

Revised June 1971

Alabama Commission on Aging
740 Madison Avenue
Montgomery, Alabama 36104

NOTIFICATION OF GRANT AWARD

(For State agency use only)		Project identification no. <u>04</u>	
		Project year of this grant: ☐ First ☒ Second ☐ _____ Beginning <u>10-1-71</u> , ending <u>9-30-72</u>	
Type of grant or action: ☒ New or continuation ☐ Revision of earlier grant ☐ Supplement to earlier grant		Reinstatement of: ☐ Suspended project ☐ Terminated project	
		Approved project period: Beginning <u>10-1-70</u> , ending <u>9-30-73</u>	
		Fiscal year from which funds awarded: FY <u>1971</u>	
Name and address of project Montgomery Parks and Recreation Dept. 1010 Forest Avenue Montgomery, Alabama 36106		Name and address of grantee 1010 Forest Avenue Montgomery, Alabama 36106	
APPROVED COST		COMPUTATION OF GRANT	
Cost categories	Amount		
Personnel.....	\$ 29,802.00	1. Estimated total cost..... <u>42,018.00</u>	
Travel.....	1,600.00	2. Less anticipated project income.....	
Building space.....		3. Estimated net cost..... <u>42,018.00</u>	
Communications and utilities...	150.00	4. Non-Federal share of net cost.. <u>17,486.00</u>	
Printing and supplies.....	6,984.00	5. Federal share of net cost..... <u>24,532.00</u>	
Equipment.....		6. Federal share will be comprised of:	
Other.....	3,482.00	(A) Federal grant unearned in previous project year(s)..... <u>N/A</u>	
Total direct cost	42,018.00	(B) New obligational authority herein awarded..... <u>24,532.00</u>	
Indirect cost <u>N/A</u> % of \$ _____ base			
Estimated total cost	\$ 42,018.00		
REMARKS: In addition to the conditions contained in the agreement on the application form, the conditions checked below apply to this grant:			
1. ☒ Unless revised, the amount on Line 6 above, COMPUTATION OF GRANT, will constitute a ceiling for Federal participation in the approved cost.			
2. ☒ The Federal share of a project cost is earned only when the cost is accrued and the non-Federal share of the cost has been contributed. Receipt of Federal funds (either through advance or reimbursement) does not constitute earning of these funds.			
3. ☒ If the actual net cost is less than the amount on Line 3 above, COMPUTATION OF GRANT, the non-Federal share will meet <u>40</u> % and the Federal share will meet <u>60</u> % of the cost for the net cost for the project year of this grant.			
4. ☐ Assuming satisfactory progress, adequate justification, and the availability of funds, the Federal share will meet <u>3</u> % of an estimated net project cost of \$ _____ for the cost project year.			
5. ☐ Funds herein awarded will remain available during the length of the project period.			
6. ☐ Of the amount on Line 4 above, COMPUTATION OF GRANT, the State Agency will meet \$ _____ The conditions which apply to the expenditure of this State grant are attached.			
7. ☐ In accepting the grant herein awarded for support of the expanded portion of its existing program, the grantee agrees to maintain expenditures for the existing program at the amount of \$ _____ during the approved project period.			
8. ☒ Other (use reverse side).			
Name and title of authorizing official Rangett W. Eaton - Ex. Dir.		Signature <i>Rangett W. Eaton</i>	Date of issuance 6-25-71

Conditions and Modifications to be Implemented in the Project:

1. All expenditures for supplies, equipment and other budget items not specifically designated in the budget will be cleared with the Commission on Aging if the item or unit cost is \$500.00 or more.
2. Grantee contribution to total project cost will be not less than 40% of said costs.
3. All changes and modifications in the original funded budget and program will be requested of the Commission on Aging in writing, and will not be implemented in project until written permission is granted by the Executive Director of the State Agency.
4. During this project year, positive plans will be made by the project's governing body to insure that the project will be self-sustaining at the end of the third project year.

Grantee Acceptance:

"On behalf of grantee, I agree to operate this project in accordance with the proposal, and all conditions and any modifications as presented on this notification of Grant Awarded."

Signed Edith J. P. Kurch
Dated June 30, 1971

MONTGOMERY SENIOR SERVICE PROJECT

Budget Request

1971 - 72

DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE
Social and Rehabilitation Service
Administration on Aging
Washington, D.C. 20451

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ACOA-303
4/71

APPLICATION FOR PROJECT GRANT
Under Title III of the Older Americans Act

(FOR STATE AGENCY USE)

I. GENERAL INFORMATION

Name of proposed project Montgomery Senior Service Project	
Name, address, and phone number of applicant organization Montgomery Parks and Recreation Dept. 1010 Forest Avenue Montgomery, Ala. 36106	Address at which proposed project will be conducted (Street, City, County, State) See attachment # 1
Type of proposed project: ☒ Direct services ☐ Community planning and coordination ☐ Training of special personnel	Name of project director, supervisor, or coordinator Mrs. Mary Lee Henderson
Proposed project period Beginning 10/1/70 and ending 9/30/73	Project year for which funds are herein requested Beginning 10/1/71 and ending 9/30/72

II. COMPUTATION OF FUNDS REQUESTED

	Project year for which funds are requested	Subsequent project year
A. ESTIMATED TOTAL COST (Totals from Sec. III).....	42,893.00	45,691.60
B. LESS ESTIMATED PROJECT INCOME (Totals from Sec. V).....	NA	Na
C. ESTIMATED NET COST (Subtract B from A).....	42,893.00	45,691.60
D. LESS APPLICANT'S PROPOSED CONTRIBUTION (Totals from Sec. IV).....	17,390.96	22,845.80
E. AMOUNT REQUESTED (Subtract D from C).....	25,502.04	22,845.80

