

NEW DIMENSIONS

ELDERLY HOUSING DEVELOPMENT & OPERATIONS CORPORATION



Senior Housing Promotes Aging in Place

There have been a number of recent actions that underscores the emerging and important role that senior housing linked with services can have to promote independent living that enables residents to age in place and defer the need to move to more expensive institutional settings.

In January, 2014, the federal Department of Housing and Urban Development (HUD) convened a national webinar, “Visions for Aging in Place – Challenges for the Future.” HUD former Secretary Henry Cisneros was the keynote speaker and provided some personal comments on the intense desire of his mother to remain in her home as she ages. He noted that her situation and interest to age in place reflects the challenge that millions of other older Americans, their families, and communities experience as our nation addresses the dramatic projected increase in the elderly population.

Citing his recent book written with a number of other experts, “Independent for Life: Homes and Neighborhoods for an Aging American,” he identified a number of actions that the public and private sectors can take to

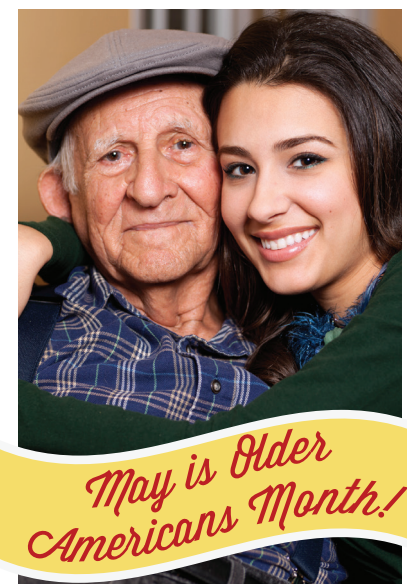
promote aging in place, including retrofitting homes and communities, increasing access to services and transportation, and expanding the supply of suitable and affordable housing that can accommodate residents as they age.

Distributed at the webinar were copies of the latest HUD Evidence Matters journal. Among highlights of the journal are:

- Economic and demographic shifts are creating a rising need for affordable, age-appropriate housing options for seniors wishing to remain in their homes and communities as they age.
- Homes can be modified, communities can be adapted, and seniors can be better connected to supports and services to facilitate aging in place.
- Research suggests that aging in place initiatives may yield cost savings to families, governments, and health systems as well as health, emotional, and social benefits to aging seniors and the broader community.

As noted in the journal, nursing home expenditures are more than

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DEVELOPMENT
& OPERATIONS
CORPORATION**

MISSION STATEMENT

EHDOC develops and manages safe, secure and affordable housing for senior citizens across the United States. EHDOC advocates for the highest quality of life for the seniors of today and tomorrow.

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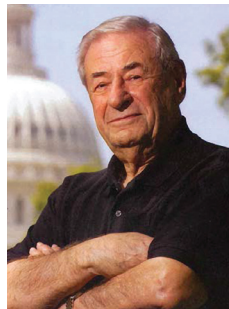
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Aging In Place

By President, Morton Bahr



All of us at EHDOC – from the Board of Directors, to officers and staff – believe in and support our slogan: “Housing With A Heart.” Just what does that mean?

It is where we put action behind the phrase “aging in place” by assisting residents in finding the services they need so they not only can enjoy their golden years, but that this part of their lives extends well into their eighties and nineties. We are proud of the very low number of our residents who must leave because they need the services of an assisted living facility or a nursing home.

The environment EHDOC creates lends itself to two important results: our residents enjoy true independent living and because of this environment, we provide annual savings of tens of thousands of dollars that otherwise would have been spent on Medicare, Medicaid and nursing care. These are tax dollars that our government does not spend.

So, imagine my surprise when I learned that the federal, state and local governments spend little, if anything, on research that would result in delaying the aging process. In 2010, for example, the National Institutes of Health, out of a budget of \$31 billion, allocated only 3.7 percent for the National Institute of Aging which is charged with researching aging. As reported by the Life Extension Foundation, the governmental agencies are apparently interested in potentially making your later years healthier by researching various illnesses rather than to “discover new and effective ways to make added years as healthy and productive as possible.” Fortunately, the private sector is stepping in to fill this gaping hole.

