

Key issues for an emerging and aging population

FROM THE SHERIDAN SENIOR CENTER

SHERIDAN — It was President Harry S. Truman who called for a national conference on aging to address the needs of a changing and aging population.

Eight years later, in 1958, President Dwight D. Eisenhower signed into law a bill passed by Congress that called for a national conference on aging to be held in 1961. It was a landmark conference led to several amendments to Social Security, to housing and community health services acts, and the passage of Medicare, Medicaid and the Older Americans Act.

Since 1961, subsequent conferences have met to address emerging issues for older Americans. The importance to address needs of older Americans continues with current focus driven by an increasing population of such individuals. An older population is projected to increase

to 19 percent by the year 2030 up from 9 percent in 1940 when Truman first initiated a conference to speak to the needs of older Americans.

The most recent White House Conference on Aging was held in July 2015. The following four themes emerged as points of focus from this conference:

- retirement security
- long-term services and community supports
- healthy aging
- prevention of elder abuse

Retirement security is a vitally important issue to older Americans and their families. Financial security for the 21st century involves planning and follow through during working years but small businesses cannot offer retirement plans for their employees. For those companies who can offer retirement savings plans, 78 percent of employees participate. This number drops to 57 percent for part-time employees. The



Sheridan team members Kay Wallick, Bill McDonald and Flavia George are developing a community needs assessment for caregiving supports for those living with dementia in Sheridan communities. Supports for caregivers is one area important to the emerging population of aging Americans that was identified at the White House Conference on Aging in 2015. The conference is held every 10 years to address the needs of older Americans.

COURTESY PHOTO

theme is increased education on fall prevention and giving physicians and other health care professionals access to resources that make fall prevention education a part of their routine clinical care. Nutritional counseling is another component and may be offered at no charge under many insurance programs.

The fourth area of focus from the conference on aging: protecting vulnerable older Americans from financial abuse, neglect, and exploitation. The conference noted that the oldest of older Americans are especially vulnerable to scam artists whether criminals reach out over the telephone or through one's doors. Community education for residents is one tool as is continued training for law enforcement agencies, the banking industry and the postal services.

While the conference showcased federal government action in each of these areas, there is opportunity for communities at state and local levels and in the public and private sectors to collaborate to address these topics.

As boomer Americans wave in and add to the current population of older adults, it is important that communities at all levels adapt and respond.

need to help workers plan for their retirement years will continue to be an important issue with emphasis on early and continued participation. While federal and state government will play a role in promoting retirement planning, there is opportunity for partnerships between the private business sector and government agencies to support

programs that will promote retirement savings.

Most individuals would prefer to age at home and in their communities. This is an attainable objective, especially so with community long-term services and supports in place. Access to affordable housing, transportation and emerging technologies to support living at home are key to aging

Americans. Supports for caregivers — those caring for a loved one with a long-term illness — are also an important focus for the 21st century.

Healthy aging will be more important to older Americans. While the White House supports partnerships with the private sector to encourage healthy living, another facet to this

CENTER STAGE

Looking at both sides

My career so far has taken me through the publicly traded, governmental and nonprofit worlds. Each world and company had its unique culture and ways of conducting business.



LOIS BELL

For those who don't know the difference between these categories, here's a brief synopsis of each — a "Reader's Digest" version, so to speak, before I proceed. Publicly traded companies raise money from sales of a product or service but can also raise monies through the

markets by issuing stocks (shares of ownership in the company) or bonds (loans from the public). The governmental agencies I'm thinking of are funded through taxes. Nonprofit organizations (also referred to as 501c3s, a reference to their IRS tax filing) can be substantially funded through donations.

I work for the Sheridan Senior Center, a 501c3 nonprofit organization. In 2016 the Senior Center provided services to 3,000 Sheridan County residents, primarily age 60 and older. These services included daily meals, in-home care, transportation, exercise, activities, travel, education, nutritional counseling and adult day care services, plus services through numerous community partnerships. The number of people we serve is projected to grow. This is not a guess: the numbers are in the census and are coming.

The Senior Center was blessed with a community that responded so generously to its capital campaign. These donors responded to the center's appeal to expand and transform its facilities and services in anticipation of the forthcoming wave of older adults and their needs. "Building for the future" as my friend, Kay Wallick, says. Donors to the capital campaign designated their donations for building and expansion only. That means, the donations cannot be used for anything other than what the donors intended.

For operations — day to day expense such as food supplies, gas for buses, utilities and salaries — the Senior Center relies on federal and state funding, donations and some payments and contributions by individuals for services. We have heard it said, "oh the Senior Center is doing well" and we think we understand where this derived. But a successful capital campaign for building preceded government budget cuts for operations. One Senior Center program's operating budget was cut by \$52,000 severely forcing that program to restructure its service to current clients and hobbling the program's ability to add more clients as quickly as requested.

As a 501c3, the center relies on donations to supplement government funding and program contributions for operations. We are grateful to each and every donor who supports the Senior Center's mission to embrace, celebrate and serve older adults in our community. Without donors, the Senior Center would not be able to provide its services to a fuller capacity. Donors are the lifeblood of the

center and hold a very special and impactful role to us. We appreciate each and every donor and each and every donation from \$1 or more. Every drop does count and does make a difference.

