

To: Tuxedo Town Board, Tuxedo Seniors, Residents, Tuxedo Park Library and Orange County Office for the Aging

From: Tuxedo Senior Survey Committee

Re: Development, implementation and results of the 2022/23 Survey of Tuxedo Senior Citizens

February 13, 2023

Introduction

The Tuxedo Senior Survey Committee hereby submits this report describing the process and results of a survey of Tuxedo NY residents aged sixty and above. It was completed by 183 residents representing a 43% return rate. Based on the 2022 US Census, approximately 32% of Tuxedo's population is aged 60 and above, which is higher than the percentage in both Orange County and NY State as a whole. Ninety percent of Tuxedo Seniors are registered to vote. They represent 41% of the 2680 registered voters in town. Based on the results of the survey, the committee's major areas of focus include: Recreation, Transportation, Technology, Food Access, Household Help, Housing and Community Communication of Information and Services. We present this survey to the community with hopes that through cooperative efforts the town officials and residents of Tuxedo will work toward the implementation of identified needs.

Initiation of survey

In the spring of 2022, five senior residents of Tuxedo (see Appendix 1), recognized that there are few services for seniors in the town. Many seniors go to other towns for recreation services and every day needs. A sub-committee of Tuxedo Silver Dollars worked to develop a survey to assess the multiple needs of people 60 + in town. In order to develop this survey we reviewed similar surveys found on the Internet from communities around the country. The committee reviewed the survey developed by the Orange County Office for the Aging. We spent several months discussing questions and structure. A draft version was reviewed by 10 residents and the director of the Orange County Office for the Aging. Based on their comments the survey was further revised (see Appendix 2).

Dissemination of surveys

The issue of survey dissemination posed several obstacles. No comprehensive address list of all town residents exists. Even if such a list existed, it would not disclose a resident's age. We obtained a list from the Orange County Board of Elections of all residents 60 and above who were registered to vote in 2022, which totaled 1,089. We originally thought that we would mail the survey to all people 60+ who were registered. When a mailing of that size turned out to be financially and procedurally difficult, we decided to distribute the surveys in the community at events such as Family Fun Day, Tuxedo Park Library and Tuxedo Historical Society events, after church services, and by walking them door to door.

A total of 421 copies of the survey were photocopied and placed in envelopes with a return address to the Tuxedo Town Hall. Residents were instructed to mail the survey back or to return it in person to the Tuxedo Park Library or Tuxedo Town Hall. These two places had additional copies of the survey available. In November we added a digital version. Fliers (see Appendix 3) at the two post offices, the Tuxedo Town Web Site, and community social media sites were utilized to advertise the digital version.

Survey Questions and Analysis of Results

The survey consisted of 56 questions (see Appendix 2). We addressed: Demographics, Community, Housing, Health, Nutrition/Food, Social and Recreational Participation, Transportation, Technology, and Needs of Caregivers. There was also space provided for comments and feed-back.

We received 183 paper and digital responses, 43% of the surveys distributed. The results were either hand or digitally entered into Qualtrics, a quantitative and qualitative statistical analysis software program. Frequencies, percentages, and charts of responses were created for each of the questions. Since we were unable to reach the entire population of seniors in Tuxedo, we utilized a convenience sampling method. We realize that this method probably reached only the most accessible seniors. This created some statistical limits on our conclusions to the larger population. The results of all questions may be found in Appendix 2.

There are many different observations that we can make from the results of the 56 questions. The answers to the questions that most concern us include:

Recreation/Fitness and Social Activities

Forty percent of the respondents believe that recreation services in the town for seniors are poor. Another 41 % don't know about the services or have no opinion. 40% believe the availability of social events or activities is poor, while 38% don't know or have no opinion. They (38%) also believe that the fitness opportunities in town are poor. Very few of the respondents attend Silver Dollars activities, but a large number visit parks, do volunteer work or attend library programs. Many seniors travel to other locations for more programs.

