



Division of Aging & Disability Services

2018 Annual Report

From the Director

I am pleased to present the 2nd Annual Report for the newest Division in government. Late in 2014 the Division of Aging and Disability Services was created in response to the growing senior population and the construction of the New Lexington Senior Center. What once was the Office of Aging and Independent Living with just 7 employees has now become a division with 13 full time employees, 10 part time employees and a number of independent contractors. The steady growth in participation does not come without challenges; limited space in Art, Music and Fitness classes leaves some without access, with just over 160 parking spaces and nearly 300 users a day parking can be challenging.

According to 2016 Census estimates 17.7% of Fayette County residents are 60 and older. By the year 2020, 23.8% of the county will be 60 and older that is about 75,790 people. Now more than ever services to meet the needs of senior adults is vital.

Our Division offers senior adult programs in 4 locations throughout Lexington. The part time Charles Young Center is located on the Eastside of the city, the Eldercrafters program is located on the Westside of the City, the Bell House at city center and the Lexington Senior Center on the Southside of the city. All provide educational, recreational and social activities for Fayette county residents 60 years or older.

Overview

The philosophy of the Division of Aging and Disability Services is based on the premise that aging is a normal developmental process; that human beings need peers with whom they can interact and who are available as a source of encouragement and support; and that all people have the right to a voice in determining matters in which they have a vital interest. The Aging Services provides a variety of outreach services to seniors to support them as they age in place; connecting seniors and persons with disabilities to the valuable resources in their community.

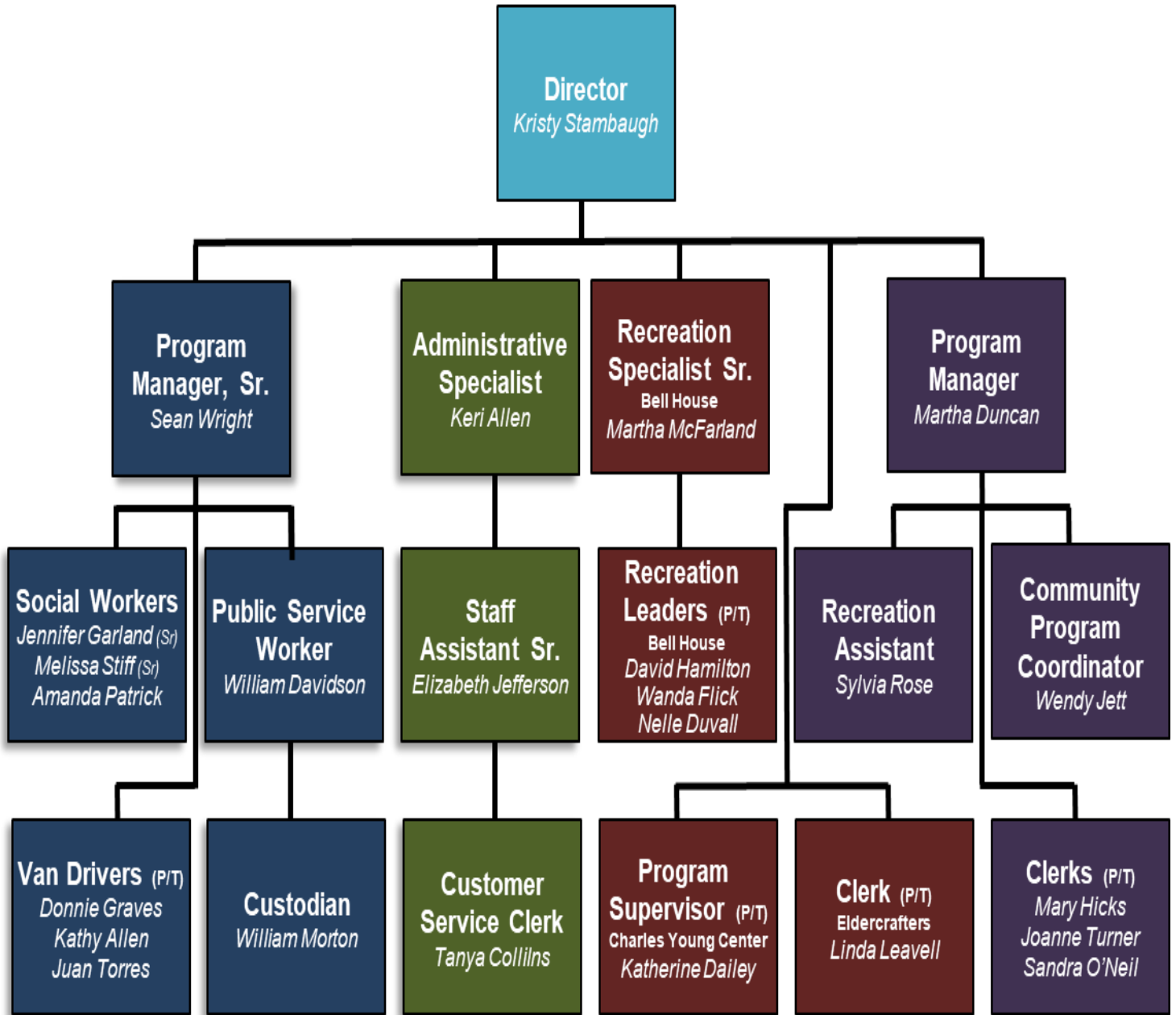
By providing a safe and inviting environment at the four senior centers, we encourage seniors to participate in activities that enhance their dignity, support their independence, and encourage community involvement. As seniors join in various activities, they are spending less time at home alone and more time in the community, making meaningful connections with peers, and participating in enjoyable activities.

