



# Division of Aging & Disability Services

## 2022 Annual Report

# From the Director

After the COVID years, we have finally returned to full programming and our new normal. We offered approximately 36 group fitness classes and 21 art and music classes each week. We have maintained an online presence with fitness classes still televised on LexTV, and some educational classes have remained virtual. Meetings are often offered as hybrid with in-person and virtual options.

In preparing this report our numbers have certainly rebounded, not quite to pre-pandemic levels but steadily and not bursting at the seams. Total participation grew by 54% since last year. The number of newly registered participants almost doubled, and the average daily participants grew from 145 in 2021 to about 191 people per day this year, with many days reaching 225 participants

Our division offers senior adult programs in four locations throughout Lexington. There are three part-time satellite centers; Charles Young Center is located on the east side of the city, the Eldercrafters program on the west side, and the Bell House near downtown. The full-time Lexington Senior Center is on the southeast side. All provide educational, recreational and social activities for Fayette county residents aged 60 years or older.

Things are looking up for the year 2023. Congregate lunches will be offered at the satellite centers a couple days each week. Additional fitness classes will be offered, and we will be offering Bingo once a week. We are proposing a satellite center that serves seniors and people with disabilities at Shillito Park in our FY 2024 budget.

## Overview

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

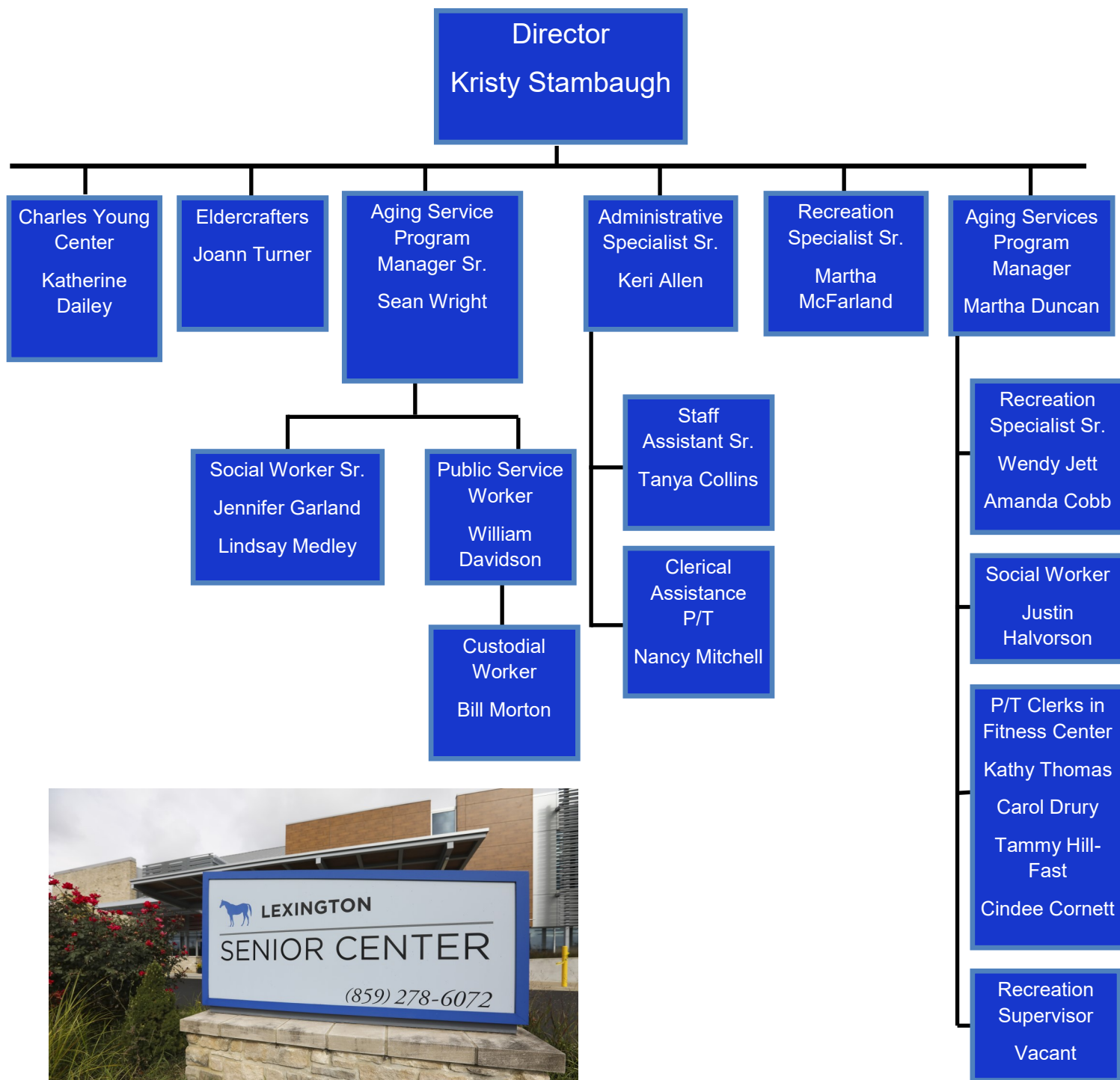
The mission of the senior centers is to be a community focal point on aging, where older adults come together for services and activities that enhance their dignity, support their independence, and encourage their involvement in the community

