**Age Friendly Louisville**

**Social Participation, Respect, & Inclusion Work Group/Domain**

**Meeting Notes**

**July 9, 2019**

**Attendees: Sarah Marlowe, Chris Clements, Lettie Heer, Tiffany Woodson, Todd Adams, Rita Morrow, Mabel Jones, Ron Loughry, Terri Thomas and Vicky Rouse.**

**Location: St. Matthews Eline Branch Library---3940 Grandview Avenue, Louisville, KY 40207**

Brief Introductions by all Attendees and sharing of 4th of July memory and highlight.

Update status and discussion of the next steps on “improving community cohesion to guard against elder abuse” through putting together a bookmark with website information, contact numbers and other resource references. Draft of this bookmark will be shared at September meeting and final product with printing of it will be done in November.

Presentation and Background by Todd Adams and Tiffany Woodson with the Louisville Metro Senior Nutrition Program as well as Meals on Wheels program. Todd was the lead presenter and shared a lot of insight and information on how the program has two major parts to it. The first deals with Congregated Senior Centers (participants can go to nearby neighborhood/zip code centers) and second is the Meals on Wheels Program (participants can receive meals at their homes especially due to disabilities and other medical matters). The qualifications for these two programs is for those whom are 60 years of age, live on a fixed income, and have ailment or disability that limits them to go out of the home. Todd Adams added that the Meals on Wheels Program is more than just a meal, its often the chance a senior can have any socialization that day. The homebound individual gets daily interaction, “well check”, social engagement and even the first chance for emergency responder if necessary. Todd Adams shared the following two stats: 390 meals are delivered each day and 400 individuals go to congregated meal sites. Annually, 200,000 meals are served each year to 650 individual clients. However, there are 180 persons on a waiting list to receive this service. While Mastersons Catering does the food, KIIPDA is the contractor for the program. Todd Adams shared that the largest congregated meal site is Kling Center but the Shawnee area is the largest area for delivery of meals. The reasoning why 180 persons cannot get help or be a part of this program is due to mostly money and funding. The group was concerned about this number and the chance of it going up as the “Baby Boomer” population ages. Ron Loughry added that through his experience as the former Executive Director of Fern Creek/Highview Community Ministries, he witnessed first hand the impact that this program has done with their congregated site and meals being delivered from their ministry. It allowed others a chance to be involve and broke down walls of isolation. The group realized besides funding other issues that were factor was privacy and personal choice, so this limits the aid and support that can be done. Tiffany Woodson, whom is the Volunteer Coordinator for Senior Nutrition, added that recruitment of volunteers and spreading the word of the program is critical and ongoing. It should be noted that volunteers often do 7 to 12 meals a week and can only spend about 5 to 10 minutes with an individual due to a tight schedule of travel and seeing so many persons. The Meals on Wheels Program is funded through the Older American Act and goes through KIDPA and on to Louisville Metro. The citizens have to realize that tax payers are actually saving money through this program or else there would be bigger expenses that would occur. Besides federal money being allocated for the program, other funds do come from general donations and memorial gifts. The group continued to talk about the 180 persons on the waiting list and how they can get help. Obviously, faith base organizations, neighbors, friends and other means allow these individuals to get aid and support but certainly is not enough and can be loose or not solid/secure. Further research and assessment need to be done. There are a total of 10 full time and 14 part time staff that work in and around the Senior Nutrition Program. However, ways to help out these staff members and serve the 180 individuals on the waiting list included looking at more corporate and civic organization involvement, Louisville Metro Fire Department and other responders playing a role, seeing if Realtors (whom appear to have more flexible schedule) to be engaged, looking at more retired military volunteers and working with Metro United Way (MUW) as well as having more intergenerational involvement (which can include high school and college age and young adults) involved. Its apparent, individuals need to step up and government cannot be the only role player in this. Tiffany Woodson and Todd Adams shared a color handout list “6 Ways to Get Your Family Involved with Meals on Wheels.” (See attached flyer.) Another way to get more intergenerational involvement is to have school age kids make cards and notes for the homebound seniors. This has been done for Valentine’s Day but more effort to do this year around especially around various holidays will be pursued. Certain school groups will be explored and reached out to once the new school year starts in August.

Another issue briefly touched on is what to do about the homeless population and how to serve them better and insure they know about things and get the help they need. Nick Minick, a representative with Lost Sheep (homeless group) was to come but could not make it today, however will join the group in August. The group did talk about certain senior and fixed housing complexes that seem to need more outreach support and lack food support. These included Puritan, J. Blanton House and other scattered sites in Old Louisville and Portland. This discussion will continue in August.

Rita Morrow provided an update and progress report about the other three Age Friendly domains and where they were at and encouraged people to attend their sessions if they could. The group indicated that it might be nice to have the groups come together as a whole. Rita stated that this is in the plans later in the year, probably in November and it would be more like a retreat or recap session.

There are conflicts at Thrive Center for August; so Terri Thomas has offered the Harbor House for August gathering. Harbor House is located at 2231 Lower Hunters Trace, Louisville, KY 40216. An earlier in the year domain session was held here and had up to 15 participants. Chris Clements added he will look at other free public libraries as sites for fall season including the two newer branches, Northeast and South Central. The St. Matthews Eline was a good site today and libraries are welcoming community spots for all. Next Domain session will be August 13th (Tuesday) from 2 PM to 4 PM at Harbor House.