2019 Programs
Of Excellence
Awards

NISC SENIOR CENTER PROGRAMMING AWARDS
AWARD WINNERS
NCOA’s National Institute of Senior Centers (NISC) Programs of Excellence Awards are designed to honor and promote outstanding efforts made by senior centers throughout the nation to offer innovative, creative, and replicable programs for older adults.

A NISC Committee selected the award winners from 81 programming nominations. Eight award winners, along with eight honorable mentions, were chosen. This year’s highlighted category was the Arts. This complete listing of submissions is available as a NISC member benefit in the booklet. Each program is proof of the important work that happens at senior centers.

Entries were accepted in the following eight categories:

1. **Community Development, Leadership and Intergenerational** — programs that increase community involvement in senior centers, enhance diversity appreciation and understanding, and develop strong leaders and volunteers.

2. **Cultural** — programs that showcase performing and visual arts, music, and literature.

3. **Fundraising** — programs designed to generate revenue or in-kind sponsorship for the senior center.

4. **Health and Wellness** — programs designed to improve the health of seniors through programs, screenings and education.

5. **Nutrition** — programs geared to improving nutritional health or combating malnutrition.

6. **Special Events** — programs designed as one-time events or projects. May be intergenerational, thematic, seasonal or patriotic.

7. **Technology** — programs that teach the use of technology, or use technology in program delivery.

8. **Highlighted area of Arts** — programs that engaged older adults in a multidimensional art project or series of arts programs over the course of the year, with the project/series culminating with a public program component and involve community members.

Excellent programming ideas are found throughout this awards booklet, and after reading, you might consider having your creative writing group become published authors or start a community challenge by hosting a Baker’s Battle or even develop a documentary film crew. The opportunities are endless.

Whatever new programming you develop look for your opportunity to be part of the next NISC Programs of Excellence Awards competition and share your best programming idea to inspire others during Senior Center Month in September.
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Minds in Motion

THE CENTER AT MEDFIELD, MEDFIELD, MA

Minds in Motion is an intellectual and emotional adventure, filled with spirited discussions. The opposite of a lecture hour, this lively program is part college seminar, part self-examination, and part backyard barbecue.

Each 4 week term includes 4 sessions and due to its emphasis on discussion, Minds in Motion is limited to 15 participants. It invariably generates a waiting list to attend.

During each Minds in Motion session, participants engage in several thoughtful challenges. There is no right or wrong answer, nor is anyone judged, ensuring a safe atmosphere where participants feel free to reveal their true selves. It is vibrant and brimming with insights, camaraderie, and, most especially, personal growth.

Topics includes food photography, etiquette, Tin Pan Alley, limericks, African American Spirituals, Picasso, the Supreme Court, emotional intelligence, American protest songs, ethical conundrums, contemporary women painters, and many more.

One session focused on “Big Questions.” and posed these challenges to participants:
- What ONE question would you ask to discover who a person truly is?
- Are people ethically obligated to improve themselves?
- Where does your self-worth come from?

A lighter session during the same four-week term concentrated on “Flash Fiction,” during which participants were asked to write short prose pieces. These included:
- Write a 50-word letter to your body.
- Coin the perfect title of your autobiography.
- Sum up your personality in a six-word story.
Describe in 25 words the ideal dream you would choose to have tonight.
The unique appeal of Minds in Motion is that it isn’t a lecture hour. Rather, it’s a fully interactive experience, with each participant called on to voice their thoughts and feelings on the topic at hand. It takes a measure of courage to enroll in the program, as attendees are continually coaxed to reach within themselves, take a stand, and explain their rationale. Conventional ways of thinking are put to the test, and minds are opened to a range of opposing perspectives and viewpoints.

Outcomes: Minds in Motion affects participants on many levels. Most basically, attendees are exposed to topics they wouldn’t otherwise entertain. Recently, an attendee told me after a session, “Whoever thought I’d find Shakespeare so interesting!”

In addition, since the program encourages participants to articulate their thoughts, attendees are often surprised by their ability to express themselves, and their overall confidence is boosted.

Yet another outcome is that Minds in Motion will sometimes “reboot” a person’s thinking. By listening to a range of viewpoints in a safe setting, attendees can absorb, even at times adopt, different ways of thinking, thereby enlarging their worldview.

Lastly, and perhaps most important, bonds are forged as a result of Minds in Motion. Since participants often reveal details of their personal lives, kinship grows, and new friendships form.

Evaluation: Evaluations are distributed at the end of each term and are consistently positive. Minds in Motion has a high retention rate, an estimated 80 percent to 90 percent of participants register for a future term.

Number of staff or volunteers needed: One, the program facilitator.

Cost: Expense: $200 provides the facilitator’s fee per term Revenue: $15 per registrant, limited to 15 participants - total $225, Net: $25 per term (we offer four terms annually)

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Community Development, Leadership and Intergenerational Honorable Mention

Community Supper

COHASSET ELDER AFFAIRS, COHASSET, MA

Cohasset Elder Affairs began offering intergenerational community dinner to residents and non-residents at our center, Willcutt Commons in 2018. These monthly suppers are a collaboration between the senior center staff, our volunteers and local high school students and teachers.

The students help with prep work, set the tables, serve the guests and clean up, while talented chef volunteers prepare a delicious meal (Paella, Irish Beef Stew, homemade spaghetti and meatballs to name a few.) But, no matter how wonderful the food, our primary goal is to promote socialization between all ages during these events.

Once they have finished serving the guests, the students serve themselves and join the attendees for dinner and conversation. This is when our dinners become a true opportunity to bridge the age gap.

While we offer lunches three-times a week here at Willcutt Commons, our intergenerational community dinner attracts a different group, in some cases, seniors who are still working, or those whose schedules don’t allow them to join us weekly. All who attend the suppers are universally appreciative of the delicious meals they receive, the occasional entertainment provided, and most of all, the interactions with the students. Everyone involved (staff, volunteers, attendees and students)
go home full and happy, with the knowledge that regardless of age, good food and conversation are a key to “generating an understanding between the generations.”

It has brought more seniors to our center who do not otherwise attend our events and helps individuals who typically eat alone have something to look forward to one night a month. It is clear to all that the students who participate do so not out of obligation, but out of respect and a genuine fondness for their community members. The teamwork that is shown between the staff, the volunteers and the students is what makes this such an important key to the success of the program.

**Outcomes:** The program introduced a way for older folks to interact with younger individuals in a special way—food and conversation. It has allowed each generation to value the other and see them in a different light. Many students do not have grandparents in the area or have a chance to talk to a senior on a deeper level than a cursory hello.

The senior center benefits having more people walk through our doors greeted with a smile. They are more likely to feel comfortable coming back again to participate in some of the other important and helpful activities or programs.

This program also allows the student volunteers a glimpse into what senior centers are all about. Many did not know what we offered prior to this program!

**Evaluation:** Since offering this intergenerational program we have an improved relationship with the schools and we have increased participation in our programs by 10% in one year.

**Number of staff or volunteers needed:** This program needs a good ratio of student volunteers to guests. (we typically have 1:6) as well as a senior volunteer chef, a senior kitchen volunteer, and 2 staff for assisting during the event. Clean up is by staff and volunteers.

**Cost:** Expense: $863.40  Revenue: $1,210  **Net:** $346.60

**Contact:**
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Music & Memory is a national program that uses music as a tool to unlock memories and spark joy for seniors who suffer from dementia.

At Kavod Senior Life, we take the program one step further and pair senior residents with student volunteers to make it intergenerational.

The way it works is that each student volunteer helps a senior resident create a playlist of their favorite music that is personally meaningful to them. Once a playlist is created it is downloaded to an MP3 player, so that residents and student volunteers can listen to the same music together using a splitter, headphones and/or earbuds.

What’s important is the relationships that are built through this program. Volunteers and residents develop meaningful connections and share new perspectives with each other through music. Volunteers also share their favorite music with residents, which helps residents hear music they may not have had the chance to hear before.

Weekly “ice-breakers” pose new questions about music for discussion. Residents and volunteers talk about what they like, why it is important to them and share stories they associate with music. Music is also explored through musical games like “Name that Tune,” singing together and listening to music together as a group.

Music has been proven to assist in unlocking memories in people with dementia. Although most of our residents at Kavod are high-functioning and independent, music is a way to connect them to happy memories they might have forgotten. These memories bring joy and excitement in a way that only music can.

Music also provides a fun and creative way to connect with others. It’s a vehicle to create meaningful connections, hear stories and share new perspectives with a volunteer partner. Through Music & Memory sessions residents find more peace, joy and connection.
Outcomes: Residents leave Music & Memory happier than when they arrived. Those that have experienced a difficult day find their cares melt away once they put on headphones and dive into the music they love. The connection with student volunteers is grounding. Senior residents appreciate being able to influence others positively as they share memories. Moreover, it’s meaningful for them to spend time with a volunteer from younger generation.

Evaluation: At each session written feedback is gathered from both residents and volunteers to evaluate their experience from that session. Residents are asked to tell how they feel when they arrive and how they feel at the end of each session. For those residents who are “neutral” or “somewhat happy” at the beginning of the session, all express “very happy” at the end of the session. Student volunteers are also asked to evaluate each session and the feedback has been overwhelmingly positive from volunteers as well.

Number of staff or volunteers needed: 2 staff and 7 volunteers.

Cost: All expenses covered by grant received from Association of Jewish Aging Services (AJAS)

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A n original program at the center, held for the past 11 years is Seasoned Imaginations, a creative writing program.

The program has 20 + participants, who meet weekly for 1.5 hours. Each week members have the option of receiving a cue word or do their original writing. Writing options include poetry, essay or acrostics in one page without exceeding 500 words. Once writings are complete, members read them out loud and members provide feedback for corrections. Writings are archived, for consideration of inclusion in a future publication.

Since the program inception a series of 3 books titled, “Out of the Box”, have been published. The published books are placed in local libraries and members promote its reading among friends, center members and relatives. Seventy five to 100 members have participated in the group.

Three times a year the members participate in an “Open Mic” at the center. Writers read their work, to an audience of center members. This is a much anticipated activity for the center memberships and friends.

The program publishes a monthly newsletter that is distributed in the center and at the local public library. The program volunteer leaders are accomplished writers with multiple individual publications.

This program is unique in its nature among Hillsborough County Aging Services senior centers, and provides an outlet for seniors to express their creativity thru their writings. The program provides opportunities for member’s socializations in and out of the center as they often attend related community events, as well as other cultural events. This allows members to remain active in the community and avoid isolation. A group member stated “I enjoy the fellowship, fun and learning that helps me to expand my horizons”.

Cultural Programs Honorable Mention Award

Seasoned Imaginations

TOWN AND COUNTRY SENIOR CENTER, TAMPA, FL
Outcomes:

- Member’s continuous learning, as they learn and enhance their writing and composition skills, as well as their creative growth.
- Members engage in an activity that promotes brain use which may lead to preservation of brain functioning.
- Increased socialization opportunities for members. Center benefits
- Center receives exposure and promotion through the group publications which encourages other active seniors to join center and participate in the group as it continuously grows. Once active seniors join the center most of the time participate in other health and wellness activities that enhance their overall functioning, allowing them to maintain an active lifestyle.

Evaluation:

- Length of program - 11 year existence
- Number of members with continued participation and increased socialization
- Members enhanced learning and improvement in writing and composition techniques through feedback and corrections
- Publication of 3 books
- Quarterly Programming Evaluations analyzed by Center Supervisor

Number of staff or volunteers needed: 2 volunteers

Cost: Expense: $6.00 per author to publish book to sell on Amazon Revenue: none Net: Sale of books cover publication expenses

Contact:
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Fundraising Award Winner
For the second year in a row the Groton Senior Center has won the Fundraising Award.

The Baker’s Battle was developed as a fundraiser/community event for the Groton Senior Center and held first on July 21, 2018.

Bakers registered in two categories with 2 professional and 5 amateurs registering. Bakers were asked to have sample sizes for people to try and then participants were able to purchase full sized versions of their items.

Three local celebrities selected the winners of the event. A local dairy provided milk for participants. 15 persons preregistered for the event and walk-ins were welcomed. The event had 2 sponsors and 43 tasters and raised $1383.

The event was changed based on feedback from the bakers. The event was moved to early March 2019 which is a less busy month for bakers and also cooler for baking. Winners were selected this year by participants to engage those tasting more in the event.

The event had 12 amateur and 11 professionals entered this year and 117 tasters attended. Bakers were asked to bring in 80 sample size bites for participants. This year there was not a sponsor for the event but it did raise $1,170 for the center.

Due to the number of tasters, we had to stop walk-ins because many bakers ran out of sample sizes. The Wooden Spoon Award was given to the top three selected bakers in each category.

For 2020, bakers will be asked to bring 125 to 150 sample sizes as well as their full sizes to sell. In addition, we will also seek sponsors for the event.

This program brings the community coming together for a creative inter-generational event. Amateur bakers age ranged from teenagers to seniors who all showed extreme talents for baking. The professional bakers were from bakeries, assisted living and rehabilitation centers, and local restaurants. Tasters were actively involved in selecting the winners which had them engaged in the
Participants and bakers alike also saw that they were assisting the Senior Center to raise funds to offer future programs at the center by inviting family and friends to the event.

**Outcomes:** One outcome of this program is raising funds to support other programs at the senior center. Funds raised have helped support evidence based programming, entertainment at special events and materials for programs.

Another outcome was the involvement of the community in a fun event. Spinning an event off a popular TV show (Cake Wars) interested not only bakers from the community but people who want to taste the baked goods and also support the bakers.

Additionally, an outcome of the event is expanding the knowledge and value of the senior center in the community. By offering annual community events that the community looks forward to and are fun, creates value for the Senior Center in the community. Getting individuals into the building also lets them see what we offer, what the atmosphere is and they meet seniors who participate in the center.

**Evaluation:** Observable indicators included the significant change in the number of both amateur and professional bakers. This we attribute to the change in month for the event.

Next is the significant increase in tasters for the event to more than double the previous year. This increase was attributed to word of mouth from the previous year, change in month and baker’s inviting family and friends. All ages attended the event including families, single adults with their friends and older adults.

Comments from attendees will be used to continue to improve the event in 2020.

Revenue is also a measure of success. The 2019 event brought in a similar amount of money without the center having sponsors to pay for putting on the event.

**Number of staff or volunteers needed:** This event was planned by two full time staff members, a Program Supervisor who developed and implemented the program and an Office Assistant that made phone calls and supported the Program Supervisor. On the day of program, the center had 4 volunteers.

**Cost:**
- **Expense:** $30 - Plates, napkins, utensils; $150 marketing materials
- **Revenue:** $1350
- **Net:** $1170

**Contact:**
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See Them Shine is an Art of Edina project created in partnership with the Edina Senior Center and Senior Community Services. The project highlights the free spirit of Edina’s older adult community.

In August, Art Director, Jill Emmer spent two full days photographing several wonderful outgoing Edina Seniors. Our goal was to show senior citizens in the way they’d like to be seen: fun, artistic, full of life, laughter and humor! We also wanted to draw attention to the two non-profit partners: the Edina Senior Center and Senior Community Services.

We had 12 different photoshoots. Each shoot had one to four models and in different locations around the Twin Cities. We shot at a well-known local mural, First Ave, the Harriet Bandshell, the Minnehaha Falls and more!

The 12 photos are now on display at the Hilltop Restaurant. They will remain up through the holidays. The photos are also part of a calendar. Shutterfly donated the calendars for the project and 100 percent of the proceeds will go to the two non-profit partners. Each page in the calendar includes a little background information about the models. This information was written by the models.

This project is impactful by highlighting senior citizens within our community by encouraging others to see our senior population from a whole new perspective in a variety of settings by the creation of the 2020 calendar.

Outcomes: The calendars created from the photoshoots are being sold and the profits will be split between the Edina Senior Center and Senior Community Services. Our participants benefited by being featured in the photos.

Evaluation: By selling the 100 donated calendars and raising $2,000 for the two non-profits.

Number of staff or volunteers needed: Committee of five and 20 volunteers

Cost: Expense: $0  Revenue: $2,000

Contact: Nicole Gorman, Edina Senior Center
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UPSLIDE was created after identifying many seniors in our community who were completely alone. The program is designed to help adults 50+ who feel isolated or alone, and want to connect with others in a meaningful way. The program interventions aim to break the cycle of loneliness and isolation that leads to poor health, cognitive decline, and early death by ultimately connecting them with other people and meaningful activities.

There are five components of the program:

1) **Assessment Visits** - To examine an individual's situation and to determine if they are a candidate. Meeting can take place in home, in public, or private office.

2) **Individual Counseling** - Offered (at no-cost) by MSW or licensed mental health counselor to provide emotional guidance and address barriers to social engagement.

3) **Friendly Chat Groups** - Called "Friends Connection," these groups offer interaction with others in a creative, relaxed, therapeutic environment. There are 4 groups currently in rural and urban settings.

4) **Social Engagement Support** - Assistance with identifying an individual's interests and options, and supporting involvement in activities. Also includes organizing events and outings for UPSLIDE participants.

5) **Transportation Assistance** - Facilitation and funding of transportation for participants to get to Senior Center, Community Centers, Church, etc...

UPSLIDE is especially significant because it is a completely unique program that addresses loneliness and isolation—which are issues that have reached epidemic proportions, locally, nationally, and globally. Loneliness and Isolation are linked to an array of physical and emotional issues, and in today's digital world, real human intact is becoming even less common. It is known that social connectedness is a determinant in successful aging. UPSLIDE connects people to others and to meaningful activities.
Outcomes: UPSLIDE is a grassroots effort that addresses a rampant health crisis. In addition to helping lonely seniors connect with others, they are also connected to relevant and essential community resources. This program has brought mental health issues to the forefront and inspired other senior centers to develop programs similar to ours.

Currently, we have offered 200+ individual counseling sessions to 75 clients, and there are 200+ Friends Connection (FC) participants. The number or referrals from outside agencies has grown dramatically.

Besides being an UPSLIDE model for other senior centers, we have also developed replicable curriculum on “Important Social Skills” (including small talk, non-verbal communication & technology).

The results of most recent UPSLIDE Participant evaluation revealed that:

- 87% participants report feeling physically/mentally healthier
- Participation gives caregivers time for self-care & socialization
- Increased acceptance of life (past and present)
- 50% improved social skills  85% formed friendships  76% feel less isolated
- Attendees have increased confidence and improved coping skills
- Most importantly, UPSLIDE SAVES LIVES: -Interrupts physical and cognitive decline -Counseled seniors with thoughts of suicide and life-threatening health issues -Reported to Adult Protective Services as necessary for enhanced safety

Evaluation: Instruments for evaluating UPSLIDE participant outcomes were created at program inception. They included a Pre/Post LID (Loneliness-Isolation-Depression) survey (every 3 months) and a Friends Connection Evaluations with narrative section (bi-annually)

For clinical evaluation, we do ongoing assessment of individual progress toward goals using the following tools as indicators of success: Intake Form, SOAP notes, My Senior Center, Excel, Data Collection, Activity Tracking, Participant Surveys

To measure overall program success, we use: PDSA (Plan-Do-Study-Act) method to: Assess implementation of program objectives; Assess effectiveness of activities ; Identify solutions to challenges.

