AGING SUCCESSFULLY IN ST. LOUIS COUNTY

A Quality of Life Assessment
Aging Successfully in St. Louis County:

A Quality of Life Assessment

To cultivate a healthy, inclusive and accessible St. Louis County for residents who choose to live here into retirement
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Purpose

Aging Successfully in St. Louis County: A Quality of Life Assessment is one of two assessment documents examining the quality of life of older adults in St. Louis County, Missouri. As a member of the Age-Friendly Communities Network affiliated with AARP and the World Health Organization, St. Louis County government has made a commitment to conduct a baseline assessment of the age-friendliness of the community. The assessment process precedes the development of a three-year action plan and is critical to understanding the needs, preferences, challenges and opportunities of St. Louis County's older residents.

This report focuses on the Baby Boom generation, born between 1946 and 1964, and the Silent/Greatest generation born before 1946. Using mainly publically available data, this assessment provides a detailed demographic, economic and health profile of the county's older residents, examines housing issues like home ownership and affordability, inventories public sector services provided by local governments and agencies, and identifies place-based initiatives in St. Louis County. Findings from this assessment are organized around several key areas that influence the quality of life of seniors and correspond to the elements that make an age-friendly, livable community.

A second assessment document, separate from this report, analyzes the results of a survey of St. Louis County residents age 45+ conducted by AARP in early 2014. This survey, which was mailed countywide to randomly selected residents, asked respondents to rate the importance of a variety of community features and whether or not they were available in their community. The survey results are based on responses from 1,248 county residents and summarized in a report prepared by AARP. The survey results complement this document and together, they comprise the baseline assessment needed to develop St. Louis County's age-friendly action plan.

Scope

Clearly, there are many variables that influence the quality of the lives of older adults, including the delivery of services by health and social service providers, housing agencies, and a variety of other groups and organizations. St. Louis County is fortunate to be part of a region with well-respected medical institutions and universities, as well as literally hundreds of diverse agencies and nonprofits serving older adults. Given the size and complexity of the service delivery system in St. Louis County, the scope of this report was intentionally limited to publically available data, information sources, and services typically delivered by public entities. With the view that quality of life begins where you live, this report, through the collection, aggregation, and analysis of local data, strives to better understand what it means to age in place in St. Louis County.
Overview

Imagining Tomorrow: Our Strategy for an Aging Population

With a population of 284,201, Baby Boomers (those born between 1946 and 1964) represent the largest generation in St. Louis County. When considering seniors age 65 and older, the Boomers and the Silent and the Greatest (those born before 1946) generations, represent nearly a half-million people, or almost half of St. Louis County’s population. With a median age of 39.9, St. Louis County is the oldest of the Missouri counties in the metropolitan area.

Baby Boomers are poised to have a considerable impact on what it means to retire in St. Louis County. From sheer numbers, to their historical housing and transportation choices, to their desire to remain active and work longer into their lives, Baby Boomers will redefine what quality of life means for St. Louis County’s aging residents. Due to its scale, the aging of the population is identified as a major demographic driver in St. Louis County’s 2013 Strategic Plan, Imagining Tomorrow for St. Louis County. Through data analysis, public policy research, and interdisciplinary discussions, the plan explores several policy implications of an aging population.

These implications eventually coalesced into a four-pronged strategy to support a thriving and aging community:

• Linking seniors with health and social services and providing infrastructure and amenities that promote a healthy, active lifestyle. Service delivery will need to be flexible and responsive in order to provide in-home services desired by customers who choose to age in place, while at the same time provide comprehensive and coordinated services to customers who live in naturally occurring retirement communities. For some seniors, remaining healthy and active will be less about services and more about amenities such as sidewalks, trails and parks that support their own initiatives to remain physically fit.

• Providing adequate housing and neighborhood options for people whether they choose to live in their existing home or relocate within their communities. For those who wish to live in their existing homes, services and programs that assist aging residents with property maintenance and repair and home modifications will be needed. Providing a variety of housing options will also be necessary to ensure retirees have a place to live if they choose to downsize their homes, reduce their maintenance costs, or live in neighborhoods with easy access to services and shopping.

• Providing infrastructure that enhances mobility is vital to supporting the independence of an aging population. The increase in the number of senior drivers necessitates that traffic engineers ensure road design, visibility of striping and lighting, and adequate signage are designed to assist senior drivers. For those unable to drive or who prefer not to drive, the emphasis is on supporting responsive public transit, private, and non-profit transportation services, as well as providing safe and accessible sidewalks and trails to promote continued mobility.
Ensuring the continued social, civic, and economic engagement of an aging population. St. Louis County and others can play an important role in providing ongoing civic and economic engagement by tapping into the encore careers of the retiring Baby Boomer generation. Offering meaningful volunteer opportunities as well as services and incentives to promote entrepreneurship would have a lasting benefit for residents, St. Louis County government, and other agencies and organizations.

Age-Friendly Communities Initiative

St. Louis County sees AARP’s Age-Friendly Communities Network as an integral next step in implementing Imagining Tomorrow. Participation in the Age-Friendly Communities Network is a five-year process; the first two years are for assessment and planning, followed by three years of implementation.

The overall approach to age-friendly communities focuses on quality of life and livability and is articulated through eight areas of livability:

- Mobility & Accessibility
- Attractive & Safe Neighborhoods
- Health & Wellbeing
- Active Aging & Social Engagement
- Transportation
- Housing
- Outdoor Spaces & Buildings
- Community Support & Health Services
- Social Participation
- Civic Participation & Employment
- Communication & Information
- Respect & Social Inclusion

These eight facets dovetail with St. Louis County’s approach to supporting age-friendly communities. With this framework as the basis for understanding, St. Louis County will engage various networks of municipal officials and professionals working towards an age-friendly community. Through those networks, as well as a Citizen Advisory Taskforce, St. Louis County will meaningfully and directly engage its older adult population. This comprehensive assessment, along with a baseline survey, will add to the body of research and data already in place and help identify needs and gaps in St. Louis County. Gathering this information will help inform a strategic agenda and action plan for creating and sustaining an age-friendly community.
St. Louis County’s Older Adult Population

Baby Boomers are the largest generation

According to the 2010 Census, St. Louis County had a total population of just under one million (998,954). The chart below shows the age breakdown of the population by generations. The Baby Boomers comprise the largest generation cohort with 284,201 people (28 percent of the population). When combined with the Silent and Greatest generations, the total older adult population for St. Louis County is 433,694, approximately 43 percent of the total population.

The aging of the “Baby Boom” generation continues to change the age structure of St. Louis County, and the entire nation. From 2000 to 2010, St. Louis County residents aged 45-64 grew by more than 45,000 people (a 19 percent increase) as the Boomers fully entered older adulthood. When combined with those aged 65+, the older adult population for St. Louis County grew by nearly 52,000 people. The graph below shows the growth in St. Louis County’s older adult population over the past 50 years and the noticeable effect of the Baby Boomers over the past two decades. The effect of the Baby Boomers entering older adulthood is also seen in the median age for the County, which rose from 37.5 to 39.9 from 2000 to 2010.

St. Louis County is home to over one-third of the metropolitan region’s Baby Boomers, and nearly 40 percent of its seniors aged 65+. Looking at the share of the state population, St. Louis County has approximately 17 percent of Missouri’s Boomers and seniors.
St. Louis County Baby Boomers
Ages 46-64

NUMBERED MUNICIPALITY KEY

2 BELLA VILLA
4 BELLERIVE
10 BRECKENRIDGE HILLS
13 CALVERTON PARK
15 CHARLACK
19 COOL VALLEY
20 COUNTRY CLUB HILLS
21 COUNTRY LIFE ACRES
24 CRYSTAL LAKE PARK
25 DELLWOOD
27 EDMUNDSON
32 FLORDELL HILLS
36 GLEN ECHO PARK
37 GRANTWOOD VILLAGE
39 GREENDALE
40 HANLEY HILLS
42 HILLSDALE
43 HUNTLIEGH
48 LAKESHIRE
49 MACKENZIE
52 MARLBOROUGH
54 MOLINE ACRES
55 NORMANDY
56 NORTHWOODS
58 OAKLAND
63 PASADENA HILLS
64 PASADENA PARK
65 PINE LAWN
67 RIVERVIEW
73 SYCAMORE HILLS
77 UPLANDS PARK
79 VELDA CITY
80 VELDA VILLAGE HILLS
81 VINITA PARK
82 VINITA TERRACE
85 WELLSTON
86 WESTWOOD
87 WILBUR PARK
90 WOODSON TERRACE
99 UNINCORPORATED

St. Louis County Baby Boomers
Ages 46-64

Baby Boomers 46-64

- <20%
- 20-24%
- 25-29%
- 30%+

Municipal Boundaries

Source: 2010 U.S. Census, SF1

Aging Successfully in St. Louis County: A Quality of Life Assessment
ST. LOUIS COUNTY OVER AGE 65
CENSUS TRACTS & MUNICIPALITIES

NUMBERED MUNICIPALITY KEY
2 BELL VILLA
4 BELL ERIVE
10 BRECKEN RIDGE HILLS
13 CALVERTON PARK
15 CHARLACK
19 COOL VALLEY
20 COUNTRY CLUB HILLS
21 COUNTRY LIFE ACRES
24 CRYSTAL LAKE PARK
25 DELWOOD
27 EDMUNDSON
32 FLOR DELL HILLS
36 GLEN ECHO PARK
37 GRANTWOOD VILLAGE
39 GREENDALE
40 HANLEY HILLS
42 HILLSDALE
43 HUN TLEIGH
48 LAKE SHIRE
49 MACKENZIE
52 MARLBOROUGH
54 MOLINE ACRES
55 NORMANDY
56 NORTH WOODS
58 OAKLAND
63 PASADENA HILLS
64 PASADENA PARK
65 PINE LAWN
67 RIVER VIEW
73 SYCAMORE HILLS
77 UPLANDS PARK
79 VELDA CITY
80 VELDA VILLAGE HILLS
81 VINITA PARK
82 VINITA TERRACE
85 WELLSTON
86 WEST WOOD
87 WILBUR PARK
90 WOODSON TERRACE
99 UNINCORPORATED

Source: 2010 U.S. Census
Women are living longer than men

In St. Louis County, more women are living longer than men. Of the 284,201 Baby Boomers in the County, 53 percent are women compared to 47 percent for men, which mirrors the County population as a whole. As the population ages, however, the gender gap widens. Of the nearly 149,500 residents 65 years and older, 59 percent are women and only 41 percent are men.

Older adults not as racially diverse

St. Louis County’s older adult population is not as racially diverse as the overall population. Where the countywide population is 71 percent white and 23 percent African American, Baby Boomers are approximately 77 percent white and 20 percent African American, and seniors are 83 percent white and only 14 percent African American.

Racial differences are also reflected in median age comparisons. St. Louis County’s median age is 39.9. St. Louis County’s white population is older, with a median age of 44.1, which is significantly older than the median age for African Americans (32.1), Asians (33.7), and especially Hispanics (26.4).

Many seniors live alone; some care for grandchildren

According to the 2012 American Community Survey, there are 404,151 households in St. Louis County. Of those, 165,322 (41 percent) are Baby Boomer-headed households, and 95,964 (24 percent) are headed by someone aged 65 and older. Of those senior-headed households, 43,855 (45 percent) live alone. Three-quarters of those seniors living alone are female.

Taking a look at multi-generational households, roughly 3 percent (11,720) of all households in St. Louis County have a grandparent living with a grandchild. This share equates to approximately 17,000 grandparents living with their grandchildren. Of those, 44 percent (7,384) are responsible for caring for their grandchildren.
Baby Boomers

- Male, 47%
- Female, 53%

Seniors 65+

- Male, 41%
- Female, 59%

Median Age by Race

<table>
<thead>
<tr>
<th>Year</th>
<th>Total</th>
<th>White</th>
<th>Black</th>
<th>Asian</th>
<th>Hispanic</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>39.9</td>
<td>44.1</td>
<td>32.1</td>
<td>33.7</td>
<td>26.4</td>
</tr>
</tbody>
</table>

Source: 2010 US Census
**Income is relatively high; poverty is relatively low**

St. Louis County’s older adults have relatively high incomes. The median household income for St. Louis County residents age 45-64 is $76,415, roughly 30 percent more than the countywide median ($58,485). This statistic is not surprising as the Baby Boomers are in the prime working years of their careers. Even those at traditional retirement age, however, are earning a relatively high median income of $41,733, especially when compared to the median income for seniors in the metropolitan area ($36,878) and the state of Missouri ($33,359).

The poverty rate for St. Louis County’s older adult population is roughly half (6.5 percent) of the countywide poverty rate of 12 percent. For residents aged 45-64, the poverty rate of 6.6 percent translates into 18,650 Baby Boomers living in poverty. For St. Louis County residents age 65+, the poverty rate is 6 percent, equal to 8,950 people.

A look at the spatial distribution of poverty for St. Louis County’s residents aged 65+ shows areas with high concentrations of seniors generally do not have a high concentration of seniors living in poverty. In those areas where there are concentrations of seniors living in poverty, these concentrations make up a smaller percent of the area population.

The 2013 federal poverty threshold for a one-person household under 65 years of age is $12,119 and for a two-person household it is $15,600. For seniors aged 65 and older, the poverty income threshold is $11,173 for a one-person household and $14,081 for a two-person household.

