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Don Trotier introduced **Rita Doherty**,

Executive Director of Friendship Village. Rita is an Ohio University graduate with a degree in Health Services and Long Term Care Administration. She also has a Nursing degree from Mount Carmel School of Nursing.

Rita talked about how the senior demographic is changing nationally and in the central Ohio Community. In addition she discussed some of the happenings at Friendship Village.

She shared a slide presentation that laid the foundation for what the senior population looks like. Her statistics came from the Pew Research Group and they were derived from census data. According to the research, 10,000 people baby boomers are turning 65 every day and this will continue to be the case for the next 15 years. The 65+ population will nearly double between now and 2030 – from 37 million to 72 million people.

In Franklin County and central Ohio there will be about 280,000 65+ residents by 2030. This fact reinforces the significant impact that the aging population will have on our cities and towns.

She reviewed what health care looks like today including a brief summary of Medicare coverage vs Medicare Advantage plan coverage in places like skilled nursing facilities. In a skilled nursing facility Medicare covers your room and board, your nursing care, your meals, your physical therapy your occupational therapy and your speech therapy. It's a short term option for short term necessity. Higher levels of care are usually triggered by an inability to perform two of the five designated activities of daily living (ADL).

Rita addressed the concept of unpaid caregivers. These are family members and friends who provide care. In 2013 it was estimated that \$470 million of care was provided by these unpaid providers. It is important to recognize the impact of such care giving on the family unit. With many families having dual incomes and hectic schedules the provision of such care is often difficult to handle.

Another care option is private pay. Persons who live in a community, an assisted living facility or a health center (the newer term for a nursing home) often pay privately for the services that are being provided to them. Private pay also comes into play



GREETERS

May 7

Jim Nicklaus
Telanda Sidari

May 14

Matt Kirby
Steve Frame

May 21

Joe Valentino
Bill Hosket

REGISTRATION DESK

May 7

John Hansel
John Cleland

May 14

Keith Schneider
Debbie Johnson

May 21

Ted Foster
Brendan King

CALENDAR

May 7 | Scioto CC

Bob Hoying, Matt Starr & Nelson
Hoying - Crawford Hoying
*The Dublin Bridge Park Project
and the New Lane 2 Project*
Host: Dehays

May 14 | Scioto CC

Erin Mooney, Executive
Director - Mayan Families
Host: Sandbo

May 21 | Scioto CC

TBD

VOLUNTEER OPPORTUNITIES

Submit your volunteer opportunity to herb@herbgillen.com for inclusion in the Rotaryview Newsletter.

SOCIAL EVENTS

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OUR NEXT MEETING

May 7th
Scioto CC

Upper Arlington
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RITA DOHERTY

EXECUTIVE DIRECTOR - FRIENDSHIP VILLAGE

when comfort keepers come into someone's home. The going rate for in home services in central Ohio is about \$23 to \$27 per hour.

Community based living/care is another option. Within the community space there is independent living if a person is able to care for him or herself. Assisted living is available for those who need some help. Assisted living care is usually triggered by needing help with two of the five ADLs. Memory care is another available feature in community living environments. She noted that two out of three people in this demographic will experience some form of cognitive impairment in the next fifteen years. The other level of care in a community is "health center" care – which, as noted, is the term for what was commonly referred to as a nursing home.

Living in a skilled nursing facility or health center in the Columbus area costs an average of \$300 to \$370 per day.

Lifecare is a concept that features a comprehensive support system that will provide both physical care and financial certainty for life. In the case of Friendship Village, lifecare type A means you pay an entrance fee plus a monthly fee regardless of the level of care you are receiving. Type B lifecare features a lower entry fee plus increases in fees when you move from independent living to assisted living and/or the health center. Type C lifecare is a fee-for-service program. An entry fee is still involved. Movement into assisted living and/or the health center will require market rate fees or the private rate.

She pointed out that one of the good things about living in central Ohio is that all of these options are available.

When asked, Rita told us that entry fees at Friendship Village range from \$120,000 to \$790,000 depending on what type of apartment or home you live in. The fees are based on square footage. A traditional plan amortizes the entry fee down 2% every month. After five years your fee is fully amortized. The monthly fees are in a range of \$2,300 to \$6,800 per month depending on square footage and the plan you have chosen. Certain plans feature a return of capital provision which guarantees a return of up to 80% of the entrance fee upon leaving the community or death of the resident.

The average age of people moving into a community is rising. Fifteen years ago the average age was in the 70's. The average now (in Friendship Village) is 82. There are a lot of people moving into the community who are in their 90's.

Rita also mentioned concierge care at home as an option for seniors. Just as the name implies, a full range of assistance is coordinated by a personal concierge assigned to the client.