Number of staff or volunteers needed: UPSLIDE exists because it has the support, in a variety of ways, from the entire Senior Center Staff. However, the UPSLIDE staff includes: 1 - Program Supervisor (RN, Health & Wellness Program Coordinator) 1 - UPSLIDE Program Coordinator (MSW) 1 - half time Mental Health Counselor, and 1-part-time UPSLIDE Program Assistant

Cost: Expense: $99,300.00  Revenue: $99,300.00  Net: Program breaks even/ funds itself

Contact: Ruth Nickens
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The Joslyn Wellness Center offers an integrated, full-service holistic approach to senior wellness issues to address the various factors that impact adults as they age. Whether it is addressing depression and anxiety, healthy aging, regular exercise or nutrition, the resources to access these critical services are available in one place. Joslyn Wellness Center is focused on the “four pillars” of wellness: mental health, physical exercise and flexibility, nutrition, and health education.

The Aging Mastery program was selected as the cornerstone curriculum of the evidence based Joslyn Wellness Center programming as it deals directly with alleviating the stigmas associated with aging and mental health issues and provides an environment for proactive behavioral changes.

An additional course offering is the UCLA Longevity Center developed Brain Boot Camp which focuses on techniques for improving memory and brain health. This two-session course focuses on the most up-to-date information on brain health and its relationship to good nutrition, exercise, and socialization.

Individualized Problem Solving Therapy is offered to seniors wanting counseling to solving problems identified in the classes.

Because the Joslyn Wellness Center utilizes an innovative holistic approach to wellness and mental health, the program includes sessions on exercise and nutrition in order to combat obesity. The evidence based Go4Life Program includes four critical components of exercise including strength, flexibility, endurance, and balance. A significant 2012 National Institutes of Health review shows that engaging in a regular exercise program can be as effective as anti-depressant medication in helping relieve depression, anxiety and stress.

The Joslyn Wellness Center is unique in that it engages in a holistic approach to mental and physical health and includes various well researched and evidence based approaches to maintaining both physical wellness and mental health. It is the only program known in our area that takes this overall approach to
Outcomes:

- All of the programs received a 3.5 rating out of a 4 point scale by the participants.
- Classes had an over 80% graduation rate and completed surveys showed that participants were making at least one lifestyle change to improve their mental health or brain health.
- Additionally over 80% of the Go4Life participants continued in a regular exercise program.
- Our organization benefited through offering this unique combination of course offerings and bringing in over 300 unduplicated clients into the various programs.

Evaluation:

- We utilized pre- and post-testing for Aging Mastery and Brain Boot Camp. The testing measured overall wellness and improvements as well as specific behavioral changes made by participants. Over 80% of program graduates identified at least one lifestyle change and showed improvement in overall well-being.
- Participation records showed that over 80% of Go4Life participants continued in a regular exercise program.

Number of staff or volunteers needed: 3 staff were utilized to run the program including an intake coordinator, a LCSW to supervise the program and mental health aspects, and provide counseling. Also an associate MSW helped provide classroom training and individualized counseling. Two volunteers.

Cost: Expense: $180,000.00 Revenue: $180,000.00 Net: 0

Contact:
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Nutrition Award Winner

R.I.S.E. & Shine Breakfast Program
Tagline: Resources, Information, Support and Experiences!

CENTER IN THE PARK, PHILADELPHIA, PA

I.S.E. & Shine addresses food insecurity in the Germantown community in which Center in the Park (CIP) is located. R.I.S.E. and Shine offers hot, healthy breakfast menu options, three days a week. The program is not only for vulnerable older adults, but for Germantown community members regardless of age allowing older adults who are also caregivers for younger family members, or who have younger caregivers, to also participate.

R.I.S.E. and Shine is more than just a meal, though the meal might be what first attracts participants. R.I.S.E. and Shine includes a referral and linkage component connecting participants with Resources and Information, decreases social isolation through peer Support, and provides opportunities to sign up to Experience CIP’s robust curriculum of classes and activities. Participants are also empowered to access CIP’s social services programs including HUD certified Housing Counseling, Neighborhood Energy Center programs, and CIP’s Emergency Assistance Fund, as well as educational and social opportunities at CIP for themselves and/or their family members.

R.I.S.E. and Shine is part of an overarching “one stop shop” philosophy empowering older adults and community members to access multiple resources and programs at CIP. R.I.S.E. and Shine’s program goals include:

- Ensuring direct access to food for vulnerable community members.
- Alleviating caregiver stress related to ensuring adequate nutrition for older adults for whom those in the workforce may be caring.
- Providing referral and linkage for community members to services and programs.

Center in the Park has a 51-year history as an anchor in the central Germantown community in which it is located—a community in which 33% of all residents are experiencing poverty. Germantown is characterized by a lack of healthy affordable restaurants and food options. CIP staff would often see participants coming to the Center in the morning with McDonald’s bags because as participants note, the “dollar menu” is affordable. R.I.S.E. and Shine specifically addresses the issue of food insecurity in our community.

Outcomes: R.I.S.E. & Shine participants surveyed reported the following outcomes:
• 100% of R.I.S.E. & Shine participants would recommend the program to a friend.
• 83% reported feeling more connected to others “a lot”
• 79% learned to make healthy choices “a lot”
• 63% reported having more energy “a lot”

R.I.S.E. & Shine empowers older adults and community members to access multiple resources and programs at CIP; helped them to be less socially isolated; increased motivation to “unlearn bad habits” and “eat healthier.” Participants also reported feeling positive emotionally as a result of participation and expressed experiencing “enjoyment during meal time.”

Evaluation: Success was measured through the following indicators:

1) Provide breakfast for at least 150 individuals weekly;
2) Serve at least 5,200 meals annually;
3) Provide referral and linkage for an average of 15 attendees weekly.

Since R.I.S.E. & Shine has been implemented, CIP has accomplished the following:

• Offered breakfast 145 times with an average of 47 attendees each time it is offered (141 attendees weekly).
• Served 6,832 breakfasts to 341 unduplicated participants.
• The average participant has attended 20 times, indicating many individuals are relying on the program to access food on an ongoing basis.

The above data is collected through CIP’s touchscreen system and tracked in the Philadelphia Corporation for Aging’s client by client database.

CIP also asked R.I.S.E. & Shine participants to complete program evaluation surveys to measure outcomes related to social connection, learning to make healthy choices, and energy levels. We know anecdotally that many R.I.S.E. & Shine participants access CIP’s housing counseling program, Neighborhood Energy Center, and/or access received information and referral through CIP’s Center Counselor.

Number of staff or volunteers needed: The program staff includes:

• A part-time Nutrition Coordinator who oversees the nutritional component of R.I.S.E. & Shine, in addition to managing CIP’s congregate lunch program.
• 1 volunteer dedicated to R.I.S.E. & Shine.
• CIP uses a locally owned catering provider to bring in Breakfast.
• CIP’s Director of Social Services and Housing oversees the referral and linkage piece of R.I.S.E. & Shine in which CIP’s Center Counselor, Energy Assistance Coordinator, and Housing Counselors also play key roles.

Cost: Expense: 10,000 Revenue: 10,000 Net: 0

Contact: Megan McCoy, Center in the Park
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The innovative gardening program encourages seniors of the Hillsborough County congregate and senior centers to get outside and grow their own food. Members grew foods that included: tomatoes, peppers, okra, lettuce, cucumbers and herbs throughout the year.

A community partner provided the portable gardening boxes so seniors could grow and harvest food for healthy meals.

Master Gardeners came to multiple centers to lend their expertise in gardening.

Once food was ready to be harvested, the department’s Registered Dietitian assisted and presented an interactive food demonstration, focusing on the harvested produce. Some past food demonstrations included; how to make a healthy salad with homemade dressings, super spring smoothies, and homemade Pico de Gallo to name a few. Along with trying new and fresh foods, seniors get to learn fun and nutritional facts about the ingredients and think of new ways to use them at their homes.

Extra produce is distributed to members to take home with them. The seniors take photos of their harvests and kept a journal of their progression.

This program helps seniors that are on a fixed income learn about growing their own food, provides the seniors with fresh produce and, it teaches them that they can still cook quick and easy healthy foods on a limited budget, and they do not have to be a professional chef.

Plus, the one to one direct interactions during the food demonstrations with the Registered Dietitian, provides opportunities for open dialogue relating to senior nutrition, healthy aging and educational opportunities relating to proper food choices.
Outcomes: Dining and senior centers members were able to successfully grow and harvest their own produce for cooking demonstrations and for distribution to members. Also, members were able to get exercise, have social interaction with peers, acquire new simple food recipes, and learn new skills which helps in maintaining their independence and cognitive abilities.

Evaluation: Success of the program was based on presentation evaluation forms for the cooking demonstrations and journals in which centers updated the progress of their gardens. Department staff and Registered Dietitian also received verbal feedback from members and staff with suggestions for upcoming demonstrations.

Number of staff or volunteers needed: Number of staff required to run this program is typically 1 or 2. Volunteers can vary depending upon the interest of seniors or from the community.

Cost: Expense: $0.0- Local home improvement stores donated the gardening supplies and the community partner provided the gardening earth boxes. Revenue: $0.0 Net: $0.0

Contact: Lori Radice
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The Intergenerational Back to School Block Party is a program designed to help the disadvantaged and low income families in and around the communities return to school with the supplies needed and to have a successful school year.

The older adults at the Fleming Senior Center hosted this event and was very helpful in planning, donating and interacting with the youth at this event.

We partner with vendors and corporations that have the same drive to help and serve.

We provide a day of fun with old school activities such as: Jump rope, hopscotch, tug of war, jacks, hula hoop just to name a few.

We also received donations of food to feed over 700 guests.

We also had door prizes (baskets) filled with all types of toiletry items, detergents and other essentials to help with returning to school. We had door prizes which contained breakfast non-perishable foods and snacks.

We were able to serve approximately 700 students including elementary, middle and high school students. We also delivered filled backpacks to Dundalk Elementary, Dundalk Middle and Dundalk High School to serve their homeless population. Our motto is “No Child Left Behind!”

The children and their families were overjoyed with all the festivities we provided. We also gave gift cards to help with food and clothes to return to school. We concluded the program with guest
speakers that encouraged the students to do well in school and always remember your education is the key to open many doors in life.

**Outcomes:** The outcome was very positive and everyone showed how appreciative they were. We benefited by showing that we care about our community and helping those in need.

**Evaluation:** Our success was knowing we were able to assist many family that needed assistance with the help school supplies for their children to return to school.

**Number of staff or volunteers needed:** Including the staff, volunteers and partners from local businesses we had over 75 volunteers. We also had students who received service hours for this event.

**Cost:** **Expense:** $8,500.00 **Revenue:** $8,500.00 **Net:** Even

**Contact:** Cynthia Mingo
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Special Events Honorable Mention

Ageless Style: An Intergenerational Recycable Fashion Show

BRANDON SENIOR CENTER, BRANDON, FL

An Intergenerational fashion show that includes our senior center members and their grandchildren at the Senior Center. Clothes designs were made from everyday items such as paper plates, forks, aluminum foil, table cloths and more. A great way to connect the different generations, while teaching them the importance of recycling, reusing, and putting "trash" to good use.

Brandon Senior Center loves to show up and show out any chance we get. Our fashion icons and mini fashionistas strutted their clean and climate-friendly designs down our Brandon runway. Brandon prides itself with being eco-friendly, environmentally responsible, and an energy saving center. The designs were made from everyday items such as paper plates, forks, aluminum foil, table cloths and lots more! This program allowed our senior members the opportunity to lead, teach, connect, and support our younger generation. It also created a relationship and a bond that will continue and last through generations.

Outcomes: The participants requested for this one-time event be added as an on-going event for our upcoming calendars. We had an increase of members attend the center due to their joy about that particular program and other programs offered. We saw more social engagement among the members, happier attitudes, and more productivity. The communication department also conducted a write up on the event which was made to the community.

Evaluation: Evaluations and feedback from the participants and audience/attendees

Number of staff or volunteers needed: 6

Cost: Expense: N/A Revenue: N/A Net: N/A

Contact:
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Technology Award Winner

Yoga with Yoni on Facebook Live

KINSHIP CARE RESOURCE CENTER, JONESBORO,

Yoga with Yoni on Facebook Live is a weekly program offered at the Kinship Care Resource Center, in the caregiver’s home or anywhere with an internet connection. Kinship Care participants can come to the center for Yoga class or they can follow along in the privacy of their own home. Yoga instructions are broadcast on a live feed on Facebook.

The center’s yoga instructor, Yoni, hosts a traditional exercise session in the center on a specific date and time. A second staff member will connect to Facebook, position the webcam and begin live streaming the class. During the live feed, off-site participants are encouraged to “check-in” by commenting or liking the feed. They were also asked to participate in a brief five question survey at the end of class. A link to the survey was provided during the class. The use of technology makes this program delivery possible to all who have a computer, tablet or smartphone with internet capabilities.

By logging into Facebook, they can participate in class real time or at a later hour, when it may be more convenient. Technology is here and multi-site simulcasts of classes are the next wave of the future for seniors. We at the Kinship Care Resource Center stand ready to conquer this challenge with fierce determination.

This innovative program is significant because it allows classes that have been primarily held in the center to now be taken at home. It also encourages the use of technology to obtain services. Through the use of technology, service provision of healthy programs in a forum similar to the past, can reach a diverse audience of seniors without transportation or self-consciousness barriers.

Outcomes: Participants benefited from this class by strengthening their flexibility and balance. By offering this program both in person and online, clients are able to participate more often.

Evaluation: A short survey was administered online, to participants to gauge program success.

Number of staff or volunteers needed: 2
Cost: Expense: 0 Revenue: 0 Net: 0
Contact: Angela Burda, Kinship Care Resource Center
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We wanted to explore the possibility of sharing a single lifelong learning program, using videoconferencing technology, at all of our various Mather locations.

In order to make the program successful, we chose an older adult celebrity guest who might appeal to all our audiences. We decided to conduct an interview with former talk-show host Dick Cavett and stream the interview with Zoom videoconferencing technology to nine different Mather locations: our three Mather cafes in Chicago; our three life-plan communities in Evanston, Wilmette, and Tucson; two of our Chicago locations in Skokie and Morton Grove; and our telephone program called Telephone Topics.

Our interviewer, Walter Podrazik, who teaches television history at UIC, was located in Evanston, and Dick spoke to us from his home in Montauk, New York. The program ran for about an hour, and the interview included six delightful video clips of celebrity guests from Dick's shows, including people like Robert Mitchum, Bette Davis, Katherine Hepburn, Jack Benny, Groucho Marx, and Salvadore Dali. Dick was his usual charming, urbane, and witty self, and the program was a complete success with approximately 150 participants altogether organization-wide. This kind of a program was relatively easy to conduct and could be easily replicated by other organizations.

This successful program demonstrates that we can do much more in the way of sharing programs using videoconferencing technology. This will reduce the amount of time that staff at all of our locations have to devote to program planning and at the same time bring together all of our communities by sharing in a common experience. This kind of program sharing is also good for our presenters because it enables us to offer them a much larger audience than they would have at any single location, and a presentation without the time spent traveling to and from a certain location.

**Outcomes:** Our program participants were thoroughly delighted with the experience and enjoyed the opportunity to learn more about a person with whom they were all quite familiar. They also came to recognize that long-distance programs using videoconferencing technology can be quite as engaging as having a live speaker. Our Mather organization benefited by learning how videoconferencing technology can help create an extraordinary experience for our customers and residents.

**Evaluation:** No participant survey – participant interviews indicated a tremendous success.

**Number of staff or volunteers needed:** 12 people. One staff person at each of the nine locations, one interviewer, one program coordinator, and one director.

**Cost:** Expense: 0  Revenue: 0  Net: 0  

**Contact:** Chuck Freilich, Mather Lifeways  
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The Arts Program Award Winner
Woodbury Ukulele Band

WOODBURY SENIOR CENTER, WOODBURY, CT

The Woodbury Ukulele Band (WUB) was created as a unique intergenerational program sponsored by our senior center to build positive community relationships among town residents of all ages.

We began WUB with a handful of ukuleles, a musically inclined staff member (a volunteer would work as well), a few demo sessions and a lot of optimism. At our first meetup and jam session we hoped we would see 10-12 people; instead, we had 28 people of all ages attend.

Now, a year later, we average 35-40 people per month jam session, and have had crowds as large as 60 show up to play ukuleles, sing, and connect with friends. Our youngest player is six years old, and our oldest players are in their 90s with others filling in every decade in between.

Rather than use music stands and have everyone looking down "in their silos", we use a large projection screen and keep everyone focused on a central song source and encourage lots of laughter, singing and connection.

We play covers of music from folk to standards to rock- and offer an open mic time for people to show off what they have learned. Most of our players are beginner and intermediate players, with a few more advanced musicians playing along.

We’ve attracted a lot of attention from area press as word spreads about WUB, and we draw new players each month. We hope to keep the program going for many years to come.
Our process included:

1. We applied for, and received a $500 mini-grant from a community music foundation and used the money to purchase 12 beginner ukuleles. Working with our local library, we arranged for 6 ukes to "live" at the library and be available to check out as if it were a book. Each uke came in a gig bag and includes a pick, a digital tuner and a chord sheet.

2. We held beginner demo sessions at the senior center and at the library to spread the word. We also partnered with the community music foundation at a local festival to spread word and their members raffled off a ukulele.

3. Each monthly meetup and jam session consists of a greeting and announcements, then working through a song from beginning to performance. We follow this with social time, open mic time, and then play a second song.

4. Response has been enthusiastic and members are beginning to drive their own "extra" activities. One group is preparing to meet on a second day each month. Another group formed a field trip to visit a nearby music shop where ukuleles are handcrafted. A group formed to perform at the town's Make Music Day festival, and we've developed a website where people can learn more, stay in touch, and download music WUB has worked on together. We've been approached by other senior centers looking to do something similar, and have even had interest from a local news media and a regional public radio station in doing a story about our ukulele band.

**Outcomes:** Members of the group benefit from the interaction with other generations around a common interest. Townspeople have been very supportive of the performances WUB has done, and our organization benefits from the positive association people have of the Woodbury Ukulele Band and the Center.

**Evaluation:** We measure results by the numbers of people who attend, the numbers of people who return (over 85%), and their statements of satisfaction. Also, many people bring their friends and families to meetups and jam sessions. It's a win-win-win.

**Number of staff or volunteers needed:** 2 individuals needed- 1 to lead the group and 1 to advance the slides for each song presentation; we've developed a core group of volunteers from the participants who assist with set-up, take down, and even sub in as leaders.

**Cost:** Expense: $500  Revenue: $500  Net: 0

**Contact:** Loryn Ray  
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The Masters in Aging program teaches older adults how to film, produce, edit and interview their cohort in order to create a high-quality documentary series.

With the assistance of Winona State University’s Mass Communication department’s staff and students and the local public television cable company, Hiawatha Broadband Communications (HBC), participants learn interviewing skills, camera operation, and video editing. In doing this project our members have learned new skills, interrelated with a younger cohort and are sharing their stories to educate the greater community on issues of aging, personal history, and community history.

The final product will not only be a validation of the lives of the participating individuals, but has also been an opportunity for student interns to develop their own skills and do something powerful and meaningful for their community. This high-quality series is the start of an ongoing digital archive of community history, personal history, and more.

The local Winona County History Center will receive all personal histories pertaining to Winona County residents.

Through a grant from the Mardag Foundation, the Friendship Center was able to purchase the equipment, provide education, and internship stipends.

The Masters in Aging program encourages lifelong learning and helps dispel the myths of older adults and technology, and it provides opportunities for community and intergenerational engagement.

The Masters in Aging program provides education and support to older adults interested in learning skills in research, filming, editing, interviewing, or simply an interest in collecting community voices. The program steps include:

1. Participants begin with a six-week course taught by the local television company. During the course participants learn equipment use and storage, editing software, interviewing skills and
technique, research strategies, and production. Student interns are available during class and during office hours to assist with questions, and provide support to the participants.

