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## ANNUAL REPORT FOR **FY16**

### NORTHEASTERN ILLINOIS AREA AGENCY ON AGING



*"Working Harder To Make Aging Easier"*



# board of directors

Ralph Feese	DuPage
Cheryl Ghassan	DuPage
Jennifer Hiser <sup>2</sup>	DuPage
Jack Kreger <sup>3</sup>	DuPage
Melissa Schmitz	DuPage
Luella M. Kellogg	Grundy
Warren Kronberger	Grundy
Jennifer Franck <sup>2</sup>	Kane
Robert J. O'Connor	Kane
Daniel G. Parsons	Kane
Laurine Tucker	Kane
Janet V. Leonard	Kankakee
Larry Nolan	Kankakee
Jessica Bannister	Kendall
Daniel Lane	Kendall
Alon J. Jeffrey	Lake
Benjamin Frank Phillips	Lake
Gregory Thompson	Lake
Greg Weider	Lake
Donna Fischer <sup>1</sup>	McHenry
Susan G. Grossinger	McHenry
Bonnie Susan Saban	McHenry
Michael Stowe	Will
Gwen Ulmer	Will
Michael Williams <sup>2</sup>	Will
Jean R. McCollum	Emerita

Michael Stowe	Chairman
Greg Weider	First Vice Chairman
Laurine Tucker	Second Vice Chairman
Melissa Schmitz	Secretary
Larry Nolan	Treasurer

The Board of Directors gratefully acknowledges the services of the late Dr. Margaret R. Kraft, who had been a Board member continuously since 1982. Her service included two years as the Board’s Chairman, and many years on its Executive and Agency Operations Committees. Dr. Kraft, who was a nursing administrator at Hines VA Hospital and later a professor of nursing at Loyola University, brought a keen intellect, strong professional knowledge, and dedication to the welfare of seniors to her role as a Board member.

<sup>1</sup> Elected during FY16  
<sup>2</sup> Resigned during FY16  
<sup>3</sup> Elected during FY17

April 10, 2017

Dear NEIL friends,

We began 2017 with a new federal administration and continued stalemate in Illinois, so we are experiencing what it truly means to “Work Harder to Make Aging Easier.” The past two years have both tested our faith and strengthened our resolve to advocate and provide for older adults, especially those at greatest risk and need here in Illinois.

Each year we are reminded of the privilege of serving our diverse community and of our goal of helping individuals age in their own homes as long as possible. Our menu of programs and services supports the Area Agency’s clients, improves their quality of life, and eases life transitions. Serving more than 140,000 people a year is an enormous responsibility that we don’t take lightly. Fortunately, the devoted network of Board and Advisory Council members, staff, service providers, volunteers, and donors make the seniors we serve their highest priority. With a population aged 60+ in our eight-county region of 634,694 in 2015 – a 3.6% increase in one year – we are the largest Area Agency in Illinois.

What distinguishes this agency as a community leader is its ability to collaborate with others to serve the needs of many. The Area Agency and our community partners have done that well. Through our extensive knowledge and diverse network, we match clients to precise programs for their individual needs. Over the years, we have extended our service offerings to other groups looking for support and help. But much remains to be done. As our society quickly ages, we are constantly exploring innovative ideas and opportunities that align our role and mission to serve the community’s growing needs. Whether by delivering meals on wheels, assisting Medicare beneficiaries recently discharged from the hospital, providing older adults with mental health services, advocating for those with long-term care needs, or providing services for those at highest risk, our enduring priority is making vital connections between clients and services.

With your support and continued advocacy, I am confident we can leverage the possibilities and address the challenges ahead. This list, by no means exhaustive, includes:

- The urgency of protecting and strengthening Social Security, Medicare, and Medicaid in the face of proposals to alter these programs drastically;
- Proposals to cut \$54 billion from federal non-defense programs such as the Administration on Community Living, the VA, environmental protection, the Census, housing assistance, and for many other purposes in order to increase defense spending by that amount;
- A proposed Affordable Care Act replacement that would increase the number of uninsured people by 24 million and increase costs for millions of low- and moderate-income participants;
- The continuing budget impasse in Illinois, whose widespread effects impact vital services on which seniors depend as they age in place;
- The continued mantra from all levels to “do more with less.”

