

**The Long Term Care Coordinating Council  
Aging in Community Subcommittee**

Minutes of April 29, 2015  
12:45pm-2PM

Location: Cranston Senior Center  
1070 Cranston Street, Cranston

1. In attendance: Heather Amaral, Deb Burton, Deanna Casey, Barbara Capalbo, Catherine Cool Rumsey, Rosa DeCastillo, Joyce Dolbec, Craig Dwyer, Rachel Fillinson, Bill Flynn, Skye Lydahl, Maureen Maigret, Kathy Mckee, Karen Mensel, Connie Milbourne, Mary Lou Moran, Jessica Mowry, Manny Murray, Susan Pomfret, Marianne Raimondo, Jennifer Reid, Susan Saccoccia Olson, Don Reynolds, Kim Sanchez, Sue Stenhouse, Mike Walker
2. Upon motion of Craig Dwyer, the minutes from March 11 were approved as distributed via email.
3. Presentation by Mary Lou Moran, President of RI Senior Center Directors Association (RISCDA) and Director of the Leon Mathieu Center in Pawtucket. Ms. Moran gave background information of senior center history and showed a DVD produced for the Association created by Meg Underwood of the Pilgrim Senior Center in Warwick. Several persons noted what a good job was done with the video and Ms. Maigret suggested copies be presented to EOHHS Secretary Roberts and Gov. Raimondo. It was also suggested it could go on YouTube and other appropriate sites such as the Long Term Care Coordinating Council. It could also be used as an Intergenerational tool with high school students. Ms. Moran noted that during the past year the senior centers in RI have been focusing on Healthy Aging. A few have changed their names to reflect the changing market for senior center services, eg. Beechwood Center for Enrichment is the senior center in North Kingstown.
4. Ms. Maigret distributed a handout containing: (1) copies of a Fact Sheet on senior centers produced by RISCDA and one by the National Council on Aging (NCOA), and (2) an "About Senior Centers" brief with general information on senior centers with a summary of a survey of senior centers in RI she conducted with the assistance of RISCDA. (See attachments) 27 surveys were distributed by RISCDA and 15 were returned. Two-thirds of the centers responding were entities of local government, one-third were operated as non-profit entities with senior advisory boards. All but one center offered a noontime congregate meal. Although many offer transportation, the scope of transit services varied immensely. Several persons including Ms. Capalbo, Ms. Cool Rumsey spoke of the need for greater access to transportation programs for persons, especially those in rural areas, who no longer are able to drive. Ms. Amaral noted that senior centers play a major role in serving as drop-off sites for Meals on Wheels. Others spoke of the significant role senior centers play in providing opportunities for volunteerism and reducing social isolation. Ms.

Maigret noted that overall, RI senior centers offer a comprehensive set of services for older residents. And this was the biggest strength most often noted by survey respondents. The biggest challenge noted is the ability to prepare for the next generation of seniors and to meet their needs and interests. Ms. Maigret also distributed copies showing some results of a telephone survey conducted by RI AARP of 800 persons age 45 and over in RI in December 2014 relating to caregiving issues. Results showed 79% of respondents said they would prefer receiving services at home if they needed help with everyday tasks due to illness or advancing age. They also thought a host of community services including senior centers were important for seniors. (Copy of handouts are attached to minutes).

5. Ms. Maigret discussed the regional Focus Groups being planned for May to hear from RI seniors about their issues and concerns, the needs they have as well as their ideas about programs and services. Focus groups are planned for the following dates. They will be conducted by Professors Marianne Raimondo and Connie Milbourne of RI College.

**May 11<sup>th</sup>, Pilgrim Senior Center**

(participants from central RI – Cranston, Warwick, W Warwick, East Greenwich, Coventry)

**May 12<sup>th</sup>, East Providence Senior Center**

(participants from East Providence, Barrington, Bristol, Warren)

**May 14<sup>th</sup>, Leon Mathieu Senior Center**

(participants from Pawtucket, Central Falls, Providence)

**All Focus Groups will be held from 1PMbb to 2PM.**

Ms. Maigret noted that additional focus groups would be held in June. Ms. Capalbo asked if the focus group for southern areas of state could also be done in May so results could help inform development of the State Plan on Aging. Ms. Maigret said it was a possibility if members of the Subcommittee would assist and if Drs. Raimondo and Milbourne would be available. Ms. Dolbec said she is helping to organize a May Breakfast for seniors in northern RI on May 15<sup>th</sup> being sponsored by Landmark Medical Center and the YWCA. It might be possible to do a Focus Group for northern RI seniors following the breakfast. Ms. Maigret said she would follow up with Ms. Dolbec on the possibility.