But in our enthusiasm to show gratitude, one side of the income statement — expenses — is not shared. We want to show our appreciation; broaching the subject of costs may seem like a downer when accepting a much-appreciated donation. But is the Senior Center — and other nonprofits — missing an opportunity to share with the community the true picture of what it takes to operate and forgoing an opportunity for some creative collaboration?

So, how does a nonprofit, such as the Senior Center, show its gratitude to valued donors and share the reality of the income statement also? Therein lies the challenge. It is not offensive for people to ask of an executive director or other nonprofit leadership, so, how is the Senior Center (or, another cherished nonprofit) doing? Expect an honest answer while recognizing that community support — no matter what level — is a nonprofit's lifeblood and gratefully accepted. We welcome the opportunity to explore new and innovative ways to close the financial gap between expenses and revenues and look at both sides of the income statement.

LOIS BELL is the communications director at the Sheridan Senior Center. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.

SENIOR CENTER HAPPENINGS

• Kick off 2017 with a Weight Release class. Learn effective strategies for weight release, empower your relationship with food, improve nutrition knowledge and identify food and emotion connections impacting your weight goals with registered dietitian, Georgia Boley. Tuesday evenings, 5:15-6:15 p.m., Jan. 17 through March 14 at the Senior Center, 211 Smith St. Sign up before Jan. 11 by calling 672-2240. Pay the instructor at the class.

Under 60 years old? \$80 for the course or \$10 per class. 60 or older? Register with the Sheridan Senior Center and there is a suggested contribution of \$60 for the course or \$8 per class.

• Saturday breakfast at the Senior Center, Saturday, Jan. 14, 7:30-9 a.m. Two eggs, sausage, hash browns, toast, fresh fruit, your choice of milk or juice plus a bottomless cup of coffee or tea. Call 672-2240 in advance to let us know you are coming and pay at the

door when you show up. The cost is \$5 per person for individuals who are 60 and older and registered with the Senior Center. Senior Center meal tickets may be used.

• The public is invited to learn more about the Senior Center and its mission. Meet with Executive Director Carmen Rideout on Monday, Jan. 16, 1-2:30 p.m. at 211 Smith St. Please call 672-2240 to let us know that you are coming.

• Conversations in History

with Sheridan historian, Helen Laumann. Topic: "Absaroka, the 49th State." The event begins at 10:30 a.m. No need to sign up in advance — just come! Grab a cup of coffee or hot tea from our dining room to enjoy.

• If it's January, it's JANE-uary! If your first, middle, or last name is Jane — no matter how to spell it — sign up for the 2017 JANE-uary celebration. Call 672-2240 to sign up and for more information.

Sheridan Senior Center
"Celebrating 40 Years of Service!"
 www.sheridanseniorcenter.org

Fun and Food
 BUILD YOUR OWN SALAD Mondays - Fridays
 Entrees and kiosk include sides, dessert and drink.

Entrée Choice*	or	Soup Kiosk
Sun - Herb Baked Chicken		
Mon - Beef Stroganoff		Creamy Rice Soup
Tue - Glazed Ham		Beef & Cabbage Soup
Wed - Beef and Vegetable Skillet		Creamy Chicken Soup
Thu - Chicken Ranch Pizza		Southwest Pork Stew
Fri - French Dip/Au Jus		Beef Stew
Sat - Chicken Tetrazzini		

*entrée only offered for Home Delivered Meals

Mon - Double Pinochle	1:00 p.m.	Community OR Dining Room
Tue - Cribbage	12:30 p.m.	Dining Room
Wed - Conversations in History	10:00 a.m.	
Thu - Hobby Day Share Sign Up in advance	12:30 p.m.	Dining Room
Fri - B.A.M.	9:30 a.m.	Community Room

Sign-ups for AARP Foundation Tax Aid appointments now available by calling 672-2240 Mon - Fri, 9 a.m. to 3:30 p.m. Appointments begin in January

Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year at 211 Smith Street
 Building hours: 9:00 a.m. to 4:00 p.m. Mondays - Fridays
 9:00 a.m. to 1:00 p.m. Weekends and Holidays
 211 Smith Street Sheridan, WY 82801
 Home Delivered Meals (307) 672-6079
 Senior Center Main Phone: (307) 672-2240 9:00 a.m. to 4:00 p.m. Mon - Fri

Visiting Specialists

Billings Clinic

Cardiology


 Loren Budge, MD

Dr. Budge is board certified in cardiovascular disease and are electrophysiologists. They provide diagnosis and treatment of adult cardiovascular diseases, specializing in heart rhythm disorders.

Seeing patients at:
Big Horn Heart Center, Medical Arts Park
 1333 W 5th Street

Nephrology — Heather L. McGuire, MD

Seeing patients at:
Watt Dialysis Center, Sheridan Memorial Hospital
 1401 West 5th Street

For appointments please call: **1-800-332-7156**

See your primary care physician or practitioner to determine if a specialty referral is appropriate for you.

billingsclinic.com