



Aging Resources of Central Iowa

PSA 3



Area Plan on Aging
SFY 2014 - 2015

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SFY2014-2015 Area Plan on Aging
Aging Resources of Central Iowa – PSA 3**

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Section 1. Executive Summary

Aging Resources is well known for its innovative programs and services as it responds to the growing needs of the older population. Currently Aging Resources has five evidence-based programs designed to serve today's and tomorrow's older adults.

Aging Resources partnered with the Polk County Health Department to be the first entity to bring *A Matter of Balance*, a popular fall prevention program to the state. Aging Resources was also part of the first group of agencies to offer *Better Choices Better Health* chronic disease self-management program. Many area elders have completed these workshops and have modified their behavior to get the most out of life. Aging Resources remains an active advocate and provider of these programs.

PEARLS (Program to Encourage Active, Rewarding Lives for Seniors) is a depression screening and treatment program out of the University of Washington School of Psychiatric Medicine. This program is being utilized by community mental health centers in cooperation with Aging Resources to help area elders cope with depression and move on. *Healthy IDEAS* (Identifying, Depression, Empowering Activities for Seniors) is a self-help centered depression screening and treatment program being utilized by all of our case managers in cooperation with community-based mental health centers. A majority of our Case Management clients have been screened for depression and those who tested positively are enrolled in the program.

Transitions...to a happier, healthier you! is a group counseling evidence-based depression screening and treatment program patterned after *PEARLS*, but utilizing a group counseling therapeutic methodology. *Transitions* is being demonstrated by a community mental health agency in cooperation with Aging Resources and the University of Iowa College of Nursing. There is much national interest in the results of this program. Aging Resources has regional trainers for these evidence-based mental health programs, so we can assist other areas of the state with training and demonstrations.

Aging Resources also has a mental health and aging specialist on staff, co-located in the Case Management area to assist our Case Managers with mental health issues in their client population. This specialist is working with area mental health providers to assist with suicide prevention efforts among the older population.

Nearly all of our staff members have obtained a certificate in aging studies from Boston University's Institute for Geriatric Social Work. The 21-23 credit hours program is regarded as a standard for professionals in the field of aging. The Administration on Aging has cited this program for providing the needed competencies in knowledge for achievements within Aging and Disability Resource Centers.

For the past twenty-five years, Aging Resources has provided holiday meals (Thanksgiving and Christmas) to home-bound, frail elders who would not have a visitor. The program utilizes volunteers to deliver the meals and to visit the home-bound elders. Thousands of community members have participated in this program which is funded through voluntary contributions and sponsored by Hy-Vee supermarkets and Mercy Medical Center.

Aging Resources is working with the University of Iowa Center on Aging (Iowa Healthy and Active Minds Study) in conducting a computer-based cognitive development program (Posit Science) within senior centers in our service area. The program is an evidence-based software package designed to improve the cognitive ability of older adults, stabilize cognitive decline in dementia patients, and improve the driving safety of older drivers.

Aging Resources continues to operate a durable medical equipment (DME) loan closet, receiving and distributing donated wheelchairs, walkers, canes, hospital beds, lift chairs, commodes, incontinence supplies and nutritional supplements. Staff from our Case Management, Information and Assistance, and Family Caregiver programs distributes the equipment and supplies to clients who have no other means to acquire them. All loan closet items are catalogued and updated in a computer file to ensure that referencing is accurate and expeditious.

The Strickler Emergency Assistance Fund was established with private dollars to provide assistance to older adults who have exhausted every other source of assistance. The Strickler Fund has helped many older adults in a crisis situation with needs such as prescription medications, overdue rent, durable medical equipment, emergency shelter and clothing.

The methodology with which Aging Resources administers the Senior Farmers' Market program empowers the provider network of case managers, senior meal sites, and elder housing staff to directly enroll eligible older adults in the program maximizing program participation.

While working with our ADRC Advisory Group, the participant agencies noted the lack of a comprehensive listing of handicapped accessible apartments. Aging Resources and Easter Seals have now partnered to establish comprehensive accessible housing listing, starting with Polk County.

The three program services that Aging Resources provides directly are Information and Assistance, Case Management, and Family Caregiver Services. Aging Resources works diligently to provide exceptional customer service in each of these areas. Our customer service starts with our first encounter with clients, whether it is on the phone where callers are greeted by a trained individual who directs them to the appropriate program personnel or in our offices where clients are able to meet with staff in private and confidential settings.

Aging Resources also provides information and assistance through our website, *Facebook* and *Twitter*. Our website was designed to be user-friendly and visually appealing to our target population of older adults and their caregivers. The website design enables in-house updates so that news, events, and programs can be featured quickly and easily. All agency program materials and brochures are easily accessible via the website and consumers can quickly link to the Iowa Family Caregiver Services database and to many other aging-related sites. The website technology is also capable of translating materials into a number of languages.

Our Family Caregiver Program is a vital, growing and active part of our agency. With two seasoned caregiver specialists on staff we are able to provide needed information, counseling and direct respite or material aid assistance to caregivers. Our caregiver specialists will soon be trained as mediators in order to better serve families experiencing conflict.

Aging Resources has case managers located in our eight counties who are actively engaged in their communities and act as local liaisons to agency services. Our specialist in I&A, Family Caregiver, Case Management, Mental Health and Aging and the developing ADRC, work together as a team, meeting weekly to discuss cases, review new programs and services and make seamless client transitions from one program area to another.

Aging Resources' staff makes numerous presentations throughout our counties on aging issues and on our services. Aging Resources' director makes many presentations to students in the health care and social services fields in an effort to spark their interest in serving older adults. Staff members are active members of numerous local, state, and national aging-related organizations, groups and committees.

Our partnerships with our local contracted service providers are a major asset to our agency and services. It is the local agencies we contract with that have the most direct contact with the older adults in their communities. As part of our contract requirements, agencies provide information and assistance and outreach concerning their services, community services in general and their partnership with Aging Resources. Because they are the first contact for many clients, Aging Resources works hard to assure that our contracted service providers are kept up-to-date on aging issues and on programs that are available to their clients. Providers also highlight their partnership with Aging Resources in their promotional materials and often make referrals to Aging Resources for information, assistance, counseling, case management and caregiver help.

Mutually beneficial partnerships with other agencies and organizations that service older and disabled adults is another important way that Aging Resources enhances its advocacy and service. This summer our agency will partner with the Alzheimer's Association to provide an internship to a Social Work Master's degree candidate, who will research the best methods of outreach and inclusion of diverse populations. This research will allow both agencies to learn better methods to serve our constituents.

Section 2. Organizational Structure

Aging Resources of Central Iowa has 39 years of experience working on behalf of older adults who reside in the eight counties of Central Iowa. Aging Resources' vision statement is "Aging Resources of Central Iowa will enable all older adults in central Iowa to live healthy, active, and independent lives fully engaged in the community." Our mission statement like our vision statement reflects our dedication to the independence and dignity of older adults by stating: "The mission of Aging Resources of Central Iowa is to lead, advocate, and serve as well as plan and coordinate resources in the provision of services to older persons in central Iowa, their families, caregivers or representatives enabling elders to lead independent, meaningful and dignified lives in the least restrictive environment." Aging Resources' mission is very similar to the Iowa Department on Aging's mission "to help individuals maintain health and independence in their homes and communities."

In order to accomplish our mission, Aging Resources' Board of Directors is representative of our eight county area. The Board consists of eighteen members; two directors for each of the eight counties and because of the size of the population, two directors representing the City of Des Moines.

One director is appointed by the County Board of Supervisors of each county and one director is appointed by the Des Moines City Council. Those appointed must be local elected officials; historically the appointed members have been County Supervisors and Des Moines City Council Members.

The second director is elected or selected from each of the eight counties and one from the City of Des Moines. This director must be elected or selected by groups of individuals sixty years of age or older. The selected member must be affirmed by the relevant County Board of Supervisors or the City Council of Des Moines. Traditionally this board member has been a person 60 years of age or older who is active in the community.

Terms of office for the public officials are one year. The terms for non-public members are two years. In order to maintain the highest possible effectiveness of the Board, it is recommended that non-public members serve up to three consecutive two year terms.

All Board members are provided a complete Board Orientation Manual which includes a Board roster with contact information, a roster of the Advisory Council members, By-Laws, Mission Statement, Personnel Manual, organizational chart, overviews of the agency including the strategic plan, overviews of the Older Americans' Act and of the Iowa Association of Area Agencies on Aging (i4a). Also included in the manual are information from the Iowa Department on Aging, summaries of national and state historical perspectives and copies of Older Americans Reports and n4a Legislative Updates. One-on-one orientation to Aging Resources and to the Board of Directors is also provided by the Executive Director.

Board Meetings are held monthly except in July and August. Special meetings are also convened when needed. Regular meetings of the Board of Directors are held the third Thursday of the month. Every other month, Aging Resources' Advisory Council meets the Thursday prior to the Board meeting. The timing of the Advisory Council meetings is designed to allow Advisory Council perspectives on services, policies and advocacy to be available to the Directors through a written or oral report.

The Board agenda is provided at least ten days prior to the meeting. All agency policies must be approved by majority vote of the Board. Agency policies are drafted by staff, presented to the relevant Board committee for discussion and modification, and then presented to the full Board for finalization, adoption or rejection. The Board of Directors reviews and approves all funding allocations to community providers and also reviews and approves the agency's area plan. Directors, whether they are elected officials or older adult representatives, are seasoned advocates and recognized leaders in their communities. Board members are often called upon to advocate for policies and programs that benefit older adults on a local, state or national level. Board members often have relationships with other elected officials so are able to promote aging programs to their colleagues as well as to their constituents and their communities. At every Board meeting Directors are given an opportunity to share individual county information, success stories and concerns. The Board is then able to work as a team to promote aging issues in the service area as a whole.

The Aging Resources Advisory Council has been formed according to its By-Laws. Voting membership consists of twenty Council members all from within our eight county service area. There are two Council members from each county with the exception of Polk County, which has four Council members. There are also two at-large Council members selected by the Aging Resources Board of Directors.

In naming members to the Council, each county Board of Supervisors and the Nominating Committee of the Council must follow the composition requirements outlined in the Older Americans Act and Iowa Administrative Code which stipulate: at least one-half the Council members shall be age 60 or older and will include persons with greatest economic or social needs, participants in programs under the Older Americans Act and minority individuals, representatives of older persons, local elected officials, the general public, representatives of health care provider organizations including providers of veterans' health care, if appropriate, representatives of supportive services provider organizations and persons with leadership experience in the private and voluntary sectors. In naming an at-large Council member, the Board of Directors selects persons with leadership and the needed expertise in areas deemed important by the Advisory Council.

Candidates for Council membership are recruited from their communities primarily through outreach at congregate meal sites, senior centers, through older adult organizations or coalitions as well as local governmental units. Council members serve a three year term and may serve up to three consecutive terms.

Regular meetings of the council are held bi-monthly on the second Thursday of the month. Special meetings may be called as needed.

Advisory Council members are active advocates for the older adults in their communities and in the planning area. At each Advisory Council meeting the Executive Director of the agency updates the Council on aging issues, activities, programs, legislation and trends from local, state and national perspectives. Staff members also periodically update the Council on their programs and activities. Council members provide feedback and make suggestions to staff on the programs available in their communities. Council members have an opportunity at each meeting to discuss their local issues. The Council works as a team, sharing ideas and coming together to advocate for all older adults in the eight county area.

The Council is active in determining the dissemination of State and Federal funds to local service providers. The Council establishes a Grants and Planning Committee to review all applications for funding through the bi-annual request for proposals process. The Grants and Planning committee consists of one member from each county except Polk which has two members. This committee is first to review and comment on funding requests. The committee provides a summary of its review of applications and makes recommendations to the full Council regarding funding to local service providers. The Advisory Council after reviewing the recommendation of the Grants and Planning Committee votes on a recommendation to the Board of Directors.

The Advisory Council is also the first to review and comment on the area plan. Staff provides a draft version of the area plan to the council prior to their meeting so that they are able to review the plan and make recommendations. At the Council meeting the plan is discussed and changes may be made. The Council will then vote on a recommendation to the Board on submitting the area plan to the Department on Aging for approval.

Section 3. Area Plan Development

In the development of its area plan Aging Resources first seeks input from its Advisory Council. As stated previously the Advisory Council members are active advocates for the older adults in their communities and provide feedback to agency staff on program needs and development. The Advisory Council is the first to review the funding requests of contractors in our Request for Proposals (RFA) process and the first to review and comment on our Area Plan. The Advisory Council votes on what to recommend to the Board of Directors on the plan.

The Board of Directors has the final approval on the area plan. A draft plan is sent to Board members for review and then at their board meeting the area plan is presented for discussion. The Board can question staff on elements of the plan and then as a group determines if the plan is meeting the needs of the older adults they represent.

Having county supervisors, service providers, older adults, service recipients, and other local leaders represented on the board of directors and the advisory council provides a range of viewpoints and experiences. The two groups work together to guide the area agency to best meet the needs of older residents of our eight county area with the resources we have available.

In preparing each year's plan Aging Resources examines the results of the most recent needs assessment survey available to us. This year a needs assessment survey was recently completed. The survey was sent to 420 older adults in our area, who had received a registered service in the last six months. The respondents were selected to be representative of each county. The needs assessment survey was also sent to our Board and Advisory Council members.

The preliminary results of the survey show home delivered meals to be most often rated as a very important service to have available, followed by medical transportation, caregiver information and assistance and case management. The results of the survey will be further analyzed and will be used to prioritize the services we fund and to shape our delivery system.

A public hearing is also used in developing our area plan. Notices go out to county and regional newspapers to alert the residents of the hearing. We hold the public hearing in conjunction with our Advisory Council meeting so that Advisory Council members may interact with other participants concerning the plan.

Section 4. Profile of Planning and Service Area

Aging Resources' planning and service area encompasses the eight counties in the center of the state and includes Des Moines, the state capital. Our planning and service area is the most populous of the six new area agencies on aging. The proportion of older adults to the total population is not as high as in some areas but the overall numbers of persons 60+ are growing. The 2000 census reported 99,625 persons over the age of 60 and the current information provided to us by IDA is that our 60+ population is 113,685. The Des Moines metropolitan area is the most densely populated area of the state, however, except for the city of Ames, the remainders of our counties are considered rural. (See attachment)

Aging Resources' Advisory Council and Board are very cognizant of the need to promote the availability of services in our rural counties. Contractor funding is provided to rural areas at a higher proportion than to urban areas.

One of Aging Resources strengths is that we have consistently engaged in partnerships at the local, state, and federal levels with a variety of organizations to coordinate services to meet the needs of older adults in Aging Resources' service area and beyond. Aging Resources is an active partner in the Iowa Coalition on Mental Health and Aging and has trained case managers and mental health providers in three evidence-based mental health programs (*PEARLS*, *Healthy IDEAS*, and *Transitions*). These evidence-based programs continue to receive regional and national attention via conferences and the internet. Certified regional trainers on staff plan to train all of the case managers in every Area Agency on Aging in the state.

The mental health and aging service providers in the State of Oklahoma were trained two years ago by our staff trainers. The Kansas Commission on Aging consulted with our staff regarding evidence-based mental health and aging programs. The Eyerly-Ball Community Mental Health Center and Iowa Health System continue to implement *PEARLS*, *Healthy IDEAS*, and *Transitions* with Aging Resources to treat elders with depression and provide a research base for these evidence-based programs.

Aging Resources is also a major partner in the Age-Friendly Cities Program in greater Des Moines, joining with AARP Iowa and Des Moines University to develop the program over the next five years. This project involves the resources of: the Greater Des Moines Partnership, Community Foundation of Greater Des Moines, Polk County, Healthy Aging and Memory Clinic, City of Des Moines, the Iowa Department on Aging, Wesley Retirement Foundation, Iowa Initiative, Bankers Trust, The Downtown School, Empower Tanzania, US Center for Citizen Diplomacy, Bernie Lowe and Associates, Des Moines Neighbors, Metropolitan Advisory Council, Des Moines Area Metropolitan Planning Organization, Iowa Department of Transportation, the Healthiest State Initiative, Blue Zones Project, and a host of volunteers and retired residents. The Age-Friendly Cities Project will improve: transportation, housing, social participation, civic participation and employment,

communication and information, community support and health services, outdoor spaces and buildings, and respect and social inclusion for older adults.