### Median Household Income for Older Adults, 2012 Inflation-Adjusted Dollars

<table>
<thead>
<tr>
<th></th>
<th>USA</th>
<th>MO</th>
<th>MSA</th>
<th>STLCO</th>
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<tbody>
<tr>
<td>45-64</td>
<td>$64,486</td>
<td>$57,649</td>
<td>$67,139</td>
<td>$76,415</td>
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<tr>
<td>65+</td>
<td>$36,181</td>
<td>$33,359</td>
<td>$36,878</td>
<td>$41,733</td>
</tr>
</tbody>
</table>

Source: 2010 US Census
St. Louis County Concentration Of Seniors & Low Income Seniors
CENSUS TRACTS & MUNICIPALITIES

NUMBERED MUNICIPALITY KEY
2 BELLA VILLA
4 BELLERIVE
10 BRECKENRIDGE HILLS
13 CALVERTON PARK
15 CHARLACK
19 COOL VALLEY
20 COUNTRY CLUB HILLS
21 COUNTRY LIFE ACRES
24 CRYSTAL LAKE PARK
25 DELLWOOD
27 EDMUNDSON
32 FLORDELL HILLS
36 GLEN ECHO PARK
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48 LAKESIDE
49 MACKENZIE
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55 NORMANDY
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63 PASADENA HILLS
64 PASADENA PARK
65 PINE LAWN
67 RIVERVIEW
73 Sycamore Hills
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81 VINITA PARK
82 VINITA TERRACE
83 WELLSTON
86 WESTWOOD
87 WILBUR PARK
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99 UNINCORPORATED

Percent Population Over Age 65

Very Low Median Household Income Age 65+

Source: Census 2010 Summary File 1; ACS 5-Year Data, 2007-2011

December 2014 - St. Louis County, Missouri
Elder Index, Security Standards for Seniors

Wider Opportunities for Women (WOW) and the Gerontology Institute at the University of Massachusetts Boston have developed an innovative way to look at income security for seniors. Called the Elder Economic Security Standard™ (or Elder Index), it is designed to measure the income seniors (65+) need to meet their basic needs and age in place with dignity. The purpose of the Elder Index is to look at economic hardship beyond the federal poverty level traditionally used by state and federal agencies for support programs. Basic economic security is defined as having enough income (from Social Security, pensions, retirement savings and other sources) to meet basic needs without public or private assistance.

The Elder Index is specific to household size, geographic area and life circumstances. The following table shows the basic costs and resulting Elder Index for St. Louis County in 2012, as calculated by the Gerontology Institute.

As the table shows, a senior living alone who rents a one-bedroom apartment needs an income of $20,976 in order to cover the costs of basic needs such as housing, food, transportation, health care and other miscellaneous expenses. A senior couple who own their home and are still paying a mortgage would need $37,116 in annual income in order to meet basic needs and have a secure quality of life.

The Elder Index illustrates the importance of looking beyond the typical poverty threshold when evaluating the economic security of seniors in St. Louis County. For example, according to the Elder Index, a single homeowner without a mortgage in St. Louis County needs an income of $18,696, which is $7,685 greater than the 2012 federal poverty threshold. The 2012 federal poverty threshold for a one-person, senior-headed household is $11,011 and $13,892 for a two-person, senior-headed household.

<table>
<thead>
<tr>
<th>Monthly Expenses</th>
<th>Single Elder</th>
<th>Elder Couple</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Owner w/o Mortgage</td>
<td>Owner w/ Mortgage</td>
</tr>
<tr>
<td>Housing</td>
<td>$456</td>
<td>$646</td>
</tr>
<tr>
<td>Food</td>
<td>$249</td>
<td>$249</td>
</tr>
<tr>
<td>Transportation</td>
<td>$258</td>
<td>$258</td>
</tr>
<tr>
<td>HealthCare</td>
<td>$335</td>
<td>$335</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>$260</td>
<td>$260</td>
</tr>
<tr>
<td>Elder Index Per Month</td>
<td>$1,558</td>
<td>$1,748</td>
</tr>
<tr>
<td>Elder Index Per Year</td>
<td>$18,696</td>
<td>$20,976</td>
</tr>
</tbody>
</table>

Source: Wider Opportunities for Women Calculations; US Census, American Community Survey 2012

December 2014 - St. Louis County, Missouri
As part of a formal partnership between Wider Opportunities for Women and the St. Louis County Department of Planning, WOW conducted an analysis to explore the economic security of St. Louis County’s seniors aged 65 and older. WOW’s analysts used data from the 2012 American Community Survey to look at the incomes of retired seniors, living alone or with another senior, and not living in a group facility or institution. They then compared these incomes to the expenses in the 2012 Elder Index for St. Louis County, Missouri, to determine how many seniors are able to meet their basic needs. Using select demographic characteristics, the analysis is able to show the breakdown of economic security by gender, race, and homeownership.

**One-third of seniors struggle to meet basic needs**

Overall in St. Louis County, slightly more than one-third of all senior households studied face income insecurity. This equates to approximately 19,800 senior households, or 23,800 seniors living below the Elder Index threshold to meet their basic needs. This exemplifies the need to look beyond the typical poverty threshold when discussing the economic security of St. Louis County seniors. While approximately 9,500 seniors lived below the poverty level in 2012, an additional 14,300 seniors did not have enough income to meet their basic needs. These seniors are not poor enough to qualify for certain federal assistance, yet are likely making tough decisions between adequate housing, nourishing food, or medical expenses. Addressing this “gap” between poverty and the ability to meet basic needs is crucial for seniors’ ability to age successfully in their communities.

**Nearly half of single senior women live below the Elder Index**

Whether seniors live alone or with another person has a significant impact on their ability to meet basic needs. In 2012, 45 percent of senior households in St. Louis County were single-headed households, and nearly three-quarters of those living alone were female. According to the analysis conducted by WOW, 45 percent of all single senior households studied in St. Louis County live below the Elder Index, compared to only 21 percent of all senior couple households. Further, of all single senior households studied, single women are much more likely (48 percent) than single men (33 percent) to live below the Elder Index.
Economic Security and Insecurity Rates for Elder Households in St. Louis County, MO, 2012

Elder Index

Elder Index

Economic Security and Insecurity Rates for Elder Households, by Household Composition, in St. Louis County, MO, 2012

Source: Wider Opportunities for Women Calculations; US Census Bureau, American Community Survey 2012

December 2014 - St. Louis County, Missouri
Senior African-American households nearly twice as likely to face income insecurity

According to the 2012 American Community Survey, approximately 13 percent of St. Louis County’s senior-headed households are African-American. WOW’s analysis shows that 60 percent of senior African-American households studied face income insecurity, nearly twice as many as White senior households.

More than half of senior renters live below the Elder Index

Housing status also plays a significant role in the economic security of seniors. According to the 2012 American Community Survey, approximately 80 percent of senior households in St. Louis County are homeowners, and 36 percent of those homeowners carry a mortgage. The ACS also shows that 20 percent of senior households in St. Louis County are renters, and over half (55 percent) of those renters suffer some sort of housing burden (households paying 30 percent or more of their household income on housing). As the analysis from WOW shows, just over one-quarter of senior homeowners without a mortgage are below the Elder Index, while the percentage for homeowners with a mortgage jumps to 46 percent facing income insecurity. Similar to the housing burden data from the ACS, more than half of senior renters, 54 percent, suffer economic insecurity.
Economic Security and Insecurity Rates of Elder Households, by Race of the Householder, in St. Louis County, MO 2012

All Households
- Elder Index: 63%
- 37%

Black Households
- Elder Index: 40%
- 60%

White Households
- Elder Index: 66%
- 34%

Economic Security and Insecurity Rates of Elder Households, by Housing Status, in St. Louis County, MO, 2012

Own w/o Mortgage
- Elder Index: 73%
- 27%

Rent
- Elder Index: 46%
- 54%

Owned w/ Mortgage
- Elder Index: 54%
- 46%

Source: Wider Opportunities for Women Calculations; US Census Bureau, American Community Survey 2012

December 2014 - St. Louis County, Missouri
High rate of homeownership of an aging housing stock

According to the 2012 American Community Survey, there are 404,151 occupied housing units in St. Louis County. While the countywide homeownership rate is 71 percent, the homeownership rate for St. Louis County’s older adult population is 81 percent for Baby Boomers and 82 percent for seniors. Countywide, 71 percent of homeowners carry a mortgage, compared to 80 percent of Boomers and only 36 percent of seniors. Nearly two-thirds of the housing stock owned by seniors aged 65 and older was built before 1970.

Housing affordability a greater issue for senior renters

The 2012 American Community Survey provides data on housing affordability for households headed by adults 65 and older. One component of housing affordability is how much a household pays in monthly housing costs. For homeowners, this is measured as median selected monthly costs, whether with or without a mortgage. The monthly housing cost of ownership for seniors with a mortgage is $1,234, and for seniors without a mortgage, the cost is $484. Both are slightly less than the countywide median of $1,466 and $495, for those with and without a mortgage, respectively. For renters, the monthly gross rent for seniors is $774, compared to the countywide average gross rent of $838 per month.

Another component of housing affordability is “housing burden” or how much of a household’s income is spent on housing costs. Traditionally, 30 percent of a household’s monthly income is the threshold for determining whether housing is affordable or not. In St. Louis County, roughly 24 percent of seniors who own their own home pay more than 30 percent of their monthly income on housing costs, which mirrors the housing burden for homeowners countywide. For seniors who rent, the proportion jumps to 55 percent who experience a housing burden, compared to 46 percent for renters countywide.
Driving remains important, but options are vital for older adults

Given St. Louis County’s suburban character, it is perhaps no surprise that driving is the primary mode of transportation for St. Louis County’s older adults, and that having a car and being able to drive are primary indicators of independence for those aged 65 and older. Just as it has across the nation, ownership of a driver’s license for those aged 65 and older has steadily increased in St. Louis County. In the decade between 2001 and 2011, driver’s license ownership among St. Louis County’s seniors has increased nearly 10 percent, from 79.7 percent to 88.9 percent.

While driving will likely remain important for St. Louis County’s Baby Boomers as they age, non-driving options will be of growing importance, whether due to health or economic reasons. According to the 2012 American Community Survey, 47,867 seniors have some disability which may limit their ability to drive, and there are 11,174 senior-headed households that have no access to a personal vehicle. For these seniors, and those who live past 70 and will outlive their driving age by an average of 7-10 years, non-driving options such as transit, walking, or other personalized service will be critical to maintaining independence.

Source: Missouri Senior Report, 2013
Life Expectancy

According to national vital statistics, the overall life expectancy in the United States in 2010 was 78.7 years. However, there are differences in life expectancy based on sex and race. In the U.S., white females continue to have the highest life expectancy at birth (81.3 years), followed by African American females (78.0 years), white males (76.5 years) and African American males (71.8 years).

There are many factors that contribute to health and life expectancy. Research shows that beyond genetic differences, which account for 30 percent of premature deaths, other contributing factors are behaviors like diet and exercise (40 percent), social factors like income and education (15 percent), medical care (10 percent), and unhealthy environments (5 percent).

Income is an especially strong predictor of health and life expectancy. Simply stated, health improves with the progression of wealth. In an analysis presented in a report recently published by Washington University and Saint Louis University, *For the Sake for All*, it is noted that “the more income households have, the less likely the members of those households are to die early.” Moreover, “households with less than $10,000 in income are 3 times more likely to die early compared to households with $100,000 or more income.”

The analysis provided in the *For the Sake of All* report prompted the calculation of life expectancies at birth by zip code in St. Louis County. The methodology required using a life expectancy at birth calculator from the Centers for Disease Control with 2010 population and death data from the U.S. Census and Missouri Department of Health and Senior Services.

Using this methodology demonstrates the range of life expectancies at birth for individuals across St. Louis County zip codes. The 63040 zip code that includes a part of Wildwood has a life expectancy at birth of 91.4 years, the highest in St. Louis County. Comparatively, the 63140 zip code (Kinloch) and 63133 zip code (Wellston/Pagedale) have life expectancies at birth of 55.9 years and 69.7 years, among the lowest in St. Louis County.

The highest years of expected life span in St. Louis County are predominately found in zip codes through the central-west core of the county. These areas correspond to the highest education levels, incomes, and housing values in St. Louis County. By relative comparison, the lowest years of expected life span are mainly found in areas north of Olive Boulevard, particularly inside Lindbergh Boulevard, in inner North County and in North County. In these zip codes, incomes are lower and there are concentrations of high poverty. Racially, these areas have a greater share of African Americans than in West and South County.
St. Louis County Life Expectancy
BY ZIP CODE

Source: 2010 Decennial Census, U.S. Census Bureau; 2010 MICA, Missouri Dept. of Health & Senior Services; Centers for Disease Control

Years of Expected Life Span from Birth
- 55.9 - 77.1
- 77.2 - 81.0
- 81.1 - 91.4

December 2014 - St. Louis County, Missouri
Health of St. Louis County’s Older Adult Population

One-in-three seniors has a disability

According to the 2012 American Community Survey, 11 percent of St. Louis County’s population is disabled (110,830), which includes one-third of St. Louis County’s senior population aged 65+ (47,867). The table shows the breakdown by disability for seniors. Of the six disability categories, nearly two-thirds of St. Louis County’s disabled seniors have some serious difficulty walking or climbing stairs (ambulatory difficulty), followed by 45 percent who say they have some physical, mental or emotional condition that makes living independently, such as going alone to the doctor or shopping, difficult. Note the percentages total more than 100 percent because people could indicate more than one disability.

Hearing Difficulty: deaf or have serious difficulty hearing
Vision Difficulty: blind or have serious difficulty seeing
Cognitive Difficulty: serious difficulty concentrating, remembering, or making decisions, due to physical, mental or emotional condition
Ambulatory Difficulty: serious difficulty walking or climbing stairs
Self-Care Difficulty: difficulty dressing or bathing
Independent Living Difficulty: serious difficulty doing errands alone such as visiting a doctor’s office or shopping, due to physical, mental or emotional condition

Community Health Assessment

In 2011, the St. Louis County Health Department contracted to have a household telephone survey conducted as part of a Community Health Needs Assessment. The survey asked 2,149 respondents questions around 18 issue areas; it was designed to establish a baseline health profile, identify the most important health issues, and identify priority issues where better integration of health care could overcome barriers in the health system. The results were reported by various demographics, including age and by sub-areas of St. Louis County. The results were compared, by indicator, to the Missouri average and summarized as to whether they were 20 percent better or 20 percent worse than the state average.

