

THE NATION'S RURAL ELDERLY

HEARING
BEFORE THE
SPECIAL COMMITTEE ON AGING
UNITED STATES SENATE
NINETY-FOURTH CONGRESS
SECOND SESSION

PART 2—OTTUMWA, IOWA

AUGUST 16, 1976



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The Nation's Rural Elderly :

Part 1. Winterset, Iowa, August 16, 1976.

Part 2. Ottumwa, Iowa, August 16, 1976.

Part 3. Gretna, Nebr., August 17, 1976.

Part 4. Ida Grove, Iowa, August 17, 1976.

Part 5. Sioux Falls, S. Dak., August 18, 1976.

Part 6. Rockford, Iowa, August 18, 1976.

Part 7. Denver, Colo., March 23, 1977.

(Additional hearings anticipated but not scheduled at time of this printing)

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THE NATION'S RURAL ELDERLY

MONDAY, AUGUST 16, 1976

U.S. SENATE,
SPECIAL COMMITTEE ON AGING,
Ottumwa, Iowa.

The committee met at 2:10 p.m., pursuant to notice, in the Indian Hills Community Center, Ottumwa, Iowa, Hon. Dick Clark presiding.
Present: Senator Dick Clark.

Also present: Deborah K. Kilmer, professional staff member; David Harf, legislative assistant to Senator Clark; Margaret S. Fayé, minority professional staff member; and Donna M. Gluck, resource assistant.

OPENING STATEMENT BY SENATOR DICK CLARK, PRESIDING

Senator CLARK. The meeting will please come to order.

There is a larger crowd than we thought would be here and I know that the machine makes a little noise, so it may be difficult for some of you to hear. We are trying to get a microphone for the witnesses, and I will try to speak up as best I can. If we can get a microphone, that will be helpful.

I have 3- or 4-minute statement that I want to make at the beginning about the nature of the hearing.

We have two panels this afternoon, and while I am doing that perhaps the first panel could come on up to the table. The first is a panel on transportation. Edward S. McMillin, the State legislative council, American Association of Retired Persons, Inc., here in Ottumwa; Dr. Albert Burrows, professor of sociology at Penn College in Oskaloosa, and a member of the State Advisory Committee on Aging; and Ben Grismore, from Corydon. If they will come right on up here, we will start the hearing.

I want to say at the outset that I am particularly happy to be here in Ottumwa for this meeting which is an official hearing of the U.S. Senate Committee on Aging. The hearing will probably be over at about 4 o'clock. We will have the two panels, and following those we will give people an opportunity to make statements or ask questions up until 4 o'clock.

As you see on my left, a stenographer will record everything that is being said and we will issue a printed transcript of these proceedings. If you want a copy of what has been said here today, please leave your name and address with anybody here at the center and indicate that you want a copy of the printed hearings and we will be happy to supply those.

SIX HEARINGS BEING HELD

Our subject at the six hearings that we are holding in the State of Iowa and outside the State—we are holding some of these hearings in Nebraska and South Dakota, as well as Iowa—is “The Nation’s Rural Elderly.” We are interested principally in programs as they affect rural areas, and by “rural areas,” I simply mean communities the size of Ottumwa and smaller, with particular reference to the smallest communities.

So that is what we are emphasizing, not simply problems of the elderly, but problems of the rural elderly and what unique kinds of problems people face as they grow older in the small towns.

I suggested that such hearings be held about 1 year ago because it is my judgment that we cannot hope to know what is happening in rural America if we simply stay in Washington. That is why we are coming out to smaller communities in various parts of the country.

The chairman of this committee, Senator Frank Church of Idaho, agreed with this suggestion and so we are holding these hearings in Iowa, Nebraska, and South Dakota.

I want to keep my own statement brief because we want to emphasize the questions, particularly, on transportation, and our second panel is going to be talking more specifically about employment programs.

Let me sum up a few points that I think ought to be made. One of the prime objectives of these hearings is to determine the responsiveness and practical help that is provided to the rural elderly by programs such as the Older Americans Act, the medicare programs, and the housing programs.

I remember visiting some of the housing programs here in Ottumwa some time ago—transportation assistance, programs of that kind, the multipurpose centers such as this. These are the Federal programs that are in existence and we would like to have your reaction as to whether they are working or whether they are not working—what we ought to be doing differently, and what we are doing right. That is really the purpose of the hearing.

There is a real need for this kind of evaluation, I think, because we failed to do what we said we were going to do in the 1971 White House Conference on Aging. We set some very good goals, but we are a long way yet from reaching them.

We have not yet arrived at a national policy on aging, particularly as it regards rural issues. Part of the lag has been caused by a lack of leadership, I think, both in the executive branch and in the Congress.

The fact is that we still have a great number of elderly people—about 8 million, to be exact, which is more than one-quarter of our entire population—60 years and older who are from rural areas. In some States, I might say, that percentage is much higher—as high as 50 percent. Here in Iowa it is about 45 percent.

TRANSPORTATION: THE KEY

So there are major needs in rural America and we are going to be talking here in Ottumwa today—listening, I should say—first about transportation.

Now it does not stretch anyone's imagination to realize that in rural areas transportation is particularly important. It does not really matter much what the Federal, State, or local government provides if it is not accessible to anybody.

What good is health care if you cannot get to it? What good is any service if it is not accessible? Transportation is really a key to the problems of rural services. For many elderly without an automobile or bus, there is no way to cash their retirement checks; no way to see doctors; no way to pick up prescription drugs; and no way to go to and from the grocery store. And yet, we are told by experts that even though rural areas depend more on an effective transportation system than urban areas, rural residents are losing access to any kind of system faster than other areas. In the past 15 years, nearly 150 bus companies have gone out of business in cities with less than 25,000 people.

So what do our rural elderly do? If they do not have family or friends to drive them for necessary appointments and errands, they simply stay home—stay home and become more and more isolated, unhealthy, and literally homebound.

The Ottumwa area has been more fortunate than some other areas of the country because of the 10-county bus program you have operating for the elderly. With support from the State office on aging and other agencies, there is one bus operating in each county to serve the needs of the elderly residents. But is this sufficient? Are individuals able to get direct, door-to-door service? Are schedules convenient for the riders' needs? We hope to explore these questions today.

Our other topic of focus today will be employment programs for the older worker. The employment situation for younger workers has improved recently, but the jobless rate for the older worker is still too low. The number of unemployed persons 55 or older has actually increased lately despite our modest economic recovery.

The second panel today will discuss several special employment programs for older workers that exist in this area. We will hear how such programs assist the older person in supplementing his or her small retirement check. I am sure we will also hear how employment opportunities for the older worker are vital means for keeping the person active and productive. This is a virtue that most elderly desire above all else—to feel needed. I am sure our witnesses will convey this point.

Finally, I'd like to say that in the Older Americans Act programs, and in all the others, the rural elderly must feel that no one is dictating to them. The progress we are making in aging is due in no small part to the initiatives and determination of older persons who are making things happen. The Federal share of their effort, if one is needed, ought to be part of the solution and not part of the problem.

This first panel, again, is made up of Ed McMillin, State legislative council, American Association of Retired Persons, Inc., Ottumwa; Dr. Albert Burrows, professor of sociology at Penn College, and a member of the State Advisory Committee on Aging; and also Ben Grismore of Corydon.

They are going to be talking, I think, in that order. Then we are going to have questions for the record and then our second panel.

So Ed McMillin, would you wish to start? I apologize for the fact we don't have a microphone. I know that it is a little noisy, so the louder you can speak, the better.

PANEL ON TRANSPORTATION PROGRAMS

STATEMENT OF EDWARD S. McMILLIN, STATE LEGISLATIVE COUNCIL, AMERICAN ASSOCIATION OF RETIRED PERSONS, INC., OTTUMWA, IOWA

Mr. McMILLIN. Thank you for the opportunity, Senator Clark, to testify before the Special Committee on Aging on "The Nation's Rural Elderly."

I guess, Senator, this area is about as rural as any area in Iowa. Statistics tell us that, per capita, we have probably more older persons than anywhere in the State of Iowa.

My many years as a public servant—18 years as Wapello County auditor—put me in touch with a great number of older persons who, through the years, expressed many of the same concerns they are expressing today.

As I retired and became one of those older-person statistics, I found the elderly of this area of Iowa are still vocalizing many of those same concerns I heard as county auditor: a need to be useful, to have adequate transportation available, and needs related to nutrition and health.

One of the key concerns, Senator, is the lack of adequate transportation in this rural area of southern Iowa. My association with the American Association of Retired Persons and my work with the area agency on aging program has placed me in direct contact with a number of older persons who are grateful for a mass transit system in Ottumwa, Iowa, even though cost and accessibility does not often meet the need.

They are also appreciative of the area agency on aging minibus program that is a source of transportation within the 10 counties of area XV.

As good as the area agency on aging transportation is, Senator, there are still a number of older persons living out in the rural areas who have extreme difficulty in getting from their homes to a doctor, a dentist, or a pharmacy, all of which may be located in a county seat town miles away.

Many of our older persons, Senator, must rely on friends, neighbors, and family, if they have any, to provide this kind of needed service.

MANY ARE ISOLATED

In addition, there are hundreds of older persons who are simply isolated from people due to a lack of transportation. There are people who have lost all contact and; as a result, begin to deteriorate mentally and physically.

AARP does provide personal, door-to-door service for a number of older persons, but the need goes well beyond AARP's ability to respond.

There is a need to bring together existing transportation potential in the area—to coordinate what is being done and to expand service beyond what is being done now.

We feel we have the capacity to expand and enrich the lives of older persons in this area of southern Iowa.

We do have organizations with the interest and the expertise to provide some kind of comprehensive transportation program for older and handicapped persons in Wapello County and all of area XV—organizations, such as the American Association of Retired Persons and area XV Agency on Aging advisory groups, both of whom have been instrumental in making suggestions and devoting time and energy to improving the lot of older persons.

Southern Iowa Economic Development Association (SIEDA), the community action agency serving this southern Iowa area, has, in my opinion, the planning and operation capacity to do something about transportation.

Area XV regional planning commission, along with the cities and counties, have that kind of expertise. These groups and organizations are planning together, Senator, to solve this serious problem, but it all takes money—money from Federal and State areas. It will also take technical assistance from Federal and State sources in a concentrated effort at solving the problem.

I understand much is being done now, and many people in this area are laboring long and hard, but more effort, cooperation, and funding has to be available if we are to be successful.

I believe this area of Iowa can establish the first workable rural transportation model in the country; we have that capacity, but we need a prolonged and concentrated commitment by government to assist us in the effort.

The problem has taken years to develop and, in my opinion, will not be quickly solved. Many of us may not be around to enjoy the success we feel will come, but surely it can and will happen.

With all the technical know-how we possess, Senator, we must have the capacity to structure a transportation system in rural America that will move an older person 14 miles to an area where needed services are available.

Surely we can collectively bridge the gap from Blakesburg, Iowa, to Ottumwa, Iowa, from Batavia to Fairfield, from Moulton to Center-ville, from Deep River to Sigourney—it's a matter of a few road miles, Senator, certainly far less than the 240,000 miles to the surface of the Moon. We managed, during a war for survival, to solve massive transportation problems, Senator. Can we do less for the survival and well-being of the Nation's older persons?

Thank you for the opportunity to speak, Senator Clark.

[Additional material submitted by Mr. McMillin follows:]

TRANSPORTATION

MAJOR EVENTS AND ACTIVITIES IN AREA XV

The regional planning commission has received preliminary approval on a demonstration project for \$250,000 to be spent over the next 2 years. Mr. Bruce Bullamore has initiated an advisory group to give input for the final application for this comprehensive rural system.

Area XV Agency on Aging, soon to come under the Southern Iowa Economic Development Association umbrella for programs to serve Area XV, is submitting a proposal for Urban Mass Transportation Administration funds under section 16(b) (2). Funds will be used to replace equipment currently being operated as

well as offering an additional service for the handicapped via special equipment in Wapello County.

South central Iowa community action program is applying for funds to provide transportation to handicapped people in Wayne, Monroe, and Lucas Counties. These funds would also come through section 16(b) (2).

MAJOR EVENTS AND ACTIVITIES IN WAPELLO COUNTY

An agreement has been reached with the Ottumwa Transit Authority by the Area XV Agency on Aging allowing the agency's bus to operate 3 to 4 hours daily inside Ottumwa's city limits. Service is aimed primarily toward those individuals who, for one reason or another, cannot utilize the city bus.

Ottumwa Transit Authority will be eligible to apply for a portion of the \$2 million appropriated last session by the State legislature.

One application will be accepted also for the rural operation. It is hoped that this money will be spent in a fashion acceptable to the legislators so they can see their way clear to reallocate funds to the Department of Transportation for future use to provide or help provide comprehensive transportation services in Iowa.

MAJOR NEED IN TRANSPORTATION

When a system has updated its equipment, there is a need for operating assistance. In many grant applications the emphasis is on capital outlays, rather than operating expenses. That is one major point that needs attention, mainly because in rural Iowa the strain of operating a system cannot be met by local support totally.

STATISTICAL DATA, BASED ON QUARTER ENDING JUNE 30, 1976

	Area XV	Wapello County
Trips, total.....	19,093.00	1,752.00
Miles, total.....	55,160.00	6,320.00
Income, total.....	7,728.69	1,087.47
Cost, total.....	31,196.43	3,448.30
Cost per trip (area average).....	1.97	1.98
Cost per mile (area average).....	.61	.54
Income per trip (area average).....	3.44	.63
Income per mile (area average).....	.14	.17

Senator CLARK. Thank you very much. I liked your statement that if we are capable of reaching the Moon, we ought to be capable of solving the transportation problem to get back and forth to the communities of this area.

I will have some other questions, but I think we will go ahead and hear the other panelists first.

Next we are going to hear from Professor Burrows. Please proceed in any way you think appropriate.

STATEMENT OF DR. ALBERT BURROWS, PROFESSOR OF SOCIOLOGY, PENN COLLEGE, OSKALOOSA, IOWA, AND MEMBER, STATE ADVISORY COMMITTEE ON AGING

Dr. BURROWS. I want to get back from the Moon to this area. As he said, we are probably one of the two or three States with the most aging, and in this particular area probably more than anywhere else in the State. I was just checking. It takes four of our largest metropolitan counties—Woodbury, Polk, Black Hawk, and Linn.

Between 17 and 18 percent of our people are 60 or above, so we are more than twice as urban as these other metropolitan counties. That makes a big difference because that means we are scattered out over a lot of the countryside.

Before I say some other things, I wanted to say that I have not been a college teacher all my life. I am not teaching at Penn now. All these definitions, when we talk about aging—I am a little sensitive on that. I have already beat the projectors by 10 or 15 years. As far as I know, you start aging the minute you are a day old, or you could even start the minute you are conceived, so we are all aging.

I am always hearing them talk about terminal illness. After all, we are all on kind of terminal stay here. Just what do you mean by aging?

In any case, we have a problem and, roughly, we think we know what it is. The transportation in Mahaska County—the county seat is Oskaloosa. We have one bus, I guess, as every other county has one bus, and we do the best we can with one bus. We have hours from 8 to 5, and they are not long enough. Particularly the later hours—folks can't get their shopping done or can't get through with the doctor, or whatnot.

So we need longer hours. If our minibus takes a load to the State fair next week, then there is no bus in the county. We ought to have another bus. We ought to have another driver or more hours for part-time drivers.

ADDITIONAL FUNDS NEEDED

Of course, that takes money. So, Senator Clark, we always need more money. Today some folks think there is something happening important in Kansas City. I think the only thing important is happening here.

In any case, I lived through the thirties and the New Deal.

This middle-aged lady had finally gotten her husband to church one day, and so after church she was introducing him to the deacon of the church, newly elected. She was saying, "John, this is the new deacon"—this was in the New Deal days. He was hard of hearing.

"What?"

"The new deacon."

"What?"

"This is Mr. Jones, the new deacon."

He said, "New dealer?"

She said, "He is a son of a bishop."

"Oh," he said, "they all are." [Laughter.]

I come from Missouri, and Missouri has the Ozarks. I come from another part of the State, so don't call me an Ozarkan.

In any case, they tell the story of the old farmer who is old—I don't know what "old" is, but to me it has to be 80 or so.

Anyhow, this old farmer kind of quit his farming, but he had an old trick mule. The folks from the city—Springfield and other cities—would come out and pay a quarter to have the trick mule perform. The old man got sick—I think it was this pig flu that is supposed to be going around.

The folks would come to the door and say, "I want to see the trick mule." She got tired, so she went out and put a sign on the road gate that said, "The old jackass is sick. You can't see the trick mule until he gets better."

I didn't get those just in order, but, anyhow, it is real good. [Laughter.]

We are interested in this area—area 10—10 counties here, as rural as you find them. We do need, Senator, all the support we can get now.

I notice in one of your comments to the Senate or somewhere that the Senator knows about all these things we need already. I am sure that in this particular area we appreciate what Senator Clark does and his interest, and I think we are very fortunate to have him down in Washington.

So you know, they say, "Ask not for whom the bell tolls, it tolls for you." You know, the bells will toll for all of us. One way or another, and we have got to get the best we can out of life while we are at it.