Please accept my heartfelt thanks and undiminished support for the work that each of you do. May we soon experience brighter times, when we will reflect on this period and celebrate that we worked through it together.

Sincerely,  
Michael Stowe, Ph.D.  
Chairman of the Board of Directors

# Older Americans Act and Medicare Programs Support Healthy Lifestyles

As children, we learn Benjamin Franklin’s adage about an ounce of prevention. As seniors, we can benefit from Medicare and Older Americans Act programs that help provide that ounce.

The Affordable Care Act substantially expanded the prevention and wellness benefits that Medicare Part B provides. A long list of benefits, including an introductory physical exam; annual wellness visits thereafter; vaccinations for flu, pneumonia, and hepatitis B; screenings for many diseases, including cancer, heart disease, diabetes, osteoporosis, and depression; and other preventive benefits are provided without copayment, and are not subject to the Part B deductible. In effect, they are free to recipients. They encourage Medicare beneficiaries to maintain healthy lifestyles and to detect diseases early, when most treatable. Details are available in publication #10110 at medicare.gov.

Approaching health and wellness from a different direction and a different funding source are health promotion programs provided under Title III-D of the Older Americans Act. The agency provides evidence-based health promotion programs directly and through its grantees, and also participates in the Illinois Community Health and Aging Collaborative to improve the health of seniors and people with disabilities. The collaborative’s Illinois Pathways to Health program leverages the strength of community-based organizations and expands the use of evidence-based, cost-effective healthy aging programs.

The agency and its grantees offer a variety of these programs to encourage seniors to practice healthy lifestyles:

- A Matter of Balance promotes physical activity and self-confidence, and helps participants reduce fall risks and the fear of falling and improve falls self-management. Falls are the leading cause of fatal and serious non-fatal injuries among seniors, so measures that reduce the risk of falls can prevent pain, expense, and hospitalization. Fear of falling induces many seniors to curtail their activities, leading to isolation, depression, and the health consequences of a sedentary life.



- The Chronic Disease Self-Management Program guides participants to develop skills to manage chronic health conditions such as diabetes, arthritis, and heart disease. Chronic health conditions are prevalent among the aging: 92% of seniors have at least one chronic condition, such as diabetes, arthritis, or heart disease, and 77% have two or more. CDSMP helps seniors and caregivers understand chronic disease, cope with symptoms and treatment, and maintain as healthy and active a lifestyle as possible.
- Fit and Strong is a health education and physical activity program designed to help seniors with osteoarthritis, especially in the lower body. Arthritis makes walking and climbing stairs difficult, contributes to falls and other injuries, and is the most common reason for total hip and total knee replacement. Fit and Strong participants learn safe stretching, balance, aerobic, and strengthening exercises to reduce pain and increase flexibility and mobility.
- Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) uses depression screening and management to supplement case management. Positive activities that reduce stress or engage participants may help improve mood and reduce the symptoms of depression. Healthy IDEAS also educates family caregivers and, when appropriate, links participants to health professionals. Depression, the most prevalent mental health problem among seniors, increases the risk of medical illness and cognitive decline and is the most significant risk factor for suicide.

Evidence-based health promotion programs have been rigorously studied and shown to demonstrate reliable and consistently positive change in important health-related and functional measures. Research results were published in peer-reviewed journals, and program materials are packaged for consistent use in community-based settings and health care organizations. As these programs are offered and used more widely, they will not only support participants’ health, but also contribute to a public understanding of lifestyle’s role in lifelong health.

## mission statement

We strive to make aging easier through the development and promotion of a network of services for older persons designed to optimize the quality of their lives.



