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Client Usage, Demographics & the Need for Senior Services

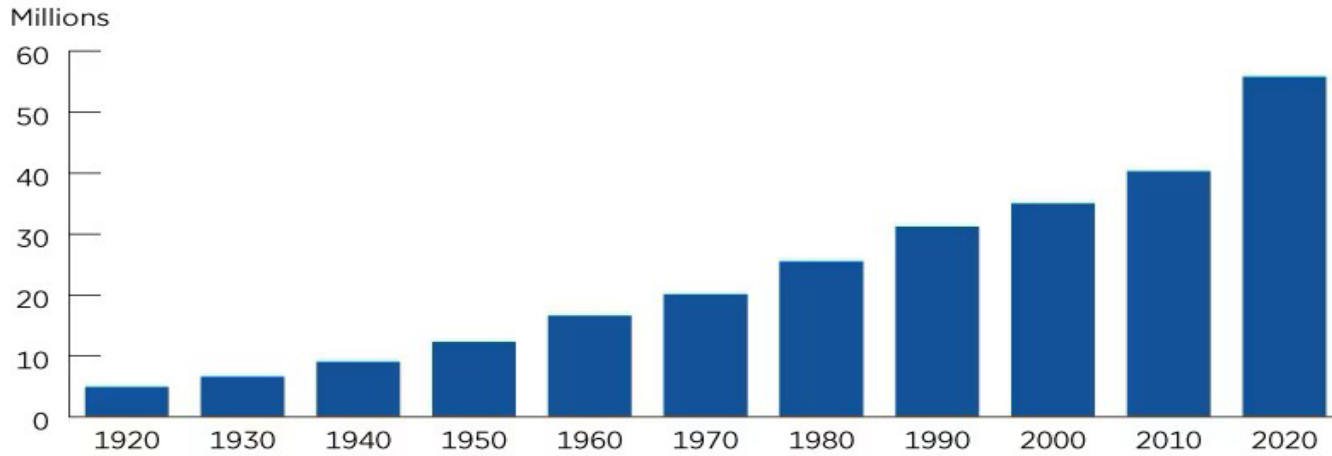
Tuesday, January 23, 2024

Key Demographic Trends - National

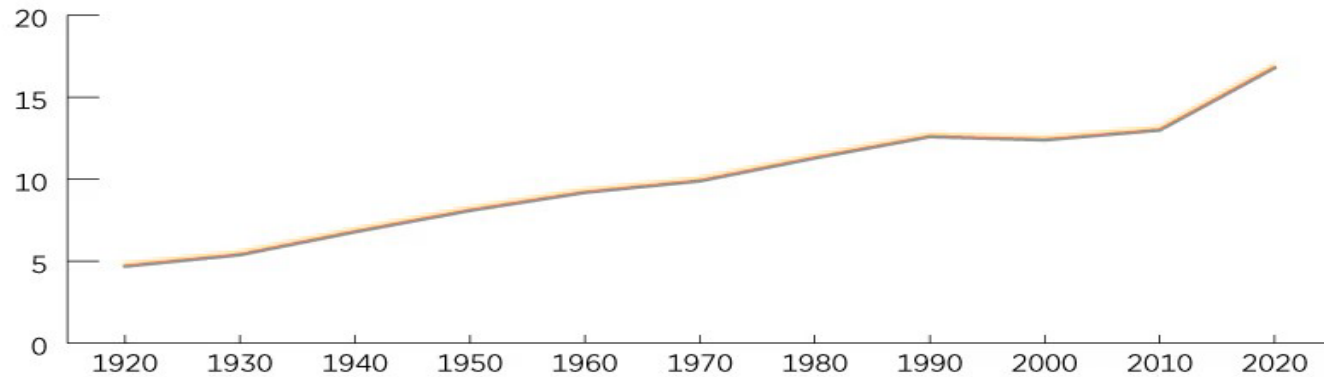
- U.S. population is older today than it has ever been
- 65+ population is largest in history both in total numbers & as a percentage of the population
- 65+ population is projected to:
 - Increase 47% between now & 2050
 - Grow from 17% to 23% of total population
- This so-called “gray tsunami” reflects:
 - Baby boomer “population bulge” crossing the 65+ threshold starting in 2011
 - Increased longevity trend
 - Lower birth rates of younger generations

Figure 1.