In my teaching career, I think I learned that folks want about four things. They want security—we will make that two things. One of them is material security—that means money, housing, food—material security. And they want emotional and psychological security, probably. I don't want to leave a question mark after this, but I say "probably" easier.

At least you can know better when they are lacking in material security, but when they are lacking in psychological security or emotional security, I think what is the matter with a lot of older folks, is that they don't have the emotional security.

EDUCATIONAL CAMPAIGN NEEDED

One thing that I think, Senator, that someone at Washington ought to do is to put on a campaign such as they had following World War II, I guess it was. I know the legion promoted a lot of movies, and I think others did, showing the folks back home how to treat the attitude they should have toward these crippled soldiers that came back. They had had their training and had gotten them in the proper emotional attitude toward their own missing leg or a couple of arms or something, but to tell the folks back home what attitude to have toward them.

I think they did a pretty good job getting us back home to know what attitude we should have toward these wounded, crippled ex-soldiers, but I don't think the people back home know how to react toward the aged. I don't believe they do.

I think we probably need some propaganda or education there. Incidentally, propaganda does not have to be truth.

The New Testament Apostle Paul—it was hardly ever said that Paul was the propagandist for Jesus Christ. You sell good goods as well as bad goods.

Ordinarily we think with propaganda you are selling bad goods.

We need a campaign, I think, to educate folks back home who are not as old yet as they are going to be, to know how to react toward the aging. Transportation is one of the things. I started to say we need material security. We need psychological and emotional security, and we need new experience to go to the Moon, or something.

I am not one of any of these folks to start there, but in any case we need to do something new.

In prisons they say that the worst thing that the prisoners have is boredom, just plain boredom—the same old thing every day. I think that may be true of the aged, too, to a great extent.

We need opportunity for new experience. We don't have buses enough in our county or, I guess, any other county to give the aged opportunities to go to the State fair or over to Mount Pleasant, the old reunion, or to go up to some other corner of the State and see the beauty of Arnold's Park, or something. We need more new experience.

We all talk about dignity these days. They talk about dying with dignity. I don't know how you would die with dignity, but from my point of view it would be doing it pretty fast when you get at it. [Laughter.]

In any case, we want dignity.

You know, it is pretty hard for a person who has been put on the shelf economically, because they are kind of economically minded in this country. When a fellow is put on the shelf economically, why somehow he is put on the shelf in general. He is no good for anything if he cannot do the job he has always done.

It has not worried me. I have other things that I can get into. We need one way or another of keeping dignity.

ECONOMIC INDEPENDENCE

So the fourth thing we need is favorable recognition. Here is the person who amounts to something in his own right. Some folks think that automobiles are tied up with economic shortages. I tell students on labor if everybody would have a job at an adequate salary, there would not be any labor disputes and that sort of thing.

So if we are independent economically—and I am thinking of transportation now—we can have some of the dignity that we want.

I want to close because I think I can sort of feel the Senator looking across here at me. [Laughter.]

We do appreciate the interest that Senator Dick Clark has in us and we are happy to be connected with this program.

Thank you.

Senator CLARK. Thank you.

I did have a couple of things by way of introduction that I wanted to say of the witnesses, and I might just read those before I introduce Ben Grismore.

Mr. McMillin on my left, as I understand it, is retired and has resided, I think, in Ottumwa for about 20 years. He is on the State legislative council, as I said, for the American Association of Retired Persons—the largest, I believe I am safe in saying, organization of retired persons in the United States.

I had the privilege of speaking at their national convention a year ago in Kansas City, if I remember right. I know he has also done a good deal in tax assistance and counseling for older people.

Albert Burrows, whom you just heard, has a doctorate, and is, I think—are you still teaching economics and sociology out at Penn?

Dr. BURROWS. Off and on. Mostly off.

Senator CLARK. Dr. Burrows said that he didn't consider anybody old until they were at least 80. Now I notice on his biographical sketch that he is 84. [Laughter.]

He taught at Northern Michigan University for 25 years prior to coming here. He is on the State Advisory Committee on Aging and

has worked with the area agency on aging in providing transportation services, so he knows his subject.

Lastly with this panel I want you to meet Ben Grismore, who has lived in this area most of his life and is particularly interested in the transportation system. He helped with its implementation, helped to develop the first plan for a transportation system in his home county, which is over at Wayne County, and I know is very active in a number of things over there.

So, Ben, you may proceed.

STATEMENT OF BEN GRISMORE, CORYDON, IOWA

Mr. GRISMORE. Senator Clark, other dignitaries, and guests—I would like to say first, Senator, they are going to be hard for me to follow. The only way to half way keep up with them is to start out with Mars.

Senator CLARK. With Mars, yes.

Mr. GRISMORE. I will get ahead of them some way.

I, too, concur with what they have said and I would like to say that I appreciate very much this opportunity of being able to express my views, even though they may not have much value on the subject of senior citizen transportation.

It was my privilege to be able to observe this program from the very beginning. How this came about was because I think, back in 1972, give or take a year, seven or eight counties in Iowa were being considered for a model county. Well, during that time we were being interviewed a lot from agencies like the Office of Planning and Programming to see if our needs would merit this project and, of course, we are competing with seven or eight other counties.

Along in September in that same year we got that distinction from the Governor, and he did admit this was a model county.

The first thing we did was set up committees, like on HEW, community development, natural resources, and so forth, to study the needs of our county, and then they would be reported to see what would be feasible with this particular program. There were 25 or 30 people on each of these committees and they were enthusiastic in the beginning, and stayed that way. They would bring in the needs to be compiled on what they thought.

It didn't take very long to begin to see in our county, the rural county end of area 15, that the need was there for elderly people. After that need began to be compiled, then naturally committees began to get anxious to have something happen because they wanted a county that was going to be active.

TRANSPORTATION GRANT SOUGHT

We got this message through Bob Case who, at that time, was the director of rural urban development under OPB. We said, "Bob, we need a sign. We need something to happen." He said, "You are going to get it. Just in a few days we are going to get a grant, and in this grant you will be able to purchase a senior citizens bus." He said, "Now, this will be the first bus of this kind in the Nation."

That is where the Senator brought out the ground floor plan, and so in a few days this happened. We got a grant and were able to purchase a bus—I think an 11- or 12-passenger bus. We were able to employ a dispatcher, a driver, a headquarters, and start in.

We then had set up a Wayne County Senior Citizens Transportation Co-op Board and they handled the affairs at that time. The funding was through OEO and through model county, so that board handled the affairs of this operation.

It was my privilege, along with George Mosher, who was on the board also, to take this bus on its first trip. It didn't take us very long after we picked up a few riders and heard the commotion—how they began to lay plans for the future since they were going to be able to have this kind of transportation.

We realized that senior citizens transportation had a great potential. I watched this from then on and I watched this thing progress. I watched older people up in the little apartment on the third floor, in a little home of their own, or maybe in a housing program, wherever they may be—I watched them take on new—because why? Because they could now go down and do their own grocery shopping without having to send for it. They could keep a doctor's appointment. They could visit a relative across town or maybe in another town. Why? Because they feel so good about it. because they didn't want to obligate and ask their next door neighbor or their friends or their relatives, who would have been glad to have given it to them.

They would have, but yet you have to remember that these people at that age—our age, let's face it—reared their families some 40 or 50 years ago and they were brought up that they could only do it by being self-sustaining. They were not used to them doing all the favors that we have today.

They are proud people and so, therefore, if they could not do this within their budget and if they could not hire the taxi to take them these places where they wanted to go, they just simply didn't go. They just sacrificed themselves and stayed at home, as has been mentioned here before.

So with this type of transportation, they have been allowed to get out without being obligated to people, and to live like they would like to live, and live a lot longer. I am sure about it.

Now, getting back to the funding part that has been mentioned here. I hope, Senator, that it can continue to be funded through Federal, State, or however, rather than getting back at any local level.

Now maybe these things should come back to the local level, but if they did I am sure we would drag our feet enough that it would never be successful—to make a program like this efficient.

INDIRECT ASSISTANCE

Another thing, if it comes through these other levels high up, then we are not sensitive about it. We don't realize when we get on that bus that it is done because the board of supervisors, the chamber of commerce, the ladies aid all put some money in so they could do it. We are all too proud. It is coming indirectly and we hope it can be added to and expanded. I am sure it is going to increase riders and make every-

body ride it because the nice thing about this is what we promoted about it in our country—55 years or older, whether you have \$50 million or nothing, you can ride that bus and we encourage that to see that people like that.

So for that reason I am greatly interested in the progress of it and want it to continue and not diminish in any way, but to expand. It is not going to last too long and you have a never-ending thing, except make it so it can stay there and grow.

I might say, too, that if you had been on that bus with George and I, you would be just as enthusiastic as we are.

Thank you, Senator.

Senator CLARK. Thank you.

I appreciate all three statements. I have ridden on the bus from time to time, in fact I am going to ride one on Wednesday again. I know what you mean because I have talked with a number of people who testified—in fact, even this morning over in Winterset—that, without that transportation, they never would be able to do the things that are important for them to do.

Mr. McMILLIN, you serve on the State legislative council of the American Association of Retired Persons. How do you represent the needs of elderly people on that council? I mean, what function? Do you have meetings? What is the mechanism by which you relate the ideas that you have to the council and what effect do you feel that they have?

Mr. McMILLIN. Well, we are actually a legislative committee and we set up priorities during the year to go before our State legislature more than we do on a national level.

One of our top priorities the last 2 years, and will be next year, is transportation. Then we try to set up meetings with the chapters and units of the retired teachers to discuss these priorities, and they may contact their legislators to see that these priorities are considered through legislation like anything else.

It is a long process. Priorities stay at the top of the list all the way through.

Senator CLARK. Do you feel you have had a positive effect on the State legislature and on the programs?

Mr. McMILLIN. The last session of the Iowa legislature provided an appropriation of \$2 million to implement a State assistance plan for public transportation.

Also, an additional bill was passed to require the department of transportation, in part, to assist localities at their request, to coordinate transportation services as common carrier cab services, handicap, elderly, and private nonprofit agencies services.

We feel that our efforts have had some impact.

Ottumwa is in the unique position in Iowa that we don't have enough population to be in any Federal program. We are under 50,000.

Senator CLARK. Right.

DEPARTMENT PROMISES \$40,000

Mr. McMILLIN. So Iowa DOT has promised Ottumwa and Burlington about \$40,000 to supplement their bus service in Ottumwa. The legislative process may seem slow to my peers, but I feel we are accomplishing something.

Transportation is just as important as the fire department or law enforcement and it is going to have to be subsidized by local taxing bodies as well as at Federal and State levels.

We have got to admit that we have to participate in this effort. People our ages paid their share before, and I think we will and can continue providing assistance.

Senator CLARK. Now, I was going to ask Dr. Burrows—any of you may pitch in on these answers where you may have some particular information. Do the elderly people of this community feel that there is a greater need for transportation—that the need is not yet completely met and that there is a greater need for services than we now have?

Dr. BURROWS. I am sure the answer is an unequivocal yes, they do feel that we need more transportation. As I mentioned, we need special days and longer hours. Our drivers work from 8 to 4, I believe. Who can get through their shopping or away from the doctor's office before?

Maybe it is 8 to 5, but they just don't have long enough there. So yes, we need more.

Of course, I am not sure, Senator, how the Federal revenue sharing goes, but I am pretty sure in our county that we get the small end of the stick on the Federal revenue sharing. I wish there was some way of gouging that up a little. I suppose that is a State affair. Maybe you don't tell the States how to share it, but I think it is there.

Senator CLARK. I might say in that regard that on a national level, only 1 percent of the revenue sharing is used for aging services, so it is very, very small.

Mr. McMILLIN. Even under our city-financed transportation system with regard to the elderly people, Ottumwa does not have, as Dr. Burrows said, these longer hours. There is no way to get to downtown Ottumwa after 5:30, even when the stores are open on Thursday night. We don't have a way to get to the various supermarkets because the transit system is not flexible.

The cities need help to provide comprehensive transportation over the city and between towns. Some of our county seats don't even have bus service. We are lucky here to have as much as we do. Some county seats don't have any connections and it has to be provided by private, nonprofit, and/or Federal funds—a minibus service.

Senator CLARK. You only have one bus in each county, isn't that the setup?

Mr. McMILLIN. Yes.

Senator CLARK. Is that adequate?

"WE . . . WANT TO KEEP GROWING"

Mr. GRISMORE. Senator, I say our county is only about 8,000 or 8,500, and I am not saying what is adequate. Maybe we have all we should have at the moment. We just want to keep growing. This is not true for the areas where I see these people here are from.

I will say these people make a trip twice a year—once in the spring, once in the fall. We have an all-out county picnic. We take that bus—we could use three, four, or five buses—but it would not warrant having to get other cars to do that. We just have a whale of a time. We do it twice a year and are looking forward to the next one, because

they meet Susie over here in the other county and they had not seen her for years.

Senator CLARK. Tell me, what did people do before these buses were developed in each county? You were in Wayne County, of course. How did people get around in Wayne?

Mr. GRISMORE. They just waited for their son to come in off the farm when he was not busy, and while he was willing to; but they didn't want to obligate him and they just stayed home. That is the answer.

As I said, they are a proud people and they are not going to obligate their friends and relatives any more than they have to. This is to let them live again, in my opinion.

Senator CLARK. Let me ask you one other question, Mr. Grismore. Given the status of the present program and what you have been able to do up until now, which is remarkably good, what ought we do to improve it further? What things would you like to see in the next 5 years or the next 10 years, and so forth? Do you have any particular recommendations?

Mr. GRISMORE. I am sure there are many things, but I cannot answer that as I should. I know we were able, through OEO a couple years ago, to trade back and get another bus and have money that was left over. It leaves us in a little different shape than the other counties, because we did have the go from the beginning. We had a good grant at the time and carried over enough money. Our bus is good, and so on. It would be fine if you could raise their wages—I am sure of that—because they do work hard for what they get as far as the personnel is concerned. But beyond that, I think they are giving us all that we are entitled to, compared with the way the rest of the counties are doing.

Senator CLARK. You pick up door-to-door, at the stations, or how?

Mr. GRISMORE. They pick them up door-to-door and make the arrangements in the different towns—visit the son in the evening or pick up in the evening—for a very economical charge, and it is being used.

Senator CLARK. How much is it?

Mr. GRISMORE. Thirty-five cents to anywhere in town—to go grocery shopping. Then, again, if they pick them up, it is another 35 cents. They will take them anywhere in the county for 60 cents.

Mrs. RYAN. It is not a charge, it is a donation.

Senator CLARK. Donation?

Mr. GRISMORE. That's right. I might say we tried a \$5 membership to begin with as a donation. We dropped that just before Indian Hills became the sponsor about that time because we felt that even the \$5, if you are watching your budget—and they live on a fixed income and a budget—they may say, "Well, we better wait and not do it." We did away with that, and the rest is a donation.

Senator CLARK. Would others like to comment on ways in which you think this program could be improved?

COMMITMENT NEEDED

Mr. McMILLIN. I think the main thing is to have a commitment for these services from Federal, State, and local governments that these

programs are going to continue; then we can plan for the future. If we have commitments that they are going to commit funds for this type of transportation program, I am sure that the people in here, especially like this gentleman, Mr. Grismore, are going to work very hard to see that it is going to be a success.

Senator CLARK. In other words, that you not only get assistance to start the program, but that you get some operating funds.

Mr. GRISMORE. Yes.

Dr. BURROWS. More and more, I think, they are cutting down the proportion or adding to the proportion that the local must pay for, beginning October 1.

As the Senator was saying, Federal and/or State governments are going to assume less of the burden and the local has to assume more. It is hard to get the local government to go about those things, particularly in these poor rural counties.

In answer to one of your questions a while ago, we have a county that our bus runs out to—has a regular run on certain days—and goes to this town and that one at certain hours of those days, but we cannot do it but once a week that way. Most of the time it is served by more folks closer to Oskaloosa—a town of 11,000.

So we could use another bus on that and have another day's run out to these other villages, where folks are drawn together a little more.

So we do need more money for more buses. We are always, as they say, flying by the seat of our pants, because we don't know whether the Federal Government is going to come through with the appropriation the next time.

The State commission does not know, and we are all waiting, wondering, and hoping, and finally it is done. If we could get these moneys appropriated a little sooner so we could all know a little earlier what we are going to be doing the next year, it would help a lot, I think.

Senator CLARK. Good.

Mr. GRISMORE. I can understand the Government's feeling. They get these programs started and they should go back to the local level. I can understand that; but, in this particular thing, it was what I was trying to bring out a minute ago. I don't think it is advisable at all. I think it would be embarrassing to people. It would eliminate riders, and I think it should serve the people. It would be such a small amount—to do the whole thing, and do it as well as it should be done—to take care of the program; it is still not going to be a great amount, compared to other projects.

Senator CLARK. I think we might take some questions or comments from anybody here who might like to say something about it very briefly.

STATEMENT OF MATTIE HARPER, STATE REPRESENTATIVE, WEST GROVE, IOWA

Mrs. HARPER. Mattie Harper, State representative. I would like to say that you have talked all the time, and it is very interesting. I agree with everything you have said. We have worked very hard with that work, and I am glad to say that I was part of it.