FY16 ADVISORY COUNCIL

Jack Kreger <sup>3</sup>	DuPage
Karen Leimberer	DuPage
Andrew Love	DuPage
Tania Schwer <sup>1</sup>	Grundy
Patricia Stevens <sup>4</sup>	Grundy
Larry Anderson	Kane
Gregory Lind <sup>1</sup>	Kane
Kara Murphy <sup>4</sup>	Kane
Kitty Weber <sup>2</sup>	Kane
Bruce Conway	Kankakee
Arlene Martin	Kankakee
Rae Ann Van Gundy	Kendall
John Justin Wyeth <sup>4</sup>	Kendall
Gary Ford	Lake
June Melber	Lake
Peggy O'Connor <sup>2</sup>	Lake
Nicholas Cassell <sup>4</sup>	McHenry
Sharon Gerc	McHenry
Barry Lamb <sup>2</sup>	McHenry
Jeanette Palmer <sup>2</sup>	McHenry
Stan Hewitson	Will
Lou Ann Johnson	Will
Rufus Stephens <sup>2</sup>	Will

Barry Lamb	Chairman
Lou Ann Johnson	Vice Chairman

<sup>1</sup> Appointed during FY16  
<sup>2</sup> Resigned during FY16  
<sup>3</sup> Elected to Board during FY17  
<sup>4</sup> Appointed during FY17



STAFF

February, 2017

Lucia West Jones  
*Executive Director*

ADMINISTRATIVE SERVICES

Dawn M. Simon  
*Clerical Operations Manager*  
Pam Rainbolt  
*Secretary, Kankakee*  
Linda Williamson  
*Secretary, West Chicago*

FISCAL DIVISION

Alison Peterson  
*Chief Accountant*

GRANTS MANAGEMENT

Maryanne T. Daman  
*Grants and Technology Manager*  
Myra J. Manssen  
*Resource Manager*  
Jody Lynn Stoops  
*Fiscal Analyst*

COMMUNITY PLANNING

Marla Fronczak  
*Community Planning Manager*  
Loretto S. G. Cowhig  
*Community Planner, Information Services*  
Donna Copeland Hill  
*Community Planner, Health Educator*  
Lucinda Hurt  
*Community Planner, Protective and Supportive Services*  
Colette Jordan  
*Community Planner, Caregiver Support*  
Glenda Love  
*Community Planner, Ombudsman*  
Ginnie Moore  
*Community Planner, Nutrition*  
Megan Napierkowski  
*Community Planner, Aging and Disability Resource Network*

SPECIAL EVENTS

Mimi Bajagich  
*Special Events Manager*  
Kaitie Mayberry Hauser  
*Special Events Coordinator*

2016 GRANTEES

AIM Center for Independent Living  
Catholic Charities, the Archdiocese of Chicago  
Catholic Charities, Diocese of Joliet  
Community Nutrition Network and Senior Services Association  
DuPage County Community Services  
DuPage Senior Citizens Council  
Family Alliance, Inc.  
Family Counseling Service  
Family Service of Lake County  
Grundy County Health Department  
Guardian Angel Community Services  
Kankakee County Community Services, Inc.  
Kendall County Health Department  
Lake-McHenry Center for Independent Living  
Legal Assistance Foundation of Metropolitan Chicago  
McHenry Township  
Metropolitan Family Service DuPage  
Options Center for Independent Living  
Oswegoland Seniors, Inc.  
Prairie State Legal Services  
Salvation Army Golden Diners  
Senior Services Associates, Inc.  
Senior Services Center of Will County  
Will County  
Will-Grundy Center for Independent Living  
Zion Park District



STATEMENT OF FINANCIAL POSITION  
SEPTEMBER 30, 2016

ASSETS:	FY 2016	FY 2015
Cash	\$3,643,308	\$2,068,713
Due from other agencies:		
Federal & State grants	666,632	867,745
Other receivables	6,362	740
TOTAL ASSETS	\$4,316,302	\$2,937,198
LIABILITIES AND NET ASSETS		
Liabilities:		
Accounts payable	\$103,360	\$176,997
Payable to projects	2,543,300	1,090,335
Accrued vested vacation	58,440	89,008
TOTAL LIABILITIES	\$2,705,100	\$1,356,340
NET ASSETS		
Unrestricted	\$1,610,654	\$1,580,858
Temporarily restricted	548	0
TOTAL NET ASSETS	\$1,611,202	\$1,580,858
TOTAL LIABILITIES AND NET ASSETS	\$4,316,302	\$2,937,198

*This financial report represents a final accounting of funds as of September 30, 2016.*  
*The journals and ledgers of accounting for FY 2016 have been closed and audited.*