Rita shared pictures of some of the facilities at Friendship Village which was founded in 1981 and is a not for profit community.

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The Meeting



President **Brad DeHays** asked **Joe Valentino** to offer the invocation and lead us in the Pledge of Allegiance.

Jim Hamilton introduced visiting Rotarians **Paul Shepherd**, **Jim Lynch** and District Governor-Elect **Steve Heiser**.

Debbie Johnson gave us a final reminder and update before the May 3 Fundraiser at Shadowbox Live. Valet parking will be available beginning at 5:30. Drink ticket sign-up forms were on the tables. You will receive your tickets at the registration table when you pick up your name badge. Tickets will also be available that evening – \$4.00 per ticket. She thanked Jeanine for her work on the raffle. A list of the silent and live auction items was provided at each table. She reviewed the live auction item list and thanked the providers. There are over 100 items for the silent auction.



Live auction items include an OSU/Michigan tailgate at Dawson with Schmidt's food (Dave DeCapua and Andy Schmidt), Golf and lunch for three at Camargo Golf Club (Dave DeCapua), Private bourbon tasting and lesson for 10 plus dinner at Grandview Café (Brad DeHays), Private beach house week on Topsail Island (Debbie Johnson), Golf for three at Double Eagle (Dave DeCapua), Columbus Crew game day suite at Mapfre Stadium (Thomas-Fenner-Woods) and a Night of the Zacapa party (Steve Sandbo and Dave McCurdy).



Friday, May 3rd, UA Rotary 2019 Fundraiser

Join Upper Arlington Rotary for our biggest party of the year and help raise funds for all of the great work that Rotary does throughout our community and around the world.

It's not too early to start thinking about silent and live auction items and to consider an event sponsorship. Learn more about sponsorship and donating an auction item by downloading our Fundraiser Donation Flier.

For questions about the event and to learn how to get involved, please contact
Debbie Johnson at debbiejohnson33@gmail.com.

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Notes and Announcements



John Huneck announced an upcoming meal service at the YWCA Family Center. Last week the date provided was incorrect. The correct date is Tuesday, May 7 from 5:30 until about 7:30 PM. New, and correct, sign-up sheets were on the tables. Folks who signed up last week have been notified by email.

Yvonne Perotti announced a Ronald McDonald dinner on May 21. Volunteers are needed to help prepare and serve the dinner. Contact Yvonne if you are able to help out.



Yvonne also reminded our red badge members that she would be happy to help out if they have questions or need some assistance completing membership requirements.

Jeanine Hummer went through the process for purchasing Fundraiser raffle tickets one last time. She emphasized that the language on your ticket stub that says "Keep this coupon" should be interpreted to mean that you keep the stub. A lost ticket stub is a lost opportunity. She suggested that those members who have not purchased a ticket should realize that now is the time they should begin to feel bad about themselves.



Barri Jones noted that Meals On Wheels is already in urgent need of delivery help on Memorial Day weekend at the end of May. Below is a link that will show the available routes – several of which are in UA – and also allow you to sign up to help.

Go to <https://lifecare.mowscheduler.com/helpwanted/2019-05-26> where you will be able to see all of the "Memorial Day 2019 Holiday Routes" that are available.



Don Troitier announced that Jim Jones has been moved to The Grand care center in Dublin. You can email Jim and Don will also be checking to see if he would like visitors.

Don also reminded that our last Rotary Roundtable of the year will be next week (5/7). We'll hear from Linda Cummins about her and her husband's experience with their accounts being hacked. She will have some folks who helped with their recovery process to share their expertise about protecting yourself and dealing with such events.



Steve Sandbo reminded us of the Guatemala trip coming up in early November (11/3). Let Steve know if you have an interest. The trip would be particularly valuable to newer members. The agenda looks very full.

Tom Davis thanked **Bob Long, Barri Jones, Tina Redman, Alan Yarletts** and **Jerry and Diane Woessner** for working at the Mid-Ohio Food Bank's Kids Café kitchen on Saturday, April 27. Alan had a contingent of Interact Club members join in also. **Craig Shanahan**, a prospective member, also participated. Meals were packaged and were probably being served to kids today.



Steve Heiser, District Governor-Elect, asked **Price Finley** to join him in presenting a Club 125 pin to **Don Leach**. He thanked Don for his support and noted that UA Rotary has a good number of Club 125 contributors.

Dave Dewey reported on his opportunity to participate in an Honor Flight to Washington D.C. this past weekend. He commented on the emotional nature of the trip and the excellent treatment provided to the veterans. The first class treatment and tour, plus the opportunity to serve those who served us is well worth the \$400 that a Guardian pays to participate.