(FOR STATE AGENCY USE)

TERMS AND CONDITIONS: It is understood and agreed by the undersigned that: 1) funds granted as a result of this request are to be expended for the purposes set forth herein and in accordance with all applicable laws, regulations, policies, and procedures of this State and the Administration on Aging of the U.S. Department of Health, Education, and Welfare; 2) any proposed changes in the proposal as approved will be submitted in writing by the applicant and upon notification of approval by the State Agency shall be deemed incorporated into and become a part of this Agreement; 3) the Attorney General's Act of Compliance (Form AOA-441) with the Department of Health, Education, and Welfare Regulation issued pursuant to Title VI of the Civil Rights Act of 1964 applies to this proposal as approved; 4) funds awarded by the State Agency may be terminated at any time for violations of any terms and conditions of this Agreement.

Name and title of individual authorized to commit applicant organization to this Agreement

Erich J. Zupkovich 5/20/1971
(Signature)

III. ESTIMATED PROGRAM BUDGET

COST CATEGORIES	PROGRAM ACTIVITIES				TOTAL
	Recreation	Transpor.	Vol. Ser.	Counseling Refer.	
PERSONNEL (Itemized)					
Henderson (Salary)	1,617.50	1,617.50	1,617.50	1,617.50	6,470.00
(Fringe Benefit)	84.24	84.24	84.24	84.24	336.96
McMaster (Salary)	5,460.00		682.50	682.50	6,825.00
(Fringe Benefit)	233.92		35.49	35.49	354.90
Secretary (Salary)	1,087.50	1,087.50	1,087.50	1,087.50	4,350.00
(Fringe Benefit)	56.55	56.55	56.55	56.55	226.20
Bailey (Salary)		4,612.50			4,612.50
(Fringe Benefit)		239.85			239.85
Williams (Salary)	4,784.00		598.00	598.00	5,980.00
(Fringe Benefit)	248.78		31.09	31.09	310.96
TRAVEL		4,600.00			4,600.00
BUILDING SPACE					
COMMUNICATIONS AND UTILITIES	37.50	37.50	37.50	37.50	150.00
PRINTING AND SUPPLIES	7,154.63		100.00	100.00	7,354.63
EQUIPMENT (Itemized)					
Training	200.00		200.00	200.00	600.00
Miscellaneous	200.00		50.00	50.00	300.00
Insurance		182.00			182.00
TOTAL DIRECT COST	21,214.62	12,517.64	4,580.37	4,580.37	42,893.00
INDIRECT COST %	NA	NA			NA
TOTAL COST	21,214.62	12,517.64			42,893.00
INCOME	NA	NA			NA
NET COST	21,214.62	12,517.64			42,893.00
PERCENT SHARE 59.45%					

SECTION VI. ESTIMATED PROGRAM OUTPUT (complete as applicable)

1. Unduplicated number of older persons to be served directly..... 14,000
12,500
2. Unduplicated number of low income persons to be served.....
3. Unduplicated number of older volunteers to serve project.....
4. Unduplicated number of older persons to be reached through mass media.....
5. Geographic location of project (check one) ☐ Rural ☒ Urban
6. Will project serve model city neighborhood? ☐ Yes ☒ No
7. Services to be provided through ☒ Senior center ☐ Day care center ☐ Other
8. Direct service activities:

Service or Activity	Number of older persons to be served
Personal care and health aide.....	NA
Home maintenance/companionship services.....	NA
Center type placement.....	NA
Meals programs: Total number meals served each week.....	
Number times meal to be served each week.....	NA
Facilitation of health services.....	200
Information referral and counseling.....	NA
Employment referrals: Number to be referred or trained.....	NA
Number to be placed in jobs.....	3,000
Transportation.....	480
Self education.....	1,800
Community senior volunteer opportunity.....	8,520
Recreation and other free time activities.....	

9. Training of special personnel:

Number of older persons to be trained.....	
Number of older persons to be trained.....	
Total hours of course length.....	
Specific occupation or activity for which persons are to be trained.....	

10. Community planning and coordination:

Area to be served by planning activity:	
☐ Neighborhood(s) only	
☐ City wide	
☐ County wide	
☐ Area wide (multi-county)	
Estimated number of older persons (65 and over) located in planning area.....	

11. Target groups of project:

	Number
Negro.....	3,500
American Indian.....	
Spanish surname.....	10,500
All other.....	

Notes: Sections VII, VIII, IX, and X should be completed according to the instructions and attached to this form prior to submittal to the State agency.

ASSURANCE OF COMPLIANCE WITH THE DEPARTMENT OF
HEALTH, EDUCATION, AND WELFARE REGULATION UNDER
TITLE VI OF THE CIVIL RIGHTS ACT OF 1964

Montgomery Parks and Recreation Dept. (herein-

(Name of Subgrantee or Secondary Recipient)

after called the "Subgrantee") HEREBY AGREES THAT it will comply with Title VI of the Civil Rights Act of 1964 (P.L. 88-352) and all requirements imposed by or pursuant to the Regulation of the Department of Health, Education, and Welfare (45 CFR Part 80) issued pursuant to that title, to the end that, in accordance with Title VI of that Act, and the Regulation, no person in the United States shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity for which the Subgrantee receives Federal financial assistance from Title III Older American Act, a recipient of

(Name of Grantor)

Federal financial assistance from the Department (hereinafter called "Grantor"); and HEREBY GIVES ASSURANCE THAT it will immediately take any measures necessary to effectuate this agreement.