STATEMENT OF ACTIVITIES  
FOR THE YEAR ENDED SEPTEMBER 30, 2016

UNRESTRICTED NET ASSETS	FY 2016	FY 2015
REVENUES		
Federal grants	\$9,440,216	\$8,430,285
USDA Commodities	550,288	576,197
State grants	4,510,908	5,912,715
Interest income	5,213	966
Miscellaneous income	136,303	159,367
Total unrestricted revenue	\$14,642,928	\$15,079,530
NET ASSETS RELEASED FROM RESTRICTION	\$130,352	\$137,740
TOTAL UNRESTRICTED REVENUE & RECLASSIFICATIONS	\$14,773,280	\$15,217,270
EXPENSES		
Personnel	\$1,030,454	\$1,144,601
Fringe benefits	487,219	458,046
Travel	10,361	26,832
Occupancy	120,748	117,137
Supplies	11,605	48,698
Equipment	18,505	55,168
Other	224,163	308,702
Project costs	12,763,501	13,527,463
TOTAL EXPENSES	\$14,666,556	\$15,686,647

Increase (decrease) in unrestricted net assets

	\$106,724	(\$469,377)
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TEMPORARILY RESTRICTED NET ASSETS

Contributions for meals	\$135,858	\$109,688
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Net assets released from restriction		
Restrictions satisfied by payments	(130,352)	(137,740)

Increase (decrease) in temporarily restricted net assets	\$5,506	\$(28,052)
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Total increase in net assets	\$112,230	\$(497,429)
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Net assets-October 1, 2015	\$1,498,972	\$2,078,287
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Net assets-September 30, 2016	\$1,611,202	\$1,580,858
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*This financial report represents a final accounting of funds as of September 30, 2016.*  
*The journals and ledgers of accounting for FY 2016 have been closed and audited.*



TITLES III AND VII SERVICES IN FISCAL YEAR 2016

Title and Service	FY16 Grant Awards*	Expenditures	Units of Service	Persons Served
TITLES III-B AND VII				
Information & Assistance <sup>1,2</sup>	\$2,360,169	\$2,346,262	99,506	49,218
Outreach	120,203	119,993	2,787	2,622
Ombudsman <sup>1,3</sup>	474,435	472,396		
Adult Protective Services <sup>3</sup>	25,096	22,653		
Legal Services	447,380	447,380	7,467	1,778
Transportation	383,474	378,727	24,344	1,380
Counseling	360,476	358,733	6,081	820
Residential Repair	29,547	23,948	102	102
Community Connection Centers	290,577	277,547	46,586	8,074
Options Counseling <sup>1</sup>	207,100	196,285	295	160
Total, III-B and VII	\$4,698,457	\$4,643,924	187,168	64,154
TITLE III-C				
Congregate Meals <sup>4</sup>	\$1,325,576	\$1,322,610	151,344	9,294
Home-Delivered Meals <sup>1,4,5</sup>	4,193,452	4,193,452	590,630	4,313
Total, III-C	\$5,519,028	\$5,516,062	741,974	13,607
TITLE III-D <sup>2</sup>				
	\$165,826	\$151,990	6,124	1,234
TITLE III-E				
AAA Direct Service Waiver	\$54,000	\$54,000	1,326	807
Assistance	181,618	180,652	10,932	6,439
Counseling, Training, Support	214,720	209,021	4,829	1,369
Respite	345,148	322,755	17,933	488
Gap-filling	127,524	123,313	313	276
Legal Assistance	24,402	10,527	10	10
TOTAL, III-E	\$947,412	\$900,268	35,343	9,389
GRAND TOTALS	\$11,330,723	\$11,212,244	970,609	88,384

<sup>1</sup> Includes state funds  
<sup>2</sup> Includes AAA Direct Service  
<sup>3</sup> Includes Title VII funds  
<sup>4</sup> Includes Nutrition Services Incentive Program funds  
<sup>5</sup> Units includes holiday meals



STATEMENT OF  
NON-DISCRIMINATION



The Agency on Aging of Northeastern Illinois does not discriminate in admission to programs or in treatment of employment in programs or activities, in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, the Americans with Disabilities Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging.

For information, call the Illinois Department on Aging at (800) 252-8966 (voice and TTY) or contact the Northeastern Illinois Area Agency on Aging (815) 939-0727 or (800) 528-2000, or check its website at [www.ageguide.org](http://www.ageguide.org).

