A STUDY OF THE C.I.O. DROP-IN-CENTER

LANSING, MICHIGAN

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Mary T. Bacon

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by

Mary Thorpe Bacon

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Approved: Lucille K. Parker
Chairman, Research Committee

Ernest B. Harper
Director of School

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CHAPTER I

INTRODUCTION

Statement of Problem

The increase of our aging population has brought about a need to examine the social services offered to older people in our community. The writer selected a study of the Congress of Industrial Organizations [hereafter known as C.I.O.] Drop-In-Center to determine the services offered to retired people in Lansing. This study would examine the uses made of the program by the participants to determine whether the Center was meeting the expressed and observable needs of the aging population in Lansing.

Since being in the field of social work, the writer has realized the lack of resources and services for our aging population. She has found many of her elderly clients with desire for more social contacts without financial resources to fulfill their needs.

The C.I.O. Drop-In-Center was organized for retirees in March, 1955. The Center is not restricted specifically to C.I.O. Union members, but to retired people in the community. From its inception a program of leisure time activities has been offered to those who attend the Center.

The data for this study was obtained by the survey method. The writer interviewed, with the aid of a questionnaire,[1] a sample group of the participants in the Drop-In-Center Program. The interviewees were selected from the daily attendance book at the Center.[2] The writer was introduced to the participants during the lunch hour at the Center by Mr. Oscar Wade, C.I.O. representative on the staff of the United Community Chest. There was a feeling of cooperation and enthusiasm among the group. At the beginning of each interview the writer reviewed the purpose of the interview, and for those who were not present at the initial introduction it was necessary to describe it more in detail.

Setting in Which the Study was Made

The Drop-In-Center is located in a Union Hall at 1010 River Street, Lansing, Michigan. It is open five days a week, Monday through Friday from 11:00 A.M. to 3:00 P.M. A monthly program[3] is arranged in advance by the C.I.O. Community Services Committee. The participants of the Center have no direct part in planning the program. Volunteer retirees take responsibility for the daily operation of the Center and the

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[1] See Appendix A for questionnaire.

[2] See Chapter II for specifics on method.

[3] See Appendix B.

implementation of the program. A lunch, which is financed by the operating fund, is served every day that the Center is opened. Once a month participants have a bohemian dinner at which they celebrate birthdays which occur during the month.

It will be noted that Table 1 shows the increased attendance on particular days. The days of bingo parties show a marked increase, as well as the day on which the birthday party is held.

TABLE 1

DAILY ATTENDANCE AND PROGRAM DURING FEBRUARY 1956

Day	Number In Attendance	Program
Total	502	
1	28	cards and games
2	26	general activities
3	21	chairman of committees announcements
6	19	cards; progressive pedro
7	19	clean up day
8	60	birthday party
9	13	musician's day
10	22	cards
13	29	movies
14	43	bingo
15	24	discussion day
16	21	cards
17	16	visitors day
20	23	committee meeting
21	25	plans for retirees meeting
22	center closed*	retirees meeting
23	24	cards
24	13	movies
27	no record	cards
28	45	bingo
29	31	musician's day

*Drop-In-Center closed on Day of retirees monthly meeting.

Assumptions

The writer assumes that since retirement these people have new needs. Retirement has different meaning for different people. For some, it may mean the opportunity to enjoy some purposeful or constructive activity that time did not permit when they were working. For others, it may mean boredom, dependency, and loneliness. Declining health and a decrease in income makes for a new pattern. The change in status and lack of social contacts creates a complex problem to the retired worker. If new social needs are not met at home, they may reach out into the community for them. Does the setting up of a day center help to meet these needs? Day centers have been mushrooming across the country since 1944 when the Hodson Center[1] in New York City was organized. The organization of the Drop-In-Center in Lansing has been the first attempt by a group to offer any day time leisure activities to the aging population of Lansing.

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[1]Harry A. Levine, "Community Program for the Elderly," The Annals of the American Academy of Political and Social Science, Vol. 279 (January, 1952), 165.

CHAPTER II

HISTORICAL BACKGROUND AND CURRENT OPINION

Society has a responsibility to our aged population. Our social institutions were adapted to a shorter life span, and the different needs of an earlier era. With the passing of the "three generation" family, society has no adequate solution for the present problems of the aged who have developed new values, needs, and problems.[1] The two factors which underlie the problems of the aged from the standpoint of society and of individual families are: [1] the increase in the relative number of old people, and [2] social changes in ways of living and working that bear on self-support in old age.[2]

The improvement of medical services, a declining birth rate, and the curbing of immigration have made for a proportionate increase of the older age group. In 1900 only four per cent of the population were sixty-five or over, compared

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[1]Harry A. Levine, "Community Program for the Elderly," The Annals of the American Academy of Political and Social Science, Vol. 279 (January, 1952), 164.

[2]John J. Carson and John W. McConnell, Economic Needs of Older People (New York: Twentieth Century Fund, 1956), p. 4.

with eight per cent in 1950, and an estimated fifteen per cent in 1980.[1]

Retirement is mainly a product of industrialization. It has resulted in vast changes in our social order.[2] The term "retirement" is used by the writer to mean a complete separation from the worker's principal occupation or gainful employment. The term would apply to women who have retired from gainful employment as well as to homemakers whose children have matured and left home. Retirement can result in many serious individual problems. The emphasis in this study will be on the change in social contacts. Companionship, creative activity, and the use of leisure time for social betterment is as important as the satisfaction of physical needs.[3]

Many studies have been made in the field of gerontology relating to the "new leisure class."[4] One of the conclusions that was made from the study made in a trailer park in Melbourne, Florida, was that hobbies recommended to a person

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[1]Jerome Kaplan, A Social Program for Older People (Minneapolis, Minnesota: Lund Press, Inc., 1953), p. 4.

[2]Clark Tibbits, "Retirement Problems in American Society," American Journal of Sociology, January, 1954, p.301.

[3]Jerome Kaplan, op. cit., p. 7.

[4]L. C. Michelon, "The New Leisure Class," American Journal of Sociology, January, 1954, p. 371.

during his working years will not necessarily facilitate his adjustment to retirement. They may help a person relax from his work, but they may not contribute to adjustment. The wide range of planned activities in this community makes it possible for different types of people to find interesting activities which furnishes satisfying substitution for work.[1]

When an individual retires his social patterns usually change. New friends and a new variety of interests may be substituted for his work. He may develop a new routine of leisure to compensate for the lack of accustomed routine in employment. His job structured his day for him, but now he may develop a new and more leisurely routine. The need for creative activity may be satisfied by developing new interests and hobbies.[2]

Many people are unable to change their patterns as well as others. The lack of replacements for earlier sources of social contacts and companionship is the major problem of retired persons. Retirees who lack companionship make excessive demands on their children, families, case workers, and physicians.[3]

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[1] Robert J. Havighurst, "Flexibility and the Social Roles of the Retired," American Journal of Sociology, January, 1954, p. 310.

[2] Ibid., p. 310.

[3] Clark Tibbitts, "Retirement Problems in American Society," American Journal of Sociology, LIX (January, 1954), p. 307.

Many public and private community agencies are experimenting with clubs, camping, developing new interests, recreational facilities, and day centers for older people. The first day center was the Hodson Center in New York City developed by the Department of Welfare. The idea of the centers has spread to England, Canada, France, and Australia.[1]

The centers have adopted the knowledge and the programs developed by the recreation field. The center with some form of club or membership organization has a unique opportunity for serving the leisure time needs of the aging in the community. It can serve them more adequately than can the club. It can help them spend their free time usefully and happily. It can serve as a focal point for discovering the needs of the individual and meeting them through the activities of the center or by referral to proper community resources, older people can have a feeling of belonging and an opportunity for recognition.[2]

These centers may be located in recreation centers or special buildings solely for the use of older people. Many of them are on a membership or club basis and others are used for free activity with little structure in their program.

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[1]Harry A. Levine, "Community Program for the Elderly," op. cit., p. 169.

[2]Arthur Williams, Recreation for the Aging (New York: Association Press, 1953), p. 132.

Many centers are open from late morning to late evening for five days a week. Special events are frequently held in the evening.[1]

Community day centers for older people need to be developed to promote:

> 1. The social and emotional adjustment of the older person by making it possible for him to find companionship and create an environment that is favorable to his expansion;
> 2. The rehabilitation of personal effeciency by making it possible for the older person to make the maximum use of the capacities least impaired; and
> 3. Community usefulness by creating a feeling of adequacy and accomplishment through an activity program.[2]

The center uses the "group" to support and strengthen the individual. The group motivates him to develop new interests, new goals, and a new social role. The group can and does modify certain attitudes and habits in effective participation. The group can substitute for loss of old associates, old friends, and loss of one's family.[3]

"Acceptance, recognition, attention, relationship make for a steady recovery from fear, loneliness, and frustration."[4]

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[1] Ibid., p. 163.