6. A date for the next meeting to be held in May or early June will be determined by email poll.
7. The meeting adjourned at 2PM.

ATTACHMENTS

**I. RHODE ISLAND LONG TERM CARE COORDINATING COUNCIL  
Aging in Community Subcommittee  
“About Senior Centers”**

## OVERVIEW

Senior Centers serve as hubs of social and human services and they offer opportunities to engage in health and wellness, physical, educational, nutritional, and recreational programming. They respond to a community's elders' diverse needs and interests while fostering independence and community engagement. They offer comprehensive resources to older adults, serve the community with information on healthy aging and offer support to their caregivers. They are at the center of the delivery system of information and assistance for older adults to age in the community.

The RI Division of Elderly Affairs 2014 Pocket Manual lists 46 Senior Center entities. Of these, 12 are in the City of Providence. Several of the listed 'Senior Centers' in Providence are programs within larger Community Center entities. Although the City of Providence does not have a City-funded central senior center it provides support to a number of agencies offering senior services through Community Development Block grant funds. It employs a Director of Senior services who serves as an advocate and source of information for seniors and the City sponsors several events for seniors throughout the year. Rhode Island's 46 senior centers vary in size and program offerings. Most serve as a congregate meal site; all provide health promotion, education, and recreation activities. Many serve as shelters and warming centers in emergencies. Funding sources vary and may include municipal support, state community service grants through the Division of Elderly Affairs, federal Older Americans' Act funds, Community Development Block grants, member fees and private funds. Of the 46 listed Senior Centers, 32 participate in the Division of Elderly Affairs Café/Congregate meals program. The Division operates an integrated Information and Assistance program thru a central POINT (operated by the United Way 211), regional POINTS, and community partners. Fifteen (15) Senior Centers serve as POINT community partners.

### Research findings:

A body of research shows that activities and services offered at senior centers promote physical well-being, facilitate self-sufficiency, and the quality of life of seniors. Programs offered at senior centers, may slow or prevent functional deterioration, help prevent fall injuries and contribute to long-term national economic and societal benefits. In addition to promoting physical health, senior center activities can be linked to improved quality mental health of seniors. The meaningful social networks fostered at senior centers can help reduce the risk of depression and engagement in mental activities may maintain cognitive health.<sup>1</sup>

### RI Rankings

The America's Health Senior report ranked Rhode Island 49<sup>th</sup> in social support for seniors and 44<sup>th</sup> in expenditures captured by Administration on Aging divided by number of persons 65+ living in poverty.<sup>2</sup>

### State Funding

Some funding for RI's senior centers is provided from the Division of Elderly Affairs based through allocations for Community Service grants directed by the state legislature in the annual state budget. Amounts are based on historical amounts supported by local legislators. Nine

communities do not receive funds for senior center programming. Since FY2006, the aggregate amount of the grants decreased from \$860,786 to \$358,494 in FY2015. Some senior centers also receive small grants directly from the state legislature. In 2013 and 2014 and again in 2015, legislation has been introduced to distribute the community services grants for community senior services based on a formula using US Census data on the number of persons age 65 and over in a community. The legislation has yet to pass the general assembly.

## SURVEY

- To obtain more detailed information on Rhode Island senior centers, a survey developed by the Aging in Community Subcommittee of the RI Long Term Care Coordinating Council was developed and distributed to 27 senior center Directors by the RI Senior Center Directors Association. Fifteen Senior Centers responded to the survey. Survey responses are summarized below. Data on number of persons age 65 and over and 85 and over in a community are from the US 2010 Census. Information on POINT partners is from the Division of Elderly Affairs. Of the 15 responding senior centers, five are operated by a non-profit entity and nine by the municipal government. Fourteen of the centers serve as a Café site (congregate noon meal) for the Division of Elderly Affairs nutrition program and twelve offer some transportation although in many cases it is very limited. All offer some form of health and recreation activity. When asked to identify senior center strengths there was general agreement that their strengths were the ability to offer a range of services tailored to the needs of the community and aimed at promoting independent living. The universal response to challenges faced by the centers was the ability to respond to a new generation of Baby Boomers coming of age. A few suggested a need to change the name from Senior Center to Community / Enrichment/ Resource Center or Center for Health Aging to make programs more appealing

<sup>1</sup> Sources: <http://archive.blueprintforaging.org/documents/SeniorCenterHealthOutcomes.pdf> and [www.ipa.udel.edu/healthcare/scenters](http://www.ipa.udel.edu/healthcare/scenters)

<sup>2</sup> [http://www.americashealthrankings.org/ALL/community\\_support\\_sr](http://www.americashealthrankings.org/ALL/community_support_sr). Social support defined as percent of adults 65+ who receive sufficient social and emotional support.

