



AGING & DISABILITY RESOURCE CONNECTION

Your Doorway to Information & Assistance

# Hunterdon County Division of Senior, Disabilities and Veterans Services

An Aging & Disability Resource Connection (ADRC)

Public Hearing

September 9, 2020





# Mission Statement

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“To foster the independence and dignity of Hunterdon County veterans, individuals with disabilities and older adults.”

# Our Responsibilities

## **1. Develop and Implement the “Area Plan of Aging Services”**

- **Conduct a Needs Assessment**
- **Establish service priorities**
- **Develop a Request For Proposal process**
- **Review funding proposals**
- **Make funding recommendations to the Board of Chosen Freeholders**
- **Monitor programs and services**

## **2. Serve as the primary resource for aging, disability and veterans issues**

## **3. Provide care coordination for consumers who are disabled**

## **4. Provide Information and Assistance**

## **5. Manage Mr. Fix It Services**

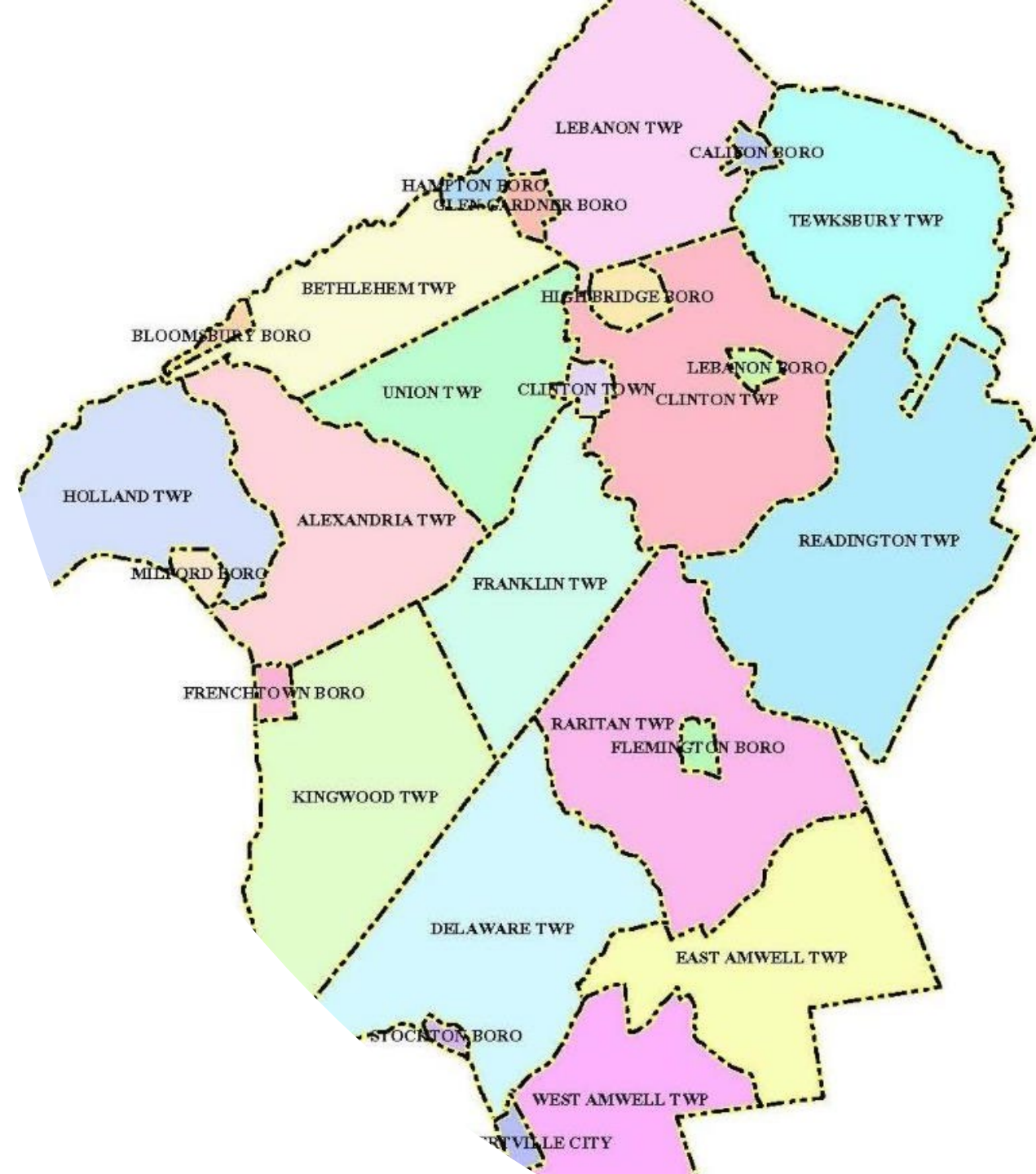
## **6. Provide programs through the Senior Center**