[2] Harry A. Levine, "Community Program for the Elderly," op. cit., p. 169.

[3] Ibid.

[4] Ibid., p. 170.

Mental health seems to be related to companionship, social contacts, and creative activity. The costs of maintaining mental institutions have become insurmountable which makes it necessary to use preventive measures. The Hodson Community Center in New York City has shown its effectiveness in mental health in its five year report that not a single committment to a psychiatric hospital was made from its membership.[1]

Medical costs for older people are very high. Many visits to clinics and physicians are expressions for attention and reassurance. The following examples will show a relationship between medical costs and recreational activity. An eighty-four year old woman stopped going to the clinic after she became interested in the activities of a senior age club, and a sixty-seven year old bedridden woman got out of bed to attend club meetings.[2]

In order to gain a perspective on progress, the writer studied the reports of numerous centers in the United States and Canada. The main areas of activities include recreation, counseling, and education for the "senior citizens." Many were identical in their program but different in administration.

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[1] Jerome Kaplan, op. cit., p. 12.

[2] Ibid., p. 11.

In California one of the most outstanding senior centers is in San Francisco, which is uniquely administered by American Women's Voluntary Services, Recreation and Park Commission, Community Chest, and the Adult Education Department. It is a community program which grew out of careful planning and widespread public interest. Since 1948 this program has developed under the guidance of a trained director and experienced counselor. By October, 1953 the center had three branches.[1]

California has other centers which have attracted widespread interest. In October, 1955, Los Angeles opened a Senior Citizen Service Center under a mandate from the County Board of Supervisors. This center was established primarily as a counseling, information, and referral service. The staff consists of counselors, administrative, and clerical workers.[2] The Hospitality House in Huntington Beach is maintained by the Recreation Department and is staffed by a paid director, five arts and crafts teachers, and a part-time

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[1]Eva Hance, "San Francisco Senior Center," Community, Vol. 29, No. 2 (October, 1953), p. 26.

[2]U.S., Department of Health, Education, and Welfare, Aging, No. 22, March, 1956, p. 1.

paid lecturer.[1] "Little House" located in Menlo Park is sponsored by a volunteer organization which encourages community participation.[2]

Philadelphia has a day center sponsored by the Friend's Neighborhood Guild and the Community Chest. A paid director is dependent on the various volunteer groups and individuals to carry on the leisure time programs for the older men and women.[3]

The "Wagon Wheel" day center in Syracuse, New York is administered by the Corinthian Foundation, Council of Social Agencies, Council on Aging, Junior League, and the City Recreation Department. Since the employment of a paid director, the members themselves have participated in the program planning, committee work, and contributed to the financial support of the center.[4]

The program in the proposed Chicago day center has focused on counseling services for the emotionally ill and senile persons and coordinating of community services in the metropolitan area.[5]

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[1]Arthur Williams, op. cit., p. 179.

[2]Ibid., p. 180.

[3]Ibid., p. 171.

[4]Corinthian Foundation, Inc., Wagon Wheel, Annual Report, 1955 (Syracuse, New York: Corinthian Foundation, Inc., 1956), p. 1.

[5]Letter from Mrs. Helen Laue of the Welfare Council of Metropolitan Chicago, dated November 4, 1955, on the proposed day center for Chicago, Illinois. This proposal was approved by the Board of Directors on November 16, 1955.

In Hennepin County, Minneapolis, Minnesota area, it was interesting to note that the employment of a group work consultant for senior citizens in 1950 stimulated a community wide program. Two years after the consultant was employed a day center was established.[1]

In Michigan the six centers located in Detroit differ somewhat in emphasis and program and are sponsored by various groups. Three of these are sponsored by the United Automobile Workers [hereafter known as U.A.W.]. They are providing a satisfying substitute for the loss of the work day. The committees are concerned with recreation and education for its members. The full time program director has been trained in group work and recreation.[2]

The Junior League Senior Center in Detroit has changed from its original emphasis of recreation to include professional counseling and a sheltered workshop. The director is the only paid staff person. Volunteers from the membership of Junior League are used extensively in this project.[3]

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[1]Jerome Kaplan, op. cit., p. 15.

[2]Report of U.A.W. Retired Worker's Program in Detroit area, from file of Oscar Wade, C.I.O. Staff Representative of United Community Chest and Council of Greater Lansing Area.

[3]Report from Walter A. Crow, Member of Board of Directors and United Committee Services of Detroit, Michigan, dated February 9, 1955, to the Executive Committee of the Committee on Aging.

The Brewster Center in Detroit is sponsored by the Department of Parks and Recreation. Its emphasis is on recreation.[1]

The Martin Kundig Center is sponsored by the Archdiocese Development Fund of Catholic Charities and financed by the Martin Kundig Guild and the United Foundation of Detroit. The Center is primarily for the purpose of counseling on morale problems, housing, diet, medical, and legal aid and recreation is secondary. This is an unique experiment attempting to resolve the many problems of unattached older people in a declining downtown area.[2]

The National C.I.O. Community Services Committee selected Lansing, Michigan as a typical industrial city for study of problems of retirement. They were interested in developing a pilot program for retired workers in cooperation with the community. A national representative of the Labor Participation Department of the United Community Chests and Councils of America met with the Sub-Committee on Retirees of the local C.I.O. Community Services Committee on October 19, 1954 to discuss plans for the establishment of a Drop-In-Center and along with this was a plan for a pre-retirement and retirement counseling program, and monthly meetings of retired workers.

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[1] Ibid.

[2] Ibid.

The local C.I.O. committee met with the Mayor's Committee to explain the proposed plan for retired workers on October 26, 1954. From October, 1954 to March, 1955 a series of meetings were held with other community representatives and with the local C.I.O. Community Services Committee to promote community interest in the proposed plan for the Drop-In-Center. The plans for the Center were implemented by the C.I.O. Community Services Committee and it opened on March 23, 1955.

The Center was publicized in the Labor News and at union meetings. The physical facilities were provided by the Local 650 U.A.W.--C.I.C. and equipment was donated by local merchants, individuals, and organizations. The Center is operated on a four hour day, five days a week. The attendance has been gradually increasing. The program is planned on a monthly basis by a sub-committee of the C.I.O. Community Services Committee. Volunteer committees implement the program and arrange for the refreshments. The Center is financed by the C.I.O. Union.[1]

On December 13, 1955 a request was made to the United Community Chest of Lansing for help in financing of a paid director for a trial period of ninety days by the C.I.O. Community Services Committee. As of April 15, 1956 there has

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[1]Minutes of the Lansing C.I.O. Community Services Committee from October 19, 1954 through July 27, 1955.

been no reply to this request. However, the United Community Chest have been studying the request and on February 9, 1956 made a summary of their findings.[1] The C.I.C. and its Community Services Committee in their request for a full-time director stated that the feeling was that the Center had reached a plateau as to attendance and interest.[2]

Thus, it appears that there are many varied patterns in the programs and sponsorships of day centers for older people.

Research Available

The writer was able to locate only one recently published research project evaluating the program of such centers.[3] This research was done by graduate students of Syracuse University in four day centers for older people, located in Syracuse, New York. Some revelant facts were recommended as a result of this study. The center offers a place for making new friends. It gives older people an opportunity for regular programs as a substitute for the regularity

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[1] Summary of Findings by the United Community Chest and Council of Greater Lansing, Michigan, February 9, 1956. [See Appendix.]

[2] Letter from Lansing C.I.C. Council--Community Services Committee, dated December 13, 1955, to Mr. Henry Crouse, President, United Community Chest and Council, Lansing, Mich.

[3] Reader's Guide to Periodical Literature, Library Catalog, Author's Catalog, Journal of Gerontology, Geriatics Journal, The Aging Bulletin, and the American Recreation Association were examined by the writer.

of job requirements. It provides them a chance to feel important and useful. It helps them to enjoy a fuller life especially those who have physical limitations. The centers provide an opportunity for the members to talk over problems and make better use of appropriate community resources. The center teaches new skills and new knowledge which add to fun and good fellowship.[1]

This chapter points out the progress that has been made across the country. In some areas many problems of the aged are getting recognition by the community and efforts are being made to improve the situations.

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[1]Corinthian Foundation, Inc., op. cit., p. 1.

CHAPTER III

METHODS AND PROCEDURES

The writer became interested in the problems of the aged, and realized the lack of social service resources for the older population while doing field work in a Lansing social agency in 1954. A friendly visitor program in cooperation with a volunteer group had been organized by the writer in the spring of 1954.

