From the Director

What a year. We did not have an annual report in 2020. January 2020 reported our busiest month to date with 159 new seniors joining and an average daily attendance of nearly 400. But late February and early March showed drastic decline in participants as the world started learning about COVID 19. In person programs were suspended on March 12th due to COVID 19 and the uncertainty around this pandemic.

The senior centers were offering virtual and drive thru options until June 11th when the Governor and our Administration announced that our senior centers could resume in person activities. We had submitted our reopening plan to the State in April with a plan to resume activities on July 7th. Imagine our delight when this earlier date was announced. June 11 was a day to celebrate. About 150 of our participants returned this day to programming that was different. We were limiting class sizes due to social distancing and some activities did not resume. Group fitness classes were held in the multipurpose room and lunch was provided via drive thru or walk up three days a week.

Our division offers senior adult programs in four locations throughout Lexington. The part-time Charles Young Center is located on the east side of the city, the Eldercrafters program is located on the west side, the Bell House at the city’s center and the Lexington Senior Center on the south side. All provide educational, recreational and social activities for Fayette county residents 60 years or older. We are proposing a satellite center that serves seniors and people with disabilities at Shillito Park in our FY 2023 budget.

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.

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.

By providing a safe and inviting environment at the four senior centers, 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.

Aging Services reaches out to seniors in the community in a number of ways. A monthly newsletter is published and emailed to more than 2605 people, mailed to over 3,350 homes and more than 1,000 are printed for participants to pick up at the senior centers each month. The newsletter is also posted on the city’s website. Seniors can access the city website and view the webpage for the Lexington Senior Center and the satellite centers where they can find information about activities, programs, and travel at any time.
Lexington Senior Center

The Basics

- 33,000 square feet
- Open Monday - Friday, 8 a.m. to 4:30 p.m.
- 13 full-time employees, 2 part-time program employees, 4 part-time clerks
- 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

“The Center has helped so many people of all ages in so many ways. I love it!”

“Enjoying the opportunity to meet new people and use the exercise facilities.”
The Lexington Senior Center is home to a variety of activities and services for all Fayette County residents age 60 and older.

<table>
<thead>
<tr>
<th>TOTAL NEW PARTICIPANTS IN 2021</th>
<th>GENDER</th>
<th>DISABILITIES REPORTED</th>
</tr>
</thead>
<tbody>
<tr>
<td>503</td>
<td>75% FEMALE</td>
<td>Cardiovascular 67</td>
</tr>
<tr>
<td></td>
<td>25% MALE</td>
<td>Neurological 14</td>
</tr>
<tr>
<td>10,306 total participants</td>
<td></td>
<td>Diabetes 34</td>
</tr>
<tr>
<td>have joined</td>
<td></td>
<td>Respiratory 11</td>
</tr>
</tbody>
</table>

145
Average daily attendance in 2021
1434 Different Participants
We currently require masks and social distancing

<table>
<thead>
<tr>
<th>ETHNICITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.5% African American</td>
</tr>
<tr>
<td>3.1% Asian-American</td>
</tr>
<tr>
<td>72% Caucasian</td>
</tr>
<tr>
<td>.7% Asian Pacific Islander</td>
</tr>
<tr>
<td>.8% Hispanic</td>
</tr>
<tr>
<td>.3% Native American</td>
</tr>
<tr>
<td>11.4% Unknown</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LANGUAGES Spoken</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese</td>
</tr>
<tr>
<td>English</td>
</tr>
<tr>
<td>Farsi</td>
</tr>
<tr>
<td>German</td>
</tr>
<tr>
<td>Russian</td>
</tr>
<tr>
<td>Spanish</td>
</tr>
<tr>
<td>Thai</td>
</tr>
<tr>
<td>Korean</td>
</tr>
</tbody>
</table>

AGE OF PARTICIPANTS

<table>
<thead>
<tr>
<th>AGE</th>
<th>PERCENTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 - 59</td>
<td>1.5%</td>
</tr>
<tr>
<td>60 - 69</td>
<td>33.4%</td>
</tr>
<tr>
<td>70 - 79</td>
<td>45.8%</td>
</tr>
<tr>
<td>80 - 84</td>
<td>11.5%</td>
</tr>
<tr>
<td>85+ years old</td>
<td>7.7%</td>
</tr>
</tbody>
</table>
# Activities at a Glance

Below represents the number of unique participants in a sample of classes offered in 2021

## Exercise/Wellness

**(870 different people)**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equipped fitness room</td>
<td>311</td>
</tr>
<tr>
<td>Get Up &amp; Go</td>
<td>539</td>
</tr>
<tr>
<td>Active Aging (seated)</td>
<td>221</td>
</tr>
<tr>
<td>Tai Chi for Better Balance</td>
<td>72</td>
</tr>
<tr>
<td>Move It</td>
<td>259</td>
</tr>
</tbody>
</table>

## Education

**(383 different people)**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Technology assistance</td>
<td>82</td>
</tr>
<tr>
<td>History (zoom)</td>
<td>43</td>
</tr>
<tr>
<td>Now You Know</td>
<td>36</td>
</tr>
<tr>
<td>Senior Writing</td>
<td>15</td>
</tr>
</tbody>
</table>

## Social Events

**(314 different people)**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bingo</td>
<td>72</td>
</tr>
<tr>
<td>Billiards</td>
<td>80</td>
</tr>
<tr>
<td>Cruise and Schmooze</td>
<td>215</td>
</tr>
<tr>
<td>Socializing</td>
<td>167</td>
</tr>
</tbody>
</table>