Transportation

The majority of the respondents drive at this time and seem to be able to get to supermarkets, stores and appointments. However, in the comment section they recognized that if they remain in Tuxedo as they get older, transportation might become a problem. Respondents (42%) said that they would utilize a transportation system. Transportation is an important issue because of the lack of markets, physicians, restaurants and gathering places in town.

Technology

Respondents (49%) state that they would participate in classes on how to use technology. They are looking for help using smart phones, smart TV's, internet, and computers. They do not seem to be aware of or utilize the current technology services that exist at the Tuxedo Park Library to their fullest extent.

Food Access

There is a discrepancy between the results in the survey and the number of residents who use the Sloatsburg Food Pantry. This discrepancy may be the result of our difficulty in reaching all senior residents. A very small number of residents use the Meals on Wheels program or other food delivery programs. There is no senior meal/socialization program in Tuxedo. as exists in some other towns.

Household Help

Performing daily household chores is a major or moderate problem for 27% of our respondents. Finding help to perform home maintenance is a major to moderate problem for 54%. This

reflects either the inability to pay for such services or to find volunteers or people to hire. Paying for electricity and home heating is a problem for 39% of the respondents.

Housing

While 94% of the respondent's state that their housing is adequate to their needs, they do state that problems exist when they need to downsize and want to remain in Tuxedo. They (36%) reflect that the cost of housing, smaller size homes and lack of rental properties are a problem.

Communication within the Community of Information and Services

Many of the comments state lack of knowledge of available resources. Caregivers indicated the need for more information about daily or respite services.

Recommendations for Follow Up

1. Create a community-based citizen advisory committee for Senior Services to explore existing programs and facilitate the implementation of the recommendations.

Recreation/Fitness and Social Activities

2. Expand senior services at the Tuxedo Park Library.
3. Create a senior center to offer recreation, fitness, art and social programs that operates with experienced staff.
4. Encourage local residents to offer recreation, art, music and fitness programs.
5. Expand use of the train station for senior services.
6. Provide lavatory facilities at outdoor recreation sites.
7. Explore other sites in town that could be used for senior activities.
8. The Town Parks and Recreation Advisory Committee (when developed), should include a member representing senior citizen issues and to offer increased activities for seniors.

Transportation

9. Develop a dedicated car service on a predetermined schedule.
10. Explore the current informal transportation services in town. Look for ways to publicize and expand.
11. Explore the Dial a Bus system used in other towns. Use school system smaller busses during off school hours.

12. Explore the use of the transportation volunteer program of the Orange County Jewish Family Service (JFS) which is county sponsored and open to all.

Availability and Use of Technology

13. Expand the role of the Tuxedo Park Library digital services staff member to provide well-advertised, regular, frequent, accessible, individual and group education and support for internet, phone, tv, and computer assistance.

14. High school students and other volunteers to provide technology skill building for seniors.

Food Access

15. Create a senior center to offer meal/socialization programs.

16. Develop a regularly offered meal at an accessible site.

17. Publicize Meals on Wheels, Food Pantry and other food assistance programs.

Household Help

18. Explore the use of the JFS (County sponsored) chore volunteers.

19. Create lists of volunteers or businesses to provide chore and home maintenance assistance.

20. Ask chamber to update and expand their list of town businesses and home maintenance resources.

21. Ask TPFYI expand their list of business resources.

Housing

22. Create smaller and/or more affordable dedicated housing for seniors.

Communication within the Community

23. Research what services are provided for seniors by the Orange County Office for the Aging in other communities, and in other area counties.

24. Develop a communication and information system not totally dependent upon computers and smart phones.

25. Develop a resource list for Caregivers (i.e., support groups, respite programs, chore services).

26. Update the Town of Tuxedo Website to include more senior services.

27. Encourage local and county economic development groups to showcase commercial properties in town to bring in more stores, markets, restaurants and places to gather. Explore how the LDC grant program could assist this process.

