

# The Journey Continues

AGING  
AHEAD   
Supporting the journey.



Thank you for allowing me and so many others to stay safe and healthy on this journey. - Dorothy, Aging Ahead participant

Along with so many of you, our journey continues, evolving with triumphs and challenges along the way. My father used to tell my young adult self that adversity builds strength and character. At the time it was hardly welcome advice. Of course, he turned out to be right, and has been demonstrated so often by the reality of our world.

The Pandemic repeatedly tested our collective mettle in ways we could not have imagined. It often felt as if we were taking one step forward and then two back. With resilience firmly rooted in the Aging Ahead Mission, hope and determination prevailed.

The enthusiasm of our amazing staff and volunteers, along with unflinching support from our Boards and community partners, has helped us come back much stronger and better than ever.

In the pages of this report, you will see that Aging Ahead is in fact moving full steam ahead to reinstate all pre-pandemic services as well as launching some new and exciting initiatives - all ensuring that we are more responsive than ever to the needs of older adults and caregivers throughout our service area.



Lisa M. Knoll  
Chief Executive Officer



## **Our Mission...**

Supporting individuals through the journey of aging

## **Our Vision...**

For all individuals to have opportunities to age with honor and dignity

# Together, We Can Go Far

As Americans continue to redefine what it means to be “aging,” we are committed to reimagining our purpose and role in that landscape, challenging ourselves and our partners to evolve with intention and innovation.



Aging Ahead is 1 of 10 Area Agencies on Aging in Missouri



Services provided to 4 counties: St. Louis, Franklin, St. Charles, Jefferson



19 community locations provide programs, meals, and aging assistance



26% of Missouri's 60+ residents live in our service area

## Responding to an Aging Nation

Within the next decade, the proportion of the U.S. population over age 60 will dramatically increase as the baby boomers reach this milestone.

By 2030, more than 70 million Americans will be 65 and older, twice the number in 2000. Among those 65 and older, 1 in 4 live alone and nearly 9 million face the threat of hunger.

As this demographic shift occurs, there will be an unprecedented increase in the need and demand for fiscal, health, and social support to ensure a sound quality of life for millions of older Americans.



## AAA's Core Services under the Older Americans Act:

Along with the Core Services, many AAA's, including Aging Ahead, offer dozens of additional services to support the needs and interests of local communities.

*(\*includes abuse prevention and long-term care ombudsman program)*



Elder Abuse \*



Caregiver



Nutrition



Health & Wellness



Supportive Services





# Paving the Way

1

Assess community needs to develop and fund programs that respond to those needs.

3

Serve as portals to care by assessing multiple service needs, determining eligibility, authorizing and purchasing services, and monitoring the appropriateness and cost effectiveness of services.

2

Educate and provide direct assistance to consumers about available community resources for long-term services and support.

4

Demonstrate responsible fiscal stewardship by maximizing use of public and private funding to serve as many consumers as possible.

## Role of Aging Ahead

By continually assessing community needs, Aging Ahead develops and funds targeted local nutrition and aging programs, provides direct assistance, and aging education.

AAAs also leverage federal dollars, building on modest Older Americans Act funding to expand the economic support and development of each community for home and community based services. The U.S. Administration on Aging estimates that for every \$1 of federal Older Americans Act investment, an additional \$3 is leveraged.



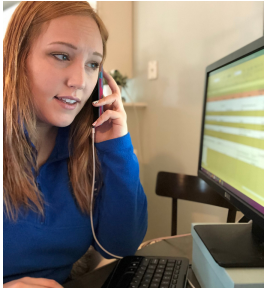
## Social Determinants Of Health

For over 45 years, Aging Ahead has addressed aspects of older adults' lives that play a critical role in their overall well-being. These 'social determinants of health' (SDOH) are the economic and social conditions that influence individual and group differences in health status. Recognizing and protecting the pivotal role that we play in addressing SDOH, Aging Ahead provides resources, programs, and services to help improve health outcomes and provide opportunities for all to age well. SDOH include, but are not limited to, access to housing, employment, nutritious food, community services, transportation, and social support.