### RI SENIOR CENTER SURVEY SUMMARY

Senior Center	Governance	Funding Sources	Activities/Services	Participant Data-Input
<b>Beechwood A Center for Life Enrichment</b>  <div style="border: 1px solid black; padding: 5px; width: fit-content;">           65+ 3,726 14.1%             85+ 479 1.8%         </div>	Town of North Kingstown	Town Grants North Kingstown Sr Association (501c3) assists with funding	-Café Congregate Meal site - Meals on Wheels -Point Partner -Health Wellness -Fitness & Exercise programs -Alternative health (reiki, massage) -Podiatrist -Social services -Support groups	2,855 unduplicated  Use surveys, program evaluation, Advisory Committee for input

			<ul style="list-style-type: none"> <li>-Intergenerational programs</li> <li>-Arts/crafts</li> <li>-Special events</li> </ul> <p><b><u>Transportation</u></b> 2 buses: 1 for door to door service to Beechwood, 1 for grocery shopping, medical trips in town, bank, library, pharmacy, special trips</p>	
<p><b>Coventry Senior Center</b></p> <p>65+: 6,149 14.7%</p> <p>85+: 796 2.3%</p>	Municipal program with Advisory Board	<p>Primary: Town of Coventry Dept of Human Services, Other: DEA grants</p>	<ul style="list-style-type: none"> <li>-Café Congregate Meal site</li> <li>-MOW delivery</li> <li>-Social services</li> <li>-Case Management</li> <li>-On-site nurse</li> <li>-Health/wellness</li> <li>-I&amp;R &amp; benefits assistance</li> <li>-Volunteer opportunities</li> <li>-Computer lab</li> </ul> <p><b><u>Transportation</u></b> 1 Van for shopping services. Rely on Logisticare for meal site and medical transport</p>	Advisory Board input, resident surveys
<p><b>DaVinci Center for Community Progress</b></p> <p>Serves Providence area</p>	Non-profit with Board of Directors and Advisory Board	<p>Federal, state and local government (72%) Corporations&amp;Foundations (21%) Fundraising Events (5%) Fees (2%)</p>	<p>Café Congregate meal site Food Pantry Caseworker Recreation Employment Education Cultural Intergenerational Exercise</p> <p><b><u>Transportation –</u></b> None provided</p>	<p>2700 persons 60yrs+; 700 over 75yrs</p> <p>Senior Citizen Adv Board, Newsletter survey, Planning&amp;Evaluation Committee</p>
<p><b>East Greenwich Senior Center</b></p>	Town entity with Senior Advisory Council	<p>Primary Funding from Town. Other-DEA grants for meal site and Info Specialist; USDA subsidies for meals; member dues, activity fees; ads in newsletter</p>	<ul style="list-style-type: none"> <li>-Café Congregate meal site</li> <li>-Social services</li> <li>-Benefits counseling</li> <li>-Health/wellness</li> <li>-recreation/education</li> <li>-special events</li> <li>-POINT Partner</li> </ul>	<p>603 Senior Center members</p> <p>Senior Advisory Council monthly mtgs offers ideas/suggestions. Annual program</p>

<p>65+ 2,168 16.5%</p> <p>85+ 448 3.4%</p>				<p><b>Transportation</b> (1) 20 passenger van for trips to EG medical providers, library, retail, grocery shopping, nursing home visits, special trips</p>	<p>evaluation</p>
<p><b>East Providence Senior Center</b></p> <p>65+ 8,632 18.4%</p> <p>85+ 1,728 3.7%</p>	<p>City of East Providence. With Member Advisory Bd.</p>	<p>Primary funding from City. Other: DEA &amp; legislative grants, member dues/fees, donations</p>	<p>-Café meal site serves about 100 persons/day -Nurse coordinates health services (diabetes education and support, screenings/assessments, health/wellness seminars, - Monthly Lab service -Information Specialist -Fitness room &amp; exercise programs -Walking path -Recreation -Arts/crafts -Support groups -Special trips -Volunteer opportunities (over 100 work in meals program)</p> <p><b>Transportation</b> 2 buses provide door-to-door transport to and from Center</p>	<p>2014=2,650 members F=69%, M=31%</p> <p>2014-18,149 meals served</p> <p>Advisory Board and yearly surveys provide input</p>	
<p><b>Johnston Senior Center</b></p> <p>65+ 5,454 19%</p> <p>85+ 1,150 4%</p>	<p>Town entity with Advisory Board; and non-profit with Board of Directors</p>	<p>Town funding, grants, member and activity fees, fundraisers, donations</p>	<p>-Café meal site -Wellness Ctr/health screenings -Social Services/benefits counseling -Fitness/exercise classes -Support groups -Recreation/education -Gift shop -Special trips -POINT Partner</p>	<p>2014-1,147 seniors served</p> <p>F=76.5% M= 22.9%</p> <p>10% under 65yrs 44.3%=65-74 yrs 41.2%=75+yrs 14.3%=85+yrs</p> <p>Input from Town government, Adv Bd and non-profit</p>	