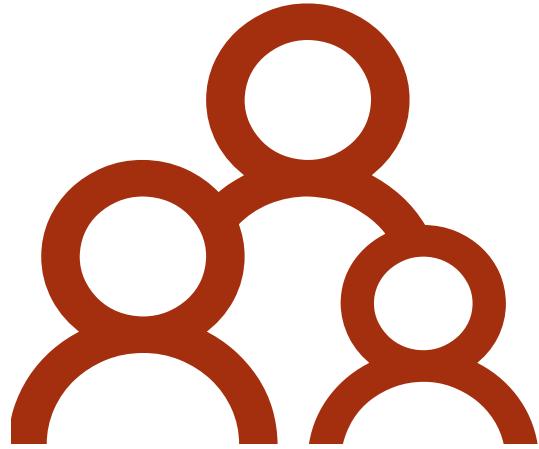


# Hunterdon County Demographics

**Total population: 125,059**

- 17% Seniors, age 65 and above
- 86% White Alone
- 3% Black Alone
- 4% Asian Alone
- 7 % Hispanic
- 6,054 Veterans
- 5.1% people with disabilities under age 65
- Median Household Income \$108,177
- 5% Living in poverty





# Aging in the United States

- In your 60's you may become a morning person. While you get tired earlier, you will also be awake earlier in the morning.
- If you suffer from Migraine headaches, once you hit your 70's they may go away. Only 10% of sufferers reported ongoing headaches after the age of 70.
- Early retirement may not be the best thing for your health. The Longevity Project found that people who work hard at a job they enjoy live the longest.

# 2020 Needs Assessment & Senior Center Satisfaction Survey

## **Needs Assessment**

- Published in the Spring 2020 edition of the Seasoned Years, distributed at the Senior Center, Division of Social Services, by Meals on Wheels volunteers, and posted on the DSDVS website.
- Received 113 responses

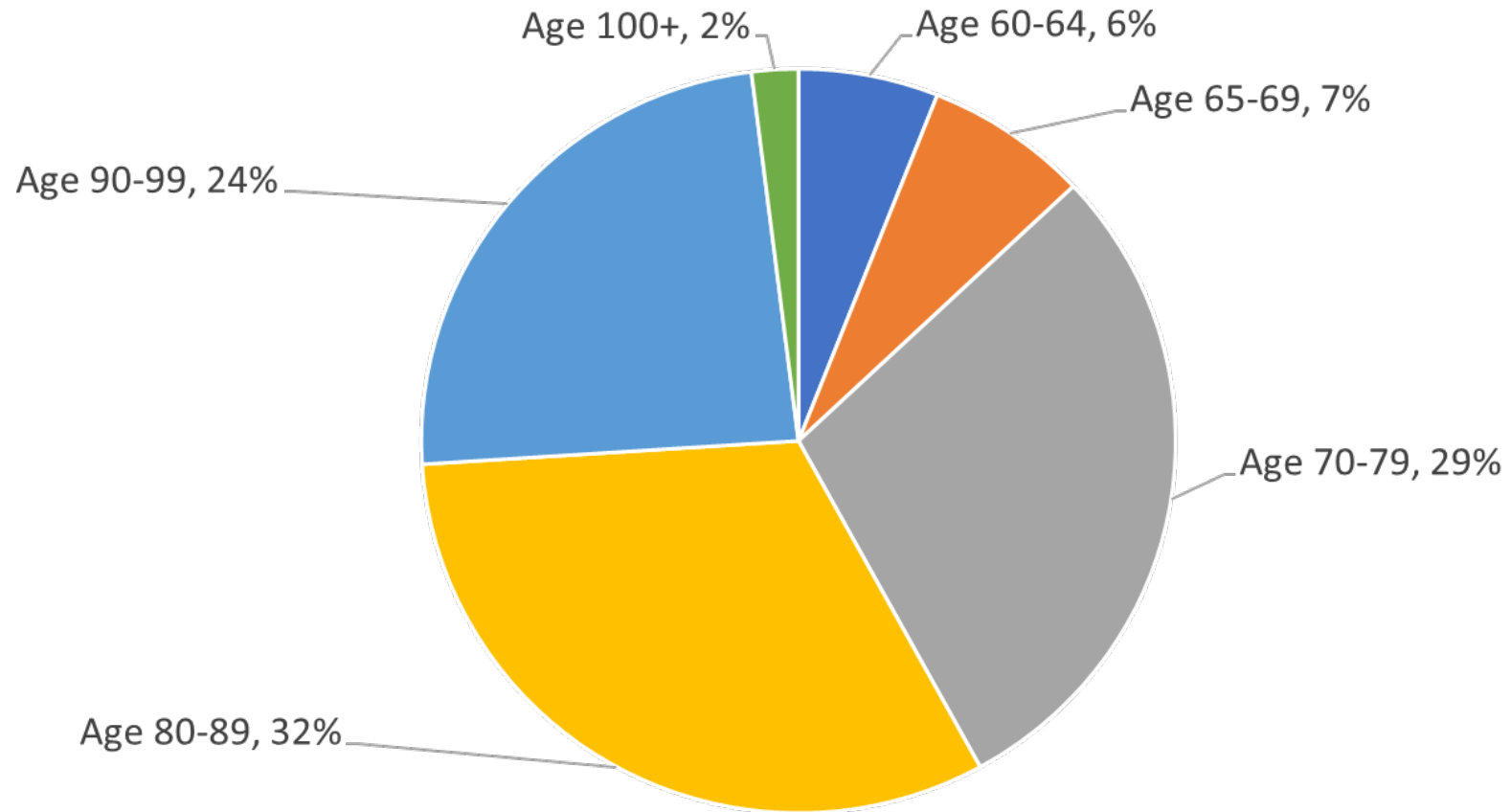
## **Senior Center Satisfaction Survey**