Conclusion

Thank you for this opportunity to present to the Tuxedo community the results of the survey and our recommendations for the types of services that might address the needs that the survey identified. We have presented a wide range of needs that could be addressed on a community, town or county level. We realize these efforts need research, planning and funding. Towards that effort community residents will be identified to serve on a Senior Services Advisory Committee. We request that the Tuxedo Town Board appoint a representative to that committee. Working together, it is the hope that we can effect a better quality of life for all Tuxedo Seniors.

Appendix 1

2022/23 Senior Survey Committee

Sub-committee of the Tuxedo Silver Dollars

Irene Denaro BA Mental Health Social Worker

Margaret Gulick BSW Geriatric Social Worker

Linda Pallack MS Physical Education Teacher

Susan Scher MSW Medical Social Worker and Professor of Social Work

Bonny Takeuchi MA Teacher

Thank you to Pat Barone, Debbie Buono, Sue Haywood, Mary MacFarlane, Jorge Minano, Deirdre Murphy, Alice Neade, Lynda Petrillo, Ann Sahler, Dot Schmidt, and Donna Weinand for helping to distribute the survey.

Appendix 2

**Tuxedo Silver Dollars
Tuxedo Town Hall
1 Temple Drive
Tuxedo, NY 10987**

October, 2022

Dear Senior Citizen,

The Tuxedo community is unique in many ways, not the least of which is the fact that more than 30% of our residents are 60 or over.

It has been many years since the needs of Tuxedo's Seniors have been surveyed. In this quickly changing world it seems timely that we gather information. This survey is being conducted by a committee of the Tuxedo Silver Dollars (our local senior organization), with the knowledge of the Tuxedo Town Board and the Orange County Department of Aging. This survey is anonymous. Responses will be entered into a computer and analyzed, used to help us understand what our seniors need and which needs might be addressed locally or at the county level.

All Tuxedo residents 60 and over are asked to complete this survey. Each person in your household 60 and over should respond. If there is someone in your home who is a caregiver there is a separate section on the last page for them to complete.

For your convenience we have included several ways you might respond including online, in person, or by mail. An envelope is enclosed for you use to return the survey. You may drop your survey off at the library or the Town Clerk's office at the Town Hall.

If you have questions or need help completing the form please contact Tuxedosilverdollars@gmail.com or 1-973-949-1080.

Sincerely,
The Survey Committee
Irene Denaro
Margaret Gulick
Linda Pallack
Sue Scher
Bonny Takeuchi

TUXEDO SENIOR SURVEY

Thank you for participating in this survey to help us identify the needs of senior citizens in Tuxedo. Your opinions are important. Please answer the questions on this form. This survey is anonymous, we do not ask for identifying information. Results from the survey will be shared with county and local agencies. Please fill out the survey as completely as you can. If you need help completing this form or have questions please contact us at 1-973-949-1080. There is space for any additional comments on the bottom of page 4.

DEMOGRAPHICS

1. Age

60-64 yrs 16 (9%)	65-69 yrs 32 (19%)	70-74 yrs 37 (21%)	75-79 yrs 41 (24%)
80-84 yrs 30 (17%)	85-89 yrs 14 (8%)	90-94 yrs 2 (1%)	95-99 yrs 2 (1%)

2. Gender Male **77 (43%)** Female **103 (57%)**

3. In which Tuxedo neighborhood do you live? (choose one) 177 responses

Hamlet **44 (24%)**

Northern Tuxedo (Laurel Ridge, Clinton Woods, Benjamin Meadow, Brammertown, Arden, Southfields) **59 (33%)**

Tuxedo Park **24 (13%)**

Southern Tuxedo (Eagle Valley, Woodlands, Maplebrook) **53 (30%)**

4. How many people, including you, reside in your home?

1 47 (29%)	2 99 (59%)	3 6 (4%)
4 9 (6%)	5 3 (1.8%)	6 1 (.06%)