Aging Resources is an active partner with all of the aging studies programs within higher education throughout the state. University of Iowa's Geriatric Education Center, College of Nursing, College of Public Health and School of Social Work, Iowa State University's Gerontology Program, University of Northern Iowa's Gerontology Department, Des Moines Area Community College's Aging Services Management, Mercy College of Health Sciences' Nursing and Physical Therapist Assistant Programs, Des Moines University's Global Health Department, College of Osteopathic Medicine, and the former Geriatric Education Center, the Gerontology Society of Iowa, Des Moines Public Schools' Adult Education Division, Grand View University's Psychology Department, and the Iowa Coalition on Aging Programs involve Aging Resources and its staff members in preparing professional service providers for the growing older adult population.

Aging Resources has a formal referral agreement with the Healthy Aging and Memory Clinic to help family members manage Alzheimer's disease. The Alzheimer's Association and a number of health care organizations and community-based care agencies round out the care options for older adults.

Aging Resources assists older adults and their family members who require community-based and long-term care through partnerships with the Iowa Department of Inspections and Appeals, Iowa Department of Public Health, Iowa CareGivers Association, Magellan Health Services' Senior Connect Roundtable, the Iowa Long-term Care Ombudsman's Office, the Iowa Merrymakers, and the Aging and Disability Coalition.

Aging Resources partners with Mobile Medical Professionals, a geriatric house call program for homebound, frail elders who may also have limited English speaking ability. Hundreds of homebound older adults receive affordable, quality end-of-life care from Mobile Medical Professionals.

A Matter of Balance and *Better Choices Better Health* help Aging Resources to engage community-based partners such as county health departments, hospitals, home care agencies, RSVP, local subsidized housing and assisted living providers, and congregate meal sites to conduct workshops for older adults.

The Jewish Federation of Greater Des Moines and Aging Resources partnered to effectively coordinate local resources for a Naturally Occurring Retirement Community project, assisting a number of older adults in need of supportive services.

The Iowa Council for International Understanding and Aging Resources partner to assist international visitors understand the voluntary sector and community-based elder services so these concepts can be translated in local communities around the world.

The State Public Policy Group and Aging Resources partner on a wide range of health care and aging policy issues, often informing and educating legislators in Congress. This partnership is designed to positively impact supportive programs and services for our aging population.

The partnership between Iowa Legal Aid and Aging Resources continues to help older adults in crisis situations avoid losing their homes, income, and benefits.

Targeting Plan

Aging Resources' ongoing plan to identify and provide services to individuals eligible for assistance with special emphasis on older individuals residing in rural areas, older individuals with greatest economic need, with the greatest social need with particular attention to low-income minority individuals, older individuals with severe disabilities, older individuals with limited English proficiency, older individuals with Alzheimer's disease and related disorders and their caregivers and older individuals at risk for institutional placement includes the following strategies.

As part of our request for proposal process, our application for funding contains a section asking the applicant to describe specific ways their agency will target the individuals listed above. Their answers to that question are taken into account

when funding is awarded. Providers describe reaching out to clients through partnerships with agencies and organization who work with low income and minority individuals such as DHS, community action agencies, low-income housing units, the Salvation Army, food pantries, supplemental food programs, hospital and clinic social workers, case managers, being a part of hunger or homeless coalitions, having community advocates to identify individuals in need, and working with local neighborhood associations, churches and social justice committees.

Aging Resources has "Conditions Standard to all Contracts" which requires contractors to maintain a targeting plan to provide service to those listed above. The targeting plan is reviewed at the onsite visit each year. Strategies are discussed and best practices learned from other providers are shared.

Contractors are required in their applications to project the number of rural, low-income, minority and low-income minority individuals they will serve. This number is monitored quarterly and any problem areas are discussed with the project manager.

Aging Resources itself reaches out to the targeted individuals through partnerships with diverse social groups, subsidized housing providers, county public health departments, community action agencies, the Iowa Department of Human Services, the Alzheimer's Association, local ethnic or cultural groups and community churches.

Aging Resources uses ethnically inclusive posters and brochures for all outreach efforts. Minority individuals serve on our Advisory Council and Board of Directors which greatly assists in our outreach efforts. When leaders in an ethnic community tell others about our services it is an important endorsement and often leads to others accepting our services. Word of mouth can be particularly important to increasing participation by minority clients. When an individual receiving a service tells others in their peer group or invites others to attend, it is a powerful outreach tool.

To accommodate people with limited English proficiency, our website has the ability to translate content into different languages and we have a contract with Language Line for interpreting services. There are a few places in our service area, such as the town of Perry, where a number of Hispanic families reside. Our local contractors provide brochures in Spanish and have staff who are Hispanic or who can interpret to assist these clients.

Our Family Caregiver Specialists have fostered a relationship with a local geriatric clinic where many patients are first diagnosed with Alzheimer's disease. The clinic (after discussion with and permission from patients and families) sends the patients' relevant information to the Caregiver Specialists for them to reach out with that first phone call offering assistance.

The Case Management Department prioritizes those clients who are most at risk for institutional placement to assure that they are visited quickly and are offered the services that may best assist them in remaining at home.

The success of our outreach efforts to low income and minority individuals can be seen in our client statistics for FY'12. In Aging Resources' service area, 4% of the 60 years of age and older population are minority individuals yet 12% of the clients we served were minority clients. The percentage of persons 60+ with incomes at the federal poverty level is 5.7% in our service area. However, a full 25% of the clients we served through our programs were at the poverty level. In serving the rural population, 22% of our population is considered rural, but 39.5% of the clients we served live in rural areas.

Aging Resources will continue to directly and through the efforts of our contractors reach out to the most socially and economically vulnerable in our communities.

Section 5. Strategies for Service Delivery

Aging Resources will continue to work to ensure that older individuals have equal access to services regardless of their location in our eight county area. Aging Resources strives to make our presence well known in all parts of our service area. We work very closely with our local contractors so that they are focal points in their communities for accessing the network of information and services clients and their families seek.

As an entrance point to our agency, Aging Resources has a toll free phone number. This well publicized phone number provides initial access to information and assistance, advocacy, counseling and many of the Family Caregiver services. Aging Resources also has an easy to navigate website, a *Facebook* page and a *Twitter* account to increase access to our agency through social media.

In contracting with service providers through our request for proposal process, Aging Resources uses a funding formula that is weighted heavily toward the rural areas. Although Polk County has the majority of our 60+ population, Polk County contractors receive less than 85% of the amount of funding they would receive if funds were appropriated only by population. In contrast Madison County our most rural county receives 212% of the funding they would receive in a population only based formula. The Aging Resources' Board and Advisory Council realize that for rural counties to have the funds necessary to provide services to their residents they must have funding in a greater proportion than is needed in urban areas.

Our network of local service contractors provide core services such as congregate meals, home delivered meals and transportation throughout every county in our service area. A number of additional services are available at the congregate meals sites such as health promotion activities, nutrition education, nutrition counseling, legal education and many other educational and health related programs. We work with the transportation providers to assure that rides are available to the meal sites so that clients from any part of the counties can partake in these services. Several of our contracted agencies provide both the nutrition program and the transportation program in their counties enabling them to easily coordinate services.

Availability of Legal Assistance is accessible through the toll free Hotline for Older Iowans which allows everyone to have equal access to initial legal services. When further assistance is needed Iowa Legal Aid makes accessibility for the client a prime consideration.

Aging Resources' Case Management Program has a local presence in each of our counties. Case managers have offices in seven of our eight counties with only Madison and Warren counties sharing a case manager who has an office in Indianola. Clients in all areas receive the same number of home visits and phone contacts.

We have contracts with every adult day center in our area to help make that service as available as possible. When transportation is needed the adult day care providers and the transportation providers work together to accommodate clients.

We have contract with or work in collaboration with all the Public Health Agencies in our area to assure that health assessments, nursing, personal care and homemaker programs are available to all. We also partner with other medical and non-medical home care agencies to promote their services throughout the counties.

Our Family Caregiver Specialists make their presence known throughout the service area by being active in community provider organizations in every county. Word of mouth from the local providers and from clients who have received services help by increasing awareness which in turn increases referrals to all our programs.

When a service is needed by a client and Aging Resources does not have a contractor available, Aging Resources will work with our network of service providers to meet the need or will pay a vendor directly to provide a specific service to meet an individual's specific need. So, no matter where a client resides in our area needs can be fulfilled.

Aging Resources of Central Iowa is in the process of developing an Aging & Disability Resource Center (ADRC). The ADRC coordinator has been cultivating partnerships with a diverse array of State, County, public and private organizations. Through these partnerships a dedicated group of organizations are now committed to serve on the ADRC Advisory Council. It is critical that the partners become involved in the early development of the ADRC in order to streamline access to long-term services and supports for Iowa's older and adult disabled population.

The ADRC coordinator has met with ten organizations to date that have agreed to serve on the Advisory Council. These organizations include the State Medicaid office, Centers for Independent Living, Brain Injury Association, Central Point of

Coordination (CPC), Easter Seals of Iowa, Iowa Association of Community Providers, Iowa Department for the Blind, Iowa Vocational Rehabilitation Services, Senior Health Insurance Information Program (SHIIP), and Visiting Nurse Services of Iowa (VNS).

These agencies all have similar missions, values and goals in representing and assisting older adults and persons with disabilities. The inclusion of this diverse array of stakeholders allows the ADRC project to build a broad base of support for the success of the project. These partnerships will not only enhance the opportunity for Iowans in this area but will also improve access to long-term supports and services. Additional organizations will be added to the advisory council as the program evolves.

The ADRC Advisory Council will also include consumers who will play an active role on the council. The Advisory Council member organizations will assist in recommending consumers to serve on the council.

The ADRC partnerships will be formalized through written agreements to ensure consistency over time. Therefore, as a part of the Advisory Council, each of the organizations will sign a Memorandum of Understanding (MOU). This MOU will charge the organization as a part of the Advisory Council to: 1) promote the ADRC as a resource in the community, 2) provide feedback to the ADRC for ongoing and future development, 3) provide an annual training to the members of the council relating to the services of their specific organization and, 4) assign a liaison(s) to serve as a point person for contacts to their organization.

The ADRC coordinator has also met with other community contacts to continue the ongoing development of the ADRC and market the single point of entry throughout the community. These other contacts included: Iowa Finance Authority, Housing Authority, retirement communities, nursing homes, and assisted living facilities.

The ADRC Coordinator has also attended a number of community meetings and events including the Mental Health and Disability Commission, Health Care Provider meetings, Polk County Senior Fest, Listening Luncheons and other groups to continue the promotion of the ADRC.

Section 6. Subcontractor Oversight and Monitoring

Aging Resources selects services providers through a RFP process commenced every two years. A public notice is issued to newspapers in each county and posted on our website stating that funding is available for specific services for persons 60+ years of age. Notice is also sent to current providers, to targeted small businesses and to agencies and organization who have requested direct notice. A meeting is set for all potential applicants to explain the application process and to answer questions.

Application forms include revenue and expenditure budgets for the proposed service and narratives explaining the following: the applicant's method of determining need for the service in their community, how they obtain the views of older residents regarding their service, how they will give preference to elders with the greatest social and economic need, and how they will target services to persons 60+ who are disabled, minority, persons with incomes at or below poverty level, older individuals with limited English proficiency and persons at risk of institutional placement. Applicants must also explain how they have determined the unit cost of their service and their method for determining client satisfaction with services. Applicants describe who they coordinate services with other providers within their counties and the method they use to solicit client contributions along with how they protect client confidentiality.

Staff performs the initial review of the applications and develops preliminary funding recommendations. Copies of all applications along with charts on funding available and past distribution of funds are sent to the Grants and Planning Committee of the Advisory Council.

The Grants and Planning Committee consists of one member from each county except Polk which has two members. This committee is first to review and comment on funding requests. The committee provides a summary of its review of applications and makes recommendations to the full Council regarding funding to local service providers. The Advisory

Council after reviewing the recommendation of the Grants and Planning Committee votes on a recommendation for funding for services to the Board of Directors.

Prior to its meeting the Board of Directors receive charts showing the funding recommendations by type of service, provider and county. Directors are also given a summary narrative with the rationale for service and funding recommendations. The Board of Directors then votes to accept reject or modify the Advisory Councils funding recommendations. Funding awards are finalized at the Boards January meeting and new contracts begin July 1.

The major challenge Aging Resources faces in awarding funds is that funding has been flat since 2007 and now we are facing possible decreases in both Federal and State funds. Over the past seven years the costs of fuel and food have risen dramatically causing providers to struggle to meet consumer needs. Because there are no new funds for most services if a new applicant requests funding or if a current provider requests additional funding, in order to fulfill that request, funds must be cut from existing services. This dilemma restricts the initiation of new services, innovations in service and expansion of services.

Aging Resources' process for monitoring and oversight of service contracts include; monthly reviews of contract fiscal reports, quarterly desk reviews and yearly on-site visits to contractors. The quarterly review consists of calculating the percentage of: units provided, clients served and funds used against the percentage of the fiscal year completed. Contract usage should be within 10% of the contract projections for the quarter. If the contract does not appear on track, the project manager is contracted and problem areas are discussed. If a contract modification is warranted one may be initiated.

A yearly on-site review involves visiting each provider agency and verifying that the provider is following the contract conditions including review of: financial audits, certificates of insurance, client satisfaction surveys, and documentation of units of service and clients reported.

Section 7. Sustainability

Aging Resources will sustain the agency and services as we have for the last 39 years continuing to promote our collaborative efforts with our contractors. The contractors' partnership with their local sponsors provide considerable match to the effort. The agreements between Aging Resources and the local contractors require a minimum local matching effort of 1:1 match with the federal funds the contractors receive from Aging Resources.

The cities and counties provide local public match in excess of \$2,000,000 annually to the contractors to meet the match requirements and more importantly to ensure services are provided to the greatest number of participants possible.

Charitable organizations and individuals (not including participants) are another major source of program match provided directly to the contractors. This source provides the contractors with funds in excess of \$700,000 per year to provide additional services for participants.

The program participants provide substantial monetary support to their local service providers in the form of program contributions. The participants understand the value of the services they receive and voluntarily donate in excess of \$1,250,000 per year.

In total, the contractors of Aging Resources obtain matching funds, from all sources, of approximately \$4,000,000 per year. This locally generated match is reported to Aging Resources and is included in our reports to the state to meet the federal and state match requirements.

Aging Resources receives \$4,000 of local public match directly from the eight counties in our service area. These funds are used as administrative match. Aging Resources' match for federal and state funds historically exceeds the match requirements and will continue to do so in the future.

Sustainability is also enhanced by the partnerships that have been outlined previously. Aging Resources' staff persistently advocates for older Iowans in many arenas enabling the agency to be known and respected in the aging field.

To sustain and enhance our offerings Aging Resources researches and applies for contracts and grants that enhance our ability to serve our population of older adults in central Iowa.

**Attachment 1
Verification of Intent**

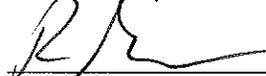
Aging Resources (AAA) accepts full authority and responsibility to develop and administer the SFY 2014-SFY 2015 Area Plan on Aging in accordance with all requirements of the Older Americans Act as amended 2006, state laws, rules, and procedures. By accepting this authority and responsibility, the area agency agrees to develop and administer the Area Plan for a comprehensive and coordinated system of service and to serve as the advocate and focal point for all Iowans 60+ years of age in the area agency's planning and service area.

The Area Plan on Aging reflects input from a cross section of service providers, consumers, and caregivers that are representative of all areas and culturally diverse populations in the planning and service area; its contents are true, accurate, and incorporate the comments and recommendations of the Area Agency's Advisory Council and has been reviewed and approved by the Area Agency's Governing Body. It is acknowledged that intentional misrepresentation or falsification may result in the termination of financial assistance.

The Governing Body has reviewed the SFY 2014-SFY 2015 Area Plan on Aging, approves the Plan in its entirety, and hereby submits the Area Plan to the Iowa Department on Aging for approval by the Iowa Commission on Aging.

Rick Sanders

Name: Chair, Governing Body



Signature

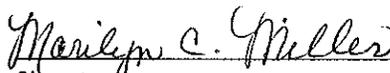
3/21/13

Date Signed

The Advisory Council has reviewed the SFY 2014-SFY 2015 Area Plan on Aging, approves the Plan in its entirety, and hereby submits the Area Plan to the Iowa Department on Aging for approval by the Iowa Commission on Aging.

Marilyn Miller

Name: Chair, Governing Body



Signature

3-14-13

Date Signed

The Executive Director has reviewed the SFY 2014-SFY 2015 Area Plan on Aging, approves the Plan in its entirety, and hereby submits the Area Plan to the Iowa Department on Aging for approval by the Iowa Commission on Aging.