Later, the writer made a study of organized services for the aged which was about the time that the C.I.C. Drop-In-Center was being established. This program became of interest to the writer but it was not until several months later that the Center was selected for a research project. However, it was about this time that the writer decided to do a project in the field of gerontology.

The writer attended a meeting of the Mayor's Committee on Aging and interviewed the Executive Secretary of the United Community Chest and the Executive Secretary of the Community Services Council while exploring for a particular area for a research project. Many other prominent citizens were interviewed before the writer made a decision which aspect would be studied. The C.I.C. Drop-In-Center was chosen and permission was granted by the C.I.C. Community Services Committee with their fullest cooperation.

The questionnaire[1] for the study of twenty-two participants in the Lansing C.I.O. Drop-In-Center was prepared by the writer.

The information for the construction of the questionnaire[2] was compiled from other questionnaires and literature relating to this subject. The questionnaire was used for interviewing the twenty-two participants in the study.

The C.I.O. representative on the United Community Chest and Council staff explained to the participants of the Drop-In-Center at a luncheon meeting on February 23, 1956 the purpose of the study. He stated that the community is interested in the Center and plans are in the offing for improvements. He asked if there were any questions or objections to the study. There were no objections or questions. He then introduced the writer as a graduate student at Michigan State University, one who has worked with older people in a social agency, and one who is interested in services for older people.

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[1]See Appendix A for questionnaire.

[2]Ernest W. Burgess, Ruth S. Cavan, and Robert J. Havighurst, Your Activities and Attitudes (Chicago: Science Research Associates, 1948), passim;

Jahoda, et al., Research Methods in Social Relations (New York: Dryden Press, 1951), Vol. I, Chapter 6; Vol. II, Chapter 12.

Pauline V. Young, Scientific Social Survey and Research (New York: Prentice-Hall, Inc., 1949), Chapter X, pp. 220-243.

The writer described the purpose and what was needed in the study. The participants had an opportunity to ask questions. One of the participants asked the writer if there was to be criticism of their program. The writer had an opportunity to clarify this by interpreting to them that the participants of the study would be the only ones expressing their ideas about the Center.

The subjects were selected from the daily attendance register. The writer took every fifth person, starting with February 1, 1956. In order to get twenty-two individuals it was necessary to include the February eighth attendance.[1] Two people were used to pre-test the questionnaire. Minor changes had to be made in the questionnaire after the pre-testing.

The personal interviews were conducted between February 23, 1956 and April 21, 1956. Each interview took about one hour. Most of these interviews were done at the Center. The writer found it necessary to do four interviews in the homes of the participants.

One man, who had not been at the Center regularly, in recent months was interviewed in his home by the writer. During the interview he explained that he was getting married within two hours and that he had not been going to the Center regularly as he had been busy "courting."

None of the participants objected to being interviewed. In fact, there seemed to be a considerable enthusiasm and

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[1]A decision was made before the study to interview twenty-two participants.

interest among the group. Some of the people who were interviewed made suggestions to the writer about the Center. The writer was given special invitations to participate in their programs, none of which were accepted.

CHAPTER IV

PRESENTATION AND ANALYSIS OF DATA

In order to have a better understanding of the participants of the Lansing C.I.O. Drop-In-Center, we need to know some general characteristics of the population.

It is significant to note in Table 2 that one-half of the group are from sixty-five through sixty-nine years of age. The men predominated in this group. There are two women in the group under sixty-five years of age who attend the Center. There are about an equal number of men and women in the age range from seventy years through eighty years.

The majority of the people are married, as shown in Table 2. About three-fourths of this group are men. In the widowed group the women compose about five-sevenths of it. The separation and divorce group are in the minority and there are no significant factors for either sex.

About two-thirds of the group rate their health as either good or excellent. Men compose the larger portion as shown in Table 2. The people in the fair or poor group had such ailments as heart, muscular disorders, and arthritis. Two of the men mentioned that they wished that their wives

TABLE 2

CHARACTERISTICS OF SAMPLE GROUP OF PARTICIPANTS
AT DROP-IN-CENTER, FEBRUARY, 1956

Participants	Total	Men	Women
Total	22	12	10
Age			
Under 65 years	2	0	2
65-69 years	11	7	4
70 years and up	9	5	4
Marital Status			
Married	12	9	3
Widowed	7	2	5
Divorced	2	1	1
Separated	1	0	1
Health			
Excellent	4	2	2
Good	10	6	4
Fair	7	3	4
Poor	1	1	0
Education			
Under 6th grade	4	2	2
6th thru 9th	12	8	4
9th and up	6	2	4
Religion			
Protestant	18	10	8
Catholic	2	0	2
None	2	2	0

were in better health so that they could attend the Center. Other remarks were: "I always liked to read but my eyes won't let me." "I can't be on my feet much." "I feel better than I have for years."

Completion of high school education was not the universal experience for the people of this generation as for the present day generation. Many attended small schools which were ungraded. Over one-half of them had eighth grade education, as shown in Table 2, and of this group one-third were men. Two-thirds of the women had training only through the ninth grade. Comments such as this were made: "I had to go to work and help support my family."

Religion does not seem to play a very important part in the lives of this study group. About one-third of the group attend services less than once a month; about one-fourth of the group never attend church services. As shown in Table 2 almost nine-tenths of the group are of the Protestant religion. There is about an equal number of men and women in this group.

Housing

Approximately one-third of the older people have occupied their houses for fifteen years or more. Of these one man occupied his home for forty-three years. All this group own their homes, as shown in Table 3.

TABLE 3

LENGTH OF TIME IN PRESENT RESIDENCE

Length of Time	Total	Own Home	Apartment	Room
Total	22	14	6	2
Under 5 years	8	1	5	2
5 thru 9 years	3	3	0	0
10 thru 14 years	4	3	1	0
15 years and over	7	7	0	0

About one-fourth of this group lived in their residences for less than five years. The greater number of this group live in apartment houses. About two-thirds of the people have lived in their own homes five years and over. The men constitute ten of them.

None of the group expressed a desire to change to other housing. Housing was not a problem to this group.

Table 4 shows that about one-half of these people live with either their husband or wife. Five out of six of them live in their own home. The people in apartments are divided equally between those living with husband or wife, friend, and by themselves.

One man who lives in a room in the home of a friend owns his home in a rural section. He made the comment: "It's too lonesome out there in the winter time."

"Those older people who were married tended more than those who were widowed or single to own their homes."[1]

TABLE 4

LIVING ARRANGEMENTS

Type of Residence	Total	Living with Whom			
		Husband or Wife	Friend	Daughter	Alone
Total	22	12	4	2	4
Own Home	14	10	1	1	2
Apartment	6	2	2	0	2
Room	2	0	1	1	0

Income

All of the married people who owned their homes and income from three sources; Old Age and Survivors Insurance, [hereinafter known as O.A.S.I.], and property income. Table 5 reveals that men constitute the total group. In this group one man has additional income from his wife's wages.

In the grouping of pension and O.A.S.I. there are five people. Of these three are men and two are women, whose husbands' have this source of income.

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[1]Woodrow W. Hunter and Helen Maurice, Older People Tell Their Story (Ann Arbor, Michigan: University of Michigan, Institute of Human Adjustment, 1953), p. 40.

TABLE 5

SOURCE OF INCOME BY SEX, FEBRUARY, 1956

Source of Income	Total	Men	Women
Total	22	12	10
Pension, O.A.S.I.[1] and Other Income	9	9	0
Pension--O.A.S.I.	5	3	2
O.A.S.I.--Other Income	3	0	3
O.A.S.I.--O.A.A.[2]	3	0	3
O.A.A. only	2	0	2

[1]Old-Age and Survivors Insurance

[2]Old Age Assistance Grants

Three women have income from O.A.S.I. and other income, such as savings, business, and from people who board and room in their home.

Those receiving income from O.A.S.I. and Old Age Assistance Grants were women. Two of these worked only for a short time under O.A.S.I. and their benefits are small. The two recipients of Old Age Assistance Grants are women who were not eligible under the O.A.S.I. benefits because of the type of work that they did. One of these women, with tears in her eyes, commented: "I can't work anymore because of my health and I can't meet my expenses."

Work

All of the men in the study group are retired. They had been employed in the automotive industry in Lansing, Michigan. They held various types of jobs. Some were tool and die makers, machinists, press operators, a sheet metal worker, and others were in unskilled work. Three of the retired men are still doing part-time work. These three are not employed by the automotive industry; one is a watchman, one is selling on a house to house basis, and one is doing sheet metal work.

The women had more varied types of employment during most of their adult life. The women did practical nursing and housekeeping outside the home. Two of the women never worked outside the home. Two did unskilled labor such as restaurant and laundry work. One woman was a comb winder in a knitting mill and the other woman was a clerk in a department store. None of the women was employed outside the home at the time of this study. One woman keeps boarders to supplement her income.