5. If you need services in a language other than English, which language Spanish (2)

COMMUNITY

Please check the box that comes close to your thoughts as they relate to older adults. How do you rate: 166-177 answered

6. Tuxedo as a place to live **Excellent 62 (35%)** **Good 100 (56%)**
Poor 15 (9%) **Don't know/no opinion 2 (1%)**

7. Tuxedo as a place to retire **Excellent 35 (9%)** **Good 85 (47%)**
 Poor 53 (29%) **Don't know/no opinion 6 (3%)**
8. The emergency services (fire, police, ambulance)
 Excellent 82 (46%) **Good 77 (43%)**
 Poor 6 (3%) **Don't know/no opinion 14 (7%)**
9. The non-emergency services? (i.e. library, garbage, snow removal)
 Excellent 101 (56%) **Good 74 (41%)**
 Poor 3 (2%) **Don't know/no opinion 2 (1%)**
10. The recreation services for seniors
 Excellent 5 (3%) **Good 27 (16%)**
 Poor 66 (40%) **Don't know/no opinion 69 (41%)**
11. Availability of social events or activities
 Excellent 4 (2%) **Good 34 (20%)**
 Poor 67 40% **Don't know/no opinion 64 (38%)**
12. Fitness opportunities **Excellent 6 (4%)** **Good 39 (23%)**
 Poor 65 (38%) **Don't know/no opinion 59 (35%)**

HOUSING

13. Is your housing adequate to your needs? **Yes 160 (94%)** **No 10 (6%)**

14. If no, what is the issue? _____ **cost of housing, lack of rental properties**

Which of the following are problems:

15. Availability of affordable housing

Not a problem	Moderate Problem	Major Problem	NA Don't know
56 (35%)	30 (19%)	27 (17%)	45 (28%)

16. Performing household chores

Not a problem	Moderate problem	Major problem	NA Don't know
112 (69%)	39 (24%)	3 (2%)	9 (5%)

17. Finding help to perform home maintenance

Not a problem	Moderate problem	Major Problem	NA Don't know
57 (35%)	69 (42%)	19 (11.5%)	19 (11.5%)

18. Modifying your home to meet physical changes

Not a problem	Moderate problem	Major Problem	NA Don't know
68 (43%)	28 (18%)	12 (7%)	51 (32%)

19. Paying for electricity and home heating

Not a problem	Moderate problem	Major problem	NA Don't know
88 (54%)	50 (30%)	15 (9%)	11 (7%)

HEALTH – Physical and Emotional Well Being 165-170

20. How do you rate your overall well-being **Poor 1 (.06%) Fair 15 (9%)**
Good 103 (62%) Excellent 48 (28%)

21. Do you walk with assistance **Yes 18 (11%) No 153 (89%)**

22. If yes please describe ____ **cane, walker, handicapped parking**

23. During the past 12 months, how many times have your injured yourself or fallen?

Never	Once or twice	3-5 times	More than 5 times	Don't know
115 (69%)	47 (28%)	2 (1%)	2 (1%)	

24. Do you need help paying for medication? **Yes 12 (7%) No 161 (93%)**

25. What is your most serious health concern?

Cardiac/blood pressure 17	Dementia 3	Diabetes 2	Osteoporosis 1
Back issues 11	Mobility 3	Chronic colitis 1	Neuropathy 1
Falling 6	Arthritis 2	Blot clot in lungs 1	Pulmonary fibrosis 1
Knee issues 3	Weight issues 2	Bronchitis 1	Asthma 1
Balance 3	Eye sight 2	Stroke 1	aging in general
Cancer 3	COVID concerns 2	Hearing loss 1	

26. How do you rate your emotional well-being? **Poor 2 (1%) Fair 15 (9%)**
Good 93 (54%) Excellent 62 (36%)

Do you feel:

27. Isolated	Never 110 (64%) Often 5 (3%)	Sometimes 39 (23%) Not applicable 18 (10%)
28. Anxious/nervous	Never 76 (44%) Often 5 (3%)	Sometimes 75 (44%) Not applicable 15 (9%)
29. Depressed/sad	Never 90 (52%) Often 6 (3%)	Sometimes 63 (36%) Not applicable 14 (8%)
30. Have you recently been a victim of any form of abuse?	Yes 4 (2%)	No 164 (98%)

NUTRITION/FOOD 171-174

31. Do you have adequate financial resources to purchase the food you need?	Yes 170 (97%)	No 5 (3%)
32. Can you get to a supermarket to purchase food?	Yes 164 (94%)	No 10 (6%)
33. Are you able to cook for yourself?	Yes 170 (96%)	No 7 (4%)
34. Do you use a meal delivery service?	Yes 11 (6%)	No 166 (94%)
35. Do you make use of the area food pantry?	Yes 1 (.05%)	No 176 (99.5%)

SOCIAL AND RECREATIONAL PARTICIPATION

36. How often do you visit with friends or family not living in your home?	Daily 35 (20%)	Weekly 93 (53%)	Monthly 27 (15%)	Rarely 20 (12%)
37. What prevents you from being more active outside your home... check all that apply	Lack of time 50	Health 14	Transportation 22	Cost 16
	Limited mobility 17	No one to do it with 23		
38. Do you have hobbies?	Yes 157 (90%)	No 17 (10%)		
39. Check all activities in which you participate	Tuxedo Silver Dollars 37	Library activities 53		
	Fitness programs 53	Visiting parks 67	Volunteer work 62	

TRANSPORTATION 163-171

40. Do you drive?	Yes 154 (90%)	No 17 (10%)
41. Do you have transportation to get to the supermarket, stores, recreation or medical appointments?	Yes 164 (97%)	No 5 (3%)

42. Would you use a transportation system that would get you to stores, recreation and medical appointments? **Yes 69 (42%)** **No 94 (58%)**

TECHNOLOGY

43. Do you need help in using the following equipment or services? Check all applicable
Internet service 31 **Cell phone 32**
Computer/laptop/ tablet 46 **TV 10**

44. Do you use a specialized phone for hearing? **Yes 2 (1%)** **No 166 (99%)**

45. Would you attend individual classes for seniors on how to use technology?
Yes 82 (49%) **No 87 (51%)**

46 COMMENTS 68 residents placed information in this section or wrote comments in the sections of closed ended questions.

1. **Transportation** -19 people commented on a variety of transportation issues including need for transportation in town, travel to grocery and doctors and cost of transportation. 10 of these people indicated that while transportation might not be a problem now, they expected that it would be in the future, as they age.
2. **Stores** – 20 people indicated the lack of stores in town. 9 commented on the absence of grocery stores, 4 of restaurants and other gathering places, and 7 indicated the lack of a bank, cleaners, hardware stores. Interest in a grocery store in town that delivers food.
3. **Taxes**- 8 seniors commented on the high taxes, 2 of whom felt that seniors should not pay school taxes if they do not have school age children. One resident is concerned that religious groups are exempt from taxes.
4. **Activities**- 5 residents noted the need for a Senior Center with daily activities and/or increase senior programming at the library. Some residents go to other communities for senior programming. COVID was indicated as a reason that 5 residents do not participate in activities. Others added traveling, walking and hiking as an activity (not mentioned in the activity question #). The very limited of Power House Park and the Train Station as a site for activities was recognized. Several people commented that they never heard of the Tuxedo Silver Dollars. One person expressed the need for a low cost beach.
5. **Services** – Several people indicated that while they do not use a food delivery service now, they expect they will need it in the future. One person mentioned the absence of an emergency shelter in town if there were to be a major power outage. Three people indicated the need for a chore service (see question). One resident said that s(he) did not know where to find information about community services such as Meals on Wheels. Another felt that the library is too far away from southern Tuxedo
6. **Technology** - There is a perception that the library does not have the same courses and support for technology that it did four years ago. Some seniors go to libraries in other communities for help with technology.
7. **Housing** – 3 seniors commented on the lack of lower cost housing, or rental facilities for people who want to downsize.
8. **General Comments** –