By providing a safe and inviting environment, the four senior centers enable seniors to join in various activities. They spend 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, *The Messenger*, is published and emailed to 3475 addresses, mailed to 3,650 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. At any time, 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.

# Aging and Disability Services

## Organizational Chart



## 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
- 2 group fitness rooms
- Equipped fitness room
- 2 classrooms
- Dining room/multi-purpose
- Library
- Café
- 2 outdoor patios

"I really enjoy having a place to go around where people are my age."

Thanks for such a great opportunity to get out of the apartment."





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

60% joined for activities and classes

26% joined for socialization

60% learned about the centers from family or friends

## TOTAL NEW PARTICIPANTS IN 2022

# 946

606 have participated in at least one activity since joining

## GENDER

74% FEMALE

26% MALE



## DISABILITIES REPORTED

Cardiovascular 118

Neurological 21

Diabetes 70

Respiratory 27

Low vision/No Vision 7

# 2180

Different participants

# 191

Average daily attendance

## ETHNICITY

8.6% African American

2.8% Asian-American

73.0% Caucasian

1.0% Asian Pacific Islander

1.1% Hispanic

13.4% Unknown



## AGE OF PARTICIPANTS

.6% 50 - 59

34.3% 60 - 69

44.6% 70 - 79

12.5% 80 - 84

7.6% 85+ years old

## LANGUAGES SPOKEN

English Korean

German English

Russian Chinese

Thai



Division of Aging and Disability Services  
195 Life Lane, Lexington, KY 40502  
859-278-6072



# LEXINGTON

# Activities at a Glance

2022

Below represents the number of unique participants in a sample of classes offered in 2022

## Exercise/Wellness

**(1282 different seniors participated 40,703 times)**

Get Up & Go	751
Equipped Fitness Room	567
Active Aging (seated)	350
Strength and Stability	268
World of Dance	210
Flex able	204
Tai Chi for Better Balance	132



## Education

**(663 different seniors participated 3,375 times)**

Technology assistance	178
Now You Know	134
Self-Help (support groups)	82
History (zoom)	55

## Recreation

**(987 different seniors participated 13,974 times)**

Library	308
Pickleball Instruction	123
Puzzle Tables	123

## Cards and Games

**(Seniors participated 1554 times)**

Bid Euchre	50
Hand & Foot	52
Mahjong	26
Bridge	24

## Social Events

**(675 different seniors participated 11,106 times)**

Socializing	463
Bingo	129
Billiards	124



## Art, Music, Weight Loss Classes

Offered in 7 week sessions, these are the only classes that require registration and payment for participation.

Classes offered	117
Spots available in classes	1035
Spots filled in classes	941
People on waitlists	77

### Class Registration

62% - Registered in person

38% registered online

### Unique participants in a sample of classes offered in 2022

Water Color	55
Beginning Charcoal	49
Wheel Throwing	67
Piano	114

### Holiday Open House Attendance

July 4th	117
Halloween	102
Christmas	108



## Group Fitness

36 group fitness classes offered each week, class size range from, 20 - 40 participants.

Recorded exercise classes can be found on YouTube and LexTV.

## Equipped Fitness Center

567 participants utilized the equipped fitness center, with an average of 65 seniors per day.



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

**~3776** Different Clients served

**314** Average different seniors helped each month

## Financial Assistance

**107** Seniors received \$33,364.57 towards rent and utility bills.  
(These funds are provided by community partner Organizations)



"I'm trying to get Wheels started so I can have a regular routine and be with others."

