October, Gordon Food Service sponsored a mini food show to gather menu ideas with participants invited to sample and give feedback on new dishes.

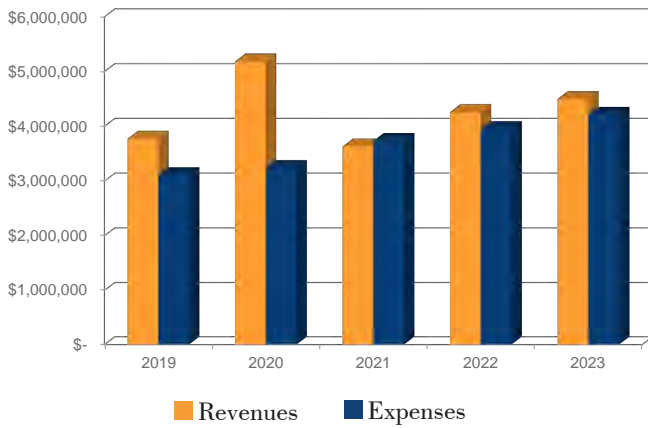
During March, elected officials and county dignitaries, once again participated in the "March for Meals" campaign. These community champions were invited to deliver meals at WCCOA senior centers and production kitchen (Bowling Green area meals). This event was held to increase awareness of the importance of these meals and daily wellness checks. In addition, the annual "Subaru and Meals on Wheels America Share the Love" event was organized again this year. This event invited local Subaru dealers to support WCCOA by partnering in assisting with delivery of meals during the holiday season. The experience helped to increase awareness and raise funds for local MOWA members.

The WCCOA food service department again collaborated with the Bowling Green State University food and nutrition department and Bowling Green High School/Penta program to provide students with hands-on learning experiences and social interaction with older adults. These experiences gave students valuable work skills and real-life opportunities not taught in the classroom.

FINANCIAL RESULTS

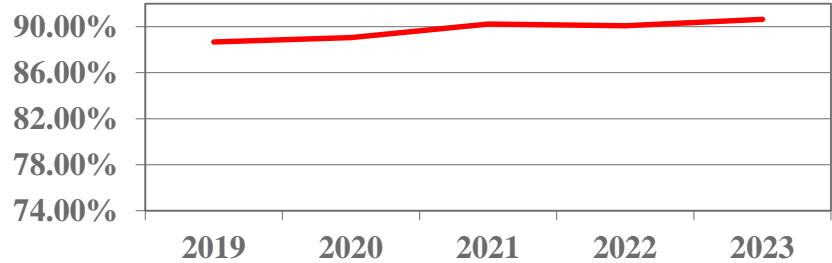
KEITH WHITACRE, FINANCE DIRECTOR

Statement of Activities



Source: Audited financial statements.

Program Ratio



Program ratio measures the percentage of total expenses devoted to direct activities versus supporting services.

Source: Audited financial statements.

2023 GOVERNING BOARD



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Tom Milbrodt, President Elect
Nancy Orel, Secretary
George Stossel, Treasurer
Roger Anderson
John Calderonello
Janet Delong
Sue Hart-Douglas
Sue Hess
Tim McCarthy
Jim Miles
Judy Wahrman
Eric Myers, Immediate Past President

2023 WCCOA STAFF MEMBERS

Gail Baden • Robin Beard • Barb Becker • Chuck Below • Cindy Below • Emily Black • Angie Bradford
Rita Brieschke • Danielle Brogley • Nikki Brooks • Jessi Chapman • Barry Cox • Paul Dauch
McKenna Durst • Allison Freeman • Sandra Gerety • Cathy Hill • Jeff Hoffmann • Kinsey Kale
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