One man who was in a skilled trade was interested in finding work. He felt that his experience and training would be valuable to industry. He would be willing to work for lower wages.

Retirement

In Row 1, Table 6, one may note that there are nine of the twenty-two of the group who did not want to work anymore. Yet, when asked about their feelings toward retirement three of this group did not want to retire. The writer feels that these people may have grown to accept retirement, but at the time of retirement it was a difficult adjustment for them. Many in this group have been retired two or more years.

The group that were retired by the employer did not want to retire. This group were all men. Most of them felt that they could do the work as well as the younger men.

Health and lack of work opportunities were the main reasons given by the women for retirement.

One-half of group in Column 3, Table 6 did not want to retire and the majority were those that were retired by the employer. There were about one-fourth of the group who wanted to retire [Column 2], and the majority of these did not want to work any more. Three of the group [Column 4] did not think much about retiring, mainly, because they seemed to have a psychological block on the subject. They had no plans and did not know what they would do with their time.

One woman, whose husband has retired, complained about her inability to get her housework done. She said, "He sits around the house and reads all the time. I am glad when he leaves the house for a while."

TABLE 6

REASONS FOR RETIREMENT, BY ATTITUDE TOWARD RETIREMENT

Reasons	Total (1)	Attitude Toward Retirement			
		Wanted to Retire (2)	Did Not Want to Retire (3)	Not Much Thought About it (4)	Retired Because of Health (5)
Total	22	6	11	3	2
(1) Did not want to work anymore	9	5	3	1	0
(2) Retired by employer	5	0	5	0	0
(3) Can not work because of health	3	0	1	0	2
(4) Can not find work	2	0	0	2	0
(5) Married--stopped working	2	1	1	0	0
(6) Prefer to work part time	1	0	1	0	0

As a whole, the majority of the group did not want to retire. Fourteen of the group had no plans following retirement. For those that did, the reasons were mainly financial. The men were more concerned about the financial aspects than the women. The two who mentioned plans other than financial had particular hobbies and interests to spend their time. Many of them thought about what they would do, but could find no answer.

Family and Friends

Most of the men and women indicated close relationships with their friends. Most of them have made new friends at the Center. One man said that he had no friends. His comment was: "People are only your friends when you can help them." One woman who comes to the Center two or three times a week said that she had only one friend. This woman does not participate in any of the Center activities, but enjoys watching the others. One woman stated that most of her close friends have either died or moved away but she had made many new friends at the Center.

There were seventeen people out of the twenty-two participants who had children. Most of them see their children every week, and sometimes oftener. One woman who has a daughter and two sons never sees her sons. Her comment about this was: "They are afraid that they will have to support me." Two of the participants have step-children and

they see them regularly although not as often as the ones who have natural children.

It is significant to note that most of the participants have a close relationship with their family and friends. The writer wondered if most of their friends were those at the Center. Only two people indicated that they had friends outside the Center.

Community Services

As noted in Table 7 almost one-half of the group have not received services from any local social agency. More than half of this group are men. The major service received was from the United States Employment Service. The men were referred to this service for unemployment benefits during a "lay off" period. The women made use of the United States Employment Service to obtain employment.

The Ingham County Chest Hospital service was used only by the women. Their purpose was to receive an x-ray lung examination.

Services from the Ingham County Bureau of Social Aid[1] were used by five women. This is the only source of income for two of the five women.

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[1]The Ingham County Bureau of Social Aid has jurisdiction over the Old Age Assistance Grants.

TABLE 7

CONTACTS WITH OTHER COMMUNITY SERVICES, BY SEX

Community Agencies	Total	Men	Women
Number of Individuals	22	12	10
Total[1]	27	6	21
United States Employment Service	8	4	4
Ingham County Chest Hospital	4	0	4
Old Age Assistance Grants	5	0	5
Department of Social Welfare	4	0	4
Young Women's Christian Association	3	0	3
Circuit Court	2	1	1
Visiting Nurse	1	1	0
None	10	7	3

[1]Some contacts were mentioned more than once.

Four women have received services from the Ingham County Department of Social Welfare which administers the Public Assistance Program in the Lansing area. None of the participants were receiving services from this agency at the time of the study.

Three women have participated in the Young Women's Christian Association activities although they have not been active members.

Services from the Ingham County Circuit Court were received by one man and one woman. The purpose and service of the Circuit Court, " . . . . and such other writs of general equity jurisdiction having authority in divorce action . . . ."[1]

The services of the Visiting Nurses Association was used by one man.[2]

Most of the community services shown in Table 7 were used by the women mainly in the public assistance sections. The women tend to have less financial security than the men. Most of the people were not aware of the services that the community offers. Three men mentioned that they knew about some of the agencies by reading about them in the local newspaper.

Participation in Organizations

Table 8 reveals a significant point in that women seem more active in organizations than men. The women are

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[1] Ingham County Council of Social Welfare, Social Service Resources of Ingham County, Michigan (Lansing, Michigan: A Red Feather Service of the United Community Chest, May, 1953) p.6.

[2] The Greater Lansing Visiting Nurses Association provides skilled nursing care in the home on an hourly basis and assists with health problems.

more interested in the social activities. These are mainly card clubs.

Approximately one-half of the men are labor union members who are eligible to vote in their union. None of the women are members of a labor union.

TABLE 8

PARTICIPATION IN ORGANIZATIONS, BY SEX

Organizations	Total	Men	Women
Total	40[1]	17	23
Social Clubs	12	1	11
Union	7	7	0
Lodges	7	4	3
Townsend Club	7	1	6
Hobby Club	4	3	1
Church Groups	2	1	1
Veterans' Organizations	1	0	1

[1]Some organizations were mentioned more than once.

The fraternal orders in which seven of the participants are members are: Independent Order of Foresters, Benevolent Rebekahs, Free and Accepted Masons, Fraternal Order of Eagles, and the Loyal Order of Moose. None of the men hold office in the fraternal orders or attend meetings regularly. One woman is chairman of a committee and is active in all activities of the Rebekah Lodge.

The Townsend Club has regular meetings every week. This club is mainly a social organization. They have bohemian dinners and card parties; women predominate this group.

The hobby groups include camera, old coin, and stamp clubs. The men showed more interest in this area.

The church groups and Veterans' Organizations were in the minority. The Veteran's group is the Women's Relief Corp which is an auxiliary to the Grand Army of the Republic.[1] The woman who is a member of this group is the chaplain and attends the meetings regularly.

In regard to attendance at meetings the women attend from one to eight meetings a month while most of the men attend one to two meetings a month. One man attends five meetings a month. Three men never attend meetings; three women attend more than four meetings a month.

Attendance

From Table 9 one may note that the people who started coming to the center when it was first opened are still quite regular in attendance. About one-third of this group have come regularly since the center opened. The other two-thirds come at least every week and sometimes two or three times a week.

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[1]Personal interview with Mrs. Pearl Drew, President, Local Women's Relief Corp., May 7, 1956.

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TABLE 9

TYPE OF ATTENDANCE, MARCH--DECEMBER, 1955

Type of Attendance	Total	March-June	July-December
Total	22	14	8
Daily	9	5	4
Less than daily	13	9	4

Attitudes

About one-half of the study group indicated that they are "happy." Women constitute almost one-half of this group while men predominated in the "very happy" group. There are four men in the "average" group and none of the women mentioned this area. There were an equal number of men and women in the "lonely" section.

TABLE 10

ATTITUDE TOWARD SELF BY TYPE OF ATTENDANCE

Attendance	Total	Feels Very Happy	Feels Happy	Feels Average	Feels Lonely
Total	22	4	10	4	4
Daily	9	1	7	0	1
Less than Daily	13	3	3	4	3

In comparing the attendance by their attitude toward themselves, it is important to note that the people who were "happy" attended the Center daily [Table 10]. The ones that stated they were "average" and "lonely" came less often.

As shown in Table 11 the people who rated themselves "happy" enjoyed the Center very much and predominated this group. All the individuals who said that they were "very happy" enjoy the Center very much. Three people who were "lonely" and "average" were indifferent to the Center. One person who feels "lonely" enjoyed the Center very much.

TABLE 11

ATTITUDE TOWARD SELF BY ATTITUDE TOWARD CENTER

Attitude Toward Center	Total	Feels Very Happy	Feels Happy	Feels Average	Feels Lonely
Total	22	4	10	4	4
Enjoys Very Much	14	4	7	2	1
Enjoys Moderately	5	0	3	0	2
Enjoys Indifferently	3	0	0	2	1

In the analysis of their attitude by regular attendance, it is significant to note that the participants who enjoy the Center very much attend daily [Table 12]. Even

those who do not attend the center daily were in the majority in the classification "enjoys very much." Most of the people who do not attend daily come to the Center two to three times a week. The ones who feel "lonely" come usually about once a month, yet one man who feels "lonely" comes daily. His comment about this was: "I have felt lonely ever since the death of my wife eight years ago."