The mission of the senior centers are to be community focal point on aging, where older adults come together for services and activities that enhance their dignity, support their independence, and encourage their involvement in the community

Aging Services reaches out to seniors in the community in a number of ways. We create a monthly newsletter that is emailed to more than 2200 people, mailed out to over 2546 homes and we print more than 1000 copies for participants to pick up at the senior centers each month The newsletter is also posted on the city website for anyone to see. Seniors can access the city website and see the page for the Lexington Senior Center and the Satellite Centers with all of the information about activities, programs, and travel at any time. For the first time we also have a facebook page, like us at Lexington Senior Center.

Aging and Disability Services

Organizational Chart – January 2019
 Division of Aging & Disability Services



Lexington Senior Center

The Basics

- 33,000 square feet
- Open Monday through Friday, 8 am to 5 pm
- 11 full-time employees, 3 part-time van drivers, 4 PT program employees, and additional cleaning contractors
- Fleet of 4 vehicles

Designated program spaces:

- 2 art rooms
- Group fitness room
- Equipped fitness room
- 2 classrooms
- Dining room/multi-purpose
- Library
- Café
- 2 outdoor patios

“I’ve lost 57 pounds, I like the encouragement I have gotten from people on my healthy journey. I also have a social network here.”
- Debbie

“It makes me healthier, I make friends!” - Donna



Lexington Senior Center

The Lexington Senior Center is home to a variety of activities and services for all Fayette County residents age 60 and older.



1,548

TOTAL NEW PARTICIPANTS
2018

Of the 1548 new participants in 2018, 43.3% of them have an email address.



GENDER

2018 72.7% FEMALE
26.6% MALE

(25.9% live alone)

AGE OF PARTICIPANTS

- 1.1% 50-59 years old
- 39.5% 60-69 years old
- 40.3% 70-79 years old
- 11.1% 80-84 years old
- 7.6% 85+ years old



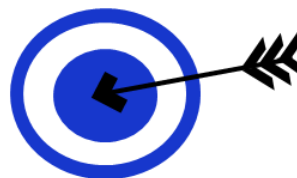
SOCIAL WORK SERVICES

- 3956 Client Services
- 330 Per Month Average Unduplicated Services
- 1255 Rides

299

AVERAGE DAILY ATTENDANCE 2018

144 of 250 Days
Over 300 participants



ETHNICITY

- 9.3% African-American
- 3.0% Asian-American
- 78.5% Caucasian
- .3% Asian Pacific Islander
- .6% Hispanic
- .2% Native American
- 8.1% Unknown



LANGUAGES SPOKEN

- German
- Chinese
- Persian
- Korean
- Spanish
- Punjabi
- English



Lexington Senior Center
195 Life Lane, Lexington KY 40502
(859) 278-6072



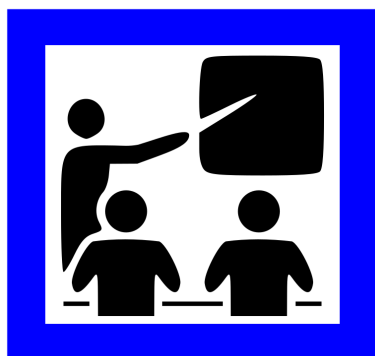
LEXINGTON

Activities at a Glance

Below represents the number of unique participants in a sample of classes offered in 2018