Population 65 Years and Over by Size and Percentage of Total Population: 1920 to 2020



Percentage of total population



Note: For information on data collection, confidentiality protection, nonsampling error, and definitions, refer to <https://www2.census.gov/programs-surveys/decennial/2020/technical-documentation/complete-tech-docs/demographic-and-housing-characteristics-file-and-demographic-profile/2020census-demographic-and-housing-characteristics-file-and-demographic-profile-techdoc.pdf>.

Source: U.S. Census Bureau, Decennial Census of Population, 1900 to 2000; 2010 Census Summary File 1, and 2020 Census Demographic and Housing Characteristics File (DHC).

Key Demographic Trends - National

- 65+ population grew nearly five times faster than the total population between 1920 to 2020
- More older adults are living outside nursing homes & assisted living, increasing demand for services from Senior Centers and similar programs
- Between 2010 and 2020:
 - 65+ population saw its fastest decade of growth since 1880 to 1890
 - Largest-ever 10-year numeric gain – growing 15.5 million. Closest increase was 5.7 million 1980 and 1990

*Source: US Census Bureau, Census.gov

Key Demographic Trends - East Hampton Town

	<u>2000</u>	<u>2010</u>	<u>2020</u>
Population	19,719	21,168	28,385
60+	21.8%	26.9%	32.08%
18 & under	21.1%	19.3%	18.4%
Median age	41.8	45.5	46.8

*Source: US Census Bureau American Community Survey (ACS)

Key Demographic Trends - Town

	<u>2000</u>	<u>2010</u>	<u>2020</u>	<u>% Change</u> <u>2000 vs 2020</u>
Population	19,719	21,168	28,385	+44%
60+	4,298	5,694	7,394	+72%
18 & under	4,160	4,085	4,372	+ 5%

*Population source data from US Census Bureau American Community Survey (ACS), percentage to actual calculations by EH Town Planning Department