> This man retired three years ago because of his health. He sold his home during the summer of 1955 and purchased a smaller home in a new neighborhood. He has not become acquainted with any of his neighbors and misses his old neighborhood. He had one son who holds an executive position in an Eastern state. He sees him about once a year. This man is interested in creative and recreational activities and is willing to give services to the community.[1]

TABLE 12

ATTITUDE TOWARD CENTER, BY TYPE OF ATTENDANCE

Type of Attendance	Total	Enjoys Very Much	Enjoys Moderately	Enjoys Indifferently
Total	22	14	5	3
Daily	9	8	1	0
Less than Daily	13	6	4	3

The man who claims that he has no friends rates himself as "average." However, he attends the Center two or

[1]From personal interview with retiree.

three times a week and sometimes oftener. His feelings toward the Center are indifferent.

The woman who said that she has one friend rates herself as "happy." She enjoys the Center very much and attends almost every day. She does not participate in any of the activities, but enjoys watching the people.

Another woman who feels "lonely" is indifferent to the Center. She attends the Center once a month. She would like to come more often but she has no transportation. She has learned how to play cards since coming to the center. However, she has made new friends at the Center and has enjoyed that very much.

Transportation

Table 13 reveals that more than half of the people first came to the Center in their own car and came alone. About one-fourth of the group walked to the center either alone or with a friend or relative. About one-eighth came to the Center by city bus. The majority in this group came with a friend. The women who came with a friend are the same women who share apartments. None of the men came with either a friend or a relative. One man came with his wife and the rest of the men came alone. Only two women came alone.

TABLE 13

TRANSPORTATION ARRANGEMENTS

With Whom	Total	Own Car	Walk	Other Transportation
Total	22	12	6	4
Alone	13	10	2	1
Friend	5	0	2	3
Relative	4	2	2	0

Referral

More than half of the group heard about the Center through the Labor Union. One-fourth learned about the Center from either friends or relatives. Less than one-eighth of the group were introduced to the Center through the Sunset Club which is an organization sponsored for older people by the Volunteers of America. A small minority read about the Center in the "Labor News" a publication issued by the Labor Union. No one seemed to read about it in the local newspaper, or had heard about it on radio and television programs.

Leisure Time Activities

More than three-fourths of the participants have all day to devote to leisure time activities. One man said: "I have twenty-nine hours a day."

Less than one-fourth of them have a half a day for leisure time. Of this group two-thirds of them are women who

have housework to do. One man had a few hours a day as he spent part of the day doing part-time work.

Table 14 is a significant table on interests and activities. The indicated interest grouping shows that companionship, arts and crafts, and fishing are those most often mentioned. Repair work around the home, stamp and coin collecting, hunting, gardening, and education are next. Two people indicated that they had no particular interests.

The hobby section indicates some of the activities that they do outside the Center. Three of them mention the Drop-In-Center as their hobby. Cards were mentioned the most in this group and that is one of the main activities at the Center. Other significant activities in this section are fishing, gardening, listening to radio and television, reading, arts and crafts, and being a spectator at sports.

The major leisure time activities seem to overlap with the Center's activities in many cases especially in card playing. The significant activities such as: attending meetings, playing cards, listening to the radio, reading, and watching television. All of the activities may be classified as passive recreation. The minority grouping would be repair work around the house, sewing or crocheting, stamp and coin collecting. Card playing and attending meetings might be the only activities which would be in company with other people. Therefore, very few of the people have social

TABLE 14

INTERESTS, ACTIVITIES, AND HOBBIES OF PARTICIPANTS

Activities	Indicated Interests	Hobbies	Major Leisure Activities	Center Activities
Total	36	35	105	103
Arts and Crafts	4	2	2	0
Attend Meetings	0	1	10	0
Bingo	0	0	0	15
Cards	0	5	15	20
Companionship	6	1	1	18
Croquet	1	0	0	0
Dancing	1	1	0	1
Drop-In-Center	1	3	6	0
Education	2	0	2	0
Farming	0	0	1	0
Fishing	5	3	2	0
Games	0	0	0	5
Gardening	2	2	2	0
Helping Others	0	1	0	0
Housework	0	0	2	0
Hunting	2	1	1	0
Letter Writing	0	0	3	0
Listen to Radio	1	2	16	0
Lodge Work	1	0	0	0
Movies	0	0	2	13

TABLE 14 — Continued

Activities	Indicated Interests	Hobbies	Major Leisure Activities	Center Activities
Music	0	2	1	4
None	2	0	0	0
Parties	0	0	0	19
Picnics	0	1	0	0
Projects	0	0	0	5
Reading	0	2	8	0
Refreshments	0	0	0	2
Repair Work at Home	2	0	5	0
Sew, Crochet	0	1	4	0
Sit Down	0	0	1	0
Spectator at Sports	0	3	0	0
Stamps and Coins Collecting	3	0	4	0
Townsend Club	1	0	0	0
Travel	1	0	0	0
Watch Others	0	0	0	1
Watch Television	1	4	17	0

contacts, outside the Center according to their responses to the questionnaire.

The major activities at the Center are: bingo, cards, social contacts, parties, and games. According to Table 14 the participants are interested mainly in bingo, cards, social contacts, movies, and the parties. Projects, games, refreshments, music, dancing, and watching others are in the minority.

In the total group the activities mentioned more were: cards, companionship, listening to the radio, movies, parties, and watching television. Cards, companionship, movies, and parties are the major activities at the center. The Center does not have a radio or a television set. Thus, this implies that their major activities were those provided at the Center.

Suggestions for Improvements

The participants were asked if they would like anything different at the Center. Almost one-half of the study group did not want any changes and did not have any suggestions. Two-thirds of this group were women. Another point that was noted was that the ones who came less regularly comprised the majority of this group.

The people who attended regularly suggested having their own club rooms and more physical activities, such as, shuffleboard, pocket billard, and a work bench.

Three individuals suggested that the Center should have a supervisor who could smooth out the personal conflicts

in the Center. All of this group attend about twice a week. About one-half of the group suggested activities, such as, shuffleboard, pocket billard, excursion trips, picnics, and provisions for work projects. The work projects suggested were woodworking activities, ceramics, and sewing. These work projects could be made into a money making enterprise to raise money for the Center. Two of the participants suggested educational projects. They would like to learn about photography, gardening, and new ideas on foods.

CHAPTER V

SUMMARY AND RECOMMENDATIONS

Twenty-two participants of the Lansing C.I.O. Drop-In-Center were interviewed to determine [1] the extent of services, [2] the use of the Center by retired people, and [3] the adequacies and inadequacies of the Center.

Extent of Services

The Center is open daily from Monday through Friday four hours a day. The hall in which the Center is located is used for many other purposes. The C.I.O. rents the space from a local United Automobile Workers' C.I.O. Union. The building consists of a large auditorium, kitchen, lounge, and two offices. The Center uses the auditorium for lunches, bingo, bohemian dinners, movies, and dancing. Usually, the lounge is used for card playing. At various periods, the auditorium is also used for card playing. There is a piano in the auditorium which is used by the participants.

The older people make use of the kitchen daily for lunches. Participants of the Center have a refreshment committee responsible for the purchasing and serving of the food.

One of the retired persons has the responsibility for opening and closing the Center. He also has charge of the attendance book. The program is planned by a sub-committee of the C.I.O. Community Services Committee with the assistance of the advisory committee.

The Center is restricted to certain activities due to lack of storage space for equipment. The fact that the hall is used for other purposes limits the time available for the Drop-In-Center. The participants have no opportunity to broaden their interests or activities. The Center which is financed by the C.I.O. Council has a limited budget.

As noted in Chapter II most of the centers in the United States have at least one paid staff person, but the Lansing Center does not have a paid director.

Other centers have direct medical clinics. The C.I.O. Drop-In-Center has services from the visiting nurses who come to the Center for discussion of health problems.

Many day centers as reviewed in Chapter II have emphasis on counseling and referral services but such resources were not available at the Center.

Most of the people learned initially about the Center through the union. It appears that there has been very little publicity about the Center through the local newspaper, radio and television media.

Use of Center by Retired People

The twenty-two participants in the study group were chosen from the attendance book from February 1, through February 8, 1956. This group represents a sample of every fifth person who registered during that period.

Most of the retired people in the sample are between sixty-five to sixty-nine years of age. About half of the women are widowed while the men constitute the married group. Health and housing were not problems to this group. Their education was limited to the eighth grade level, as was the universal experience in their age group.[1] Their lives were work-centered rather than leisure-centered.