If any real property or structure thereon is provided or improved with the aid of Federal financial assistance extended to the Subgrantee by the Grantor, this assurance shall obligate the Subgrantee, or in the case of any transfer of such property, any transferee, for the period during which the real property or structure is used for a purpose for which the Federal financial assistance is extended or for another purpose involving the provision of similar services or benefits. If any personal property is so provided, this assurance shall obligate the Subgrantee for the period during which it retains ownership or possession of the property. In all other cases, this assurance shall obligate the Subgrantee for the period during which the Federal financial assistance is extended to it by the Grantor.

THIS ASSURANCE is given in consideration of and for the purpose of obtaining any and all Federal grants, loans, contracts, property, discounts or other Federal financial assistance extended after the date hereof to the Subgrantee by the Grantor, including installment payments after such date on account of applications for Federal financial assistance which were approved before such date. The Subgrantee recognizes and agrees that such Federal financial assistance will be extended in reliance on the representations and

AoA Form 441 (To be completed by applicant for any grant from the State Agency designated to implement the Older Americans Act. Where provision of facilities is involved, NEW Form 441 is to be executed.)

agreements made in this assurance, and that the Grantor or the United States or both shall have the right to seek judicial enforcement of this assurance. This assurance is binding on the Subgrantee, its successors, transferees, and assignees, and the person or persons whose signatures appear below are authorized to sign this assurance on behalf of the Subgrantee.

Dated May 20, 1971 Montgomery Parks and Recreation Dept
(Subgrantee)

By 
(President, Chairman of Board, or
comparable authorized official)

Montgomery Parks and Recreation Dept.

1010 Forest Avenue 36106 Title Superintendent
(Recipient's mailing
address)

ADDRESS AT WHICH PROPOSED PROJECT WILL BE CONDUCTED

Multi-service Center	1301 Adams Avenue
Eellingrath Community Center	70 West Edgemont Avenue
Capitol Heights Community Center	206 Federal Drive
Carver Community Center	3180 Oak Street
Floyd Community Center	630 Augusta Street
Houston Hill Community Center	207 North Hall Street
Cloverdale Community Center	1155 Fairview Avenue
Loveless Community Center	West Jeff Davis Avenue
Goodwyn Community Center	Perry Hill Road
Golden Age Club	316 Church Street

SECTION VII - PLAN FOR THE PROJECT

A OBJECTIVES

1. The objectives of the 1971-72 Montgomery Senior Service Project are basically the same as 1970 - 71. However, the emphasis on some programs will change.

- a. Leisure Time Activities

Leisure time activities will continue to be first on the priority list. The number of participants this year has been greater than anticipated, with the majority coming from the lower socio-economic group. During the coming year, a larger variety of low-cost activities will be introduced and present activities will be expanded.

- b. Transportation

The increased number of low-income participants has necessitated the enlargement of our transportation program. In February, a full-time bus driver was employed and a used school bus was purchased and renovated. The bus has been used for transporting participants to the various activities of our program. In addition, a regularly scheduled shopping service is offered each week. This service has been well received and there is a need to expand the service to include larger numbers of people. A twelve-passenger van has been ordered. Request has been made for a six-passenger station wagon. When the three vehicles are in operation, it will be possible to provide an adequate transportation service to individuals and groups of the elderly.

- c. Community Senior - Volunteer Opportunities.

During the past year, our participants have been involved in a number of worthwhile community service projects. These activities help to render service and relate the program to the community; they also provide a satisfying and pleasant experience for the members of the group. More emphasis will be placed on this phase of the program during the coming year, and efforts will be made to involve more people in a wider variety of service projects.

d. Counseling, Referral Service

Through our counseling and referral program, the need for adult education classes was determined. Plans have been made to begin classes in primary reading skills. Groups will meet in two locations and the service will be extended to other Centers as the need arises.

A working relationship with various services agencies in the community, has been established, and regularly scheduled informational meetings are conducted by the agency representatives. These include: T.B. Association (including chest X-rays), Cancer Society, Social Security, etc. Programs on Safety, Medicaid, Food Stamps, and Safety have been offered. We will continue to expand and emphasize this phase of the program.

2. The Montgomery Parks and Recreation Department has conducted a program for Senior Citizens for many years. Information gained from this program and the data from the F.I.N.D. Survey were used to determine the basic objectives of the Project. After a year of operation, the need to emphasize other areas was realized.
3. The F.I.N.D. Survey is based on information obtained directly from the elderly. Participants in the Project are encouraged to make suggestions and to participate in program planning.

B. ADMINISTRATION

1. Organization of Applicant Agency

- a. The Montgomery Parks and Recreation Department was organized in 1948, and is a division of the municipality of the City of Montgomery, Alabama. Funds for the operation of the Department are obtained from the regular City budget. (Organizational chart attached.)
- b. For the past twenty-two years the Montgomery Parks and Recreation Department has conducted a leisure time program for the citizens of Montgomery. The Department operates thirteen well-equipped community centers, geographically located and staffed with trained personnel. However, the Senior Citizens Program has been limited to a small group of the lower and middle socio-economic group in one geographic location. The first year funding from Title IV of the Older American Act has enabled the Department to expand the Senior Citizen Program to six other locations and to include a greater number of people.