While the County Health Needs Assessment analyzed results at four sub-county geographies, only three of the sub-areas are reported here. This is, in part, because the Health Needs Assessment data was reported using census tracts, while other past countywide surveys were reported using zip codes. Using the North, West and South sub-areas of the Needs Assessment provides a more consistent comparison with past County surveys. In the County Health Needs Assessment, the North County area is generally north of Interstate 70; the West County area is generally west of Interstate 270; and the South County area is generally south of Interstate 44 to the City of Fenton.
Indicators show disparities for Primary Care, especially in North County

The Primary Care indicators measure the rate of inpatient hospitalization and Emergency Department (ED) visits for conditions that are typically addressed through primary care physicians. Ambulatory Care Sensitive (ACS) conditions are often dealt with successfully through prevention measures offered by primary care physicians, thus when people use hospitals or emergency departments for treatment, it may indicate a lack of access to quality primary care.

The rate of emergency department visits for ACS conditions is better in South and West Counties as well as St. Louis County as a whole, compared to the state average. North County fares noticeably worse having the highest ACS rates for both emergency department and inpatient hospital admissions in St. Louis County.

<table>
<thead>
<tr>
<th>PRIMARY CARE</th>
<th>Age Cohort</th>
<th>NORTH</th>
<th>SOUTH</th>
<th>WEST</th>
<th>STLCO</th>
<th>MO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indicator</td>
<td>45-64</td>
<td>65+</td>
<td>65+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% received flu shots</td>
<td>48</td>
<td>49</td>
<td>58</td>
<td>51</td>
<td>43</td>
<td></td>
</tr>
<tr>
<td>% Received Pneumococcal Shot ever</td>
<td>68</td>
<td>76</td>
<td>78</td>
<td>72</td>
<td>67</td>
<td></td>
</tr>
<tr>
<td>ED Visits per 100,000</td>
<td>30,428</td>
<td>13,419</td>
<td>8,853</td>
<td>17,329</td>
<td>26,475</td>
<td></td>
</tr>
<tr>
<td>Hospitalizations per 100,000</td>
<td>17,726</td>
<td>10,672</td>
<td>6,108</td>
<td>11,258</td>
<td>13,655</td>
<td></td>
</tr>
<tr>
<td>ACS Conditions, Hospital Admissions Rate</td>
<td>2,935</td>
<td>1,181</td>
<td>591</td>
<td>1,567</td>
<td>1,678</td>
<td></td>
</tr>
<tr>
<td>ACS Conditions, ED Rate</td>
<td>3,711</td>
<td>1,074</td>
<td>613</td>
<td>1,754</td>
<td>2,887</td>
<td></td>
</tr>
<tr>
<td>Red indicates 20% worse than state average</td>
<td>Green indicates 20% better than state average</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Boomers fare better, North County seniors worse for cardiovascular health

The indicators for Cardiovascular Health address disorders affecting the heart and blood vessels such as congestive heart failure, heart attack, stroke, and coronary artery bypass. For South and West County, particularly for adults aged 45-64, the indicators are much better than the state average. With the exception of Coronary Artery Bypass, older adults in North County fare much worse than the state average, and the rest of St. Louis County, for cardiovascular health.

### CARDIOVASCULAR HEALTH

**Indicator** | **Age Cohort** | **NORTH** | **SOUTH** | **WEST** | **STLCO** | **MO**
---|---|---|---|---|---|---
Congestive Heart Failure, Hospital Admissions | 45-64 | 568 | 148 | 56 | 248 | 249
| 65+ | 2,354 | 1,931 | 1,725 | 1,963 | 1,787
AMI, Hospital Admissions Rate | 45-64 | 132 | 59 | 29 | 70 | 86
| 65+ | 720 | 533 | 631 | 600 | 560
Cerebrovascular Disease (Stroke), Hospitalization Admission Rate | 45-64 | 284 | 110 | 47 | 146 | 263
| 65+ | 977 | 928 | 802 | 894 | 970
CABG, Hospital Admissions Rate | 45-64 | 94 | 105 | 76 | 89 | 125
| 65+ | 228 | 258 | 281 | 245 | 291
Heart Disease, Mortality Rate | 45-64 | 194 | 86 | 65 | 119 | 157
| 65+ | 1,733 | 1,455 | 1,371 | 1,483 | 1,406
AMI, Mortality Rate | 45-64 | 66 | 21 | 24 | 36 | 61
| 65+ | 550 | 448 | 363 | 440 | 389
Cerebrovascular Disease (Stroke), Mortality Rate | 45-64 | 32 | 13 | 10 | 19 | 22
| 65+ | 319 | 350 | 363 | 341 | 340

Red indicates 20% worse than state average
Green indicates 20% better than state average

Source: US Census, American Community Survey 2012, 5 Year Estimate
St. Louis County’s respiratory health significantly better overall

The indicators for Respiratory Health address disorders affecting the lungs such as bronchitis, asthma, Chronic Obstructive Pulmonary Disease (COPD), and pneumonia. As with the ACS conditions in the Primary Care indicators, most patients suffering from respiratory ailments can be effectively managed on an outpatient basis with quality primary care, thus inpatient hospitalization rates provide insight into the accessibility and quality of managed care. Overall, the respiratory health of St. Louis County is significantly better than the state average. The notable exceptions are management of asthma and bronchitis in North County residents age 45-64, and West County seniors.

### RESPIRATORY HEALTH

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Age Cohort</th>
<th>NORTH</th>
<th>SOUTH</th>
<th>WEST</th>
<th>STLCO</th>
<th>MO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronchitis &amp; Asthma, Hospital Admission Rate</td>
<td>45-64</td>
<td>175</td>
<td>50</td>
<td>39</td>
<td>92</td>
<td>93</td>
</tr>
<tr>
<td></td>
<td>65+</td>
<td>196</td>
<td>157</td>
<td>214</td>
<td>181</td>
<td>172</td>
</tr>
<tr>
<td>COPD, Hospital Admission Rate</td>
<td>45-64</td>
<td>421</td>
<td>184</td>
<td>55</td>
<td>224</td>
<td>409</td>
</tr>
<tr>
<td></td>
<td>65+</td>
<td>1,211</td>
<td>770</td>
<td>703</td>
<td>867</td>
<td>1,274</td>
</tr>
<tr>
<td>Adult Pneumonia, Hospital Admission Rate</td>
<td>45-64</td>
<td>328</td>
<td>227</td>
<td>131</td>
<td>230</td>
<td>208</td>
</tr>
<tr>
<td></td>
<td>65+</td>
<td>1,002</td>
<td>1,314</td>
<td>1,435</td>
<td>1,188</td>
<td>1,586</td>
</tr>
<tr>
<td>ED Asthma Visits per 100,000</td>
<td>45-64</td>
<td>914</td>
<td>198</td>
<td>126</td>
<td>408</td>
<td>735</td>
</tr>
<tr>
<td></td>
<td>65+</td>
<td>432</td>
<td>133</td>
<td>214</td>
<td>251</td>
<td>547</td>
</tr>
<tr>
<td>COPD, Mortality Rate</td>
<td>45-64</td>
<td>13</td>
<td>8.1</td>
<td>5.4</td>
<td>8.1</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td>65+</td>
<td>252</td>
<td>238</td>
<td>246</td>
<td>235</td>
<td>327</td>
</tr>
<tr>
<td>Pneumonia/Influenza, Mortality Rate</td>
<td>45-64</td>
<td>13</td>
<td>3.6</td>
<td>2.9</td>
<td>6.4</td>
<td>8.5</td>
</tr>
<tr>
<td></td>
<td>65+</td>
<td>114</td>
<td>159</td>
<td>182</td>
<td>144</td>
<td>149</td>
</tr>
</tbody>
</table>

Red indicates 20% worse than state average
Green indicates 20% better than state average

Source: US Census, American Community Survey 2012, 5 Year Estimate
**Diabetes hospitalizations up for St. Louis County seniors**

Diabetes in the U.S. adult population is a persistent and growing health issue among all age groups. Risk factors for diabetes, such as being overweight, obese, or having a sedentary lifestyle, correlate with diabetes prevalence in most communities. The prevalence of diabetes across St. Louis County is higher in those areas with higher obesity and sedentary lifestyles, particularly North County. While hospitalization rates are higher across St. Louis County than for the state as a whole, the rate for North County older adults is more than twice that of the state. This indicates that care management is not correlating with better health, which may be due to poor self-management, lack of access to primary care when issues arise, or other barriers that need to be explored.

### Diabetes in St. Louis County

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Age Cohort</th>
<th>NORTH</th>
<th>SOUTH</th>
<th>WEST</th>
<th>STLCO</th>
<th>MO</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Diagnosed Diabetes</td>
<td>45-64</td>
<td>16</td>
<td>10</td>
<td>6.8</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>65+</td>
<td>25</td>
<td>22</td>
<td>15</td>
<td>22</td>
<td>19</td>
</tr>
<tr>
<td>Diabetes, Hospitalization Rate</td>
<td>45-64</td>
<td>384</td>
<td>132</td>
<td>66</td>
<td>193</td>
<td>135</td>
</tr>
<tr>
<td></td>
<td>65+</td>
<td>612</td>
<td>305</td>
<td>290</td>
<td>398</td>
<td>211</td>
</tr>
<tr>
<td>Diabetes, Mortality Rate</td>
<td>45-64</td>
<td>26</td>
<td>14</td>
<td>6.8</td>
<td>15</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td>65+</td>
<td>131</td>
<td>88</td>
<td>111</td>
<td>108</td>
<td>121</td>
</tr>
</tbody>
</table>

Red indicates 20% worse than state average
Green indicates 20% better than state average

Source: US Census, American Community Survey 2012, 5 Year Estimate
Mental health issues vary across St. Louis County

Mental health problems, treatment admissions, and outcomes vary somewhat across St. Louis County. However, older adults in North County, and to a lesser extent West County, have much greater rates of hospitalization across most of the indicators, compared to the other parts of St. Louis County. Mental health related admissions are not always positively correlated with risk factors and prevalence rates, suggesting that factors such as the availability of services and stigma may influence the receipt of treatment.

<table>
<thead>
<tr>
<th>MENTAL HEALTH</th>
<th>Indicator</th>
<th>Age Cohort</th>
<th>NORTH</th>
<th>SOUTH</th>
<th>WEST</th>
<th>STLCO</th>
<th>MO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychoses</td>
<td>Hospitalization Rate</td>
<td>45-64</td>
<td>1,214</td>
<td>643</td>
<td>334</td>
<td>737</td>
<td>747</td>
</tr>
<tr>
<td></td>
<td></td>
<td>65+</td>
<td>673</td>
<td>400</td>
<td>550</td>
<td>523</td>
<td>390</td>
</tr>
<tr>
<td>Senility &amp;</td>
<td>Organic Mental Disorders, Hospital Admission Rate</td>
<td>65+</td>
<td>83</td>
<td>68</td>
<td>57</td>
<td>64</td>
<td>98</td>
</tr>
<tr>
<td>Major</td>
<td>Depressive Disorder, Hospital Admission Rate</td>
<td>65+</td>
<td>298</td>
<td>215</td>
<td>255</td>
<td>245</td>
<td>177</td>
</tr>
<tr>
<td>Bipolar</td>
<td>Disorder, Hospitalization Admission Rate</td>
<td>65+</td>
<td>118</td>
<td>99</td>
<td>155</td>
<td>122</td>
<td>97</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>Hospitalization Admission Rate</td>
<td>65+</td>
<td>148</td>
<td>46</td>
<td>58</td>
<td>81</td>
<td>69</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Hospitalization Admission F</td>
<td>45-64</td>
<td>236</td>
<td>155</td>
<td>89</td>
<td>156</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td></td>
<td>65+</td>
<td>152</td>
<td>94</td>
<td>85</td>
<td>112</td>
<td>101</td>
</tr>
</tbody>
</table>

Red indicates 20% worse than state average
Green indicates 20% better than state average

Source: US Census, American Community Survey 2012, 5 Year Estimate
Substance abuse varies across St. Louis County; worse for West County seniors

Similar to the mental health indicators, the management of substance abuse measured by hospital admission rates for seniors (65+) varies somewhat throughout St. Louis County. While the countywide rates generally mirror those of the state rates, seniors in South County experience lower rates of hospitalization for the range of substance abuse disorders, while seniors in West County experience higher rates.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Age Cohort</th>
<th>NORTH</th>
<th>SOUTH</th>
<th>WEST</th>
<th>STLCO</th>
<th>MO</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Chronic Heavy Drinking (Past Month)</td>
<td>65+</td>
<td>1.3</td>
<td>1</td>
<td>3.2</td>
<td>2</td>
<td>2.6</td>
</tr>
<tr>
<td>Substance Abuse, Hospitalization Admission Rate</td>
<td>65+</td>
<td>73</td>
<td>48</td>
<td>101</td>
<td>73</td>
<td>74</td>
</tr>
<tr>
<td>Acute Alcohol-Related Mental Disorders, Hospitalization Admission Rate</td>
<td>65+</td>
<td>11</td>
<td>3.7</td>
<td>12</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td>Alcohol-Related Psychoses, Hospitalization Admission Rate</td>
<td>65+</td>
<td>22</td>
<td>7.4</td>
<td>39</td>
<td>21</td>
<td>20</td>
</tr>
<tr>
<td>Acute Drug-Related Mental Disorders, Hospitalization Admission Rate</td>
<td>65+</td>
<td>2.7</td>
<td>4.9</td>
<td>1.5</td>
<td>3.8</td>
<td>4</td>
</tr>
<tr>
<td>Drug-Related Psychoses, Hospitalization Admission Rate</td>
<td>65+</td>
<td>38</td>
<td>32</td>
<td>48</td>
<td>39</td>
<td>33</td>
</tr>
</tbody>
</table>

Red indicates 20% worse than state average
Green indicates 20% better than state average

Source: US Census, American Community Survey 2012, 5 Year Estimate
In an effort to better understand the needs of older adults and the support system that serves them, data provided by United Way was analyzed as part of this assessment. United Way of Greater St. Louis serves 16 counties in Illinois and Missouri, including St. Louis County. Through its partnership with more with 170 nonprofit agencies, a variety of services and resources are delivered to people across the St. Louis region.