Exercise/Wellness

Equipped Fitness Room	859
Get Up & Go	490
Active Aging (seated)	309
Tai Chi for Better Balance	318

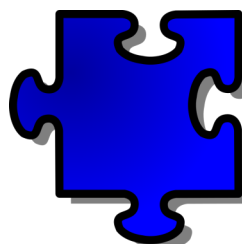


Education

Conversational Spanish	111
History	107
Now You Know	104
Senior Writing	79
Technology 101	53

Social Events

Bingo	328
Billiards	196
Volunteers	90
Crochet for a Cause	49



Recreation

Travel	476
Library	471
Piano	162
Puzzle Tables	142
Sewing	67

Social Work

Aging Services has three certified social workers on staff to assist clients with information, assistance, and advocacy services.

Financial Assistance

104 Seniors received \$34,548.65



Information & Assistance

10,212 Referrals made to other agencies

824 Referrals from other agencies to senior center social workers

3956 Clients served

“It gets me out of the house, I like working the puzzles. I like that there’s so much to do, there’s so many classes you can take. It gives me the opportunity to meet new people.”
- Junior

Commodities - monthly food box

168 seniors per month

33 seniors on the waiting list

95 commodities delivered each month

Transportation

1255 rides to and from the center

20 seniors on our waiting list



Lexington Senior Center

How Participant's Heard about the Lexington Senior Center

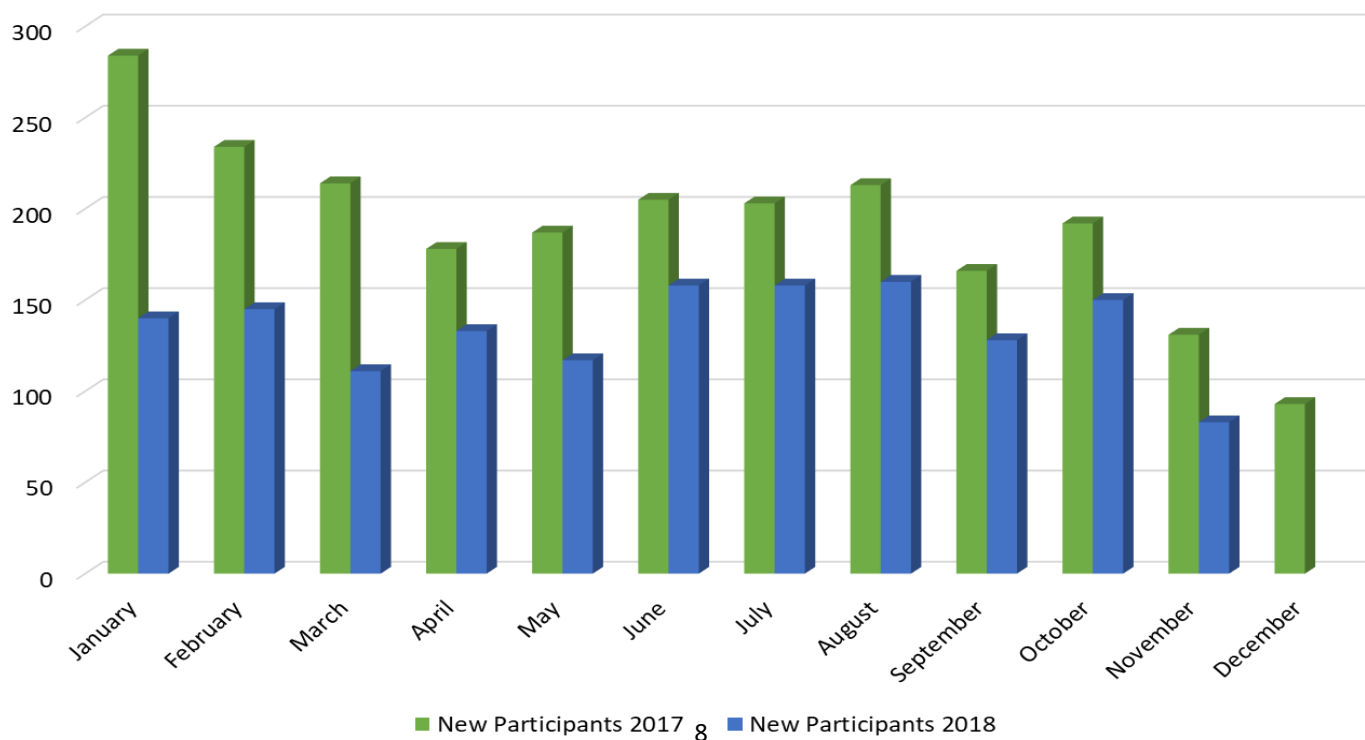
Word of Mouth / Family / Friends	983
Newspaper / Media / Social Media	165
Doctor / Therapist	38
Drove By / Watched it Being Built	35