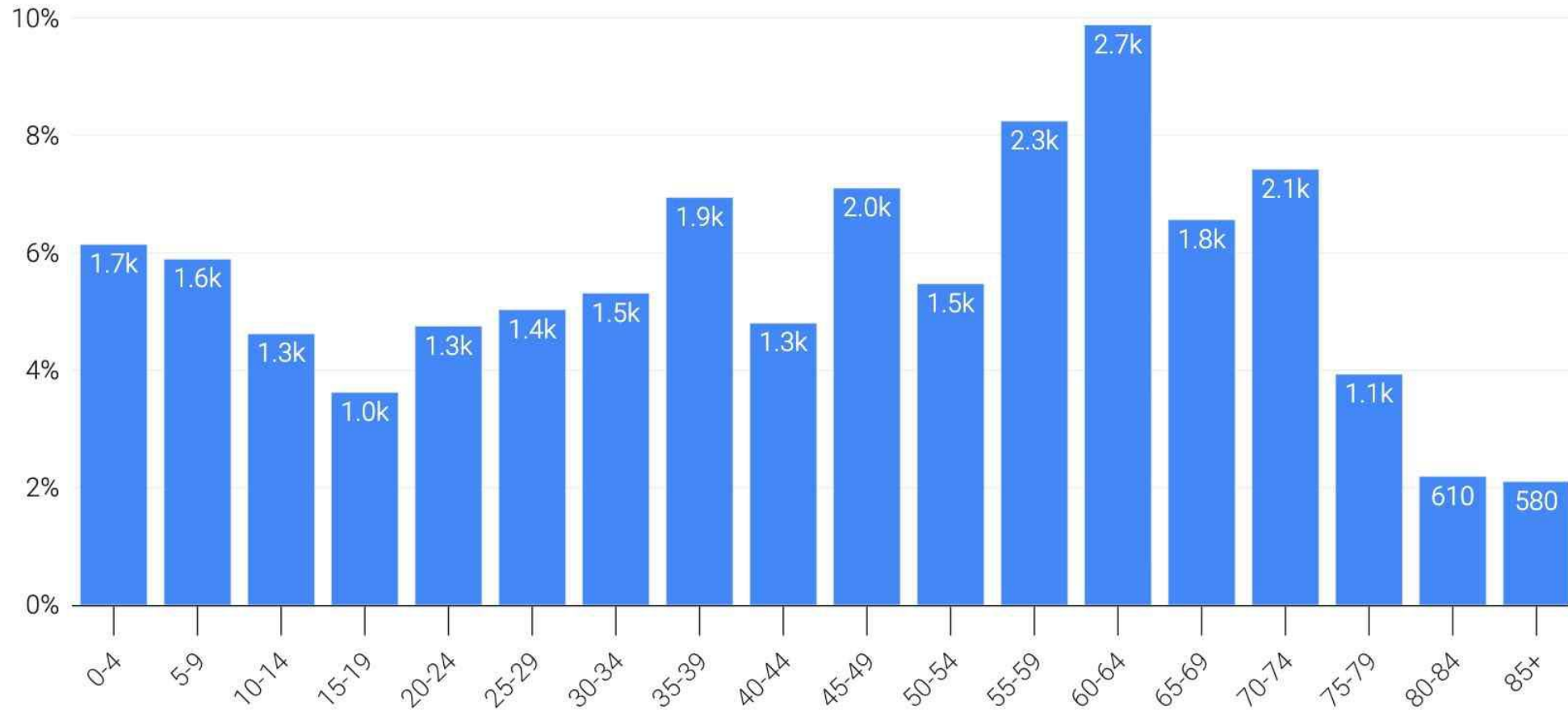
Key Demographic Trends - East Hampton Town

- 60 to 64 year olds
 - Largest population cohort at 9.4%
 - Just became eligible for Senior Center programs
- 55 to 59 year olds
 - Second largest population cohort at 7.9%
 - Rapidly aging into eligibility
- 70 to 74 year olds
 - Third largest population cohort at 7.5%
 - Already eligible for Senior Center programs

*Source: US Census Bureau S0101 Age and Sex, 2020 ACS 5-Year Estimates Subject Tables

East Hampton Town, New York population by age group

The largest age group is 60-64 years with a population of 2,729 (9.88%)



Source: U.S. Census Bureau, American Community Survey (ACS) 2017-2021 5-Year Estimates

Let's Talk About Aging

- ▶ Despite years of progress in our own understanding of aging, public perceptions still view aging as:
 - **Someone else's problem.** People tend to focus on “the aged” as an otherized group.
 - **Undesirable.** The public associates aging almost exclusively with decline and deterioration.
 - **Isolated.** A majority of the public perceives old age not only as an outside obstacle, but also as a personal or familial problem, not a challenge that society shares.
 - **Fatalistic.** Intimately tied to these perceptions are fears of decline, depression, and dependence. Such fears not only imbue aging with dread, but also impede support for policies and solutions that address the challenges (and opportunities) associated with age.