United Way operates a 2-1-1 system, a helpline that is free, confidential and operated 24 hours a day, seven days a week. The 2-1-1 service provides individuals with the opportunity to speak with someone who can assess their needs and link them directly to resources that can help them, such as food banks, emergency shelters, utility payment assistance, affordable housing, and elderly care.

Within the 16 county St. Louis region, 29 percent of calls made to 2-1-1 are from St. Louis County, according to United Way of Greater St. Louis. All of the 2-1-1 service calls that come in are analyzed by request using standardized categories, and whether or not the needs of the individual who called were met or unmet. For this report, 2-1-1-data was analyzed specifically for Baby Boomers and adults over 65 years based on the top ten most frequent requests that were fully met and unmet from July 2013 to July 2014.
Baby Boomers Met Needs

Fully met needs for assistance in 2013-2014 for Baby Boomers indicate that 66 percent of calls were for utility payment assistance, with help for electric service payments representing the highest share (44 percent). Assistance with rent or mortgage payments to people who are at risk for losing their place of residence represent 11 percent of the requests that were met. Taken together, housing related requests (utilities, rent or mortgage assistance, shelter information) represent 79 percent of met needs. Calls concerning programs that collect or distribute food to people in emergency situations make up the third highest share of calls (10 percent). Together, calls related to housing and foods, which are considered basic needs, represent 89 percent of the top ten categories.
Baby Boomer Unmet Needs

The top ten unmet needs for assistance in 2013-2014 for Baby Boomers illustrate that assistance for utility payments is significant, representing 44 percent of the unmet needs. Assistance for rental deposits and rent payments make up 36 percent of unmet needs; while calls related to shelter information lines, motel vouchers for homeless people, mortgage payment assistance, and minor home repair comprise another 16 percent of unmet needs. Together, utilities (44 percent) and housing related support (52 percent) represent 96 percent of unmet needs.
Seniors 65+ Met Needs

Fully met needs for assistance in 2013-2014 for adults over 65 indicate that 58 percent of calls were for utility payment assistance, with help for electric service payments representing the highest share (37 percent). Calls referred to Area Agencies on Aging, which provide a variety of services to older adults, represent the third highest share of calls among the top ten met needs at 13 percent. Housing related assistance with rent, minor home repair and air conditioners total 11 percent of met needs. Calls about programs that help eligible individuals prepare their tax returns or apply for tax relief represented 9 percent of met needs.
Seniors 65+ Unmet Needs

The top ten unmet needs of adults over 65 shows that assistance for utility payments is significant, representing 54 percent of calls. Housing related support, including rent payment assistance, furniture, household goods, minor home maintenance, property tax assistance, and roof repairs, make up 42 percent of unmet needs. Together, utilities and housing related support comprise 96 percent of the unmet needs of adults over age 65.
Needs Comparison of Baby Boomers and Seniors 65+

Met Needs

A comparison of the top ten met needs of Baby Boomers and adults over 65 shows that electric and gas payment assistance are the top two call categories for both age groups. Among the other categories, there are six that both Baby Boomers and adults 65+ have in common, although in different ranking: food pantries, rent assistance, water payment assistance, tax preparation, referrals to Area Agencies on Aging, and specialized information and referral.

Differences in the categories for met needs for the two age groups show that for Baby Boomers, mortgage payment assistance, temporary financial assistance, and community shelter information are among the top ten categories; while minor home repair, and air conditioners are among the top ten for adults 65+.

Needs Comparison of Baby Boomers and Seniors 65+

Unmet Needs

A comparison of the top ten unmet needs Baby Boomers and adults over 65 shows that electric and water payment assistance and rental payment assistance are the top three call categories for both age groups, although in slightly different ranking. Calls for assistance with gas payments and minor home repair are other categories that are in the top ten for both age groups.

Differences show that unmet needs for Baby Boomers include rent deposit assistance, community shelter information, motel vouchers for homeless people, holiday adoption programs, and mortgage payment assistance; for adults age 65+, unmet needs include furniture, household goods, property tax assistance, roof repair, and assistance with preparing tax returns or applying for tax relief.
### 2013-2014 Comparison of Top 10 Met Needs

<table>
<thead>
<tr>
<th>Baby Boomers</th>
<th>Seniors 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong> Rent Payment Assistance</td>
<td><strong>1</strong> Electric Payment Assistance</td>
</tr>
<tr>
<td><strong>2</strong> Gas Payment Assistance</td>
<td><strong>2</strong> Gas Payment Assistance</td>
</tr>
<tr>
<td><strong>3</strong> Food Pantries</td>
<td><strong>3</strong> Area Agencies on Aging</td>
</tr>
<tr>
<td><strong>4</strong> Rent Assistance</td>
<td><strong>4</strong> Tax Prep Assistance</td>
</tr>
<tr>
<td><strong>5</strong> Water Payment Assistance</td>
<td><strong>5</strong> Food Pantries</td>
</tr>
<tr>
<td><strong>6</strong> Tax Prep Assistance</td>
<td><strong>6</strong> Specialized I &amp; R</td>
</tr>
<tr>
<td><strong>7</strong> Area Agencies on Aging</td>
<td><strong>7</strong> Water Payment Assistance</td>
</tr>
<tr>
<td><strong>8</strong> Mortgage Assistance</td>
<td><strong>8</strong> General Minor Home Repair</td>
</tr>
<tr>
<td><strong>9</strong> Temporary Finance Assistance</td>
<td><strong>9</strong> Rent Assistance</td>
</tr>
<tr>
<td><strong>10</strong> Specialized I &amp; R</td>
<td><strong>10</strong> Air Conditioners</td>
</tr>
</tbody>
</table>

### 2013-2014 Comparison of Top 10 Unmet Needs

<table>
<thead>
<tr>
<th>Baby Boomers</th>
<th>Seniors 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong> Rent Payment Assistance</td>
<td><strong>1</strong> Electric Payment Assistance</td>
</tr>
<tr>
<td><strong>2</strong> Electric Payment Assistance</td>
<td><strong>2</strong> Water Payment Assistance</td>
</tr>
<tr>
<td><strong>3</strong> Water Payment Assistance</td>
<td><strong>3</strong> Rent Payment Assistance</td>
</tr>
<tr>
<td><strong>4</strong> Rental Deposit Assistance</td>
<td><strong>4</strong> General Furniture</td>
</tr>
<tr>
<td><strong>5</strong> Gas Payment Assistance</td>
<td><strong>5</strong> Gas Payment</td>
</tr>
<tr>
<td><strong>6</strong> Community Shelters</td>
<td><strong>6</strong> Household Goods Vouchers</td>
</tr>
<tr>
<td><strong>7</strong> Homeless Motel Vouchers</td>
<td><strong>7</strong> Minor Home Repair</td>
</tr>
<tr>
<td><strong>8</strong> Holiday Adoption Programs</td>
<td><strong>8</strong> Property Tax Payment Assistance</td>
</tr>
<tr>
<td><strong>9</strong> Minor Home Repair</td>
<td><strong>9</strong> Roof Repair</td>
</tr>
<tr>
<td><strong>10</strong> Mortgage Payment Assistance</td>
<td><strong>10</strong> Tax Prep Assistance</td>
</tr>
</tbody>
</table>

Source: United Way 2-1-1 Calls, St. Louis County, July 2013-July 2014
Residential Living Facilities

Given the suburban nature of St. Louis County, the predominant housing type is the traditional single-family home. While this type of housing may meet the needs of many older adults and seniors, it is not the only option. Other housing types, organized broadly under the name of residential living facilities, may better meet current or future needs of an aging population. Generally, residential living facilities are multi-family residences or group quarters that may offer specialized services and/or be more affordable than a traditional single-family house. While the definitions may overlap in specific instances, three types of residential living facilities will be discussed below: Independent Living Facilities; Licensed Care Facilities; and Subsidized Senior Housing.

Independent Living

Independent Living Facilities are broadly defined as multi-family housing for older adults who live on their own, just as they might in a single-family home. Often, independent living facilities are age-restricted rental apartments or owner-occupied condominiums. These are generally for-profit facilities that do not require any specific licensure or certification. Some apartments offer subsidized rental assistance; these will be discussed more specifically below.

Some facilities, called Continuing Care Retirement Communities (CCRC), offer a range of living arrangements, from independent living to residential care, assisted living or skilled nursing housing. For CCRCs, licensure is required for all of the beds offering specialized care, though not for the independent living units. The licensed accommodations are discussed in more detail below.

Independent living facilities are important to an aging population for many reasons. Selling a home and renting can free up equity and provide needed cash; living in a facility reduces the burden of maintaining a single-family home; and sometimes these facilities have common amenities and designed social and recreation programs for residents. Due to the many different types and overlapping characteristics of living facilities, it is difficult to get an exact handle on how many independent living facilities are located in St. Louis County. Some sources list nearly 100 independent (and CCRC) living facilities, though it is unclear how exhaustive the list is. Resources such as the St. Louis Times Seniors’ Resource Guide and various web-based services offer listings for such facilities.

Overview of Licensed Care Facilities in St. Louis County

Based on information from the State of Missouri (September 2014), there are 121 licensed long-term care facilities in St. Louis County, providing 14,658 beds. Capacity at the facilities ranges from as little as 3 beds to as many as 400. The level of care at these facilities ranges from Skilled Nursing Facility, Intermediate Care Facility, Assisted Living Facility (two types), and Residential Care Facility (also two types). A description of each type of can be found at the Missouri Department of Health and Senior Services website.
Of the 121 facilities in St. Louis County, 14 offer two or three different levels of care. At locations offering multiple levels of care, a license is issued for each type of care provided, thus for the 121 facilities, there are 138 licenses issued. In addition to type of care provided, facilities are characterized by whether they have an Alzheimer’s special care unit or are licensed by the Department of Mental Health. In St. Louis County, 40 facilities offer special care units for Alzheimer’s patients, and 12 are DMH licensed. Note that only Assisted Living and Residential Care facilities are licensed by the Department of Mental Health.

Skilled Nursing and Intermediate Care facilities can be certified to receive Medicare and/or Medicaid payments for services. Among St. Louis County’s 82 Skilled Nursing and Intermediate Care facilities, 69 are certified to receive Medicare and/or Medicaid payments. Just because a location is certified to receive Medicare/Medicaid payments does not mean that the entire capacity of the facility is eligible. Operators are able to limit the number of beds that they offer to Medicare/Medicaid recipients. Of the 10,115 total beds at certified facilities in St. Louis County, only 8,614 are available to Medicare/Medicaid recipients.

System-wide, the occupancy rate for long-term care facilities fluctuates throughout the year, but is generally 73 percent for Residential Care and Assisted Living facilities and 77 percent for Intermediate Care and Skilled Nursing facilities. This mirrors occupancy rates in the City of St. Louis and St. Charles County.

**HUD Subsidized Housing for Seniors**

Subsidized housing for low-income seniors in St. Louis County is typically provided through a housing development utilizing either Low-Income Housing Tax Credits (LIHTC) or a rental payment assistance program through the Housing and Urban Development (HUD) Section 202, Section 8, or Section 236 programs. For a housing development utilizing LIHTC, rents on a minimum of 20-40 percent of the units are capped at a “fair market rent” established by HUD, and made available to low-income qualified residents, those making up to 50-60 percent of area median family income. For housing developments utilizing the payment assistance programs, very low-income qualified residents typically pay up to 30 percent of their household income toward rent, and HUD subsidizes the remainder of the rent up to the “fair market rent” amount. The income limits for 1 and 2 person households receiving rental payment assistance are $23,500 and $26,850, respectively.

There are 12 housing developments in St. Louis County using LIHTC with units designated for older residents, with the minimum age varying between 55 and 62 years old. There are 21 housing developments with units reserved for persons aged 62+ that are subsidized by the Section 202, Section 8 and/or Section 236 programs. Overall, St. Louis County has approximately 3,009 affordable units available for older residents.
Inventory of Public Sector Services

St. Louis County Services

St. Louis County government is a large and unique service provider. Its services reflect the fact that St. Louis County is an urbanized community of one million residents who live in both municipalities and large unincorporated areas. Some services are provided on a countywide basis, such as parks and recreation and public health functions, while others are targeted more locally to unincorporated communities where 320,000 people reside.

There are a number of county departments that provide services to benefit older adults, including Health, Highways & Traffic, Human Services, Parks & Recreation, Planning, and Police. St. Louis County’s most widely recognized program focused on older adults is the County Older Resident Programs, known as CORP, which is administered by the Human Services Department.

The following brief descriptions provide a summary of St. Louis County’s commissions, services, programs, and policies that have the most direct benefit to older adults. They are typically provided on a countywide basis except where noted.

Commission on Disabilities

While St. Louis County does not have a board or commission specifically designated for older adults, it does have a well-established Commission on Disabilities. Created by ordinance in 1991, the mission of the St. Louis County Commission on Disabilities is to enhance the productivity and quality of life for St. Louis County citizens with disabilities. The Commission has several priorities that overlap with issues of an aging population, including the availability of accessible transportation and expansion of accessible housing through the use of Universal Design. Members of the Commission are also represented on St. Louis County’s Age-Friendly Communities Citizen Advisory Taskforce and Complete Streets Peer Advisory Committee.

County Older Resident Programs (CORP)

CORP has been serving St. Louis County residents age 60 and older since 1975. Services are varied, provided on a countywide basis, and generally at no cost or with minimal fees. There are eleven CORP field offices across St. Louis County housed in a variety of locations, including county and municipal facilities and churches. The sites for CORP services are typically staffed by part-time coordinators. CORP’s 2014 budget was approximately $1.2 million with 28 staff positions, including two full-time case managers who provide individualized crisis support, assessments, and linkage to services in the community.

There are more than 6,100 county residents who receive CORP services. More than half of CORP’s customers are older adults living alone and about 62 percent are 75 years of age or older. Of those customers reporting their income, more than half (58 percent) earn less than $20,000 annually. Based on a review of the racial make-up of CORP customers, about 67 percent are White and 31.5 percent are African American according to available data.
Aging Successfully in St. Louis County: A Quality of Life Assessment
The involvement of volunteers is integral to CORP’s service delivery model. There are 325 active volunteers who offer a variety of support to CORP customers. Many volunteers donate their time to the Neighbor Driving Neighbor program, make Care Calls, offer professional tax and legal assistance, and participate in the popular Broadway Fantasies event. Services and programs provided by CORP are highlighted below:

**Active Aging**
Several programs and projects highlight active aging. They include Broadway Fantasies, a song and dance revue highlighting the musical talents of older adults; computer clubs; and special interest clubs.