2. After completing the education portion, participants begin the documentary process. Participants are able to select crew roles that most align with their interest and begin the process of interviewing a community older adult that has agreed to participate in the program. Participants create interview questions and conduct necessary research. An initial meeting allows participants to assess the space, collect information and prepare the interviewee. After preparation is complete, the crew begins the interviewing and filming process at the home of the interviewee or at a community location.

3. After the interviewing and filming is complete participants are then tasked with editing footage and B-roll to put together a 20 minute film. These completed films are eventually aired on community television as well as archived at the local history center.

Outcomes:

- To date we have completed six features and are processing seven more interviews.
- This program provides life-long learning to older adults. Our members gain valuable experience and knowledge.
- Our interns are able to solidify their skills in the field by teaching others how to create tangible products.
- Our organization benefits by educating our members and teaching them skills that can be utilized at our center.
- Ultimately, our community benefits from this program by the creation of an incredible community archive.

At the Friendship Center we recognize the importance of utilizing our community resources and especially recognize the benefit of connecting people across generations. The Masters in Aging program relies on University interns to provide support and ongoing education to the participants. Not only is this a benefit to the older adults but also demonstrates to younger generations what active aging looks like.

Through the experience, students build relationships with older adults and create connections that will impact their views and perceptions of aging going forward. This program defies ageist ideas and promotes our message that age is just a number and learning can occur throughout life.

Evaluation: Participants are interviewed as to the quality of their experience. They have commented that the project is both interesting and challenging. They go on the train others.

Participants are seeking to further their education and skills and request extracurricular opportunities to use their skills to benefit the Friendship Center in areas such as promotional videos and photography.

Number of staff or volunteers needed: -Director and Recreation Coordinator oversee the logistics of the program and assist with ordering equipment and organizing internships and education. Two interns each semester support the program and participants. -One-two representatives from HBC

Cost: Expense: $99,999 over the course of three years. Expenses include: internship stipends, education provided by HBC, and all equipment. Revenue: $99,999 over the course of three years

Contact: Laura Hoberg, Winona Friendship Center
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**Description:** 12 Months of Kindness is a program that keeps kindness flowing all year long. Each month the center chooses a different charity to sponsor. We ensure that the charity we choose is a 501 C-3 organization. We have animal shelters, our local community outreach specialist, soldiers, food pantry, elementary schools and more. The monthly schedule is printed and posted for all to see and plan accordingly. We started with a box in the lobby that we collected the items. Now we have two long tables each month that are overflowing with items for the local charities. The community also will donate to our cause which we normally have to have two cars to deliver all the items we collect.

The kindness and generosity of our members is evident by the sheer amount of items that we are able to donate to each organization. It does not cost the center anything but it shows how big the member’s hearts are. It also increases our presence in the community.

**Outcomes:** The center was able to increase the community presence, as well as, kindness is contagious and made the center’s overall mental health more positive.

**Evaluation:** The amount of items we donated.

**Number of Staff or Volunteers Needed:** 2 volunteers with cars to deliver the items.

**Expenses:** 0  **Revenue:** 0  **Net Profit/Loss:** 0

**Contact Information**

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Age Smart-Lets Talk!
Anchorage Senior Activity Center, Anchorage, AK

Description: Age Smart-Lets Talk! is a monthly lecture series featuring guest speakers from various professions presenting on topics of interest to seniors and the general community with a target audience of 50 and up although all are welcome. Subject matter is selected to help adults plan, make good choices and be informed on how to age well for a secure, healthy and satisfying life after 60. The series occurs on the second Tuesday of each month from 6:30 - 7:30 pm with a light meal and refreshments provided through partnered sponsorship with AARP and OPAG (Older Persons' Action Group) publisher of the Alaskan journal 'Senior Voice.' Average attendance is between 30 and 50 with approximately one third being patrons of our Senior Activity Center Although termed a "lecture" series, most often the Q & A following the main presentation evolves into casual, lively discussions between attendees and speakers with the most vibrant and entertaining thus far being on 'Intimacy' and senior dating tips!

What makes this program so special to us, prompting our desire to share about it, is the collaborative effort between our partner agencies, the enthusiastic participation of professionals from the community who present and the regular diversity and number of interested attendees. Regardless of the topic, we are impressed each month with the tremendous wisdom, expertise and experience shared with the audience by the presenters and the contribution to the friendly forum atmosphere by the audience members. Even amidst the more serious subject matter humor is ever present giving this program a continued feel of learning and conversing with friends.

Outcomes: Raised awareness on a wide array of topics directly related to aging well; outreach for our center resulting in new members joining and attending other programs through warm referral and continued enhancement of our partnerships with the sponsoring agencies.

Evaluation: Surveys provided by our center for general feedback along with verbal and written commentary shared with us or partner agencies indicating very positive and appreciative response of the program overall and specific presentations.

Number of Staff or Volunteers Needed: ~2-4 from our center; ~2-3 from AARP for on-site registration; ~2 representative from OPAG as attendees.

Expenses: ~$760 monthly Revenue: $500 - $1,000 Net Profit/Loss: ~$250/ev

Contact Information
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Description: Around Town DC provides programming to the residents of the District of Columbia who are not otherwise serviced by a senior wellness center; Wards 2 and 3 are the only wards of the eight in DC that lack a “brick and mortar” senior facility. After a decade of grassroots advocacy, the DC’s Department of Aging and Community Living awarded Iona Senior Services a grant to assess community needs, develop an online directory of services, and create additional programming to fill gaps. The result is Around Town DC, which, in addition to the website, has offered nearly 40 weekly classes and over 30 programs. All are free of charge and in a variety of locations to serve the greatest number of people possible. Programs include concerts, field trips, lunches, workshops, and lectures. Classes range from woodworking to ukulele lessons to aerobics and Zumba, and more. Around Town DC provides thousands of hours of programming each month at existing facilities like libraries, parks, and faith communities. Robust advertisement has allowed outreach to over 30,000 seniors in DC.

Without this program, older adults in Wards 2 and 3 who would not otherwise have access to similar programming. Often, our participants dine together before or after class or make plans with their classmates for outings. Some have even established their own classes and groups; members of our ukulele class have set up their own practice group.

Outcomes: In fiscal 2019, the program served over 500 unique older adults, with many attending events weekly. Evaluation results reveal that 72% of respondents reporting improved health and well-being and 84% of participants report enjoying their interactions with the other participants, an established metric for measuring reduction in social isolation. Ninety-six percent (96%) reported enjoying the program.

Evaluation: Prior to launch, Iona collected a needs assessment to assess what residents wanted to see offered and to guide planning. Over 500 people responded, and the answers were used when establishing programs. The needs assessment was repeated at the end of the pilot year to evaluate change over time. The program utilizes a one-page, 10 question simple survey distributed to participants as a formative and outcome evaluation tool, developed in conjunction with Iona’s Director of Client Services, who holds a PhD in social work and focuses on outcome measurement. And of course, staff keep scrupulous attendance records to monitor popularity of each offering.

Number of Staff or Volunteers Needed: 1 F/T, 2 P/T staff, and 2 volunteers

Expenses: $200,000 Revenue: $200,000 Net Profit/Loss: 0

Contact Information

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Community Development, Leadership and Intergenerational

**Department "Store" Talks**
Senior Activity Center of Sheboygan, Sheboygan, WI

**Description:** The Senior Activity Center of Sheboygan began our Department "Store" Talks in July 2019. The program is inexpensive, informative, and easy to replicate. The theme is a play on words, as our local downtown was renowned for its beautiful, historic, locally owned department stores. We decided to invite our local City officials and City Department Heads, or a designee, to give a formal/informal presentation of current events or civic updates. As an incentive, the center provides penny candy in old fashioned glass jars or caramel apples, to offer a taste of a different time to all the audience members. This is advertised in our newsletter and social media. Each month a different civic leader or department head is invited to have lunch at the center, and then to share information on any topic within their area of expertise. This has been a very easy program to offer, and well-received by our members.

This program is an effective response to a lack of local information. Our local newspaper was purchased by a larger news agency, so local news is difficult to obtain, especially for older community members who are not as likely to use social media. There are no reporters going to council meetings or writing about City updates. The Department Store Talks are free and open to the entire community. Community members are able to get information in real time, and to ask questions of the presenter. These talks are very popular, and we expect the attendance to continue to grow.

**Outcomes:** The participants learn about the City budget, fire department, the library, resources that are available to them for no extra fees, how to use public transportation, how to care for their neighborhood trees, etc. We benefit by establishing closer bonds with the various department heads in our community. We have opened up access for our members to share concerns, ask questions, and to be heard.

**Evaluation:** We take attendance at every program; we have seen growth in the numbers of participants/audience members. We have anywhere from 12 to 25 members in attendance and we expect it will grow as word travels.

**Number of Staff or Volunteers Needed:** It is run by one staff, although it could easily be managed by a volunteer - to schedule the presenters and give them some guidelines on what to talk about.

**Expenses:** $50.00 - We provide lunch and candy **Revenue:** 0 The program is offered for free **Net Profit/Loss:** (50.00) This program could be run without any cost

**Contact Information**

Vicky Schneider  
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Community Development, Leadership and Intergenerational

Happy Intergenerational Holiday
Edgemere Senior Center, Edgemere, MD

**Description:** The council invited 35 members of the Sparrows Point High School chorus to the center to sing holiday songs and mingle with the members. After the chorus finished singing refreshments of holiday cookies and punch were enjoyed by everyone giving students and seniors a chance to talk. After which we held a relay race of Pantyhose Bowling between teams of seniors and students. Pantyhose Bowling is a game in which an orange is placed in the leg of a pair of pantyhose. The pantyhose are then placed on your head like a hat. Two rows of water bottles are lined up. One senior and one student stand across from one another in front the row of water bottles. The object of the game is to be the first to knock over each bottle by swinging the oranges in the pantyhose. The first team to win gets a prize. Students took the opportunity to have their picture taken with Santa. This is a fun, interactive program designed to show that older adults and students can find common ground for interaction, entertainment and connectivity.

This program shows that even in the world today with all its technology, internet and instant information students and seniors can find common ground and connection in the simplest of all things; playing a fun game with lighthearted competition.

**Outcomes:** Increased of interpersonal communication skills without the use of devices. The participants benefitted through interaction and conversation with young adults which increased appreciation for both ages at the opposite ends of the spectrum.

**Evaluation:** Besides all the laughter were observations of conversations between both age groups demonstrating an increase their commonality, understanding and value of each other.

**Number of Staff or Volunteers Needed:** One staff member and 3 volunteers to run the program.

**Expenses:** $30.00 for refreshments/cookies **Revenue:** $0 **Net Profit/Loss:** $0

**Contact Information**
Grace McDowell
Edgemere Senior Center
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Description: We have had a relationship with the Immaculate Conception School for several years. Their third grade class comes over on Halloween for Trick or Treating through our building including the Department of Aging Offices upstairs. This past year, we decided to strengthen the relationship by starting a pen pal program. Three classes of third graders wrote general letters to the seniors to get started. Senior center staff then matched the students with interested seniors and we got started. The letters were exchanged four times from November to May. In early June, the students came over to meet their pen pals. They had snacks games and time for conversation with their pen pals. Everyone agreed it was an awesome program and we have continued the program this year, again with the new class of third graders.

This intergenerational aspect of this program helped each generation learn about the other. The students were able to work on their cursive skills, both for reading and writing. There was a lot of enthusiastic energy exchanged between the students and seniors. It helped break down stereotypes on each side. One senior said she was so thrilled when she met her pen pal who was carrying a big sign that said "Yay, I get to meet you." A lot of good will was generated between the students and seniors.

Outcomes: The students were able to work on reading and writing cursive. The seniors got to have ongoing connection with the students. Bykota benefited by strengthening our relationship with the school.

Evaluation: We looked at feedback from the students and the seniors about the program. We received all positive comments.

Number of Staff or Volunteers Needed: 2 staff persons from Bykota Senior Center and three teachers, one from each class at the school.

Expenses: $75.00 Revenue: None Net Profit/Loss: $75.00

Contact Information
Julie Lynn
Bykota Senior Center
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Description: In partnership with Transition Howard County, Master Gardeners, Columbia Association and Howard County Library System, Repair Café was hosted by East Columbia 50+ Center. The goal of this program was to provide an opportunity for our members and the community at large, to repair, rather than discard, broken items or inoperable appliances, saving many of them from landfills and avoiding purchase of another item. Participants were encouraged to preregister not only themselves but the item that needed to be repaired. This helped in our search for specific “fixers” that could be available. East Columbia’s, “Sew Who Cares” group demonstrated how to crochet sleeping mats for the homeless using plastic grocery bags that were cut into plastic yarn. During the 4-hour café, 110 items were repaired including simple sewing tasks, vacuum cleaners, lamps, sewing machines, DVD players, toasters and numerous other items. A local knife sharpening company provided free sharpening of knives and scissors. A tool swap was also available with various options for trading. “Fixers” rang a bell each time an item was completed or upgraded.

It was open to the public, hosted by many of our members. Made people more aware and thankful for items repaired and the need to reduce the number of "disposable" items in our landfills. Many of our members have considered becoming one of the fixers, or demonstrators for future events.

Outcomes: East Columbia 50+ benefited from the visibility in the community due to the fact it was intergenerational and open to the public.

Evaluation: Measured by the number of fixes.

Number of Staff or Volunteers Needed: 25 fixers, and other volunteers for registration and demonstration.

Expenses: 0 Revenue: 0 Net Profit/Loss: 0

Contact Information
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**Cultural Programs**

"Not Your Granddaughter’s Guitar"
Oaks Senior Centre, Tampa, FL

**Description:** A series of eight beginner ukulele classes were conducted at the center within September and October of 2019. Participants learned the basics of this popular instrument and were able to play a few tunes by the end of the sessions.

With a resurgence in the popularity of the ukulele in recent years we contacted the local ukulele organization to partner with them in order to introduce this fun little instrument to participants. The Tampa Bay Ukulele Society is the second largest public ukulele organization in the United States and they were quick to offer their expertise to our center participants. Workshop classes were held eight times over a two month period with nine of our participants giving it a try. They all reported loving the uke and many noted that they had never before played a musical instrument. The ease of the ukulele helped build confidence in trying something new, and working to learn chord shapes and strumming techniques increased their confidence as well as dexterity. A few of the songs were Spanish language, thus offering a cultural exchange among participants as well. We were able to get two ukuleles donated to our center and a small program evolved into with weekly classes, with participants slated to perform small concerts within the coming months.

**Outcomes:** First time playing a musical instrument for 80% of the participants. Promotion of a new activity requiring physical dexterity and flexibility. A ukulele group evolved from this program. Increased interaction among members. Sharing personal and cultural experiences. A new activity is now offered to center participant. Ukuleles were donated to the center for their group so that classes and concerts can be held within the center for years to come.

**Evaluation:** We gaged the number of participants who started the class as opposed to those who finished, and the number jumped from four at the start to nine by the end. Word of mouth helped lead to this increase. Member socialization increased among the different ethnic groups as a result of the variety of musical genres experienced during the workshops. Members do not want to miss a day when the workshops were being held.

**Number of Staff or Volunteers Needed:** 1 staff and 2 volunteers total.

**Expenses:** None, as all instruments and music books were provide by TBUS. **Revenue:** None - but the normal costs associated with ukulele rental and instruction would have cost the center approximately $950. **Net Profit/Loss:** n/a

**Contact Information**

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Cultural Programs

#LivingConnected

Cockeysville Senior Center, Cockeysville, MD

**Description:** In order to integrate the Baltimore County Department of Aging’s 2019 initiative of combating social isolation into the senior center environment, Cockeysville Senior Center created an art project that would work to beautify the center’s hallways while boosting social connection within the center. Staff gathered a group of members to assist in bringing this vision to life by cutting out shapes, painting figures and folding paper chains. To further facilitate social connection, center staff came up with various questions across several topics to get the membership chatting: “What was your first car?”, “What year did you get married?”, and “What was your favorite family vacation destination?” were among some of the questions. Many members walk around the center unaware that the person they just passed in the hallway may have attended the same elementary school or grew up on the same street. It is incredible to see the blossoming conversations the wall has encouraged. Members can be seen smiling, chuckling, and excitedly writing responses on the wall between classes and programs. This art project was created in order to break down the walls of isolation by building connections between members through discussion, reminiscing, and the discovery of commonalities.

This program reconnected members who grew apart from one another growing up, rekindled friendships and created new relationships. It showed that people have more in common with one another. Members stood around the wall reminiscing about the good old days, what they did for fun, who they hung out with, and other memorable memories. Bringing people together is what #LivingConnected is all about.

**Outcomes:** The outcome for the program is that people reconnected with old friends and created new relationships. Members were astonished how many people had the same upbringing, living in the same communities.

**Evaluation:** All the lines for each question were full so more paper had to be added for members to write their answers.

**Number of Staff or Volunteers Needed:** 1 staff

**Expenses:** N/A  **Revenue:** N/A  **Net Profit/Loss:** N/A

**Contact Information**

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**Cultural Programs**

**Grandparents Day Family Festival**

J-Sei, Orinda, CA

**Description:** In September 2019, J-Sei organized a Grandparent’s Day Family Festival. The day featured Japanese food, music, dance, demonstrations and hands-on activities that exposed families to historical and current cultural practices. Multiple generations were in attendance and the event was free to the almost 500 attendees. Music included taiko drumming, dance performances included hula and two traditional Japanese dance groups. A bilingual Montessori school also performed traditional Japanese songs and added to the energetic atmosphere. J-Sei senior students of minyo odori and hip hop dance practiced throughout the year to perform for the audience. In addition, J-Sei community seniors led activities that engaged people in fish painting, mochi-making, bento box cooking, and reiki healing and performance calligraphy. Seniors were dynamically involved in the successful planning, leading and engagement of people of all ages in culturally and socially enriching activities. This Grandparents Day event invigorated senior leadership, family interactions, and continued appreciation of Japanese culture.

The accomplished goals of this event were to celebrate older adults and to share enjoyable Japanese cultural practices with family members of all ages and backgrounds. With important exposure to Japanese music, art, and hands-on cooking and crafts, the community gathered to enjoy the day with old and new friends. Seniors that led performances and activities fine-tuned their skills and taught others, thus increasing skill building, socialization, and intergenerational and cross-cultural interaction.

**Outcomes:** Senior leadership, engagement, and development of new skills. Cultural enjoyment and promotion across ages and racial groups. Collaborative relationship with other senior and civic groups that fundraised for their own organization through food booth sales. Attracted new community members to engage as J-Sei participants and volunteers.

**Evaluation:** For this event, a tally of the almost 500 people in attendance helps J-Sei measure involvement. Individuals also donated almost $1,000, which reinforces the belief that people enjoyed the event, and support what the agency is doing. J-Sei also garnered six new volunteers, which was a wonderful outreach achievement from an event.

**Number of Staff or Volunteers Needed:** One staff member helped to coordinate a team of 10 volunteers to plan and implement the four-hour event.

**Expenses:** $3,072 **Revenue:** $3,072 **Net Profit/Loss:** 0

**Contact Information**

Diane Wong  
J-Sei  
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Description: Yayoi Kusama is a senior, contemporary Japanese artist working across many mediums: painting, sculpture, film and installation. I painted a Kusama-esque pumpkin on canvas and left it on my desk to invite conversation (my desk is covered in conversation pieces). As our seniors passed through to sign up for various programs and asked about the painting, I gave a brief overview and invited them to sign up which they did with great enthusiasm. Our class began with a discussion about the history of Kusama’s life and works through videos and pictures. Spread across the tables were canvases, brushes and a kaleidoscope of colorful paints awaiting an artist. Informed by our discussion, each set out to paint their own homage to Yayoi Kusama. We shared stories of forbidden choices, favorite artwork, special holidays and of course pumpkin pie recipes. Since we have shared many stories over blank canvases but Infinitely Kusama was our first.