## Recreation

**(450 different people)**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Travel</td>
<td>70</td>
</tr>
<tr>
<td>Library</td>
<td>136</td>
</tr>
<tr>
<td>Instant Artist</td>
<td>24</td>
</tr>
</tbody>
</table>
**Art, Music, Weight Loss Classes**

- Classes offered: 42
- Spots available in class: 370
- Spots filled in class: 359
- People on waitlists: 25

**Virtual Classes**

Since May 2020 we have offered

- 17 different fitness classes via zoom
- 8 recreation and social classes
- Recorded countless exercise classes on Youtube
- Recorded exercise classes that are televised on LexTV

**Group Fitness**

(One week snapshot)

- 34 classes a week
- Maximum class size varies from 20 - 40 people

**Division of Aging and Disability Services**

195 Life Lane, Lexington, KY 40502
859-278-6072

LEXINGTON
Social Work

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

<table>
<thead>
<tr>
<th>4,044</th>
<th>Clients serviced in 2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>337</td>
<td>Different seniors helped each month</td>
</tr>
</tbody>
</table>

**Financial Assistance**

91 Seniors received $28,878 towards utility, bills.

Food Assistance

62 referrals to God’s Pantry

178 clients received a Thanksgiving food box

371 Senior Farmer’s Market Vouchers were issued.

47 Farmer’s Market Vouchers were issued just to Veterans.

Commodities - monthly food box

168 seniors receive the commodities monthly food box each month

20 seniors on the commodities waiting list

110 commodities delivered each month

**Information & Assistance**

5041 referrals made to other agencies

491 referrals from other agencies to senior center social workers

**Volunteers (Since Mid-May)**

85 volunteers provided 877.5 hours of service at the Senior Center

**Case Management**

402 hours spent with clients

3.6 clients per month received case management services

Case management services include transportation to doctors appointments, understanding medical conditions, assistance with bill paying, medication management with mediplanners, budgeting, and end of life planning.
Satellite Centers

AGE OF PARTICIPANTS
1.9%  50 or younger
27.1% 60-69 years old
50.9% 70-79 years old
20.3% 80+ years old

GENDER
FEMALE  90.8%
MALE  8.3%

24.8% of participants live alone

ETHNICITY
AFRICAN-AMERICAN  22.9%
ASIAN-AMERICAN  2.8%
CAUCASIAN  47.7%

ACTIVITIES SPOTLIGHT
Get Up and Go  51
Line Dancing  87
Chair Yoga  25
Tai Chi for Arthritis  31
Active Aging  22

2021 PARTICIPANTS
222 different seniors
173 of them participated in fitness activities
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.

This historic building is lovely with extra tall ceilings, stained glass windows and unique fireplace tiles in each of the rooms. The accessible entrance is located on the side of the building.

Creative Activities
- Oil Painting
- Watercolors
- Ceramics

Social/Educational Activities
- Improv

Fitness
- Chair Yoga
- Advanced Line Dance (at Carver Center)
- Intermediate Line Dance (at Carver Center)
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.

This facility has a fully equipped ceramics room with plenty of space and a brand new kiln. The accessible entrance to this facility is near the large back parking lot and in close proximity to the program spaces.

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
- Games
- Movies
- Sign Language Classes

Fitness
- Active Aging
- Chair Yoga
Senior Programs at the Charles Young Center

540 East Third Street
(859) 246-0281

Mondays & Fridays, 9 am to 1 pm, Wednesdays, 9 a.m. to 3 p.m. Free and open to all Fayette County residents ages 60 and over.

This historic facility has a newly renovated full size gymnasium. An accessible entrance is located through the gym and a lift is available to get to the program space on the first floor.

Creative Activities
- Craft projects

Social/Educational Activities
- Craft projects

Fitness
- Get up and Go
- Beginning Line Dance
- Pickleball
- Beat, Drum, Boogie
- Tai Chi for Arthritis
The Division of Aging and Disability Services is leading the charge for Lexington’s designation as an Age Friendly Community. The intentional housing committee was excited to help lead the change in the city’s residential Zoning Text Amendment (ZOTA) to allow Accessory Dwelling Units (ADU’s). This work began in 2017, and finally received unanimous support from the Planning Commission late in 2019. Then COVID….finally in October 2021 when people could gather again and provide in-person comments the Council fully approved the ZOTA.

Under Age Friendly Lexington, we are expanding our mission as Lexington was named an emerging Dementia Friendly Community. Thanks to the commitment of a dozen community members we launched our first Dementia Friendly Lexington Restaurant Night and have fully trained the staff of Ramsey’s restaurants. We are seeking other businesses interested in this designation.

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. This group spent 2020 advocating for a zoning text amendment to allow Accessory Dwelling Units in the city.

The Mayor has appointed a 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.

The Friends of the Lexington Senior Center is an all volunteer 501 c (3) organization who’s mission is to serve the Lexington Senior Center and the seniors who use it. They are currently fundraising so that they can fill the budget gap, if any, to ensure that the facility is as nice 10 years down the line as it is today. They have an Endowment Fund and Charitable Giving Fund at the Blue Grass Community Foundation.
Contact Information

Lexington Senior Center
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Lexington, KY 40502
859-278-6072

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Eldercrafters Program, 498 Georgetown St, Lexington KY 40508
Sherill Sanders      ssanders@lexingtonky.gov

Support Staff
Security             Garnett Mundy
Facilities           Bill Morton & William Davidson