**“Age Smart, Age Well”**
The Aging Services Academy offers classes in gerontology and successful aging along with basic computer skills classes in Windows, Word and Internet/E-mail.

**Care Calls and Telephone Reassurance**
Care Calls volunteers are assigned to make visits or telephone calls to older adults to check on their well-being and provide relief from the loneliness that some seniors feel.

**Home Care and Repair**
CORP provides home care and repair service referrals of experienced workers who must be approved after a St. Louis County Police record check. Services include referrals for minor home repair jobs and homemaker/chore services.

**Income Tax Preparation**
Federal and State returns and schedules are prepared for income eligible seniors. Appointments are required during tax season. Missouri Property Tax Rebate (also known as Circuit Breaker) forms are prepared year round.

**Information and Referral**
Trained CORP staff provides information about other community resources available to seniors and make appropriate referrals to the service providers.

**Insurance Forms Assistance**
Assistance with insurance claims forms and information regarding federal, state and local benefits programs is provided free of charge.

**Legal Assistance**
Income eligible seniors may receive legal advice and document preparation from attorneys. Wills, Quit Claim Deeds and Powers of Attorney are examples of the type of documents provided. Appointments are required and attorneys cannot litigate.
Transportation
Neighbor Driving Neighbor volunteer drivers using their own vehicles transport older adults to and from medical appointments and other high priority destinations at no charge to the customer. Forty-eight to seventy-two hours lead time is requested in order to allow time for staff to arrange the service.

Emergency Preparedness
St. Louis County's Department of Human Services administers the Access and Functional Needs Registry, a secure, strictly confidential, database of information about elderly or disabled individuals who may need additional or special assistance in the event of an emergency. For the Registry, the elderly, disabled, and persons with mobility needs may provide information about any medical or physical conditions that could interfere with their ability to respond to disasters or emergencies in a safe and timely manner.

The Registry will bring St. Louis County into compliance with the Americans with Disabilities Act by providing an accommodation for their needs in case of emergency. It is a new countywide system expected to get underway in the fall of 2014.

Health Services
St. Louis County operates three health centers through the Department of Health, including the John C. Murphy Health Center in Berkeley, the North Central Community Health Center in Pine Lawn, and the South County Health Center. These centers offer preventative and primary care to St. Louis County residents of all ages; accept many major types of insurance, including Medicare and Medicaid; and offer a sliding fee scale for St. Louis County residents without health insurance.

Living a Healthy Life is a program offered by the County Health Department designed for older adults. This workshop is given two hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders; both are health professionals with a chronic disease themselves.

The program specifically addresses arthritis, diabetes and lung and heart disease, but teaches skills useful for managing a variety of chronic diseases. This program was developed at Stanford University Patient Education Research Center as a collaborative research project between Stanford and the Northern California Kaiser Permanent Medical Care Program.

Housing Programs and Policies
Accessible Modification Program (AMP)
The Accessible Modification Program provides accessible modifications and essential home repairs to eligible homeowners, including adults age 65+ and disabled persons, in St. Louis County. In 2013, the Office of Community Development received a $240,000 grant from the Federal Home Loan Bank of Des Moines to complete work on thirty homes. Typical modifications
Home Improvement Program (HIP)

The Home Improvement Program (HIP), federally funded through Community Development Block Grant dollars, provides technical advice and financial assistance to qualified homeowners for a variety of home repairs up to $5,000 per home. The program is administered by the Planning Department’s Office of Community Development. In 2013, there were 294 homes repaired through HIP, for a total $1,445,401, in unincorporated areas and participating municipalities in St. Louis County. Of the homes repaired, 90 (31 percent) were owned by persons age 62 or older.

Universal Design

In 2003, the St. Louis County Council passed Resolution 4549 to strongly recommend that Universal Design principles and features be used in the planning, design and construction of residential development projects that serve low and moderate income households, typically funded by federal Community Development Block Grant and HOME funds. In the interest of removing barriers to independent living for elderly and disabled persons, Universal Design creates a home that is adaptable, flexible, safe, and easy-to-use for all residents and visitors, regardless of age, size or ability.

In 2012, the Office of Community Development strengthened its policy to specify eleven Universal Design features, such as no step entrances, to be required in residential projects involving new construction or substantial rehabilitation, funded by a HOME subsidy or other government grant. A builder/developer must be granted a waiver if the building requirements cannot be met.

Mobility and Accessibility

ADA Transition Plan

St. Louis County’s Department of Highways & Traffic is developing a transition plan, required by the Americans with Disabilities Act of 1990 (ADA), to address pedestrian access routes in the public-rights of way. An analysis has been conducted of County owned sidewalks, curb ramps, and crossing signals along major roads and citizens have provided input on the destinations most important to residents throughout St. Louis County. The result will be a plan to create an accessible community that improves pedestrian access for residents of all ages, regardless of ability.
Complete Streets

In January 2014, the St. Louis County Council adopted a Complete Streets ordinance for the road network maintained by the St. Louis County Department of Highways & Traffic. The ordinance promotes the integration of quality pedestrian and bicycle facilities into the overall transportation system with the goal to promote accessibility, mobility and health for all users. Through passage of the ordinance, the Department of Highways & Traffic hopes to promote healthy, livable communities and support a variety of mobility goals expressed in St. Louis County’s 2013 Strategic Plan, Imagining Tomorrow for St. Louis County.

With passage of the ordinance, St. Louis County becomes the first county in Missouri to have a comprehensive Complete Streets policy. As the second largest steward of public roads in Missouri, second only to MoDOT, St. Louis County’s Complete Streets policy covers more than 3,100 miles of roads. Through implementation of the ordinance, including the creation of more than 40 miles of bike lanes since 2013, St. Louis County hopes to be a leader for other cities within the County to adopt their own policies to enhance mobility for residents of all ages and abilities throughout St. Louis County.

Neighborhood Outreach
Age-Friendly Focus for Neighborhood

For the past nine years, the Department of Planning has headed a multi-department services team in an ongoing program to preserve and enhance neighborhoods throughout unincorporated St. Louis County. In 2014, this program focused its efforts on aging in place and services that impact the quality of life for seniors in St. Louis County. The team conducted three neighborhood walks, one each in North, West and South County. In addition to distributing a flyer highlighting St. Louis County services directed at seniors, the team also conducted a brief survey to understand any issues seniors might have with living independently in their neighborhoods, as well as their familiarity with St. Louis County senior services.

From the three neighborhood walks, 129 seniors were contacted. Of those, 10 were current customers of the County Older Resident Program (CORP), and 54 asked for additional information and contact from a CORP representative. When senior residents were asked if they had any concerns living at home or in their neighborhood, 19 said they had health concerns, 14 said they had issues with mobility and getting around their community, 13 were concerned with safety in their home or neighborhood, 11 had issues with home repair, and 6 said they were concerned about personal safety and crime.

Parks, Recreation, and Social Programs

Quality of life and livability can be closely linked with time spent doing recreational activities. Remaining active as individuals age has significant impacts on quality of life, health and well-being, and social engagement. Serving older adults as they age has become a priority in St. Louis County for services offered through the County parks system. Older adults in St. Louis County have many opportunities to spend time outdoors enjoying recreational activities, participating in social programs, and volunteering.
Noting the importance of recreational activity for health and vitality, the St. Louis County Parks and Recreation department has identified several goals directly related to increasing the livability of the older adult population, including promoting the overall health and wellness of seniors, providing meaningful opportunities for seniors to volunteer, and providing opportunities for seniors to remain economically, socially, and civically engaged longer into their lives.

**Recreational Facilities and Programs**

The St. Louis County Department of Parks & Recreation has 70 parks and sites, manages more than 12,000 acres of land, and has 140 miles of trails used for walking, hiking and biking. County park sites offer a wide range of opportunities for recreational, educational, historic, and social activities.

St. Louis County Parks operates five recreational facilities, with a sixth one currently under construction in Lemay in South County. Several County community and recreation centers offer a variety of exercise programs that encourage fitness of seniors. Recreational programs include activities such as yoga, chair aerobics, tai chi, exercise line dancing, aqua aerobics, and the newly popular, pickleball. There are also activities like card games, lessons, and clubs that encourage older adults to socialize.

In South County, Affton White-Rodgers Community Center has a gymnasium/multi-purpose room and fitness center; Kennedy Recreation Center has tennis courts, an indoor skating rink, outdoor pool and multi-purpose rooms. In North County, St. Vincent Community Center offers a fitness center, water park, and community room that can be rented; the North County Recreation Complex offers a multi-purpose room, fitness center, meeting room, golf course, tennis courts, a new water park and fishing pond. West County’s Greensfelder Recreation Complex in Queeny Park also has meeting rooms in which fitness classes are offered, as well as an indoor skating rink. Though the recreational centers are not only for older adults, they do offer services and opportunities that appeal to adults over the age of 50 and provide opportunities for people of all ages to remain active, physically and socially.

**Social Opportunities through Volunteerism**

The County Parks Department encourages volunteerism as a way for older adults to remain active both physically and socially while participating in recreational activities. Several programs encourage volunteerism and though they are not limited specifically to older adults, primarily older adults participate. Trail Watch is a “Neighborhood Watch” model which encourages volunteers to assist park rangers in monitoring the numerous trails throughout St. Louis County. Naturalist Docents give tours to scout and schools groups and provide educational resources for groups on topics including geology, forestry, naturalism, wildlife, and archery. The Master Gardeners (a program which has branches in all 50 states) offers classes through the Missouri Botanical Garden. Master Gardeners attend 50 hours of classes and complete 50 hours of community service per
year. This group supervises plantings and maintenance in County parks. Additionally, many volunteer museum attendants are retirees who help keep County park museums open for visitors.

**Police Services**

**Crisis Intervention Team (CIT)**

St. Louis County Police has a Crisis Intervention Team (CIT) program which allows law enforcement officers to partner with mental health and substance use providers to divert individuals with mental health and substance use disorders away from the justice system and into treatment. One full-time law enforcement officer is devoted to the CIT program with a second officer to be added to the program in October 2014.

The CIT program addresses issues faced by St. Louis County’s aging community in the following ways:

- A portion of the 40 hour training is devoted to Alzheimer’s and Dementia.
- A portion of the Advanced CIT training was recently devoted to Alzheimer’s and Dementia.
- Community education is provided to the local chapter of the Alzheimer’s Association about how the police can be a resource to those who suffer from Alzheimer’s and Dementia and their families.
- Education is provided to staff of Cardinal Ritter Senior Services assisted living facilities about the CIT program and how they can use law enforcement to assist with difficult residents.
- Education is provided to family members during Alzheimer’s support group meetings about the CIT program.
- All CIT reports involving someone with Alzheimer’s or Dementia are referred to the Missouri Division of Aging and Senior Services and the Alzheimer’s Association for follow-up.

**County Police Citizens Academy**

The Citizen Police Academy was developed to promote understanding and cooperation between the Department and the people it serves. St. Louis County Police offers the Citizens Police Academy to local residents and business employees throughout the county. Citizens are encouraged to become involved in their neighborhood through an active partnership with local law enforcement to aid in solving community problems.

The goals of the Citizen Police Academy are:

- To provide greater awareness and understanding between our department and the citizens we serve;
- To inform participants with an understanding of the operations and resources of St. Louis County Police; and,
- To provide insight into the divisions and functions of the department
While the Citizens Police Academy is not targeted solely to senior citizens, approximately 75 percent of the participants are retirees who volunteer their time with the Police Department, their communities and their neighborhoods.

**Fraud Prevention**

The St. Louis County Police Department offers its expertise to the public on fraud prevention in several ways. Different facets of fraud related crime and ways to prevent it are the topics of presentations given to community groups and other interested organizations. County Police also publish a Fraud Prevention handbook that discusses various types of crimes, from “Granny scams” to home repair fraud and identity theft, and describes various means of prevention. County Police encourage citizens to contact them if they have questions or suspicions about fraud related crimes.
Municipal Services

There are 90 municipalities within St. Louis County’s boundaries. Two-thirds of St. Louis County’s one million residents live in municipalities. The municipalities within St. Louis County are varied in population, geographic size, and service delivery. The largest municipality, Florissant, has more than 52,000 residents, while the smallest, Champ, has 13. There are only ten municipalities with populations more than 20,000, and about half have populations under 4,000 (Appendix A).

An important component of St. Louis County’s assessment process is to understand the needs of older adults living in municipalities and the services available to them. Additionally, there was a desire to create a network of municipal contacts for St. Louis County’s Age-Friendly Network.

To reach out to St. Louis County’s 90 municipalities, a letter from the County Executive was directed to all mayors and village chairpersons in February 2014. The purpose of the letter was to formally announce St. Louis County’s acceptance into the Age-Friendly Communities Network, as well as to learn more about current municipal efforts to address aging issues and to build a network for outreach and coordination. Specifically, the letter asked for:

• Results from any focus groups, community surveys, or data collection focused on older adults or the aging of the population (e.g. aging in place, senior transportation)
• Identification of any municipal boards, commissions, or advisory groups that are focused on older adults (e.g. Senior Citizen Task Force)
• A point of contact from the City/Village for further coordination and information-sharing

Ultimately, the outreach effort to St. Louis County’s 90 cities and villages resulted in information gathered from the 45 largest cities. This group of 45 cities encompasses 627,129 residents, approximately 62 percent of St. Louis County’s population. In addition to the information requested in the letter, other information about municipal services targeted to older adults was obtained through personal follow-up contacts. The following summarizes basic information about older adult services gathered from the 45 cities. The data and information collected is specifically focused on municipalities. It is recognized that other agencies, nonprofits, churches, and organizations may be delivering services to older adults in these communities. However, the primary purpose of this analysis is to better understand the scope of municipal services.
Data Collection

When asked if data was collected or residents surveyed specifically around aging issues, very few cities responded that they had done so. To a small degree, city officials said they were aware of the increasing aging population, especially as a result of reviewing 2010 Census data. Several cities conduct regular citywide surveys that analyze results by age cohorts, but may or may not explicitly address issues around aging. The cities of Clayton, Creve Coeur, and Maryland Heights all conduct periodic citywide surveys. In Clayton’s citywide survey, residents are asked to rate their satisfaction with Clayton’s “appeal as a place to retire,” with 66 percent indicating they are satisfied or very satisfied (2013 survey).