- Distributed at the Senior Center
- Received 39 responses



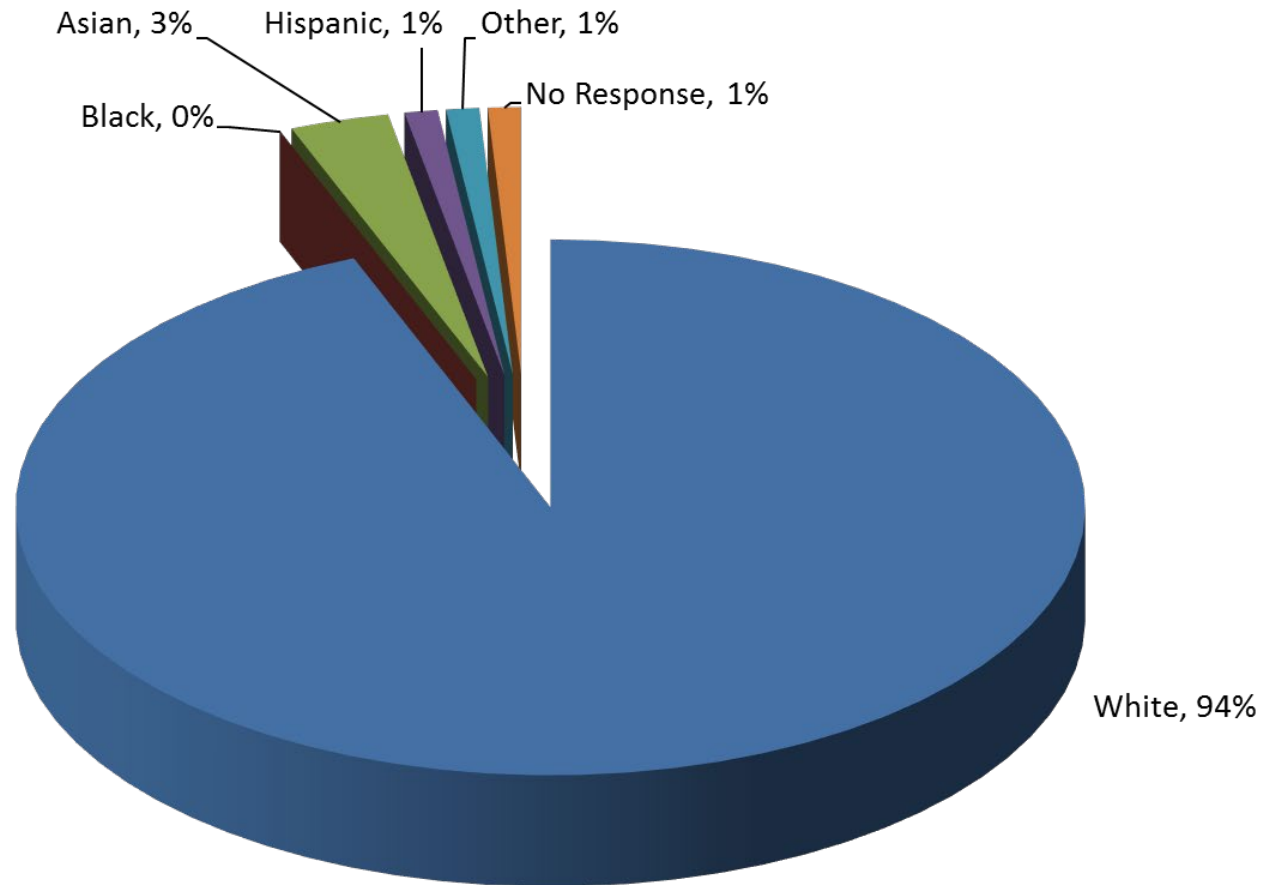
# Responses by Age

2020 Needs Assessment



# Responses by Race

2020 Needs Assessment



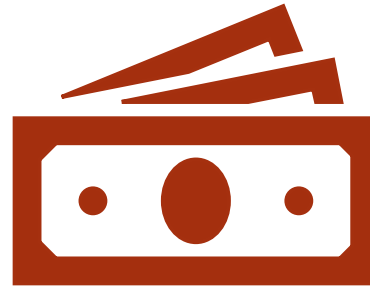


# Services Tax Dollars Should Support

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2020 Needs Assessment

1. Meals on Wheels
2. Senior Center
3. Transportation
4. Home Health Aides
5. Adult Day Services



# Comments

“This was difficult, they are all important.”

“Computer open use for needy, who cannot afford comcast at \$100 per month.”

“All of the programs should be supported.”