Joel L. Olah

Name: Executive Director



Signature

3/20/13

Date Signed

Attachment 2
Authorized Signatures

Aging Resources of Central Iowa
Name of Area Agency on Aging

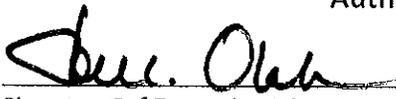
5835 Grand Ave., Suite 106
Street Address

Des Moines, Iowa 50312
City, State, Zip Code

Type of Agency: Single Purpose

Date of Area Agency Designation: April 1982

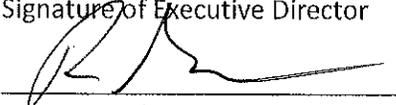
Authorized Signatures for Funding Applications and Contracts



Signature of Executive Director

3/20/13

Date Signed



Signature of Chair, Governing Body

3/21/13

Date Signed

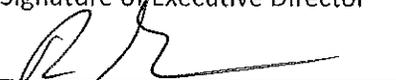
Authorized Signatures for Fiscal Reports



Signature of Executive Director

3/20/13

Date Signed



Signature of Chair, Governing Body

3/21/13

Date Signed



Signature of Treasurer

3-21-2013

Date Signed

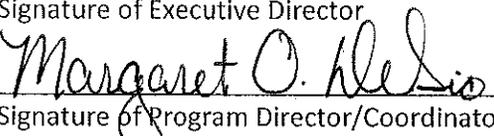
Authorized Signatures for Program Reports



Signature of Executive Director

3/20/12

Date Signed



Signature of Program Director/Coordinator

03/20/13

Date Signed

**Attachment 3
Governing Body**

Governing Body of Aging Resources of Central Iowa
Name of Area Agency on Aging

Chair

Name: Rick Sanders
Address: 900 6th Street
City & Zip Code: Nevada, 50201
County: Story
Phone: 515 382-7201
E-mail: rsanders@storycounty.com
Term Expires: 12/31/13

Secretary/Secretary Treasurer

Name: Jim Kingery
Address: 214 East Main Street
City & Zip Code: Knoxville, 50138
County: Marion
Phone: 641 828-2231
E-mail: jkingery@co.marion.ia.us
Term Expires: 12/31/13

Other Members

Name: Chet Hollingshead
City/County: Boone/Boone
Phone: 515 433-0500
E-mail: chollingshead@boonecounty.iowa.gov

Name: Kim Chapman
City/County: Adel/Dallas
Phone: 515 993-6850
E-mail: kim.chapman@co.dallas.ia.us

Vice-Chair

Name: Nancy Nichols
Address: 6200 EP True Pkwy #505
City & Zip Code: West Des Moines, 50266
County: Dallas
Phone: 515 221-3212
E-mail: narnichols@yahoo.com
Term Expires: 12/13/14

Treasurer (if separate officer)

Name: Nancy Brouard
Address: 2706 Northridge Circle
City & Zip Code: Ames, 50014
County: Story
Phone: 515 292-8001
E-mail: jimnancy47@mchsi.com
Term Expires: 12/31/14

Name: Ed Tiller
City/County: Boone/Boone
Phone: 515 432-6317
E-mail: tillerer@gmail.com

Name: Denny Carpenter
City/County: Newton/Jasper
Phone: 641 792-7016
E-mail: dcarpenter@co.jasper.ia.us

Other Members (continued)

Name: Kirk Macumber
City/County: Winterset/Madison
Phone: 515 462-3225
E-mail: kmacumber@madisoncoia.us

Name: Duane Brouwer
City/County: Knoxville/Marion
Phone: 641 218-9681
E-mail: m2tom@live.com

Name: Quincy Southers
City/County: Des Moines/Polk
Phone: 515 991-4105
E-mail: q4lawyers@aol.com

Name: Marvin Grace
City/County: Carlisle/Warren
Phone: 515 989-0684
E-mail: marving@surfree.com

Name: _____
City/County: _____
Phone: _____
E-mail: _____

Name: _____
City/County: _____
Phone: _____
E-mail: _____

Name: _____
City/County: _____
Phone: _____
E-mail: _____

Name: Ardis Myers
City/County: Winterset/Madison
Phone: 515 462-4716
E-mail: myers542@gmail.com

Name: Steve Van Oort
City/County: Des Moines/Polk
Phone: 515 286-3119
E-mail: steve.vanoort@polkcountyiowa.gov

Name: Steve Wilson
City/County: Indianola/Warren
Phone: 515 961-1029
E-mail: stevew@co.warren.ia.us

Name: Robert Mahaffey
City/County: Des Moines/Polk
Phone: 515 237-1624
E-mail: mahafb@aedairy.com

Name: _____
City/County: _____
Phone: _____
E-mail: _____

Name: _____
City/County: _____
Phone: _____
E-mail: _____

Name: _____
City/County: _____
Phone: _____
E-mail: _____

**Attachment 4
Advisory Council**

Older Americans Act Section 306(a)(6)(D). Each area agency on aging shall establish an advisory council consisting of older individuals (including minority individuals and older individuals residing in rural areas) who are participants or who are eligible to participate in programs assisted under this Act, family caregivers of such individuals, representatives of the business community, local elected officials, providers of veterans' health care (if appropriate), and the general public, to advise continuously the area agency on aging on all matters relating to the development of the area plan, the administration of the plan and operations conducted under the plan.

Older Americans Act Code of Regulations, Subpart C, Sec. 1321.57(b) Composition of council. The council shall include individuals and representatives of community organizations who will help to enhance the leadership role of the area agency in developing community-based systems of services. The advisory council shall be made up of:

1. More than 50 percent older persons, including minority individuals who are participants or who are eligible to participate in programs under this part;
2. Representatives of older persons;
3. Representatives of health care provider organizations, including providers of veterans' health care (if appropriate);
4. Representatives of supportive services provider organizations;
5. Persons with leadership experience in the private and voluntary sectors;
6. Local elected officials; and
7. The general public.

If the agency's Advisory Council does not currently meet all 7 composition criteria listed above, provide the following information:

1) Composition criteria yet to be satisfied by the Council (# 1, 2, 3, 4, 5, 6, 7)

None

Advisory Council of: Aging Resources of Central Iowa
Name of Area Agency on Aging

Chair

Name: Marilyn Miller
Address: 1008 E. Marion
City, State, Zip Code: Knoxville, IA 50138
County: Marion
Phone: 641 842-4274
E-mail: rgmcmiller@gmail.com
Term Expires: 06-30-15
OAA Composition Criteria (1 to 7): 1,2,5,7

Vice - Chair

Name: Bill Ward
Address: 113 E. 28th Street S
City, State, Zip Code: Newton, IA 50208
County: Jasper
Phone: 641 792-1629
E-mail: bilbarward@mchsi.com
Term Expires: 06-30-14
OAA Composition Criteria (1 to 7): 1,2,5,7

Secretary or Secretary Treasurer

Name: Beulah Fredericks
Address: 440 NE 48th Place
City, State, Zip Code: Des Moines, IA 50313
County: Polk
Phone: 515 244-0094
E-mail: boots823@webtv.net
Term Expires: 06-30-13
OAA Composition Criteria (1 to 7): 1,2,5,7

Treasurer (if separate officer)

Name: N/A
Address: _____
City, State, Zip Code: _____
County: _____
Phone: _____
E-mail: _____
Term Expires: _____
OAA Composition Criteria (1 to 7): _____

Other Members

Name: Dawn Allspach
City/County: Knoxville/Marion
Phone: 641 842-6070
E-mail: dallspach@co.marion.ia.us
OAA Composition Criteria (1 to 7): 2,4,7

Name: Al Bergman
City/County: Ames/Boone
Phone: 515 296-0032
E-mail: abergma@msn.com
OAA Composition Criteria (1 to 7): 1,2,5,7

Name: Linda Romitti
City/County: Madrid/Boone
Phone: 515 795-2243
E-mail: linmar2@iowatelecom.net
OAA Composition Criteria (1 to 7): 1,2,7

Name: Marilyn Heikes
City/County: Waukee/Dallas
Phone: 515 987-2110
E-mail: mjheikes@aol.com
OAA Composition Criteria (1 to 7): 1,2,5,7

Name: Kelli Van Manen
City/County: Newton/Jasper
Phone: 641 792-7102
E-mail: kvanmanen@co.jasper.ia.us
OAA Composition Criteria (1 to 7): 2,4,7

Name: Sharee Owens
City/County: Winterset/Madison
Phone: 515 462-1334
E-mail: shareemces@yahoo.com
OAA Composition Criteria (1 to 7): 2,4,7

Name: Helen Sellers
City/County: Winterset/Madison
Phone: 515 462-4991
E-mail: phillipsellers@msn.com
OAA Composition Criteria (1 to 7): 1,2,7

Name: Tammy Keiter
City/County: Des Moines/Polk
Phone: 515 286-3767
E-mail: tammy.keiter@polkcountyiowa.gov
OAA Composition Criteria (1 to 7): 2,3,5,7

Name: Joyce Norris
City/County: Des Moines/Polk
Phone: 515 286-2113
E-mail: joyce.norris@polkcountyiowa.gov
OAA Composition Criteria (1 to 7): 2,4,5,7

Name: Frances Hawthorne
City/County: Des Moines/Polk
Phone: 515 243-6798
E-mail: francesfranhaw@aol.com
OAA Composition Criteria (1 to 7): 1,2,5,7

Name: Louis Kenney
City/County: Indianola/Warren
Phone: 515 961-3565
E-mail: loucarkenney@earthlink.net
OAA Composition Criteria (1 to 7): 1,2,7

Name: Barb McClintock
City/County: Des Moines/Polk
Phone: 515 255-2108
E-mail: mcclintockbk@gmail.com
OAA Composition Criteria (1 to 7): 1,2,5,7

Name: _____
City/County: _____
Phone: _____
E-mail: _____
OAA Composition Criteria (1 to 7): _____

Name: _____
City/County: _____
Phone: _____
E-mail: _____
OAA Composition Criteria (1 to 7): _____

Name: _____
City/County: _____
Phone: _____
E-mail: _____
OAA Composition Criteria (1 to 7): _____

Name: _____
City/County: _____
Phone: _____
E-mail: _____
OAA Composition Criteria (1 to 7): _____

Name: _____
City/County: _____
Phone: _____
E-mail: _____
OAA Composition Criteria (1 to 7): _____

Name: Mary Ellen Metzger
City/County: Ames/Story
Phone: 515 233-2906
E-mail: memetzger@hsservicesia.com
OAA Composition Criteria (1 to 7): 2,4,7

Name: JoAnn McKibben
City/County: West Des Moines/Polk
Phone: 515 285-4555
E-mail: b.mckibben@mchsi.com
OAA Composition Criteria (1 to 7): 2,5,6,7

Name: _____
City/County: _____
Phone: _____
E-mail: _____
OAA Composition Criteria (1 to 7): _____

Name: _____
City/County: _____
Phone: _____
E-mail: _____
OAA Composition Criteria (1 to 7): _____

Name: _____
City/County: _____
Phone: _____
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OAA Composition Criteria (1 to 7): _____

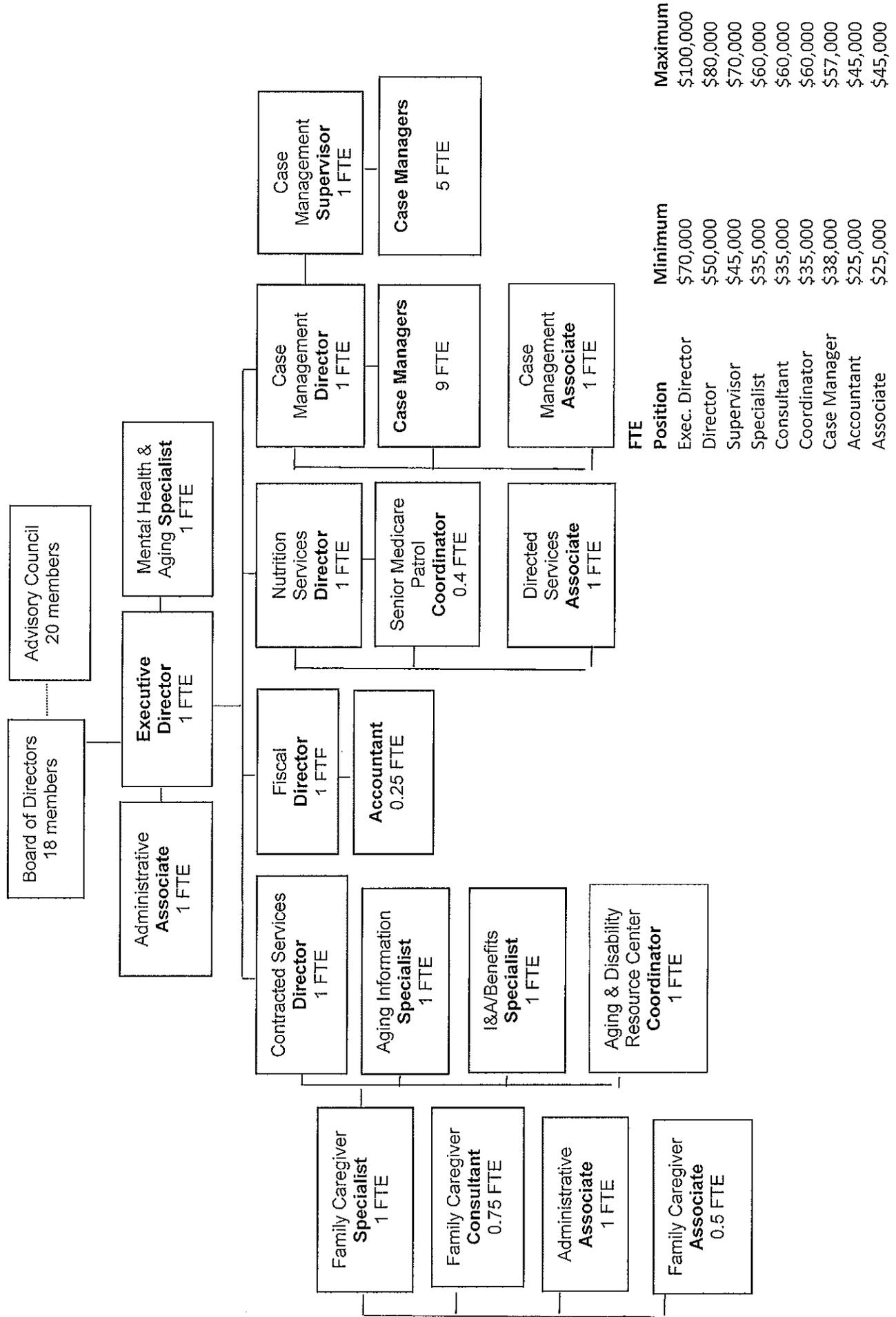
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City/County: _____
Phone: _____
E-mail: _____
OAA Composition Criteria (1 to 7): _____

Name: _____
City/County: _____
Phone: _____
E-mail: _____
OAA Composition Criteria (1 to 7): _____

Name: _____
City/County: _____
Phone: _____
E-mail: _____
OAA Composition Criteria (1 to 7): _____

Attachment 5: Table of Organization, with number of full-time employees, part-time employees and position titles.

AGING RESOURCES OF CENTRAL IOWA



BY-LAWS OF
AGING RESOURCES OF CENTRAL IOWA
BOARD OF DIRECTORS

ARTICLE I

NAME AND GEOGRAPHICAL AREA

Section 1. The name of this organization is Aging Resources of Central Iowa, Incorporated under the Code of the State of Iowa, Chapter 504A, as a nonprofit organization.

Section 2. This corporation shall serve an area consisting of Boone, Dallas, Jasper, Madison, Marion, Polk, Story and Warren Counties.

ARTICLE II

PURPOSE AND OBJECTIVES

Section 1. Aging Resources of Central Iowa will serve as advocate with and for older citizens of Central Iowa by cooperating with government officials, providers of services, organizations for older adults, and individual elders in establishing educational, legislative, and action programs to improve the quality of life of older persons residing in the eight county service area as specified in Article I, Section 2, and to promote services and programs which will assist them to live with independence, dignity and pride.

Section 2. The Agency may exercise any and all of such powers necessary or convenient to conduct properly the business of the Agency as stated in the Code of the State of Iowa, Chapter 504A.

Section 3. The Agency shall assess the needs of area older persons, develop innovative programs to meet the special needs of elders, and pool local resources to fund the implement said programs.

ARTICLE III

This corporation shall have no members.