Embracing 100-Year Lives

- ▶ In 2018 the Stanford Center on Longevity created 'The New Map of Life - 100 Years to Thrive'
 - ▶ The dramatic acceleration in life expectancy during the 20th century happened so quickly that the social institutions, economic policies, and social norms that evolved when people lived for half as long are no longer up to the task.
 - ▶ The advent of 100-year lives coincides with declining birth rates, and these two defining demographic trends are often conflated into a crisis narrative about an aging society about to be engulfed by a 'gray tsunami'.
 - ▶ The crisis mindset assumes that people will age in the future as they did in the past, that financing 100-year lives is an insurmountable challenge, and that additional mechanisms for saving, investing and supplementing income are beyond reach.
 - ▶ A static view of what it means to age distorts our perspectives about longevity in the future, and our measure of the true costs and benefits.
 - ▶ It also overlooks opportunities to change the trajectory of aging with new realities, rather than those of the last century.
- ▶ We must embrace a world in which future centenarians will thrive and develop programs and services to meet their evolving needs.

Our Vision is to Reframe Aging

- ▶ The current East Hampton Senior Center serves community members ages 60 - 100 years old
 - ▶ This represents three generations of Seniors with a range of interests, backgrounds, strengths & needs
- ▶ Our vision is to offer new programs and opportunities for this dynamic generation of older adults.
- ▶ The only thing holding us back is the physical constraints of the current center.

Senior Services Offerings

The East Hampton Senior Center offers a wide variety of programs and services including:

- Meal and nutrition programs
- Information and assistance
- Health and wellness programs
- Transportation services
- Public benefits counseling
- Social and recreational activities
- Educational and arts programs

Senior Nutrition Program

- ▶ There are currently two programs operating under the Senior Nutrition program:
 - ▶ Congregate Meal Program: Three-course meal served at the Center
 - ▶ Grab & Go: Five frozen meals available for pick-up once a week
- ▶ The Grab & Go program, which began in summer of 2022, evolved from the COVID-19 home delivery program.
- ▶ 2023 was a record year for the program as the Senior Nutrition staff prepared 33,105 meals between the two programs.
 - ▶ Operating two nutrition programs in an undersized kitchen creates multiple challenges for staff and limits the growth of these programs

Our Senior Nutrition Numbers

▶ Year	# of Meals Served	# of Grab & Go Meals	Total Combined
▶ 2024 Target	20,000	15,000	35,000
▶ 2023	21,458	11,647	33,105
▶ 2022	17,194	8,638	25,832
▶ 2021	---	40,357*	40,357
▶ 2020	996	55,919*	56,915
▶ 2019	18,633		
▶ 2018	18,197		
▶ 2017	18,695		
▶ 2016	17,553		
▶ 2015	17,055		
▶ 2014	16,763		
▶ 2013	17,172		
▶ 2012	13,485		
▶ 2011	13,220		

▶ * Represents COVID-19 Home Delivery Program

Social Adult Day Care

- ▶ The Social Adult Day Care program was created for Seniors 60+ requiring assistance in at least one of the activities of daily living.
- ▶ We have learned that our Seniors, even those experiencing mild dementia, preferred a more inclusive approach and benefitted more by continuing to participate in our Nutrition and Wellness Programs either on their own or with the help of their aide. They preferred to be part of that larger Senior community, rather than separated and isolated.
- ▶ There are also some Seniors that require more intensive personal care assistance than the social model can provide, so they would not have qualified for the program.
- ▶ By 2021 the demand for the Social Adult Daycare program in our community was diminished.

Social Adult Day Care Numbers

- The trend below demonstrates that it was not fiscally responsible to continue the program in its current form:

	Avg # of Clients	Program Budget
▶ 2021	2 clients	\$337,738
▶ 2020	3 clients	\$327,562
▶ 2019	7 clients	\$365,134
▶ 2018	9 clients	\$417,549
▶ 2017	12 clients	\$396,271

- ▶ Given this trend, the Town pivoted and created “Programs for the Aging” in 2022, adding more programs opened to all residents 60+.