# Senior Center Satisfaction Survey Results

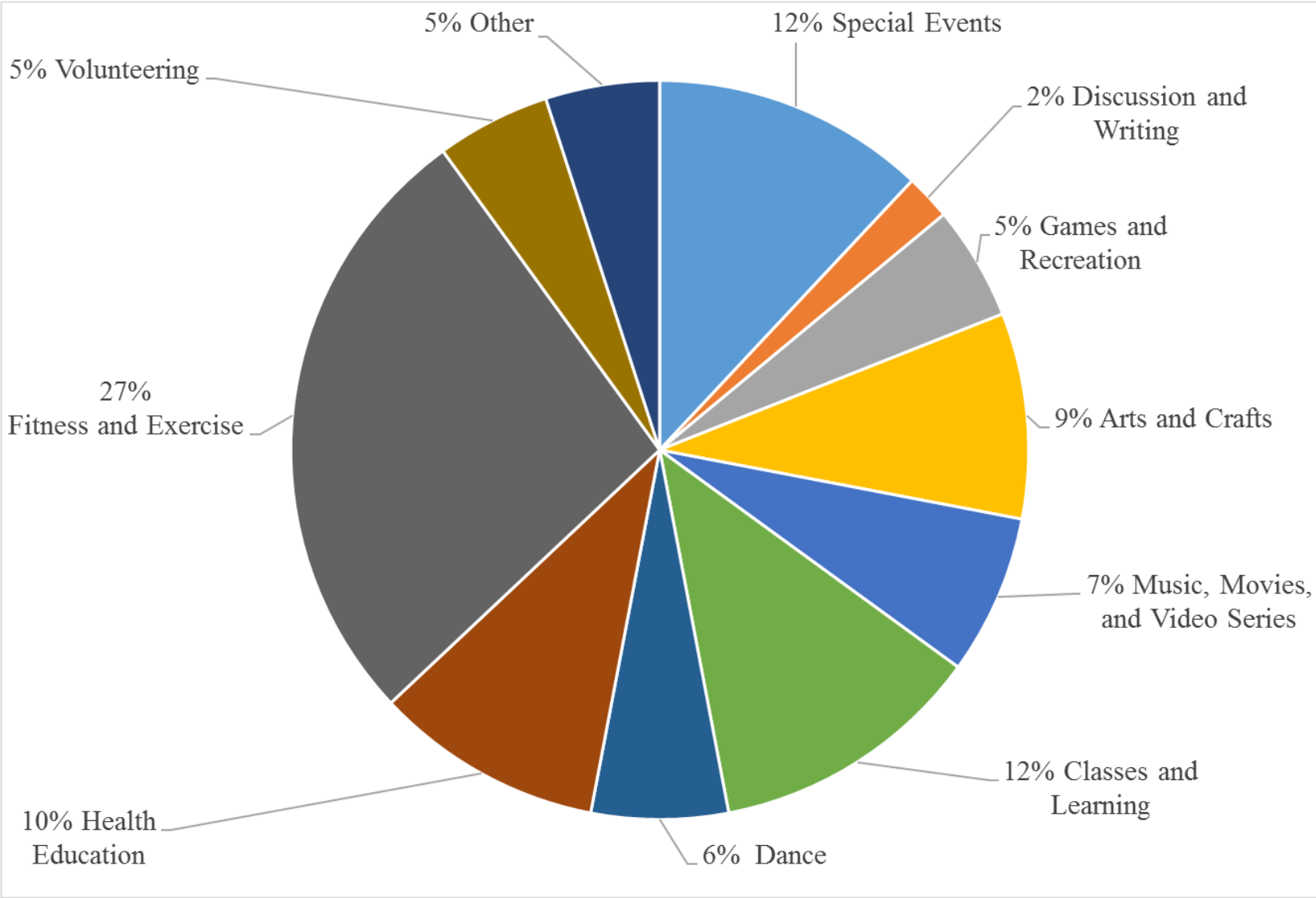
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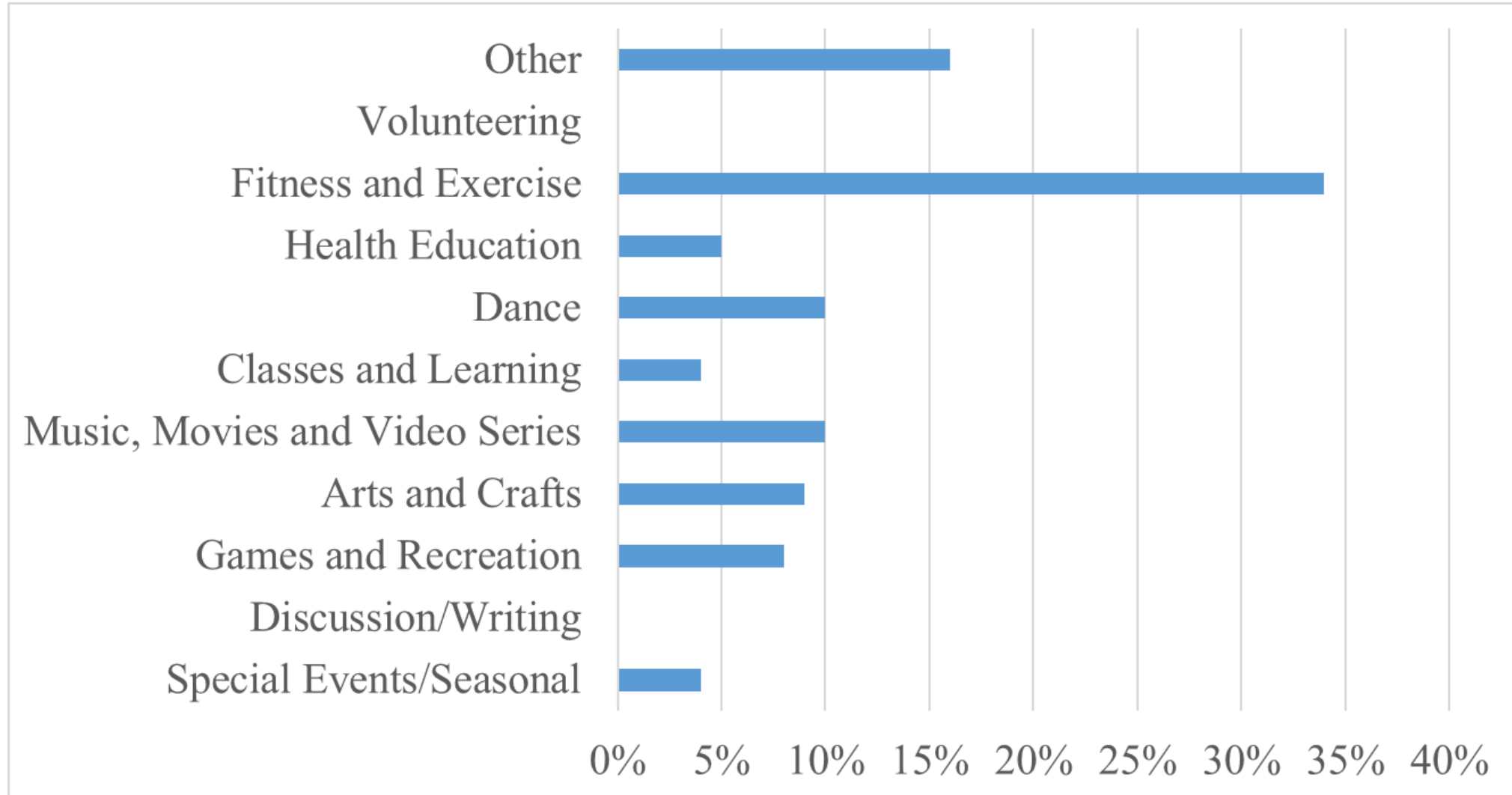
## Facts

- Between January 1 and April 30, there have been 105 new registered members.
- In 2017, 205 new seniors registered. In 2018, 231 new registrations were completed.