Three cities - Chesterfield, Richmond Heights, and University City - indicated that they have expressly focused on the aging of their populations and collected data and information from residents through a variety of means, including focus groups, surveys, town meetings, and ad hoc committees.

Chesterfield

In Chesterfield, a city where 36 percent of the population is older than age 55, a survey was conducted in late 2011 to gauge the interests and needs of residents to support successful and active aging. The city received 434 responses, with 51 percent of the respondents over the age of 65. The survey found that 73 percent of respondents feel Chesterfield is a good place to retire. The survey also found that having a variety of social and recreational programs is important to residents. Through additional research and interviews, the city also determined that there is no convenient central resource for interested residents to learn about what services are available and that there is a greater need for two-way communication between the city and its older residents.

Consequently, the city made two major recommendations:

• Establish an advisory committee for older adults, which resulted in the creation of Chesterfield’s Mature Adults Taskforce; and
• Create a senior citizens’ resource center, which upon additional research, was transitioned into more effective use and communication of existing referral systems
Richmond Heights

Richmond Heights, a city that notes adults 45 years and older comprise nearly half of their population, formed an Aging in Place Steering Committee in 2012, conducted focus groups and a survey in 2013, partnered with Washington University students to conduct site assessments, and adopted recommendations in 2014. The Richmond Heights Aging in Place Steering Committee made the following six key recommendations to the City Council, briefly summarized below:

• Improve communications/marketing of older adult services
• Provide “concierge services” to improve customer service and connect residents to services provided by other agencies
• Support educational opportunities and workshops at The Heights free-of-charge
• Employ a staff person dedicated to working with aging constituents (potentially a shared position with other cities)
• Promote new, diverse and accessible housing options through appropriate zoning and building codes
• Partner with neighboring communities to develop an Advisory Committee to promote age-friendly initiatives in Mid-County

University City

In 2010, University City established a Mayor’s Task Force on Seniors and Youth, collected Census data, conducted a Senior Survey, hosted a Senior Town Hall in 2011, and submitted a Report on Seniors and Youth in 2012. The recommendations found in the 2012 Report on Seniors and Youth are briefly summarized below:

• Develop a multi-tiered communications plan/approach towards educating the senior community on available resources and how to access them
• Identify city staff or partner with a community agency to seek grant funding to augment geriatric care management for seniors
• Explore creating a “senior resource liaison or ombudsman” position either as a full/part-time staff position or volunteer
• Explore expanding or replicating the NORC (Naturally Occurring Retirement Community) model in University City
• Partner with the University City Resource Team, a collaborative of professionals, to educate seniors and the community about resources
• Explore transportation resources and options
• Explore best practices and resources for home repair programs
• Explore expansion of recreation services
Boards, Commissions, and Advisory Committees

There are six municipalities in St. Louis County that have standing commissions, committees, or taskforces focused on older adults. Five of the six are primarily resident-based groups, including Bridgeton, Chesterfield, Ferguson, Florissant, and University City. In Webster Groves, the Senior Roundtable is an advisory networking group primarily made up of service providers. The City of Chesterfield formed its Mature Adults Task Force as a result of its survey and research findings in 2012. University City has the newest group, having formed its Senior Issues Commission in 2014. Most of the groups meet monthly; Bridgeton’s Advisory Committee meets quarterly.

In 2014, Richmond Heights’ Aging in Place in Steering Committee completed its work after meeting for two years. Their report to the city council includes a recommendation to establish an Advisory Committee with neighboring cities in Mid-County.

Other cities who suggested they would consider forming an older adult commission or committee included Black Jack and Maplewood.

Municipal Boards and Commissions

Bridgeton Senior Advisory Committee
Chesterfield Mature Adults Taskforce
Ferguson Senior Citizens Commission
Florissant Senior Commission
University City Senior Issues Commission
Richmond Heights Aging in Place Steering Committee*
Webster Groves Senior Roundtable

*Completed its work in 2014

Municipalities with Designated Senior Services Offices & Staffing

Many cities in St. Louis County provide social and recreational programming for older adults and seniors, and some provide transportation services, but only a few have offices and staff specifically designated for senior citizens. Florissant, St. Louis County’s largest city with 52,158 residents, offers a variety of senior services and has a Senior Services Office and full-time Senior Services Coordinator. Bridgeton, a city of 11,550, has a Senior Citizen Office located in the Bridgeton Community Center and also offers a variety of senior programming and services.

In Maryland Heights, a city of 27,472, a full-time Social Services Coordinator oversees programming and support for older adults, as well as for families and others in the community. In Richmond Heights, the recommendations adopted by the Aging in Place Steering Committee in February of 2014, include employment of a dedicated staff person, with a B.A. in Gerontology or a Master’s in Social Work, to specifically work with aging constituents. The recommendation also suggests that the position could be an employee shared by multiple neighboring municipalities in a partnership arrangement.

In other cities in St. Louis County, agencies that provide services to older adults are housed in municipal facilities. OASIS, for example, is an organization whose mission is to promote lifelong learning, healthy living and social engagement for adults age 50 and older, and is located in the city of Clayton’s recreation center, The Center at Clayton, and at the Kirkwood Community Center.
St. Louis County’s County Older Resident Programs (CORP), which offers a variety of senior services and transportation, is located in multiple municipal facilities throughout St. Louis County. In North County, CORP offices in municipal facilities can be found in the Bridgeton Community Center, Hazelwood Community Center, St. John Municipal Building, and Tharp Center in Jennings. In South/Southwest County, CORP offices in municipal facilities are located in the Kirkwood Community Center and Valley Park City Hall. CORP offices are staffed on a part-time basis Monday through Friday and are also located in churches and other facilities.

The Mid-East Area Agency on Aging (MEAAA) is a non-profit, federally funded agency administered by the Missouri Department of Senior Services. Established in 1973, MEAAA operates nine Senior Centers in St. Louis County, including two in municipal facilities. The Bridgeton Senior Center is located in the Bridgeton Community Center and the University City Senior Center is located in Centennial Commons, University City’s recreation facility. These centers offer hot meals, deliver meals on wheels, and provide a variety of educational, recreational, and health programs.

Municipal Transportation Services

There are twelve municipalities that directly provide accessible transportation to older adults and persons with disabilities in St. Louis County. All of these municipalities are located in North County with the exception of Brentwood, Maplewood, and Richmond Heights in Central County. It should be noted that Maplewood and Richmond Heights offer their service together as one entity through their Park & Recreation Cooperative (P.A.R.C.). Most of the municipal transportation services are operated out of Park and Recreation departments.

Municipal transportation service to older adults is typically at no charge, curb-to-curb service in a passenger van ranging from 10-25 passengers. Several municipalities have “branded” their transportation service with easily recognizable names, including Florissant’s FLERT bus, Ferguson’s Jolly Trolley, Maryland Heights’ VanGo, and Brentwood’s MAGIC (Mature Adults Going in Class) bus.

Age eligibility for adults to use the service varies from 55 or older in six municipalities, 60 or older in four municipalities, and 62 or older in two municipalities. Most municipalities offer their van service between specific hours Monday through Friday, though two cities offer their service Monday through Thursday, and one city offers its service on Tuesdays and Thursdays. Reservations are typically required for a specified time in advance of the service.

The most frequently cited purpose of municipal transportation services for older adults and persons with disabilities is for medical appointments, grocery shopping, and other essential services like banking. Many cities specify that medical appointments are given priority and some make regular trips to area doctor’s offices and hospitals, such as De Paul, St. John’s, St. Luke’s, and Missouri Baptist. Other cities use their transportation service for trips to the library, hair appointments, and social activities. The cities of Brentwood and Florissant indicated that their service can be used for most any purpose.
The geographic areas served by municipal transportation are varied. Some municipalities use their city limits as the geographic boundary, some include adjacent communities within their service area, some use a specific mile radius, and others limit service within the city boundaries except for specific destinations, such as hospitals. (See Accessible Transportation Matrix)

Beyond transportation services provided directly by municipalities, other agencies and providers offer transportation services throughout many areas of St. Louis County. While the focus here is on the scope of municipal services, it is important to note other common service providers, such as Metro and its Call-a-Ride service for persons with disabilities; OATS, Inc, a non-profit provider; and CORP, which provides a door-thru-door, volunteer Neighbor Driving Neighbor program.

**Recreational and Social Programs**

Recreational and social programming for older adults is the most common service provided by municipalities. Of the 45 municipalities from whom information was collected, about 70 percent provide some recreational and/or social programming specifically for older adults. Municipalities with full service recreation centers typically offer the most varied programming, including social activities, physical fitness, and travel opportunities. Conversely, cities lacking recreation centers or with limited space in their public facilities appear to have less varied program options unless they partner with other nearby cities or organizations.
Municipalities in St. Louis County
Providing Senior Transportation Services

Legend
- Green: Municipalities Providing Service
- Red: Metrolink
- Black Circle: MetroLink Stations

Additional private and non-profit senior transportation service providers are located throughout St. Louis County.
Municipal and County Recreation Facilities and Community Centers in St. Louis County

- Mainly meeting rooms and event space
- Full recreation complexes
- Facility coming soon

Map does not include separate aquatic centers and pools or separate athletic fields

Unincorporated

- SilverSneakers® participating locations

1 Ballwin
2 Bellefontaine Neighbors
3 Berkeley
4 Brentwood
5 Bridgeton
6 Clayton
7 Crestwood
8 Creve Coeur
9 Dellwood
10 Des Peres
11 Eureka
12 Fenton
13 Ferguson
14 Florissant
15 Florissant
16 Hazelwood
17 Hazelwood
18 Jennings
19 Kirkwood
20 Lakeshore
21 Maryland Heights
22 Olivette
23 Overland
24 Richmond Heights
25 Shrewsbury
26 St. Ann
27 St. Louis County
28 St. Louis County
29 St. Louis County
30 St. Louis County
31 St. Louis County
32 St. Louis County
33 Sunset Hills
34 University City
35 University City
36 Webster Groves
37 Wildwood
38 Woodson Terrace

Created: 4/22/14
Social Opportunities through Volunteerism

There are 31 municipal recreation centers and community centers operated by 29 municipalities in St. Louis County. (Note: this figure excludes separate aquatic centers and pools.) The City of Florissant operates two recreational facilities, The James Eagan Center and the John F. Kennedy Community Center and the City of University City operates the Centennial Commons recreation complex and the Heman Park Community Center. Of the 31 facilities, 25 are full service recreation centers and 6 are community centers that mainly provide meeting and event space, with limited recreational activities. With the exception of University City, five communities – Berkeley, Jennings, Lakeshire, Olivette, and St. Ann – have community meeting space, but not full service recreation complexes.

Most municipal recreation centers, though not all, offer recreational programming specifically targeted to older adults. In addition to regular programs and activities for older adults, six recreation facilities in St. Louis County have become designated SilverSneakers or Silver & Fit facilities. These are health and fitness programs specifically designed for older adults. SilverSneakers, affiliated with Healthways, is a benefit provided by many Medicare health plans. Participating facilities must meet certain guidelines to be part of the network of partners. Silver&Fit is another program available to Medicare beneficiaries; it is affiliated with American Specialty Health Inc. (ASH).

Social Clubs

Social clubs are especially popular for older adults, meeting on a monthly or even weekly basis, and often include lunch, bingo, trips, or other activities. Thirty municipalities indicated they have active social clubs and groups meeting regularly at their recreation centers, community centers, city halls, or civic spaces.

There are numerous examples of municipalities who have cooperative agreements with adjacent and nearby cities to provide programming for older adults. In West County, the Lafayette Older Adults Pro-gram (L.O.A.P) is a partnership between Manchester, Ballwin, Chesterfield, Ellisville, Wildwood, Winchester and the Parkway and Rockwood School Districts. The L.O.A.P group is open to adults 55 and older and meets twice a month for lunch and socializing. In Central County, a number of municipalities have cooperative agreements and reciprocal arrangements for programs and use of their recreational facilities. For example, Richmond Heights, Maplewood, and Brentwood jointly host a “50+ coffee club”, and Rock Hill and Webster Groves jointly hold monthly bingo and lunch. In the North County community of St. John (6,517 population), the President’s Club at the local branch of St. Johns Bank serves as a venue for social events and travel opportunities for adults 55 and older.
### Other Municipal Services for Older Adults

Municipalities offer other services to older adults in addition to recreational and social programs and transportation, but they tend to vary widely from city to city. The following list highlights the range of other municipal services provided to older adults. The list is meant to illustrate the variety of older adult services provided by municipalities; however, the list may not represent all services provided due to limitations in collecting the information.

**Adult daycare:** Adult daycare services, operated by St. Elizabeth’s, are provided at the Olivette Community Center.

**Business discounts:** Florissant has a Golden Age Pass (60+) which allows users to get senior discounts at participating local businesses, as well as discounts for recreation services.