Why They Joined the Lexington Senior Center

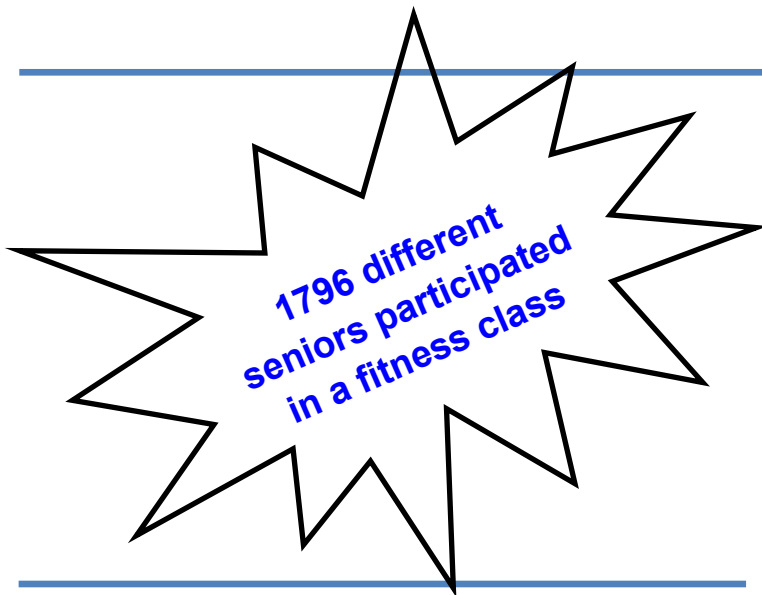
Activities / Art / Music / Education	595
Exercise / Fitness	454
Socialization	343
Something To Do	97
Recommended By Family / friends / Healthcare Provider	70

New Participants



Art, Music, Weight Loss Classes

Classes offered	149
Spots available in class	1621
Spots filled in class	1488



Group Fitness

(One Week Snapshot)

27 - 46 classes a week

Maximum class size varies from

Life Impact Survey Results

Since joining the Lexington Senior Center:

- 81% indicate that they have learned new things
- 43% indicate that their physical fitness has improved (many respondents indicated that they had not participated in a fitness/wellness activity yet.)

“As a new retiree, recovering from health issues, the fitness center has been a blessing for me to get back in shape. The staff here is tremendous and welcoming and the folks that attend here have become a new community to me. It has greatly enriched my life” - Casey