ARTICLE IV

BOARD OF DIRECTORS

Section 1. Authority. The Board of Directors shall be the governing body empowered to conduct the business of Aging Resources of Central Iowa.

Section 2. Number of Directors. The Board of Directors shall consist of not more than eighteen members; two to represent each county in the target area and two to represent the City of Des Moines.

Section 3. Selection of Directors. One director shall be appointed by the County Board of Supervisors of each County and one director shall be appointed by the City Council of the City of Des Moines. Those appointed must be local elected officials. One director shall also be elected or selected to represent each of the counties and one director shall be elected or selected to represent the City of Des Moines. Elections shall be by persons sixty years of age and older in the relevant jurisdiction. Selections shall be made only by groups of representatives elected by persons 60 years of age and older throughout the relevant jurisdiction. Those elected or selected shall be affirmed by the relevant County Board of Supervisors or the City Council of Des Moines. The terms of elected or selected members may be extended by one year by action of the relevant Board of Supervisors or City Council of Des Moines.

Section 4. Terms of Office. The terms of all Board members shall start at the beginning of the calendar year. The names of all directors for the next year must be forwarded to the secretary.

The term of the public officials shall be for one year. The term of the non-public members shall be for two years. In order to maintain the highest possible effectiveness of the Board, it is recommended that non-public members serve up to three (3) consecutive two (2) year terms. Reappointments may be made after a (1) year lapse of the expiration of three (3) consecutive two (2) year terms.

Section 5. Vacancies. Failure of a Board member to attend three consecutive meetings without being excused by the Chair shall result in that Board member's seat being declared vacant. The secretary shall then inform the County Board or City Council of the vacancy and the need to fill it.

Section 6. Regular Meetings. The regular meeting of the Board of Directors shall be held monthly at a time and place designated by the Chairperson of the Board of Directors.

Section 7. Annual Meeting. The annual meeting of the Area Agency on Aging shall be held in January of each year at a time and place designated by the Board.

Section 8. Special Meetings. A special meeting of the Board of Directors may be called at any time by the Chairperson, or any six members of the Board of Directors by giving a five day written notice of the time, place and purpose of the meeting to each Board member.

Section 9. Notice of Meetings. Notice of all regular meetings shall be mailed to each member of the Board of Directors at least five working days in advance of a scheduled meeting.

Section 10. Quorum. A quorum shall consist of 50% plus one of the total membership of the Board.

Section 11. Manner of Acting Between Meetings. No actions of the Board shall be taken between meetings unless authority is specifically granted by the Board at a regular meeting to the Executive Committee or some other Board committee. Matters requiring immediate attention shall be conducted at special meetings of the Board of Directors in compliance with Section 9 of this Article.

Section 12. Parliamentary Procedure. Except as otherwise specified in these By-Laws all regular and special meetings shall be conducted in accordance with Robert's Rules of Order, Revised. Each member present shall be entitled to one vote. No proxy vote shall be allowed, and no alternate shall be elected.

ARTICLE V

OFFICERS

Section 1. Officers. The officers of Aging Resources of Central Iowa shall consist of a Chairperson, a Vice Chairperson, Treasurer, and a Secretary who shall constitute the Executive Committee of the Agency.

Section 2. Qualifications, Election and Term of Office. The officers of the Board of Directors shall be elected at the annual meeting of the Board of Directors. Any member of the Board of Directors shall qualify to serve as an officer of the Board. The term of the officers shall be for one year with a maximum of two (2) consecutive one (1) year terms.

Section 3. Vacancies. A vacancy occurring on the Executive Committee may be filled by an affirmative vote of a majority of the Board of Directors for the unexpired term of office.

Section 4. Duties of the Officers.

- A. Chairperson. The Chairperson of the Board of Directors shall preside at all of its meetings, and sign all orders drawn upon the Treasury as provided by law, sign all contracts made by the Board, and appear in behalf of the corporation

in all actions brought by or against it, unless individually a party in which case its duty shall be performed by the Secretary.

- B. Vice Chairperson. The Vice Chairperson shall perform such duties as may be assigned by the Chairperson of the Board of Directors, and shall serve as acting Chairperson during the absence of the Chairperson.
- C. Secretary. The Secretary shall insure that the following duties are performed: (1) Keep a complete record of all proceedings of the meetings of the Board; (2) Verify the eligibility of all elected, selected and appointed Board members and inform the appropriate groups of any vacancies; (3) Report to the Iowa Department of Elder Affairs, County Officials, and County Councils on Aging the name of the Chairperson, and Vice Chairperson, the Secretary and the Treasurer of the Board as soon as practical after each officer has qualified; and (4) Perform such duties from time to time as may be required by the Board of Directors or by law.
- D. Treasurer. The Treasurer shall insure that the following duties are performed: (1) Render a financial statement whenever required by the Board of Directors and keep books open for inspection at all times; (2) Make an annual report to the Board at the July meeting and file a copy with the Iowa Department of Elder Affairs; include as a part of the report sworn statements from each depository bank showing balances as of June 30.
- E. Executive Director. The Executive Director on behalf of the Secretary and the Treasurer shall insure that the following duties are performed: (1) File and preserve copies of all reports made to the Iowa Department of Elder Affairs and all papers transmitted to the Secretary pertaining to the Corporation; (2) Keep a record of each fund deposited with the Treasurer; (3) Keep an accurate account of all claims paid and present them to the Board of audit and approval for payment; (4) Make and file with the Board financial statements, showing receipts, disbursements, and the remaining balance in each fund; (5) Prepare and publish annual and quarterly financial statements for the Agency; (6) Handle legal advertisements; (7) Receive all monies belonging to the Agency; (8) Keep an accurate record of all receipts and expenditures of funds; (9) Register all orders drawn and reported to him by the Secretary showing the number, date, to whom drawn, fund upon which drawn, and purpose and amount; (10) Keep an accurate and separate account of all funds; (11) Deposit funds in banks designated by the Board as the official depositories and file with the Iowa Department of Elder Affairs a list of such depositories; any changes must be authorized by the Board; and (12) Receive and deposit in a separate account all revenue provided from local public funds.

Section 5. Absence of Officers. In the event both the Chairperson and the Vice Chairperson are absent, the Secretary shall serve as temporary Chairperson for the purpose of selecting Chairperson pro-tempore.

ARTICLE VI

COMMITTEES

Section 1. Executive Committee. The Executive Committee shall consist of the officers of the corporation.

Section 2. Standing Committees. The Board of Directors shall appoint the following standing committees, the Chairpersons of which are to be members of the Board: (1) Audit and Finance Committee, (2) Personnel Committee, and (3) Such other committees as may be deemed necessary.

ARTICLE VII

CODE OF CONDUCT

Each member of the Board of Directors of the Agency shall be personally responsible for maintaining a high standard of honesty, integrity, impartiality, and conduct.

As a guide, the Board of Directors shall comply with the "Standards of Conduct for Title III and Title VII Grantees of the Older Americans Act."

ARTICLE VIII

AMENDMENTS

Section 1. These By-Laws may be amended by a two-thirds vote of the Board of Directors present at any regular meeting of the Board of Directors; provided the proposed amendments have been read in full at the previous meeting of the Board and included in full in the minutes of that meeting.

ARTICLE IX

LIQUIDATION AND DISSOLUTION

Section 1. In the event of a dissolution, or the liquidation of the assets of this corporation, its assets shall be applied as follows: (1) All liabilities and obligations of the Corporation shall be paid and discharged, or adequate provisions shall be made therefore; (2) Assets held by the Corporation under condition requiring return, transfer, or conveyance, which condition occurs by reason of the dissolution, shall be returned transferred or conveyed exclusively with such requirements; (3) All remaining assets shall be transferred or conveyed exclusively for the purposes of the Corporation in such a manner, or to such organization or organizations organized and operated exclusively for charitable, educational, religious, or scientific purposes as shall at the time qualify as an exempt organization or organizations under Section 501(c); (3) 26 U.S.C.A., Internal Revenue Code, 1954 as the Board of Directors shall determine.

Adopted by the Board on the 21st day of March, 1991.

Amended May 16, 1996


Chairperson

BY-LAWS

AGING RESOURCES OF CENTRAL IOWA (AREA XI) ADVISORY COUNCIL

ARTICLE I

TITLE, SERVICE AREA AND OBJECTIVES

SECTION 1. TITLE OF ORGANIZATION. The title of the organization indicated by this document shall be Aging Resources of Central Iowa Advisory Council (hereinafter referred to as "COUNCIL").

SECTION 2. THE SERVICE AREA. Boone, Dallas, Jasper, Madison, Marion, Polk, Story, and Warren Counties shall constitute the area of responsibility of the COUNCIL.

SECTION 3. PURPOSE. The Aging Resources of Central Iowa Advisory Council will complement and advise the Area Agency on Aging and will serve as advocates with and for the older citizens of central Iowa. The Advisory Council will cooperate with government officials, providers of services, senior citizen organizations, and individual elders in establishing educational, legislative, and action programs to improve the quality of life of older persons residing in central Iowa and promote programs and service which will assist older adults to live with independence, dignity, and pride.

SECTION 4. OBJECTIVES AND DUTIES OF THE COUNCIL.

- A. Identify and define the current and future needs of the older population and suggest the services needed to meet such needs.
- B. Assess the extent to which existing resources (in the area) impact current needs and encourage both identified and potential resources to respond to these needs.
- C. Identify the major barriers that prevent the older adults from living independent lives. List alternative ways in which these barriers might be removed.
- D. Develop a plan of action to initiate and promote innovative programs aimed at achieving an important national goal for older persons: to live independent and meaningful lives in their own homes. The Advisory Council members are key liaison representatives in their respective communities (and/or counties) to help achieve the project goals.

- E. Be advocates for the older adults by keeping informed of all activities and proposals concerning the older population.
- F. Review and make recommendations upon the content, formulation and administration of the Area Plan and participate in public hearings on the Area Plan.
- G. Serve as an information link between the Area Agency and providers of services to older adults and assist in generating support for program development.
- H. Review and make recommendations upon community policies, programs and actions affecting older persons in the area.
- I. Communicate problems to the Board of Directors and/or the Iowa Department of Elder Affairs when conflicts concerning administration, programs or policies at the local level cannot be resolved by the local Area Agency on Aging.
- J. Make recommendations to the Board of Directors concerning employment and personnel policies.

ARTICLE II

MEMBERSHIP

SECTION 1. COMPOSITION. Voting membership shall consist of twenty (20) Council members from within the service area. There shall be two (2) Council members from each county with the exception of Polk County, which shall have four (4) Council members. There shall be two (2) at-large Council members selected by the Aging Resources' Board of Directors.

SECTION 2. SELECTION GUIDELINES. In naming members to the COUNCIL, each Board of Supervisors and the Nominating Committee of the COUNCIL should follow the Iowa Department of Elder Affairs' guidelines which stipulate:

- A. At least one-half (1/2) of the Council members shall be age 60 or older and include:
 - 1. Persons with greatest economic or social needs;
 - 2. Participants in programs under the Older Americans Act; and
 - 3. Minority individuals;
- B. Representatives of older persons;
- C. Local elected officials;

- D. The general public;
- E. Representatives of health care provider organizations including providers of veterans' health care, if appropriate;
- F. Representatives of supportive services provider organizations; and
- G. Persons with leadership experience in the private and voluntary sectors.

In naming at-large Council members, the Aging Resources' Board of Directors shall select persons with needed expertise, in areas deemed important by the Advisory Council.

SECTION 3. ALTERNATES. There shall be no alternates appointed for at-large Council members or regular Council members. Guests may attend all meetings but do not have voting privileges.

SECTION 4. MILEAGE REIMBURSEMENT. Mileage reimbursement shall be paid at the State rate per mile by Aging Resources upon the submission of a mileage record. No more than two (2) Council members from any outlying county and no more than four (4) Council members from Polk County shall be paid mileage for any one meeting. At-large Council members will also receive mileage reimbursement.

SECTION 5. APPLICATION PROCESS AND RECRUITMENT. Candidates for Council member should be recruited from the community using available media and public service announcements (i.e. newspapers, radio, television), nutrition sites, senior centers and organizations as well as local governmental units (Boards of Supervisors and mayors). Application forms developed by the Nominating Committee and obtained from and distributed by Aging Resources should be distributed to local advisory councils, coalitions and councils on aging to reach new applicants. All applications for Council members shall be reviewed by the Nominating Committee before submission to the Board of Supervisors.

SECTION 6. SUGGESTED APPOINTMENT GUIDELINES.

- A. In order to maintain the highest possible effectiveness of the COUNCIL, it is recommended (to the Board of Supervisors of each county) that a three (3) year term for Council members be established with each term expiring in different years.
- B. The names of each Council member shall be presented by an appropriate county Board of Supervisors to the Aging Resources office by June 1 of each year.

- C. Council members may serve up to three (3) consecutive three (3) year terms. Reappointments may be made after a one (1) year lapse of the expiration of three (3) consecutive three (3) year terms.
- D. At-large Council members shall serve up to three (3) consecutive one (1) year terms. Reappointments may be made after a one (1) year lapse of the expiration of three (3) consecutive one (1) year terms.
- E. The term of each newly-appointed Council member shall begin as of July 1.

SECTION 7. VACANCIES. Failure of a Council member to attend three (3) consecutive meetings without calling the Aging Resources office prior to the meeting shall result in that Council member's seat being considered vacant. When vacancies occur as a result of non-attendance, a replacement will be selected by the appropriate county Board of Supervisors after an initial notification of the vacancy and the need to fill the position is provided. If the Council member is an at-large Council member, then the Aging Resources' Board of Directors will select a replacement from nominees suggested by the Advisory Council.

SECTION 8. EX-OFFICIO AND SPECIAL REPRESENTATIVES. The Director of the Area Agency on Aging or his/her designee shall be ex-officio Council members of the COUNCIL. All staff members and special representatives named by or received by the COUNCIL shall have the privilege of the floor without motion-making or voting rights. Visitors are welcome at all COUNCIL meetings but have no floor privileges without the permission of the Chairperson.

ARTICLE III

OFFICERS

SECTION 1. POSITIONS. The officers of the COUNCIL shall be elected from the COUNCIL and shall consist of:

- A. Chairperson
- B. Vice Chairperson
- C. Review Secretary

SECTION 2. NOMINATIONS. The names of the nominees for the above offices shall be presented to the COUNCIL prior to the annual meeting and shall be elected and assume office at the Annual Meeting in July.

SECTION 3. RECORDING SECRETARY. A Recording Secretary shall be designated by the Area Agency Director to serve the Council,

SECTION 4. DUTIES OF OFFICERS

- A. The Chairperson shall conduct the meetings of the COUNCIL and perform all duties common to the office of Chairperson. The Chairperson shall be responsible for the appointment of Council members to ad hoc committees.
- B. The Vice Chairperson shall assist the Chairperson in executing his or her responsibilities and shall conduct meetings in the absence of the Chairperson.
- C. The Review Secretary shall apprise the COUNCIL of important items in the minutes of each previous meeting and shall call attention to those matters in the minutes that require further consideration by the COUNCIL.
- D. Terms of office shall be for one (1) year with a limit of two (2) consecutive terms in any particular office.

ARTICLE IV

MEETINGS

SECTION 1. ANNUAL MEETING. The COUNCIL shall hold its Annual Meeting on the second Thursday of July or an alternative date determined by the COUNCIL.

SECTION 2. REGULAR MEETINGS. The COUNCIL shall hold bi-monthly meetings on the second Thursday of every other month unless agreed upon by the COUNCIL or the Executive Committee on behalf of the COUNCIL.

SECTION 3. SPECIAL MEETINGS. Special meetings may be called by the Chairperson in consultation with the Director of the Area Agency on Aging and other Council members of the Executive Committee or by a majority of the Executive Committee, or by the request of six (6) Council members of the COUNCIL.

SECTION 4. NOTIFICATION. Council members shall be notified of all COUNCIL meetings in writing, by the Area Agency on Aging, one (1) week prior to the date of the meeting. Such notification shall include a proposed Agenda of Business to be considered at the meeting. Such Agenda shall be available for public review.

SECTION 5. ROBERTS RULES. *Roberts Rules of Order, newly revised*, shall be the guide on all points not covered by these By-Laws.

ARTICLE V

COMMITTEES

SECTION 1. COMMITTEES. The COUNCIL may establish standing committees and ad hoc committees for any purpose consistent with the purpose and functions of the COUNCIL.