Google has announced it will use its huge financial and creative sources to launch Calico, a venture that will tackle the issues of aging. Experts in the field of aging estimate that as little as \$3 billion invested annually into research on aging could reveal a

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Don't forget the EHDOC Senior Relief Fund.

Visit our website at www.ehdoc.org to donate today!

“If a free society cannot help the many who are poor, it cannot save the few who are rich.” *John F. Kennedy (Inaugural address, 1961)*

Proposed Funding for Section 202 Senior Housing Is Significantly Less Than Funded 5 Years Ago to Maintain Existing Properties

By Executive Director, Steve Protulis



On March 4th, the Administration released its proposed FY2015 budget for funding Federal agencies, including the Department of Housing and Urban Development (HUD) beginning October 1st. EHDOC and others with a mission to serve low-income elderly with safe, suitable, and affordable housing have a vital interest with the proposed funding for the Section 202 Supportive Housing for the Elderly Housing program.

While the \$440 million requested for Section 202 elderly housing is slightly more than current funding, it is nearly half the \$825 million funded five years ago. Furthermore, most of these funds (\$350 million) are needed for one-year extension of existing project rental assistance contracts (PRAC) that have continually increased their portion of Section 202 funds from the \$157 million that was funded in FY2010.

Of particular concern to EHDOC and other non-profit organizations that develop and operate affordable senior housing, is that the Administration is again seeking ZERO funds for the present Section 202 Capital Advance program. In FY2010 the Section 202 Capital Advance program was funded at \$582 million. Yet, HUD has consistently reported that the demand for Section 202 senior housing is very high with wait lists averaging a year or longer.

At the recent LeadingAge PEAK conference, I raised concerns for the need of affordable housing for low-income elderly that the Section 202 Capital Advance program has traditionally served. I asked, "What do we tell those low-income elderly who have been on multi-year waiting lists because they can't obtain suitable and affordable housing in today housing market?" I was shocked and

disappointed that a HUD official stated that the traditional Section 202 program is essentially dead.

The HUD proposed budget indicated that there are a number of other potential housing programs to assist the elderly, including tax credits or the proposed National Housing Trust Fund. However, HUD acknowledges that "despite the range of available programs and the considerable number of seniors they serve, HUD assistance is insufficient to support all those in need.

The proposed FY2015 budget seeks only \$70 million to extend funding for approximately 1,300 existing Service Coordinators and Congregate Housing Services program (CHSP). This is slightly less than the current funding and \$20 million less than the \$90 million provided for service coordinators/CHSP in FY2010. While EHDOC is pleased that we have service coordinators for most of our properties, in many cases, some service coordinators are available only part-time. Yet, at this proposed funding level there would be limited funding to expand the number of hours of existing service coordinators despite HUD's recognition that thirty-eight percent of existing Section 202 tenants are frail or near-frail and require assistance with basic activities of daily living, and thus can be considered at risk for more expensive institutional settings (see New Dimension article on Aging in Place).

Therefore, as Congress begins another round of debate over federal funding priorities; and as we begin election campaigns, it is important that our elected officials and candidates understand the need, benefits, and cost effectiveness of the Section 202 Supportive Housing for the Elderly and the need to restore its funding.

If you don't say anything, you won't be asked to repeat yourself.

Adopt-A-Street Program

Worley's Place and Jacksonville Towers has now become a part of the City of Jacksonville, Arkansas Public Works Adopt-A-Street Program.

The Residents and Staff have committed to participate in this project and have been provided sign recognition on Hospital Drive showing EHDOC, Worley's Place and Jacksonville Towers. Once they have shown a commitment to successful participation for their portion of the street they will receive a Certificate of Recognition.

Thank you to Kathleen Cherry, Community Manager at Worley's Place and Kim Williams, Community Manager at Jacksonville Towers for taking on this project with the residents. This is a great way to take ownership of our surroundings and become partners with the community.



A long Journey Home



In October of 2008 while living with friends in Miami and struggling to make ends meet, Consuelo Cabrera (at the age of 73), heard about the opportunity for affordable housing.

Consuelo along with hundreds of other potential residents filled the sidewalks surrounding the developing Palermo Lakes Apartments. She endured many hours in line to fill out her

application for a chance at an affordable apartment.

A few months later she received a letter in the mail informing her she was being placed on a waiting list to obtain this benefit.