<table>
<thead>
<tr>
<th>Social Clubs/Groups</th>
<th>Richmond Heights</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ballwin (L.O.A.P)</strong></td>
<td>Hazelwood</td>
</tr>
<tr>
<td>Twice monthly lunch</td>
<td>Hazelnuts meet monthly lunch &amp; bingo</td>
</tr>
<tr>
<td><strong>Bellefontaine Neighbors</strong></td>
<td>Fenton</td>
</tr>
<tr>
<td>North County Italian Club meets monthly</td>
<td>Monthly lunch &amp; bingo</td>
</tr>
<tr>
<td><strong>Berkeley</strong></td>
<td>Florissant</td>
</tr>
<tr>
<td>Senior Group meets weekly</td>
<td>Multiple clubs meet weekly</td>
</tr>
<tr>
<td><strong>Bridgeton</strong></td>
<td>Kirkwood</td>
</tr>
<tr>
<td>Weekly bingo</td>
<td>OASIS programs</td>
</tr>
<tr>
<td><strong>Brentwood</strong></td>
<td>Manchester (L.O.A.P)</td>
</tr>
<tr>
<td>50+coffee club</td>
<td>Twice monthly lunch</td>
</tr>
<tr>
<td><strong>Chesterfield (L.O.A.P)</strong></td>
<td>Maplewood</td>
</tr>
<tr>
<td>Twice monthly lunch</td>
<td>50+coffee club</td>
</tr>
<tr>
<td><strong>Clayton</strong></td>
<td>Maryland Heights</td>
</tr>
<tr>
<td>OASIS programs</td>
<td>Social Club meets monthly</td>
</tr>
<tr>
<td></td>
<td>Multiple interest clubs</td>
</tr>
<tr>
<td><strong>Dellwood</strong></td>
<td>Northwoods</td>
</tr>
<tr>
<td>60+ Club meets monthly</td>
<td>The Oaks meet monthly</td>
</tr>
<tr>
<td><strong>Ellisville (L.O.A.P)</strong></td>
<td>Overland</td>
</tr>
<tr>
<td>Twice monthly lunch</td>
<td>Periodic lunches, social events</td>
</tr>
<tr>
<td><strong>Eureka</strong></td>
<td>Pine Lawn</td>
</tr>
<tr>
<td>Twice monthly lunches and trips</td>
<td>Twice monthly social activities</td>
</tr>
<tr>
<td><strong>Florissant</strong></td>
<td>Shrewsbury</td>
</tr>
<tr>
<td></td>
<td>The Shrewsburians meet monthly for lunch &amp; program</td>
</tr>
<tr>
<td><strong>Hazelwood</strong></td>
<td>St. Ann</td>
</tr>
<tr>
<td><strong>Hazelwood</strong></td>
<td>OASIS programs</td>
</tr>
<tr>
<td><strong>Kirkwood</strong></td>
<td>Golden Club meets monthly</td>
</tr>
<tr>
<td><strong>Manchester (L.O.A.P)</strong></td>
<td>St. John Bank</td>
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<tr>
<td>Twice monthly lunch</td>
<td>President’s Club at St. John Bank</td>
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<tr>
<td><strong>Maplewood</strong></td>
<td>University City</td>
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<tr>
<td>50+coffee club</td>
<td>Weekly activities provided by MEAAA</td>
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<tr>
<td><strong>Maryland Heights</strong></td>
<td>Valley Park</td>
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<tr>
<td>Social Club meets monthly</td>
<td>Twice weekly activities</td>
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<tr>
<td><strong>Northwoods</strong></td>
<td>Webster Groves</td>
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<td>The Oaks meet monthly</td>
<td>Monthly lunch &amp; bingo</td>
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<td><strong>Overland</strong></td>
<td>Winchester (L.O.A.P)</td>
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<tr>
<td>Periodic lunches, social events</td>
<td>Twice monthly lunch</td>
</tr>
<tr>
<td><strong>Pine Lawn</strong></td>
<td>Woodson Terrace</td>
</tr>
<tr>
<td>Twice monthly social activities</td>
<td>Monthly lunch</td>
</tr>
</tbody>
</table>
Driving Safety: The Police Departments in Florissant and Richmond Heights offer Arrive Alive at 55 driver safety program

Flu Shots/ Health Screenings: The cities of Bridgton and Florissant offer flu shots and health screenings at their facilities

Fraud prevention: Northwoods has a fraud prevention program for seniors

Home care/support: Glendale’s Neighborhood Associations and block captains check in on seniors and help with various tasks; No interest loans for home repair and dangerous tree/limb removal are available to seniors in Northwoods

Insurance, Legal, Tax Assistance: Bridgeton and Florissant provide income tax assistance to seniors in partnership with AARP; Maryland Heights offers legal services in partnership with CORP; Maryland Heights provides assistance with Medicare Part D enrollment as a participating member of CLAIM (Community Leaders Assisting the Insured in Missouri)

Meals: Bridgeton operates a Meals on Wheels program in partnership with Maryland Heights (MEAAA operates a separate program); Florissant has a senior dining center with daily lunches and activities; Florissant has a St. Louis Area Food Bank distribution center at Senior dining center

Safety checks: Ballwin has an “Are you OK?” autocall program; Bellefontaine Neighbor’s Community Police Officer make regular contact with seniors; Woodson Terrace has a seniors call list; Florissant provides free File of Life (medical history) to individuals when they register for senior services

Trash service discount: Many cities offer senior discounts for trash service, though age eligibility and rates vary. Crestwood has a “pay-as-you-throw” program for seniors; Eureka has free trash service;

Utility taxes: Bridgeton has a utility tax refund program; Eureka has reduced rates for seniors

Websites & Communications: Florissant’s website of Senior Services is easy to find and use to locate its services; Bridgeton’s published, The Seniority, a newsletter mailed monthly to persons 60+ and Florissant periodically publishes the Florissant Focus newsletter for seniors; Florissant’s “It’s a Wonderful Life” is a TV Show on the local Florissant TV Station that features Senior Citizen Events and Programs and information on Senior Citizen Issues
St. Louis County Public Library Services for Older Adults

Municipal Libraries

Library services in St. Louis County are provided by nine separate municipal libraries and the St. Louis County Library District. Municipalities that have their own libraries include Brentwood, Ferguson, Kirkwood, Maplewood, Richmond Heights, Rock Hill, University City, Valley Park, and Webster Groves. All, but one, of the municipal libraries offer some type of service or programming for older adults. (The Rock Hill Library indicated that it does not currently offer targeted services.) (Appendix B).

Six of the nine municipal libraries offer delivery service to homebound individuals, including the libraries in Brentwood, Kirkwood, Maplewood, University City, Valley Park, and Webster Groves. In Richmond Heights, books are provided to the two senior living facilities within the city and the adult services librarian provides monthly programming there, as well. In Kirkwood, a book club is offered on-site at a senior residential living facility in the city.

Audio books and large print books are available to all patrons of the municipal libraries. Because the nine libraries operate as a consortium their collections are available to all cardholders. In Richmond Heights, a desktop magnifier is also available in the library for the visually impaired.

Several municipal libraries offer computer classes and IT help, including Kirkwood, Ferguson, Richmond Heights, University City, and Valley Park, though they may not be restricted to older adults. There are book clubs offered at the library in Kirkwood, Richmond Heights, University City, and Valley Park, but, again, they are not necessarily limited to older adults.

Other services identified by municipal library representatives include income tax assistance to seniors through the Volunteer Income Tax Assistance (VITA) program at the Ferguson Library; free coffee and newspapers at the Richmond Heights Library; and, community classes on local history and current events at the Valley Park Library.

St. Louis County Libraries

The St. Louis County Library system is the largest within the county, with more than 660,000 cardholders and 14 million items in its collection. There are twenty branch libraries within the St. Louis County Library system and they are located throughout St. Louis County in both municipal and unincorporated areas. The St. Louis County Library offers services to older adults at the system level through its outreach services, as well as more customized programs at its individual branches (Appendix C).
Outreach services to older adults provided by the St. Louis County Library include the following:

- Outreach/Bookmobile services to seniors, including one full-fledged bookmobile and two vans that provide lobby or “onsite” service to 102 senior facilities every other week (twice a month average);
- Homebound mail service to 108 patrons, the majority of whom are seniors;
- A full-time staff person who provides programming to senior facilities ranging from adult day care to residential settings. An average of 25 programs per month are provided;
- Book discussion kits, in a variety of formats, to groups at 25 senior facilities. Most of these groups meet monthly and are led by residents.

At the branch level, services and programs vary widely depending on the interests and needs of the local community and the staffing level and capacity at each individual branch. All twenty library branches offer some type of adult or older adult programming, although the number and diversity of programs varies considerably across the system. All branches offer some type of social or special interest programming, ranging from book discussion groups to knitting and craft clubs to cards and games. Nearly all branches also offer technology assistance, including tech talks, computer classes and book-a-trainer type services. There are fourteen branches that offer fitness classes and health-oriented programs, including Zumba, yoga, meditation, and diabetes workshops. More than half of the branches offer tax return assistance, mainly in partnership with AARP. There are three branch libraries that offer health screenings, including two that host hearing screenings and one with a mammography van.

The St. Louis County Library and its branches partner with a number of different agencies, organizations and residential facilities across the community to extend services to older adults. Partners include AARP, Community Action Agency of St. Louis County (CAASTL), County Older Resident Programs (CORP), OASIS, MEAAA, and Maryville University. Various branches have partnerships with local institutions and agencies, such as hospitals, nursing homes, and senior living facilities. In September of 2014, the St. Louis County Library will partner with MEAAA to expand senior programming at the three branches – Florissant Valley in North County, Tesson Ferry in South County, and Daniel Boone in West County.

**Mid-East Area Agency on Aging (MEAAA)**

Mid-East Area Agency on Aging (MEAAA) is a non-profit, quasi-governmental agency that serves seniors in St. Louis, St. Charles, Franklin and Jefferson Counties. The organization is one of 10 Area Agencies throughout the state and is funded under the Older Americans Act of 1965 (Missouri Department of Health and Senior Services). MEAAA seeks to provide seniors with opportunities to lead satisfying and productive lives as they journey through aging.

In St. Louis County, MEAAA operates a number of Senior Centers that serve as focal points for service for older citizens. Senior Centers also offer hot meals as well as deliver food through Meals on Wheels to homebound seniors who are eligible. The centers offer activities including arts and crafts, bingo, games and movies, fitness and nutrition classes, fundraisers, health screenings, and social groups and events.
Mid-East Area on Aging (MEAAA) Service Areas of Home-Delivered Meal Centers
St. Louis County, Missouri

Legend
- Senior Center Locations
- St. Louis City
- Covenant House Senior Center (Kosher meals)
- Crown Satellite Center (Kosher meals)
- See note for ZIP 63026

Addresses of Senior Centers:

**Note: Senior Centers serving 63026 are in Jefferson County:**
Arnold Senior Center #17
1695 MO State Rd
Arnold, MO 63010
NW Jefferson County Senior Center #24
6180 Highway MM
House Springs, MO 63051
There are ten Senior Centers throughout St. Louis County: Affton Senior Center, Shrewsbury Senior Center and South County Senior Resource Center serve South County; Bridgeton Senior Center and Northside Senior Center in Outer North County; Eureka: Route 66 Senior Center, Creve Coeur: Covenant House Senior Center, and West County Senior Center in West County, and Crown Center Senior Center and University City Senior Center in Central County. One area currently not served by a Senior Center is in Inner North County; however, MEAAA is currently trying to acquire land for a center in this area.

In St. Louis County, MEAAA served 7,489 people over the last year. Of those served, the majority, 71 percent, were female and 29 percent were male. MEAAA measures their service according to categories. Over the past year, MEAAA delivered meals to homes and through Meals on Wheels, and served congregate meals at Senior Centers to 4,558 persons. They also provided health screenings (197 persons), information and assistance (690 persons), family caregiver assistance (943 persons), and case management (554 persons). When asked by MEAAA, 14.9 percent of those served reported they were low income.
Inventory of Place-Based Initiatives

Place-based initiatives typically focus resources and services in a defined geographic area. While the range of place-based initiatives is far reaching, for age-friendly communities, these initiatives center on encouraging older adults to maintain their independence within their homes or communities and to age in place. As Baby Boomers remain more active and live longer, they desire to stay within their own communities and homes as they age. In an effort to plan for the movement towards aging in place, place-based initiatives for older adults are paramount. These initiatives increase the livability of communities by promoting increased quality of life as generations grow older regardless of stage of life, income, or ability level.

The desire to remain part of a larger community is one that requires planning and initiatives that honor comprehensive coordination of social, intellectual, and wellness services and programming to older adults. According to the federal Administration on Aging health and social services which are critical to aging in place include health care management, disease prevention and promotion services, education, socialization, recreation, and civic engagement opportunities. Within St. Louis County, there are several place-based initiatives that honor the desire to age in place and provide citizens with opportunities for services for older adults.
**St. Louis NORC**

A Naturally Occurring Retirement Community (NORC) is a term used to describe neighborhoods or buildings in which a large number of older adults reside and where initiatives focus on providing services to this population. St. Louis NORC supports the healthy aging of adults over the age of 65 to maintain quality of life and age in their own homes through programming and services. The focus of this non-sectarian program is to offer community involvement and support service access for fee-paying members within a three mile service area in unincorporated St. Louis County near Creve Coeur; however, those outside of the service area are welcome to join in trips and programs.

St. Louis NORC, one of forty programs within the nation, began service in 2004 and is managed by the Jewish Federation. NORC offers opportunities for social, wellness, and intellectual stimulation in an effort to sustain a senior’s self-sufficiency. Programming includes a free cab service, volunteers who help seniors with home maintenance projects and concierge services, fitness membership reduced rates, health screenings, newsletters, home safety assessments and modifications, and financial consultations to name a few.

**STL Village**

STL Village, a member of the Village to Village Network, is a non-profit, community network that supports healthy aging of adults, over age 50, within their homes and communities. This organization, which began accepting members in June of 2014, serves fee-paying members in neighborhoods who desire to age-in-place. The organization specifically serves portions of the City of St. Louis and St. Louis County, bound by Vandeventer Avenue, Page Boulevard, Clayton Avenue, Big Bend Boulevard, and Pennsylvania Avenue. In the St. Louis County portion of the STL Village, parts of five jurisdictions are included: Clayton, Pagedale, University City, Wellston, and unincorporated St. Louis County.