These older people seem to have drifted away from attending religious services which may be due to lack of resources for older people in the churches where emphasis is on younger people. Most of them are of the Protestant religion.

The women lack the financial security that the men have. The level of jobs which the women held may be the reason for this difference. The men were all employed in the automotive industry which made for more regular income. The employment situations in which the women held jobs had no pension benefits.

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[1] Ruth Cavan, et al, Personal Adjustment in Old Age (Chicago: Science Research Association, 1949), p. 42.

The men were ambivalent in their feelings toward retirement. The women showed little or no concern about retirement. The men made financial plans for retirement but the women were unable to make plans as they were only able to meet their current expenses.

The older people have a close relationship with their family and friends. The women are more active in organizations and have utilized community social agencies. As a whole, however, the study group made very little use of community social resources.

Thus, it appears that the participants have adequately met their physical and emotional needs.

The Adequacies and Inadequacies of the Center

The people who attend the Center feel that the Center is an important part of their life. The community will find that their wants are few and their needs could be easily met with planning and developing of present resources.

Their main suggestions were club rooms of their own, leadership for personal counseling, and direction for a more varied program. Many did not have any suggestions or express desires for change.

From the information that was given it is evident that the Center does not meet the needs of many aged in the community. The number who participate in the program averages about twenty-six people daily. The total population of people over sixty-five years of age in the City of Lansing is 7,399.

However, the participants believe that the Center meets the needs of the people who do attend. Bingo and bohemian birthday parties are particularly popular and attract greater attendance.

After reviewing the program and participants at the Drop-In-Center the writer suggests:

1. There should be further interpretation to the community and, particulary, to the aged of the Center's program. In this way, it might be possible to stimulate and initiate increased community support.
2. There is need for further examination of the needs of all the aged in the community, and more comprehensive planning for all.
3. There should be broader cooperation to coordinate the existing services for the aged.
4. The community should provide suitable quarters for a day center.
5. The community should make financial provisions for a paid trained director. The director should be experienced in group work and recreation.
6. There should be greater utilization of volunteer services to assist in the day center program and also to develop other possible volunteer service.

7. The Center should provide recreational and educational activities and include in their services counseling and referral service. The Center could be a focal point for the other problems of the aged in the community by having the older people take a responsibility. The participants could visit homebound and hospitalized older people which have been referred by social agencies or the community. The people could contribute to community welfare in nursing homes and hospitals.

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APPENDIX A

QUESTIONNAIRE

Address _____

1. How did you know about the center?
   - Labor News
   - State Journal
   - Union
   - Relatives
   - Friends
   - Other

2. Who did you first come to the center with?
   - Friend
   - Alone
   - Husband or wife
   - Other

3. What transportation do you have to get here?
   - Walk
   - Other's automobile
   - City bus
   - Taxi
   - Own automobile

4. How do you like coming to the center?
   - Very much
   - Okay
   - Good
   - Not so good

5. How often do you come?
   - Daily
   - Monthly
   - Weekly
   - Occasionally

6. How long have you been coming to the center?
   - Since March
   - Since December
   - Since June
   - Since September

7. What activities do you like at the center?
   - Cards
   - Games
   - Bingo
   - Parties
   - Movies
   - Projects
   - Hobbies
   - Other

8. Are there some things that you would like different about the center?

9. How much free time do you have?
   - All day
   - Few hours
   - Half day
   - Almost none

10. What do you do in your free time?
    Work at some hobby; radio; write letters; read; play cards; sew; attend meetings; movies; other

11. What is your favorite past times or hobbies?

12. To how many organizations, such as clubs, lodges, unions, and the like, do you now belong?
    none two four
    one three or more

13. Check the kinds of organizations to which you now belong.
    Luncheon clubs
    Social or bridge clubs
    Lodge
    Study groups
    Union
    Charitable or welfare organization
    Business or Prof. society
    Church clubs or groups
    Women's or Men's Club
    Hobby or recreation group
    Townsend Club
    Veterans organization
    Clubs for older people
    Other

14. If you belong to organizations, do you hold office in any one of them? Yes No

15. How many club meetings to you usually attend each month?
    none
    Two or more a week
    One a week
    Less than one a month
    One or two a month

16. What things or activities are you particularly interested in?

17. Are there any other organizations in Lansing that you would like to join if you were invited?
    Yes
    No
    If yes, what?

18. How is your health at present time?
    Very poor
    Poor
    Fair
    Good
    Excellent

19. How do you feel about yourself?
    Very happy
    Happy
    Average
    Unhappy
    Lonely

20. How old were you on your last birthday?

21. Check the last grade of school that you have finished?
    No schooling
    Grades 1 2 3 4 5 6 7 8
    High School 1 2 3 4
    College 1 2 3 4
    Other Schooling
    Business Trade Other

22. What is your present living arrangement? Where do you live?
    My own home or apartment
    One room
    Rooming house
    Hotel
    Other

23. How long have you lived here?

24. With whom are you living?
    With husband or wife
    With husband or wife and children
    With children alone
    Alone
    With relatives
    With friends
    Other [Who are they?]

25. Are you single, married, divorced, widowed, separated?
    If married, does your husband or wife attend the center?

26. What work have you done most of your adult life?

27. Are you working now? Full time Part Time No

28. If you are not working full time, why not?
    Can't find work
    Can't work because of health
    Retired by employer
    Don't want to work any more
    Prefer to work only part time
    Married and stopped paid work

29. What is your chief means of support?
    You or your husband's present earnings
    Social security
    O.A.A.
    Pension from earlier occupation
    Relief agency
    Aid from children
    Payments from insurance annuities
    Investments or savings
    Other [What?]

30. What is your religion?
    Roman Catholic Jewish
    Greek Catholic Protestant [Denomination]
    Other

31. How often do you attend religious service?
    - Never
    - Once a week
    - Less than once a month
    - Once or twice a month
    - Twice a week or oftener

32. Are you acquainted with these services?

Health	U. S. O. S.
Mental health clinic	Family and child welfare
Curative workshop	Family service
Rehab. Center	Catholic Social Service
T. B.	American Red Cross
Visiting Nurse	Courts
Veterans adm.	Voc. Rehab.
Rec. Group work	Child Guidance Clinic
Y.W.C.A.	Y.M.C.A.
Public Welfare	ADC
OAA	AD
AB	Public Welfare
Other	

33. How many children do you have?
    How often do you see them?
    - once a year
    - few times a year
    - once a month
    - more than once a month

34. How many friends do you have?
    How often do you see them?
    - weekly
    - monthly
    - few times a year

35. How did you feel about retiring?
    Did you make any plans?

COME ON OVER TO THE DROP-IN-CENTER AND JOIN IN THE FUN!!!

ACTIVITIES FOR FEBRUARY

FOR MORE INFORMATION -
PHONE IV 7-5477
IV 2-0477
IV 4-5319
IV 9-5676

Location: 1010 River Street
(Local 650 Hall)
Hours: 11:00 A.M.-3:00 P.M.
Monday Thru Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		February 1 Pinochle Checkers Euchre	2 General Activities	3 Chairmen of Committees Announce Personnel
6 Card Contest Progressive Pedro	7 Clean-up Day Everybody Helps!	8 Party for Feb. Birthdays Everybody Come Pot-luck 12:15	9 All Musicians and Singers Come Practice Day	10 Cards Visiting Reading
13 Movies 1:00 P.M.	14 Bingo Party Door Prize	15 Discussion Day What's the topic?	16 Cards Other Games	17 Visitors Day Bring Special Guests
20 All Committees Meet 1:00 P.M.	21 Last Minute Plans For Wednesday	22 Drop-In-Center Closed Regular Monthly Meeting Local 602 Hall Pot-luck	23 Cards Visiting Reading	24 Movies 1:00 P.M.
27 Cards Other Games	28 Bingo Party Bring your Game Prizes Door Prize	29 Musicians Day Other Activities		

APPENDIX C February 9, 1956

SUMMARY OF FINDINGS

CIO REQUEST FOR STAFF PERSON TO OPERATE DROP-IN-CENTER

The Lansing CIO Council - Community Services Committee on December 13, 1955 requested a grant of $500.00 from the Chest to enable the CIO Committee to employ a full-time person to staff the CIO Drop-In-Center for Older Persons for a period of three months. The request indicated that the salary of the proposed staff member would be $300.00 per month. The difference between the Chest grant and the total cost would be forthcoming from a special grant from several of the larger CIO Unions.

In the minds of the Union members the three months would serve as a trial or demonstration period in order to enable the organization to determine if the Older Person program could be made sufficiently effective to warrant permanent continuation of the service or whether it should be discontinued altogether.