SECTION 2. EXECUTIVE COMMITTEE. An Executive Committee shall be formed for the COUNCIL consisting of the Chairperson, Vice-Chairperson and Review Secretary. The Chairperson of the COUNCIL shall be the Chairperson of the Executive Committee.

SECTION 3. DUTIES OF THE EXECUTIVE COMMITTEE. The duties of the Executive Committee shall be:

- A. To bring forth and place items of business on the agenda for consideration by the entire COUNCIL;
- B. To act on behalf of the COUNCIL on those matters committed to it by the COUNCIL; and
- C. To respond to special situations by calling special meetings of the COUNCIL.

SECTION 4. GRANTS AND PLANNING COMMITTEE. The Grants and Planning Committee shall consist of a Council member from each of the eight (8) counties with the exception of Polk County which shall have two (2) Council members. The Committee shall be nominated by the Chairperson with the approval of the COUNCIL.

SECTION 5. DUTIES OF THE GRANTS AND PLANNING COMMITTEE. It shall be the duty of the Grants and Planning Committee to:

- A. Review applications for funding of projects for the eight-county region and make recommendations to the COUNCIL regarding such funding:
 1. When an application is reviewed from a particular county, the Council member from said county shall participate in reviewing, but shall decline from voting on that particular application.
- B. Review and comment on short and long range area plans and policies and make recommendations to the COUNCIL.

SECTION 6. NOMINATING COMMITTEE. A Nominating Committee of three (3) Council members representing three (3) different counties shall be appointed by the COUNCIL Chairperson with the approval of the COUNCIL in May, two (2) months prior

to the Annual Meeting. This Committee shall publish a slate of officers for the COUNCIL and all other members prior to the Annual Meeting.

ARTICLE VI

QUORUM

SECTION 1. QUORUM. A quorum of the COUNCIL or of any COUNCIL Committee shall be required for the conduct of its business. A quorum of the COUNCIL shall consist of a majority of the number of Council members of the COUNCIL established in these By-Laws, provided at least six (6) counties are represented.

A simple majority of members shall constitute a quorum for all COUNCIL Committee meetings.

ARTICLE VII

AMENDMENTS

SECTION 1. AMENDMENTS. These By-Laws may be amended by two-thirds (2/3) vote of the active Council members present at any regular or special meeting, provided written notification of the proposed amendments are submitted to the membership of the COUNCIL thirty (30) days prior to such a meeting.

ARTICLE VIII

EFFECTIVE DATE

These Articles shall become effective January 12, 1984.

FINAL COPY, as approved June 15, 1989 by the Area Aging Advisory Council Revised, 1989.

FINAL COPY, as approved by the Advisory Council – September 9, 1993 Revised, 1995.

FINAL COPY, as approved by the Advisory Council – March 14, 1996 Revised, 1996.

FINAL COPY, as modified and approved by the Board of Directors – April 18, 1996.

ARTICLES OF INCORPORATION

A167115

OF

CROSSROADS OF IOWA AREA AGENCY ON AGING

APR 29 3 57 PM '82

SECRETARY OF STATE

TO: Secretary of State, State of Iowa

We, the undersigned, acting as Incorporators of a corporation under the Iowa Non-Profit Corporation Act, Chapter 504A, of the Iowa Code, 1975, adopt the following Articles of Incorporation for such Corporation.

ARTICLE I

The name of the corporation is CrossRoads of Iowa Area Agency on Aging, Inc.

ARTICLE II

The period of its duration is perpetual.

ARTICLE III

Section 1. "The CrossRoads of Iowa Area Agency on Aging, Inc. is organized exclusively for purposes which will enhance ability of older citizens to live as independently as possible and with pride and dignity in event of increased dependency."

Section 2. The area to be served by this corporation in carrying out the above stated purposes shall be in the State of Iowa, the counties of Boone, Dallas, Jasper, Madison, Marion, Polk, Story and Warren.

Section 3. The corporation shall have all the powers enumerated in the Iowa Non-Profit Corporation Act, Chapter 504A.

Section 4. In carrying out the objective and purposes of the corporation as a corporation organized not for profit, and to remain exempt within the provisions of Section 501 (C) (3), 26 U.S.C.A., Internal Revenue Code of 1954, no part of the net earnings of this corporation shall be distributed to, or inure to the benefit of any member, director, or officer of this corporation, contributor or private individual either during the existence of this corporation or upon its dissolution, except that the corporation shall be authorized and empowered to pay reasonable compensation for services rendered and to make necessary payments in furtherance of the stated purposes of the corporation. No substantial part of the activities of this corporation shall be to carry on propaganda or otherwise attempt to influence legislation. No part of the activities of this corporation shall be to intervene in any political campaign on behalf of any candidate for public office.

Section 5. "Notwithstanding any other provision of these Articles, the Corporation shall not carry on any other activities not permitted to be carried on (a) by a corporate exempt from Federal income tax under Section 501 (C) (3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue law) or (b) by a corporation contributions to which are deductible under Section 170 (C) (2) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue law)."

STATE OF IOWA, WARREN COUNTY: Recorder Deputy
Judith K. Lathrop
FILED FOR RECORD THE 8
June 1982 at 10:31
PAGES 479-481
CLOCK A.M. BOOK 8
INSTR. No. 6070
RECORDING FEE \$ 9.00
TRANSFER FEE \$

ARTICLE IV

The address of the initial registered office for the Corporation in the State of Iowa is: 217 West Salem, P. O. Box 372, Indianola, Iowa, 50125, and the name of its original registered agent at such address is Gayle Strickler.

ARTICLE V

The number of directors constituting the initial Board of Directors for the Corporation is 6, and the name(s) and address(es) of such person(s) is:

Orvil Nelson, P. O. Box 397, Boone, Iowa 50036
Gracie Larsen, 335 N. Franklin, Ames, Iowa 50010
Ray Long, Jasper County Courthouse, Room 100, Newton, Iowa 50208
Joseph Dickerson, 3910 Pommel Place, West Des Moines, Iowa 50265
Louise Forsyth, 114 N. 2nd Street, Winterset, Iowa, 50273
Bill Anders, P. O. Box 1, Liberty Center, Iowa 50145

ARTICLE VI

The date on which the corporate existence shall begin is that day on which the Secretary of State of Iowa issues the Certificate of Incorporation of this Corporation.

ARTICLE VII

The names and addresses of the Incorporators are:

Orvil Nelson, P.O. Box 397, Boone, Iowa 50036
Gracie Larsen, 335 N. Franklin, Ames, Iowa 50010
Ray Long, Jasper County Courthouse, Room 100, Newton, Iowa 50208
Joseph Dickerson, 3910 Pommel Place, West Des Moines, Iowa 50265
Louise Forsyth, 114 N. 2nd Street, Winterset, Iowa 50273
Bill Anders, P. O. Box 1, Liberty Center, Iowa 50145

ARTICLE VIII

This corporation shall have no members.

ARTICLE IX

In the event of a dissolution, winding up, or other liquidation of the assets of this Corporation, its assets shall be applied as follows:

1. All liabilities and obligations of the Corporation shall be paid and discharged, or adequate provision shall be made therefor;
2. Assets held by the Corporation under condition requiring return, transfer, or conveyance, which condition occurs by reason of the dissolution, shall be returned, transferred, or conveyed in accordance with such requirements;
3. All remaining assets shall be transferred or conveyed exclusively for the purposes of the corporation in such a manner, or to such organization or organizations organized and operated exclusively for charitable, educational, religious, or scientific purposes as shall at the time qualify as an exempt organization or organizations under Section 501 (C) (3), 26 U.S.C.A., Internal Revenue Code of 1954, as the Board of Directors shall determine.

ARTICLE X

The private property of the officers, directors, and members of the Corporation shall be exempt from liability for the debts and obligations of the Corporation.

IN WITNESS WHEREOF, the undersigned, as subscribing Incorporators, have executed and acknowledged this instrument on the 29th day of April, 1982.

Orvil Nelson - Incorporator
Gracie Larsen - Incorporator
Ray Long - Incorporator
Joseph Dickerson - Incorporator
Louise Forsyth - Incorporator
Bill Anders - Incorporator

STATE OF IOWA)
COUNTY OF Polk) ss:

On this 29th day of April, 1982, before me, the undersigned, a Notary Public in and for the State of Iowa, personally appeared Orvil Nelson, Gracie Larsen, Ray Long, Joseph Dickerson, Bill Anders, and Louise Forsyth, to me personally known, and who, being by me duly sworn, did say that they are the persons named in and who executed the foregoing Articles of Incorporation and acknowledged that they executed the same as their voluntary acts and deeds.

Alice J. Musselman
NOTARY PUBLIC IN AND FOR THE STATE OF IOWA



OFFICE OF THE SECRETARY OF STATE
Des Moines, Iowa
This instrument recorded in Book 9-D Page 334 April 29 1982
Expires Sept 30 1982 Cert. No. 123388 Receipt No.
Filed By Ray Long, Newton IA
Filing Fee 2021 Recording Fee
Mary Jane Duff Secretary of State

IOWA

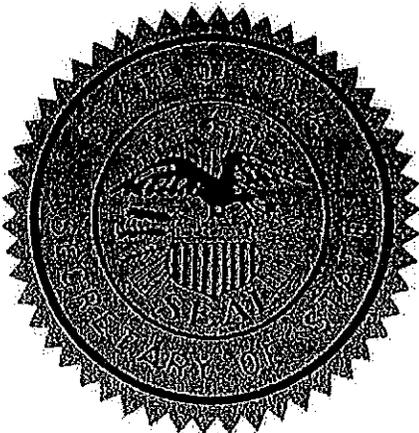
No. W00092018
Date: 10/10/1995

SECRETARY OF STATE

504ADN-000056456
AGING RESOURCES OF CENTRAL IOWA

CERTIFICATE OF AMENDMENT

AGING RESOURCES OF CENTRAL IOWA, a corporation formed under Iowa code chapter 504A, has filed articles of amendment on October 5, 1995, at 02:19 PM.



A handwritten signature in cursive script, reading "Paul D. Pate".

SECRETARY OF STATE



ARTICLES OF AMENDMENT

of

CrossRoads of Iowa Area Agency on Aging, Inc.

TO THE SECRETARY OF STATE OF THE STATE OF IOWA:

Pursuant to Section 504A.36 of the Iowa Nonprofit Corporation Act, the undersigned Corporation adopts the following amendment to the Corporation's Articles of Incorporation.

1. The name of the Corporation is CrossRoads of Iowa Area Agency on Aging, Inc. and the effective date of its incorporation was April 29, 1982.

2. The Amendment to the Articles of Incorporation of CrossRoads of Iowa Area Agency on Aging, Inc. is as follows:

The Corporate name is changed from CrossRoads of Iowa Area Agency on Aging, Inc. to Aging Resources of Central Iowa.

3. The date of adoption of the amendment was September 21, 1995.

4. The amendment was adopted by the Board of Directors without shareholder action, as such action was not required.

5. The effective date and time of this document:

September 21, 1995
11:59 p.m.

Wilma McManus

WILMA McMANUS, Secretary

CERTIFICATION

I do hereby certify that I am the Secretary of CrossRoads of Iowa Area Agency on Aging, Inc., a corporation duly organized and existing under and by virtue of the laws of the State of Iowa, and as such Secretary, do hereby certify that the attached Resolution was presented to the Board of Directors and approved by it unanimously on September 21, 1995 with an effective date of September 21, 1995; that the attached is a full, true and exact copy of the resolution as it now appears on the records of the Corporation; that it has not been altered, amended or repealed and is now in full force and effect; that I am one of the duly authorized and proper officers of the Corporation to make certified copies of its records on its behalf.

IN WITNESS WHEREOF, I have signed my name this 21 day of September, 1995.



WILMA McMANUS, Secretary

**CERTIFIED RESOLUTION
OF
CrossRoads of Iowa Area Agency on Aging, Inc.**

BE IT RESOLVED that the Corporate name be changed from "CrossRoads of Iowa Area Agency on Aging, Inc." to "Aging Resources of Central Iowa";

BE IT FURTHER RESOLVED, that the Corporate logo be changed and the logo attached hereto as Exhibit "A" be formally adopted as the new Corporate logo.

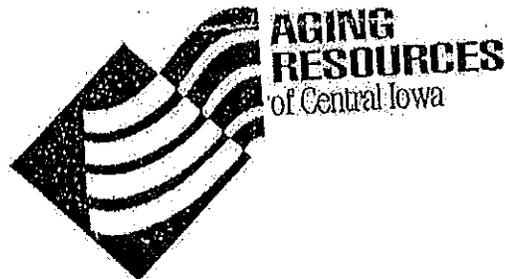


EXHIBIT "A"

**Attachment 7: PSA 3 – Aging Resources of Central Iowa
Table of 3A-1 Services by County Form
Mandatory and Other Services**

PSA 3: Aging Resources of Central IA Mandatory and Other Services	Boone	Story	Dallas	Polk	Jasper	Madison
Case Management	<input checked="" type="checkbox"/>					
Congregate Meals	<input checked="" type="checkbox"/>					
Health Promotion	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home Delivered Meals	<input checked="" type="checkbox"/>					
Information & Assistance	<input checked="" type="checkbox"/>					
Legal Assistance	<input checked="" type="checkbox"/>					
Nutrition Counseling	<input checked="" type="checkbox"/>					
Nutrition Education	<input checked="" type="checkbox"/>					
Other Service(s)	<input type="checkbox"/>					
Adult Day Care/Adult Day Health	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Evidence-Based Health Activities	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Options Counseling	<input type="checkbox"/>					
Outreach	<input checked="" type="checkbox"/>					
Respite	<input checked="" type="checkbox"/>					
Transportation	<input checked="" type="checkbox"/>					
PSA 3: Aging Resources of Central IA Mandatory and Other Services	Marion	Warren				
Case Management	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Congregate Meals	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Health Promotion	<input type="checkbox"/>	<input type="checkbox"/>				
Home Delivered Meals	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Information & Assistance	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Legal Assistance	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Nutrition Counseling	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Nutrition Education	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Other Services	<input type="checkbox"/>	<input type="checkbox"/>				
Adult Day Care/Adult Day Health	<input type="checkbox"/>	<input type="checkbox"/>				
Evidence-Based Health Activities	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Options Counseling	<input type="checkbox"/>	<input type="checkbox"/>				
Outreach	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Respite	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Transportation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				

Attachment 8
Nutrition Services Meal Sites in Each County

ID	Location					Services (one service per line)	Breakfast						Lunch						Dinner						Average Weekly Meals
	Name	Street Address	County	City	Zip	Home Delivered(H) Congregate (C) Frozen (F) Shelf Stable(S)	M	T	W	TH	F	S/S	M	T	W	TH	F	S/S	M	T	W	TH	F	S/S	
1	Boone Sr. Center	1112 Story Street	Boone	Boone	50036	C							X	X	X	X	X							45	
2						H							X	X	X	X	X							410	
3	Boxholm HD	HD meals out of Boone		Boxholm	50040	H							X		X		X							18	
4	Ogden HD	HD meals out of Boone		Ogden	50212	H							X	X	X	X	X							30	
5	Cedars of Madrid	600 North Kennedy Ave.	Boone	Madrid	50156	C							X	X	X	X	X							105	
6						H							X	X	X	X	X							80	
7	Adel Sr. Center	101 North 9th Street	Dallas	Adel	50003	C							X	X	X	X	X							60	
8						H							X	X	X	X	X							165	
9						F							X											5	
10	Dallas Center HD	HD meals out of Adel				H							X	X	X	X	X							30	
11						F								X										5	
12	DeSoto HD	HD meals out of Adel				H							X	X	X	X	X							10	
13						F									X									5	
14	Linden HD	HD meals out of Adel				H							X											1	
15						F							X											10	
16	Minburn HD	HD meals out of Adel				H									X									1	
17						F									X									15	
18	Redfield HD	HD meals out of Adel				H							X											3	
19						F							X											10	
20	VanMeter HD	HD meals out of Adel				H							X	X	X	X	X							35	
21	Waukee	HD meals out of Adel				H							X	X	X	X	X							85	
22						F							X											5	
23	United Methodist C	1910 Locust	Dallas	Granger	50109	C								X										16	
24	Perry McCreary Co	1800 Pattee Street	Dallas	Perry	50220	C								X		X								26	
25						H							X	X	X	X	X							160	
26						F							X											20	
27	Sugar Creek Apts.	1600 SE LA Grant Parkway	Dallas	Waukee	50263	C							X	X	X	X								48	
28	Woodward Soc Ctr	218 South Main	Dallas	Woodward	50276	C									X									12	
29	Colfax Sr Center	Howard & Walnut Streets	Jasper	Colfax	50054	C							X	X	X	X	X							90	