2. Project Director

- a. The project director serves under the direct supervision of the personnel supervisor of the Montgomery Parks and Recreation Department. She has no other function in the Department.
- b. The qualifications of the project director were determined by the Montgomery City-County Personnel Department. They are: considerable experience in the field of social work or recreation including some supervisory experience; and graduation from a recognized college or university with at least a minor in education, recreation, or a related field; or comparable on-job experience and training.
- c. She has had three years of college work towards a B.S. Degree in Education and Home Economics, twelve years supervisory experience and training with the Red Cross, Community Action Agency, and Welfare Department.

3. Project Personnel

- a. The following staff members are now employed in the project:

- (1) Project Supervisor: Coordination of Senior Service Project with total program of Montgomery Parks and Recreation Department; Interviewing and placing personnel certified by the Personnel Department; Supervision of personnel; Assistance with organization of project and development of program; Assistance with training of personnel and volunteers; Approve all expenditures; Assistance with records, reports and programming as needed; Assistance in interpreting project to the community; Approve publicity before release.
- (2) Project Director: Assistance with organization and development of Senior Service Project; Coordination of program of Multi-service Center and Satellite Centers; Assistance with training; Recruitment of volunteers; Assistance in interpreting project to community; Assistance with program planning; Assistance with coordination of Project and other organizations and agencies in the community.
- (3) Multi-Service Center Director: Responsible for daily program of Multi-Service Center; Responsible for daily reports and records of Center.
- (4) Recreation Leader: Responsible for assistance with daily program, records, and reports of Multi-Service Center.
- (5) Secretary: Keeping records and reports of Senior Service Project; Act as receptionist; Responsible for filing and mimeographing; Performs other secretarial functions.
- (6) Bus Driver: Responsible for transportation; Drives vehicles and checks them for maintenance.

The members of the staff attend all in-service training of the Montgomery Parks and Recreation Department. This includes: Courses in Human Relations, Communications, Recreation Skills, Philosophy, Program Planning, Professional Ethics and Grooming, etc. The staff also attends the annual state-wide workshop on Senior Citizen Recreation and the annual conferences of the Alabama Recreation and Parks Society. Attendance at other conferences and seminars will be limited to the funds that are available.

- b. The Project Director, Multi-Service Center Director, Leader I and Bus Driver all fall within the older age group as determined by the guidelines of the 1971 White House Conference on Aging.

4. Relationship to Other Programs

- a. Not applicable.
- b. Volunteers and professional staff members from all agencies and interested individuals will be used to assist with programs, counseling, and in motivating the elderly to participate in the activities and services of the Senior Service Project. These agencies will be kept apprised of the program of Project and urged to refer the older adults to the Senior Service Center. The Project will refer participants to these agencies when their services are needed. Conferences with the staff of these agencies will assure good communications.

5. Public Information

- a. Newspaper articles and feature stories are carried by both local newspapers on a regular basis. The Project publishes two monthly newspapers which are sent to over 700 elderly citizens. Cooperating agencies are furnished information concerning the Project which is used in their publications. Other news media-- radio and television, will be enlisted to assist with publicizing the Project.
- b. Regular visitation programs will be employed. Also, welfare workers and staff members of cooperating agencies will be used to help inform the home-bound and those in isolated areas.
- c. Copies of the monthly Project newsletters will be sent to all cooperating agencies. Conferences, letters, and other means of communication will be used to keep other agencies informed of the Project. A luncheon and reception was held at the Multi-Service Center for all social workers and professional members of related agencies to acquaint them with the program of the Project. A similar event will be held this year.

6. Advisory Committee

The Board of Directors of the Montgomery Parks and Recreation Department serves as an Advisory Committee for the Project. The Board is composed of five laypersons appointed by the City Commission. This Board is charged with the responsibility for the operation of the entire department. In addition to this Board, the Residence Council of the Multi-Service Center assists with the planning and execution of the Project program. This council is composed of the one hundred

residents of Richardson Terrace Apartments. All members are in the older adult age group.

7. Project Evaluation

- a. The administrative staff and board of the Montgomery Parks and Recreation Department will periodically review the overall program to insure policies are in keeping with the Guidelines of Title III of the Older American Act, objectives of the Project, and the policies of the Montgomery Parks and Recreation Department. The Project Supervisor and Project Director hold regular conferences to evaluate the program.
- b. The Supervisor-Director Conferences are held weekly. The evaluation by the Board of Directors will be held twice a year.

8. Local Financial Support

Plans for financial support of the project after termination of Older Americans Act support: At the end of the proposed project period (September 30, 1973) the Senior Service Project will become a part of the regular program of the Montgomery Parks and Recreation Department. It will be included in the 1973-74 budget of the Montgomery Parks and Recreation Department. The community will be encouraged to continue to support and contribute to the Project, by assistance with programs and financial assistance with special projects.

SECTION VIII, PROGRAMS FOR DIRECT SERVICE PROJECTS ONLY

1. Service Area

The area to be served includes the entire Montgomery County area.

2. Characteristics of Aged

The characteristics of the older persons to be served are described in the attached pages from the F.I.N.D. Report made in Montgomery County in 1969 under the direction of the Bio-statistical Department of the University of Alabama.

3. Description of Activities

The four services of the Project include: Leisure time Activities, Transportation, Community Senior Volunteer Opportunities, and Counseling, Referral Service. A Multi-Service Center was established at Richardson Terrace, a one-hundred apartment housing complex for elderly persons. The complex is operated by the Housing Authority of the City of Montgomery. The entire recreational area of the building and grounds have been made available the Montgomery Parks and Recreation Department to operate the Senior Service Project. In addition to this Center, six satellite centers have been established in Community Centers operated by the Montgomery Parks and Recreation Department. Plans are being made to include five other community centers in the Project. These Centers are geographically located in all socio-economic sections of the community, making the services of the Project available to all elderly citizens. Transportation will be provided where needed.