ORGANIZATION OF THE DROP-IN-CENTER

The Lansing CIO Drop-In-Center was organized in April 1955. The original idea was conceived by the national CIO Community Services Committee and is an attempt on the part of the CIO to develop programs to make life more enjoyable and meaningful for retired persons. Another phase of the program is to help people to prepare for retirement.

Most of the larger communities have organized programs for Older Persons, however, relatively little has been done in the medium and smaller cities from any source. Lansing was selected as a typical city and the local CIO group agreed to see what could be done with such a program.

The program as originally conceived has four stated objectives:

(a) Pre-retirement counselling
(b) Retired workers counselling
(c) Monthly meeting of retired workers
(d) Drop-In-Center

Little has been done in item "a" and "b" of the stated objectives. Item "c" and "d" have been carried out since the beginning of the program. The extent of the recreational phase of the program will be covered under another heading in this report.

The CIO Committee in developing the program worked veryclosely with other groups and organizations in the community. The Mayors' Committee on Aging was kept fully informed at all times of their plans and developments. A member of the CIO serves as a member of the Mayors' Committee. As a result, the CIO along with other groups, has taken an active role in promoting the aims and objectives of the overall planning as conceived by the Mayors' Committee.

In addition, the Drop-In-Center organizers worked very closely with the Continuing Education Department at Michigan State University, seeking their advice and consultation in the establishment of their program for older persons. The employment service was also consulted and as a result a staff person in the employment office has been assigned the task of working with older people to find employment for older persons where necessary.

The CIO consulted with existing agencies in the community and asked their assistance in giving leadership to the program. Several agencies have given occasional leadership through the establishment of certain special programs from time to time. The City Recreation Department has made available several picnic tables and parking space to participants using the Drop-In-Center.

WHO USES THE DROP-IN-CENTER

The program is open to all retired persons in the community. There is no requirement that they must be Union members or former members of a Union. In actual practice the large majority of participants are former members of CIO and the AFL.

The records show that the average daily participation at the Drop-In-Center is 25 persons. At the regular monthly meeting the average attendance has been between 100 to 125 persons. It is estimated that during each week 50 different persons would be served.

For special events such as a Christmas party, the Center has had a high as 175 persons in attendance.

THE PROGRAM

At all times the Center provides opportunities for the following activities: cards, checkers, television and lounge for informal discussion. The Center will soon have a Shuffle Board game and a pool table. At regular intervals, speakers are brought in to talk to participants on subjects of interest to them. Discussion groups, bingo and movies are other typical events made available. The Center is open 5 days a week from 11:00 A. M. to 3:00 P. M. Other programs such as hobby groups and other similar creative activities are hoped to be developed in the future.

ADMINISTRATIVE ORGANIZATION AND STAFF

The program is presently administered by the CIO Council Community Services Committee. This is a committee of 14 members and is composed of official delegates from each of the local CIO Unions. Mr. Richard Kaiser of the Reo Local (UAW-CIO #650) is the present Chairman of the committee.

The program at the Center has been carried on largely through volunteer service. Several agencies have occasionally provided staff help for specific periods of time. In addition, Oscar Wade, CIO staff representative has given throughout the lifetime of the agency, as much of his time as possible in order to coordinate the work of the many volunteers.

LONG RANGE OBJECTIVES OF THE CENTER

Quite obviously it is the expectations of the sponsors of the Center that the program will grow and fill an important gap in the community. From those close to the problem, there is no doubt that there is very little done for the older people. There is equally no doubt that many of our older persons have needs that are not being adequately met. The needs vary all the way from financial, health, and housing, to recreational activities to fill their long period of leisure time. The Drop-In-Center is believed to be merely one phase of a total community effort to help meet the needs of a substantial group of our people -- our senior citizens.

As expressed to the writer of this report, the CIO representatives are not particularly interested in operating this program on a long term project. They view their program first of all, as a demonstration to prove the need, and secondly, as an attempt to do something rather than merely "talk". It is their expressed hope that a community agency or organization will take the program over and continue the service.

In this respect the CIO officials express that their main interest is to see that the total needs of the community are met.

PURPOSE OF THE DEMONSTRATION PERIOD AS REQUESTED BY THE CIO

The CIO Community Services Committee, as previously reported, are requesting a three month experimental period with a full-time paid staff member. It is their hope someone can be found at the monthly salary of $300.00.

The sponsors state quite frankly, that the program has reached a plateau. Volunteer leadership cannot continue to produce the program that is necessary to maintain a dynamic program that will fully meet the needs of the retired people they serve. They emphasize that volunteer leadership cannot adequately develop long range plans. Without paid leadership it is impossible to coordinate the services of volunteers, and continuity is impossible with constantly changing volunteer leadership.

It is the feeling of the Community Services Committee of the CIO that a 90-day demonstration period is necessary to provide a framework within which a more expanded and varied program can be attempted. Toward the end of this trial period, the results can be evaluated and future plans can then be made as to the need and value of the program for the future.

There has been no expression as to the method of continued financing beyond the demonstration period.

FINANCES:

It is estimated that the total expenditures for the three month demonstration period would cost $1,202.50. The Chest is requested to grant $500.00 to help toward this amount. The balance of the money will come from Unions; $280.26 would be secured from that part of the dues paid by CIO members set aside for recreational purposes. The balance would come from the general funds of several of the larger Locals.

The financial statement on the next page is a report submitted to the Chest Office by the CIO. It shows the estimated expenditures for September, October, and November of 1955. The report also estimates the expenditures for the three month trial period. It is felt that the estimate is understated. There is no allowance for Social Security, office supplies, postage and other such items. Perhaps these items are also considered as an additional service to be given by the local Unions having full-time office staff and budget to meet these items.

EXPERIENCE IN OTHER COMMUNITIES

As was previously stated, other than talk relatively little has been done in the area except in the larger city. As far as is known, no Michigan city Chest, other than Detroit, has allocated money for Drop-In-Centers. Saginaw Chest has allocated $3,000.00 for a home for the aged; Muskegon, $300.00 to the Gereatrics Council; and Bay City, $200.00 for the Woman's Association of Charity. It is reported that the Muskegon group is considering asking for a drastically increased budget.

Detroit has done more than any other Michigan community in the area of serving the aged. They have had an active committee studying the problem of the aged for a period of ten years. This committee was quite similar to the Lansing Mayors' Committee on Aging. On February 15, 1954 Detroit employed a full-time staff person to serve as a coordinator and planner of programs for the aged. This new staff is being financed from funds given by the McGregor Foundation. Funds are granted on a three year basis, decreasing each with the difference to be picked up from Torch Drive funds. At the end of this period the program will be entirely supported by funds raised in the annual Torch Drive.

The following is a description of the Drop-In-Centers in Detroit:

> At the Brewster Center a special club room is furnished for the comfort and recreation of older residents of the Public Housing Project which surrounds it.
>
> In addition to regular club meetings, the older people are free to come and go during the hours when the Center is open. A special feature here is the opportunity to mix with the children and youth, and they derive a great deal of pleasure from watching the games and sports of the children. This is sponsored by the Detroit Department of Parks and Recreation.
>
> The UAW-CIO Drop-In Centers (3), are open 5 days a week. The Center at Local 154, which has been in operation longest, has a capacity daily attendance. It is very popular among retired union workers and obviously provides a satisfying substitute for the loss of the work day. It has a high degree of self-government and several committees are concerned with various aspects of community service for its members. A capable director gives imaginative leadership and supervision. They contribute to a monthly publication, "Sound Off", there are movies, lectures, games, parties.

CIO Drop-In Center - Retiree's Program

Budget Request

Item	September	October	November	1955 3 Months Total	1956 3 Months Request
		Actual - 1955			
Income					
Olds Local #652	$ 51.63	$ 53.68	$ 53.96	$159.27	$ 159.27
Fisher Local #602	24.48	25.50	24.39	74.37	74.37
Amalgamated #724	11.25	10.50	12.13	33.88	33.88
Reo Local #650	4.12	4.59	4.03	12.74	12.74
Special Union Grant					400.00
Total Income	$ 91.48	$ 94.27	$ 94.51	$280.26	$680.26
Begin. Bank Balance	-	-	-	-	-
Total Funds	$ 91.48	$ 94.27	$ 94.51	$280.26	$680.26
Community Chest	-	-	-	-	500.00
Balancing Total	$ 91.48	$ 94.27	$ 94.51	$280.26	$1,180.26
Disbursements: Approximate					
Rent	$ 35.00	$ 35.00	$ 35.00	$105.00	$105.00
Food	43.00	43.00	43.00	129.00	129.00
Bingo Prizes	5.00	5.00	5.00	15.00	15.00
Birthday Cakes	4.00	4.00	4.00	12.00	12.00
Birthday Cakes	5.00	5.00	5.00	15.00	15.00
Door Prizes	3.50	3.50	3.50	10.50	10.50
Napkins, Cups, Etc.	3.33	3.33	3.34	10.00	10.00
Coffee	2.00	2.00	2.00	6.00	6.00
Salaries	-	-	-	-	900.00
Total Disbursements	$ 100.83	$100.83	$100.84	$302.50	$1,202.50
End Bank Balance	-9.35	-6.56	-6.33	-22.24	-22.24
Balancing Total	$ 91.48	$ 94.27	$ 94.51	$280.26	$1,180.26

The Junior League Senior Center began a little over a year ago in a small store on Mack Avenue, which proved inadequate after a few months. Its early emphasis was on recreation. It offers a wide variety of opportunity for crafts, hobbies, gardening, library, games and dancing, movies, etc. It is now developing its program to include professional counselling and sheltered workshop. A full time director is the only paid staff at present, with a great deal of work being done by the volunteers from the Junior League membership.