Attachment 8
Nutrition Services Meal Sites in Each County

ID	Location					Services (one service per line)	Breakfast						Lunch						Dinner						Average Weekly Meals
	Name	Street Address	County	City	Zip	Home Delivered(H) Congregate (C) Frozen (F) Shelf Stable(S)	M	T	W	TH	F	S/S	M	T	W	TH	F	S/S	M	T	W	TH	F	S/S	
30		HD meals out of Newton	Jasper	Newton	50208	H							X	X	X	X	X								115
31	Prairie City HD	HD meals out of Newton	Jasper	Newton	50208	H							X	X	X	X	X								75
32	Monroe Comm Ctr	206 West Sherman	Jasper	Monroe	50170	C							X	X	X	X	X								80
33		HD meals out of Newton	Jasper	Newton	50208	H							X	X	X	X	X								75
34	Jasper Co Comm Ct	2401 1st Avenue East	Jasper	Newton	50208	C							X	X	X	X	X								180
35						H							X	X	X	X	X	X							685
36	Baxter HD	HD meals out of Newton	Jasper	Newton	50208	H							X	X	X	X	X								90
37	Kellogg HD	HD meals out of Newton	Jasper	Newton	50208	H							X	X	X	X	X								50
38	Sully HD	HD meals out of Newton	Jasper	Newton	50208	H							X	X	X	X	X								25
39	Earlham Comm Ctr	150 E. 1st Street	Madison	Earlham	50072	C							X	X	X	X	X								95
40						H							X	X	X	X	X								55
41	Winterset Sr Ctr	1006 North John Wayne Drive	Madison	Winterset	50273	C							X	X	X	X	X								205
42						H							X	X	X	X	X								275
43	Bussey Comm Ctr	313 5th Street	Marion	Bussey	50044	C							X	X	X	X	X								70
44						H							X	X	X	X	X								55
45	Knoxville Sr Ctr	308 East Montgomery	Marion	Knoxville	50138	C							X	X	X	X	X								165
46						H							X	X	X	X	X								200
47	Melcher-Dallas Sr C	109 Main Street	Marion	Melcher-Dallas	50163	C							X	X	X	X	X								95
48						H							X	X	X	X	X								40
49	Pella Sr Center	712 Union	Marion	Pella	50219	C							X	X	X	X	X								95
50						H							X	X	X	X	X								110
51	Pleasantville Sr Ctr	116 East Monroe	Marion	Pleasantville	50225	C							X	X	X	X	X								115
52						H							X	X	X	X	X								80
53	Altoona	507 13th Ave SW	Polk	Altoona	50009	C							X	X	X	X	X								160
54	Ankeny Senior Ctr	406 SW School, Suite 104	Polk	Ankeny	50021	C							X	X	X	X	X								290
55	Central Sr. Center	2008 Forest	Polk	Des Moines	50314	C							X	X	X	X	X								250
56	East Senior Center	1231 East 26th Street	Polk	Des Moines	50317	C							X	X	X	X	X								295
57	Grimes Dining Site	410 SE Main Street	Polk	Grimes	50111	C							X	X	X	X	X								95
58	Johnston Dining Site	6300 Pioneer Parkway	Polk	Johnston	50131	C							X	X	X	X	X								190

Attachment 8
Nutrition Services Meal Sites in Each County

	Location					Services (one service per line)	Breakfast						Lunch						Dinner						Average Weekly Meals
	Name	Street Address	County	City	Zip	Home Delivered(H) Congregate (C) Frozen (F) Shelf Stable(S)	M	T	W	TH	F	S/S	M	T	W	TH	F	S/S	M	T	W	TH	F	S/S	
59	ML King Jr Comm C	1650 Garfield	Polk	Des Moines	50316	C							X	X	X	X	X								95
60	North Sr. Center	100 East Euclid, Suite 107	Polk	Des Moines	50313	C							X	X	X	X	X								820
61	Northwest Comm C	5110 Franklin Ave	Polk	Des Moines	50311	C							X	X	X	X	X								400
62	Norwoodville Comr	3077 NE 46th Ave	Polk	Des Moines	50317	C							X	X	X	X	X								190
63	Pioneer-Columbus	2100 SE 5th	Polk	Des Moines	50315	C							X	X	X	X	X								220
64	Polk City Comm Bld	309 VanDorn	Polk	Polk City	50226	C								X		X									28
65	Runnells Comm Ctr	108 Brown	Polk	Runnells	50237	C							X	X	X	X	X								70
66	Scott Four Mile	3711 Easton	Polk	Des Moines	50317	C							X	X	X	X	X								155
67	South Sr Center	100 Payton	Polk	Des Moines	50315	C							X	X	X	X	X								160
68	West Des Moines S	217 5th St	Polk	West Des Moines	50265	C							X	X	X	X	X								465
69	Ames Senior Ctr	205 South Walnut	Story	Ames	50010	C							X	X	X	X	X								175
70						H							X	X	X	X	X								155
71	Cambridge	HD meals out of Ames				H								X	X	X									2
72	Collins	HD meals out of Ames				H								X	X	X									4
73	Kelley	HD meals out of Ames				H							X	X	X	X	X								5
74	Maxwell	HD meals out of Ames				H								X	X	X									7
75	McCallsburg/Zearin	HD meals out of Ames				H								X	X	X									2
76	Roland	HD meals out of Ames				H								X	X	X									5
77	Slater	HD meals out of Ames				H								X	X	X									2
78	Keystone of Ames	3115 Roy Key Ave	Story	Ames	50010	C									X										11
79	Stonehaven	421 Stonehaven Dr	Story	Ames	50010	C											X								10
80	Colo Comm Center	309 Main	Story	Colo	50056	C								X	X	X									36
81						H								X	X	X									9
82	Kalsem Sr Center	204 W 5th Street	Story	Huxley	50124	C								X	X	X									24
83						H								X	X	X									9
84	Nevada Sr Center	1231 6th Street	Story	Nevada	50201	C								X	X	X	X								36
85						H							X	X	X	X	X								105
86	Bethany Manor	212 LaFayette	Story	Story City	50248	C							X	X		X	X								40
87						H							X	X		X	X								112

Attachment 8
Nutrition Services Meal Sites in Each County

	Location					Services (one service per line)	Breakfast						Lunch						Dinner						Average Weekly Meals
	Name	Street Address	County	City	Zip	Home Delivered(H) Congregate (C) Frozen (F) Shelf Stable(S)	M	T	W	TH	F	S/S	M	T	W	TH	F	S/S	M	T	W	TH	F	S/S	
88	Indianola	301 North Buxton, Suite 202	Warren	Indianola	50125	C							X	X	X	X	X								120
89						H							X	X	X	X	X								240
90	Lacona Comm Ctr	104 N Washington	Warren	Lacona	50139	C							X	X	X	X	X								80
91						H							X	X	X	X	X								60
92	Martensdale Lions	395 Iowa	Warren	Martensdale	50160	C							X	X	X	X	X								85
93						H							X	X	X	X	X								150
94	New Virginia Lions	503 West Street	Warren	New Virginia	50210	C							X	X	X	X	X								85
95						H							X	X	X	X	X								30
96																									
97																									
98																									
99																									
100																									

**Attachment 8
Nutrition Services - Senior Centers**

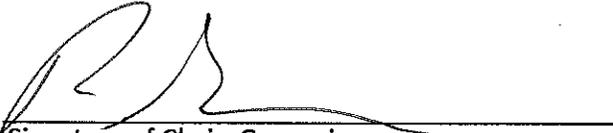
	Location						Services						
	Name	Street Address	County	City	Zip	Is the site owned by the AAA? (Y/N)	Meal Site	Recreation Classes	Lifelong Learning	Focal Point	Evidence Based Health Promotion	Other	Comment
1	Boone Sr. Center	1112 Story Street	Boone	Boone	50036	N	X	X	X				
2	Cedars of Madrid	600 North Kennedy Ave.	Boone	Madrid	50156	N	X	X	X				
3	Adel Sr Center	101 North 9th Street	Dallas	Adel	50003	N	X	X	X	X	X		Monthly BP's and yearly Flu shots
4	United Methodist Ch	1910 Locust	Dallas	Granger	50109	N	X	X	X		X		
5	Perry McCreary Comr	1800 Pattee Street	Dallas	Perry	50220	N	X	X	X		X		
6	Sugar Creek Apts.	1600 SE LA Grant Parkway	Dallas	Waukee	50263	N	X	X	X		X		Monthly BP's and yearly Flu shots
7	Woodward Soc Ctr	218 South Main	Dallas	Woodward	50276	N	X	X	X		X		
8	Colfax Sr Center	Howard & Walnut Streets	Jasper	Colfax	50054	N	X	X	X	X		X	A variety of events are held throughout the year
9	Monroe Comm Ctr	206 West Sherman	Jasper	Monroe	50170	N	X	X	X				
10	Jasper Co Comm Ctr	2401 1st Avenue East	Jasper	Newton	50208	N	X	X	X	X	X	X	Foot/Toe Nail clinic 6x/year.
11	Earlham Comm Ctr	150 E. 1st Street	Madison	Earlham	50072	N	X	X	X				Variety of programs throughout year
12	Winterset Sr Ctr	1006 North John Wayne Drive	Madison	Winterset	50273	N	X	X	X	X			
13	Bussey Comm Ctr	313 5th Street	Marion	Bussey	50044	N	X	X	X		X		
14	Knoxville Sr Ctr	308 East Montgomery	Marion	Knoxville	50138	N	X	X	X	X	X		
15	Melcher-Dallas Sr Ctr	109 Main Street	Marion	Melcher-Dallas	50163	N	X	X	X		X		
16	Pella Sr Center	712 Union	Marion	Pella	50219	N	X	X	X	X	X		
17	Pleasantville Sr Ctr	116 East Monroe	Marion	Pleasantville	50225	N	X	X	X		X		
18	Altoona	507 13th Ave SW	Polk	Altoona	50009	N	X	X	X				
19	Ankeny Senior Ctr	406 SW School, Suite 104	Polk	Ankeny	50021	N	X	X	X	X	X		
20	Central Sr. Center	2008 Forest	Polk	Des Moines	50314	N	X	X	X	X			
21	East Senior Center	1231 East 26th Street	Polk	Des Moines	50317	N	X	X	X	X	X		
22	Grimes Dining Site	410 SE Main Street	Polk	Grimes	50111	N	X	X	X				
23	Johnston Dining Site	6300 Pioneer Parkway	Polk	Johnston	50131	N	X	X	X				
24	ML King Jr Comm Ctr	1650 Garfield	Polk	Des Moines	50316	N	X	X	X				
25	North Sr. Center	100 East Euclid, Suite 107	Polk	Des Moines	50313	N	X	X	X	X	X		
26	Northwest Comm Ctr	5110 Franklin Ave	Polk	Des Moines	50311	N	X	X	X	X	X		
27	Norwoodville Comm C	3077 NE 46th Ave	Polk	Des Moines	50317	N	X	X	X	X			
28	Pioneer-Columbus Co	2100 SE 5th	Polk	Des Moines	50315	N	X	X	X				
29	Polk City Comm Bldg	309 VanDorn	Polk	Polk City	50226	N	X	X	X				
30	Runnells Comm Ctr	108 Brown	Polk	Runnells	50237	N	X	X	X				
31	Scott Four Mile	3711 Easton	Polk	Des Moines	50317	N	X	X	X				
32	South Sr Center	100 Payton	Polk	Des Moines	50315	N	X	X	X	X	X		

**Attachment 8
Nutrition Services - Senior Centers**

	Location						Services						
	Name	Street Address	County	City	Zip	Is the site owned by the AAA? (Y/N)	Meal Site	Recreation Classes	Lifelong Learning	Focal Point	Evidence Based Health Promotion	Other	Comment
33	West Des Moines Sr C	217 5th St	Polk	West Des Moin	50265	N	X	X	X	X			
34	Ames Senior Ctr	205 South Walnut	Story	Ames	50010	N	X	X	X	X		Health Screen	Offer Outreach Services & Day Center
35	Keystone of Ames	3115 Roy Key Ave	Story	Ames	50010	N	X	X	X				
36	Stonehaven	421 Stonehaven Dr	Story	Ames	50010	N	X	X	X				
37	Colo Comm Center	309 Main	Story	Colo	50056	N	X	X	X			Health Screen	
38	Kalsem Sr Center	204 W 5th Street	Story	Huxley	50124	N	X	X	X				
39	Nevada Sr Center	1231 6th Street	Story	Nevada	50201	N	X	X	X				
40	Bethany Manor	212 LaFayette	Story	Story City	50248	N	X	X	X				
41	Carlisle Comm Ctr	35 Vine	Warren	Carlisle	50047	N	X	X	X		X		
42	Indianola	301 North Buxton, Suite 202	Warren	Indianola	50125	N	X	X	X		X		
43	Lacona Comm Ctr	104 N Washington	Warren	Lacona	50139	N	X	X	X		X		
44	Martensdale Lions Ha	395 Iowa	Warren	Martensdale	50160	N	X	X	X		X		
45	New Virginia Lions Ha	503 West Street	Warren	New Virginia	50210	N	X	X	X		X		
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Attachment 9
Contracts with Service Providers of OAA Services listed in 3A-1 Form

Name of Area Agency on Aging: Aging Resources of Central Iowa


Signature of Chair, Governing

Date: 3/21/13


Signature of Executive Director

Date: 3/20/13

Attachment 9
Contracts with Service Providers of OAA Services listed in 3A-1 Form

Name of Area Agency on Aging: Aging Resources of Central Iowa										
Name of OAA Service Provided	Service Provider Name	Service Provider Address	Service Provider City	Service Provider State	Service Provider Zip Code	Number of County(s) in which Service is Provided	Contract Period (Month/Year to Month/Year)	Entered into INAPIS System (Yes/No)	Contract Type FP (For Profit) NP (Not-for-Profit) POS (Purchase of Service Provider Contract)	Cost Per Unit of Service
Congregate Meals	Home Care Services of BCH	105 S. Marshall St.	Boone	Iowa	50036	1	7/2012 - 6/2014	Yes	NP	\$8.04/meal
Home Delivered Meals	Home Care Services of BCH	105 S. Marshall St.	Boone	Iowa	50036	1	7/2012 - 6/2014	Yes	NP	\$8.04/meal
Homemaker	Home Care Services of BCH	105 S. Marshall St.	Boone	Iowa	50036	1	7/2012 - 6/2014	Yes	NP	\$26.00/hr.
Adult Day Care	Beckwith Adult Day of BCH	111 South Linn St.	Boone	Iowa	50036	1	7/2012 - 6/2014	Yes	NP	\$10.00/hr.
Assisted Transportation	Boone County Transportation	328 Snedden Drive	Boone	Iowa	50036	1	7/2012 - 6/2014	Yes	NP	\$13.01/one way trip
Transportation	Boone County Transportation	328 Snedden Drive	Boone	Iowa	50036	1	7/2012 - 6/2014	Yes	NP	\$12.98/one way trip
Congregate Meals	HomeCare Services, Inc.	101 N. 9th St.	Adel	Iowa	50003	1	7/2012 - 6/2014	Yes	NP	\$10.49/meal
Home Delivered Meals	HomeCare Services, Inc.	101 N. 9th St.	Adel	Iowa	50003	1	7/2012 - 6/2014	Yes	NP	\$10.49/meal
Assisted Transportation	HomeCare Services, Inc.	101 N. 9th St.	Adel	Iowa	50003	1	7/2012 - 6/2014	Yes	NP	\$18.26/one way trip
Transportation	HomeCare Services, Inc.	101 N. 9th St.	Adel	Iowa	50003	1	7/2012 - 6/2014	Yes	NP	\$18.26/one way trip
Congregate Meals	Jasper County Elderly Nutrition	2401 1st Ave. E	Newton	Iowa	50208	1	7/2012 - 6/2014	Yes	NP	\$7.89/meal
Home Delivered Meals	Jasper County Elderly Nutrition	2401 1st Ave. E	Newton	Iowa	50208	1	7/2012 - 6/2014	Yes	NP	\$7.89/meal
Adult Day Care	Willowbrook Adult Day Center	501 E 2nd St. N	Newton	Iowa	50208	1	7/2012 - 6/2014	Yes	NP	\$7.00/one way trip
Assisted Transportation	HIRTA (Jasper County)	2840 104th St.	Urbandale	Iowa	50322	1	7/2012 - 6/2014	Yes	NP	\$10.77/one way trip
Transportation	HIRTA (Jasper County)	2840 104th St.	Urbandale	Iowa	50322	1	7/2012 - 6/2014	Yes	NP	\$10.77/one way trip
Congregate Meals	Madison County Elderly Ser.	1006 N. John Wayne Dr.	Winterset	Iowa	50273	1	7/2012 - 6/2014	Yes	NP	\$6.36/meal
Home Delivered Meals	Madison County Elderly Ser.	1006 N. John Wayne Dr.	Winterset	Iowa	50273	1	7/2012 - 6/2014	Yes	NP	\$6.36/meal
Assisted Transportation	Madison County Elderly Ser.	1006 N. John Wayne Dr.	Winterset	Iowa	50273	1	7/2012 - 6/2014	Yes	NP	\$9.21/one way trip
Transportation	Madison County Elderly Ser.	1006 N. John Wayne Dr.	Winterset	Iowa	50273	1	7/2012 - 6/2014	Yes	NP	\$8.68/one way trip
Chore	Matura Action Corporation	1724 N. John Wayne Dr.	Winterset	Iowa	50273	1	7/2012 - 6/2014	Yes	NP	\$19.55/hr.
Congregate Meals	Marion Co. Senior Nutrition	308 E. Montgomery St.	Knoxville	Iowa	50138	1	7/2012 - 6/2014	Yes	NP	\$7.55/meal
Home Delivered Meals	Marion Co. Senior Nutrition	308 E. Montgomery St.	Knoxville	Iowa	50138	1	7/2012 - 6/2014	Yes	NP	\$7.55/meal
Assisted Transportation	Community Action - Marion	3014 E. Main St.	Knoxville	Iowa	50138	1	7/2012 - 6/2014	Yes	NP	\$12.00/one way trip
Transportation	Community Action - Marion	3014 E. Main St.	Knoxville	Iowa	50138	1	7/2012 - 6/2014	Yes	NP	\$8.77/one way trip
Homemaker	Quality Home Care Pros.	101 East Marion St.	Knoxville	Iowa	50138	1	7/2012 - 6/2014	Yes	FP	\$20.20/hr.
Adult Day Care	New Horizons Adult Day Ctr.	406 SW School St., Suite 118	Ankeny	Iowa	50021	1	7/2012 - 6/2014	Yes	NP	\$7.04/hr.
Adult Day Care	WesleyLife Adult Day Services	3520 Grand Ave.	Des Moines	Iowa	50312	1	7/2012 - 6/2014	Yes	NP	\$7.00/hr.