Program components:

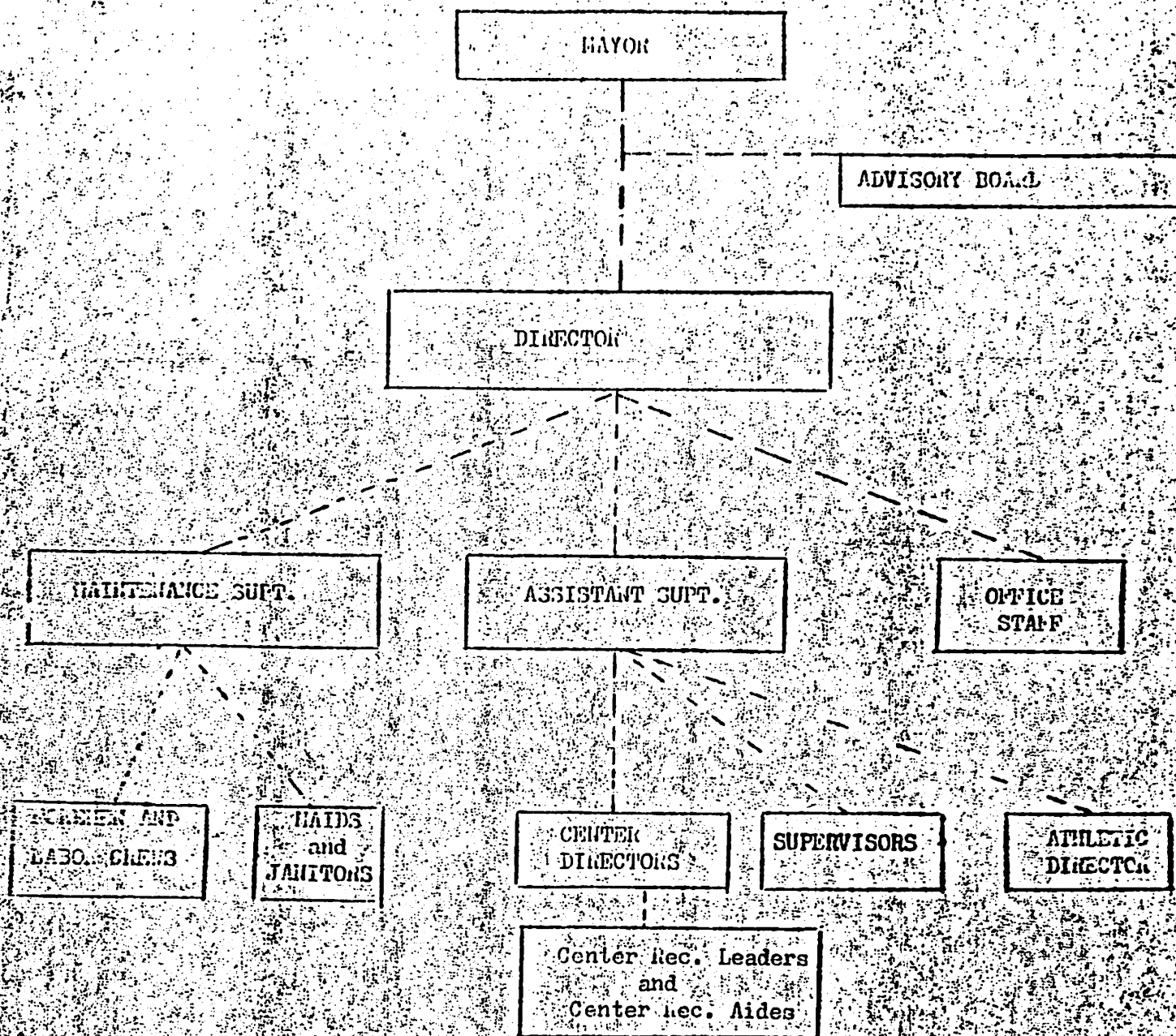
- a. Leisure time program will include all types of recreation activities that are suitable for elderly people. These will be carried on in the Multi-Purpose Center, in the Satellite Centers, at city-wide events, and in outdoor areas.
- b. Transportation. The transportation fleet will consist of a renovated school bus to transport large groups of participants to recreation activities, educational tours, and community volunteer service sites. The bus seats thirty-six people. A twelve-passenger station van will be used to take smaller groups to these same areas, as well as to clinics shopping, visitation, churches, and community events. The six-passenger station wagon will be available to provide these same services to individuals when needed. A qualified bus driver is a permanent member of the staff and is in charge of the transportation fleet.

- c. Community Senior-Volunteer Opportunities. Opportunities to participate in Community Service Projects in the Community will be made available to the elderly. A card file will be kept on the services that are needed and the participants that are capable of fulfilling them. The Project Director will contact the various service agencies in the community to enlist their support in assisting with this program. The elderly will be encouraged to participate. Transportation will be provided.
- d. Counseling, Referral Service. Opportunities will be provided for the participants to confer with the professional staff of these, and other, agencies for the alleviation of personal problems. A referral system will be established to refer participants to agencies for further assistance. In addition, the Project staff will be available for private conferences. A card file will be kept on all referrals and conferences. The Project Director will be responsible for follow-up on all referrals.

All four components of the program have been initiated and will continue for the duration of the Project.