Palermo Lakes opened its doors to residents in February 2009 and on January 6, 2014, Counselo Cabrera now 78, got a phone call informing her that there was a unit available. Our most recent tenant radiates gratitude and says she so happy in her new home.

Thank You Lourdine



After 15 1/2 years at Senate Apartments, one of our long-serving and dedicated Service Coordinators, Lourdine Biedrzycki, retired.

Lourdine was very surprised when one day after her last day the staff and residents surprised her with a luncheon and dessert. Complete with decorations everyone enjoyed a delicious and joyous meal together. Dessert was a delicious cake decorated with some of the fun-time mementos meaningful to Lourdine like small dominoes and retirement lotto cards.

Lourdine was truly surprised and grateful for the outpouring of good wishes and personal statements of thank you from residents. The resident organization presented her with a beautiful basket of decorated cookies and the staff and residents presented her with a commemorative clock, inscribed with the words, "Thank you for spending time with us."

Happy 100th Birthday Mollie!



On the celebration of Mollie Horowitz 100th Birthday, Steve Protulis attended a private lunch at Council Towers with some staff and family members.

In learning about Mollie she shared that she was born in Lithuania in 1914 and during WWII lived in the “Ghetto” for 5 years which was part of the concentration camps that were forming all over Lithuania. Mollie paid in gold to the “Partisans” and a Lithuanian soldier police officer to assist her and her family to escape the ghetto. The Israeli Bettar Group then assisted the Horowitz Family to escape from the Russian occupied town of Vilma, Lithuania. In their continuing efforts to get to America they moved to Poland, Germany, France, Spain and Cuba making the final destination to the United States in 1960.

Mollie has been a resident of Council Towers since 1969. She came to us after getting on a waiting list. She was picked from the waiting list to be part of a lottery and she was finally selected to get an apartment. She has been a very active resident over the years being President of the Tenant Senior Citizens Club for 20 years. Being involved allowed her to help others and create activities for other residents. She loves to read, play Dominoes and share her incredible life story with others. Mollie reminds her fellow seniors to be sure to stay active. It will keep you strong.

Mollie says her secret to youthfulness is her strong faith in God. She also tries to make sure that she asks God to bless others so that they will be as blessed as she is. Molly loves living at Council Towers and appreciates so much how EHDOC has kept up over the years with new policies and improvements. Now that she can have a live in aide she has no need to worry about having to go to a nursing home.

Council Towers is located on Collins Avenue in Miami Beach and currently has a waiting list of 184.

Perr-fect Company

Seniors love their pets. They are great companions and keep Seniors engaged in the needs of their precious pet by going for walks, making sure they are fed, playing with toys, a devoted ear when you just need someone to listen.

In an effort to keep the family pet in good health a trip to the veterinarian will take a big bite out of your budget for pet medications. According to Consumer Reports, mark ups can be as high as 1,000 percent (not including a dispensing fee).

In a recent issue of AARP (March 2014), the suggestion was made that when you get your prescription call your local pharmacy or discount store where generic pet meds can sell for as little as \$4.00.



Hats off to Carol!

Stonington Arms residents and their families donate many items during the year. One of our residents daughters, Carol Tappen, has donated over 200 hats and scarves to local agencies. Carol has donated to the Animal Shelters, Local Cancer Centers, and Stonington Arms residents.

Carol belongs to our Knitting Club at Stonington Arms and uses a knitting loom to create these beautiful gifts. The photo captures her mom Rose-Marie Michalak (top) and Louise Buchanan (seated) wearing some of the donated items.



EHDOC "IT" Department Tips

"IT" Bit by Bit

People often say I'm getting online or I'm getting on the Internet but to get there you have to use a browser. **What is a browser?** A browser is an application that you use to view websites. Some of the most popular are Internet Explorer (pre-installed with your Windows computer), Safari (pre-installed with Apple computers, iPad and iPhones), Google Chrome (www.chrome.com) and Mozilla Firefox (www.mozilla.com).

Browsers like all applications can slow you down. You may have fast Internet and find your website is running slow. This could be add-ons (games or coupons) you have intentionally or unintentionally installed. It is best to leave all these things off your browser for a good and secure experience.

It is also important to always use the newest version of any of the browsers. New versions are released not only for functionality but also to close any security holes in a previous version.