Programs for the Aging

- ▶ In response to this shift of our older residents living longer and healthier lives, the Human Services Department increased wellness activities, educational programs, and clubs designed to meet the needs and interests of our 60-and-over community.
- ▶ As staying active can energize your mood, relieve stress, enhance mobility, flexibility, and balance, and improve your overall sense of well-being.
- ▶ Our partners include...
 - ▶ East Hampton YMCA RECenter
 - ▶ The Stony Brook Southampton Hospital Wellness Institute

Programs for the Aging (cont.)

- ▶ In 2023 a new position was added to the Human Services Department - Senior Citizen Club Leader.
- ▶ Having a staff person coordinate new and varied programming opportunities for Seniors helps to improve the lives of those who participate.
- ▶ It should be noted that these program offerings are continually evaluated for Senior interests, needs and participation.

Programs for the Aging Numbers

▶ In 2023, 240 Seniors actively participated in the following programs...

- ▶ Morning Chair Yoga
- ▶ Morning Floor Yoga
- ▶ Healing Circle
- ▶ Qi Gong
- ▶ Mindful Meditation
- ▶ Mindful Movement
- ▶ Afternoon Chair Yoga
- ▶ Balance & Self Defense
- ▶ Bar Sculpt
- ▶ Blood Pressure Readings
- ▶ Bridge
- ▶ Bingo
- ▶ Knitting Club
- ▶ Current Events

Wellness 60+ @ Ashawagh Hall

- ▶ Given that program space has been a real challenge for us at the Senior Center, we piloted a program in 2019 at Ashawagh Hall.
- ▶ Over the first month, 100 Senior residents showed up to participate, demonstrating the interest for these types of programs.
- ▶ While Wellness 60+ was placed on pause during the COVID-19 pandemic, it is active again, and runs from September through May.
- ▶ Our present schedule includes:
 - ▶ Balance and Self Defense
 - ▶ Qi Gong Dance - Rhythm and Movement
 - ▶ Osteoporosis Prevention and Stretching
- ▶ We are grateful to The Springs Improvement Society for opening their doors so we could expand our wellness offerings to the community members 60+.

Additional Services Offered

- ▶ Additional services offered include...
 - ▶ Referral & Case Management
 - ▶ Hispanic Outreach Program
 - ▶ Mental Health Services with Family Service League Partnership
 - ▶ Free Mental Health Counseling for Seniors
 - ▶ Emergency Registry Program
 - ▶ Senior Transportation Program
 - ▶ Senior Shopping Assistance Program
 - ▶ Expanded In-Home Services
 - ▶ Residential Repair Program
 - ▶ Suffolk County Senior Advocate

Spaces in the Current Senior Center

- ▶ The current Senior Center has served the Seniors of our community for over 30 years. It was once a bar and the building is over 100 years old.
- ▶ The kitchen is undersized and includes storage in the basement and a walk-in freezer outdoors.
- ▶ The dining room is also undersized and requires some Seniors to sit in an adjacent room when there is a large turnout for lunch.
- ▶ There are two rooms for activities - the Activity Room which is adjacent to the dining room and the Lounge which is the former Adult Day Care space.
- ▶ There is no lobby.
- ▶ Given the shortage of programming space, rooms need to be constantly set up and furniture moved.

Building Sizes in East Hampton

- ▶ To give some perspective, below are the relative sizes of buildings here in town that provide a community benefit...

	<u>Total Square Footage*</u>
▶ Current Senior Center	11,700
▶ Proposed Senior Center	21,887
▶ Montauk Playhouse	49,117 (each side is about 25,000 sq ft)
▶ Sportime @ Terry King	23,541
▶ CDCH	22,204
▶ East Hampton RECenter	21,000
▶ New SB/SH Emergency Department	22,000

*Total square footage does not account for spaces that are higher than 15 feet.