You are getting money down in this area, but you must have a bus for the handicapped. I think it is very necessary to have a bus for

the handicapped with the wheelchairs. I was visiting with an elderly person here in Ottumwa just the other day and she said, "Oh, how I would like to go for a ride. We saw the senior citizens bus pass and we all know how necessary this is."

I think in our plans, as we look to the future, we should be thinking about this and including this in the bus transportation—whether you use the same bus or whatever. Everyone I talked to says they need a bigger bus in this particular area. Our counties might not need that bigger bus, but I wish you would be thinking about a bus for the handicapped.

The State has been very kind toward transportation this year.

Mr. GRISMORE. I am sorry. I had that on the tip of my tongue, because we do cater to that very much—we let it be known that 55 and older, or any handicapped.

Senator CLARK. Any other statements or questions that anybody might have?

Yes?

STATEMENT OF L. W. KLEIN, EDDYVILLE, IOWA

Mr. KLEIN. Transportation is wonderful and I am for it, but when you go to a doctor's office and he says he will see you in 2 weeks, what are you going to do about it? Now that is all over the country. I happen to do a lot of traveling. I was in Florida and I had a tooth problem. I went to the dentist. I was in a strange place and the receptionist said, "The doctor will see you in 2 weeks." I said, "Lady, I'm a snowbird and in 2 weeks I'll be so far away from here that the doctor can't see me."

I said, "If one of the two doctors in this office can't see me before noon, I want you to give me the name and address of every dentist in this town, because I have a toothache and there are some things that have to be done."

Well, she went in and came out, and the doctor—it was a father and son—and the old doctor said, "I will see him right away."

Now there it is. The majority of people when the receptionist says, "He will see you in 2 weeks," that is about all it takes for them to go out and get on the bus and go home without doing anything else.

Senator CLARK. Does anyone else have questions?

STATEMENT OF CATHERINE KURKA, FAIRFIELD, IOWA

Mrs. KURKA. Catherine Kurka.

I have a question. Cities that are not as large as Ottumwa or Burlington—say Fairfield, where I am from—we do not have a central transportation system, such as a bus. We do have a senior citizens' bus which does an excellent job for one bus, but what about people who have appointments in Iowa City, people who cannot pay or maybe have no relatives to take them out at the time? I am a Jefferson County volunteer chairman. All that the State will allow us is 15 cents a mile. For volunteers, this does not take care of your car. The bus will go once a month, and that is all.

Senator CLARK. To Iowa City?

Mrs. KURKA. To Iowa City, and you cannot always get the appointments for the people on that day.

Senator CLARK. Well, I think it is another indication of what the panel is talking about. We never have quite enough and, obviously, we could use more and use it intelligently.

Mrs. KURKA. Especially in these towns that are not as large as Burlington or Ottumwa. We depend on the bus to get everywhere in Fairfield.

Senator CLARK. That is your sole means of transportation.

STATEMENT OF CHARLES T. RINKEL, OTTUMWA, IOWA

Mr. RINKEL. Chuck Rinkel.

I agree with you in terms of employment and transportation as problems but, as you know from our correspondence, we also have the problem of social security being cut when other benefits are increased to the point where an elderly couple has to divorce in order to stay solvent and to be able to pay their bills.

I understand there is a hearing in Washington on this now. Is there anything else in on this?

Senator CLARK. Well, there is nothing in the last 2 weeks, in terms of things that happen. We have had lots of bills introduced. In fact, I introduced one of them—to disregard the social security increase when you get other increases, because if you don't, it means that the problem of inflation is just not offset.

The problem is simply to get 51 percent of the Members of the Senate and the House to start it first in committees and then the Congress. We think it is obviously one of the highest priorities we have.

STATEMENT OF MRS. FRANK HUSTED, OSKALOOSA, IOWA

Mrs. HUSTED. Mrs. Frank Husted.

We do need more transportation because I have been a widow nearly 10 years now, and I ride the bus every day. The doctor told me to get out for my own health. I go visit the shut-ins and by the time you get down there you don't have time to get around to people to visit; you just don't have time—and they need our help.

I am old, too, but they need our help. Someday I might be there, and we need to do that. We do need more transportation, especially. The bus we have—when you are as big as I am, you cannot get into those back seats.

Senator CLARK. I have that same problem. [Laughter.]

Mrs. HUSTED. Well, it is true. You cannot get into the back seats, and we do need that. I thank God for that because I would not have any other way to go, and I just thank God for it.

Senator CLARK. Thank you, and I want to thank particularly the witnesses because they did an excellent job.

Anyone else on transportation?

STATEMENT OF MILAN KENT, OSKALOOSA, IOWA

Mr. KENT. Milan Kent.

All I can say, we ride that bus every time, and the meals are here. They got two good drivers and they drive pretty well. They say, "We

will go anyplace," or "Are you in a hurry?" I say, "No; we have all day." The driver puts in pretty long hours.

Senator CLARK. Thank you very much.

I might say that we have these forms that are spread around at the doors, and so forth. If you want to testify or write down any ideas that you have, it will be made a part of the printed record.¹ It just says:

If there had been time for everyone to speak at the hearing in Ottumwa, Iowa, on August 16, 1976, concerning "The Nation's Rural Elderly," I would have said the following.

So you can just fill it out. We will be happy to have any other comments.

The next panel is going to be on employment programs for the older worker. We are going to hear from Shirley Campbell, Ruby Welcher, Robert Gilbert, and Francis Glick.

Again I am sorry that we don't have microphones; it would have been a little easier. I will ask you to try to listen as carefully as you can and we will ask the speakers again to speak just as loudly as they can so that everyone can hear.

We will hear from the witnesses in the order of the hearing list. First we will hear from Shirley Campbell.

Shirley Campbell is project director of the senior community service employment project here in Ottumwa. I know that this project, although it is located here in Ottumwa, serves a much larger area of southeastern Iowa. The project is supported by what we call title IX and title X programs which are to serve workers who are more than 55 years old.

Shirley is going to describe the program's successes and its weak points from her point of view so that we can try to get a better understanding of how these programs can continually be improved.

Shirley, if you will speak up very loudly—you may stand or sit, whichever you like.

PANEL ON EMPLOYMENT PROGRAMS FOR THE OLDER WORKER

STATEMENT OF SHIRLEY CAMPBELL, PROJECT DIRECTOR, SENIOR COMMUNITY EMPLOYMENT PROJECT, NATIONAL RETIRED TEACHERS ASSOCIATION/AMERICAN ASSOCIATION OF RETIRED PERSONS, OTTUMWA, IOWA

Mrs. CAMPBELL. The senior community service employment project, a national project, is sponsored by the National Retired Teacher's Association—NRTA—and the American Association of Retired Persons—AARP—funded through the Department of Labor.

The title IX project is a statewide program, and the title X program serves the Fourth Congressional District. Nine counties are served in this area: Appanoose, Davis, Jefferson, Keokuk, Lucas, Mahaska, Monroe, Van Buren, and Wapello Counties.

To participate in the senior community service employment project, applicants must be 55 years of age or older. Eligibility is also based on the person's income for the past 12 months. For example,

¹ See appendix 4, p. 143.

earnings for one person cannot be more than \$2,800 for a 12-month period and the combined income for two members of a family cannot be more than \$3,700 for 12 months.

Applicants who certify for the program are placed with nonprofit agencies 20 hours a week at \$2.30 per hour. Enrollees earn sick leave and vacation time while working on the program.

Job development for unsubsidized placements is another important factor with the senior community service employment project. We work for permanent jobs with the agency the enrollee is placed in, and also in the private business sector.

The senior community service employment project puts the older worker back into the labor force, and not only supplements their incomes but also gives them a sense of value.

The older worker has proven to be a very dependable, responsible employee. Persons over 55 years of age still have a lot to offer their communities.

The local over-55 program has been allocated 145 slots in this nine-county area, and at present we have 133 enrolled on the program and still expanding. There are 77 persons working on the program in Wapello County.

Persons are made aware of the project through the news media, and we also receive referrals from the Job Placement of Iowa and other local resources.

The senior community service employment project is a very successful program and a great opportunity for the older worker. We would appreciate your support for continued funding and expansion of this program.

Thank you.

[A table submitted by Mrs. Campbell follows:]

SELECTED STATISTICS OF PERSONS AGED 55 OR OVER

	1970 census population	Jan. 1, 1977, population projection	June 1976 estimated unemployment rate ¹
County:			
Appanoose.....	4,651	4,350	4.7
Davis.....	2,394	2,610	3.9
Jefferson.....	3,877	3,300	3.6
Keokuk.....	4,194	4,010	2.8
Lucas.....	3,086	3,130	3.6
Mahaska.....	6,038	6,110	3.2
Monroe.....	2,817	2,820	3.1
Van Buren.....	2,692	2,750	3.1
Wapello.....	11,065	11,356	6.7

¹ As registered with job placement of Iowa.

Senator CLARK. Thank you very much, Shirley.

Now, Ruby, you work in this kind of program, don't you?

Mrs. WELCHER. I do, yes.

Senator CLARK. Your home is here in Ottumwa?

Mrs. WELCHER. That's right.

Senator CLARK. Tell us a little about why this has importance to you, why you think it is a good thing, and why you think the Government should continue to sponsor it—whatever you think about it.

STATEMENT OF RUBY S. WELCHER, OTTUMWA, IOWA

Mrs. WELCHER. About a year ago I found it necessary to go to work to support myself, because I had a very meager income. So through the employment agency and Mr. Gilbert—he interviewed me and hired me as clerical aid, and Shirley was then my supervisor. That was when the program was just under title IX.

In March of this year when the program was increased to title X as well, I was promoted and became Shirley's secretary which I have been ever since. It not only gives me the necessary funds to live as an individual and to be a responsible person on my own, because I am a widow, but it also gives me the opportunity to meet people and to help people to help themselves. I fill out their necessary papers that helps them attain work at 20 hours a week, which augments their social security, and they can be on their own and not on welfare or under someone's thumb.

As long as they are able to do this job, they are happy. They come in and I hand them their paycheck.

There is one gentleman that came to us who even asked for an advance on his salary, which we could not do. I mean when he applied for a job, he was that desperate. He is supporting a 92-year-old mother and a single person. This gentleman works in our office as a janitor. He says "God bless you" every time I hand him his paycheck.

Now this man is one of the best workers I know. The walls are washed, our office is clean. I invite you to come see it. He is happy and I am happy, because we are helping him. It gives me an emotional outlet to be working and I enjoy it very much.

Senator CLARK. How did you learn about this kind of program? You are not old enough, obviously, for social security.

Mrs. WELCHER. No; I am not.

Senator CLARK. To qualify for the program you have to be over 50?

Mrs. WELCHER. Over 55.

Senator CLARK. I see.

APPREHENSION IN SEEKING EMPLOYMENT

Mrs. WELCHER. I went to the employment office to apply for a job 6 months after my husband's death and I was told to go to two different supermarkets as a checkout lady—maybe I could get a job there. Neither one of them hired me, they just took my application.

About 2 weeks later they called me from the employment office to see if I could type, and I said yes. Well, they asked if I would come for an interview with Mr. Gilbert, and would I consider working 20 hours a week. I would have considered 10 hours a week—I was so happy to think maybe I would get a job. That was the beginning.

Senator CLARK. Do you know of other people that are in a similar circumstance that you think could profit from this kind of employment?

Mrs. WELCHER. Anyone I can, I tell them, and they come.

Senator CLARK. But do you know other people who are in similar circumstances and can benefit?

Mrs. WELCHER. Absolutely, but some of them may be \$100, \$200, or a little bit over this guideline. My only complaint is that I live in my own home, which has as much expense, except maybe food and clothing, as two people. But yet I could only make \$2,700 to be eligible for this program. I was fortunate I did not have that much of an income.

People that make a little more and live alone like me have the same expenses I do—light bills are going up, the phone bill, everything is going up, yet they cannot make over \$2,700. If they make a little more social security, then I think that ought to be raised. I think they ought to be able to make just a little more money and still come under our program.

Senator CLARK. I sponsored legislation to try to raise that, but so far we have not been successful in doing it.

Let me ask you one last question. What do you consider to be the greatest benefit of that job?

Mrs. WELCHER. Well, not only economically, but it does something for me. I can go home now and go to bed and I think that, well, today we put somebody to work. Emotionally the whole thing is very good for me, it really is. I just feel like living again finally.

Senator CLARK. So it is not just economic.

Mrs. WELCHER. No; it really isn't. There is something about that because it gives you a good feeling to help other people, and then I am being helped, too. I mean, it is not all unselfishness.

Senator CLARK. Thank you very much.

We will hear now from Mr. Robert H. Gilbert, who is the director of the senior community employment project in Des Moines, Iowa.

As I understand it, Mr. Gilbert, you have directed the pesticide program for older workers and you are going to talk some about that. It is an interesting program that has been developed in the State of Iowa, and I hope that among other things you will talk to us about that.

STATEMENT OF ROBERT H. GILBERT, DIRECTOR, SENIOR COMMUNITY EMPLOYMENT PROJECT, NATIONAL RETIRED TEACHERS ASSOCIATION/AMERICAN ASSOCIATION OF RETIRED PERSONS, DES MOINES, IOWA

Mr. GILBERT. First of all, I want to thank Senator Clark and his staff for inviting me here today. When we go rural, a lot of people say, "What's that big city dummy doing down here in the rural area?"

First of all, when title IX came into being, I came on board with the association in 1972 with a 67-slot program and worked hard to expand this to rural Iowa. So when title IX, the Older Americans Act, came in, we were mandated by Washington to work closely with the State commission on aging and the area agencies on aging, and the pesticide program came out of our meetings with the commission on aging. We started in Iowa with 72 older workers over 55 canvassing the complete State of Iowa for outdated and banned pesticides.

The second phase of the program was the empty container part of the program, informing the farmer and folks working with pesticides how to dispose of containers. We had a very successful program, which

has ended at this time, but it is known pretty well nationally for being a pilot project in the State of Iowa. We are all very proud of it and it proved to a lot of people at the capitol here in Iowa that our people over 55 could be trained to do a specific job.

For some reason they seemed to think that when a person became 55 his knowledge had been all drained out of him or something, and that he was not capable of performing these tasks. We proved a big surprise at the statehouse and they thought so much of our older workers program that last year the State funded an older workers program of their own.

This year they are starting a green thumb program with the State conservation commission.

I know you are interested in the older workers, Senator Clark, and you were pretty interested in the pesticide program. I didn't know at the time until just on the spur of the moment that this is what you really wanted to hear about.

Senator CLARK. I would like to hear about any other things you want to talk about.

Mr. GILBERT. Aside from this, I would like to mention that, first, we would like to see how much more intensive emphasis the Labor Department placed on the use of CETA funds to carry some of the load now carried by titles IX and X programs. We would like to see a proportionate amount of CETA money allocated to older workers based on the percentage of their total unemployment.

PROBLEMS FACING THE OLDER WORKER

Currently a little less than 4 percent of the CETA moneys are going to older workers. The job needs of older workers are no less great than those of younger workers, and they deserve no less attention.

Second, it would be helpful to the older workers if all upper age limits for compulsory retirement be removed. This discrimination has prevented older, able workers from working.

Third, older workers frequently complain about the limits set to wages they can earn without losing their social security benefits. This is unfair, as people living on dividends, interest, and pension income don't lose any social security benefits. This limit as to wages earned should be removed, particularly if inflation continues to rise faster than social security benefits.

Thank you very much.

Senator CLARK. Thank you.

I know, incidentally, that we have recently increased appropriations for title IX, and I think this was an amendment offered by Senator Kennedy which we cosponsored.

How do you think additional funds should be spent profitably in this case? We have some additional funding now; what kinds of things might we do?

Mr. GILBERT. I think just to expand what we are already doing—putting older people to work.

Senator CLARK. In other words, just finding useful employment that people are interested in and is productive, and expanding the program to more people?

Mr. GILBERT. That is right.

Senator CLARK. That is our biggest problem. It does not go far enough in terms of people involved. Is that a fair statement?

Mr. GILBERT. Yes.

Senator CLARK. You have got the positions, have you? In other words, if you had the money, you have the people and the positions?

Mr. GILBERT. At the present time, statewide, we have about 200 people waiting to go to work.

Senator CLARK. I liked your statement about mandatory retirement, because I think the most discriminatory single practice that we have in employment now is saying that when you get to be 60, 62, 65, or 70—that you have to retire. It is ridiculous. It is like saying that you cannot start working before you are 21 years old.

We were talking in Winterset about people in the arts who have made their greatest accomplishments after they were 65, many of them after they were 70 or 75. Some of the great painters—Picasso, who just died a couple of year ago—what was he, 90 years old, or something like that. Or Rubinstein. Many, many of the great musicians have reached their peak only after they were in their seventies, and I think it is true of a lot of other professions and occupations.

I think people ought to be able to continue. We ought to have a system in which people can retire early but that they aren't forced to retire. I mean, why should they have to retire simply because they reach a particular age? Who can measure whether somebody could continue to work effectively? It is just nonsense.

We have had discrimination in a lot of areas from time to time, and I think this is one now that we have to address ourselves to.