Finding common ground where people are focused on a shared outcome makes the process of confronting hard topics and differing ideologies as we also strive to make social connections in a group setting doable. Art is the perfect medium because it tells a story, feeds emotion, liberates ideas and creates dialogue. It allows for individual creativity as well as group participation. What sets this apart from other programs is the focus on the cultural, societal and mental health issues confronting Yayoi Kusama and how they have and continue shape to her work.

Outcomes: As an organization dedicated to fostering connections as we age, the success of our Kusama Program enabled us to strengthen and cultivate ties within the senior community, resulting in increased numbers to programs and an increase to the number of new seniors joining our center. This program was so popular it inspired us to create an ongoing art program featuring other artists across alternating mediums. We now have seniors near and as far as New York in attendance.

Evaluation: The return rate of people signing up for programs, participant feedback, and increased registration of new seniors to our center is a direct result of successful, dynamic programming like Infinitely Kusama.

Number of Staff or Volunteers Needed: 1

Expenses: $75 Revenue: $75 Net Profit/Loss: $0

Contact Information
Jennifer Skene-Tiso
Woodbury Senior Center
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Description: A member of the community stopped by the Pikesville Senior Center to discuss donating some items to us. She happened to mention her long time correspondence with Queen Elizabeth II of England and she volunteered to share her experiences by reading some of the letters aloud to members of the center. To make the event more special, we decided to host a tea, inviting interested members to don their finest hats and bring in their fanciest teacups for the reading. Forty people attended the event, and the volunteer had participants spellbound by reading her letters and then the Queen’s responses. She explained that the Queen herself did not pen the letters, rather her Majesty’s Ladies in Waiting wrote the replies. By the end of the program, the volunteer had only covered a portion of her collection of letters, but she had piqued everyone’s curiosity. We decided to host bi-monthly teas over the next several months featuring more letters to the Queen, with the next-to-last session devoted to the protocol involved in composing and mailing a letter to Her Majesty. During the last session, participants composed their own letters to Queen Elizabeth II to wish her a happy 93rd birthday. The volunteer bundled the letters and mailed them in mass to Buckingham Palace. Much to everyone’s surprise and delight, a month or so later, each person who had written a letter received a response from one of the Queen’s Ladies in Waiting!

Originally intended as a one-time special event, this program was so engaging that it grew into a cultural series. The volunteer not only educated participants on the proper etiquette involved in composing "Royal Mail," but she also inspired them to write their own letters. Everyone said they felt rather special when they actually received a response written on official Buckingham Palace stationery.

Outcomes: Participants learned about the British Monarchy and royal protocol in a social environment that encouraged creativity and active engagement.

Evaluation: The initial attendance and subsequent request for a continuation of the program were indicators of the program's success.

Number of Staff or Volunteers Needed: One Staff Member; One Volunteer

Expenses: $40.00 for tea, cookies, incidentals Revenue: 0 Net Profit/Loss: $40.00

Contact Information
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Cultural Programs

Mad Hatter Tea Party
Newport 60+ Activity Center, Newport, OR

Description: The Mad Hatter Tea Party is based on Lewis Carroll's Alice in Wonderland book. This event appeals to all audiences. This is a chance to go a little wild and crazy with fun attire and attitude. It is considered to be one of the best examples of the literary nonsense genre. This popular event is a whole lot of fun for attendees and staff alike, with two awesome hours of fashion, fun and frivolity for all. Mad Hatter models showcase local store fashions from New 4 You, both practical and wild. New 4 You is a local consignment shop. The Mad Hatters enjoy hot tea from fanciful pots and an array of festive finger foods. But beware! Some things may make you bigger and some things may make you smaller. Festivities conclude with a drawing for free door-mouse prizes graciously provided by New 4 You.

This program is easy to replicate. Any program or event that brings people together in fun and frivolity is significant and worthy in today's world. Seniors feel more and more isolated as their world become smaller. This enriching event cures the doldrums. The Mad Hatter tea party sits strangers together that leave as friends. The experience they have here ignites participants to seek other opportunities at the center. This is a fun way to showcase visual artistic expression through both the creation of outfits, modeling with performance flair and the creation of some wild Mad hats!

Outcomes: The laughter and friendships developed from this delightful afternoon is a great benefit. The models selected gained confidence in appearing in front of a crow. The partnering consignment shop benefits from the exposure and many models purchase their new look outfits. We also chose models from the center and staff helps create the fashion show. People in the audience are asked to model if their outfits screams out for attention. Participants have a creative outlet to explore they whacky artistic ways by building wild hats. Our center has received good publicity with the tea party. We have a reputation as an active fun center.

Evaluation: The attendance, all 50 persons wore smiles, an observable measure! The audience clapping after the fashion show. Clapping again to judge the best hat of the day. Everyone participated. People inquired about all the other activities we have at the center including our trips, hikes and special events and exercise classes. Some wanted to sign up to be a model for the next year!

Number of Staff or Volunteers Needed: 1 staff 3-5 volunteers setting tables - preparing the food and tea for the tables and clean up.

Expenses: 145 Revenue: 388 Net Profit/Loss: 243

Contact Information

Peggy O'Callaghan
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Description: The Silver Stage Players is a partnership program between the Tennessee Stage Company and the John T. O’Connor Senior Center with a mission to provide theatre training and performance opportunities for seniors as well as educating the public about senior issues. More than Theatre of the Oppressed, the Silver Stagers seek to portray the aging process in a positive light, dispel the myths of ageism and highlight issues of special significance for seniors with compassion and humor. They produce only original plays written by, for and about seniors. Their work is process-based rather than performance-driven, emphasizing accessibility for artists and audience alike. They often tour their performances to area senior centers, nursing homes and churches to raise awareness of their work and engage the community in their efforts to combat ageism and support fellow seniors.

Our program exemplifies efforts to educate communities, eliminate barriers to societal participation and affect positive change. Silver Stage provides an artistic outlet for seniors to express themselves, engage in social and physical activity, and discuss significant issues such as age-related discrimination, post-retirement depression, or the loss of a spouse. Many community theatres, however unwittingly, make barriers or discriminate against seniors. They may print scripts small font or impose physical limitations. Silver Stage breaks down these barriers and demonstrate that senior actors can be dynamic, vigorous and both as funny or as serious as the story demands.

Outcomes: By participating in this program our senior patrons have been given the opportunity to perform at events in the community to challenge negative stereotypes about seniors and their activity level. Our Center has been able to host productions and invite members of the community into our facility to enjoy these performances by our seniors. This has been an opportunity to educate our community about issues facing our senior population today and how we are her to help.

Evaluation: One way we measure the success of the program is by the number of senior participants. Over the past three years we have had up to 24 participants involved with the Silver Stage Players.

Number of Staff or Volunteers Needed: One staff member to coordinate events with the Center calendar, one to two partner volunteers with the Tennessee Stage company to educate, and 5 participants minimum.

Expenses: $200.00 for refreshments for productions Revenue: $0.00 Net Profit/Loss: $200.00 loss

Contact Information
Calie Terry
John T. O’Connor Senior Center
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**Description:** One of the most popular programs at the senior center is our monthly Travelogue Presentation. The Travelogue Presentations are an opportunity for socialization, interaction and mental stimulation for seniors. Travelogue presentations take members on a visual and entertaining journey to places around the world. Through a slide show created by the presenter members are exposed to new cultures and given an insight into the lives of people in other countries and parts of the world. For some members the Travelogue provides an opportunity to reminisce about places they have visited in the past. For others it provides an opportunity to learn about new sites. Each presentation is like taking a mini-vacation to a new location. The travelogues cover countries and cultures from around the world allowing seniors the chance to increase their knowledge base and expand their understanding of other cultures.

A travelogue presentation can be designed in any number of ways to accommodate the population of any senior center. While NSC has travelers that are global, local travel stories are just as entertaining. Sharing a personal experience creates a sense of worth in the individual and a sense of society in the group. This is a low cost production and could be a structured program incorporating design using technology classes and oral speaking classes.

**Outcomes:** 90% of the participants reported that they had fun after attending a Travelogue presentation and recommended the Travelogue presentation a friend. 90% of the participants reported having learned one new fact after the presentation and laughing at least once during the presentation.

**Evaluation:** We rely heavily on anecdotal and observational evidence along with written surveys in evaluating the project’s success. In both high and low season our travelogue presentations range in attendance between 25 and 70 participants. It attracts members from all ages 60 – 100. On written surveys the Travelogue is ranked in the top five programs for people who participate. Statements from participants, “That was one of the most interesting things I’ve ever seen.” “His presentation was better than the one on the History Channel.” “I never knew that about China.” “I always learn so much from these travel shows.”

**Number of Staff or Volunteers Needed:** 1 staff for equipment set up  1 volunteer for the presentation

**Expenses:** 0  **Revenue:** 0  **Net Profit/Loss:** 0

**Contact Information**

Bridget Murray-Popescu  
Naples Senior Center  
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Description: This year we held our first ever STEPtember walking challenge. STEPtember was a two-week-long physical activity challenge where our members tracked their steps and worked to achieve the highest overall step count. Participants tracked their steps in a variety of ways including pedometers that we provided, smartphones, or fitness trackers. We used an app called stridekick and to keep it free we split people up into groups of ten. The person with the highest overall step count over the two weeks was crowned the STEPtember 2019 winner and won a gift card to a local sporting goods store as well as a water bottle with the senior center’s logo. We had twenty-five participants, and everyone walked away with a prize. Water bottles were given to people that were averaging 5000 steps or more per day. Reflective armbands that can be used while walking at night were given to those that participated but didn’t meet the 5000 steps per day.

I repeatedly heard people say how tracking their steps motivated them to do more. It was a wake-up call for people who thought they were doing a lot until they began monitoring and found out they were doing much less than they thought. Also, because they were participating with their peers they became inspired by others of the same age. While others gained confidence in themselves when they realized they could do a lot more than they were expecting. Walking is one of the best forms of exercise because it’s free and can be done anywhere by almost anyone.

Outcomes: Participants had fun and became healthier in the process! Our winner was a 70 year old woman who walked 219864 in two weeks and she was an inspiration to us all. The organization benefited by the program because we were able to attract positive attention to the center and members who might not participate in other programs.

Evaluation: Each participant tracked their steps via a fitness tracker or smart phone and it was automatically uploaded to the application we were using. Others that were using the pedometers that we provided sent the center manager photo's of their pedometer or wrote it down on a piece of paper and reported to the center manager for recording.

Number of Staff or Volunteers Needed: One.

Expenses: 150 Revenue: 0 Net Profit/Loss: -150

Contact Information

Aubry Bright
Port Angeles Senior Center
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Health and Wellness

Brain Fitness Fair
Oshkosh Seniors Center, Oshkosh, WI

Description: The Brain Fitness Fair is designed to empower older adults to increase the health of their brains! The Brain Fitness Fair is an opportunity to educate attendees and community partners on the "how to" increase our cognitive reserve and improve brain health. Held once a year for 4 hours, the fair offers interactive brain activities, educational breakout sessions, a free lunch, and a keynote speaker who is a professional in the Neuroscience field. The purpose of the Brain Fitness Fair is to present the latest information on brain healthy activities and lifestyle choices, and to educate that we can improve brain health and function throughout our whole lives. Community partners are invited to have a booth and must have an interactive brain healthy activity or food at their booth. This encourages our community partners to learn themselves about brain health activities, and results in meaningful interactions with fair attendees. Our participants benefited from having Neuroscience professionals share information regarding brain health and leave with actionable things they can do to improve and strengthen brain health.

This innovative program challenges the old thinking of the aging brain cannot change. Utilizing community partners who provide a brain health activity and specialists in the brain health field, seniors learn that they can increase cognitive reserve all throughout life. It gives hope to those who thought only genetics determined their brain health fate, as they realize there are actions they can take to improve and prevent the onset of memory loss.

Outcomes: Outcomes of the program include the creation of new programming that increase brain health. From lunches that served scientifically backed "brain health food", to a Learn to Play Ukulele class, the programs have been very well received. Our organization benefited as a proposal for the "Learn to Play Ukulele" as a brain health activity resulted in a donation to the Center that allowed for the purchase of 12 loaner Ukuleles.

Evaluation: Observable measures of success include increased participant and community partner attendance every year the Brain Fair has been held, excellent survey and feedback results, and requests for more information and programming related to brain health.

Number of Staff or Volunteers Needed: Two staff and five volunteers.

Expenses: $750 Revenue: $750 Net Profit/Loss: $0

Contact Information
Jane Wells
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Description: Bridges Health Winona provides preventative health services to the community. All services provided are free and can be accessed at three locations within Winona including the Winona Friendship Center. Bridges Health uses a clinical education model using academic-community partnerships to provide an interprofessional student-led, faculty guided clinic. Winona State University students in the fields of social work, nursing, health and exercise science, and public health come together under faculty supervision to provide community-based service learning while serving the needs of the local community. The partnership between Bridges and the Friendship Center provides safe and supportive access to services for older adults, and under or uninsured members of the community.

Bridges is an innovative program that provides access to preventative health services and gives students hands-on learning opportunities that make a difference in their communities. Working in interdisciplinary teams students learn to collaborate across disciplines, build deep connections with the clients and community they serve, and emerge as leaders in their fields. Through this collaboration older adults receive the benefits of preventative health services, psychological support, and intergenerational engagement that they may not otherwise have access to.

Outcomes: By serving as a host site to a Bridges clinic the program is able to serve a large population of older adults. Participants are able to build relationships over the course of a semester with the students and faculty. Benefits such as healthy eating choices, foot care, resource referrals, mental health support, massages, and more have all been observed through Bridges. Because of Bridges participants have immediate access to health services where, without, they may end up waiting months for an appointment.

Evaluation: Program attendance tracking is used to determine whether or not the program is growing as well as if we are seeing new or returning clients. The number of individuals served across service type has increased significantly in the 1.5 years this program has been in operation at the Friendship Center. The return rate of clients is especially high, at over 60%.

Number of Staff or Volunteers Needed: The clinic is staffed by two Winona State University faculty to provide supervision, guidance and support.

Expenses: 0 Revenue: $795 Net Profit/Loss: $795

Contact Information
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Health and Wellness

Fitness Appreciation Week
J. Charley Griswell Senior Center, Jonesboro, GA

**Description:** This extraordinary week was implemented to provide our members with the opportunity to explore all of the fitness activities that our center offers. Before the start of the week, our goal was to market the program to our seniors. We also sent an invite to all our instructors as well as instructors in the community to participate in the week-long celebration. We created marketing materials and a schedule of the classes offered. All of the fitness activities were scheduled at different times so that the members could attend many sessions. Due to limited space, we used “the first-come, first-serve” rule, and members were signed in by staff in the allotted space available for each class. During this week, we also took the time to honor our fitness instructors for their dedication to our seniors by providing healthy snacks. The grand finale of the week-long celebration concluded with a dance party with over sixty people in attendance. We discussed how to stay motivated, get in shape, and live an overall healthier lifestyle.

Fitness Appreciation Week was an innovative idea designed to allow new members of our center the opportunity to experience fitness activities that we offer from Pilates to Dancercise free of charge, gain motivation to attend classes, and make better lifestyle choices.

**Outcomes:** Fitness Appreciation Week was a huge success! Participants new and old were able to attend classes that they may or may not have been able to attend due to class cost or schedule conflict. Instructors were excited to have the opportunity to introduce their class to new faces. As a whole, our senior center has seen an increase in class attendance and the motivation from our seniors live to a healthy and active lifestyle.

**Evaluation:** After every program, the staff completes a program evaluation. This form allows staff to express the description of the program and whether goals have been achieved, the resources available, modifications or issues during the program, and changes that could be implemented for the next program. Participants also expressed their gratification and thoughts of how much they enjoyed the program. The registration session that followed Fitness Appreciation Week saw an increase in registrants for Tai Chi for Health, Zumba, Arthritis Aquatics, and many more.

**Number of Staff or Volunteers Needed:** Fitness Instructors- 10  Program Staff- 4  A Total of 14 people were required to run the program

**Expenses:** $100.00  **Revenue:** $0.00  **Net Profit/Loss:** $100.00

**Contact Information**

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Health and Wellness

Great Physio Balls of Fire
Essex Senior Center, Essex, MD

Description: A center volunteer desired to bring the physical and mental benefits of a drum circle to the center but the center and the volunteer did not own enough drums to provide to all interested participants. He knew drumming did not have to be done on a drum so he began looking for alternative items to use. Upon discovering the center had spare drums sticks and physio balls, that had previously been utilize for a now defunct Drums Alive program, he thought the items could be adapted for use to a drum circle as well. It turned out with the use of physio balls, the activity evolved into a perfect conglomeration of the free drumming improvising of the drum circle and the cardio fitness of Drums Alive. The group meets monthly, with a volunteer taking the lead operating as the facilitator. He gets everything setup, choosing different music for each class. Music ranges from world music to the familiar sounds of popular music from the 50s to current hits. He demonstrates some possible rhythms people could utilize during each song but participants are free to play whatever rhythm (or lack thereof) they feel most comfortable playing. If they don’t want to drum or need a break they are free to dance or just listen.

Members love the activity primarily because it is fun. For most of them it is just an add bonus of getting some exercise too. Participants eagerly look forward to the class and create such a fun atmosphere for anyone that happens to be around when this activity is taking place.

Outcomes: Participants have benefits from the sense of well being participating has given them. The center has benefit from increase participation at the center during the times this program is offered.

Evaluation: The program continues to grow and attract new participants. Center members have express directly to the staff how much they enjoy the program.

Number of Staff or Volunteers Needed: 1

Expenses: N/A  Revenue: N/A  Net Profit/Loss: N/A

Contact Information

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**Description:** Lyme Action Tool Kits were developed to fill a public education and outreach niche for the complex issue of tick-borne disease. The ongoing Lyme Disease Support and Discussion Group learned that our community needed direct and specific instructions about this topic, preferably from one credible source. A full-page infographic sheet was created with clear visuals and corresponding action-specific instructions across three categories. A lime-colored awareness bracelet was included as well as brochures from respectable patient-centered local, national and international Lyme organizations. Also added, were pointed tweezers with the tick removal instruction standards, so they received a literal implement/tool for use as well as an informational resource package. The striking lime-green enveloped Tool Kits were offered free to the community at request. They also are taken to any Lyme or Tick-borne Disease presentations that are led outside of the Senior Activity Center, i.e., community Health Fairs, meetings, etc.

This unique and original creation was developed after years of listening and responding to what members feared on this topic, including the unknown. It’s a tangible product that suits those who don’t have computers or online access, or comfort using either. It fills that gap and builds their knowledge and confidence about what they should know and can do to protect and oversee their health. It has satisfied an intellectual and emotional need in a straightforward and compelling way, giving users a ‘tool’ to go to when they need guidance and support.

**Outcomes:** Kit recipients have shared expressions of relief and gratitude for the concrete suggestions it provides. The options, all laid out for them, make them feel more educated and in control, and frankly, less panicked about something that can be very troublesome and frightening. They have also indicated that they refer to it from time to time, and it’s easy to see and find.

**Evaluation:** Quantitatively, over 60 Kits have been given out directly to individuals. We track each one and take a Units of Service under Health Promotion/Education. If it’s given out as part of a presentation or time spent meeting with or talking to members, an additional Unit of Service is collected for the additional time and service.