Grantees & Program Partners

- Family Service League Mental Health Clinic
- Phoenix House Outpatient Program
- South Fork Behavioral Health Initiative
- Eleanor Whitmore Early Childhood Center
- Project MOST
- Community Council
- The Retreat
- Neo-Political Cowgirls
- i-Tri
- Montauk Youth Association
- Montauk Senior Nutrition Program
- East Hampton Meals on Wheels
- East Hampton Food Pantry
- Springs Food Pantry
- Montauk Food Pantry
- Retired Senior Volunteer Program (RSVP)
- Southampton Hospital Wellness Initiative
- East End Disabilities Group
- East End Hospice, Inc.
- Ruta -27 Programa de Ingles, Inc

12 Step Programs

▶ The 12-Step Programs serve an additional 350 community members accounting for 624 hours of building usage annually.

▶ Programs takes place nights and weekends.

▶ Sunday	10:00 AM	Overeaters Anonymous
▶ Sunday	11:30 AM	Sunday Step
▶ Sunday	4:30 PM	AA - Beginners
▶ Monday	5:30 PM	Sober Women
▶ Monday	7:00 PM	Al-Anon
▶ Wednesday	5:30 PM	AA - Keep It Green
▶ Thursday	5:30 PM	AA - Back To Basics
▶ Thursday	7:00 PM	AA - Keep It Green
▶ Friday	6:00 PM	AA - Keep It Green
▶ Friday	7:30 PM	Debtors Anonymous
▶ Saturday	10:00 AM	SLAA
▶ Saturday	4:30 PM	AA - Keep It Green

East Hampton Meals on Wheels

- East Hampton Meals on Wheels, a 501c3 nonprofit, has been serving East Hampton's homebound residents for over thirty years.
- Volunteers deliver two nourishing meals per day to clients Monday to Friday with weekend meals provided on Friday to those who request them.
- They receive no federal, state, or county government subsidies and rely on private donations and sliding-scale donations from clients who are able to provide them.
- They provide approximately 300 meals per week to both seniors and younger homebound residents.
- We rely on this partnership as the Town of East Hampton does not have a hot meal delivery program.
- Having Meals on Wheels work out of their own office in the proposed senior center will enable Town staff to provide services to those who need it more efficiently.

East Hampton Food Pantry

- ▶ The East Hampton Food Pantry relocated to the Town Hall Campus during the Cantwell Administration as they could no longer operate at their previous location.
- ▶ During the initial planning stages for the proposed Senior Center, it was agreed that the East Hampton Food Pantry would move once again and make the new Senior Center their permanent base of operation.
- ▶ On August 11, 2022 East Hampton Food Pantry Board Members communicated to the Town Board that they “like where we are” and were “happy to stay where we are”.
- ▶ It was then agreed that the East Hampton Food Pantry would make the Town Hall Campus their permanent base of operation.

2024 Senior Center Daily Usage Schedule

Monday

- ▶ 5:00 AM - 4:00 PM Senior Center Building use staff schedule
- ▶ 7:00 AM - 5:30 PM Human Service Administrative Trailer staff usage
- ▶ 8:30 AM - 9:30 AM Chair Yoga - Activity Room
- ▶ 9:30 AM - 10:30 AM Meditation - Lounge
- ▶ 9:00 AM - 2:00 PM Senior Nutrition Program
- ▶ 2:00 PM - 2:45 PM Osteoporosis Prevention and Stretching
- ▶ 5:30 PM - 6:30 PM Sober Women's Alcoholics Anonymous - Dining Room
- ▶ 7:00 PM - 8:00 PM Al-Anon - Lounge

2024 Senior Center Daily Usage Schedule

Tuesday

- ▶ 5:00 AM - 4:00 PM Senior Center Building use staff schedule
- ▶ 7:00 AM - 5:30 PM Human Service Administrative Trailer staff usage
- ▶ 9:00 AM - 2:00 PM Senior Nutrition Program
- ▶ 10:00 AM - 12:00 PM Blood Pressure Screening (1st Tuesday) Lounge
- ▶ 10:00 AM - 11:00 AM Healing Circle - Activity Room
- ▶ 12:30 PM - 1:30 PM Bingo - Activity Room
- ▶ 5:00 PM - 7:00 PM Union Meeting (as requested)