Satellite Centers

AGE OF PARTICIPANTS

- 35.5% 60-69 years old
- 34.7% 70-79 years old
- 27.0% 80+ years old




GENDER



- FEMALE 88.5%
- MALE 11.5%

29.8 % of participants live alone

ETHNICITY

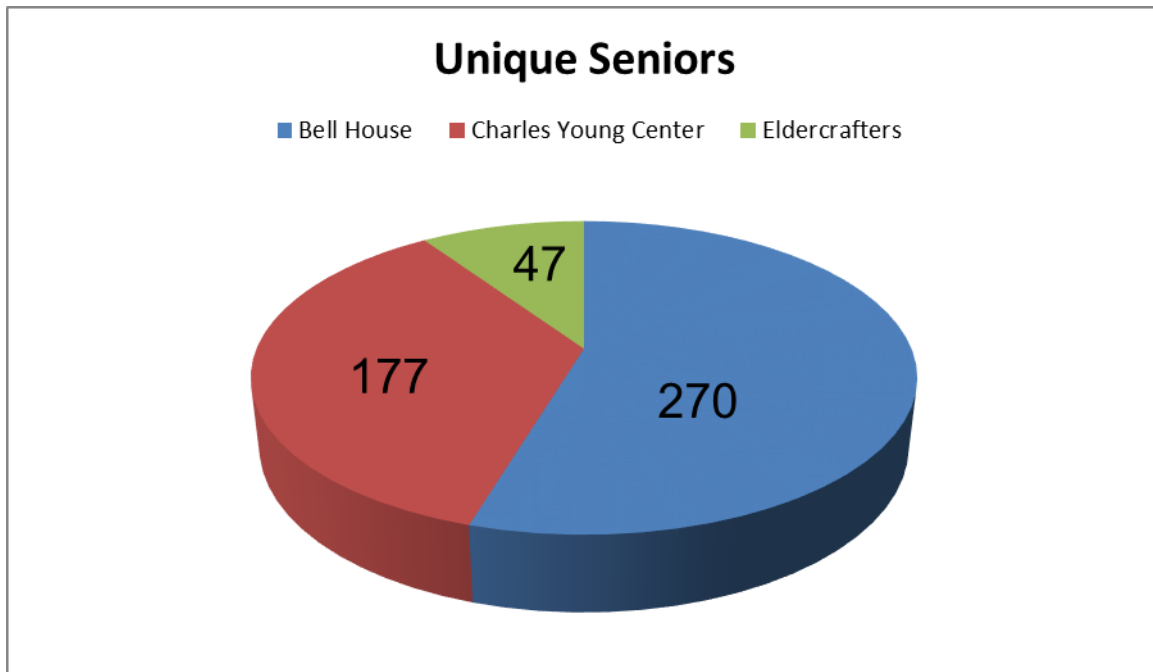
- AFRICAN-AMERICAN 16.3% 
- ASIAN-AMERICAN 2.0% 
- CAUCASIAN 64.2% 

ACTIVITIES SPOTLIGHT

- CYC Bodies in Balance 56
- CYC Jewelry Making 14
- Bell House Line Dancing 63
- Bell House Water Exercise 112
- Eldercrafters Yoga 14



SATELLITE CENTERS



Senior Programs at the Bell House

545 Sayre Avenue

(859) 233-0986

Senior classes at the Bell House are free and open to all Fayette County residents ages 60 and over.

Creative Activities

- Oil Painting
- Watercolors
- Ceramics
- Adult Coloring

Social/Educational Activities

- Monday Club
- Piano Lessons
- Bell House Troubadours Choral Group
- Bell House Beaus & Belles Hand Bell Group
- Bridge
- AARP Driver Safety (March, May, July, September and November)

Fitness

- Chair Yoga
- Aging with Grace Exercise
- Advanced Line Dance (at Carver Center)
- Intermediate Line Dance (at Carver Center)
- Strider's Walking Club Fayette Mall Food Court
- Water Fitness



Eldercrafters at the Black & Williams Neighborhood Center

**498 Georgetown Street
(859) 252-1288**

Mondays through Thursdays 9:30 am to 2 pm

Eldercrafters is free and open to all Fayette County residents ages 60 and over.

Creative Activities

- Ceramics – Green ware, bisque, glazes and stains provided
- Needle crafts – Knitting, crochet, embroidery
- Sewing – Machines and thread provided
- Jewelry Making – all supplies provided

Social Activities

- Card games
- Dominoes
- Movies
- TV
- Pot luck lunches
- Travel

Fitness

- Chair Yoga



Senior Programs at the Charles Young

**540 East Third Street
(859) 246-0281**

Mondays, Wednesdays, & Fridays 9 am to 1 pm
Free and open to all Fayette County residents ages 60 and over.

Creative Activities

- Jewelry Making
- Miscellaneous Crafts

Social/Educational Activities

- Tablet Training—Bring in your smart device (phone, tablet, laptop) and our volunteers will assist you in using it.
- Cards / Games / Wii
- Lectures and other informational classes

Fitness

- Bodies in Balance
- Beginning Line Dance
- Pickleball



Community Involvement

The Division of Aging and Disability Services is leading the charge for Lexington to become a WHO designated Age Friendly Community. We just completed our 5th year of engagement and the Livable Lexington Plan which highlights all of the things that make Lexington a great place to live will be available early next year.

The Mayor has appointed a Senior Services Commission that is made up of 22 members from the community. Their mission is to identify gaps, supporting and responding to issues or problems of finances, organization, social services, education, housing, employment, leisure time activity, health and health-related services, transportation and other activities as they affect seniors. The Director of Aging and Disabilities serves on this commission.

The Mayor also had an appointed Commission for People with Disabilities whose mission is to promote the inclusion & empowerment of people with disabilities within the Lexington-Fayette Urban County community, and to advise the Mayor and the Urban County Council on issues that impact persons with disabilities. The Director of Aging and Disabilities serves on this commission.

Representatives from the Division are involved and serve on a number of committees that provide educational conferences in the community. These are; the GAP Conference (Grandparents and Relatives as Parents), I know expo, Embracing New Opportunities Conference, Bluegrass Elder Abuse Prevention Conference, the Senior Intern Program, and the Eye Opening Symposium: Low Vision to No Vision events.

Contact Information

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