- Neighborhood & Built Environment
- Social & Community Content
- Health & Health Care
- Economic Stability
- Education



# We're Here if You Need to Ask for Directions!



Ageing Ahead's Community Options Specialists serve as a trusted and valued source supporting older adults, their families, and caregivers by linking them with our programs and community resources.

Our Community Options Specialists are just one call away and provide information, resources, and answers to questions about topics including:

- Meals on Wheels
- Transportation
- Family Caregiver Support
- In-Home Services
- Medicare and Medicaid
- Health Insurance
- Senior Housing
- Elder Abuse and Legal Services



Our specialists supported **10,371** individuals and their caregivers during FY 2022.

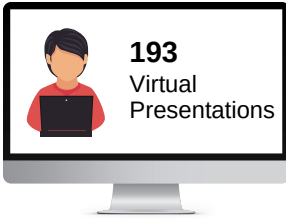
## Community Locations

Ageing Ahead continues to support older adults through our senior centers and community focal points, which are located in St. Louis, St. Charles, Franklin, and Jefferson counties. These locations offer educational, recreational, and health programs and services to adults 60 years and older. Many of these locations also coordinate and deliver Meals on Wheels to eligible homebound individuals. Meals on Wheels are provided to homebound individuals who are unable to prepare a nutritionally balanced meal for themselves and are unable to attend a center or focal point location.



**870,513** Meals Delivered

# CHOICE is a Destination!



Aging Ahead is constantly evaluating the needs of older adults to help create new community programs that address a variety of needs and interests.

Aging Ahead created CHOICE in 2014 as a solution to the ongoing challenge of attracting older adults to traditional senior centers. CHOICE is now present online and in libraries, schools & colleges, the YMCA, and Community Parks & Recreation buildings.



**207**  
New  
Participants

In partnership with community organizations and businesses, Aging Ahead's award-winning CHOICE program brings an array of programs and services to locations throughout the St. Louis region and online.

Popular CHOICE presentations include nutritional education, brain health, and evidence-based programs including: Eat Smart, Live Strong, Matter of Balance, Staying Sharp, Brain Health and, Caregiving 101.

## Public Education and Outreach

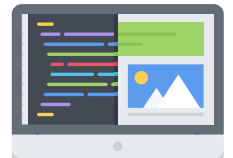
It is important for Aging Ahead to do all we can to ensure the communities we serve know about our programs and services. By sharing this information within the community, we can help assure those that need our services can easily access them. Although COVID-19 required us to make some changes to the ways we have typically conducted outreach in the past, we were still able to find ways to connect with those we serve.”



**28,000**  
Newsletters & Activity Sheets  
delivered to Meals on Wheels Clients



**66**  
BLOG  
Posts



**114,965**  
Website  
Pageviews

**73,192**  
reached through our  
email distribution



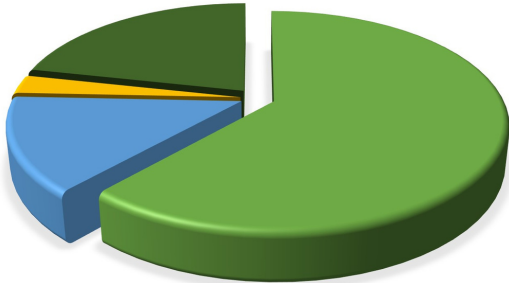
**373**  
Facebook  
Posts



Aging Ahead launched its first monthly podcast in June of 2022, Always Aging Ahead, to discuss a wide array of topics related to aging well.

# Financials

## Where our funds come from...



## Actual Budget FY2022

### Nutrition: Senior Centers 60.6% of Budget Actual

Congregate Meals	4.0%
Home-Delivered Meals	96%

### Supportive Services

#### 17.0% of Total Budget--includes

Information & Assistance	21.5%
Case Management	16.4%
Transportation	46%
Telephone Reassurance	6.9%
Homemaker	1.9%
Legal Assistance	2.8%
Other Supportive Services	1.2%
Silver-hair Legislature	1.1%
In-Home Respite	2.2%