We are now going to hear from Francis Glick, who is here from Knoxville. I think you are going to talk to us about your own experience in these programs, what it means to you, and how it has worked, as far as you are concerned.

STATEMENT OF FRANCIS J. GLICK, KNOXVILLE, IOWA

Mr. GLICK. My name is Francis Glick. I am from Knoxville, Iowa, and I am presently employed as a clothing salesman in Des Moines.

Prior to this employment, I was unemployed. Through the senior community employment program, AARP and NRTA, in which Bob Gilbert was project director, I was hired as a liaison aide under title IX with the Iowa Department of Agriculture under the environmental protective association program which started in February 1975 and lasted approximately a year—to March 1976.

This job was on a part-time basis, 20 hours per week, starting at \$2.15 an hour. About 10 months later it was increased to \$2.30 an hour plus mileage. The work involves checking inventory of pesticides in the local stores and rural areas for nonregistration and open containers of pesticides, and reporting the accidents and incidents pertaining to these pesticide applications.

I was one of the 72 people that was picked in the State of Iowa. We left folders and information with the store owners, the applicators, and the farmers to instruct them as to the use of the pesticides. They gave us information on the pesticides they had, and possibly open containers, which were creating a problem with water pollution.

During this work I had quite an education in the proper handling of all types of pesticides, of which I was very unfamiliar to begin with. My work reports were mailed regularly to Mr. Lounsberry, secretary of agriculture in Des Moines, Iowa, at which time they were reviewed by Myron Van Cleave, who was supervisor of the pesticide section for the Iowa Department of Agriculture.

If any reports were of a serious or harmful nature, either to the store or to the customer, it was acted upon by Van Cleave's department.

"SENIORS COULD DO THE JOB"

The program helped get jobs for 70-some senior citizens employed through Mr. Gilbert's office. It proved that our senior citizens could do a job which the department was reluctant about starting to begin with.

Since this was a pilot program, we were to prove that a job could be done with the right people. During this part-time employment, I discussed future work with Mr. Gilbert and his department, also with the State employment office in Des Moines, on a weekly basis. This eventually led to my present job as a men's wear sales clerk where I am still employed, but not satisfied with the job. I am still looking for a better job. [Laughter.]

My previous employment was with the Marion County Community action program under Greater Opportunities, Inc., Operation Mainstream program for 1 month.

My job was to fill out Iowa State tax refunds for the elderly, which you all know about. I was discharged because my wife started 1 day ahead of me under the same program and was told that, according to the regulations, two in the same family was not allowed. She worked for approximately 6 months and that left us without income.

Prior to that, I was self-employed in the investments and securities business which I had to give up because my net income dropped to less than \$3,000 per year for 1973 and 1974, the previous 2 years. I was in this business full time for 12 years, and if any of you have invested any money, you know what happened.

Prior to this job, I managed branch offices throughout the Midwest for 13 years under a contract with the country's largest heating and air-conditioning company.

If this is any verification or confirmation that senior citizens can do the job, I think that Senator Clark should do something about it.

Thank you.

Senator CLARK. Good.

Just a couple of questions while you have the floor, Mr. Glick. I am just curious about how you found out about the pesticide program. What source brought you in touch with it?

Mr. GLICK. The pesticide program came to me from the Marion County Community Action Agency and Marion County Social Services. They said a job was available through the department to hire citizens 55 years of age or older, and I still had a 13-year-old child. I lived 50 miles from the office, but was glad to get the job.

I was not eligible for unemployment insurance by reason of self-employment, thereby I did the best I could with what was available at that time.

Mr. Gilbert got me this part-time job. Remember, 20 hours a week at \$2.15 an hour does not put much bread on the table.

Senator CLARK. How did you hear of it?

Mr. GLICK. I lived in Marion County. After we completed the series of store and rural area inspections, another county was assigned to each one of us and as we completed that county, our reports were mailed in. The program was completed ahead of schedule. No more jobs were available through Bob Gilbert's office.

SPECIAL TRAINING NECESSARY

Senator CLARK. Obviously this took some expertise. I mean, I could not go out and check pesticides. Did you have some training to understand what these were, what they meant, and how they operated? How did you learn about it?

Mr. GLICK. The initial training was through the community employment program; Bob Gilbert was project director. We had a series of educational sessions at the area XI community college in Des Moines where we were instructed as to how to do this.

The Iowa Department of Agriculture supplied us with a manual describing the manufacturing of the products that were distributed by the wholesaler to the retailer for sale and use for controlling mice, rats, roaches, and what have you.

We found, through the book registration, the numbers that were supposed to be on these containers. I would say in my tour of duty about one-third of the products during the first 3 months I inspected had no USDA registration or no EPA number whatsoever.

There were open containers sitting up on shelves above counters and tables where packages were being wrapped below. Our job was not to tell them to unload it, or for us to pick it up. We were simply to report what we saw.

As I recall, no one complained or gave us a bad time. We introduced ourselves as being with the Iowa Department of Agriculture. We presented them with a picture identification which showed that we worked for the Iowa State Department of Agriculture. Only once did I receive any repercussion from the owners. One stated, "If you're so good at this, how come you are not telling me how to dispose of the empty containers?" Well, since I had no background in chemicals or the medical profession, I just told them that I would send the reports to the proper authority and then they would take action from that point on.

Of the 70 of us in the field—I am not speaking for the others. I never did get a report as to whether they followed through or not. I gave an accurate report of what I saw, but not what to do with the product. After about 2 weeks, we had a second educational program through the area XI community college. I learned a lot more because we were on the firing line for 2 weeks.

I learned more at the second program: how to present myself, where the problems were, how to discuss it with the retailer and what he should do, and the department of agriculture would come out and check him over.

Senator CLARK. We appreciate very much hearing some actual examples from someone who has benefited from the program. I am anxious to find out now if Bob can tell us what they did with the pesticide program. Did they follow up on it then?

Mr. GILBERT. Yes. Mr. Glick's testimony was very good, except it was the Iowa State Department, not the U.S. Department.

Senator CLARK. I didn't catch that.

FOLLOWUP ON REPORTS

Mr. GILBERT. Yes, they followed up on every report sent in. We had older workers working in the office also, and they were checking every report back against the big manuals in the main office in Des Moines. If the product was outdated, banned, or any type of unregistered pesticide, the Iowa State pesticide division would send an inspector out to either pick up, dispose of it, or make some other arrangement.

Senator CLARK. So all of this work was done through this program by people who were over 55?

Mr. GILBERT. Right.

Senator CLARK. Now, just one other question, Mr. Gilbert, and then I want to ask Shirley a couple of questions.

What is your chief obstacle in placing older workers? What is the major problem that you face in this program in terms of placing people?

Mr. GILBERT. Age discrimination.

Senator CLARK. Age discrimination?

Mr. GILBERT. Right.

Senator CLARK. What kind? Can you think of some particular kind where it is very clear to you that people are being discriminated against simply because of their age?

Mr. GILBERT. I can think of a lot of specifics, but we won't mention any names here.

Senator CLARK. Yes.

Mr. GILBERT. This has probably been one of the biggest. We work closely with private enterprise, but we cannot tell them who they can hire or anything else. We have done a fabulous job here in the State in educating a lot of the private enterprise people in hiring the older worker by proving to them through this program that these people are very good employees—often better than the younger people. It is rather hard to say that when you have two young folks sitting across the table.

Senator CLARK. No, it isn't.

Mr. GILBERT. I was just joking, knowing both of them.

Senator CLARK. Let me ask Shirley—can you give us an idea of the kind of jobs that you place people in? Ruby is an example which has already been discussed, but what are some of the jobs you fill?

Mrs. CAMPBELL. We have secretarial positions, receptionists, clerical, janitors, and maintenance workers. We have security guards and handymen. We have homemaker health aides. We also have tax consultants for the elderly.

For any type of job that exists, we can usually find a person to fill the job.

Senator CLARK. So you would fill about every job imaginable?

Mrs. CAMPBELL. Yes.

Senator CLARK. Again, these are people who are over 55; they are people that can only work 20 hours a week. Is that right?

Mrs. CAMPBELL. Twenty hours a week, right.

Senator CLARK. Do you have a lot of people, as Ruby discussed, that would like to work more than that?

Mrs. CAMPBELL. Oh, definitely.

Senator CLARK. How many of these people who are working and are restricted to the 20 hours would want to work more than that, would you guess?

Mrs. CAMPBELL. I would say over half of the people I have in the program.

INELIGIBLES ALSO RECEIVE ASSISTANCE

I might add, too, that we not only work with the people that meet the income guidelines, we also, when they come in and fill out their application—if they do not meet our eligibility qualifications, we still try to work with them. We have job developers who go out and visit the different businesses here in Wapello County. When they bring a job opening in to the office, I have an aide in the afternoon who will call, not only the enrollees who we try to find permanent jobs for, but also the people who are not eligible for the program, and we have them apply for these different positions also.

We have placed some who did not qualify for the program in the private business sector as well.

Senator CLARK. Let me ask you a last question. If you had the money, how many more workers could you place who really want work and who could use it effectively? Do you have any idea at all?

Mrs. CAMPBELL. Every day there is someone coming in and every day I receive calls from the other counties, "Do you still have openings? I have a person here who is eligible. Do you have an opening for him?" I could not give you an accurate figure.

Senator CLARK. But you could place a lot more people effectively?

Mrs. CAMPBELL. Yes.

Senator CLARK. All right.

Well, the panel has been very good, and I appreciate it. Again, I think we will give you an opportunity, if you have any statements or questions about employment, we will continue that, then we will open it up to other subjects.

Please identify yourselves so we can have it for the record.

STATEMENT OF JOHN ZUMWALT, IOWA STATE DEPARTMENT OF SOCIAL SERVICES, OTTUMWA, IOWA

Mr. ZUMWALT. John Zumwalt, Iowa State Department of Social Services. I would like to speak particularly on the program that Shirley operates in Ottumwa.

We were talking to Mr. Gilbert about restraints and he spoke of discrimination. He spoke very highly of the type of work that one receives in these programs. We have one young lady who works with us and is 82 years old. Last February we had a terrible snowstorm

that kept most of our employees from the office and this young lady was there on time and was one of 5 workers out of 32 that made it to work that day.

So I have employed over 21 workers at this program in the department of social services in the area. This is a very fine program.

They spoke of some constraints and I was speaking to you about the holding down of the amount of money that one has to have to be a participant in some way and still be a part of this program. I believe it would be a great opening. It is very positive and very productive. It is a good program.

Very few jobs that I know of are centered to make work. All of them are to make one feel more important and more a part of the mainstream.

Senator CLARK. Thank you very much.

STATEMENT OF WILLA MAE BENNETT, OTTUMWA, IOWA

Mrs. BENNETT. Willa Mae Bennett.

I would like to comment on compulsory retirement at 65. I just wondered, if they don't retire at 65, where are these younger kids going to work? If no one retires out of their jobs, there is going to be a lot more unemployment than there is now, it seems to me.

Senator CLARK. Certainly that is an argument and it is one that is commonly used, but I am not sure that it is more important that a person 65 not have a job, let's say, than someone 21. It just seems to me that there is so much need for productive work that we ought to be able to have a society in which people who want to work at any age could do so.

Mrs. BENNETT. Well, I think they should be able to work maybe at part-time jobs—something they wanted to do all their lives they can do after they retire.

You work 40 or 50 years of your life in a job and then you retire, you could do some of the things, maybe, that you wanted to do, and still make money.

Senator CLARK. But suppose you are, let us say, the greatest pianist in the world, or the greatest artist in the world, and now you become 65 and you are just achieving your greatest potential, or your doctorate, or you are a professor. Why should you have to quit at 65?

Mrs. BENNETT. Well, I don't say they should, but won't that increase the unemployment to a great extent?

Senator CLARK. I think that is right, if we don't find productive ways.

Mrs. BENNETT. I don't mean they should not be able to, but I think it would increase unemployment. Where would the younger ones go that are stepping into these jobs?

Senator CLARK. I think we have got to develop a system in which we have got jobs for everybody who is able to work and wants to work because we have got plenty to do in this country. I think it is true that if we are not able, we are going to have the high unemployment that we have now. For example, in Ottumwa we have about 10 percent unemployment—10 or 11 percent, the last I looked—under the present system. It is an enormous problem, there is no doubt about it.

Mrs. BENNETT. I heard a lot of people at John Deere say if they get a contract where they could have 30-years-and-out—retire—they would take it.

Senator CLARK. I think we really ought to provide opportunities for a fairly early retirement. I am not at all opposed to that. I think if a person wants to quit working and they can quit working at 60 or 62 or 65, that is fine—more power to them. I would not discourage that for a moment, but I just don't think we ought to say you have to. That is the only thing.

Are there other comments or questions? Yes?

STATEMENT OF LILLIAN BARBER, OTTUMWA, IOWA

Mrs. BARBER. Lillian Barber.

You were speaking of discrimination. In almost all of the Government programs, including this employment program, they discriminate against married people. The guidelines are \$2,700, did you say?

Mrs. CAMPBELL. \$3,700 for two people.

Mrs. BARBER. That is rank discrimination and that is just one group. If it is \$2,700 for one individual, it certainly should be at least \$5,000 for two individuals to be eligible for these programs.

The point I am trying to make is not whether two persons can live cheaper than one. I am sure you are aware that in many cases, when people are on a very limited income, they will share a dwelling place, sometimes an apartment, or perhaps rent a house. This is often two ladies, or two gentlemen, sometimes more.

This program for employment for the elderly is much needed in our area. However in the guidelines, the income limit is \$2,700 for one individual or \$3,700 for a couple. I consider this to be unfair, because the word "couple" refers only to persons who are married to each other. I believe this would be more equitable if each person were treated as an individual, or if more investigation were made of the living arrangements of the applicants.

Senator CLARK. Does anybody want to comment on that?

Ruby?

Mrs. WELCHER. Well, I still maintain two people only have clothing and food extra, if they live in a home, they still have the same utility bills as one person. I do not see that it takes \$5,000 a year for two people if it only takes \$2,700 for one, because I don't think their expenses are that great.

Senator CLARK. Thank you.

STATEMENT OF BILL HOLVOET, DIRECTOR, AREA 16, AREA AGENCY ON AGING, BURLINGTON, IOWA

Mr. HOLVOET. Bill Holvoet, Burlington, Iowa, area agency on aging director for area 16.

As I see it, the employment project is good, but it is unique. I don't believe any of our area in the southeastern corner, or maybe some of the other parts of the State, has this, so I think this needed to be brought out.

You said, "What would you do with the extra money." Don't pump it into the Ottumwa area.

Senator CLARK. In other words, if we are going to expand it, let's get it into all of the areas?

Mr. HOLVOET. Yes.

Senator CLARK. We have a comment back here.

Mr. GILBERT. We have had about four people from the area working on the pesticide program. You are right, and this is what we are trying to do. That is how the project got started.

STATEMENT OF ROGER BLOBAUM, SOUTHERN IOWA COUNCIL OF GOVERNMENTS, CRESTON, IOWA

Mr. BLOBAUM. Roger Blobaum.

Mr. Chairman, I am from area 14 to the west and am here on behalf of the Southern Iowa Council of Governments. We sponsor a number of aging programs. I have a statement that I would like to submit for the record.

In terms of the rural aspects of these programs, 77 percent of our elderly live in small towns or rural areas, and more than one-third are below the poverty line.

Senator CLARK. More than a third.

Mr. BLOBAUM. In addition, 25 percent of the people in our seven counties are 60 years of age or older—one out of four.

We have a fairly extensive program, but one of the difficulties is the ability, as one of the previous witnesses pointed out, of being sure that the needed funding is available. As we come to the end of each year, we have to scramble around trying to put together enough local money, State money, and Federal money to try to keep our programing level going, at least at its present level, for another year.

Programs in rural areas like this are more expensive. With our transportation program, for example, the vans have to travel a lot more distance. The meal preparation at our 12 meal sites has to be done on site—it cannot be done at a central place or catered in.

NEED FOR SPECIAL ALLOCATION

I was asked by our board and our aging agency to come over and make these points and to suggest that there should be some kind of special allocation, or a different kind of allocation, to make it possible to get more money into areas like ours that have a lot of low-income people, a high proportion of rural people, and a very high proportion of people over the age of 60.

Senator CLARK. Well, fine, Roger. I am pleased to have your statement so it can be made a part of the record. I do want to say that I think we do have a fairly good chance of maintaining most of these programs in terms of continuity. I know that if they were authorized for 5 years, 10 years, or so forth, you would be more assured of it.

For example, title IX that we have been talking about, we increased this year from \$50 million to \$90 million. We almost doubled it.

Now other programs were not that fortunate, but I really do believe that the interest that older people have had in the organizations that they put together and the kind of things we heard from the first panel has really brought an awareness to the Congress and, I think, to

the Presidency, so that it is given a high priority. It is very doubtful to me that the Congress is going to back off these programs.

I know that is not absolute assurance, but I think it would be very unlikely, because associations, groups, clubs, and centers have organized very effectively for political action.

Mr. BLOBAUM. There is a tendency under those programs, as you know, to get more of the financing taken care of at the local level.

Senator CLARK. Yes; particularly the transportation we were talking about.