**Number of Staff or Volunteers Needed:** 1

**Expenses:** $177.70 for 50 Kits = $3.56 per Kit **Revenue:** 0 **Net Profit/Loss:** (177.70)

**Contact Information**

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Health and Wellness

Martial Arts
Lou Walker Senior Center, Stonecrest, GA

Description: The Martial Arts class meets twice per week for eight weeks and is led by a Black Belt instructor who teaches members the correct ways to punch, kick, or immobilize attackers. The program provides a total body workout and improved self-confidence. Participants can even learn advanced techniques such as the proper usage of knives, nunchucks, and bow & staff. Participants also receive the added bonus of attending and serving as judges in a karate tournament. Thirty-nine members have participated in the program and have received rankings. The program culminates in a martial arts ceremony where participants receive their belt and certificate.

According to Simmons Market Research, only 63% of adults that participate in formal martial arts instruction are 18-34 years old. For those 50+, they compose 11% of the adult population. These numbers are significant for a senior center who serves individuals who are 55+ years of age, and whose tagline is “Seniors don’t retire...they refire!” We pride ourselves on serving active seniors and we fight against stereotypes of aging through our programming. The fact this program has been provided for 5+ years shows just how strong and capable older Americans can remain with greater focus, stillness and athleticism.

Outcomes: Significant outcomes of this program are improved balance, increase in strength, and better overall physical endurance.

Evaluation: Members must pass 11 levels of physical tests throughout the program. Members will begin by performing 15 sets of sit-ups, kicks, crunches, push-ups, etc. These levels increase in increments of 10 for each level.

Number of Staff or Volunteers Needed: There is only one staff member required to run this program.

Expenses: N/A - Revenue: N/A Net Profit/Loss: N/A

Contact Information

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**Health and Wellness**

**Mental Health Panel Discussion**

Sebastopol Area Senior Center, Sebastopol,

**Description:** Many of our seniors in our community have expressed challenges with anxiety, insomnia, lethargy, loss, grief, relationship transitions, and depression. As part of Mental Health Awareness Month in October, the Sebastopol Area Senior Center hosted convened a panel of mental health professionals to address the concerns of our seniors. The first portion of the panel was a discussion in which highly experienced local psychologists, including a nationally recognized geriatric neuropsychologist, addressed a specific issue. The second portion of the event was an interactive workshop in which attendees discussed questions presented by the panelists. This gave the attendees a chance to meet their neighbors and perhaps begin to build relationships with new friends. We had about 40 seniors attend the panel, and through the evaluation process, learned that the panel was helpful, and also that we should build in mental health programs throughout the year.

This program is the first of its kind in our small, rural community. The Mental Health Panel brought together local experts and gave access to these experts to seniors who would not normally be able to afford therapeutic services. Attendees had one-on-one access to experts who could answer their most pressing questions about mental health. It also helped our seniors know that they are not alone; that there is a community here and in order to build a quality life, you must build a community around you.

**Outcomes:** The goal was to increase awareness about common mental health challenges, especially as people age. This includes challenges that members reported such as depression, insomnia, anxiety, and loss. Seniors left the panel/workshop with the knowledge of what each of these issues are, how to identify them, how to know when to get help, statistics on their commonality in men and women, and what can be done to mitigate or resolve the issues.

**Evaluation:** Throughout our evaluation process, we asked the attendees if they felt the program was helpful, what improvements to suggest, and ideas for future topics. 15 out of 30 attendees completed the questionnaire in which we found that 95% of seniors found the program helpful in identifying issues they are dealing with. A large portion of evaluations included the need for future programming around mental health.

**Number of Staff or Volunteers Needed:** 1 staff, 5 volunteers (including the 3 volunteer panelists)

**Expenses:** staff time, marketing costs **Revenue:** $0, it was a free program **Net Profit/Loss:** ($400)

**Contact Information**

Katie Davis
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**Description:** This program solved the following problems: Finding a group fitness program that men would also participate in, finding space at our senior center during prime programming time, a fitness program that people would stick with and go at their own pace, a program that would help people of all ability levels improve their daily lives. This 16 week program is in its 2nd session and has a proven track record. The class has 20 registered participants in each session, is held 2 times per week, averages 18 people for each of the 32 classes. The program is held at Pennant Fitness, a local crossfit facility. The classes offer personal training in a group setting. Participants rotate through a circuit of training stations as well as group warm ups and cool downs. All of this is done under the supervision and instruction of 2 trainers who customize each station to the individuals' abilities.

The Pennant Cross Fit Program introduces seniors to the benefits of a crossfit training gym and participants express the positive impact that the program has had on their daily lives i.e. they can get up off the floor, they can pick things up if they drop them, they can get in and out of cars more easily, their balance has improved, they are more confident in their physical abilities which has improved their overall confidence level and now do more activities than they did before taking the classes. This program can be easily replicated by any crossfit gym that is willing to participate.

**Outcomes:** The outcome is that most of the participants go to every class and express the benefits of their improved fitness level. They encourage each other and have built a comradely in the class. The Senior Center has benefited by the positive feedback from the participants which has expanded into the community. The program is so popular that we now have a wait list for the next session.

**Evaluation:** Feedback from the instructors and participants has been significant. Each participant has been able to measure their own individual improvements which is reflected by the fact that most people do not miss a class. A more expensive summer program was done direct through Pennant which 8-10 people participated in.

**Number of Staff or Volunteers Needed:** Now that the program is up and running their is minimal staff requirement; marketing the program and monitoring the program through feedback with the participants and instructors.

**Expenses:** $50 per class x 32 classes = $1600  
**Revenue:** $3 per class suggested donation x 32 x 18 = $1728  
**Net Profit/Loss:** 128

**Contact Information**

Pam LeFrancois  
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Description: In honor of National Senior Center and Fall Prevention Month, Overlea Fullerton Senior Center held an Senior Health Olympics on September 23rd where vendors presented on a variety of health-related topics and seniors were given a score card that was stamped for every presentation and game/activity. Participants with the highest score at the end of the day were awarded with a Bronze, Silver or Gold medal and a food gift card. All participants received free give-a-ways and a free salad bar lunch. Over 12 vendors/agency representatives included education and interactive games on topics such as community outreach programs, proper nutrition, how to look for assisted living, home safety, breast cancer awareness, medical transportation options, emergency alert systems, evidence-based programs through the county, regenerative medicine, improving memory, nutritional supplements and natural remedies. Vendors outside BCDA sponsored the event on a bronze ($25), silver ($50) or gold level ($100+) to cover the food, awards and cost of all supplies. We are a small community center and over 80 people enjoyed this event.

It was a unique alternative to a traditional health fair that fostered fun, active involvement and education. The event was not meant to be a fundraiser but did cover all the cost of supplies and make additional funds to support additional programming in the future. Giving the vendors a choice of the bronze, silver and gold sponsorship worked well for both small and large companies. Participants were excited and stayed longer than they had planned, especially those who enjoyed the competition part of the event.

Outcomes: Participants gained additional education on a variety of health and wellness topics and resources. They received healthy, fresh food and the senior center council made an additional profit of over $300.00.

Evaluation: Over 80 participants attended the event in a small community senior center that averages approx. 45 members daily. Over five new members signed up as a direct result of the event and all of the vendors provided positive feedback.

Number of Staff or Volunteers Needed: Two staff and over 12 volunteers that took shifts so they could also participate in the events

Expenses: $152.70 Revenue: $460.65 Net Profit/Loss: $307.95

Contact Information

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Description: In December 2018, the Duxbury Senior Center began offering a series of free monthly programs which focus on the physical and financial safety of older adults. The Senior Safety Series (SSS) programs result from collaborations with local and state agencies, financial institutions, and other organizations who serve senior citizens. We work together to develop programs on important safety topics which face older adults today. The SSS format is typically a lecture, with a PowerPoint slideshow, given by the subject matter expert(s) from the presenting organization. Some presenters bring show-and-tell items to help the audience better understand and experience the material, and many speakers bring handouts with safety tips the seniors can take home. Every program offers opportunities for participants to ask questions, share their experiences, and learn from each other. At the end of each presentation, we announce the next SSS topic, hand out a postcard with a schedule of upcoming topics, dates and speakers, and have a table where people can sign up for future events.

Outcomes: The Senior Safety Series programs give our senior citizens the information and knowledge they need to identify potentially harmful situations and better protect themselves. They gain confidence from these safety programs and want to share what they've learned with their family, friends, and neighbors to help others stay safe from harm. These monthly programs also offer an opportunity for socialization, to feel part of a community of people with common interests, and a platform to share vulnerable experiences in a safe environment with peers who want to learn tips to feel safer in their homes.

Evaluation: Since we began the Senior Safety Series (SSS) in December 2018, we've seen a momentum swing. Our participation has been steadily increasing, our participants are sharing more personal stories and vulnerable experiences in these programs, and they're raving about how much more confident they feel identifying potentially harmful situations. As SSS gains momentum, we've had audience sizes grow from 20 people to 85. The number does vary, presumably based upon the value they place on a given topic. We have a solid base of repeat participants and it's growing. The folks who come are bringing their friends and spreading the word.

Number of Staff or Volunteers Needed: One (staff)

Expenses: Expenses - $0 (other than my salary) Revenue: Revenue - $0 Net Profit/Loss: Net Profit/Loss - $0

Contact Information

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Description: The Time of Your Life: Tips for Aging Well project provided older adults with information and education about aging well and community resources to help them enjoy physical, mental and social well-being while growing older. The monthly topics were integrated with National Health Observances from the National Health Information Center. Materials were obtained from www.healthfinder.gov and Delaware organizations. At each of the monthly presentations, healthy snacks were served. Individuals who stayed for the full session and submitted an anonymous evaluation at the conclusion were eligible for a monthly drawing for a $10 gift card to Walgreens. Participants who attended 9 or more of the monthly presentations received a Time of Your Life certificate at the end of the program.

The program was designed in recognition that older adults need both user-friendly and useful information presented in a way that accounts for the ways seniors learn, building on “cognitive strengths and compensat[ing] for some of the losses that can occur with aging.” We used an integrated, targeted approach that included written, visual, online and oral presentation of material that was sensitive to older adult learners. The monthly focus on critical health topics educated participants about issues related to aging well and connected them with community resources that support healthy aging and independent living.

Outcomes: 700 individuals were made aware of the Tips for Aging Well that were included in articles published in our newsletter. Approximately half of this group visited the Center each month and see related displays. 40 individuals attended at least one of the 12 monthly presentations. Based on evaluations completed at the end of each session, 84% of participants strongly agreed or agreed that they learned at least one new skill, attitude or idea from the presentations. 75% of the participants strongly agreed or agreed that because of the workshop they planned to make changes to their lifestyle, activities and/or choices.

Evaluation: We measured the program’s success by asking participants to complete anonymous surveys at the conclusion of each month’s presentation to determine increase in knowledge about specific healthy aging topics and community resources. The survey also asked respondents if they attended any previous sessions and made any changes as a result.

Number of Staff or Volunteers Needed: 1 staff member, 12 volunteer presenters

Expenses: $1,000 Revenue: $1,000 grant Net Profit/Loss: 0

Contact Information

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Health and Wellness

Try-athlon
Ellicott City 50+ Center, Ellicott City, MD

Description: Ellicott City 50+ is unique in that it offers programs in 2 buildings which are separated by a parking lot. Getting members who frequent one building to cross the parking lot and participate in programs held in the other building can be challenging. So challenge them, we did! The Ellicott City 50+ Try-athlon consisted of 3 components. Two of those components were housed in one building; Fitness Equipment use and Group Exercise participation. The third component’s programs were held in the opposing building. Triathletes gained points each time they participated in an activity. Each participant had a Try-athlon log which was initialed by staff each time they participated in an activity. To receive a free t-shirt, participants had to score points in all three components. The participant scoring the most points at the end of the Try-athlon was awarded either a Fitness Equipment membership or Quarterly Group Exercise Class Pass. The greatest victory aside from an increase in wellness, was seeing members cross over to the other building to participate in activities long after the Try-athlon concluded.

The Try-athlon was significant from two perspectives. It was designed to expose members to different formats of exercise. Exercise is crucial to keep the body healthy and active which in turn can help improve quality of life. The Try-athlon was also a fun way to get members engaged in activities that occur within the Center but in a building they may not normally frequent. The goal is to make members feel welcome and comfortable in all of classes and programs regardless of which building that class or program is held.

Outcomes: Participants gained exposure to different exercise formats and improved their health. They also gained familiarity with a Center building they may not normally attend.

Evaluation: Each participant had a Try-athlon log which calculated points for the three different Try-athlon components.

Number of Staff or Volunteers Needed: 1

Expenses: $125 (in-kind dollars for Grand Prize) Revenue: 0 Net Profit/Loss: Loss $125 in-kind dollars

Contact Information
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Health and Wellness

Urban Explorers
Lamar Senior Activity Center, Austin, TX

**Description:** This program enables seniors to get out and about exploring their own community by public transportation. It gives them the tools to feel confident and safe while navigating public transportation walking, traversing and learning new things in a fun environment! I first brought in a representative from Capital Metro to talk about destinations and offer discounted senior bus passes. Then every month I look for exciting and educational opportunities to take our participants on excursions throughout the city of Austin. My goal is for them to get out exploring in a community-based experience. It is a chance to walk, learn about exciting offerings, visit museums, theaters, try new restaurants and more. There are so many trips and they are all so beneficial because we are giving back to the community with our participation, we are learning new facts and knowledge, we are out in community both with old friends and making new friends and we are walking - sometimes upwards of 3 miles once it is all accounted for!

Urban Explorers gets seniors out of the house and into their communities. It promotes wellness and builds camaraderie. We learn new facts and gain knowledge in a fun way, as we walk to different locations and learn to navigate schedules and directions. I’ve heard them chatting about how much fun they had exploring in their own city. They realize that they can take public transportation and it gives them the confidence to venture out on their own or with a pal. They meet new people and get some exercise all without even noticing that they are doing it!

**Outcomes:** Unique opportunity to learn about our city and see new and exciting options  Building confidence using public transportation, Getting out in fresh air and exercising, Community building and exploring iconic Austin sites, landmarks and museums  We benefit by having excited, healthy seniors that stay involved in our programs. Other folks realize how much fun we are having and want to join in.

**Evaluation:** Participants use technology to track their steps/mileage etc. Observing participants lively conversation about museums, new-learned facts and accomplishments during their outings  Noticing participants purchase bus passes and plan trips with a bud or two  Taking trip surveys and noticing the enthusiasm and suggestions for future Urban Explorers trips.

**Number of Staff or Volunteers Needed:** 2 staff

**Expenses:** Bus pass $2.50 per person or discounted rate **Revenue:** Net Profit/Loss:

**Contact Information**

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Description: Deliciously Nutritious is an interactive healthy nutrition education program that combines cooking instruction, a cooking demonstration and hands-on recipe preparation by program participants. The instructor is a professional chef, caterer and nutrition educator. Classes meet approximately quarterly, with a special holiday class in December. Participants learn how to prepare healthier versions of recipes, how to use fresh vegetables and different spices to replace salt and fat, how to use ingredients they might not be familiar with and new cooking techniques to create healthier meals. Titles of the classes are: “Farm Fresh,” offered in late spring, featuring fresh, seasonal vegetables and recipes; “Pumpkin Palooza” in the fall, which featured pumpkin in every recipe, both savory and sweet; “Cookie and Candy Workshop” in December, showcasing how to prepare lower fat and sugar sweet treats and “Love is in the Air” in February, featuring heart healthy foods in each recipe. Participants were able to assist in the preparation and sample each recipe. Several of the class sessions had take-home items for each participant, such as cookies, drink mixes, and spice mixes. Participants received copies of all the recipes that were prepared in each class. The instructor provided all of the food and materials for the class.

Good nutrition is important in leading a healthy lifestyle. Your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases and promote your overall health. Preparing healthier meals can be challenging for many people, especially if they will be using ingredients and cooking techniques that are unfamiliar to them. This class was designed to make healthier food preparation easy and accessible, and give participants recipe ideas to incorporate into their daily lives to help improve their health and well-being.

Outcomes: The class demonstrated how good nutrition is important in leading a healthy lifestyle. Participants benefited by learning how to use food ingredients in new, healthier ways, improving their overall health.

Evaluation: Many of the same participants came to all four sessions of the class, reporting that they enjoyed the new recipes ideas and incorporated new food and cooking techniques into their daily life.

Number of Staff or Volunteers Needed: Two staff members were needed to set up the space for the program and give kitchen access to the instructor.

Expenses: instructor fee: $300/class, total $1200 Revenue: 0 Net Profit/Loss: $1200 loss

Contact Information
Suzie Antkowiak
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Description: Many seniors who live alone often choose pre-packaged foods for convenience. Cooking classes for seniors were offered as a program activity to encourage the older adults to cook more affordable and nutritious food items as well as reducing social isolation by working together. There were three sets of classes, consisting of 6 sessions each. Bread making class was offered to revive a skill that allows for healthy grains to be incorporated and provide a lower cost alternative to purchased bread. Classes on meal preparation were offered through the genre of Italian food. These classes taught several components of a Mediterranean diet, which is one of the healthy eating plans recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease. The final series of classes consisted of learning to bake “from scratch” pies. Several of these pies were fruit pies which introduced more fruits into the participant’s diets along with a little sweet indulgence.

This program made a significant difference for the participants in terms of reducing their social isolation and developing expertise to create nutritious food choices in their everyday lives. Both of these program goals were beneficial to the physical, mental, and emotional health of the senior participants.

Outcomes: The classes were limited to eight participants per class and were fully booked several weeks ahead of time. Another positive outcome was that the goal of enabling seniors to have lower cost alternatives in their daily diet was met with recipes and techniques that allowed them to prepare meals at half the cost of dining out. Another successful outcome was meeting the goal of reducing social isolation by interacting with each other. Our organization benefited from adding some new participants who had not attended the center previously.

Evaluation: At the end of each class the seniors were surveyed to see if the recipe was something they would duplicate at home, if it would help their budget, and if being together in a group reduced their sense of social isolation. One hundred percent agreed that these meal items were something they could cook at home and would save them money versus purchasing pre-prepared foods. One hundred percent of the participants who lived alone felt that the program helped reduce the sense of isolation they often experienced.

Number of Staff or Volunteers Needed: One staff and one volunteer

Expenses: $788.93  Revenue: $830.00  Net Profit/Loss: $41.07

Contact Information

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Description: Our center was fortunate to have a member’s granddaughter complete her Girl Scout Gold Award Project at the Center. The Girl Scout built a container garden and planted herbs on our outdoor patio and shared her knowledge and enthusiasm for gardening and nutrition using herbs by leading programs at the center. She invited members to join her when it was time for planting. The Girl Scout engaged our members in her wonderful and well thought out programs, which included how to grow and care for herbs, how to cook with them and their health benefits, how to make pesto and oils and potpourri, how to dry and store herbs and how to start an indoor herb garden. Our members loved her programs, which included a Nutritionist and a Naturalist who shared their knowledge of cooking with and caring for herbs.

This program is especially significant and worthy of an award because it not only provided the center with a beautiful outdoor garden but the programs helped members learn how to cook with herbs and improve nutrition. Having an outdoor garden and the Girl Scout’s enthusiasm for herbs have encouraged our members to start a gardening club, which now meets monthly.

Outcomes: The programs were educational and engaging and the garden produced herbs that members could use to add nutrition and flavor to their meals. Our members and the center have benefited from the garden and the knowledge that was shared. The Girl Scout encouraged the members to continue with the garden after her project was complete and now the center has an established gardening club.