			<p><b>Transportation</b> 3 buses for scheduled special activities No medical trips</p>	Boards, surveys, program evaluation						
<p><b>Leon Mathieu Senior Center (Pawtucket)</b></p> <table border="1"> <tr> <td>65+</td> <td>8,992</td> <td>12.6%</td> </tr> <tr> <td>85+</td> <td>1,453</td> <td>2%</td> </tr> </table>	65+	8,992	12.6%	85+	1,453	2%	Div. of City of Pawtucket under Planning&Redevelopment Dept. Pawtucket Sr Citizens Council acts in advisory capacity.	Primary funds from CDBG grant, City grant and in-kind services Other: DEA grant, federal grant, legislative grant, membership fees, activity fees, fundraising	<p>cc-Blackstone Café mealsite -Social services &amp; counseling -I&amp;R, health insurance &amp; benefits assistance -Geriatric assessments -Health/nutrition &amp; screenings -fitness/wellness -Podiatry -Support group -lifelong learning/leisure programs -Educational programs -Computer classes -Volunteer programs with RSVP -POINT Partner</p> <p><b>Transportation</b> 2 vans for transportation of residents 55+ to variety of locations (Ctr, grocery stores, banks, pharmacy, hairdresser/barber, special trips and monthly DMV)</p>	<p>Serve avg of 4,350 persons/yr. Largest age group: 70-74. F=67% , M=33%</p> <p>Senior Citizens Council active in providing input, Annual member survey done, Suggestion box, RIC College of Nursing developed evidenced-base tool to assess health/wellness activities</p>
65+	8,992	12.6%								
85+	1,453	2%								
<p><b>Lincoln Senior Center</b></p> <table border="1"> <tr> <td>65+</td> <td>3,496</td> <td>16.6%</td> </tr> <tr> <td>85+</td> <td>674</td> <td>32.%</td> </tr> </table>	65+	3,496	16.6%	85+	674	32.%	Town entity with town council serving as “ Board” under town Administrator	Town is Primary source of funds: Other-DEA community grant, legislative grants, Membership fee of: \$10 residents; \$15 non-residents	<p>-Café serving 800/month -Social worker shared with Johnston -Exercise/Fitness -BP checks -Podiatrist -Support groups Alzheimer’s Overeaters In-sight -Social/Recreation -Hair dresser -POINT Partner</p> <p><b>Transportation</b></p>	<p>F=83%; M=16% 65-69 yrs=18% 74-79yrs=41% 80+=23% 42%-live in Town 20% Live alone</p>
65+	3,496	16.6%								
85+	674	32.%								