### Administration

#### 3.2% of Total Actual

### Family Caregiver

#### 6.4% of Total Actual--includes

Information & Assistance	40.4%
Case Management	21.3%
In-Home Respite	12.2%
Durable Medical Equip & Supplies	4.5%
Public Info & Education	5.6%
Adult Day Care	12.2%
Nutritional Supplies	2.4%
Minor Home Modifications	1.4%
Other Family Caregiver Services	0.0%

### Special Programs

#### 10.8% of Total Actual--includes

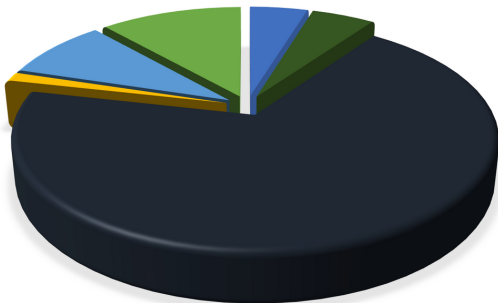
Veterans Program	66%
Vaccine Navigator	26%
Other Special Programs	5.4%
Resources to Your Door	2.6%

### Other

2.0% of Total Actuals--includes	
Ombudsman	79.7%
Disease Prevention	20.3%

*The monetary figures reflected are based on actual FY2022 funds and expenditures.*

## Actual Budget FY2022



Administration	\$389,184	3.2%	Family Caregiver	\$766,461	6.4%	Nutrition	\$7,292,734	60.6%
Supportive Services	\$2,048,719	17.0%	Special Programs	\$1,299,713	10.8%	Other	\$232,304	1.9%

## Agency Quotes

This program lights up my world and helps improve my outlook on life.  
– Aging Ahead Participant

The Friendly Caller program helps lift my spirits.  
– C.S. Participant

I love getting to see the joy we bring to the people seeing someone at their door.  
– Don, MOW Volunteer



# Delivering a Difference



## **Volunteer**

The past, present, and continued successes of Aging Ahead is due in large part to the skills, talents, and dedication of our volunteers. Volunteers help provide greatly-needed meals, programs, and resources to our communities' older adults. Thank you for all you do!



## **Phone and Other Opportunities**

- Friendly Caller Program
- Y's CHOICE Ambassador
- Activity Instructor
- Senior Medicare Patrol
- Silver Haired Legislature
- Advisory Council Member



## **Driving Opportunities**

- Meals on Wheels
- Whiskers on Wheels
- Essential Items Delivery
- Adopt-A-Route
- Adopt-A-Box



## **Foundation Board**

As a 501(c)(3), the Aging Ahead Foundation provides support for the programs and services offered through the Agency through direct financial support, serving as connectors to potential community partners and agency involvement.



## **Silver Haired Legislature**

SHL dedicates hard work and advocacy to many critical issues impacting older Missourians at the local and state levels including the right to vote.



## **Advisory Council**

This group provides valuable information, guidance, advice, and support to Agency leadership and the Board of Directors in order to help plan, develop, review, coordinate, and administer services to older persons.

# The Path Ahead

## Priorities Looking Ahead

Aging Ahead's strategic plans are aligned with the state of Missouri's Plan on Aging goals for 2020-2023 to ensure development and support of a comprehensive community system of services for older persons.

- Improve health of older adults by addressing social isolation with senior center programs, meals, and supportive services including access to technology.
- Increase access for eligible participants to information options consulting and enrollment in benefits programs.
- Continued growth of existing programs like Veteran Directed Home and Community Based Services and CHOICE.
- Expand advocacy, awareness, support funding, and outreach for Aging Ahead services and programs.



# Partners on the Journey

Aging Ahead continues to redefine our purpose and role in order to meet the ever-changing needs and interests of the individuals and communities we serve. Through development of cutting edge concepts, best practices, innovative programs, professional associations, and community collaborations, Aging Ahead has demonstrated our role as leaders in the aging network as we support older adults, people with disabilities, and their caregivers.



## Contact Us

800-243-6060 | 636-207-0847  
www.agingahead.org  
info@agingahead.org

14535 Manchester Road  
Manchester, MO 63011

Stay connected on social media at @agingahead