Evaluation: Not only did the garden produce herbs that were used by members but also at the completion of her Gold Award Project, the Girl Scout and the Center’s Assistant Director encouraged members to complete a survey. The results of the survey indicated that her Project was successful. It encouraged members to use more herbs in meal planning and for some members it encouraged them to start their own small herb gardens at home or expand their current gardens to add herbs. The surveys also raved about the Girl Scout’s dedication to this project and her execution.

Number of Staff or Volunteers Needed: The Girl Scout carried out this project with help from her parents, her grandmother, two professionals that lead one of the classes, and one staff from the center to coordinator the presentation times.

Expenses: The Girl Scout used her cookie sales as well as donations from local stores to buy the supplies needed to construct the container and the supplies needed for planting. Revenue: 0 Net Profit/Loss: 0

Contact Information

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Nutrition

No Senior Eats Alone Day: The Liberty Cafe'  
Liberty Senior Center, Randallstown, MD

**Description:** No Senior Eats Alone Day (NSEAD) was held on Thursday, September 12, 2019 in all 20 Baltimore County Department of Aging senior centers, nutrition sites, various BCDA programs and community partners (religious institutions, restaurants, housing buildings, etc.). This collective effort with Baltimore County Department of Aging’s Living Connected Initiative, was specifically designed to combat social isolation among older adults in Maryland. The goal was to create a day where BCDA was able to impact as many older adults as possible that may be facing any level of social isolation. Research has proven the physical and mental health benefits of an individual feeling connected and valued. The Liberty Café served as a venue to help those feel connected and valued. The Liberty Café served over 200 meals to members and non-members alike. Staff and volunteers also walked the main road and handed out apples, oranges, and bananas to those not able to attend this dynamic event.

This event is worthy of an award simply because it answered the desperate call of helping to combat social isolation among older adults. The local newspaper did an article on the success of the Liberty Café where our County Executive spoke to the participants about his own memories of watching his maternal great-grandmother decline and lose her ability to leave her apartment unfortunately isolating her and how evident it is that positive interaction leads to a lessening of social isolation in older adults. We had 22 volunteers ranging from center members, volunteers from Cigna, volunteers from Alliance, Inc., and from the Randallstown community.

**Outcomes:** Although most of the over 200 attendees were senior center members, we were able to gain 8 new center members, 6 Cigna volunteers, 4 Alliance, Inc. volunteers, and 7 Comcast volunteers. The County-wide success of No Senior Eats Alone Day was showcased in local newspapers, radio, and statistical charts showing the over 1,000 people who participated in and benefitted from NSEAD.

**Evaluation:** Surveys and statistical charts were used to determine how many people around the County participated/benefitted from NSEAD.

**Number of Staff or Volunteers Needed:** 4 staff persons, 6 Cigna, 7 Comcast, 4 Alliance, Inc., and

**Expenses:** $43  **Revenue:** $25  **Net Profit/Loss:** $18 loss

**Contact Information**

Marie A. Dix  
Liberty Senior Center  
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Description: Reisterstown Senior Center took a Baltimore County Department of Aging initiative called "No Senior Eats Alone Day" very seriously and hosted a week worth of low-cost meal related programs titled, “No Senior Eats Alone Week” for socially isolated seniors in Baltimore County. All meals were provided at a low cost of $2 per member, per day.

The program, “No Senior Eats Alone Week” is especially worthy of an award, as the Reisterstown Senior Center Council and staff took a brand new, county-wide initiative a few steps further. Instead of offering just one pre-planned meal to members on Thursday, September 12, they provided snacks and low-cost, themed meals to members the entire week of September 9. They provided such low cost meals in an attempt to get isolated seniors with low incomes to partake in fun, socially engaging meals among fellow members, then stay for fun, free programs at the center to follow.

Outcomes: No Senior Eats Alone Week was a huge success. All participants were thankful for this opportunity. Reisterstown Senior Center Council and staff provided 275 snacks and meals to socially isolated seniors in Baltimore County. Our participants benefited from this program because they received free snacks, and very low cost meals for an entire week. Each meal was followed by a fun, free, and engaging activity or program that participants could get involved with including Bingo, a pep rally, a movie, and more. This program was of benefit to our organization because we encouraged people to participate in a county-wide initiative called "No Senior Eats Alone Day". It also benefited the organization because Baltimore County Department of Aging's overall 2019 initiative was to get socially isolated seniors to engage in a variety of low cost or free programs. The Reisterstown Senior Center council picked up all additional costs for food and snacks in order to provide Baltimore County Seniors with such low cost meals and opportunities for social engagement during "No Senior Eats Alone Week".

Evaluation: We measured the success of this program by customer feedback and by the number of snacks and meals we provided to Baltimore County seniors throughout the week. In total, we provided roughly 100 snacks and 175 meals throughout "No Senior Eats Alone Week" in comparison to the usual 30-40 meals we provide in one typical week at Reisterstown Senior Center. The substantial increase of meals provided in one week measures the overwhelming success of this program.

Number of Staff or Volunteers Needed: 2 staff members/4 volunteers

Expenses: $175 Revenue: Net Profit/Loss: $175

Contact Information

Katelyn D. Poncheri
Reisterstown Senior Center
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Description: Pioneer Senior is a nutrition program that is spinoff of Pioneer Woman. It teaches seniors how to prepare a meal on a dime and to do it under 30 minutes. The meals prepared can last them up to 3 days and it encourages independence. Seniors can either watch the presentation or participate in the presentation. It also provides volunteer hours to seniors who want to assist and provides an environment of building self-esteem. This program is free of charge and we pay for each meal with donated money to our Senior Center or with donated food from local businesses.

This program is worthy of an award because it promotes senior nutrition and budgeting at a time when it lacks it. Seniors have a reserved income and do not have the money to properly finance a nutritious meal. With Pioneer Senior, we budget shop and show them the receipts of what was spent and break it down to a per person meal. That allows each senior to determine what they can afford and budget accordingly.

Outcomes: To teach seniors how to each nutritious meals according to their diet and budget according to their income. Our participants benefit from a hands an evidence based approach and the Senior Center benefits from teaching how to improve their health.

Evaluation: Each participant was given a survey to provide their opinion of the meals and also to give suggestions on meals they would like to try. Several seniors love to provide recipes and it allowed them to take the training home and reciprocate it.

Number of Staff or Volunteers Needed: 1-2 people

Expenses: $0 Revenue: $0 Net Profit/Loss: $0

Contact Information
BreAnna Monk
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Special Events

CSC Escape Room Challenge
Colchester Senior Center, Colchester, CT

Description: In celebration of National Senior Center Month, we always try to do something special. The 2019 theme of "Senior Centers: Keys to Aging Well" tied in perfectly with an Escape Room theme, which we held on the evening of September 26, 2019. The Escape Room theme was "The Lost Mummy" and we decorated the senior center after hours, transforming the space into an Egyptian desert. Three teams of 6 senior center members (18 players total) worked together to solve a series of 4 challenging puzzles, each of which gave them the combination to unlock a wooden chest, revealing the next puzzle. At the completion of the final challenge, the code unlocked a treasure chest, which contained a key. Once the key was retrieved, the team had to leave the escape room and return to the "Tour Guides" waiting in the Dining Room. Each team was competing against the others for the best time and each of the teams finished within 9 minutes of each other. All were successful at their "escape."

This program was very successful for a number of reasons. The interest in the program was great once members realized that the challenges weren't scary or require anyone to be physically locked in a space. Our members socialized to form and register their teams, some even inviting relatives and friends outside the senior center. There was teamwork involved, as each team member self-assigned an important job to solve the puzzles--the collaboration, high level problem-solving and dexterity were all vital aspects of the challenge. I don't think I've ever heard quite so much laughter at our center. The staff worked to transform the senior center, so that from the moment the players entered the senior center, it was a sensory experience through decorations, authentic middle-eastern music and through the refreshments at the end of the evening. It was a special experience that I feel is unique to senior centers and quite innovative. We've already had requests to hold it again with new teams, which we plan to do soon.

Outcomes: Laughter, teamwork, cooperation, high-level problem solving, a sensory-rich experience, success for able-bodied and disabled individuals, but the most powerful outcome was FUN!

Evaluation: Feedback from the players was our primary tool. Days later, people who did not participate are asking questions of those who participated and requesting that we hold the program again, with a group of players.

Number of Staff or Volunteers Needed: 2 staff were present throughout the duration

Expenses: $254.94 Revenue: $0.00 Net Profit/Loss: -$254.94

Contact Information

Patty Watts
Colchester Senior Center
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Description: One of our married couples asked the staff if they could present a program about their trip to Kenya in 2018. Over a 10 day period, the couple was immersed in The Orphans Project, visiting the elephant nursery unit in Nairobi and all three reintegration units in Tsavo National Park. They were able to provide personal accounts of the elephant conservation efforts of the Sheldrick Wildlife Trust. The Trust was founded in 1977 and is one of the pioneers in the rescue and hand rearing of orphaned baby elephants. Their presentation included a power point of photos including the couple feeding the baby elephants, video of the conservation area and facts pertaining to the threat of the elephant population.

The program allowed our members exposure to another country and wildlife that they may have been unaware of. The participants were able to get a personal account of the efforts of the conservation project as well.

Outcomes: The program was so successful that members asked for a second showing later in the year. The couple has also generated donations to the conservation efforts. We now have other members who have traveled abroad wanting to share their experiences. We are able to offer more free programming to our membership because of this program.

Evaluation: The large number of participants at the first program and request for a second showing.

Number of Staff or Volunteers Needed: 1 staff to coordinate date/time and two volunteers

Expenses: 0 Revenue: 0 Net Profit/Loss: 0

Contact Information

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Special Events

Exploring 50+ Expo
Westlake Senior and Community Services, Westlake, OH

Description: Partnered with the local library to present an Exploring 50+ Expo, featuring interactive exhibits and vendors representing different ideas and options that one can engage in during their retirement years. Similar to the open house fairs that freshman students attend (showcasing all the clubs and extracurriculars their school has to offer to help them socially engage), this Expo targets newer retirees to accomplish the same thing. Vendors represented life-long learning, encore career assistance, recreation, clubs, civic engagement, travel and more. Recognizing that people mostly focus on preparing their financial portfolio for retirement and are often ill-prepared to deal with all of their downtime, our goal was to provide a variety of local opportunities, assuring seniors that there is no need to ever be bored or to stop learning or even stop working. For this reason, financial planners were NOT a part of this Expo. We partnered with the local library, and promoted the event in our city-wide Mayor's newsletter, in an attempt to engage a younger senior crowd. We accomplished this in a big way. The event was held on September 24 from 4-7pm and drew around 250 attendees, a majority of whom were not our usual attendees. In our post survey, exhibitors were asked to rate the average age of attendee and the vast majority rated attendees as being 60-65 years old.

This event was unique: a fun retirement fair with no financial planners. It accomplished our goal of drawing the baby boomer seniors to our center. Exhibitors provided interactive opportunities, or a door prize or light refreshments. Other than staff time, the event had zero cost, and drew around 250 visitors, representing our target audience. Visitors were excited and 60 signed up for our e-newsletter.

Outcomes: 60 new e-newsletter subscribers Engaged baby boomer seniors (and expanded their knowledge of community resources and opportunities) Civic organizations, clubs and other vendors grateful to participate.

Evaluation: Every spot in the parking lot was filled, there may actually have been more than 250 who wanted to attend, but couldn't find parking!

Number of Staff or Volunteers Needed: 2 department staff planned and coordinated along with a library outreach person. 2 additional staff worked at our departments table on the night of the event, 4 volunteers worked at the event

Expenses: - 0 - Revenue: - 0 - Net Profit/Loss: - 0 -

Contact Information

Lydia Gadd
Westlake Senior and Community Services
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Description: On a monthly basis we have a Birthday Party celebrating those that have Birthdays in that month. We pay for their lunch. In addition we hold other special monthly events to correlate holidays or happenings in that month. We also plan various Covered Dish Lunches, Pizza Parties and other special events. A local 4-H Club helps sponsor our table centerpieces and our table favors for some of these events. On some of these events a local school choir comes and sings for us.

This program brings a great deal of joy to our seniors. Many of our seniors do not have family close and by having Birthday Celebrations and Special Events they feel loved. In several of these events we are involving youth that help make our events special by teaching them how important it is to help others. Involving the local school students for Halloween allows an intergenerational mix which helps both age groups. We believe our program deserves this award as our events have grown in number and it not only involves our members but the youth in the community.

Outcomes: The outcomes are increased participation in the events. Our participants benefited by being involved and not sitting at home alone. Our organization benefited by involving our community and youth so they learn what the center does for our senior community members.

Evaluation: We measured the success of our program by seeing attendance increase at our various events. When I first started at the center a year and a half ago we had little attendance and we have doubled in size for most events. We surveyed our members to see if they liked the events we planned and they indicated they feel like they are more welcome at the center by having these special events.

Number of Staff or Volunteers Needed: Staff - 4  Volunteers -5

Expenses: 3087.99 Revenue: 2228.11 Net Profit/Loss: (859.88)

Contact Information
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**Special Events**

**Hanover Township Fall Food Truck Festival**
Hanover Township Senior Services, BARTLETT, IL

**Description:** Hanover Township Senior Center hosts an annual Fall Food Truck Festival in September to promote awareness about services and programs for adults age 55 and better as well as raise funds for our home delivered meal program. The event is held on the last Thursday evening between 5 PM and 8 PM. The Fall Food Truck Festival is held in the parking lot of the senior center, with eight trucks serving gourmet grill cheese, slow roasted barbeque briskets, funnel cakes, ice cream, Asian dumplings and tacos. Food trucks are asked to participate, no charge for them to have their truck. Next to each food truck is a carnival game hosted by a staff member or volunteer to interact with the community and talk about programs/services. Eight baskets filled with gift cards and items donated from various restaurants and local businesses are raffled off at the end of the night. A rock band playing music form the 60’s to present day plays to the crowd on a large stage. The band, stage and rock-climbing wall were sponsored by local businesses.

The Fall Food Truck Festival is worthy of the special event award because it is a positive, family friendly event that has brought almost 1,500 to the senior center. The event promotes positive aging through performances on the “Rock Your Age” Stage, interactions with staff/volunteers at the Rock-Climbing Wall and beer tent. Visitors respond with “I had no idea how cool this place was” “I can’t wait until I’m able to attend programs!” Local business sponsored the stage and musical performances underwriting the cost of the event. This event has strengthened our visibility and encouraged partnerships in other projects.

**Outcomes:** The Township created a positive family event that was inclusive and welcoming to all. Residents learned about programs and services, as well as experienced what it means to age well in the community. Over $4,000 was raised through beer sales and raffle price ticket purchases.

**Evaluation:** Measurables of the event were number of people counted at the event, (calculated through the use of shuttle buses and parking spots at the event). Feedback from residents on social media such as Facebook and Instagram. Amount of food and beverages sold from food trucks and beer tent. Our third year had the largest participation from 1,500 people.

**Number of Staff or Volunteers Needed:** 25 Staff and 30 volunteers which included an Emergency Services Team (16) directing traffic/parking cars.

**Expenses:** $4,400 **Revenue:** $5,000 **Net Profit/Loss:** $1,000

**Contact Information**

Tracey Colagrossi
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**Description:** This Mother's Day event was to honor all things Motherhood. The goal was to create a space where all who were in attendance felt special and had a chance enjoy a lovely meal and share in a safe space. The staff provided a display of ways that one could preserve the memory of a loved one who had passed, ideas from the book "Passed and Present" were shared. The ideas included recipe cards in frames in the kitchen, a special tea cup and saucer made into a candle. A special plate and saucer turned into a cake plate, a silver salt shaker kept as a vase. Taking pictures of meaningful items and utilizing apps on the phone to create a keepsake picture of the item to be framed. The guests were met with handmade fresh corsages and favors of flower bark. During the luncheon attendees shared what traits they inherited from their moms that they are most proud of. They shared memories of their moms or of being a mom. Some shared pictures of their moms. The room was set up in tables for 2, 4 and 6 to create a more intimate space. Food was homemade and included Raspberry Scones, Ham, Raisin Sauce, Coconut Poundcake Avocado and Grapefruit Salad, Mini Lime Tarts, Cucumber Tea Sandwiches and Strawberry Goat Cheese Bruschetta. The feedback was amazing, the chance to share, to reflect and to celebrate what everyone loves and misses from their moms was very moving and special.

This program is worthy of an award because it presented a different twist on a traditional Mothers Day event. It was geared toward honoring Motherhood. We discussed how you may not need or have a place for your mom's china, or furniture but there are ways to create keepsakes that are meaningful and manageable to keep them in your daily thoughts and lives. It was designed to create a warm and safe environment to share without pressure and to give the attendees a chance to reflect. This is more an annual remembrance event than just a luncheon.

**Outcomes:** The program was sold out. The participants had a chance to share and feel special. The organization benefited from hosting a successful and positive event.

**Evaluation:** The comments received in person from attendees and the feedback on the evaluations. The request for recipes and the name of the book I shared ideas from.

**Number of Staff or Volunteers Needed:** 5 Staff

**Expenses:** $550  **Revenue:** $600  **Net Profit/Loss:** $50

**Contact Information**

Regina 5 Jenkins
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HONORING OUR VETERANS
Mansfield Senior Center, Storrs, CT

Description: We hold an annual celebration for our Armed Service Veterans each year. As World War II veterans begin to disappear, it is important that we pay our respect to them, as well as other veterans. 2018’s program attracted over 100 veterans and spouses. It is truly a community celebration as we partner with our public library, local veteran organizations, UCONN's Army ROTC program, our choral group and Connecticut AMVETS.

This truly is a community event due to the help we receive, not only in terms of manpower, but also financially. We also extend our invitation to veterans in surrounding communities which is greatly appreciated by the men and women who have served. We also had a speaker from the Connecticut Storytelling Center present a program, THIS BUSINESS OF FIGHTING, based on his father's letters home during WWII. You could have heard a pin drop. Staff and volunteers serve a sit down meal which was very well received after years of buffet style meals.

Outcomes: This celebration brings more awareness to the seniors who may not be regular senior center members. It also raises awareness of the veterans in our community as well as surrounding communities.

Evaluation: Attendance is the best indicator of success. We were at full capacity and expect to be this year as well.

Number of Staff or Volunteers Needed: 6 employees, and 8-12 volunteers.

Expenses: $ 0.00- Paid for by donations from sponsors, personal and business Revenue: $200.00 (paid guests) Net Profit/Loss: $200.00

Contact Information
Mary Flood
Mansfield Senior Center
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**Special Events**

**LGBTQ Senior Resource Fair**  
City of Phoenix Human Services Department, Phoenix, AZ

**Description:** On September 26, 2019, the City of Phoenix Human Services Department Community and Senior Services Division held an LGBTQ Senior Resource Fair at the Paradise Valley Senior Center. The Resource Fair was produced to encourage LGBTQ elders to become aware of resources available to them in city of Phoenix, Arizona, senior centers. The event featured exhibitors who addressed the unique needs of the LGBTQ community, educational sessions, free HIV testing, adult crafts, a free lunch, and door prizes. In addition, the Arizona LGBT "Hip"storian was the keynote speaker. He spoke about the history of the LGBTQ community in Phoenix and Arizona. Other fun events included a Pickleball clinic and a performance by the Voices of the Desert, an LGBTQ community choir. Educational sessions included "Rx Matters", to discuss medication misuse, HIV Prevention, Life Care Planning and Bias Crimes. The resource fair was attended by over 200 people, including friends, family, staff of other metropolitan area cities, and allies of the LGBTQ community.