Attachment 9
Contracts with Service Providers of OAA Services listed in 3A-1 Form

Name of OAA Service Provided	Service Provider Name	Service Provider Address	Service Provider City	Service Provider State	Service Provider Zip Code	Number of County(s) in which Service is Provided	Contract Period (Month/Year to Month/Year)	Entered into INAPIS System (Yes/No)	Contract Type FP (For Profit) NP (Not-for-Profit) POS (Purchase of Service Provider Contract)	Cost Per Unit of Service
Advocacy	Polk County	River Place, 2309 Euclid	Des Moines	Iowa	50310	1	7/2012 - 6/2014	Yes	NP	\$98.08/hr.
Counseling	Polk County	River Place, 2309 Euclid	Des Moines	Iowa	50310	1	7/2012 - 6/2014	Yes	NP	\$73.99/hr.
Chore	Rebuilding Together	1111 9th St., Suite 265	Des Moines	Iowa	50314	1	7/2012 - 6/2014	Yes	NP	\$70.77/hr.
Home Delivered Meals	WesleyLife Home & Comm.	944 18th St.	Des Moines	Iowa	50314	1	7/2012 - 6/2014	Yes	NP	\$6.00/meal
Congregate Meals	Polk County	River Place, 2309 Euclid	Des Moines	Iowa	50310	1	7/2012 - 6/2014	Yes	NP	\$4.55/meal
Assisted Transportation	Polk County	River Place, 2309 Euclid	Des Moines	Iowa	50310	1	7/2012 - 6/2014	Yes	NP	\$13.24/one way trip
Transportation	Polk County	River Place, 2309 Euclid	Des Moines	Iowa	50310	1	7/2012 - 6/2014	Yes	NP	\$8.62/one way trip
Assisted Transportation	Polk County	River Place, 2309 Euclid	Des Moines	Iowa	50310	1	7/2012 - 6/2014	Yes	NP	\$13.00/one way trip
Transportation	Polk County	River Place, 2309 Euclid	Des Moines	Iowa	50310	1	7/2012 - 6/2014	Yes	NP	\$18.11/one way trip
Assisted Transportation	DART	1100 DART Way	Des Moines	Iowa	50309	1	7/2012 - 6/2014	Yes	NP	\$23.57/one way trip
Transportation	DART	1100 DART Way	Des Moines	Iowa	50309	1	7/2012 - 6/2014	Yes	NP	\$23.56/one way trip
Health Promotion	Polk County	River Place, 2309 Euclid	Des Moines	Iowa	50310	1	7/2012 - 6/2014	Yes	NP	\$8.02/consumer
Mental Health Outreach	Eyerly-Ball	1111 9th St., Suite 370	Des Moines	Iowa	50314	1	7/2012 - 6/2014	Yes	NP	\$75.32/hr.
Personal Care	WesleyLife Home & Comm.	944 18th St.	Des Moines	Iowa	50314	1	7/2012 - 6/2014	Yes	NP	\$41.91/hr.
Homemaker	WesleyLife Home & Comm.	944 18th St.	Des Moines	Iowa	50314	1	7/2012 - 6/2014	Yes	NP	\$41.91/hr.
Health Promotion	Mobile Medical Professionals	1325 NE 31st St.	Ankeny	Iowa	50021	1	7/2012 - 6/2014	Yes	FP	\$146.85/consumer
Adult Day Care	Heartland Senior Services	205 S. Walnut St.	Ames	Iowa	50010	1	7/2012 - 6/2014	Yes	NP	\$8.32/hr.
Congregate Meals	Heartland Senior Services	205 S. Walnut St.	Ames	Iowa	50010	1	7/2012 - 6/2014	Yes	NP	\$7.84/meal
Home Delivered Meals	Heartland Senior Services	205 S. Walnut St.	Ames	Iowa	50010	1	7/2012 - 6/2014	Yes	NP	\$7.84/meal
Health Promotion	HOMEWARD of Mary Greeley	1114 Duff Ave.	Ames	Iowa	50010	1	7/2012 - 6/2014	Yes	NP	\$28.00/hr.
Assisted Transportation	HIRTA (Story County)	2840 104th St.	Urbandale	Iowa	50322	1	7/2012 - 6/2014	Yes	NP	\$8.74/one way trip
Transportation		2840 104th St.	Urbandale	Iowa	50322	1	7/2012 - 6/2014	Yes	NP	\$8.74/one way trip
Assisted Transportation	RRACAP Warren County	1009 S. Jefferson, Suite 1	Indianola	Iowa	50125	1	7/2012 - 6/2014	Yes	NP	\$10.90/one way trip
Transportation	RRACAP Warren County	1009 S. Jefferson, Suite 1	Indianola	Iowa	50125	1	7/2012 - 6/2014	Yes	NP	\$10.90/one way trip
Congregate Meals	Warren County Nutrition	301 N. Buxton, Suite 202	Indianola	Iowa	50125	1	7/2012 - 6/2014	Yes	NP	\$8.72/meal
Home Delivered Meals	Warren County Nutrition	301 N. Buxton, Suite 202	Indianola	Iowa	50125	1	7/2012 - 6/2014	Yes	NP	\$8.72/meal

Attachment 9
Contracts with Service Providers of OAA Services listed in 3A-1 Form

Name of OAA Service Provided	Service Provider Name	Service Provider Address	Service Provider City	Service Provider State	Service Provider Zip Code	Number of County(s) in which Service is Provided	Contract Period (Month/Year to Month/Year)	Entered into INAPIS System (Yes/No)	Contract Type FP (For Profit) NP (Not-for-Profit) POS (Purchase of Service Provider Contract)	Cost Per Unit of Service
Homemaker	Warren County Health Ser.	301 N. Buxton, Suite 203	Indianola	Iowa	50125	1	7/2012 - 6/2014	Yes	NP	\$24.73/hr.
Personal Care	Warren County Health Ser.	301 N. Buxton, Suite 203	Indianola	Iowa	50125	1	7/2012 - 6/2014	Yes	NP	\$50.59/hr.
Legal Assistance	Iowa Legal Aid	1111 9th St., Suite 230	Des Moines	Iowa	50314	8	7/2012 - 6/2014	Yes	NP	\$70.00/hr.
Chore	Whitfield Lawn & Garden	3132 4th Street	Des Moines	Iowa	50313	1	7/2012 - 6/2014	Yes	FP & POS	\$28.75/hr.
Chore	Frontline Lawn & Landscapes	509 10th Ave. NW	Altoona	Iowa	50009	1	7/2012 - 6/2014	Yes	FP & POS	\$28.75/hr.
Chore	Semper Fi Lawn Care	111 N. Harlan St.	Stuart	Iowa	50250	1	7/2012 - 6/2014	Yes	FP & POS	\$28.75/hr.
Nutrition Counseling	Stephanie Labenz,MS, RD, LD	6836 NW 87th Court	Johnston	Iowa	50131	8	7/2012 - 6/2014	Yes	FP & POS	\$40.00/session
Nutrition Education	Stephanie Labenz,MS, RD, LD	6836 NW 87th Court	Johnston	Iowa	50131	8	7/2012 - 6/2014	Yes	FP & POS	\$40.00/session
Case Management	Quality Case Management	105 E. Marion	Knoxville	Iowa	50138	2	7/2012 - 6/2014	Yes	FP	\$109.24/hr.
Case Management	Home Care Services of BCH	105 S. Marshall St.	Boone	Iowa	50036	1	7/2012 - 6/2014	Yes	NP	\$109.24/hr.
Case Management	Warren County Health Ser.	301 N. Buxton, Suite 202	Indianola	Iowa	50125	2	7/2012 - 6/2014	Yes	NP	\$109.24/hr.
Case Management	Luthern Services in Iowa	3116 University Ave.	Des Moines	Iowa	50310	1	7/2012 - 6/2014	Yes	NP	\$109.24/hr.
Material Aid	Multiple Providers					8	7/2012 - 6/2014	Yes	POS	\$180.35/consumer

Attachment 10
Request for Direct Service Waiver (DSW)

1. Service Selection.

Click the box to insert an "x" to indicate the area agency is not requesting a Direct Service Waiver in SFY 2014.

- a. The area agency does not request a Direct Service Waiver in SFY 2014.

If option "a" is selected by the area agency, it is not necessary to complete the remaining portion of the form.

- 2. Waiver Request.** A waiver is required once during the SFY 2014-2015 area plan period for each service provided directly by the area agency if the waiver is maintained for the entire two-year period of the area plan. Complete a form for each service. **If the area agency has contracted with a provider for a specific service and the area agency provides that same service directly as well, a waiver request is required for the service.**

Click the box to insert an "x" to indicate the area agency is seeking a request to provide a direct service.

- b. The area agency requests to provide a direct service in SFY 2014. The service for which the area agency seeks a Direct Service Waiver is:
Counseling
(Type Service Name)

3. Select the basis on which the waiver is requested. (More than one box may be selected.)

Use the left mouse to double click on the box to open the box and insert an "x" to indicate the basis on which the area agency makes its request.

- c. Provision of such service by the Area Agency on Aging is necessary to assure an **adequate supply** of such service.
- d. Such service is directly related to the **administrative function** of the Area Agency on Aging.
- e. The service is provided **more economically, and with comparable quality** by the Area Agency on Aging. Refer to the Instructions for details about how to complete "e".
Aging Resources' I&A and ADRC staff provide counseling on a daily basis or as needed as they assist clients in finding the information and services they need. Counseling will be provided in all 8 counties.

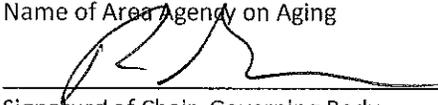
4. Justification for Direct Service Waiver: Provide a detailed justification for the waiver request.

Aging Resources' I&A staff along with the ADRC staff provide counseling as an integral part of their work with individual clients and/or families to resolve problems and to relieve stresses. Staff using social work techniques allow clients to express their concerns and frustrations as they assist them in resolving problems. Counseling is essential to our I&A and ADRC overall function.

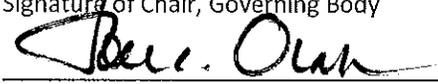
5. Public Hearing Documentation: Provide documentation of the public hearing.

Aging Resources of Central Iowa

Name of Area Agency on Aging


Signature of Chair, Governing Body

3/21/13
Date


Signature of Executive Director

3/20/13
Date

Attachment 10
Request for Direct Service Waiver (DSW)

6. Service Selection.

Click the box to insert an "x" to indicate the area agency is not requesting a Direct Service Waiver in SFY 2014.

- c. The area agency does not request a Direct Service Waiver in SFY 2014.

If option "a" is selected by the area agency, it is not necessary to complete the remaining portion of the form.

- 7. Waiver Request.** A waiver is required once during the SFY 2014-2015 area plan period for each service provided directly by the area agency if the waiver is maintained for the entire two-year period of the area plan. Complete a form for each service. **If the area agency has contracted with a provider for a specific service and the area agency provides that same service directly as well, a waiver request is required for the service.**

Click the box to insert an "x" to indicate the area agency is seeking a request to provide a direct service.

- d. The area agency requests to provide a direct service in SFY 2014. The service for which the area agency seeks a Direct Service Waiver is:
Evidence Based Health Promotion
(Type Service Name)

8. Select the basis on which the waiver is requested. (More than one box may be selected.)

Use the left mouse to double click on the box to open the box and insert an "x" to indicate the basis on which the area agency makes its request.

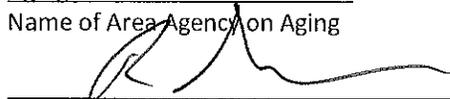
- c. Provision of such service by the Area Agency on Aging is necessary to assure an **adequate supply** of such service.
- d. Such service is directly related to the **administrative function** of the Area Agency on Aging.
- e. The service is provided **more economically, and with comparable quality** by the Area Agency on Aging. Refer to the Instructions for details about how to complete "e".

9. Justification for Direct Service Waiver: Provide a detailed justification for the waiver request.

Aging Resources has staff that work with four evidence based health promotion programs: A Matter of Balance, Better Choices Better Health (CDSMP), PEARLS, and Healthy IDEAS. With MOB and CDSMP volunteer leaders are used whenever possible. One staff member is a master trainer for MOB and provides coach training at least once a year. Staff also act as backup for leaders and provide quality assurance. Two staff members are Healthy IDEAS trainers and all our case managers have been trained in this program in order to better serve our clients who exhibit depressive symptoms. Aging Resources' trainers plans to train other case managers in the state on Healthy IDEAS. A staff member is also working with our community mental health center on the PEARLS program.

10. Public Hearing Documentation: Provide documentation of the public hearing.

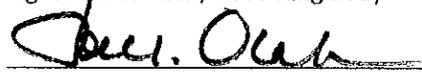
Aging Resources of Central Iowa
Name of Area Agency on Aging



Signature of Chair, Governing Body

3/21/13

Date



Signature of Executive Director

3/20/13

Date

Attachment 12
Compliance with Assurances and General Provisions

The Area Agency on Aging hereby assures compliance, on behalf of the area agency and service providers and/or subcontractors, with any and all applicable federal and state laws, rules and procedures. Applicable federal and state laws, regulations, rules and procedures include, but are not limited to, the following:

- Older Americans Act, as Amended, 2006
- Code of Federal Regulations
- **Assurance of Compliance with the Federal Funding Accountability and Transparency Act (FFATA), which requires grantees and their sub-recipients to have a Dun and Bradstreet Numbering System (DUNS) number (www.dnb.com) and to maintain active and current profiles in the Central Contractor Registration (CCR) (www.ccr.gov).**
- Iowa Code Chapter 231, Department on Aging – Older Iowans
- Iowa Code Chapter 8F, Government Accountability-Service Contracts, Contractor Certification and Reporting
- Iowa Administrative Code 17, Department on Aging

Additionally, the Area Agency on Aging will cooperate fully with the Iowa Department on Aging to assure compliance with provisions required by legislative action taken by the Congress of the United States, and the Iowa General Assembly, and with Iowa Aging Program Instructions during fiscal years 2014 and 2015 of the Area Plan on Aging.