## Information & Assistance

**5,081** referrals made to other agencies

**637** referrals from other agencies to social workers

## Volunteers

**64** volunteers provided **1,563** hours of service at the Senior Center

## Food Assistance

**42** referrals to God's Pantry

**290** clients received a Thanksgiving food box

**345** Senior Farmer's Market Vouchers were issued.

**24** SNAP applications completed

## Commodities - monthly food box

**168** seniors receive the commodities monthly food box each month

**26** seniors on the commodities waiting list

**92** of these are delivered each month

## Medicare Open Enrollment

**63** seniors assisted with open enrollment

**9** seniors enrolled in a Medicare Savings Plan



## SEMP-Senior Emergency Medical Program

**100** seniors provided with mobility equipment, incontinence supplies, etc.

**26** different referral agencies





# Satellite Centers

# 2022

## AGE OF PARTICIPANTS

27.0%	60-69 years old
45.1%	70-79 years old
27.9%	80+ years old

## 2022 PARTICIPANTS

**369** different seniors  
**36** new seniors joined

## GENDER



FEMALE	88.9%
MALE	11.1%

**24.8%** of participants live alone

## ETHNICITY

AFRICAN-AMERICAN	15.5%
ASIAN-AMERICAN	2.4%
CAUCASIAN	56.8%



## FITNESS SPOTLIGHT

**(170 different seniors participated 3,679 times)**

Line Dancing	83
Chair Yoga	81
Get Up and Go	59
Tai Chi for Arthritis	45



## Recreation

**(234 seniors participated 5564 times)**

Ceramics	79
Crafts	84

## Music/Education

**(74 seniors participated 3679 times)**

Sign Language	31
Drumming	27
Ukulele	28
Lex Philharmonic	23



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# Senior Programs at the Bell House

**545 Sayre Avenue  
(859) 233-0986**

Monday through Friday, 8 a.m. - 4 p.m.

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 vaulted 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
- Crafts

## **Social/Educational Activities**

- Monday Club
- Drumming

## **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 a.m. to 2 p.m.  
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, crocheting, embroidery
- Sewing – machines and thread provided
- Jewelry Making – all supplies provided

## **Social Activities**

- Games
- Movies
- Sign Language Classes

## **Fitness**

- Active Aging
- Chair Yoga



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**LEXINGTON**



# Senior Programs at the Charles Young Center

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

Mondays & Fridays, 9 a.m. to 1 p.m., 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 easily 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**

- Lectures

## **Fitness**

- Get up and Go
- Beginning Line Dance
- Pickleball
- Chair Yoga
- Tai Chi for Arthritis



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# Community Involvement

## 2022

The Division of Aging and Disability Services is leading the charge for Lexington's designation as an Age Friendly Community and is the champion organization for Dementia Friendly Lexington. The intentional housing committee (Reimaging Home) under Age Friendly Lexington continues its work to advocate and educate the community on a variety of possible housing options that encourage aging in place.



Dementia Friendly Lexington launched a formal process for customer facing businesses to achieve Dementia Friendly designations. This means that 100% of management and at least 50% of frontline staff have completed awareness training. All four of our Senior Centers plus three other businesses in Lexington achieved this designation so far.



Representatives from the Division are involved and serve on a number of committees that provide educational conferences in the community. These include the following: the GAP Conference (Grandparents and Relatives as Parents), I know expo, Embracing New Opportunities Conference, Bluegrass Elder Abuse Prevention Conference and the Senior Intern Program

The Division Director sits on two mayor appointed commissions with members from the community and are charged with identifying gaps in services and advising the Mayor and Council on issues that affect our community.



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

- Reupholstered chairs and purchased high quality paint for easy cleaning at the Lexington Senior Center.
- Purchased new fitness equipment.
- Organized Senior Flood Relief drive to support seniors in Eastern Kentucky.
- Created a client benevolent fund for senior center social workers to access needed supplies not available from other sources.
- Held a fundraising GALA and recognized three Lexington Luminaries for their contributions to the community.





# Contact Information

**Lexington Senior Center**  
**195 Life Lane**  
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**859-278-6072**

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## **Bell House, 545 Sayre Ave, Lexington KY 40508**

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## **Charles Young Center, 540 E. Third St., Lexington KY 40508**

Katherine Dailey	kdailey@lexingtonky.gov
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## **Eldercrafters Program, 498 Georgetown St, Lexington KY 40508**

Joann Turner	jturner@lexingtonky.gov
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## **Support Staff**

Security	Garnett Mundy
Facilities	Bill Morton & William Davidson
Fitness Center	Carol Drury, Kathy Thomas, Tammy Hill-Fast, Cindee Cornette