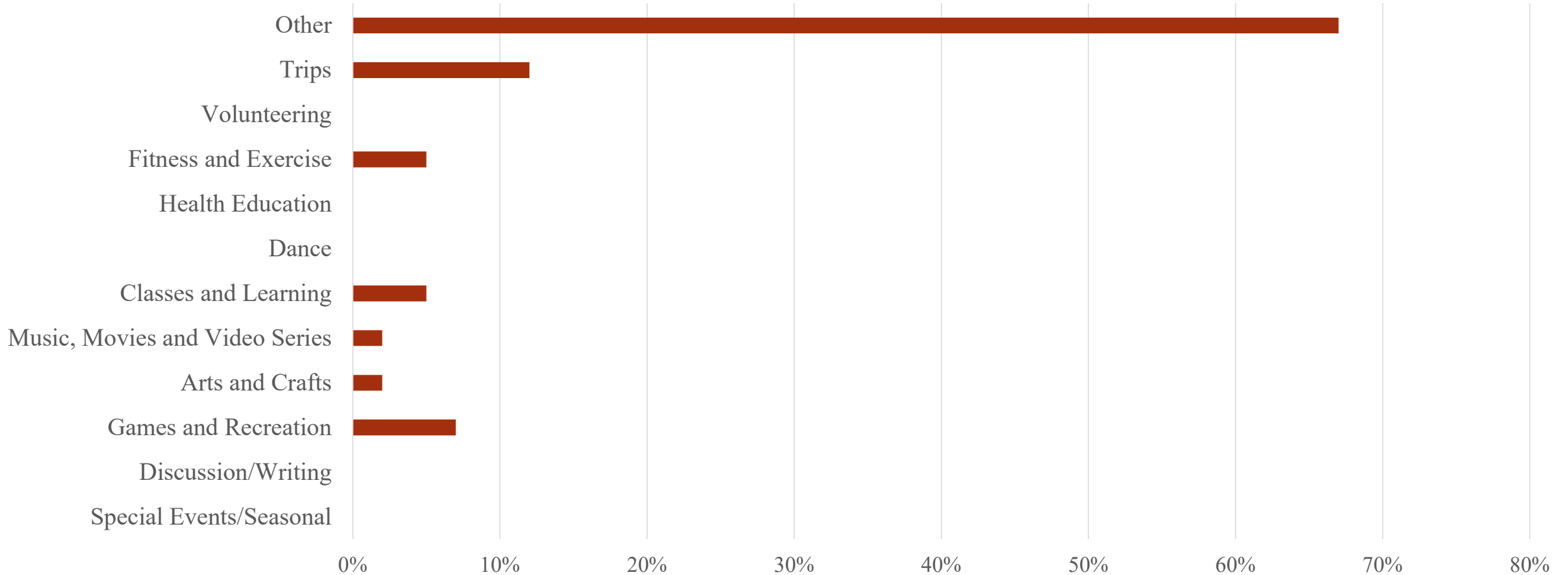
# Motivation for Attending



# Most Enjoyable Activities



# New Activities

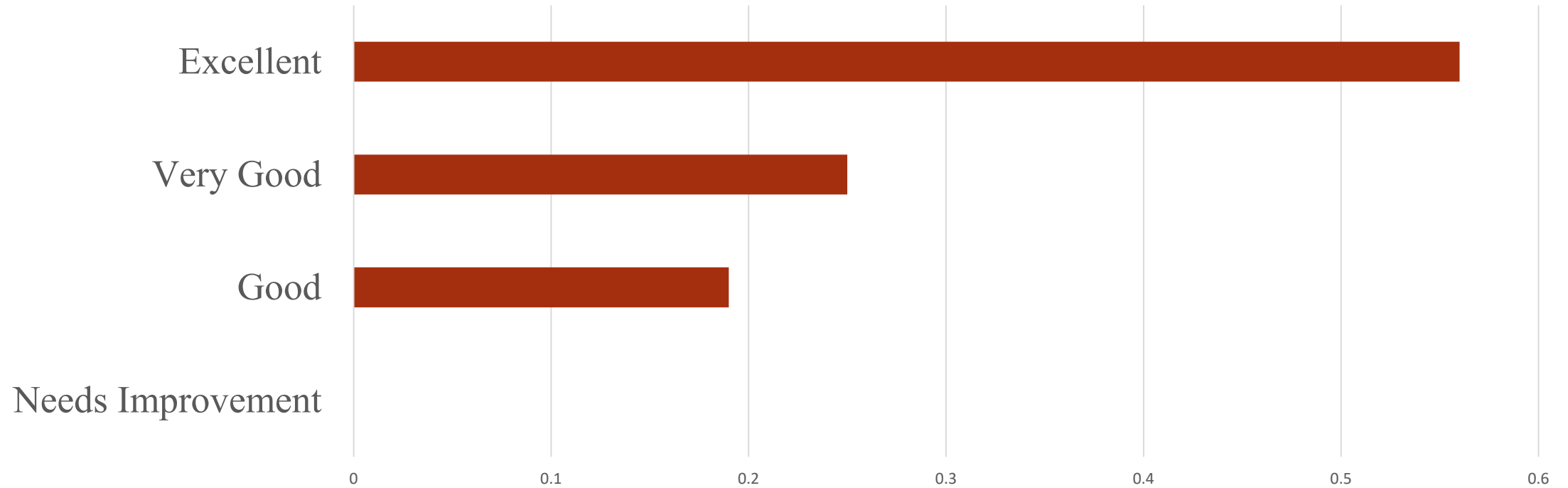


# New Activities Continued

- Sign Language Classes
- Lectures
- Spanish Classes
- Drum Circle
- Smart Device Learning, such as iPad
- Monopoly
- Beginner Guitar Classes
- Pool Table
- De-clutter Classes and Services
- Satellite Location in Whitehouse
- Nutrition