			(1) 17 passenger van (trips to Ctr for meals, activities & shopping)							
<b>Pilgrim Senior Center (Warwick)</b>  <table border="1"> <tr> <td>65+</td> <td>14,144</td> <td>17.1%</td> </tr> <tr> <td>85+</td> <td>2,511</td> <td>3%</td> </tr> </table>	65+	14,144	17.1%	85+	2,511	3%	Div. of City Dept of Human Services governed by Mayor and City Council.	City is Primary funding source: Other-DEA grants, legislative grant, fundraisers, proceeds of gift shop, volunteer contributions	-Café Congregate meal site-8,000 meals/yr -Food pantry -Case Management -Housing assistance -Health Information -Benefit Assistance SNAP, Tax relief _Bereavement support _Comprehensive health/wellness/fitness screening programs -Education programs -Recreation/arts/crafts -POINT Partner <u><b>Transportation</b></u> Operates Transwick Bus Service with 8 handicapped buses, avg 720 rides/wk to Sr Ctr, shopping, hairdressers, banks, retail shops, nursing home visits and recreation trips	Over 7,000 seniors are served annually by Center  Ongoing program evaluation using senior feedback and surveys
65+	14,144	17.1%								
85+	2,511	3%								
<b>Richmond Senior Center</b>  <table border="1"> <tr> <td>65+</td> <td>750</td> <td>9.7%</td> </tr> <tr> <td>85+</td> <td>63</td> <td>0.8%</td> </tr> </table>	65+	750	9.7%	85+	63	0.8%	Committee under Town	Town line item Grants, program fees, dues	Fitness/wellness Recreation Education <u><b>Transportation</b></u> No vehicle	180 members mostly from Richmond, Hopkinton, Charlestown
65+	750	9.7%								
85+	63	0.8%								
<b>Salvatore Mancini Resource &amp; Activity Center (North Providence)</b>	Non-profit 501c3, governed by Bd of Directors. Sr. Advisory Bd is liaison between Bd and members	Primary Source: Town (91%) Other-DEA grant, legislative grant, fundraising, membership, activity/class fees	-Café Congregate Meal site -On-site health center -Social Services - Health/wellness/fitness -Recreation/education -Support groups -POINT Partner -Computer Café	1,800 served annually F=76% M=24% 55-70 yrs = 21% 71-85yrs-57% 86+=21%  Program evaluation thru annual member survey, Sr Adv Bd						

<p>65+ 6,249 19.5%</p> <p>85+ 1,169 3.6%</p>			<p>-Trips <b>Transportation</b> (1) Van (2004 Ford) provides transportation to Ctr, local markets, local nursing homes</p>	<p>mtg, Suggestion box</p>
<p><b>Senior Services (Serves Northern RI &amp; Operates Woonsocket Senior Center)</b></p> <p>65+ 5,448 13.2%</p> <p>85+ 1,040 2.5%</p>	<p>Non-profit with Board of Directors</p>	<p>Grants, Fundraisers, donations</p>	<p>-Congregate meals- 12 meal sites -Health/wellness &amp; screening programs -Partner with URI for SNAP &amp; Pharmacy - POINT Partner -Education -Adult Day program -MOW <b>Transportation</b> Provide Transport to 11 congregate meal sites</p>	<p>-58,000 meals thru Congregate meal site -Information Specialist: 2,527 contacts -96 Health screening events -MOW: 17,775 meals delivered in 6 mos. -Adult day program served 57 participants</p> <p>Input from Qtrly Project Council mtgs. Coffee with Coleen (monthly) Mtg with volunteers monthly</p>
<p><b>Warren Senior Center</b></p> <p>65+ 1,900 17.9%</p> <p>85+ 373 3.5%</p>	<p>A Department of the Town of Warren managed by the Senior Ctr Director</p>	<p>Town funds, DEA/other grants, member/activity fees, fundraising</p>	<p>-Warren Café meal site -Social services -Benefits Counseling -Health promotion &amp; screenings -Sr Companion program -Fitness/exercise -Education -Recreation -Trips <b>Transportation-</b> 16-passenger Town bus: 5 days/wk for Warren residents for medical appts, shopping, Sr Ctr activities and meal site</p>	<p>Sr Ctr located in Kickemuit Village elderly housing serves its 200 residents and seniors in local community. On monthly basis Sr Ctr sees 2,000-2,200 repeat participants for all services. Input/suggestions from seniors guide programming</p>
<p><b>West Warwick Senior</b></p>	<p>Non-profit with 9 member Board of Directors</p>	<p>Federal and state grants CDBG grant Town of West Warwick</p>	<p>Café meal site Home delivered meals I&amp;R – Options</p>	<p>480 persons are Sr Ctr members. Meal site serves</p>