- a. The needs, interests, and wishes of the elderly citizens of the community were determined in the F.I.N.D. Survey. This survey has been studied and evaluated and the objectives and program of the Project have been based on this report. In addition, the participants are included in program-planning sessions, serve on committees and are encouraged to offer suggestions.
- b. There are no requirements to be met for participation in the program.
- c. The entire program of the Montgomery Parks and Recreation Department is in complete compliance with the Civil Rights Act. All older persons, regardless of race, ethnic origin, economic status, religious affiliation, etc. are invited and encouraged to take part in the program. Program activities and services are planned to meet the needs and wishes of all groups.
- d. The Project Director coordinates the entire program in the community. The Director and Recreation Leader of the Multi-Service Center are responsible for the Center Program and for the referrals of participants in the center. The Bus Driver is responsible for all transportation. The Secretary keeps all records.

c. Multi-Service Center includes: large recreation room, kitchen, arts and crafts room, office, lobby, restrooms, and outside recreation area. Satellite centers include gymnasiums, club rooms, kitchens, arts and crafts rooms, athletic fields, office, and lobby. All buildings meet the City of Montgomery codes for fire, safety, and sanitation and are inspected regularly. All buildings are completely equipped with all necessary equipment for a full recreation program. A renovated school bus, a new twelve-passenger station van and a new six-passenger station wagon comprise the transportation fleet.



ORGANIZATIONAL CHART OF ADMINISTRATIVE AND
SUPERVISORY AUTHORITY OF THE MONTGOMERY PARKS AND Recreation Dept.

Chapter 1

Introduction

"...for most persons, old age means economic desperation." Gabriel Kolko.

1. Who are the "older" people in Montgomery County?

They are the 15.6 thousand persons 65 years old and older in 1969, plus the 6.5 thousand between the ages of 60 and 64. Of the entire 22.1 thousand, 2/3 are white and 2/3 are female.

They are a growing proportion of the population. From April 1, 1960 to July 1, 1967, Alabama population increased by 8.2 per cent. During the same period, the population 65 years old and older increased by 15.7 per cent^{1/}, and it appears that the proportion will continue to increase.

They are the 14.0 thousand whites, 75 per cent of whom were born in Alabama, and the 8.1 thousand nonwhites, nearly 95 per cent of whom were born in Alabama, half of them in Montgomery County.

They are the people whose average residence at their present address is 12 to 14 years. And 1/4 of the whites and 1/3 of the nonwhites among them have been at their present address for at least 20 years.

They are the 5.2 thousand white males with an average of 9.9 years of schooling, 8.8 thousand white females with 10.1 years, the 3.1 nonwhite males with 4.7, and the 5.0 thousand nonwhite females with 5.5 years.

They are those married and living with spouse: 80 per cent of the white males, nearly 70 per cent of the nonwhite males, and but 36 per cent of the white females and 27 per cent of the nonwhite females.

They are those most apt to be widowed: 74 per cent of white females 72 years old and older, and 77 per cent of nonwhite females in the same age group.

1. U.S. Dept. of Comm., Bur. of the Census, Current Population Reports, Series P-25, No. 420, April 17, 1969, Table 3. During the same period, the population 18 to 44 years old increased by 11.9 per cent.

They are those, 1/3 to 1/2 of whom have no children or stepchildren living in Montgomery County, and those, 1/2 to 3/4 of whom are without brothers or sisters living in the County.

They are those, even the most favorably situated of whom do not see their relatives as often as they would like.

They are those, except for the relatively few newcomers or recent movers, most of whom have close friends in the neighborhood.

II. What is their economic status?

Many are "poor" or "very poor:" Nearly 3 thousand whites and 6 thousand nonwhites, 60 per cent of both groups being females.

Many are without employment income, even at ages 60 to 64 years: 25 to 30 per cent of males and 60 to 65 per cent of females.

Almost none have employment income at age 72 and over: 85 to 90 per cent of males and 90 to 95 per cent of females.

An increasing proportion is self-employed part-time if employed at all as age increases.

Many in poor circumstances, especially nonwhite females, are receiving help from relatives or children quite possibly not in substantially better circumstances.

Many, especially the oldest, report incomes lower than 10 years ago.

Many save nothing and have no emergency reserves: 69 per cent of the males and 77 per cent of the females; a range of 39 per cent of the "rich" to over 97 per cent of the "very poor."

Many find it difficult to meet current expenses, especially for doctors' fees, medicine and drugs, and food.

Many of those in the 65 to 71 year old group do not receive Social Security income: 40 per cent of white males, 24 per cent of white females, about 28 per cent of nonwhites, both male and female.

At age 72 and over, need is inversely related to the proportion who do have Social Security income: white males, 85 per cent; white females, 79 per cent; nonwhite males, 73 per cent; nonwhite females, 61 per cent.

III. What about housing and living arrangements?

Most of those at the top of the economic scale live with their spouse in an "owned" house. If rent or house payments are made, they average over \$100 a month.

At the bottom of the economic scale, most live with children, grandchildren or relatives in a rented facility for which the average monthly payment is about \$30 for nonwhites and \$40 for whites.

Women are especially hard put in their living arrangements, 30 to nearly 37 per cent of the ones 72 years old or older living alone—about 1½ times the rate for men. Even in the 60 to 71 year old group, 23 to 30 per cent of females report living alone.

Overall, the women, the oldest, the poorest and the least healthy are most apt to live alone, and if not alone, then with children, grandchildren, or relatives probably no better off financially than they are.

About 1.1 thousand whites and 3.8 thousand nonwhites live in dwellings in poor or very poor repair. Including dwellings classified as being in "fair" repair, the totals increase to 4.1 thousand for whites and 6.0 thousand for nonwhites.