Mr. BLOBAUM. Yes; boards of supervisors putting in more money; also the city councils. The aging people are raising a lot of money themselves in our area. But even so, every year we are in a really bad pinch to try to line up the money needed to get the program laid out for the next year.

Senator CLARK. Thank you very much.

[The prepared statement of Mr. Blobaum follows:]

STATEMENT OF ROGER BLOBAUM, OTTUMWA, IOWA

Mr. Chairman, I appreciate the opportunity to appear at this hearing as a representative of the Southern Iowa Council of Governments, the sponsoring agency for the area XIV agency on aging.

The local governments in our seven-county area give a high priority to this agency, established in 1973 to make a wide range of services available to the 24.9 percent of the people 60 years of age and older. This percentage of elderly is the highest served by an aging agency in Iowa.

Figures compiled by the Iowa Commission on Aging show that 77.5 percent of the elderly in our area are rural residents, by far the highest percentage of rural elderly in any area in Iowa. More than one-third of the people over 60 have incomes below the poverty level and many of the elderly, particularly those with low incomes, are widows living alone.

Deciding priorities and most of the policymaking is done by the senior citizens themselves and finalized in recommendations to the council of governments from the area aging advisory council. We are the grantee organization and have final responsibility for the agency and its programs.

The agency's first effort was the nutrition program, which the elderly in the area consistently place at the top of the priority list, and we have added others as funding became available. Our services now include congregate and home-delivered meals in 12 towns and cities, an areawide 5-days-a-week rural transportation system, handyman and homemaker programs, home weatherization, information and referral services, and an outreach program.

Our agency has working arrangements with several cooperators, including the two community action agencies serving the area. Others providing assistance include the department of social services, Midcrest Extension, the Southwest Iowa Sheltered Workshop, social security, and Southwestern Community and Graceland Colleges.

The programs authorized by the Older Americans Act meet genuine needs of elderly people. This is important because the senior citizens in our area are proud and fiercely independent and would rather be self-reliant than utilize most government programs. The aging programs have a good public image in our area, most of our senior citizens accept them, and we feel they make sense.

Our main concern as local sponsors is coming up with the money needed to maintain the programs we have. Sufficient funding was provided the first year when the allocations took into consideration the high percentage of elderly and low-income people in the area.

In the second year, however, the method of allocating Federal funds was put on a 60-plus population basis. The result was a 50 percent cut in title III funds for the period beginning in February 1975, and a 27 percent reduction in title VII funds for the period beginning in October of the same year.

Part of this deficit was covered when the legislature, for the first time, provided direct assistance to aging agencies. A substantial amount of money also

was raised locally. In the nutrition program, for example, 35 percent of the money came from county boards of supervisors and contributions received from the senior citizens themselves at the meal sites.

STATE COMMISSION SUPPLEMENTAL GRANT

For the coming fiscal year, we were able to fund current programs only because the agency obtained a supplemental grant of \$40,000 from the State Commission on Aging, because meal site contributions again were greater than anticipated, and because larger quantities of commodity foods are available.

What we are suggesting is that programs for the elderly in rural areas require a stable, long-term Federal funding commitment. Once begun, these programs become very important in the lives of those who use them and their continuation should not be left in doubt at the end of each year. Once elderly people begin counting on the congregate site for their noon meal, or the vans to take them shopping or get them to the clinic, everything possible should be done to maintain these services.

Although we are grateful to the Iowa Legislature for starting direct assistance to area aging agencies, this funding cannot be relied on as a basic level of support. The \$15,165 in administrative funds and \$42,438 for congregate meals received from the initial funding saved this year's aging program in our area. But the legislature appropriated less money this past session and only \$12,250, rather than \$57,603, is available to our agency from this source for the year beginning October 1.

We have no choice, therefore, but to continue to look to Congress for basic funding for these programs. Further reductions in Federal support, combined at any point with discontinuation of State funding, would force our agency to make drastic cutbacks in some programs and to drop others.

Beyond the need to maintain present programs, there are many unmet needs. They include opening two additional meal sites to provide complete areawide coverage, upgrading several sites from the present three meals a week to five, providing more home-delivered meals, and providing more homemaker, home repair and other services that help older people remain in their own homes. There also is interest in programs involving health care and legal aid services and we would like to do more to stimulate construction of low-cost housing for the elderly.

We urge the committee to look into the possibility of making additional funding available to areas with a high proportion of low-income, rural elderly. This could be done by changing the present allocation formula, by special allocations, or by earmarking funds for rural aging agencies. A specific suggestion would be making agencies in economic development districts eligible for higher funding levels.

This special consideration is justified by lack of local services and financial resources in low-income rural areas with a high percentage of elderly people and the fact that programs in rural areas are by necessity more costly. The need for on-site meal preparation in the nutrition program and the long distances traveled daily by vans in the transportation system are just two examples.

Another important point, particularly in rural areas, is that services are quite limited, or not available at all, for people regardless of income. Many services simply do not exist in many rural counties. A large number of southern Iowa towns do not have mass transportation, dentists, doctors, low-cost housing, restaurants, and grocery stores. These services typically are available in urban areas.

We also would like to call your attention to a problem that has developed as a result of passage of the Joint Funding Simplification Act. We are aware of this because we are involved in funding simplification as the Nation's first rural IGA (Integrated Grant Administration) area. We have seen how well this approach can work, for example, in the way several Federal agencies have gone together to fund our areawide rural water system.

The problem is that HEW, and specifically the Administration on Aging, has insisted on writing a provision into the Older Americans Act to keep its funds from being integrated in areawide governmental units like ours. This creates administrative problems for our staff and we feel it is against the intent of joint funding.

We have been able to cut administrative costs and provide more services in our area by integrating all available Federal, State, and local resources. We would urge you to support the joint funding approach to all rural programs and to oppose the effort by the Administration on Aging to write itself out of the funding simplification legislation.

In closing, we would like to mention one additional problem that is not new where government programs are concerned. That is the problem of too much paperwork. We have the professional staff capability to submit the large amounts of paperwork necessary to bring services to the elderly in our area. But we also have highly competent people, both staff and policymakers, who could be delegated much more authority and responsibility. We feel the staff time involved could be much better spent in direct services to the elderly than in paperwork and would suggest a review of the Federal requirements for detailed plans, reports, and records.

Senator CLARK. I want to call on Jim Murphy, since we are talking about employment programs, because I know that he is with the Iowa Farmers' Union and they have had the Green Thumb program.

Could you give us a little bit about what that has done in employment and what you know of it?

STATEMENT OF JIM MURPHY, IOWA FARMERS UNION, GREEN THUMB PROGRAM, DES MOINES, IOWA

Mr. MURPHY. The National Farmers Union is a Department of Labor contractor for the Green Thumb program. This program is 11 years old and is being funded now by Congress to work in Iowa for the first time. We have the money for 49 part-time jobs for people 55 years old and older. We are going to have 15 of these jobs here in Wapello County.

I will be working with your area agency on aging people for these positions. We can provide the wages for workers $2\frac{1}{2}$ days a week to help with winterizing poor people's homes or to help with public projects—work on parks and recreation areas.

Fifteen in Wapello County are about a third of the 49 new positions that Iowa has for this fiscal year. If we can make it a successful program with the older workers, Congress may extend and expand the program in the future.

I believe I should now ask for questions.

Senator CLARK. Any questions about Green Thumb?

Mr. HOLVOET. Yes. Again, on this particular point, we were to be able to solicit some comments from the State and we have not heard anything since then, but we are going to have 15 in area 15 already, so you know there is a communication thing here.

Senator CLARK. Between the State?

Mr. HOLVOET. Between the State commission.

Senator CLARK. State commission on aging?

Mr. HOLVOET. Yes. So I would like to have him address himself to that. I am wondering if our area—area 15—is going to have any of these slots.

Senator CLARK. Do you know the answer to that offhand?

Mr. MURPHY. I believe I do, Senator Clark. I have written to Mrs. Ryan, the director of area 15, agency on aging, and I have her reply when she acknowledges the 15 jobs, and she sent me her suggestions of what areas they should be working.

GREEN THUMB PROGRAM

Now I intend to meet with Mrs. Ryan at her convenience to work on these jobs. This is a federally funded Green Thumb program sponsored by the National Farmers Union. This is not the Green Thumb program that works with the State conservation commission funded by the Iowa Legislature.

Mr. HOLVOET. That is fine, but how many agencies did you contact and talk with?

Mr. MURPHY. We contacted the area agencies where we have jobs available. With only 49 positions available, we want to concentrate them where they can be effective, probably 15 jobs at each county. I think if we tried to cover the entire State, we would have one person in every other county.

Mr. HOLVOET. The point I am trying to make is that it is not systematic. Everyone was not given the chance to make comments on this.

Mr. MURPHY. Yes, you are right, but by selecting Wapello County, I left out 97 others.

Senator CLARK. Mr. Gilbert.

Mr. GILBERT. I would like to address this question to you. This Green Thumb Farmers Union has a title IX project. Now, the Older Americans Act here in Iowa—why would they put out duplication of service to start duplicate administration when this is actually duplication of our programming?

Senator CLARK. I think under the new title IX authorization and appropriation, it is administered at a national level. I mean, it is not a separate program.

Mr. GILBERT. This is what I cannot understand, though. Green Thumb is one of the five contractors for title IX, so why would they move Green Thumb into Iowa when they are so heavy in Minnesota, and the Dakotas?

Senator CLARK. I think that a part of the great increase in funding, from \$50 million to \$90 million; a part of that increase went to Green Thumb. So obviously they are trying to go out and find additional slots as well.

Could you speak on that?

Mr. MURPHY. I think that is the major reason. The other is that Green Thumb workers on the project are restricted to rural areas. This is an attempt to expand work and find work for older people who are out of work in rural areas.

Mr. GILBERT. Do you generally work in crews on your program?

Mr. MURPHY. That is what we hope to do.

Senator CLARK. We have time for a couple more.

STATEMENT OF EDNA MORRIS, STOCKPORT, IOWA

Mrs. MORRIS. I have a comment to make. We have not talked much about the hundreds of congregate meals today. I am Edna Morris from Van Buren County in which a study¹ was made with the senior citizen group. We found that congregate meals are quite effective, and we did have some very good interviews. They were planned. There was

¹ See report, appendix 3, p. 141.

cooperation with the University of Iowa at Ames. Also, the department of health and various social agencies in Ottumwa, and others, felt it was a very logical type of interview that was made with our senior citizens.

One thing that I think came out of it was that our people felt that getting out each day was important. About 75 percent of them were widows or widowers, otherwise they would be eating alone at home. It was a good thing to get out, meet new people, get to go places in a group, and to get to meet new friends.

I think another thing that came out of our study was the fact that we found that some of our elderly citizens were not eating properly; they were not getting the recommended daily allowance of certain things. One of the things that we found was a deficiency in vitamin A, which comes from the green and yellow vegetables. They had a tendency to eat more cereals, sandwiches, soups, and things like that.

Another one was that they were not getting enough calcium. Of course, we do have a large percentage of our old people with bone structures that collapse, so we try to encourage our older people to use more milk, cheese, and things that would get more calcium into their system—and also vitamin A.

Senator CLARK. We appreciate very much having those comments. I might say that at another of our hearings we are going to feature nutrition, just as we did here on transportation.

Mrs. MORRIS. Where?

Senator CLARK. It will be either tomorrow or the next day.

Mrs. MORRIS. I was not aware of that.

Senator CLARK. We are trying to focus on different areas with panels. The nutrition program is easily the most popular single program under the Older Americans Act. It has been tremendously successful, both for nutritional and social reasons.

I know of its popularity. In fact, we increased the funding this year for the nutrition program by about \$50 million. In Iowa, for example, this next year we have appropriated almost \$2 million—\$1,857,039. So we have recognized the importance of it. In fact, I have just eaten over at the Winterset title VII meal site before we came over here.

We appreciate your comments very much.

We have only about 5 minutes; but I do want to open it up, not only to employment, but to any of these things that you would like to talk about.

STATEMENT OF ETHAN CURTIS, FAIRFIELD, IOWA

Mr. CURTIS. Ethan Curtis, Fairfield, Iowa.

I presume you will cover this area tomorrow or the day after, but I want to get my 2 cents worth in. I happen to be chairman of the Public Housing Agency in Fairfield, and this information that I am very briefly giving is part of that from our housing applications. We have been following it up for the last 5, 6, or 7 years.

No. 1, the income of our elderly in Fairfield in 1976, as compared with 1970, has been increased only by the increase in the social security payments and supplementary security income. These increases, while helpful, have not yet risen with the increased cost of living.

No. 2, Fairfield has 3,060 elderly, and 37 percent are below poverty income limits. In other words, 1.13 people are in this low-income group. The source of this information is the U.S. Employment Office.

No. 3, the 1970 census gave 2,260 elderly in Fairfield. A 1974 actual count gave us 3,062, or an increase of 802 elderly people in the 4-year period. By applying these same figures in the past 6 years, 1970 to 1976, Fairfield has 1,005 more elderly in this group, or a total 1976 figure of 4,765. The source of this information is the Fairfield Chamber of Commerce.

SUBSTANDARD HOUSING UNITS

No. 4, we have 696 housing units occupied by low-income families. Thirty-seven percent below income limits means that we have 258 substandard units that most likely are occupied by our elderly.

In other words, the units did not measure up to the standards as being decent, safe, and sanitary. The source of this information was the Iowa State Employment Office.

No. 5, by actual count as of June 6, 1974, we had 84 vacant apartments in Fairfield. Forty-three of these eighty-four were unsuitable. Ruled out on account of location were 37, which gives Fairfield 6 qualified units for elderly housing.

We had a total of 44 vacant houses. Thirty-five of these forty-four were ruled out because they were unsuitable—because of location, condition, or rent—which gives Fairfield a total of 15 possible living units for elderly which comes within the Federal guidelines.

In 1975, the Area 15 Housing Coordinating Committee, following our survey, ruled that we had a zero percent vacancy rental for the elderly. So we are just playing dominos—someone moves in, someone moves out.

No. 6, our applications for 48 units for low-income elderly was approved in February 1976. Construction is slated to begin within 60 days. Even though this project would ease the situation a little, it will in no way meet the housing needs of Fairfield.

Thank you.

Senator CLARK. Thank you very much. That is a good report. I know that the figures that you cite are 37 percent substandard housing. It is roughly that same average all over the country, particularly in rural areas. There is an enormous area of need. In fact, I went out this morning in Winterset and went through their public housing there for the elderly—it is not just for the elderly, but it seems it is principally being occupied by the elderly. It is called the North Ward Plaza.

I have also been in units here in Ottumwa. The need is enormous. It is very hard to say we can up the income to match the growth and needed money. In fact, I have cosponsored, with Senator Church and others, an attempt to have the index reestablished every 6 months, instead of yearly, so that we don't run so far behind on increases in social security.

Well, we have a couple more minutes. Does anybody else have a brief statement?

STATEMENT OF ESTHER WHALEN, OTTUMWA, IOWA

Mrs. WHALEN. Esther Whalen, Ottumwa.

I agree that we need more buses, which is very enjoyable, and I think the meals are great. But I do say that I think there should be something done about we widow ladies. I know there are lots of us here who have a home to keep up and the minute the husband is gone, why, the social security goes down. Our bills go up, we still pay the same gas, the same amount of water, all for one person in the house. It is very hard to do it.

I don't know how to keep up unless we have some ways on the side-line. I think that social security, instead of being cut in half, should be a larger part, because we only get a percentage of that. If that is taken away, too, it is just a little hard to keep up.

Senator CLARK. Thank you very much.

STATEMENT OF BERTHA DREYFUSS, OTTUMWA, IOWA

Mrs. DREYFUSS. Bertha Dreyfuss from Ottumwa.

I would like to speak about full employment. I want to ask you, Senator, where the jobs come from, when you say let all work who want to work, out of a population tremendously increased and some jobs that perhaps employed five people 25 years ago which are performed by machines today. Everyone who is running for public office this fall is promising full employment. Where do we get the jobs from?

Senator CLARK. I think it is possible to have that kind of job market. In fact, take one country that comes to mind immediately—West Germany. They have a shortage of labor and 10 percent of their labor has to be imported from outside. Even though they have had an enormous population increase, the economy has been expanding in a way in which they do not have enough people to fill all the jobs.

One could cite other countries as well. I don't think that with modern technology necessarily comes the situation in which you have to have very high unemployment. I don't think the two can ever be economically incompatible.

The fact is that we have enough work that needs to be done. The solution is to have the economy expanding in a way which really provides those jobs.

MEDICAL ATTENTION DIFFICULT

Mrs. DREYFUSS. We need better medical care. Even those who pay their own way cannot always find a doctor who is willing to take on another patient. My husband who has become disabled the past year could not get a foot doctor in Ottumwa to take him. I had to pay someone to take him to the clinic in Bloomfield to get his toenails clipped. We need, in Ottumwa, an outpatient clinic where everyone gets service.

Senator CLARK. Any other statements?

Mr. BURROWS. I thought I would tell a joke if you folks are leaving. This is an old joke, but you folks are all young so maybe you didn't hear it when it first came out.

This son-in-law got a telegram from his in-laws. He lived way off here. The telegram says, "Your mother-in-law is dead; shall we embalm, bury, or cremate?" He writes back and says, "Do all three, take no chances." [Laughter.]