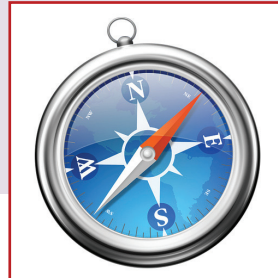
Internet Explorer



Google Chrome



Safari



Mozilla Firefox



*Happy
Father's Day!*

Sunday
June 15, 2014

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Senior Housing Promotes Aging In Place

three times those of non-institutional long-term care services. High nursing home costs mean that aging in place could yield significant cost savings for the elderly. For example, from 2004 to 2009 (in 2009 dollars) the median monthly payment for non-institutional long-term care was \$928 compared to \$5,243 for nursing homes.

In addressing the number of frail elderly who reside in federally assisted housing, HUD points out that owners of HUD subsidized multifamily housing can hire a service coordinator to connect residents with services such as meals, transportation, housekeeping and medications management. The presence of service coordinator staff who link residents to supportive services in the community increased residents' length of stay by 10 percent in comparison with those without access to this service.

Conversely, research estimates that more than 15% of those living in nursing homes should not be

there. Efforts by some states to return some nursing home residents to their community is hindered by a shortage of suitable and affordable housing. A recent HHS report indicated that 20 of 34 states reported insufficient supply of affordable and accessible housing.

There are benefits of enabling aging in place that are beyond just the comparative costs. Aging in Place also helps prevent social isolation; and by allowing older people to stay involved in their communities has been found to have health and emotional benefits. Successful aging in place depends on access to needed supports and services, both medical and non-medical. HUD is currently engaged in efforts to evaluate its programs effectiveness at using housing as a platform to access services, improve quality of life and promote aging in place.

Grandchildren are God's way to compensating us for growing old.

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Aging In Place

way to slow down the aging process and achieve benefits in just a few years.

The Life Extension Foundation, of which I am a member, reports that the government spends about \$3 billion annually on "health concerns" of the elderly while considering aging itself not a disease. And, tragically, virtually none of the world's 1,426 billionaires, with a total net worth of \$5.4 trillion and considerable charitable donations, has allocated any funding for life extension itself.

We hope that Google's entry into this important field may be a catalyst for other corporations to emulate as well as the federal government providing some leadership.

Calico is an independent biotech company established in 2013 by Google Inc. with the stated goal of focusing on the challenge of curing aging and associated diseases.

Working together we could begin to see some real results in delaying the aging process for all of us.

2014 EHDOC Annual Board of Directors Meeting

The EHDOC Annual Board of Directors Meeting was held on February 3 and 4, 2014 in Fort Lauderdale, FL. Our meetings were very well attended by board members, guests and friends. During this meeting we welcomed our newest board member, Cecil Roberts. Cecil comes to us from the United Mine Workers of America where he serves as their President.

The schedule was packed with subjects that will impact EHDOC for years to come. ObamaCare was a very important topic and we received critical information from BCBS representatives Bonnie Summers and Pat Peri on what EHDOC will face down the road relating to healthcare.

HUD office closings, Union contracts, Pensions and the Ryan-Murray Budget are a few more subjects that were discussed in depth during the 2 days of meetings.

In addition, we spent a considerable amount of time discussing fund raising so that we are better able to offset the costs seniors will need help with so that they can have an affordable place to live.

We would like to offer a very special thank you to John Olsen (Board Member) and Christopher Shelton (CWA District One) for their most generous donations to the EHDOC Senior Relief Fund.

In closing but certainly not the least important of events of this Board meeting was the re-election of Steve Protulis for another 5 year term as the Executive Director of EHDOC.

His devotion to the seniors and their wellbeing can only be considered fearless in today's economy where fighting for the rights of seniors is not popular.

Congratulations to Steve Protulis and best of luck to you and EHDOC for the next 5 years.

“Committed to Housing with a Heart”



Steve Protulis getting the meeting started.



Our newest board member Cecil Roberts attends his first EHDOC Board Meeting

From left to right: Maria Cordone, Secretary Morton Bahr, President Steve Protulis, Executive Director Pat Kohnke, Administrator for Development



Friends of EHDOC that “traveled the distance” to support the Mission.

From left to right: Dr. Laverne Joseph, President and CEO Retirement Housing Foundation, California. Jack Zhang, CEO Vitall, Maryland. Glenn Bunney, President Sundale Garden Village, Australia.