Overall, about 20 per cent of the 60+ population live in housing whose repair is highly inadequate, and 25 per cent in housing whose repair is inadequate.

Almost everyone has electricity and a mechanical refrigerator.

Those most in need of access to the outside community, the oldest and those living alone, are least apt to have a telephone in the house. Approximately 40 per cent of males and 20 per cent of females living alone, and 43 per cent of males and 23 per cent of females 72+ years of age report not having a telephone.

Almost all urban whites have running water. In one urban stratum about 20 to 40 per cent of nonwhites don't have running water. In rural Montgomery County 7 per cent of whites and 73 per cent of non whites are without running water.

Ownership of a hot water heater with storage tank is a white, urban refinement, essentially 100 per cent of urban whites reporting one as against 80 per cent of rural whites, 85 per cent of urban nonwhites, and 20 per cent of rural nonwhites. Those oldest and living alone are least apt to have one—over 30 per cent of persons 72+ and living alone, white and nonwhite combined. Overall, about 15 per cent of those 60+ years old do not have a dwelling equipped with a hot water heater.

Ownership of a nonportable house heating device is almost 100 per cent among urban whites, about 84 to 89 per cent for urban nonwhites, 92 per cent for rural whites, and 43 per cent for rural nonwhites. Overall, 10 to 11 per cent of the 60+ population live in a house without permanently installed heating equipment. But, 13 per cent of females, and 22 per cent of males 72+ years old and living alone do not have such equipment.

Ten to nearly 30 per cent of nonwhites in the 3 strata in Montgomery City and 80 per cent in rural Montgomery County do not have an indoor toilet. In the City, white ownership of such a facility is almost 100 per cent; in rural Montgomery County, about 84 per cent. Overall, 12 per cent of the 60+ population do not live in a dwelling with an indoor toilet.

Ownership of an electric or gas cooking stove is essentially 100 per cent for both urban and rural whites, something less than universal for urban nonwhites, and 60 per cent for rural nonwhites.

Ownership of an automobile and of a washing machine are lumped together because ownership patterns are similar. Ownership of both items is relatively low for older people, and most markedly so for the oldest, the nonwhites, and those living alone. Rural/urban ownership rates are alike within races (60 to 70 per cent for whites and 28 to 35 per cent for nonwhites) and lowest for 72+ females living alone, only 17 per cent reporting ownership of an automobile and 28 per cent a washing machine.

Ownership of a TV or radio set is least frequent for nonwhites, the oldest, and those living alone. For example, of persons 72+ years old and living alone, 25 per cent of females and 35 per cent of males do not have a TV set.

In summary, ownership of, or access to, things making for accessibility, mobility, and minimum adequate, comfortable living is greatest for urban whites and least for the oldest, the rural, the nonwhites, and those living alone. Even such less elegant twentieth century embellishments as running water and an indoor toilet are not available to all, even in Montgomery City.

IV. What about health and nutrition?

As a measure of general health, 80 per cent or more of the 60 year old and older population reports being able to get out and around. The proportion is a function of income, ranging downward from an average of 93 per cent at the top end of the economic scale. Getting about also is a function of age with the proportion for those under 72 years of age 10 percentage points higher than for those 72 or older. Overall race and sex differences, apart from age and economic differences, are negligible.

As income decreases, the proportion of the 60+ population ever having had any medical, dental, eye, foot, etc. care decreases. For example, 5 per cent of the very poor report never having been to a medical doctor, 24 per cent never having been to a dentist, and 40 per cent never having had an eye examination. In contrast, at the other end of the economic scale, the figures range from zero to 3.5 per cent as against the 5 to 40 per cent cited.

Also, the poorest who have had any health care, usually are least apt to have had any recently.

Over 4 times as many nonwhites as whites report never having been hospitalized. As one goes down the economic scale, one finds an average of 6 per cent at the top end, and nearly 40 per cent at the bottom end who never have been hospitalized.

Few of the older people have all of their teeth. But having and using artificial teeth when natural teeth are missing is strongly a function of income. Of those with missing teeth, over 90 per cent at the top end of the economic scale have and use artificial teeth; only 40 per cent at the bottom end of the scale. Between 4 and 5 thousand persons 65 years old or older and with missing teeth do not have artificial teeth. If the 60 to 64 year old group is included, the counts must be increased by 30 to 40 per cent.

About 3 thousand 60+ persons never have had an eye examination, and another 12 thousand who have had one, did not have it within the last year.

About 1 to 2 thousand 60+ persons need glasses and do not have them.

Perhaps as many as 500 to 700 are blind, or functionally so.

About 4 to 5 thousand report trouble with hearing without ownership of a hearing aid.

About 4.9 to 6.5 thousand report foot trouble without ownership of special shoes or braces.

Perhaps as many as 600 need but do not own a wheelchair; as many as 300 need but do not own crutches.

Forty-five to 63 per cent of the 60+ people take some kind of medicine all the time. The proportion is highest for females and the oldest.

Median monthly expenditure for medicine taken regularly is \$12 to \$14 representing 5 to 9 per cent of median income for males and about 13 per cent for females—who make up 2/3 of the group.

Twenty-one per cent of males and almost 26 per cent of females who take medicine all the time report not buying it sometimes because of lack of money. Roughly 1/10 to 1/5 of this group got help from a clinic or physician at one time or another when they couldn't buy the prescription. Overall, if the same proportions prevail in the total, 1969 population of persons 60 years old and older, about 800 males and 2,100 females sometimes are without funds to buy a medicine they are supposed to take all the time.