The LGBTQ elder population in Phoenix is underserved. Often, they are lonely, lack resources, and do not know where to turn for support. The LGBTQ senior population has needs that go beyond the typical resource and referral process. By bringing together multiple agencies to focus on this group’s specific needs, many citizens found themselves feeling recognized, supported, and listened to.

**Outcomes:** Benefits of this program included a sense of inclusion for the LGBTQ community within senior centers, improved access and availability of resources and services, and increased staff awareness of the needs of this specific segment of the older adult population.

**Evaluation:** A survey was distributed soliciting feedback on whether or not attendees had been to a Phoenix senior center before, what kind of resources they are looking for, if they would be willing to volunteer for future events, and if they would like email notification of future activities. One survey respondent included comments about how touched she was the Mayor of Phoenix attended. Those attending were impressed with the program and over a dozen participants indicated a willingness to assist with future programming for this population.

**Number of Staff or Volunteers Needed:** The City of Phoenix Human Services Department Community and Senior Services Division operates 15 Senior Centers throughout the city.

**Expenses:** **Revenue:** Donations were only solicited to support meals and giveaways at the event. **Net Profit/Loss:**

**Contact Information**

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Special Events

Middleton Senior Center Quilts of Valor Awards

Middleton Senior Center, Middleton, WI

**Description:** The Middleton Senior Center partners with the Sugar River Quilters a chapter of the national Quilts of Valor Foundation. Twice per year we honor 6 local veterans for their military service. We obtained sponsorship from a local business to cover the cost of this. Veterans apply at the senior center for a quilt. The senior center collects the veterans information about their military service. The facility has a breakfast and a patriotic program honoring them for their service. Members of the quilts of Valor foundation read each veteran's bio and wraps them in a handmade quilt thanking them for their service. This is a very emotional and healing event for the veterans involved. The family members of each veteran are also invited. The program includes posting of the colors by the local VFW and a person who sings the national anthem. This year we organized programs in May and October 2019. We obtained a sponsor for the breakfast, and the quilts are also made free of charge by the ladies of the Quilts of Valor Foundation.

Senior Centers are the perfect organizations to reach veterans who may not otherwise be honored for their service. The emotional impact to the veteran can many times encourage healing, sharing and coming to terms with their long ago military experience. The healing also transcends entire families by bringing them together to honor mom or dad for their service that they may not even have knowledge or information about. It also encourages women to talk about their service and also be recognized for the significant contributions they have made.

**Outcomes:** Veterans including both men and women were recognized for their service to our country. The organization became a focal point in the community for this event. Local press covered the event and new partnerships were formed. Younger generations were also impacted by us when the veterans family members attended the event.

**Evaluation:** Other local senior centers have also started the program after senior center director Tammy Derrickson presented this idea to them. Veterans are extremely proud of this award and they talk about it in the community.

**Number of Staff or Volunteers Needed:** 8

**Expenses:** Breakfast $1000.00 was sponsored by local business **Revenue:** 0 **Net Profit/Loss:** 0

**Contact Information**

Tammy Derrickson
Middleton Senior Center
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**Multi-Genre Dancing Programs**
Ruskin Senior Center, Ruskin, FL

**Description:** Dancing programs where participants learn to dance to different music genres promoting a higher level of activity by seniors and the integration of different cultural music styles were implemented during the second quarter of the year. The term Active Senior Center implies that participants participate in activities that promote interaction among participants, sharing of their diverse cultural backgrounds, and, at the same time, improve their health by “making” participants move in a fun way instead of a regimental exercise program. The integration of different music genres has allowed seniors that are already active to add activities to supplement their daily activities. Seniors who would otherwise sit most of the time while at the Center, came out of their shells and started participating in dance lessons and learning different dance moves. These seniors wanted to learn dance steps that they had seen performers and friends make and fell more comfortable joining a group of dancers that would teach them dance moves without criticism.

A small program evolved from a basic line dance lesson, to the addition to Latin music lessons, and finally, country western line dance lessons held weekly, two days per week. Side benefits of the program include the addition of over 100 new Recreation clients at the Center since the end of May when the program was expanded to include country western line dancing. The program has allowed Center clients to become more outgoing during department-wide events. Ruskin Senior Center clients encourage clients of other sites to join them at the dance floor during those events.

**Outcomes:** Increased physical activity. Exercising in a fun way. Promotion of physical activity, coordination, and flexibility. Increased interaction with other members. Sharing personal and cultural experiences.

**Evaluation:** The original line dance class was expanded to include Latin music dance lessons. The Center has experienced a 125% increase in membership from the end of 2018 to date. Increased member socialization. Members do not want to miss a day at the center especially on days when dancing is scheduled.

**Number of Staff or Volunteers Needed:** Five volunteers run the lessons.

**Expenses:** None  **Revenue:** N/A  **Net Profit/Loss:** N/A

**Contact Information**
Edgar Martinez
Ruskin Senior Center
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Description: September is National Senior Center Month. The 2019 theme was Senior Centers: The Key to Aging Well. Senior Centers are the key to unlocking opportunities for individuals to Age Well. Aging Well may be accomplished through activities that allow seniors to grow, learn, connect with others and give back. During the month of September 2019 members of Victory Villa Senior Center were asked to stop by the front desk and pick up a key. On the key, they wrote how Senior Centers enabled them to Age Well by growing, learning, connecting and giving. All the keys were then displayed on a wall in our multi-purpose room for all to see.

The Victory Villa Senior Center "Senior Centers: The Key to Aging Well" key wall is especially significant and worthy of an award because it encouraged members of Victory Villa Senior Center to take a moment to reflect on how their participation in the variety of programs offered at Senior Centers plays a significant role in their physical and mental well-being. Senior Centers offer a sense of community for the seniors who belong and participate. It is through the Senior Centers that seniors feel connected to others who are both similar and different from them. Senior Centers offer a safe environment where seniors can thrive. Having seniors put into words how Senior Centers enable them to Age Well by growing, learning, connecting and giving enabled the seniors to see how the Senior Centers are such an important and integral part of their lives as they continue to age each year.

Outcomes: Participants benefited by receiving confirmation that their participation in Senior Centers is contributing to their Aging Well. The Senior Center benefited by seeing what programs offered are having a successful impact on the aging of our senior population.

Evaluation: The success of the program was measured by the enthusiasm shown by the members when the keys were completed and displayed.

Number of Staff or Volunteers Needed: 3

Expenses: 0 Revenue: 0 Net Profit/Loss: 0

Contact Information
Karen McDonough
Victory Villa Senior Center
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Description: Our No-Sew Scarves Project was executed during Community Service Week. The project idea and some of the yarn came from the Montgomery County Volunteer Center. With one DSC staff member and approximately 14 volunteers, we produced 32 scarves, which we donated to the Betty Ann Krahnke Center for victims of domestic violence. All materials for this project were donated, including new rolls of beautiful wool from Peru. Volunteers included senior patrons at our center, a few SSL students, and adults from Target Community and Educational Services, whose mission it is to enhance the lives of children and adults with intellectual disabilities. Each scarf was hand-made with love and care and the recipients in mind. One of our more talented seniors made especially beautiful scarves with all the frills. This particular senior happened to be undergoing treatment for cancer at the time, but she made a point of participating in the project and making certain that each scarf was unique and special. Another senior who helped make the scarves was a homeless woman who is a member of the DSC. As we made the scarves, the women talked about the victims of domestic violence and all agreed that they were happy to be able to give them something beautiful that would keep them warm and make them feel loved.

This program has it all, community partners, inter-generational experience, creative arts, and no expense needed. We enhanced our appreciation of diversity by working with others and talking about victims of domestic violence. The positive experience will make it more likely that these participants will continue to give back to the community.

Outcomes: Our participants benefited by the opportunity to use their time and talents to help those in need in our community. It was a reminder that Seniors still have much to give. Our organization benefited by having the ability to show that we are a community resource on multiple levels.

Evaluation: We were not able to see the appreciation on the faces of the victims of domestic violence that we helped but that did not matter. 32 scarves were made and delivered but more than 32 people were affected by the experience. Our seniors and community partners worked together for a common cause, shared their stories, and were happy to send their warmth out to those in need.

Number of Staff or Volunteers Needed: 1 Staff member organized the event. 14 volunteers participated.

Expenses: $0.00 Revenue: $0.00 Net Profit/Loss: $0.00

Contact Information
Anthony Edghill
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Special Events

September 11, 2001 - Never Forget
Jacksonville Senior Center, Phoenix, MD

**Description:** Amy was in New York City on September 11, 2001. She was on the bottom floor of the first Twin Tower that was hit on that morning. I met Amy at a community event, heard her story, and asked if she would share her story at the Jacksonville Senior Center. She said yes. I scheduled her to speak on September 11, 2019 at the senior center. We had a full house to listen to her story. She presented a slideshow of some of the photos of that day. She spoke of what lead her to New York in the first place, how she got her job, and then how that day unfolded for her. Her story is chilling, and made every person in that room reflect on that day. Her message was for everyone to be grateful that they are an American, to be appreciative of our U.S. military and first responders, and to remember that day - September 11, 2001 - Never Forget.

Amy was 21 years old when she was in the Twin Tower on September 11, 2001. She commented on how lucky she was to have survived that day. It is worthy of an award because so many people lost their lives that day, in different areas by different attacks, and they did not have the opportunity to share their story.

**Outcomes:** Our participants benefited by listening to her story, as none of them actually knew anyone experienced any of the attack sites first hand. The Jacksonville Senior Center benefited by having this one-of-a-kind presentation.

**Evaluation:** We distributed tickets to attend the event, and all of the tickets were used for seating capacity. The feedback from the members at the conclusion said it all--very successful program.

**Number of Staff or Volunteers Needed:** 1 Staff member

**Expenses:** $200  **Revenue:** Net Profit/Loss: -$200

**Contact Information**
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Jacksonville Senior Center
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**Description:** With funding support from Comcast, Vintage developed a 1-hour curriculum to address cyber security for older adults. The goal was to increase knowledge of online safety techniques, such as online scams, privacy protection and other related topics.

Scams, fraud, identify theft and financial exploitation costs seniors $3 billion every year.

**Outcomes:** 98% of participants reported increased knowledge regarding cyber security. Specifically, 75% strongly agreed, and 23% agreed, with the statement "My knowledge about internet safety and security has increased as a result of this class.

**Evaluation:** Instructor was knowledgeable and enthusiastic. The materials presented were clear and helpful.

**Number of Staff or Volunteers Needed:** This will vary by center; if the center has a computer lab that will eliminate the need to set-up and break-down a classroom. Our facility does not have a dedicated computer lab, therefore we had to set up a classroom with tables and chairs, and set up a

**Expenses:** $10,000 (including staff time, instructors, equipment) **Revenue:** $10,000 (grant funded) **Net Profit/Loss:** 0

**Contact Information**

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**Digital Photography Boot Camp**  
*Johnson City Senior Center, Johnson City, TN*

**Description:** The Photography Boot Camp was a week long, full day, training experience for people interested in learning how to better use their cameras or phones to capture, print, and share photographic images with others. Participants were “mentored” by members of the amateur photographers club who shared similar photographic equipment and interests and they also “partnered” with other participants to complete in-class photographic “challenge” assignments. During the week, participants engaged in mini-lectures, “hands on” application labs, on and off campus photo shoots, and a public presentation and exhibition of their photographs.

The entire photography boot camp experience was designed and taught by senior citizens for senior citizens. Emphasis was placed on mastering the basics of a tool, i.e. a camera, for the purpose of personal self-expression and “world” exploration. All lessons, labs, field trips, and assignments encouraged interaction and engagement with others and demonstrated how photography can be a rewarding hobby that allows us to express one’s thoughts, ideas, and life perspective throughout our lives.

**Outcomes:** Participants reported having a better understanding of how to use their cameras or phones, were more mindful on how to compose and take better photographs, felt that their approach to taking a picture was more “creative”, and that they had become more aware of photo opportunities in their environment. Similarly, all participants reported feeling more competent in analyzing and critiquing their work and then using the information to produce a better photograph.

**Evaluation:** There were three methods used to evaluate the Photography Boot Camp experience: (1) After the completion of a “hands on” lab, photo challenge, or a homework assignment, participants were asked to reflect and react to the experience. For example, they would be asked to comment on what they had learned/discovered about their camera, taking photographs, and/or themselves as a photographer as a result of their individual and shared experience; (2) An end of class survey was administered to all participants; and, (3) the number of Bootcamp participants who decided to then join and regularly participate in the Johnson City Amateur Photographers Club.

**Number of Staff or Volunteers Needed:** The staffing infrastructure was as follows: One Center Staffer who oversaw the registration process, arranged for rooms, and transportation to off campus sites.

**Expenses:** $95.92  
**Revenue:** $300.00  
**Net Profit/Loss:** $204.08

**Contact Information**

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Technology Brings World Wide Experts into Senior Centers
Calabasas Senior Center, Calabasas, CA

**Description:** All around the world, the TED organization (Technology, Entertainment, and Design) conducts seminars featuring a wide variety of renowned speakers and experts in their fields. To attend these seminars in person, the tuition is in the thousands of dollars. Happily, using technology, these brief twelve to eighteen minute lectures are made available to the public on the TED website, at no cost. Using readily available laptop computers, the Calabasas Savvy Senior Program presents a curated selection of these talks in six moderated 90-minute sessions. Up to 50 seniors are engaged in watching 3-4 presentations on a big screen or smart TV. After each topic, the moderator poses questions to elicit discussion and commentary from the participants. Thoughtful selection guarantees that members of the audience will be surprised and delighted by new learnings in areas they never imagined existed. Topics range from current and developing technologies, social issues, personal development, educational issues, futurist thinkers and doers, international relations and artistic accomplishments to name a few.

This program is like a basic black dress. It is a wealth of information that can be a technological asset in your toolbox. TED Talks capitalizes on technology, is affordable and alerts seniors to a world of new ideas. Importantly, it gives seniors opportunities to communicate and combat the loneliness of aging. Furthermore, the program is easily replicable, affordable and valuable to every socio-economic group. The only resources needed are a person to curate the video library, a laptop computer and projection capability for a group setting.

**Outcomes:** An informed and energized senior population would be equipped with talking points that lead to enriched conversations, socialization and new friendships. Seniors are encouraged to bridge the technological gap that their generation experiences by accessing TED Talks on their own. Participants in the class often form their own luncheon groups to discuss the talks that were presented. The new learnings about contemporary issues help seniors to be current and engage in intergenerational conversations.

**Evaluation:** Each semester classes are filled to capacity and often have a waiting list. Oral feedback is provided with suggestions of future topics. Individuals missing a class request the list of missed Ted Talks to view on their own.

**Number of Staff or Volunteers Needed:** One volunteer or staff member to moderate.

**Expenses:** $0.00  **Revenue:** $0.00  **Net Profit/Loss:** $0.00

**Contact Information**
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Technology

Voter Registration Day
Rosedale, Rosedale, MD

Description: We invited representatives from the board of elections to the senior center for an all day voter registration event. The election representatives brought the machines used for counting ballots and all of the necessary forms to get members’ registration up to date. The day was filled with chances to win prizes and learn about local government representatives. Many members had questions about the new voting machine and were able to have other questions and concerns addressed. This program allowed seniors to continue to have a voice and encouraged them to practice their right to vote with confidence. This was a day of empowering seniors by bridging the gap between technology and tradition. We wanted the seniors to know they have a voice and we are here to provide the resources to allow their voices to be heard. The seniors are now better prepared for a situation where they may have otherwise forfeited their rights due to unfamiliarity.

This program was created with the intention of giving seniors a voice and empowering them by keeping them informed about the growing use of technology in elections. We wanted this day to empower seniors by informing them of their right to vote and how to be prepared to do so. This program was multifaceted and involved the community, seniors, government workers and technology. The issue of accessibility was addressed by having everything available for participants within the center.

Outcomes: The confidence our members gained from seeing the voting machine and interacting with the board of elections staff was visible. Members had a chance to have important questions answered and are now better suited to practice their right to vote. This program also created a helpful relationship with the staff from the board of elections; we can call upon them for future events and resources to benefit the seniors.

Evaluation: We had the board of elections staff keep a tally of each member they interacted with throughout the day. We also asked for feedback from the board of elections staff and asked the members who utilized the resources about their experience.

Number of Staff or Volunteers Needed: 2

Expenses: $0 Revenue: $0 Net Profit/Loss: $0

Contact Information

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"Play/Toy" Painting Project
Maynard Council on Aging, Maynard, MA

**Description:** The "Play/Toy" Painting Project was inspired by a gift of stuffed animals and toys to the Maynard Council on Aging's Senior Watercolor Class to be used as painting subjects. The seniors were teamed up with students from the Maynard Green Meadow second grade class to paint artistic expressions of the stuffed animals and toys. The second grade students chose what were meaningful to them and painted with acrylics. The seniors then chose from the stuffed animals and toys selected by the children for their watercolor paintings. The project culminated in a show of twenty-one pairs of paintings at the Maynard Library. In addition to the seniors and students, parents, grandparents, grandchildren, members of the community and the town administration attended.

Toys were chosen based on personal meaning for each individual. The toys the senior chose often reflected experiences with their children and grandchildren. The students chose toys reflecting their current experience with these toys. In both classes participants shared feelings about their choices and personal feelings. The teachers taught new techniques in order for both classes to paint on a larger scale.

**Outcomes:** Seniors and students met each other for first time at the art show. Each toy was hung in pairs and the seniors and students went to their painting, read each others name and looked for each other by using their name tags. The project well advertised through various media outlets and the entire community was aware of this special intergenerational experience. The seniors were especially thrilled to spend time with the children as several had grandchildren they didn't see often.

**Evaluation:** Enthusiastic participation by both classes, attention to the quality of their work knowing it would be shared in a special way. Interpersonal connections made at the art show had an element of surprise and conversations occurred about more than just why each chose their toys but included a "getting to know you" quality with lots of hugs hello and good-bye.

**Number of Staff or Volunteers Needed:** Two art instructors and seniors from the class helped hang the paintings. Refreshments were provided by the Council on Aging.

**Expenses:** Art supplies used were already part of circulum budgets. **Revenue:** NA **Net Profit/Loss:** NA

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The Arts

Art and Appetizers

Port Washington Adult Community Senior Center, Port Washington, WI

**Description:** This program was an effort to reach out to younger seniors and perhaps older working adults. The theme was chosen to attract people interested in creating art in a casual atmosphere within a specified time period such as 2 hours week one and 1 1/2 hour week two or day one and day 2 with one theme a single day. A variety of art and art/craft projects were incorporated for 3 different events one each in April, May, and Sept. Project examples included Watercolor Batik, Outdoor Yard Art: Clay Pot Lighthouse, and Reverse Glass Painting. Appetizers were chosen as we are a municipal center and unable to serve alcohol. The same instructor worked with us to create the various projects for the program. It was also done in a series in an effort to work with Park and Recreation on promotion. It was not intended to be an event with large numbers or substantial profit margins.

The Sessions for the Art and Appetizer program were facilitated by the Art Instructor. She had all the supplies and needed equipment for the program. The center provided one hair dryer. The instructor for the watercolor batik showed the group the finished piece and then explained step by step what to do and why. Then she took the class through each step to completion. It was the same instructor for all the sessions. For Watercolor Batik we did an afternoon and then a late afternoon session on the same day. For the Garden art, it was a 2 week class so the painting was completed the first week; the second week the gluing was done and then the sealant applied, which had to be done outside. For the Reverse Glass Painting, the process was similar to the watercolor batik except that the inking was done the first night and the painting the second night.