I think there is a lot of emergency about these programs, but what I want to say rather technically is very appropos. The old lump of labor argument has been brought out here—that there is so much of a wealth of labor here that if you have two folks do it, then each one could do half as much. That is all.

The old lump of labor theory was thrown out years ago when the first technology in printing was established. The labor organizations all said, "This is going to do the work of three people, and so we can't have it." They tore up the machinery, rioted, and what-not.

We have had more and more machinery and technology taking more and more jobs. We have also had a larger and larger percentage of our people gainfully employed. So we make our income and our wages as we work, and you don't have a lump there from which to take. That is one thing, I think, that has made this other idea very simple.

I thought that \$2,700 ought to be moved up all along. It won't affect me. I have always been too wealthy to get help and too poor to be relied upon. [Laughter.]

So I am not sure. But it is bad for these \$2,700 deals these days when prices have doubled.

Senator CLARK. I agree. Good.

Two more statements back here, and then we are going to break up.

STATEMENT OF IDA L. MILLER, CENTERVILLE, IOWA

Mrs. MILLER. Ida Miller from Centerville.

We have not talked about nutrition, but that is my first love, then transportation. When is the next hearing on nutrition?

Senator CLARK. The nutrition hearing is Wednesday morning at 9:30 in Sioux Falls, S. Dak.

Then we are going to talk about it again in Rockford, Iowa, Wednesday afternoon. Rockford is a small town up around Mason City. I would be happy to hear anything you have to say about it right now.

Mrs. MILLER. Well, I just want to know if our program is going to continue.

Senator CLARK. There is no question about whether it is going to continue. It is the most popular program, as I was saying to this lady, in the aging area. In fact, we increased the funding by \$50 million this year.

Mrs. MILLER. It is the love of my life—the nutrition program.

Senator CLARK. Thank you.

STATEMENT OF TESSIE BURT, OTTUMWA, IOWA

Mrs. BURT. I am Tessie Burt.

Twenty years ago there wouldn't have been a hearing like this concerned with old people. Even if there had been, we probably wouldn't have heard about it. And if we had heard of it, we wouldn't have been able to get to it.

Things have certainly improved since then. People and governments care about the elderly, and they go out of their way to let a lot of us know that they do. And though we have some things, quite a bit is still needed.

Some towns don't have either community or senior centers, but when you get older you need some place to go so you can meet others, rest, or get a hot meal. You could have your blood pressure taken or learn exercises. But if you eat your hot meal in a church basement or a restaurant, you can't do all of the things that you want to do.

However, meals served in our own senior or community centers won't take care of those of us who are houseridden or bedridden. More money for meals-on-wheels programs would be good. And, to keep us from having to leave our own places for a nursing home, we need more homemaker aides.

Learning skills for retirement might not be a bad idea, though I think older people should be encouraged to work as long as they can instead of being made to retire at a certain age.

Being old has its advantages, and you, Senator, and others like you, have taken away some of the disadvantages.

Senator CLARK. Thank you very much. We appreciate it.

Let me just say now in conclusion that I think the witnesses and the testimony we have had today has been valuable to us. As I look back over the list, I particularly appreciated Ed McMillin talking about what the American Association of Retired Persons are doing and what the legislative council is doing; certainly Ben Grismore, in talking about how the transportation program was begun in Wayne County, and the value of it; Professor Burrows, who not only is a good story teller but knows a good deal about the problems of transportation—I thought that was valuable; certainly this panel with Shirley Campbell, talking about how as project director service employment has worked around this area; also Bob Gilbert talking at the State level about how these programs work; and then Ruby and Francis, as examples of that, and what it means to have these kinds of programs.

So I think it has been very valuable to us.

Any statements that you want to leave in writing or mail to me will be put in the record. We will have the record open for another couple of weeks so if you want to write something in a letter and say, "I think you ought to know about this, too," I will be very happy to have it and you tell me if you want it published in the hearings or if you want it kept private.

We are delighted that you came and we hope to see you again often. Thank you.

[Whereupon, at 4:20 p.m., the hearing was recessed.]

APPENDICES

Appendix 1

STATEMENTS FROM INDIVIDUALS

ITEM 1. STATEMENT OF PAM HUNT, TRANSPORTATION COORDINATOR, AREA XV AGENCY ON AGING, OTTUMWA, IOWA

I would like to present for the record some very positive things that are happening in the field of transportation for the elderly and the general public in area XV.

Area XV Agency on Aging, soon to come under the umbrella of programs sponsored by Southern Iowa Economic Development Association, is submitting a proposal for Urban Mass Transportation Administration funds under section 16(b) (2). These will be used to replace equipment currently being operated, as well as offering an additional service for handicapped people via special equipment in Wapello County.

South central Iowa community action program is applying for funds to provide a similar service for handicapped people in Wayne, Monroe, and Lucas Counties. These funds will also be made available through Urban Mass Transportation Administration section 16(b) (2).

The area XV Regional Planning Commission has received preliminary approval on a demonstration project for \$250,000 to be spent over the next 2 years. Mr. Bruce Bullamore has initiated an advisory group to give input for the final application for this comprehensive rural system. The project would not only coordinate existing human service transportation systems, but also provide a demonstration commuter service for area XV.

Several rather significant activities have taken place in Wapello County in recent months. An agreement has been reached with the Ottumwa Transit Authority by the area agency on aging allowing the agency's bus to operate 3 to 4 hours daily inside Ottumwa's city limits. The service is aimed primarily toward those individuals who for one reason or another cannot utilize the city buses.

The State of Iowa has allocated \$2 million for transit assistance. The Ottumwa Transit Authority will be eligible for application of those funds to help relieve the operating deficit. One application for these funds will also be accepted to assist rural operations in area XV. It is hoped that these moneys will be spent in a fashion acceptable to the legislators so they can see their way clear to re-allocate funds to the Department of Transportation in the future for use in providing comprehensive transportation service in Iowa.

The major need which should be considered when allocating funds for transportation is operating assistance. After a system is operating or has updated its equipment, the major need is for operating assistance. In many grant applications the emphasis is on capital outlays, rather than operating expenses. In rural Iowa as well as other places, the strain of operating a system cannot be met by local support totally.

ITEM 2. STATEMENT OF JOHN H. KING, CHAIRMAN, BOARD OF DIRECTORS, SOUTHERN IOWA ECONOMIC DEVELOPMENT ASSOCIATION (SIEDA)

Thank you, Senator Clark, for the opportunity to speak at this special hearing on problems facing older persons.

I am presently chairman of the board of directors of Southern Iowa Economic Development Association, the community action agency that serves this southern Iowa area. In this role it has been my privilege to become directly involved with a number of groups of persons who have been directly affected by the work of an agency such as SIEDA. Among them are numbers of older persons, living in isolation in this southern Iowa area, out of touch with and unable to gain access to many of the services they need.

I am greatly concerned, Senator Clark, about the inability of many of our older citizens to get to a doctor, a dentist, or a pharmacy, all of which may be located in a county seat town a number of miles from where they live. There is a great need for additional congregate meal sites, now limited due to limited funding. There is a need for handyman service activities for many older persons, too proud to ask, or too poor to pay for little tasks they can no longer do for themselves. There is a need for senior service centers in some of our isolated areas, small communities in which older persons make up a large percentage of the total population. And finally, Senator, there is a great need to expand transportation services in rural Iowa to older and handicapped persons.

SIEDA will be addressing some of these problem areas I have alluded to beginning October 1, when our agency becomes the sponsor for the area agency on aging program. However, with all the expertise within SIEDA, and it is considerable, there never seems to be an adequate supply of funds or technical assistance that can be generated through both State and Federal sources.

There would seem to be a need to direct existing State and Federal funds more generously into areas such as we have in area XV—areas that have documented evidence of need that far outweighs need in other areas of Iowa. Surely the formula for parceling out money should be weighted for an area that has more older persons per capita than most or all other areas of the State. I would strongly recommend that the formula system for funding be more truly reflective of the identified need in terms of specific persons who need and require service.

As a case in point, much of area XV is economically depressed, a fact that has resulted in the area being designated as an economic development district. This would presume to alert the Federal and State governments that when funds of almost any nature become available, that area so designated would automatically become a high priority for funding and frankly, Senator, this does not seem to be the case.

Older persons' problems are not unique for southern Iowa, Senator, but they are somewhat critical due to the nonmetropolitan aspect of the area. As you know, when service is not available to you where you live, you have three options: do without the service, go to where the service is available, or have the service delivered to you. We would not suggest people do without service. We are attempting to get people to service and we will continue to bring service to people. The latter two options are both costly and time consuming in the nearly total rural environment of southern Iowa.

SIEDA has been able to assist many older persons through its community food program, through its energetic efforts to see more well-adult health clinics established, through property tax relief programs, and through such programs as RSVP—the retired senior volunteer program.

And although we feel good about our involvements thus far, we are likewise frustrated by our attempts to do more. Be assured, we shall continue to serve people who have need—it is our mandate in community action. We do need the support of persons such as you to demonstrate to the Nation that we are all committed to the effort; that we recognize the shortcoming but that we do have the energy, the enthusiasm, and the dedication of purpose to get the job done.

My lifelong work as an educator and administrator, Senator—working with youngsters is not unlike the problems we are experiencing in working with older persons. We are a catalyst for change in both areas—you, Senator Clark, along with your peers, are that catalyst at the Federal level to actively assist us in doing our task in a better and more effective way.

On behalf of the SIEDA Board of Directors, its staff, and the multitude of clients we collectively serve, may I express our pleasure at having such hearings in this area and my thanks for the opportunity to speak to you.

Appendix 2

LETTERS FROM INDIVIDUALS

ITEM 1. LETTER FROM VIVIAN B. HAMMES, SITE COORDINATOR, AGENCY ON AGING, FAIRFIELD, IOWA; TO SENATOR DICK CLARK, DATED AUGUST 13, 1976

DEAR SENATOR CLARK: As an agency on aging site coordinator, I would like to give you my views on the agency programs and what it has done for the elderly of Jefferson County.

This site was started in December 1973 with an average of 30 to 35. We now have an average of 65 to 75 daily. Most of these people come every day; the others on an average of twice a week. They even bring their children to the site so they can see where they spend their time and how well they do by themselves.

The agency on aging program has kept many elderly in their homes much longer and out of nursing homes, thereby saving the taxpayer thousands and thousands of dollars. This is every senior citizen's wish—"to stay in their home as long as possible."

These people have turned into happy people, for now they have a place to go, friends to see, and people who care about their welfare. We have seen them come out of their shells and "live again." (Granted there are a few we'd like to put back into their shells again.) The sociability is a great aspect of the program and without it the meals and minibus could never be.

Some cannot afford to pay for the meals or the bus, but this program does not leave them out. They can come—and do. The confidentiality of no one knowing if they can or can't pay keeps their dignity intact. They benefit the same as those who can afford to pay.

We have even taken the elderly home from the hospital by bus. They are taken shopping, to the doctor, drug store, beauty parlor, visiting, to the grocery store, laundrymat, the bank, to an attorney, etc. You name it, the minibus has taken them there.

These people even volunteer to help at the site. They volunteer in the community—selling tickets at the junior agricultural show, helping at the farmers market, TV marathons, selling bicentennial booklets, community parades, contest judges for school, foster grandparents to seventh grade students, etc. They are certainly no pikers when called upon, but each community must become aware that they are available, even though retired. Their experience is a vast resource for our Nation and, as yet, virtually untouched. Our elderly are a fantastic group of people and being with them daily has been a wonderful experience for me.

A prerequisite of our site is a smile, and it seems to work wonders—it is contagious. The sociability is so important—for they can be their own self and be once again important. They not only help the community, but help one another, which in turn helps themselves. They consider the site as "their home away from home."

The meals are well planned for them and they have a say-so at a monthly meeting with the dietitian. This, plus program suggestions, makes them know that this agency program is truly for them. Many claim that they would be dead except for this program.

No matter how big or small the problem, they know that my aide, Maxine Riley, the bus driver, Mescal Kennedy, and myself will listen to them and advise them if possible. We've sat at the hospital all night with them; we've stayed at the house when a death occurred; we visit the hospital when they are sick; and we go with them to the doctor. Having us there seems to lessen the fear, and they know they can depend on us anytime—night or day. Most have no families or they live too far away.

I could go on and on about the wonderful things these elderly do, but I could never do them justice. The satisfaction is seeing them smile and knowing the good the program is doing daily. Of all the programs the government sponsors, the agency on aging is one of the best and does the most good. More funding could be used for the continued support of this program.

Sincerely,

VIVIAN B. HAMMES.

P.S. Why not come and visit our site, "the best in Iowa," and see for yourself?
V. B. H.

ITEM 2. LETTER FROM MESCAL KENNEDY, FAIRFIELD, IOWA; TO SENATOR DICK CLARK

DEAR SENATOR CLARK: As the driver of our minibus, it is my opinion that the greatest blessing that ever came to Fairfield was the founding of the senior citizen site.

We have the perfect coordinator in Vivian Hammes, and assistant in Maxine Riley. They are not only interested in all of the participants while they're here at the site, but they will, and often do, look in on the senior citizens after working hours.

We have a team of volunteers who can't be beat. They are alert to other's needs, diligent workers, and extremely friendly and helpful.

Many of the elderly who seldom ventured outside their homes or apartments previously, except for visits to the doctor, began to gather 5 days a week at the site. It opened up a whole new world for them. Not only are they supplied with nutritious meals, but also the fellowship they enjoy is priceless.

The minibus is a godsend to many of the senior citizens. Those who had no means of transportation and hesitated to call on friends or relatives to drive them places now have an independence in calling their own bus for trips to the doctor, dentist, supermarket, beauty parlor, or anywhere they want to go.

It would be a great injustice to deny them this facility now. The senior citizens of Fairfield need the senior citizen's site and the minibus.

Yours Respectfully,

MESCAL KENNEDY.

ITEM 3. LETTER FROM CATHERINE KURKA,¹ FAIRFIELD, IOWA; TO SENATOR DICK CLARK, DATED AUGUST 12, 1976

DEAR SENATOR CLARK: I am a volunteer worker at the congregate meal site, and I would like to tell you how great I think this service is for our senior citizens.

I didn't really realize just how much this means to so many people until I started working at the site, once a week. It cannot be described fully to anyone who has not seen some of these people when this all started. Some of them did not get out of their homes. It is a pleasant place to enjoy a meal with friends and also to enjoy the entertainment that is offered on different days. You really need to be in the card room, or sit around and visit with the people, to get an idea of what it does for so many. We are very lucky in Fairfield in having a gal at the head of this that is so dedicated to her work. She will do most anything for these people. She is quite an advocate of theirs.

Please continue funding such projects for the senior citizens. They are a part of our country that is not as vocal as some of the others. They, for the most part, have not always had everything and have learned to "make do with what they have."

On their behalf, I thank you and please continue to work for them.

Sincerely,

CATHERINE KURKA.

ITEM 4. LETTER FROM PATSY SEALS, RSVP DIRECTOR, OTTUMWA, IOWA; TO SENATOR DICK CLARK, DATED AUGUST 16, 1976

SENATOR CLARK: The RSVP (retired senior volunteer program) began operation in Ottumwa on July 1, 1972, with a Federal grant from ACTION in Wash-

¹ See statement, p. 110.

ington. Ottumwa was one of the first four RSVP's funded in the State of Iowa. The function of the RSVP is to work with people age 60 and over to find them useful and worthwhile volunteer work to do in the community. We try to match the volunteer to the work very carefully so that the volunteer and the volunteer station is happy with the match. Our program oftentimes involves counseling with the volunteer and trying to help them solve the problems that they might have. Some of the problems we work with are: difficulties with their check, especially when they get word that social security has overpaid them and they won't get a check for a period of time. These people oftentimes don't have the funds to carry them for 2 or 3 months or longer. They need help to apply for food stamps and other services that they may be eligible for during the period of time that they don't receive a check. Some of our volunteers have no families and it is difficult sometimes for them to get the medical care that they need, so we sometimes help them with medical problems. Some of our volunteers that do have families have feelings of being neglected or mistreated by their children, so counseling with this problem occurs frequently. To so many of our volunteers, the people they work with in their volunteer work is the only family that they might have.

For the first 2 years that the RSVP program was in Ottumwa, our grant was administered by SIEDA, which is a CAP agency. SIEDA felt our program should be spun off to a community organization and we started investigating possible sponsors. The Ottumwa Area Chamber of Commerce had been working with the idea of starting a volunteer bureau in Ottumwa and felt that the sponsorship of the RSVP might be a step in the right direction. The chamber of commerce took over the sponsorship and has been the sponsor for the past 2 years, and we are going into our third year with the chamber. It has been very good, for we are reaching a group of people that we had not reached before.