About 2.1 thousand persons 60 years old and older, or roughly 10 per cent of the 1969 total, do not know a physician to call when they are sick or injured. The proportion runs from under 5 per cent for those at the top end of the economic scale to 23 per cent for those at the bottom.

Each of the 5 most frequently reported disease conditions (heart, high blood pressure, arthritis or rheumatism, bladder or kidney trouble, nervousness) retains its rank irrespective of age, sex, or economic level. But, frequency increases with age and with decreasing economic level. This makes the health burden the heaviest for the oldest and poorest.

Arthritis or rheumatism involves the largest number of 60+ persons, probably 4 to 5 thousand males and 8 to 9 thousand females. Figures for the other 4 of the 5 most frequent conditions are about 2 to 3 thousand for males and 4 to 7 thousand for females.

Probably about 5 thousand of the 60+ population have reservations about the food they eat. Of the 5 thousand, between 1 and 2 thousand have serious

reservations, and about 1 thousand "almost never eat anything really good."

The poorest, those not working, those living alone, and those with a health problem are least apt to find their food of an acceptable order.

A program to rectify nutritional deficiencies, such as "meals on wheels," if efficiently designed and benevolently administered, will have to provide for from 1 to over 5 thousand persons, depending upon resources available and the proportion able to make full or part payment (probably not over one-half can pay a substantial part).

V. What about recreation and leisure?

If better incomes, housing, health, etc. are provided for the 60+ population, the ability to discern dissociation from active living becomes but sharper. There can then be an exasperating circularity in which restricted activity leads to physical and mental deterioration leading to still further restricted activity. Recreational programs for the older person are of critical importance in maintaining health and a healthy interest in living.

Most older people have leisure time, especially the oldest.

The relatively few older people who still are working are less apt to have free time, but are more apt to spend whatever free time they have as they would like.

Ability to spend leisure time as desired is strongly related to income with the lowest income brackets least apt to spend leisure time as they like—which leads to a progressively worsened situation.

A numerically large group, possibly 70 to 80 per cent of the entire population 60 years old and older, stands to benefit from a good recreation program.

The chapter on recreation and leisure contains detailed information on the level of interest in a number of activities. Preferences are analyzed by level, direction, and as to patterns by age, sex, education level, and urban/rural residence.

Maximum interest for the 60+ population appears to lie in those activities representing 1) getting out from within 4 walls and out into the world (automobile rides, walking or shopping, going visiting, working in the yard or garden), 2) participation in the process of growth and regeneration (raising flowers or potted plants, helping with children, 3) a continuation in community life (mainly through church work).

Minimum interest lies in activities 1) not traditional or usual for the group (crocheting for males, woodworking for females), 2) requiring physical effort (working part-time, especially for the oldest), 3) requiring a different cultural, educational or religious background (dancing, playing cards or games, going to the library, playing a musical instrument, doing art work).

Whatever the general patterns of interest, those with maximum education have the highest level of interest in the greatest number of activities. In part this is a by-product of sophistication, and in part a by-product of access by means of the higher income usually accompanying the higher education.

VI. What about the churches and religion?

Less than 2 per cent of the people in Montgomery County who are 60 years old or older stated they had no religion or refused to state a religious preference.

Protestant religions predominate, Baptist being the largest (71 per cent of nonwhites and 41 per cent of whites), and Methodist the second largest (18

per cent of nonwhites and 26 per cent on whites).

As far as church attendance is concerned, those least apt to attend as often as before are the oldest, the least well, the poorest, and those living alone. Overall, less than one-half of the people 60 years old and older attend church as often as they used to, and no single reasons stands in full explanation. Why?

Other challenging questions arise for the churches in the analysis of the data. For example, why is there a strong relationship between income level and church preference? A search for answers to this and other questions may more favorably condition the response to a plea for expanded church participation in older citizen programs.

Doing church work is stated to be a preferred activity by many of the people 60 years old and older. The older people also put going visiting and going for an automobile ride high on the preference list. This being so, let the churches organize a program for the older people. The older person can be picked up once a week and taken to church. Afterwards he or she can be taken home for lunch, and later taken for an automobile ride before being taken back to his or her own place. In one single day, most of the principal interests of the older person will have been indulged—leaving other local agencies with less of a burden and the church with a better conscience.

VII. What about legal aid?

Use of a lawyer's services is strongly related to income. It is not entirely clear if a lower income commits a person to a less complicated existence in which less legal aid is necessary, or if an element of unmet need is implied. Usual minimum legal fees, however, probably are beyond the

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reach of the lowest income groups—who are not entirely without need of legal help. This being so, there is a strong possibility that the lowest income groups do not always become parties to the most fair and equitable of contracts for rent, housing and merchandise purchases, etc.

If the poor/very poor groups of persons 65 years old and older are accepted as warranting free legal aid, approximately 5 thousand persons will be involved, 1.6 thousand white and 3.4 thousand nonwhite. If the 60 to 64 year old group is included also, the total increases to approximately 7 thousand persons, 2 thousand white and 5 thousand nonwhite.

In addition to the poor/very poor group, a responsive legal aid agency will leave room also for those older persons whose income is adequate to buy usual legal service, but not the service required in occasional, complex situations.

Since a large part of the poor/very poor are women, many living alone and most without employment income, the group to be assisted clearly merits the effort. Further, these people have minimum mobility. Thus, for a legal aid program to have maximum effectiveness, it will have to be tied in with a program providing a means of bringing the provider and the user together in one place.