Further Assurance is given that:

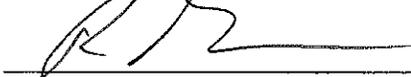
1. The Area Agency on Aging will provide access to and the right to examine all record books, papers or documents related to the Area Plan.

By signing below, the Chair of the Governing Body, and the Executive Director confirm that he or she has read, reviewed, and fully understands the federal and state statutes, regulations, rules and procedures identified within the Compliance with Assurances and General Provisions and agrees to fully comply with all terms thereof.

The Compliance with Assurances and General Provisions is hereby submitted for the SFY2014-2015 Area Plan to the Iowa Department on Aging for approval.

Aging Resources of Central Iowa

Name of Area Agency on Aging



Signature of Area Agency Chair, Governing Body

3/21/13

Date Signed



Signature of Area Agency Executive Director

3/20/13

Date Signed

Attachment 13
Older Americans Act Assurances (as Amended 2006)
38 Sec. 306 OLDER AMERICANS ACT OF 1965

Assurances

Sec. 306, AREA PLANS

- 306(a) Each area agency on aging designated under section 305(a)(2)(A) shall, in order to be approved by the State agency, prepare and develop an area plan for a planning and service area for a two-, three-, or four-year period determined by the State agency, with such annual adjustments as may be necessary. Each such plan shall be based upon a uniform format for area plans within the State prepared in accordance with section 307(a)(1).
- 306(a)(2) Each area agency on aging shall provide assurances that an adequate proportion, as required under section 307(a)(2), of the amount allotted for part B to the planning and service area will be expended for the delivery of each of the following categories of services-
- 306(a)(2)(A) services associated with access to services (transportation, health services (including mental health services), outreach, information and assistance (which may include information and assistance to consumers on availability of services under part B and how to receive benefits under and participate in publicly supported programs for which the consumer may be eligible), and case management services);
- 306(a)(2)(B) in-home services, including supportive services for families of older individuals who are victims of Alzheimer's disease and related disorders with neurological and organic brain dysfunction; and
- 306(a)(2)(C) legal assistance; and assurances that the area agency on aging will report annually to the State agency in detail the amount of funds expended for each such category during the fiscal year most recently concluded.
- 306(a)(4)(A)(i) (I) provide assurances that the area agency on aging will—
(aa) set specific objectives, consistent with State policy, for providing services to older individuals with greatest economic need, older individuals with greatest social need, and older individuals at risk for institutional placement; (bb) include specific objectives for providing services to low-income minority older individuals, older individuals with limited English proficiency, and older individuals residing in rural areas; and
(II) include proposed methods to achieve the objectives described in items (aa) and (bb) of subclause (I);
- 306(a)(4)(A) (ii) provide assurances that the area agency on aging will include in each agreement made with a provider of any service under this title, a requirement that such provider will—(I) specify how the provider intends to satisfy the service needs of low-income minority individuals, older individuals with limited English proficiency, and older individuals residing in rural areas in the area served by the provider;(II) to the maximum extent feasible, provide services to low-income- minority individuals, older individuals with limited English proficiency, and older individuals residing in rural areas in accordance with their need for such services; and (III) meet specific objectives established by the area agency on aging, for providing services to low-income minority individuals, older individuals with limited English proficiency, and older individuals residing in rural areas within the planning and service area; and

- 306(a)(4)(A)(iii) With respect to the fiscal year preceding the fiscal year for which such plan is prepared, each area agency on aging shall--(I) identify the number of low-income minority older individuals and older individuals residing in rural areas in the planning and service area; (II) describe the methods used to satisfy the service needs of such minority older individuals; and (III) provide information on the extent to which the area agency on aging met the objectives described in clause (a)(4)(A)(i).
- 306(a)(4)(B)(i) Each area agency on aging shall provide assurances that the area agency on aging will use outreach efforts that will identify individuals eligible for assistance under this Act, with special emphasis on-- (I) older individuals residing in rural areas; (II) older individuals with greatest economic need (with particular attention to low-income minority individuals and older individuals residing in rural areas);(III) older individuals with greatest social need (with particular attention to low-income minority individuals and older individuals residing in rural areas); (IV) older individuals with severe disabilities;(V) older individuals with limited English proficiency; (VI) older individuals with Alzheimer's disease and related disorders with neurological and A-3 organic brain dysfunction (and the caretakers of such individuals); and (VII) older individuals at risk for institutional placement; and
- 306(a)(4)(C) Each area agency on agency shall provide assurance that the area agency on aging will ensure that each activity undertaken by the agency, including planning, advocacy, and systems development, will include a focus on the needs of low-income minority older individuals and older individuals residing in rural areas.
- 306(a)(5) Each area agency on aging shall provide assurances that the area agency on aging will coordinate planning, identification, assessment of needs, and provision of services for older individuals with disabilities, with particular attention to individuals with severe disabilities, and individuals at risk for institutional placement, with agencies that develop or provide services for individuals with disabilities.
- 306(a)(6)(F) Each area agency will: in coordination with the State agency and with the State agency responsible for mental health services, increase public awareness of mental health disorders, remove barriers to diagnosis and treatment, and coordinate mental health services (including mental health screenings) provided with funds expended by the area agency on aging with mental health services provided by community health centers and by other public agencies and nonprofit private organizations;
- 306(a)(9) Each area agency on aging shall provide assurances that the area agency on aging, in carrying out the State Long-Term Care Ombudsman program under section 307(a)(9), will expend not less than the total amount of funds appropriated under this Act and expended by the agency in fiscal year 2000 in carrying out such a program under this title.
- 306(a)(11) Each area agency on aging shall provide information and assurances concerning services to older individuals who are Native Americans (referred to in this paragraph as "older Native Americans"), including-
- 306(a)(11)(A) information concerning whether there is a significant population of older Native Americans in the planning and service area and if so, an assurance that the area agency on aging will pursue activities, including outreach, to increase access of those older Native Americans to programs and benefits provided under this title;
- 306(a)(11)(B) an assurance that the area agency on aging will, to the maximum extent practicable, coordinate the services the agency provides under this title with services provided under title VI; and

- 306(a)(11)(C) an assurance that the area agency on aging will make services under the area plan available, to the same extent as such services are available to older individuals within the planning and service area, to older Native Americans.
- 306(a)(13)(A) Each area agency on aging shall provide assurances that the area agency on aging will maintain the integrity and public purpose of services provided, and service providers, under this title in all contractual and commercial relationships.
- 306(a)(13)(B) Each area agency on aging shall provide assurances that the area agency on aging will disclose to the Assistant Secretary and the State agency—
- 306(a)(13)(B)(i) the identity of each nongovernmental entity with which such agency has a contract or commercial relationship relating to providing any service to older individuals; and
- 306(a)(13)(B)(ii) the nature of such contract or such relationship.
- 306(a)(13)(C) Each area agency on aging shall provide assurances that the area agency will demonstrate that a loss or diminution in the quantity or quality of the services provided, or to be provided, under this title by such agency has not resulted and will not result from such non-governmental contracts or such commercial relationships.
- 306(a)(13)(D) Each area agency on aging shall provide assurances that the area agency will demonstrate that the quantity or quality of the services to be provided under this title by such agency will be enhanced as a result of such non-governmental contracts or commercial relationships.
- 306(a)(13)(E) Each area agency on aging shall provide assurances that the area agency will, on the request of the Assistant Secretary or the State, for the purpose of monitoring compliance with this Act (including conducting an audit), disclose all sources and expenditures of funds such agency receives or expends to provide services to older individuals.
- 306(a)(14) Each area agency on aging shall provide assurances that funds received under this title will not be used to pay any part of a cost (including an administrative cost) incurred by the area agency on aging to carry out a contract or commercial relationship that is not carried out to implement this title.
- 306(a)(15) provide assurances that funds received under this title will be used-
- 306(a)(15)(A) to provide benefits and services to older individuals, giving priority to older individuals identified in paragraph (4)(A)(i); and
- 306(a)(15)(B) in compliance with the assurances specified in paragraph (13) and the limitations specified in section 212;

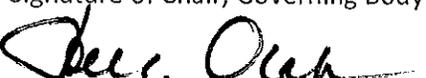
The governing body of Aging Resources of Central Iowa has reviewed and approved these Assurances for the SFY 2014-SFY 2015 Area Plan on Aging.



 Signature of Chair, Governing Body

3/21/13

 Date Signed



 Signature of Executive Director

3/20/13

 Date Signed

Attachment 14
Assurance of Compliance with Minority Impact Statement

Iowa Code, Section 8.11. All grant applications submitted to the State of Iowa due January 1, 2009 and forward, shall include a Minority Impact Statement. This is the State's mechanism to require grant applicants to consider the potential impact of the grant project's proposed programs or policies on minority groups.

Please choose the statement(s) that pertains to this grant application. Complete all the information requested for the chosen statement(s).

- Statement One:** The proposed grant projects, programs or policies could have a disproportionate or unique positive impact on minority persons.

Describe the positive impact expected from this project below.

Aging Resources serves a disproportionate percentage of women. 58.4% of our 60+ population are women but 72% of the clients we serve are women. We serve a disproportionate percentage of African Americans. 2 % of the population in our eight county area is Black however 8.4% of the clients were serve are African American. We also serve a disproportionate percentage of Asian clients. 1% of our PSA 60+ population is Asian but 4.6% of the people we serve are Asian.

Indicate which group below is impacted by typing an "X" before the group's name.

- Women
- Persons with a disability
- Blacks
- Latinos
- Asians
- Pacific Islanders
- American Indians
- Alaskan Native Americans
- Other

- Statement Two:** The proposed grant projects, programs or policies could have a disproportionate or unique negative impact on minority persons.

Describe the negative impact expected from this project below.

Present the rationale for the existence of the proposed program or policy.

Provide evidence of consultation of representatives of the minority groups impacted.

Indicate which group is impacted by typing an "X" before the group's name.

- Women
- Persons with a disability
- Blacks
- Latinos
- Asians
- Pacific Islanders
- American Indians
- Alaskan Native Americans
- Other

- Statement Three:** The proposed grant project programs or policies are not expected to have a disproportionate or unique impact on minority persons.

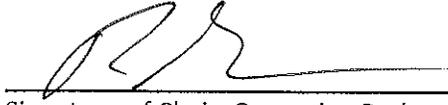
Present the rationale for determining no impact.

FY'2014 Area Plan Update

I certify that the above information is complete and correct to the best of my knowledge.

Aging Resources of Central Iowa

Name of Area Agency on Aging



Signature of Chair, Governing Body

3/21/13

Date



Signature of Executive Director

3/20/13

Date



5835 Grand Avenue, Suite 106
Des Moines, IA 50312-1437
Phone: (515) 255-1310
Fax: (515) 255-9442
E-Mail: agingres@agingresources.com
Website: www.agingresources.com

**For Immediate Release
February 12, 2013**

**Contact: Margaret DeSio
515 255-1310**

PUBLIC HEARING

Aging Resources of Central Iowa is seeking comments from the public on its Fiscal Year 2014 - 2015 Area Plan. The area plan describes the agency's strategic plan for services to be provided for older persons in Boone, Dallas, Jasper, Madison, Marion, Polk, Story, and Warren Counties in Central Iowa. Services are provided using federal and state funds. The public hearing will be held at:

Aging Resources of Central Iowa

Conference Room

5835 Grand Avenue, Suite 106

Des Moines, IA 50312

Thursday, March 14, 2013

1:00 p.m. – 2:00 p.m.

For additional information, contact Aging Resources of Central Iowa at 515 255-1310.

Aging Resources of Central Iowa does not discriminate based on age, race, gender, national origin, color, creed, religion, political affiliation, marital status or physical or mental disabilities in its employment practices or the provision of services except where it is a requirement of law.

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**PUBLIC HEARING
and
ADVISORY COUNCIL MEETING**

**March 14, 2013
1:00 P.M.**

**Aging Resources of Central Iowa
Large Conference Room
5835 Grand Avenue, Suite 106
Des Moines, Iowa**

**PUBLIC HEARING
FY'14-'15 AREA PLAN
A G E N D A**

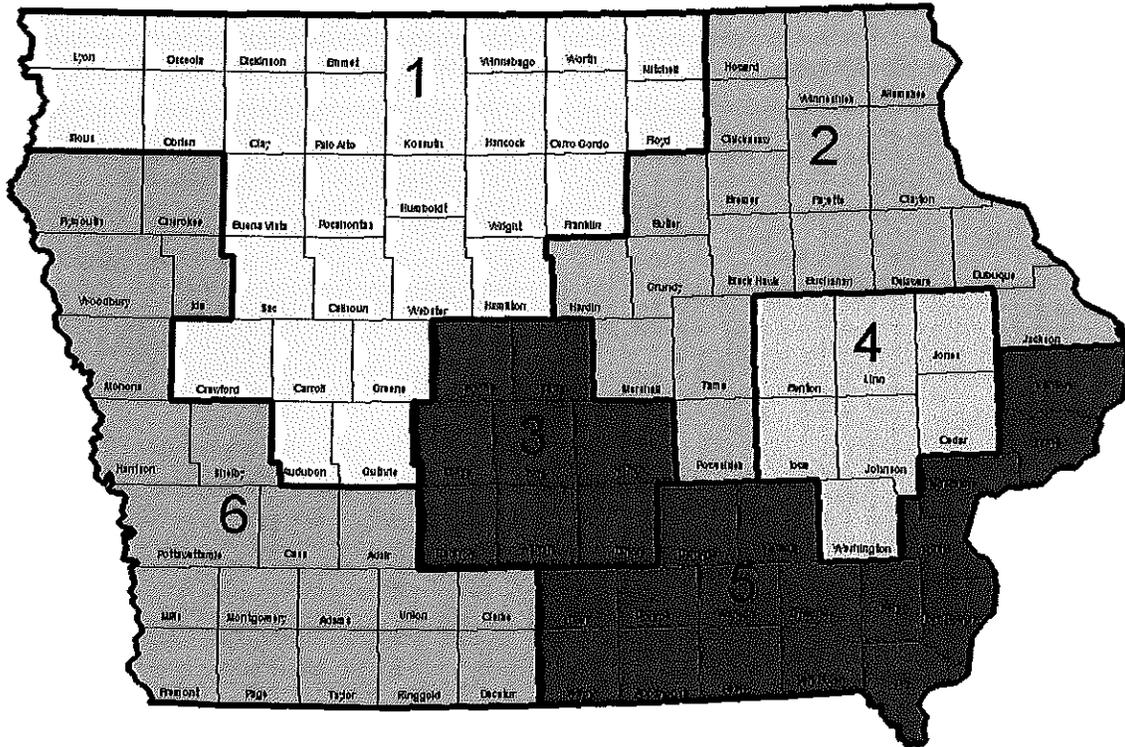
- | | | |
|------|---|------------|
| I. | Overview of Area Plan (1:00 – 1:15) | Joel Olah |
| II. | Funding Transfer (1:15 – 1:20) | Les Bascom |
| III. | Priority Services Expenditures (1:20 – 1:30)
Access Services 10%
In-home Services 5%
Legal Services 3% | Les Bascom |
| IV. | Services to be Provided Directly (1:30 – 1:40)
A. Evidence Based Health Activities
B. Counseling | Joel Olah |
| V. | Questions and Comments | Joel Olah |
-

**ADVISORY COUNCIL MEETING
A G E N D A**

- | | | |
|------|--------------------------------------|----------------|
| I. | Call to Order | Marilyn Miller |
| II. | Attendance | Ellen Gilstrap |
| III. | Approval of January 10, 2013 Minutes | Marilyn Miller |
| IV. | Reports: | |
| | A. Executive Director | Joel Olah |
| | B. Chair | Marilyn Miller |

- V. Recommended Approval of Area Plan Joel Olah
- VI. Table Topic Discussion Marilyn Miller
- VII. Other Marilyn Miller
- VIII. Next Meeting
 >May 9, 2013

Aging Resources is Planning and Service Area (PSA) 3



PSA 3 – Aging Resources

Total Population 712,765
Total 60+ Population 113,685
(source US Bureau of the Census 2011)

<p>Boone County Total Population 26,220 60+ ... 5,395 75+ ... 2,215</p>	<p>Story County Total Population 84,780 60+ ... 11,575 75+ ... 4,595</p>	
<p>Dallas County Total Population 57,115 60+ ... 7,480 75+ ... 2,240</p>	<p>Polk County Total Population 415,950 60+ ... 63,485 75+ ... 23,065</p>	<p>Jasper County Total Population 36,605 60+ ... 7,875 75+ ... 3,000</p>
<p>Madison County Total Population 15,255 60+ ... 2,970 75+ ...</p>		