2024 Senior Center Daily Usage Schedule

► Wednesday

- ▶ 5:00 AM - 4:00 PM Senior Center Building use staff schedule
- ▶ 7:00 AM - 5:30 PM Human Service Administrative Trailer staff usage
- ▶ 8:30 AM - 9:30 AM Floor Yoga - Activity Room
- ▶ 9:00 AM - 2:00 PM Senior Nutrition Program
- ▶ 11:00 AM - 12:00 PM Mindful Movement - Activity Room
- ▶ 12:00 PM - 12:45 PM Strength and Self Defense - Ashawagh Hall
- ▶ 1:00 PM - 1:50 PM Qi Gong Dance III - Ashawagh Hall
- ▶ 2:00 PM - 2:45 PM Osteoporosis Prevention and Stretching - Ashawagh Hall
- ▶ 12:30 PM - 3:30 PM Bridge Club - Lounge
- ▶ 5:30 PM - 7:45 PM Alcoholics Anonymous - Keep It Green - Dining Room

2024 Senior Center Daily Usage Schedule

► Thursday

- ▶ 5:00 AM - 4:00 PM Senior Center Building use staff schedule
- ▶ 7:00 AM - 5:30 PM Human Service Administrative Trailer staff usage
- ▶ 9:00 AM - 2:00 PM Senior Nutrition Program
- ▶ 10:00 AM - 11:00 PM Qi Gong Dance - Activity Room
- ▶ 12:30 PM - 1:30 PM Bingo - Activity Room
- ▶ 5:30 PM - 6:30 PM Alcoholics Anonymous - Back to Basics - Dining Room
- ▶ 7:00 PM - 8:30 PM Alcoholics Anonymous - Keep it Green - Dining Room

2024 Senior Center Daily Usage Schedule

► Friday

- ▶ 5:00 AM - 4:00 PM Senior Center Building use staff schedule
- ▶ 7:00 AM - 5:30 PM Human Service Administrative Trailer staff usage
- ▶ 8:30 AM - 9:30 AM Chair Yoga - Activity Room
- ▶ 9:00 AM - 2:00 PM Senior Nutrition Program
- ▶ 10:30 AM - 11:30 AM Knitting - Lounge
- ▶ 1:00 PM - 2:00 PM Chair Yoga - Activity Room
- ▶ 6:00 PM - 7:15 PM Alcoholics Anonymous - Keep It Green - Dining Room
- ▶ 8:00 PM - 9:30 PM Debtor's Anonymous - Dining Room

2024 Senior Center Daily Usage Schedule

Saturday

- 10:00 AM - 11:00 AM SLAA Anonymous - Lounge
- 4:30 PM - 5:30 PM Alcoholics Anonymous - Keep It Green - Lounge

Sunday

- 10:00 AM - 11:00 AM Overeaters Anonymous - Lounge
- 11:30 AM - 12:30 PM Sunday Step / Self Recovery Group - Dining Room
- 4:30 PM - 5:30 PM Alcoholics Anonymous - Beginners - Dining Room

Key Takeaways

- ▶ The success of current & future programs for a growing Senior population relies on a thoughtfully designed, ADA compliant facility that is 10,000 sq ft larger than the current Senior Center (11,700 sq ft vs 21,887 sq ft).
- ▶ The Senior Nutrition Program needs a larger, well-designed kitchen
- ▶ There is unlimited potential to deliver diverse and varied programming to a growing Senior population. But to accommodate this, dedicated spaces are needed for the most popular activities - wellness, cards and bingo, arts and crafts, and a space for media viewing and lectures as well as a comfortable lobby for meet-ups.
- ▶ The proposed Senior Center has been designed to meet these needs and has the potential to be a vibrant place of learning, socialization, and wellness for a growing segment of our community - Adults 60+.

Questions?

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