Some of the things that our volunteers do are:

- Help supervise the handicapped clients at the TENCO workshop and also sell items made by the clients at the county fair and the local "crazy day."
- Mending items and also fold brochures for the local hospital.
- Helping at the nursing homes by feeding other patients, passing out mail, writing letters, entertaining, helping with bingo, visiting with the patients, and other things that are needed to be done. Some volunteers have been taking the patients to the doctors and other professional people that they have needed to see.
- We have volunteers that help with the department of social services with the food stamp outreach program.
- We have volunteers that do typing for organizations such as the Ottumwa Area Chamber of Commerce, Boy Scouts, Indian Hills Lake Region Tourism Council, and many others.
- We have one volunteer that does the correspondence for the business/consumer affairs council which in Ottumwa acts as the better business bureau.
- We have volunteers that do special projects such as mailings, envelope stuffing, making lap robes, putting together packets for American Cancer and Multiple Sclerosis, and any other projects that can be done in a group setting.
- Some volunteers provide transportation for other people such as our volunteers. We have volunteers that provide transportation to other people that need to get to a doctor out of town and this is something that our volunteers do if the people can pay for their own transportation or if we can get funds from other sources such as the department of social services. This is one of the big problems of the elderly of Ottumwa—transportation to out-of-town doctors.
- We have volunteers that help serve the congregate meals at the area agency on aging and also volunteers that work in the Mystic hot meals program which is a nonprofit corporation that also serves meals to the elderly.
- We have volunteers that do telephone reassurance, which involves calling on others who are shut in their homes. Volunteers have taught minicourses in such subjects as knitting and crocheting in the schools, administered first aid at the YMCA camp, helped with the voter registration program. We have volunteers working on a 1 to 1 basis with clients at the lifetime learning center which works not only with young adults but also middle-aged people to help them get their GED certificates. Our volunteers also help these people with reading difficulties. There are some of the clients who dropped out of school that need help in learning how to write a check and also many other things that we might consider to be simple in everyday life.

To provide all of these services to the community and to benefit the elderly people that we serve, we need funds. Although we do reimburse our volunteers for their transportation and meals, it nowhere near takes care of expenses. Some of the meals that our volunteers eat while doing their volunteer assignment may be the only balanced meal they have for the day. How do we carry on the program when we so badly need more dollars?

FUND SHORTAGES

In the beginning the program was partially federally funded for 5 years, and at the end of the 5 years the community had to come up with enough funds to carry on the program. In the spring of 1976, the agencies in Iowa and all over the United States were informed that the ACTION agency had frozen the programs at 70 percent Federal funds and 30 percent local funds. The decision has been made for an indefinite period of time. Although the reduction in the local match has helped the programs get their local match, if the program is to grow at all they will have to depend on the local communities for the funds which leaves so many of the programs back in the same place that they were in the beginning—not enough local funds to go around to the different agencies. Although we are to be 70 percent federally funded, the programs do not receive 70 percent of their total budgets from the Federal Government. We have programs in the State of Iowa that are in their fifth year that are at the point where their programs can't grow anymore because of lack of funds. In this case, what do you do? Do you turn down people that want to be volunteers? Do you take them as volunteers and hope that the funds come from somewhere out of the blue? What alternative do we have?

The total budget for the RSVP programs in Iowa in Federal dollars is approximately \$310,000. This has to stretch for funding the State office in Des Moines, and the 16 RSVP programs in the State which involves more than 3,388 senior volunteers as of June 30. At the present time there are two proposals in the State office for RSVP programs, and there are no funds. What can we, as citizens and also as RSVP directors, do to help find funds for the existing programs and also for new programs, not only in Iowa, but all over the United States?

It has been said that the older Americans are a valuable resource, and this statement is true—but let it not be forgotten. Our older people all over the United States have forgotten more than a lot of us young people will ever know. I hope that when I get old enough to retire, that there is something that I can look forward to being a part of, such as the Retired Senior Volunteer Program of the United States of America!

What can be done about social security checks being stopped with such suddenness when there is overpayment? So often an elderly person receives notice that their social security check will either be cut or they will not receive a check for a certain length of time due to overpayment; however, they don't receive notice of this until the day they would normally receive a check. What do these people do? If they could receive notice concerning this matter at least a month in advance then they could possibly make some kind of adjustments.

Also, our local RSVP program does a lot of transporting the elderly to out-of-town doctors (if they can pay for the transportation or we can find funds from other sources such as social services) because there is not any other way for them to get to these doctors. What can be done concerning this situation?

Also, the RSVP program would like to stretch out more into the rural areas to reach more of the rural elderly, but we need funds to help do this. Our rural elderly are needed as volunteers as much as our urban elderly. What can be done to get more funds for this purpose?

PATSY SEALS.

Appendix 3

REPORT PREPARED BY MRS. EDNA MORRIS,¹ VAN BUREN COUNTY (IOWA) COMMISSION ON AGING

AN EVALUATION OF THE CONGREGATE MEALS PROGRAM IN VAN BUREN COUNTY

This was a pilot study conducted in Van Buren County. It was conducted for the Commission on Aging of the State of Iowa, under the supervision of the Food and Nutrition Department of Iowa State University, Ames, Iowa, and under the specific leadership of Dr. Pilar Garcia.

Other agencies cooperating were: Iowa State Department of Health; Iowa Department of Social Services, Ottumwa Field Office; Van Buren County Extension Service; Area XV Agency on Aging; and Van Buren County Commission on Aging.

As I have previously mentioned, this was a pilot program on and of Van Buren County. One of the reasons it was selected was, it has one of the highest percentages of persons age 65 and over in their population of the State. And it is also considered among the lower economic level counties.

Another reason was this county has four congregate meal sites. Two located in the local cafes, Farmington and Stockport, one in a hotel dining room, and one, at the time of the study, in a church basement.

The first segment of the survey was conducted during November and December 1974. This included 74 women and 31 men, or a total of 105. All were 60 years or older. In April 1975 was the followup or second segment of the survey. This included 50 women and 19 men, a total of 69—68 were interviewed in both surveys.

Detailed questionnaires were used by trained interviewers to obtain information: general characteristics of the group, nutritional and health related data, dietary intake on a 24-hour basis of both food and beverage consumed.

All of these interviews were held at the meal sites. All of the people participated regularly in the program. About half the dietary records obtained included the congregate noon meal.

Results showed that a higher proportion of the individuals received one-third or more of the recommended daily allowance for several nutrients from the congregate meal. It also contributed a higher proportion of the daily intake of food energy and several nutrients.

Most of the 68 participants who were observed in both surveys had adequate daily intake of protein, iron, riboflavin, preformed niacin, and vitamin C. Half of the group had a satisfactory intake of thiamin. Over a fourth had vitamin A values less than 50 percent of the recommended daily allowance. Over a third had calcium intake below 50 percent of the RDA. Intake of food energy tended to be low, yet 50 percent of the participants were overweight.

Eighty-five percent of the group were 70 years old or older and the majority were women. Over 75 percent widows or widowers and the majority lived alone, which meant they ate alone when home. About two-thirds of the group were in income levels below \$300 per month—only 10 percent were in income levels above \$500 per month. A majority did their own shopping and lived near or within 3 miles of a grocery store. About 15 percent of the participants over age 80 did not prepare any of their meals. These were mostly men.

Approximately one-fourth of the group were on some kind of a special diet of low cholesterol, low residue, sodium restricted, diabetic, bland, or combination of several. Most had been prescribed by a physician. Only about 30 percent reported the use of vitamins or supplements. The majority of the group claimed good to excellent health.

Some questions still are unanswered. How can we measure the effects of the program on the nutritional status of the people being served? And is it possible to show the impact of good nutrition on the health of the elderly?

¹ See statement, p. 128.

This study and evaluation of the congregate meal program was limited to appraisal of the diets and some health-related information. One conclusion seemed evident that the participants' preference was generally low for foods that are high in calcium (milk, cheese, etc.) and in vitamin A values (dark green and yellow vegetables such as broccoli, greens, spinach, winter squash, etc.). So there is much need for more calcium and vitamin intake.

Over 40 percent felt they had changed their eating habits since beginning to eat at the congregate meals. Other benefits were indicated too: fellowship, making new friends, and better eating.

These are just a few of the highlights of the total report, as it was 31 pages long.

Dr. Garcia expressed her appreciation, "We are grateful to the congregate meal participants for their cooperation in this pilot study."

Appendix 4

STATEMENTS SUBMITTED BY THE HEARING AUDIENCE

During the course of the hearing, a form was made available by the committee to those attending who wished to make suggestions and recommendations but were unable to testify because of time limitations. The form read as follows:

DEAR SENATOR CLARK: If there had been time for everyone to speak at the hearing on "The Nation's Rural Elderly," in Ottumwa, Iowa, on August 16, 1976, I would have said:

The following replies were received:

RAYMOND ANDERSON, FAIRFIELD, IOWA

The meals program is very helpful to me. We get a good balanced meal each day.

The social part is good for the elderly, too. It is a great help to get out for a few hours each day.

The minibus is very much needed and is being used by many elderly citizens with low incomes.

I hope these programs will continue.

BERNADINE BARKER, KEOSAUQUA, IOWA

I do not agree with Mr. Bob Gilbert that employment of the older person is the greatest need. Transportation for the elderly and provisions for congregate meals are the greatest needs. In Van Buren County we have around 2,000 to 2,200 over 60, out of a population totaling around 9,000. Many of these people would not eat a single balanced meal or go anyplace for weeks at a time without these programs. I could enumerate many personal stories about people who have more or less come back to life again since this program began. Many who participate are isolated in rural areas (some isolated in small towns) and depressed, with no reason for living. We feel in Van Buren it keeps many out of the nursing homes.

We need more and continued support for these programs. We have two part-time drivers who receive only \$4,500 total for the job of minibus drivers and no provisions for overtime work which they do a lot of. Our funds have been drastically cut and we do not know whether we can continue the program beyond another year! I feel in order to continue to offer these services we need assistance for the services and more funds to be able to pay a living wage to employees. Coordinators, like myself, responsible for coordinating transportation and congregate meals, dispatching buses, etc., are not paid a wage comparable to other similar positions (presently \$7,700) and are told wages are frozen for another year.

In other words, no one is working in the program unless they enjoy helping people, but you don't keep good employees with a continued rise in the cost of living on that basis alone.

Low-rent housing is another great need. We do have housing units in several communities, but there is a great need for some in Keosauqua. It seems the "powers that be" in that town did not want the competition of the low-rent units so we weren't able to build any, even though there is a great need for them. A week never goes by that I don't have inquiries on the subject! We need more in the other towns, too.

BERNADINE BATES, FAIRFIELD, IOWA

The congregate meals for the elderly help me because, when alone, I don't cook properly. It's also more fun to eat with my friends.

The sociability at our senior citizens site is wonderful for us. We see all our friends, and especially enjoy the cardplaying in the afternoon where we have so much fun.

The weekly exercise class helped me become more mobile and is keeping me that way.

The coordinator stayed with me during surgery. It helps to have someone who cares and will help when I need it.

I hope the Federal Government will keep on funding this program.

EVA BATES, FAIRFIELD, IOWA

I am thankful for the minibus and meals for the elderly. I was in a nursing home, and without them I could not have come back into my own home. When I was sick, congregate meals were delivered to my home by minibus. I now get to come to the site two or three times a week, and the other days I have a home-delivered meal sent to me.

The loneliness seems to go when I can talk and be with my friends at the site. I could never have managed without Fairfield's agency on aging.

CECIL BETTIS, FAIRFIELD, IOWA

First of all I want to thank you for helping me to finally get my black lung benefits. The coordinator, Mrs. Hammes, and I appreciated your followthrough.

The meals at the site have really helped me, because now my wife has had a stroke and cooking is a problem.

The people here couldn't do without the minibus either.

More funds are needed for this agency on aging program. I'm glad you are on this committee so you can keep helping the elderly.

Thanks again, and keep up the good work.

ONA MAY BIRT, FAIRFIELD, IOWA

The minibus is the most wonderful thing for the elderly. The taxi is too expensive and we need transportation.

Our congregate meals are good, well balanced, and help my budget considerably. The sociability at the senior citizen site helps get your mind on other things and the laughter is contagious.

We all appreciate our wonderful coordinator and bus driver because they both take an interest in everyone, and your problems are their problems, too. It gives us someone to talk to and confide in.

We like the privilege of being able to volunteer at the site and feel needed and wanted.

The coordinator even stayed with me when I was operated on when my family could not. It's nice to know I can rely on her when I need help. She tries to be a friend to all.

More funds are needed for meals and for the minibus for senior citizens. This program has done more for senior citizens than anything else. Keep funding the money, we need it.

SHERMAN BISHOP, FAIRFIELD, IOWA

I am a senior citizen 78 years old, and lost my wife in June 1975. I carried out meals from agency for aging while she was sick, then started eating there. It is a wonderful place for old people to eat, get acquainted, play cards, and help one another.

We have two wonderful coordinators in Vivian and Maxine. Also the minibus and driver, Mescal. They are wonderful for people who need them.

TWYLA BOOTH, FAIRFIELD, IOWA

You have done a good job in helping the elderly by funding programs for transportation and for nutrition.

This has kept many senior citizens in their own homes which makes them happy.

To be able to get the minibus to come to the congregate meals and have fellowship with others keeps them alert mentally and helps them physically.

To be on their own, to get to the doctor, to the grocery, or to visit friends is very rewarding. Since our community has no public transportation system, the minibus is needed.

I firmly believe these benefits are less expensive than putting our elderly in nursing homes or care facilities.

I have worked with the agency on aging program in Jefferson County since the beginning and can see the many benefits for those participating.

Thank you for your interest. I hope you will keep on working for the continuance of these very worthwhile programs.

IRENE CARLSON, FAIRFIELD, IOWA

I am a widow and can't get out. The minibus takes me to the doctor and the site for meals. I could not go otherwise.

The meals are good and the low cost helps the budgets of all the elderly.

Sociability means less loneliness for us. We need the Government to keep funding the agency on aging programs.

MILDRED CARTER, FAIRFIELD, IOWA

I have a better balanced meal and more variety at the site than when I cook for one and use leftovers. I enjoy seeing and visiting with others. It is a nice change from eating alone. Some who are unable to cook or come to the site have meals delivered. Exercises, bingo, cards, movies, etc., are enjoyed by many who come to the site.

The coordinator checks on those who are sick, takes them to the doctor, sees that they get their medicine, takes them home or to the hospital, and visits those in the hospital. She helps all who need help in many ways to make them feel they are not so alone in the world.

The site would be greatly missed by many—attendance in Fairfield is increasing. I hope the site may continue and that allowance will be made so it can grow.

ESTHER D. CHAMP, FAIRFIELD, IOWA

We'd like you to continue the funding for the senior citizen site and its programs.

The meals and the minibus are a godsend for me. This is my only means of transportation and, when sick, a carryout meal is delivered to me. I have no nearby relatives to help me so I, therefore, depend on these things.

RAY CLARK, FAIRFIELD, IOWA

The minibus and congregate meals at the senior citizen site mean a lot to me. I have to have medicine and oxygen every week and the bus takes me to get them. I also depend on the bus for groceries and trips to the doctor, as I cannot walk.

As for the meals, many times I would have done without anything to eat if not for them, for I am unable to fix something most of the time.

The site is also a good place to come to visit with the folks and for good, clean recreation and fun.

Keep on funding money for this program, it is so needed.

We ride the bus each day,
Travel on every street,
Gathering senior citizens
To bring them here to eat.

We ride the bus each day,
Travel all over town,
The senior citizens know
The minibus won't let them down.

We ride the bus each day,
Travel on every street,
We have no hat upon our head,
Worn shoes upon our feet.

We ride the bus each day,
Travel all over town,
The senior citizens know
The minibus will be around.

—by Ray Clark.

GLADYS E. DEGOOD, FAIRFIELD, IOWA

I believe the senior citizen site is the best thing that has happened for the senior citizens of Fairfield, Iowa.

The money that is appropriated for operation of the site by the city, county, State, or Federal Government is used in so many beneficial ways for senior citizens. It is wonderful how so little money can do so much for so many people.

I request that a larger sum be made available for the use and benefit of senior citizens.

The senior citizens enjoy better health because of the nutritious meals that are served to them 5 days each week.

They are happier because of the fellowship and sociability of being with other people.

The minibus affords transportation for many people to go to the doctor, to the grocery stores, to the bank or the post office, and to come to the site for meals.

There is only taxi service in Fairfield, Iowa, and it is quite expensive, if used. Many senior citizens cannot afford to pay the taxi fare. The minibus fare is 35¢ anyplace in town.

Our group has organized a senior citizen chorus of six senior citizens who enjoy many hours of music practice at the site building.

The chorus has become popular and is in demand to entertain in other towns for business and church organizations on special occasions.

The card room is generally filled to capacity with card players and it is a real fun place to spend an afternoon.

It is my sincere hope and wish that an increase in money for the program will be allowed so we can help more senior citizens.

I extend a special invitation for you to visit the senior citizen site and enjoy a pleasant, happy day.

LUCY DOUGHERTY, ALBIA, IOWA

The first priority, as I see it in Monroe County regarding transportation, is to assure us we will get to keep our minibus without relying on any more local tax money—as our small county cannot support much more. It is necessary to keep the Federal dollar coming. There is always room for expansion, but to keep what we already have is most important. Keep the money coming.

We would really welcome a visit of our sites in Albia and Lovilla by you. We also invite you to ride our minibus.

JOE EMERSON, FAIRFIELD, IOWA

I use the senior citizen minibus to go to congregate meals at the site. We need both the bus and the meals for the elderly. It has helped me.