“As volunteer in area I would hope that younger residents would step up to help their community in addition to sports focus”
 “The library is great”
 Glad that we will now have overnight police
 Glad that Tuxedo Farms will be developed – need more people in town to have more services
 Was abused by a neighbor
 There is a lack of community feeling in town

Caregiver Questions 18 responses

47 Do you care for a spouse, parent or child?

Spouse 9 (50%) Parent 8 (44%) Child 5 (6%)

48. Does this person live with you?	Yes 14 (77.8%)	No 4 (22.2%)
49. Are you caring for someone with dementia?	Yes 4 (23.5%)	No 13 (76.5%)
50. Do you have help caring for this person?	Yes 8 (44.4%)	No 10 (55.6%)
51. Do you need help caring for this person?	Yes 9 (52.9)	No 8 (47.1%)

52. If yes, what help do you need? Comments

A place to call for advice

A support group for other caregivers of dementia patients

Don't need help yet or short term relief yet

Some memory loss. Don't need help or short term relief yet

Daytimes. Weekdays 11-3. Need home respite services

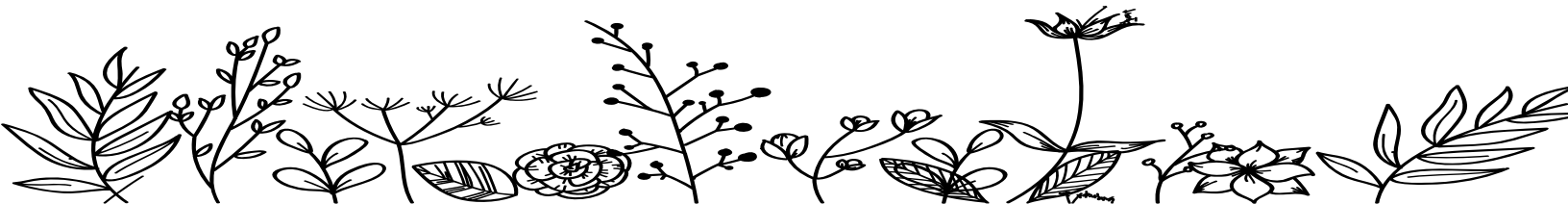
Need a day care or home attendant

Assist with walking and bathing

It is difficult to hire help in tuxedo to meet the following needs: yard work, transportation to stores, library, train, bus and doctors. Household help.

An aide for patient care

53. Do you feel overwhelmed?	Yes 9 (52.9%)	No 8 (47.1%)
54. Do you feel depressed?	Yes 6 (37.5%)	No 10 (62.5%)
55. Do you feel isolated?	Yes 4 (23.5%)	No 13 (76.5%)
56. Could you use short term relief as a caregiver (often called respite services) provided either at home, a day care center, or health care facility?	Yes 8 (47.1%)	No 9 (52.9%)



Appendix 3

THANK YOU

**And it's not too late to complete
the**

TUXEDO SENIOR SURVEY

Thank you to the 130 Seniors who have completed the survey to assess the needs of Tuxedo residents 60+ in our community.

If you still have a survey there is still time to mail yours in or bring it to the Town Hall or Library.

If you do not have a copy and would like to complete one please follow the link or QR Code below to:

- a. The survey for seniors [Tuxedo Senior Survey](#)**



- b. The survey for Caregivers of seniors**

[Tuxedo Caregiver Survey](#)



Or... Pick one up at the Town Hall or Tuxedo Park Library.

Are you a caregiver for someone 60+ in Tuxedo?

A group of Tuxedo residents have developed a survey to help us understand the needs of people who help to take care of our seniors.

The results of this confidential survey will help us request additional services from the town, village and county.

If you are a caregiver you may access this survey through this link [Tuxedo Caregiver Survey](#)

Or QR Code