STL Village provides services to members through a trained volunteers and service providers. Members can schedule support services including rides to appointments or stores, help with home maintenance and concierge services, and non-medical support. Additionally, programming for social, intellectual, and wellness activities are available including fitness classes, special interest groups and clubs, computer or technical assistance, and member outings to special events.
St. Louis NORC Boundary

StL Village Boundary
St. Louis, Missouri
**Vision 24:1**

Beyond Housing, a non-profit with a strong local presence since 1975, focuses on providing support and services to low-income families. Vision 24:1, a community development, place-based initiative of Beyond Housing, serves a group of municipalities and unincorporated areas in inner North County within the boundaries of the Normandy School District Vision 21:1 follows a planning process of input from community members, commitment from stakeholders, and impact on the targeted area with a holistic focus on infrastructure, leadership, and service for life skills. Vision 24:1 has facilitated the reinvestment of new housing for families and seniors, a bank, and a grocery store through its partnerships.

Although this initiative is not specifically targeted to older adults, the Vision 24:1 initiative has several components that benefits older adults. The Passport to Health program is a member program that promotes health and wellness through classes including fitness, nutrition, and health education. Rosie Shields Manor is the first affordable senior apartment community in the area. Services for the 44 residents who live there include close proximity to the grocery store and bank, as well as social and community opportunities, a fitness room, computer room, and event space for hosting celebrations. Owner Occupied Home Repair is a program that serves older adults on fixed incomes by assisting area residents with home maintenance repairs, specifically including health and safety issues.

**The Shepherd’s Center**

The Shepherd’s Center of Kirkwood/Webster Groves, one of 75 Shepherd Centers of America throughout the nation, provides programming and services for older adults. The center was started in 1998 and is sponsored by thirteen faith-based congregations. Though there are no specific boundaries for service, the programming for older adults is targeted for those within Kirkwood, Glendale, Oakland and Webster Groves.

Programming focuses on encouraging older adults to age positively by remaining active in their communities through social, intellectual, and wellness activities. The Adventures in Learning program promotes lifelong learning about exercise, art, books, and travel. The Shepherd’s Travelers program provides the opportunity for day trips. Additional programs help find referrals for elder care, transportation for non-emergencies, and minor home repair and chore help. There are 160 volunteers who provide services for the community in a neighbor helping neighbor model.
Preliminary Key Findings
Aging Successfully in St. Louis County: A Quality of Life Assessment provides substantial data, information and maps designed to better understand the lives of older adults and the local services available to them. Looking beyond individual statistics, the collective analysis of all of this research begins to reveal trends, opportunities, gaps and needs in St. Louis County. The following findings attempt to highlight key issues and insights about the quality of life for older adults in St. Louis County. These findings are intended to inform the development of priorities and strategies for St. Louis County’s Age-Friendly Communities Initiative three-year action plan.

Demographics
• Nearly half of seniors live alone and the vast majority of them are women, which may suggest the need for different approaches to outreach, services, and living options.
• The diversity of the aging population is a future issue; although minority groups are a smaller share of the older adult population, they may have greater needs as they age due to income, education and health disparities.
• The Elder Economic Index™ shows that there could be a significant share of older adults 65+ who are above the poverty threshold, but do not have the income security to meet basic needs and age in place with dignity.
• There are opportunities for more frequent and consistent data collection focused on older adults, especially through community surveys and more intentional questions about the aging population.

Health & Wellbeing
• Seniors in poverty tend not to be concentrated (unlike youth in poverty), making service delivery not as obvious and potentially more challenging and costly.
• Nearly half of adults age 65+ with a disability indicate they have some physical, mental or emotional condition that makes living independently difficult, suggesting the need for homecare services, caregiver support, and access to residential care and living options.
• There are clear health disparities in St. Louis County. Older adults living in North County fare worse for indicators related to primary care, cardiovascular health, respiratory health, and diabetes.
• Diabetes hospitalizations are high across St. Louis County for 65+ adults.
• Mental health hospitalization rates are generally higher for 65+ adults in North County and West County than in South County.
• West County 65+ adults fare worse for most indicators measuring substance abuse.
• There are significant disparities in the years of expected life span from birth in St. Louis County, which correlate with education, income, and race. The highest years of life span are predominately found in the affluent central-west core of St. Louis County and the lowest years of expected life span are in areas with lower incomes, concentrations of poverty and minority populations.
- Of St. Louis County’s 90 municipalities, there are 25 with full service recreation centers that provide a variety of fitness and recreational activities, many targeted to older adults. Full service recreation facilities tend to have the most programming options; conversely, cities lacking such facilities appear to have less varied options unless they partner with others.
- The majority of older adult services offered by municipalities are through departments of parks and recreation. Additional opportunities to collaborate and partner with other departments and organizations with complementary services may help expand the range of service options for older adults.
- Most municipalities in St. Louis County are not large enough to have full-time professional social workers or gerontologists; shared staffing among cities is a suggested model for consideration.

## Mobility & Accessibility

- There is no comprehensive transportation system for older adults; services are fragmented and provided by multiple agencies.
- Municipal provided curb-to-curb van service is concentrated in North County among nine contiguous cities. These services are operated by each city individually, with different service boundaries and days of operation. It is not apparent to what degree these services are shared or coordinated among the cities.
- Door-through-door transportation services throughout St. Louis County are limited; several volunteer programs offer the service.
- The number of senior-headed households without access to a personal vehicle combined with the number of seniors who may not be able to drive due to disability suggests that non-driving options such as walking, transit/paratransit, or other personalized services will be critical to maintaining mobility and independence.

## Attractive & Safe Neighborhoods

- The large number of older, single-family houses and very high percentage of older adult homeowners suggest that housing-related issues are highly important, including property maintenance and repair, home modifications, universal design, ability to age-in-place, and availability of other residential options.
- Affordable programs that provide funds for home repairs and improvements appear to be limited.
- Adults 65+ who are renters suffer a greater housing burden and may be among St. Louis County’s poorest older adults, although a small share of the population.
- United Way 2-1-1 call data demonstrates that the top ten needs of Baby Boomers and adults 65+ are largely for utility payment assistance and housing-related support.
- There are four different place-based models within St. Louis County that could be evaluated for replication in other parts of the county.
- The concentration of affluent seniors could make aging in place models, like villages, more feasible.
Active Aging & Social Engagement

- There are varied opportunities across St. Louis County for older adults to engage in different types of social activities, events, and volunteer opportunities.
- The overall affluence of older adults in St. Louis County (and corresponding high education levels) may suggest an increased availability of volunteers and facilitate volunteer recruitment.
- Library branches across St. Louis County are a resource for adult programming, education and social interaction. County library branches offer some of the most robust and varied programming. Technology support and training are among the most consistent offerings among County and municipal library branches.
- Easy access to information about services and programs for older adults is an ongoing challenge. There are opportunities to improve communications and information about older adult services through existing websites and information referrals.

General- Service Delivery

- The relationship between the location of agencies/services and needs of the aging population is not always apparent. Some areas of St. Louis County benefit from multiple agencies located in close proximity regardless of the magnitude of the need, while other areas may not be as well served.
Websites


2. For the Sake of All:  http://forthesakeofall.org/


5. Richmond Heights Aging in Place recommendations:  http://www.richmondheights.org/DocumentCenter/View/8163


10. St. Louis County’s County Older Resident Programs (CORP):  http://www.stlouisco.com/HealthandWellness/HumanServices/CountyOlderResidentPrograms


13. OATS Inc:  http://www.oatstransit.org/#!east-region/cida

15. Silver and Fit: [http://www.silverandfit.com/About/SilverAndFitProgram.aspx](http://www.silverandfit.com/About/SilverAndFitProgram.aspx)


## Municipalities by 2010 Population

<table>
<thead>
<tr>
<th>Rank</th>
<th>Place</th>
<th>Population</th>
<th>Rank</th>
<th>Place</th>
<th>Population</th>
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## Municipal Library Services

### St. Louis County Municipal Library Services

<table>
<thead>
<tr>
<th>Library Location</th>
<th>Audio &amp; Large Print Collection*</th>
<th>Home Bound Services</th>
<th>Computer Classes, IT Help</th>
<th>Programs for Senior Living Facilities</th>
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<tbody>
<tr>
<td>Brentwood</td>
<td>✓</td>
<td>✓</td>
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<td>Ferguson</td>
<td>✓</td>
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<tr>
<td>Kirkwood</td>
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<td>✓</td>
<td>✓</td>
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<td>Maplewood</td>
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<td>Richmond Hts.</td>
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<td></td>
<td>✓</td>
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<tr>
<td>Rock Hill</td>
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<tr>
<td>University City</td>
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<tr>
<td>Valley Park</td>
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<td>Webster Groves</td>
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*Collection shared through the Consortium
## St. Louis County Libraries by Sub-area and Services

<table>
<thead>
<tr>
<th>Inner North</th>
<th>Social Program</th>
<th>Fitness/Health Programs</th>
<th>Health Screenings</th>
<th>Cultural Programs</th>
<th>Technology Assistance</th>
<th>Finance/Tax Assistance Programs</th>
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</thead>
<tbody>
<tr>
<td>Indian Trails</td>
<td>Book clubs; Chess club; Needlework club</td>
<td>Aerobics; OASIS Diabetes class</td>
<td></td>
<td></td>
<td>Book-A-Trainer</td>
<td>AARP-Tax Assistance</td>
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<tr>
<td>Lewis &amp; Clark</td>
<td>Book club</td>
<td></td>
<td></td>
<td></td>
<td>Book-A-Trainer</td>
<td></td>
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<tr>
<td>Natural Bridge</td>
<td>Bingo; Knitting; Crafts; “Read with Me” program</td>
<td>Golden Warriors Fitness Troupe</td>
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<td>Tech Talks</td>
<td>AARP-Tax Assistance</td>
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<tr>
<td>Rock Road</td>
<td>Knitting; Writing club; Book club</td>
<td>OASIS Diabetes class</td>
<td>Hearing screenings</td>
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<td>Computer classes; help with E-readers; Resume help</td>
<td>Tax Assistance through Maryville University</td>
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</table>

<table>
<thead>
<tr>
<th>Outer North</th>
<th>Social Program</th>
<th>Fitness/Health Programs</th>
<th>Health Screenings</th>
<th>Cultural Programs</th>
<th>Technology Assistance</th>
<th>Finance/Tax Assistance Programs</th>
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<tbody>
<tr>
<td>Bridgeton Trails</td>
<td>Crafts; Book Bingo; Computer club; Book club; Discussion group</td>
<td>Meditation</td>
<td>Hearing screenings</td>
<td>Remembering Bridgeton</td>
<td>Book-A-Trainer; Computer classes; Tech Talks</td>
<td>AARP Tax Assistance</td>
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<tr>
<td>Florissant Valley</td>
<td>Game nights; Book Club; Needlework</td>
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<td></td>
<td></td>
<td>Book-A-Trainer; Computer classes; Tech Talks</td>
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<tr>
<td>Jamestown Bluffs</td>
<td>Crafts; Book club; Movies; Cards; Needlework; Newshounds; Computer club</td>
<td>Tai Chi; Operation Food Search Cooking Classes; Zumba</td>
<td>Mammography van</td>
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<td>Tech Talks</td>
<td>AARP Tax Assistance</td>
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<tr>
<td>Prairie Commons</td>
<td>Book Bingo; Scrapbooking; Book club; Gardening</td>
<td>Yoga; Zumba</td>
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<td>Book-A-Trainer; Computer classes; Tech Talks</td>
<td>AARP Tax Assistance</td>
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<thead>
<tr>
<th>South</th>
<th>Social Program</th>
<th>Fitness/Health Programs</th>
<th>Health Screenings</th>
<th>Cultural Programs</th>
<th>Technology Assistance</th>
<th>Finance/Tax Assistance Programs</th>
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<tbody>
<tr>
<td>Cliff Cave</td>
<td>Banjo club; Conversation club; Book clubs; Needlework club; Gardening Club</td>
<td>Eating Smart, Being Healthy (U of MO Extension)</td>
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<td></td>
<td>Tech Talks; Computer club; Computer classes</td>
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<tr>
<td>Meramec Valley</td>
<td>Book club; Needlework; News club</td>
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<td>Tesson Ferry</td>
<td>Bingo; games; Crafts; Book Club; Senior trivia; Whirlybirds; LEGO group meetings</td>
<td>Yoga; Type 2 diabetes classes</td>
<td>Skin screening; depression screening</td>
<td>History programs; display of artist works</td>
<td>Tech Talks; Computer club; computer classes</td>
<td>Budget and finance talks</td>
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<td>Weber Road</td>
<td>Book club; Craft club; Knitting club; cards; News club</td>
<td>Yoga</td>
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<td>Tech Talks; Computer classes</td>
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<td>Central &amp; West</td>
<td>Social Program</td>
<td>Fitness/Health Programs</td>
<td>Health Screenings</td>
<td>Cultural Programs</td>
<td>Technology Assistance</td>
<td>Finance/Tax Assistance Programs</td>
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<td>Daniel Boone</td>
<td>Book club; Chess club; Card games;</td>
<td>Yoga; Meditation</td>
<td>Mobile Mammography</td>
<td>Author events;</td>
<td>Tech Talks</td>
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<td>Coupon saving; Knitting club;</td>
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<td>Van (St. Luke's)</td>
<td>Speaker series; Missouri History</td>
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<td></td>
<td>various social events</td>
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<td>Book-A-Trainer; Tech Talks</td>
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<td>Grand Glaize</td>
<td>Book Bingo; Card games; movies; Writer's workshop; Needlework Brain games</td>
<td>Falun Gong; OASIS Better Choices, Better Health class</td>
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<td>Travelogues</td>
<td>Book-A-Trainer; Computer classes; Tech Talks</td>
<td>AARP Tax Assistance; Affordable Health Care-CAASTLC</td>
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<td>Mid-County</td>
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<td>Lectures on history, photography and travel</td>
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<td>Tech Talks; Computer classes</td>
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<td>Sachs</td>
<td>Crafts; Knitting group; Movies</td>
<td>Tai Chi; Nutrition classes; Mental health programs - on memory/brain</td>
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<td>History programs; Dance Programs</td>
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<td>International dance</td>
<td>Book-A-Trainer; Tech Talks</td>
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</tbody>
</table>

December 2014 - St. Louis County, Missouri