We need continued funding from the Government.

MARY S. EVANS, FAIRFIELD, IOWA

By all means keep the agency on aging program going because it is so needed in more ways than one for the elderly.

The cost is within range of my budget and the budgets of others.

The minibus is wonderful for the elderly and has taken me to the doctor and to the site many times.

I hope the Government funds this program forever, because it is needed and the potential will always be there.

HARRY AND WILLA FULTON, FAIRFIELD, IOWA

Thanks to the agency on aging, the senior citizens of this site are very fortunate in having a very capable coordinator who knows how to cope with the elderly and handle funds efficiently.

Balanced meals are furnished 5 days a week for those who are able to come to the site, and carryout meals to those who are unable to attend. Volunteers help greatly with this operation, as well as many other duties required.

Periodic blood pressure tests and tooth examinations are made free.

Card games, bingo, movies, etc., are furnished, as well as exercise classes and other entertainment.

Counseling on social security problems, rent, and tax returns, how to get free blood through the State blood bank, and how to get help when needed through various agencies.

The sick are visited and cards signed by the participants are sent. An engraved plaque with the names of the deceased is hung in the lobby.

A senior citizens chorus has been organized that has an average age of almost 80 years. They are much in demand in the southeastern part of the State.

Birthdays are remembered monthly and cake and ice cream are usually served.

Wonderful cooperation by our city council, board of supervisors, city merchants, civic organizations, churches, and private citizens make this program a wonderful and beneficial help to the aged of this county.

WILLA HUSTON FULTON, FAIRFIELD, IOWA

First I want to say thanks to the organization of our government for making this possible.

Next, thanks for the individual who has blessed us with her knowledge of people and their needs.

We are a general mixture of aged people with all the characteristics of all people.

We needed guiding. Many of us were lonely—many sitting and waiting—just existing—but each capable of contributing to life if we were given the chance. First we met to eat, but "VH" was not content with just that. She made us feel like living. We have been fed wholesome meals. We learned to consider the other fellow's needs; we learned all people had problems; we learned to minimize our own and help others to do the same. We found more interesting subjects than our health—others had them too. I would have to be more than an aging 80-plus to be able to tell all this organization has done to make not only my life but many others more livable.

MR. AND MRS. OEVAL GARRISON, OTTUMWA, IOWA

We are on social security. They said one time we'd get an 8 percent raise. Ford only wanted 5 percent—we only got 6.4 percent. Did Congress compromise with him?

Another thing, we wish they would tell the truth about social security—why its about broke. Nixon took \$41.5 billion. That's why it's broke. Why can't they get that back?

Can't a law be passed to keep fingers out of that? When the money has been taken out of pay checks and company payments, it is not there to help balance budgets.

Can't the crookedness of medicare and medicaid be stopped? Congress knows what's going on and they just ignore it.

MRS. HENRY GATREL, NUMA, IOWA

This is in regard to the problems of elderly citizens, which you asked for the people to send further comments to the committee. I think we need a program in which to help us in getting eyeglasses and dental care; each of these cost a lot, which a great many don't have.

These are just as important to health and are as badly needed as many other things.

ETHEL GILMER, FAIRFIELD, IOWA

What I think of the center: First, it has been a wonderful thing for the old people of Fairfield. When you go to the center it is always so clean and neat. Everybody is so ready to help with anything. The girls that are ahead of it are perfect in every way. The meals are always great and one nice thing, they all say the blessing or a prayer. Well, I told just how I feel about the center—all the good things there are, and there are no bad things. I am 86 years old and have been going about a year. I hope the center will last forever. Thanks for everything.

MILDRED GLINES, FAIRFIELD, IOWA

I hope the Federal Government will continue to help finance the senior citizens' program. It means a lot to have someone you can depend on if you need help. When I broke my hip, our site coordinator was at the hospital before they got my coat off and stayed till I had my tray and some of my family were notified.

It means a lot to have the minibus as many have no other transportation at a price they can afford to pay, to go to the doctor, store, pay bills, and go to the site where they have nutritious meals 5 days a week. They also have fellowship with others of the same age group, play cards, have movies and bingo games every other week, also a free blood pressure and dental clinics every 3 months.

CHESTER AND FLORENCE HICKENBOTTOM

We enjoy being with the senior citizens as there are so many nice folks there. I can leave home feeling real bad and feel much better when I get home. As for us, it is a wonderful thing.

FERNE HILL, FAIRFIELD, IOWA

I attend the senior citizens site 5 days a week. I live alone and the minibus picks me up and returns me to my home each day. I enjoy the bountiful, well-balanced meals, take part in the exercises once a week, and especially enjoy the visiting and games each afternoon.

I feel that the senior citizens site helps me keep my identity as an individual and sincerely hope funds will be made available to keep this very worthwhile organization going for all senior citizens who need it so badly.

FRANCES AND HAROLD HITE, FAIRFIELD, IOWA

My husband is 78 and I am 74. We really enjoy the agency on aging meal site in Fairfield. We don't go but once or twice a week, but we know we will be going more as we get older and time goes on.

My husband is still active in appraisal work and attends board meetings, including the site board here.

I am very busy doing volunteer work for the Red Cross and hospital auxiliary, but I know I will have to give up someday. Then I can help more up at the site.

Vivian Hammes is hard to beat for a coordinator. She is really great.

We can see a great improvement in some of our elderly who go to the meals regularly. They have one good balanced meal a day. They also enjoy playing cards, visiting in the afternoons, and the exercises once a week.

RHODA HOLLISTER, FAIRFIELD, IOWA

Have you ever tried to cook for one? Have you ever tried to eat alone, day after day? Have you ever tried eating leftovers time and again? We senior citizens who are alone have, and I have found the senior citizen site for the agency on aging programs the answer to these problems.

The coordinator took me to the hospital for a cardiogram and got my medicine for me. I know she and her aide will help me if I need them.

The sociability is fantastic here at the site. Keep on funding the program so it can continue and grow.

ESTHER HORTON, FAIRFIELD, IOWA

The senior citizen site in Fairfield is one of my favorite places to visit daily.

We can eat a balanced meal each day, at a price we can afford. If we cook a balanced meal at home, some of it is apt to be thrown away.

For us especially who are living alone, and many are, the site brings us together to visit friends (old and new) and keeps us from getting lonely.

The programs they have for us are good.

We can't forget the transportation system, which we can use at a reasonable fee that most can afford.

We need the site now, and the elderly of the future will need it too.

WALT JOHNSON, FAIRFIELD, IOWA

I would like the Federal Government to keep on funding the programs for agencies on aging.

I am a senior citizen and handicapped. Without the minibus, I'd have a hard time getting around.

The congregate meals are good, but there is no need to cook so much.

The sociability of being with friends is wonderful. I especially like playing cards to help pass the time.

CARL B. KETCHAM, FAIRFIELD, IOWA

I need the minibus to go to the meals at the site. The meals are good and I don't have to cook as much. Being on social security, the low cost helps me out.

More money can be used to support the program and to expand it. The Federal Government is really helping its elderly.

MR. AND MRS. JOHN KOCH, FAIRFIELD, IOWA

We feel the senior citizens site and all its activities is very important to the senior citizens of Fairfield. The carry out meal program has helped many ill and aged to have a balanced meal once per day. And the minibus helps many to make their doctor appointments and to get up to the senior citizens site to eat each day. The fellowship of meeting together and getting a balanced diet is really important and they enjoy the food.

Those in our senior citizens choir enjoy singing together and we enjoy hearing them sing. They also sing for other organizations. The library shows us films and there is a social time of games and cards several afternoons. One day a week there are exercises and every other week there is bingo.

There is also opportunity for those who wish to help in the kitchen. And some help set tables.

It is also a place to make new friends.

BILL LARUE, FAIRFIELD, IOWA

I like the meals at the senior citizen site. They are good. The 75¢ cost helps my budget.

I like to talk to my friends at the site. It gives me a place to go.

Keep on funding this program.

CECIL J. LENT, LEIGHTON, IOWA

I am 65 years old, poor, and unable to work, so I feel I can speak on the matter you discussed at Ottumwa, Iowa.

It is too bad that Dr. Burrows of Oskaloosa spoke for the poor. He knows nothing about it, as he is rich. His only qualification is that he is 84 years old.

People in county seat towns can ride—and do—the bus for the elderly all day long for free. We out in the county can call in one day a week—Thursday. Now doctors offices close Thursday afternoons, so how can all the people out in the county be expected to get to the doctor on Thursday morning?

We have to run a car—the most costly thing to us that there is.

Put me down for transportation for the poor in rural communities.

JENNIE LOTHROP, FAIRFIELD, IOWA

I need the minibus to go to the congregate meals 5 days a week. I have heart trouble so this is a big help to me. It is hard to cook for oneself. The meals are balanced and good.

We need more Federal support for the program.

GLENN MARTIN, FAIRFIELD, IOWA

The senior citizen site means everything to the older people who can't get around.

It is better to be here to pass the time than to be home alone. Here they forget their troubles and their aches and pains.

The food is good and the price is reasonable.

Vivian Hammes and Maxine Riley, the coordinator and assistant, are the best anyone can get. They are interested in the people and look after everyone, seeing that they get to the doctors when necessary.

We wouldn't want to lose our site after the joy of having it.

CATHERINE MITCHELL, FAIRFIELD, IOWA

The deeply appreciated carry-in meals first came to me following a car accident. It was indispensable as far as I was concerned. Later I had the happy experience of going to the site and enjoying the meals with the others.

Getting acquainted with participants your own age is a joyous experience warmed by appreciation for people we would never have met otherwise.

One marked change has stood out in my mind in regard to the funerals of the lonely. Since we have become acquainted, the funerals have many friends paying their respects where there used to be only a handful. Farewells have become less tragic.

There is the possibility the equalization of salaries would increase the feeling of rapport.

BEVERLY NELSON, FAIRFIELD, IOWA

I need the good meals served here at the senior citizen site in Fairfield. I am handicapped, so it helps me not to cook. The low cost helps my budget.

The sociability of being with friends and playing cards is a wonderful part of the program.

Even though I can't speak, and have C.P., I have many friends there and enjoy myself.

Please keep funding the money to sponsor this program that helps so many people.

KATHRYN M. NICHOLSON, FAIRFIELD, IOWA

I like the senior center, as I live alone, and it is nice to be with people there. Everyone is so friendly and Vivian and Maxine go all out to make things pleasant for us. Hope it continues to be a meeting place for us oldsters.

P.S. The minibus is truly a wonderful thing and Mescal is such a nice person and so helpful to all.

ESTHER OSBORN, CENTERVILLE, IOWA

I have eaten more than 65 wonderful meals and enjoyed each and every one very much. It is very good food and very well prepared. I hope this program continues. It shortens the day by being with other people and enjoying their company while dining.

MR. AND MRS. RAY PEARSON, BATAVIA, IOWA

We wish to express our appreciation for the congregate meals, the games, and entertainment provided for us at the senior citizens site in Fairfield, Iowa.

Our coordinator and her helpers are so considerate to the crippled and other unfortunate people.

We hope this program can be continued for a long, long time.

From two people who are thankful for the program.

RUTH E. PEARSON, FAIRFIELD, IOWA

I think this program for aging is the best the Government has ever funded, and I am in favor of further funding by the Federal Government so we can expand our program. I think this program has done a lot for me in several ways, namely:

The meals have helped me budgetwise, and that is important as my resources are limited. I don't have to do so much cooking and I get one hot, balanced meal a day.

The minibus is very important to me; I don't have the money to hire a cab and it is good to know that there is a bus to take me to the doctor or to the store when I need to go.

I do volunteer work at the senior citizens site and it gives me a chance to put in my time where it is badly needed. The sociability means so much to me, as most of my immediate family live over 200 miles away and don't come very often. I depend on my friends here at the site for help and advice when I need it.

ED QUICK

I'm 87 years young, one out of many that has a perfect attendance at our senior citizen site, which serves meals 5 days a week.

The program offers many benefits—transportation by minibus, to and from meals, to doctors, to the hospital, grocery stores, nursing homes, at a price the

elderly can afford. The meals are always nutritious, and along with this is sociability, which we all want and need, plus movies, card playing, bingo, lectures. There is no other place I could go to get all of this.

Sincerely hoping, now and in the future, there will be funding money for our program, for without it, what would we do?

SOFIA RAJAMETTS

Five days a week I no longer have to cook a big meal, and the cost of 75¢ sure helps everyone's budget.

The minibus takes me to the doctor and I couldn't do without it.

I like to talk to my friends at the site.

More Federal money is needed for this program.

RUBY RAY, FAIRFIELD, IOWA

I benefit from the programs at the agency on aging senior citizen site. The meals are good and help me to not cook so much with my poor eyesight.

This is the best thing the Government has done for the elderly.

BERTHA E. RILEY, FAIRFIELD, IOWA

In regard to what the senior site means to us, I think it is one of the nicest and most necessary things that Fairfield has had for years.

The site coordinator and assistant are cooperative and nice to everyone.

In regard to the meals, we have a nice selection and get a good helping at a price we can afford to pay.

We have clean entertainment—the quartet sings, we have music, some play cards in the afternoon, and also we have bingo.

In regard to the minibus, the driver and helper are always so nice to everyone—helping them with their packages and taking them anyplace they want to go.

Let's hope we can always have the minibus and site.

MAXINE RILEY, FAIRFIELD, IOWA

I've been working for the agency on aging since December 1973. It has opened doors, many doors, for the elderly and brought about changes in their lives.

Seeing is believing, as participants get on the minibus and hand our driver, Mescal Kennedy, their fare with pride, knowing they now can afford to go many places, such as to the hospital, doctors, and grocery stores.

The nutritious meals are served 5 days a week, and some of the comments we have heard are, "I'd been dead a long time ago if it wasn't for this place," "I didn't know so many people cared," or "I saw so and so I haven't seen in 30 years."

We have movies twice a month, bingo twice a month, and card playing every day, and sometimes lectures, which they all enjoy. Sociability is one thing in life we all need and want.

In closing, I hope there will be more money funded for this program now and in future.

LAVERNE ROBINSON, OTTUMWA, IOWA

There is a need for places for the elderly to receive care other than nursing homes. There is a great deal of difference between a person who can't physically maintain their own home and a person who needs nursing care 24 hours a day.

The people who fall in this middle area have a need for custodial homes, decent boarding homes, family life homes, etc., to be available to them. A person placed in a nursing home inappropriately may soon develop a need for the care

because too many things are done for them. We have to provide for peoples' needs and not just do things for our own convenience. (By the way, it would save us money.)

EVA M. SALTS, FAIRFIELD, IOWA

I think the senior citizens site in Fairfield is the best I have seen. We enjoy the good food, the sociable atmosphere, and the personal care and attention given freely by the good managers we have here. The entertainment is an extra bonus. There are many here who depend on this place as a ritual and important part of their lives.

MR. AND MRS. ALLEN SINES, CENTERVILLE, IOWA

I am writing in regard to the senior citizens' meals.

I think it is one of the best things that has happened for senior citizens.

So many are taking advantage of it. So many older folks probably wouldn't have a good balanced meal without it. We have been to several different ones and think our own home town here in Centerville is one of the best.

All the ones in charge of it also are so friendly and helpful.

We are so thankful for it all.

BERTHA SPIELMAN, FAIRFIELD, IOWA

The senior citizen site has done a great deal for me. I think I enjoy the sociability most because I like people and I have met people I never knew before. I also enjoy the meals which are usually very good. We have a leader, Vivian Hammes, who really cares for us. I would call her a very caring person.

P.S. The minibus is my main means of transportation. We have a wonderful bus driver, Mescal Kennedy.

C. J. WEAVER, FAIRFIELD, IOWA

I think the agency on aging minibus is the best thing that has happened for the elderly.

The senior citizen site is a place to come to—and there is something to do. I get to volunteer daily and be among my friends.

I no longer need to try to cook a big meal, and for a man this is a godsend. The meals are all good. Being on social security, we need the bus and meals badly.

We also need the Federal Government to keep on supporting these programs and more money could be used to expand the program to more people.

WILLIS WOOD, FAIRFIELD, IOWA

I ride the minibus to the meals at the site every day. I am on the over-55 program with Sieda and work at the site. I am 74 years old now.

I like the people there and have a good time. I've made new friends and see a lot of old friends, too.

We need the Federal Government to keep on funding the agency on aging programs. Even more money is needed.

ZELMA WOOD

I hope you do everything within your power to keep our senior citizens site operating.

It helps the morale of all the elderly to get together for recreation in cards, movies, bingo, and other activities.

Then, too, we get a balanced diet in our foods with our dietitian, as well as the social hour while dining together.

We have an excellent director, Mrs. Vivian Hammes.

STANLEY AND GLADYS WORKMAN, FAIRFIELD, IOWA

We think this senior citizen setup is one of the best things that ever hit Fairfield, and it is hard to understand why more lonely citizens do not take part.

The food could be better and could be worse. We also think if there is quite a bit left, anyone that wants seconds should be allowed to go back as long as it lasts, instead of sending it back to be wasted or thrown out. It has been paid for and the senior citizens should have it if they want.

All in all, our complaints are few.

P.S. We think the minibus is a fine thing.

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