The Kundig Center is a unique experiment, in attempting to resolve the many problems of unattached older people in a declining downtown area. It is open seven days a week. Its services include counselling, information and referral, a housing registry, a workshop and three meals a day for Old Age Assistance recipients at their expense. These occupy rooms in the neighborhood and would otherwise be forced to eat inadequately. Recreation problems are incidental. The older people are responsible for many of the attractive features of the center. A retired carpenter helps with remodelling; a retired tailor supervised the making of drapes and curtains and others take care of the indoor pool and gardening. Outside community groups use the center for special meetings. This program is sponsored by the Archdiocesan Development Fund.

In addition, Detroit has more than 75 Golden Age Clubs. These programs have been established under varying auspices and are predominately volunteer, without undue expenditure. It is reported that the Detroit Recreation Department is becoming quite interested in this area of service.

The first CIO Drop-In Center was organized in February 1953. The following is a summary of the first program after its first six months of operation. (September 1953)

The Drop-In Center opened February 23, 1953 with an attendance of 14. From the small original attendance five (5) men emerged as a planning group. Each serves as host one day of the week.

In recruiting attendance, a flyer was sent to all retirees within reasonable distance of the Center. There has been no effort to build the attendance rapidly. Special events have been publicized and have brought results. The Center is open to all, whether Union members or not.

The director works five (5) days a week from 11:00 A. M. to 3:00 P. M. The members are left alone at the end of the day and carry on their own program.

All activities have been started at the suggestion of members. They have included trips to Belle Isle, Goodwill Industries, Veterans' Memorial and Bob-Lo. The Center has become an important part of the men's lives. Hobbies are the weakest part of the program. The men do not wish to learn new hobbies. They prefer discussion groups, counselling sessions, games such as checkers and shuffle board or just watching television. The Library sent books but only fifteen (15) have been loaned. Current magazines are not read although the daily newspaper is read.

Coffee is served; members bring their own sandwiches and cookies.

Recently the members have had picnics at Chandler Park with women included. This has encouraged women members, who at first were slow in attending the Center, to become a part of the program.

Committees now active or under consideration are Recreation Committee, Counselling and Visiting, Job-finding and House Committee.

Attendance --	First 6 months	2,851
	First month	190
	Six months	664

Financial Support -- This is provided by the Recreation Department of the UAW-CIO with supplementary donations from local unions.

There are at present 12,000 retired UAW workers in Detroit. In the next five years there probably will be 35,000.

The second CIO Drop-In Center was started in February 1954 and the third in October 1954. For 1953 the latest information made available to us indicates the following persons were served:

	1953*		1955*
Monthly Meetings	1,800	Average	2,550
Picnic	4,500		6,000
Holiday Party.....	4,300		10,500
Drop-In Center	750	Individuals	1,082
Average Daily Attendance	70		70 to 75
Total attendance	10,000		16,400

*These figures are only for the Drop-In Center at Local 154, the first one to be organized.

These CIO programs were financed entirely by the CIO Recreational Committee until this year, when the Detroit United Community Services (Chest) made a grant of $13,500 for 1956. It is understood that the grant is provided for a demonstration purpose of one year only. It is further understood in making this grant, the Detroit Committee on Aging shall have the full cooperation of those supervising the UAW-CIO Drop-In Center program in experimental activities such as specialized counselling, information and referral, and informal recreation in order to test the applicability of such activities and their resources within the Centers, and to ascertain what contributions Drop-In Centers can make to the problems of aging. Furthermore, it was understood that the Community Services Board of Directors should look to this Committee on Aging for an evaluation of this project before the close of the demonstration period, for guidance in its decision regarding future financial support.

The total budget estimated for 1955 was $52,591.00, of which $13,500 was granted by the Detroit United Community Services.

In addition to this action, $5,000.00 was granted to the Kundig Center with the same stipulations.

LANSING'S FACILITIES FOR AGED - At the present time there is no comprehensive study of programs for the older persons in the community. From the information available to the Chest office, the only other known programs of any consequence are: (a) the Sun Set Club of the Volunteers of America which meets monthly; (b) the Senior Citizens Group of the Lansing Board of Education; and the two Townsend Clubs. The Retired Teacher Club and Retired University Faculty might also be included. There is, of course, the programs at the Cedar Street Recreational Center and other organizations that serve all people. In these groups older people participate on the same basis as any other person.

MAYORS' COMMITTEE ON AGING - Several times in this report it has been stated there has been considerable discussion but little action. Recently, however, a number of groups have begun to develop programs. The Mayors' Committee (formed in August 1954) is an attempt to consolidate the work of two planning groups in order to concentrate and coordinate their activities and to bring about an orderly development of programs to meet this problem that commands the interest of many people. The Mayors' Committee is attempting to see the overall view of this vast and growing problem and further, to relate the needs of the aging to the total community needs in the field of health and welfare.

Much of the committee's work has been exploratory to date. There is, however, ample evidence that loss of employment; reduced income, failing health, unsuitable housing, and social and spiritual isolation are obstacles found by older people which limit their opportunities to remain independent, useful and self-respecting citizens.

A coordinated plan of remedial action is necessary if the community is to meet the complex problems and the ever mounting costs which result from the increase in numbers of older people without a defined role in society. The task of the Mayors' Committee as they see it, is not to operate programs for the aged but rather to suggest an order of priority for a balanced program of services, using every available resource of older people themselves and the community, adjusted to available funds, facilities and personnel.

The Mayors' Committee hopes the Lansing Junior League will furnish funds and volunteer time to provide staff to help the committee to perform its roles as the members define it. The League's part in the program would be similar to that of the McGregor Foundation in Detroit, namely, to demonstrate the value of the program and then have the Chest or some other source assume the long term financial responsibility.

The Mayors' Committee at this time is in no position to give any recommendations covering the validity of the request of the CIO for support of the Drop-In Center.

CONCLUSION

The facts and experience in this area are limited; however, there is little doubt that both experience and study will show the following conclusion to be correct:

1. There is relatively little in the way of specialized services for the aged.

2. Large numbers of older people are experiencing difficulties that are of such severe nature that it leaves them unhappy, non-productive, dependent and discontented as a member of our society.

3. The problems of older people are going to drastically increase as the percent of the total population in this age bracket increases year after year.

4. These needs of our elder citizens encompasses much more than leisure time activities. It includes every phase of social welfare.

The CIO is the only group which has inaugurated a regular daily program. The response to date clearly indicates an interest in the program. The numbers served at the present time, it would appear, should be increased to justify the expenditure of funds on a continuing basis. It is felt that paid leadership is necessary to help direct and coordinate the many volunteers in order to determine the full potential of the program.

In regard to Chest participation in the program, the following questions should be considered by the committee and the Board of Directors, in arriving at their decision.

1. What legal authority does the Chest have to grant funds to an organization that is not incorporated as a non-profit health and welfare agency in Michigan, nor operated by a Board of Directors that is not representative of the community?

2. Could the service be more effectively operated in an existing agency?

3. Is this a recreational program that should more logically be supported through the recreation department after a proper demonstration period?

4. What could be Chest reaction to other groups in the community that wished to inaugurate similar programs?

5. Is three months ample time to fully demonstrate a program?

6. Who would be responsible for evaluation and what would be considered a successful experience?

7. Is the budget as requested adequate to meet the need?

8. How would financing be arranged after the demonstration period?

9. What qualifications would be sought in securing a staff person?

10. What assurance is there that the present volunteer leadership program will be enlarged?

11. Is the present program hindered by its present location?

12. Who will supervise the staff and the program?

13. How does financing of this program relate to any possible future financing of the Mayors' Committee on Aging?

14. On what basis was $500.00 determined as the amount to request of the Chest?

15. Could this program be correlated with the current demand to staff a Center for teen-agers?