<p><b>Center</b></p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>65+ 4,015 13.8%</p> <p>85+ 658 2.3%</p> </div>		<p>(for Town's Human Services program) Fundraising events</p>	<p>Counseling Health Insurance Counseling Wellness Initiatives Exercise Recreation Socialization 65+ 5,448 13.2%</p> <p>85+ 1,040 2.5%</p> <p>Volunteer Opportunities *Senior Center serves as Town's Dept of Human Services <b>Transportation</b> (1) 12 passenger bus &amp; (1) 14 passenger bus with wheel chair lift. Provides free transportation to meal site for West Warwick residents</p>	<p>760+ meals monthly</p> <p>Receive input from member surveys and Town Council</p>
<p><b>Westerly</b></p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>65+ 4241 18.6%</p> <p>85+ 805 3.5%</p> </div>	<p>Non-profit entity with 9-member Bd of Directors (elected by members)</p>	<p>42% - Center fundraisers 24% - Town of Westerly Assistance 18% - Private Grants 10% - Membership Dues (\$25 per year) 6% - State Funding (DEA &amp; Leg.)</p>	<p>-Congregate meal site -Social Services - fitness programming (yoga, tai chi, exercise classes) -volunteer opportunities -postal services -POINT Partner <b>Transportation</b> Center coordinates Town transportation program for seniors (1 van) for trips (shopping, library, hairdressers, nursing home visits, malls) Logisticare used for meal site and</p>	<p>3,862 seniors served 2013/2014 1,122 members</p> <p>Bd of Directors elected by members meeting monthly. Surveys/program evaluation every 3 years</p>

			medical appointments	
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**Response Themes Regarding Strengths, Challenges, Opportunities**

**Strengths of Senior Centers-**

- Single, accessible, local, visible resource for elders & persons with disabilities
- Professional staff to develop resources/programs
- Diverse programs/activities to meet broad range of interests
- Programs & services that help seniors remain independent
- One-stop for Information and Assistance can assist seniors through ‘maze’ of programs
- Safe, welcoming environment
- Excellent opportunity for volunteerism
- Volunteers are backbone of program
- Increase in number of seniors will generate additional volunteers to help

**Challenges-**

- Attracting younger seniors who do not consider themselves as ‘seniors’
- Creating services/activities to attract next generation of seniors
- Changing image of places for old and/or poor persons to active/vibrant resource centers
- Adequate funding huge issue for most Senior Centers
- Multiple funding sources and tightening of government budgets
- Providing social services for expanding senior population without increasing staff,
- Staying current with healthy living/aging issues to engage younger seniors
- Maybe need to change the name from Senior Center to Community / Enrichment/ Resource Center or Center for Health Aging to make programs more appealing

**Opportunities**

- Remain “social hub” for all seniors and place where they can access programs and information dealing with all aspects of senior citizens
- Tap into community strengths to offer educational and recreational opportunities
- Use of technology and social media, respond to differing needs of ‘boomers’
- Collaborations with variety of resource and research to increase funding
- Potential regionalization
- Provide more information about home, health and financial management
- Provision of preventive health opportunities
- Assist seniors to become constructively engaged via programs like Foster Grandparents and Mentoring
- Advise congregate living managers on how to provide healthy leisure activities

# THE RHODE ISLAND SENIOR CENTER DIRECTORS' ASSOCIATION



WELCOME

RISCDA

## ***Opening Doors to Healthy Aging in Rhode Island***

**About Us** The RISCDA is a network of 43 agencies which specialize in developing and offering services to the 208,000 persons 55 or older living in the State of Rhode Island. Senior Centers serve as a gateway to the nation's aging network – connecting older adults to vital community services and programs that can help them stay healthy, independent and able to age in the community. Senior Centers provide much needed resources and programs that promote physical, social and emotional well-being of older adults.

**Healthy aging means staying independent longer** Prolonging independence not only helps seniors maintain their self-respect and dignity but also saves our government money. The emotional and financial stress on families is reduced, strengthening the entire community. Recognized by the Older Americans Act (OAA) as a community focal point, senior centers have become one of the most widely used services among America's older adults.

**Services at the Centers** Senior centers offer a wide variety of programs and services, including:

- ◆ Lunch café with dining options
- ◆ Information and assistance
- ◆ Case management services
- ◆ Health, fitness and wellness programs
- ◆ Transportation services
- ◆ Public benefits counseling
- ◆ Employment assistance
- ◆ Volunteers and civic engagement opportunities
- ◆ Social and recreational activities
- ◆ Educational, cultural and arts programs
- ◆ Intergenerational programs



**Impact of our Centers** Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvement in their physical, social, spiritual, emotional, mental and economic well-being. Today's senior centers are reinventing themselves to meet the needs and desires of the aging baby boom generation. Boomers now constitute more than two-thirds of the 50-plus population. Senior centers are developing new programs and opportunities for this dynamic generation of older adults.

**Funding sources** To maintain operations, senior centers must leverage a variety of sources, including state and local governments, special events, fundraising, public and private grants, businesses, participant contributions, and volunteer hours. Most centers rely on three to eight different funding sources.

*For more information about the RISCDA, contact Mary Lou Moran, President (401) 728-7582*