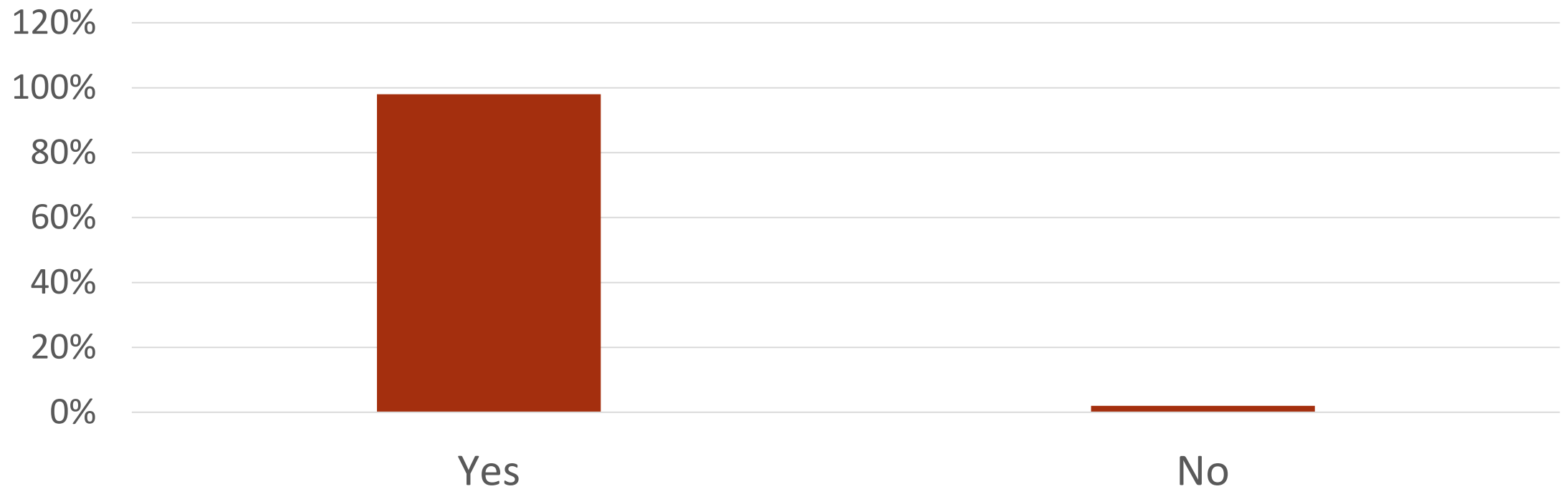


# Experience with Fee Based Instructors

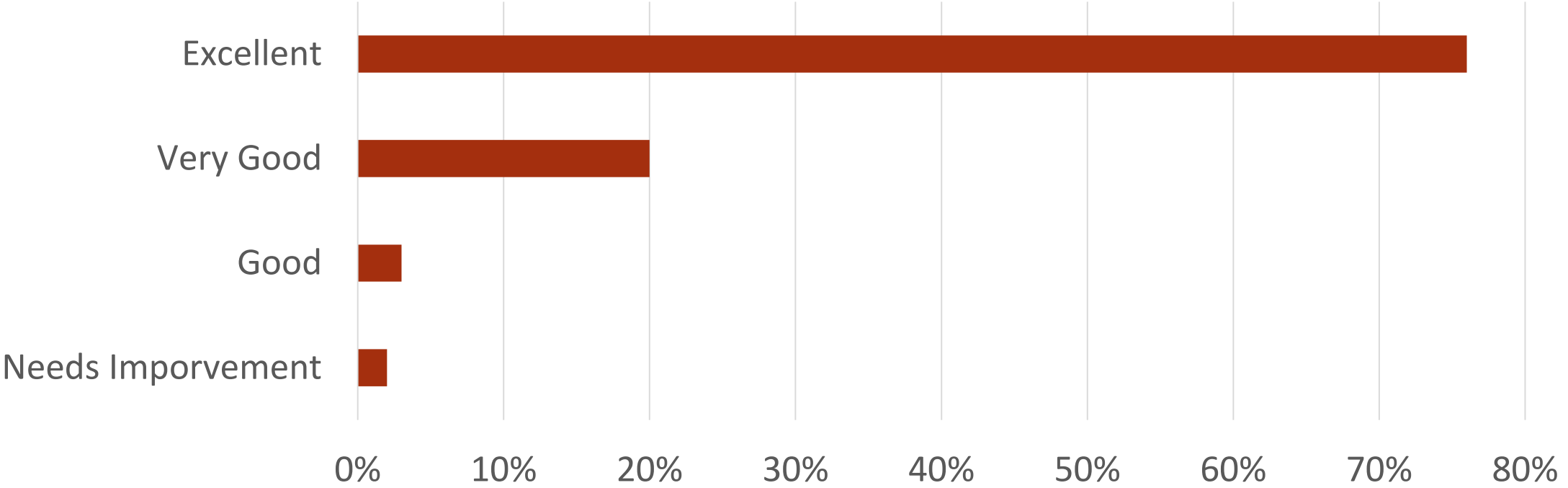




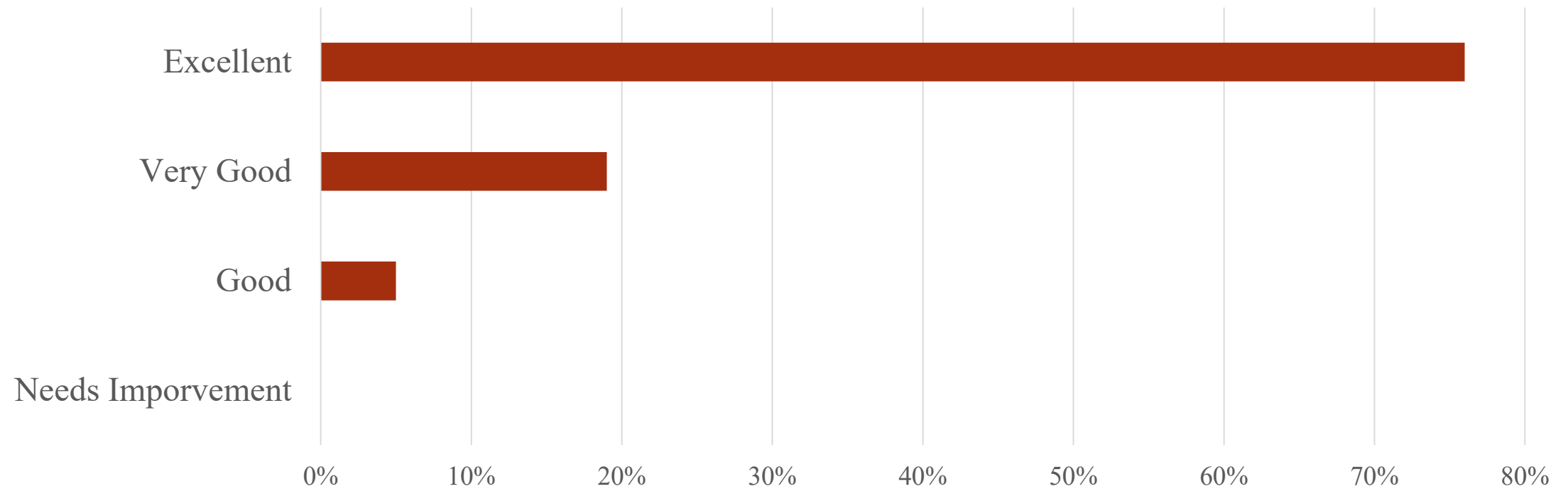
# Fee Based Classes a Good Value



# Rate Your Experience with Volunteer Instructors



# Rate Your Experience with the Staff



# Virtual Classes During COVID - 19

- **Co-Ed Fitness**
- **Gentle Exercise, Tuesday and Friday**
- **Healthy Bones, Monday, Tuesday and Thursday**
- **Low Impact Aerobics, Tuesday and Friday**
- **Qi Gong**
- **Tap**
- **Zumba Gold**
- **Health and Wellness Lectures**
- **Master Gardner's**
- **Money Matters**
- **Streamed Films and Educational Films**
- **Italian Lessons**
- **Italian Reading**

# Comments

“All classes should be free.”

“Many classes have reached their limits in the current facility.”

“Exercise classes should be spaced more evenly throughout the week. Too many are clustered in one day.”

“The Center has so many excellent programs, I want to try more in the future.”

“More free classes.”

“Eleanor manages such a large program, she needs an assistant.”

“Exercise classes are too expensive when both husband and wife want to take them.”

“We would like free yoga and tai-chi classes in the Clinton area.”

“I would like to see all of the fitness programs be free.”

“Larger screen for viewing video series.”

“Great selection of programs.”

“Trips out of NJ to NYC or Philadelphia.”

“Trip to Princeton Museum with lunch arranged and docent tour.”

“Why is there no Women’s Fitness Class?”

“More room is needed for the Gentle Exercise Classes. Participants are squeezed together and cannot move freely.”

“Many seniors still work, please add evening classes.”

Thank you for attending the Public Hearing.

We are grateful for your responses to our surveys and we welcome your suggestions.