**Outcomes:** The participants networked with others. Participants were able to improve brain plasticity. Creating a piece of art to keep or give as a gift provides sense of accomplishment to the participant.

The Center Benefited by publicity (visibility) for event throughout the community. There was an increase in Exposure to participants to see different program approaches which enhances the Center through diverse program offerings.

**Evaluation:** The feedback from participants requesting similar programs be scheduled. The number of registered participants (one instructor meant there was some limitation on class size).

**Number of Staff or Volunteers Needed:** One contract instructor

**Expenses:** $487  **Revenue:** $520  **Net Profit/Loss:** 33

**Contact Information**

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Description: Art to Feed the Soul is a guided art program celebrating, family, age and expression. The program takes place over six classes during which participants learn new techniques in painting, composition, and storytelling. Art to Feed the Soul was created to accommodate all levels of familiarity with art, including those who have no prior experience and includes personalized instruction, professional quality materials, and an artist reception to showcase all of the new artists' work. Over the course of six classes, participants craft a story about a memory related to food and create a mixed media piece of artwork entirely unique to them and their story. This program is a partnership between the Juanita Pohl Center (Tualatin's active aging center) and the Geezer Gallery of Portland, a nonprofit organization dedicated to showcasing senior artists and providing therapeutic art programs.

Participants craft a story around a special memory related to food or family recipe, discuss and share with their peers and receive instructor feedback. This story is then printed and displayed with their artwork at the showcase. Using a specialty floral tissue and professional quality paints, participants paint papers to complement their story and aesthetic. These papers become the basis for their mixed media artwork which is composed on a 20x20" birch cradle board. In addition to painting, participants learn to make acrylic skins using gloss medium and how to create three dimensional effects using stencils and molding paste.

Outcomes: The goal of Art to Feed the Soul is to engage participants socially and mentally and to give older adults opportunities to express themselves creatively. Through the process, participants are able to relive a time in their lives that they remember fondly and connect with others through those memories.

Evaluation: Art to Feed the Soul culminates in a celebration during which artists share their work with friends, family, loved ones and the public. Following that celebration, interviews were conducted with individual participants to gauge the success of the program. Interviews are featured in a video created around the program.

Number of Staff or Volunteers Needed: This program requires 2-3 staff or volunteers, all of whom must be trained to deliver the program or have gone through the program as a participant at least once.

Expenses: $300/session Revenue: $400/session Net Profit/Loss: Profit of $100/session

Contact Information

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The Arts

Cases for Smiles
Ateaze Senior Center, Baltimore, MD

**Description:** Cases for Smiles is a campaign to have people sew pillowcases for children with cancer. Most children have extended stays in the hospital so to have a “special” pillowcase made just for them can bring joy to the child and the family. Our members along with the Dundalk community donated fabric, zip lock bags and laundry detergent. The quilting groups from Ateaze Senior Center, First Lutheran of Grey Manor, Victory Villa Senior Center, and other community members assembled and sewed together pillowcases. When they began this process, the goal was for 50 pillowcases to be completed and distributed in February, because of the overwhelming support the program has grown to over 400 pillowcases donated in 2018. To start the process the woman would first lay out the fabric and match up what they thought would go together. Then they cut the fabric to the patterns, sew together and bind the pillowcase. The next person is in charge of washing and ironing the pillowcase and enclosing it into a zip lock bag to keep it sterile. Next, they collect and give to the local Cases for Smiles representative to donate the local children’s cancer ward. We expect this year to be bigger and we have so many new community partners who donated either fabric or money to get more fabric for the group. They donate during the month of February; in 2020, they project to have over 500 completed.

- July 2018- Fabric drive was held to collect new fabric, the entire Dundalk and surrounding area was solicited. We asked for Children's themed fabric and solid colored fabric. - September 2018- Local churches and quilting groups asked to help with the project after hearing about the groups success. - January 2019- All pillow cases came in to be packaged and sterilized. - February 2019- A representative from Cases for Smiles came to collect the pillow cases and the center sponsored a small reception for all the participants in the program.

**Outcomes:** Over 400 pillow cases donated and the participants walked away with feelings of being needed. For most seniors no one "needs" them this they can do and they taught younger generations how to sew.

**Evaluation:** We measured the success by the amount of pillow cases donated and the new members to the project.

**Number of Staff or Volunteers Needed:** Staff -1  Volunteers- We had over 50 but could do with as little as one.

**Expenses:** 0  **Revenue:** 0  **Net Profit/Loss:** 0

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The Arts

Creative Aging Showcase
City of Phoenix Senior Centers, Phoenix, AZ

**Description:** The City of Phoenix Human Services Department Community and Senior Services Division operates 15 senior centers. Creative Aging is an opportunity for senior members to participate in a variety of arts programs while being socially engaged. This program is worthy of an award because it highlights to city leaders and elected officials the importance of Creative Aging programs for senior center members. Creative Aging provides senior center members with the opportunity to engage in opportunities to be creative and engage socially with others. At the Creative Aging Showcase, Senior Center members enjoy seeing their art, and the art of others, on display and are proud of their accomplishments.

Throughout the year, Phoenix Senior Center members participate in a variety of Creative Aging programs. These include ballet, salsa dancing, theater, creative writing, visual arts, and crafts. Once a year, a special Creative Aging Showcase is held to display works of art produced at the senior centers. The Creative Aging Showcase is held in the City of Phoenix City Hall location. Works of art are displayed for public viewing in the atrium for an entire week. Members are encouraged to invite their families and friends to visit the display. At the end of the week, members who had their art on display are invited to attend the Showcase where they viewed their art and the art of others, and are treated to refreshments, congratulatory speeches by city leaders and elected officials, and short dance or theater performances.

**Outcomes:** This week-long Creative Aging Showcase is an opportunity to highlight the creative efforts of members of each City of Phoenix senior center. City leaders and elected officials were invited and encouraged to attend the Creative Aging Showcase.

**Evaluation:** Members participating in the Creative Arts program were excited to see their works of art on display. Members returned to their respective centers and showed off their certificates and gifts to others and commented on how proud they were to have participated in the Showcase. According to a City of Phoenix Public Information Officer, a Facebook live video of the event had the most views of any previous videos.

**Number of Staff or Volunteers Needed:** Community and Senior Services Division staff helped plan the program and assisted on the day of the event.

**Expenses:** Expenses related to arts and crafts materials, arts classes, and Showcase event are covered by ACA grant and City funding. **Revenue:** $2,500. **Net Profit/Loss:**

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Creative Crafting with Martina
Port Angeles Senior Center, Port Angeles, WA

Description: Twice a month our center hosts a class that not only creates adorable crafts but also offers people the chance to socialize, use their creativity, and reuse everyday household items. The class is free, and the supplies are brought in and donated by the incredible instructor, Martina. Most of the materials used are things you can find around the house such as old clothes, rocks, and old wrapping paper scraps. The extra craft items such as glue, paint, or glittery extras are all paid for and brought in by Martina. The first project that this group completed was the creation of a reusable shopping bag out of old t-shirts and tank tops. This project didn’t require any sewing and was the perfect starter project. I noticed one member who suffers from tremors and mobility issues taking her newly made shopping bag around to everyone that would listen and showing off the handmade item. After that class I saw a noticeable change in her interactions around the center. She has started volunteering for events and helping with our newsletter mailing. This class doesn’t require anything from the participants except for them to show up with a good attitude. I’ve witnessed the positive impact that this class has had on our members. It gives them a sense of accomplishment and a way to express their creativity that is fun, noncompetitive, and, most importantly, free.

The class meets every other Friday and Martina plans something different for each class. The first project was creating a shopping bag out of old t-shirts and tank tops. The following class involved folding old wrapping paper into cranes and other origami shapes. The group has also created cacti by painting rocks, butterflies our of wire and panty hose, and pizza's made out of dollar bills to give out as graduation presents!

Outcomes: The participants are able to be creative and socialize. Our organization benefits by having a worthwhile program to offer to the community.

Evaluation: We take a daily attendance and the first class started with two people and now regularly has eight to ten. Also on a more subjective measurement I've noticed some of our most shy members becoming engaged and creating friendships.

Number of Staff or Volunteers Needed: Two.

Expenses: The volunteer takes on all the costs of the program because we don't have funds to support it. Revenue: n/a Net Profit/Loss: The instructor spends her own money to purchase the supplies needed for the class.

Contact Information

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Creative Expressions with Friendship Circle Watercolor
Friendship Circle Senior Center, Senior Community Services, Darby, PA

**Description:** The 10 week series is taught by a certified art instructor that encourages interaction and friendship among seniors; as well as, a sense of pride in their accomplishments that result in seniors' positive impact on health and their well-being. The class averages 17 members and engages all races and ages. The class environment is "family style", comfortable, and fun! The final pieces created in the class are displayed on the center walls so it does not have a look of an institution. The final 2 pieces are also displayed at the local community college for a month so that it promotes inter-generational learning.

The teacher teaches the students how to create professional art (strokes, amount of watercolor paint, and techniques). Class participants gather around the teacher's table and learn through a group setting. Class participants return to their tables and work in 2’s to create artwork while the teacher provides individual support to the class. The class work together to select the pieces of quality to display on the center walls and at the Community College art show. The teachers goes beyond the art work and teaches matting - how to display the finish works. Art participants do "painting parties" to hold special events. Art participants even paint individual center members Christmas Party gifts.

**Outcomes:** Class members individual artwork. Center walls come alive with the art work. The class shares their accomplishments with college students

**Evaluation:** Center surveys & retention rates of the number of seniors that attend the weekly classes.

**Number of Staff or Volunteers Needed:** Volunteer/Independent Contractor

**Expenses:** $800. **Revenue:** $700. **Net Profit/Loss:** -100

**Contact Information**

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Drawing and Painting Fundamentals for Beginners to Advanced Students at the Parkville Senior Center
Parkville Senior Center, Baltimore, MD

**Description:** The Parkville Senior Center Art Campaign for older adults begins with the opportunity to enroll in the Drawing and Painting Fundamentals art class for beginners to advanced students. This 10 week course is available 4 times a year, at an affordable cost level, providing instruction from a classically trained professional artist, Jennifer Murtha. Students have multiple opportunities throughout the year to display their artwork at different venues. This partnership is now in its third year. This event features the artwork of students from the Drawing and Painting Fundamentals class. The artwork of all students is on display for several weeks within the library for all to see and enjoy. Students have the opportunity to sell their creative works during the event. Staff from the library secure donations of food and beverages from community businesses for the reception and students from the local Parkville High School.

**Outcomes:** Participants have benefited by increasing their knowledge about the Fundamentals of Drawing and Painting, with the opportunity to apply and develop their skills and abilities to create beautiful artwork beyond their wildest dreams. Participants create friendships within the art class, offering support and encouragement, learning from each other’s mistakes, and celebrating each other’s success, such as selling a painting.

**Evaluation:** Observable indicators that reflect the success of this program is the consistent improvement of students artwork made from comparisons from year to year, and placing in art shows and the state fair. Students repeated participation in the class each semester. The addition of a second art class at the Parkville Senior Center. The continued interest of community partners to repeat and support the event every year with increased attendance.

**Number of Staff or Volunteers Needed:** One staff within the senior center is required to coordinate, promote, and communicate to students in the art class, all opportunities within the community to display their artwork, specifically the community wide art show with reception concluding the year.

**Expenses:** $3,212.00 cost of instruction for **Revenue:** $4,224.00 **Net Profit/Loss:**

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The Arts

Drum Circle

Naples Senior Center, Naples, FL

Description: The goal of the Naples Senior Center (NSC) is to address and alleviate the isolation of seniors living in Collier and southern Lee Counties. NSC, with over 1,400 members, provides more than 100 activities and classes in a warm, nurturing environment for seniors. This year NSC started a Drum Circle. Drum therapy is an ancient approach that uses rhythm to promote healing and self-expression. Drumming has long been used in communities for rituals, celebrations, and communication. Research has found that drum groups can provide a means for empowerment and teamwork, togetherness, a feeling of belonging, connectivity, and to promote closeness and a sense of openness. Inclusion of a drum circle into our program has provided members a unique opportunity to experience the social, emotional, mental and physical health benefits of drumming. The Drum Circle has become another avenue of socialization giving participants a way to meet with like-minded people to create a musical community.

The Naples Senior Center found a drum leader willing to volunteer his time twice a month for a 45 minute session of drumming with our seniors. Each session begins with a social element where the participants introduce themselves and share something with the group. The drum leader then begins with a simple rhythm that the participants repeat. Round by round the drum leader introduces slightly more complicated combinations of beats. The drum leader keeps up a series of encouragement and explanation throughout the session. The drum circle is designed to allow seniors a mechanism that promotes a wide range of health benefits.

Outcomes: Our objectives for the Drum Circle are to help seniors maintain mental acuity by providing creative outlets, to create a social grouping that would introduce people from various backgrounds to each other, to add value to programming with variation that would attract seniors to a new experience, and to provide an activity in programming that would appeal to men.

Evaluation: We rely heavily on anecdotal and observational evidence along with Pre/post-test surveys in evaluating the project’s success. NSC drum circle began as a once a month program with 5 participants. By the third month participation had passed 15 and the group was requesting that a second session be added to the calendar. We currently run the Drum Circle twice a month with average attendance at 12.

Number of Staff or Volunteers Needed: 1 volunteer drum leader

Expenses: $550 for eight djembe drums Revenue: 0 Net Profit/Loss: loss $550

Contact Information

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**Description:** An Intergenerational fashion show that includes our senior members and their grandchildren at the Senior Center. Clothes designs were made from everyday items such as paper plates, forks, aluminum foil, table cloths and more. A great way to connect the different generations, while teaching them the importance of recycling, reusing, and putting "trash" to good use.

Environmental Wellness is one of the nationally recognized dimensions of wellness. At times, it can be challenging to find programming for this dimension to present to our members that keep their interest. This fashion show proved to be a very unique and fun way to present this very serious topic. Our goal is to present programming that will inspire them to live a lifestyle that is respectful of their surroundings, and take any action they can to protect the Earth. This fashion show included designs of formal gowns made of everyday items such as paper plates, forks, aluminum foil, table cloths and lots more! Our fashion icons and mini fashionistas strutted their clean and climate-friendly designs down our Brandon runway. Brandon prides itself with being eco-friendly, environmentally responsible, and an energy saving center. This intergenerational program teaches recycling in an exciting way, provides opportunities for the generations to interact and learn from each other, and promotes socialization. Thus far, this fashion show has been presented at 6 centers, with future shows scheduled into 2020!

**Outcomes:** This program allowed our senior members the opportunity to lead, teach, connect, and support our younger generation, while teaching them the importance of recycling. We had an increase of members attend the center for this program and other programs offered. We saw more engagement, happier attitudes, and reduced isolation. The County’s Communication Department featured this story on the website for the community to access. The story highlighted the importance of recycling, and how our seniors are doing their part to protect the environment.

**Evaluation:** Increased concern for the Earth, increased personal and group recycling.

**Number of Staff or Volunteers Needed:** 6

**Expenses:** It takes Alina 3 days to make each gown/costume and she makes all the gowns all by herself.

**Revenue:** With the success and teachable moment about recycling, this fashion show has been presented at 6 centers, with future shows scheduled into 2020! **Net Profit/Loss:** N/A

**Contact Information**

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See Them Shine
Edina Senior Center, Edina, MN

Description: See Them Shine is an Art of Edina project created in partnership with the Edina Senior Center and Senior Community Services. The project highlights the free spirit of Edina’s senior citizen community. Back in August, Art Director, Jill Emmer spent two full days photographing several wonderful outgoing Edina Seniors. Our goal was to show senior citizens in the way they’d like to be seen: fun, artistic, full of life, laughter and humor! We also wanted to draw attention to the two non-profit partners: the Edina Senior Center and Senior Community Services. We had 12 different photoshoots. Each shoot had one to four models and in different locations around the Twin Cities. We shot at a well-known local mural, First Ave, the Harriet Bandshell, the Minnehaha Falls and more! The 12 photos are now on display at the Hilltop Restaurant. They will remain up through the holidays. The photos are also part of a calendar. Shutterfly donated the calendars for the project and 100 percent of the proceeds will go to the two non-profit partners. Each page in the calendar includes a little background information about the models. This information was written by the models.

We organized two days of photo shoots for the senior models to participate in. Each of the calendar had a different theme and the models dressed according to the theme. We then had an unveiling event at the Hilltop Restaurant where the photos are on display through the holidays. I worked with one of our dance instructors to create a flash mob that took place during the unveiling event.

Outcomes: The calendars created from the photoshoots are being sold and the profits will be split between the Edina Senior Center and Senior Community Services. Our participants benefited by being featured in the photos and participating in the flash mob.

Evaluation: By selling the 100 donated calendars and raising $2,000 for the two non-profits.

Number of Staff or Volunteers Needed: Committee of five and 20 volunteers

Expenses: $0 Revenue: $2,000 Net Profit/Loss: $0

Contact Information
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Description: In arranging for educational presentations that would be of interest to our senior population, staff contacted local photographer Paul Calkins asking if he would be willing to volunteer and share his expertise. Because of the depth of his knowledge, it was decided that the center would provide a multi-session class where attendees could explore the art of photography and the many capabilities of their individual cameras.

Outcomes: Through this program, class members expanded their knowledge of the capabilities of their cameras and increased their photography skill confidence level. In sharing their photographs with the instructor and other class members, they received positive feedback as well as tips to enhance the beauty of the subject/object they were photographing. Our organization gained further reputation of offering quality educational classes to our senior community. Our rural community of 10,000 has about 25 percent of seniors. The center through targeted programming has created a supportive senior community. Volunteers have logged in over 7500 hours per year teaching classes, office help etc.

Evaluation: Photography students designed the Spring 2019 Activity Guide, highlighting various 60+ Activity Center activities. They were then invited to display their photographs at our annual Art Show in April. As a result, many of the photographs were sold. Note cards including some of the photographs were made available for sale in the Center’s Gift Shop. Many of the photographs taken as part of the program were included in a photo/choreography number with the Newport Symphony at the Performing Arts Center. Also, some of the class members have had their photographs published in national magazines. As a result of his involvement teaching at the 60+ Activity Center, instructor Paul Calkins was asked to teach photography classes at the Oregon Coast Community College campus in Lincoln City, which he has done for the past year. Students gained knowledge and skills to create exceptional photos. They learned how to market their works and gained confidence in their overall abilities. We saw that participants each had desire, courage, and commitment to learn from new skills in photography.

Number of Staff or Volunteers Needed: Staff/volunteers needed to run the program included volunteer instructor Paul Calkins and minimal office staff whose main responsibility was to publicize the different classes, register participants and make copies for the classes.

Expenses: 60  Revenue: 120  Net Profit/Loss: 60

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Thank You!

Thank you to the following National Institute of Senior Centers Best Practices Team members, who served as judges for the 2019 NISC Programs of Excellence Awards:

- **Danielle Brogley**, Director of Programs, Wood County Committee on Aging, Inc., Bowling Green, Ohio
- **Patty Contreras**, Human Services Program Coordinator, City of Phoenix Human Services Department, Phoenix, AZ
- **Susan Curtin**, M.S., Gerontologist/Director, Norwell Council on Aging, MA
- **Anna Feltz**, Anahita Feltz, Manager, Silver Linings at Old Bridge, Old Bridge, NJ
- **Jenna Hauss**, MSW, Director, Strategic Initiatives & Community Based Services, ONEgeneration Senior Enrichment Center, Reseda CA
- **Laura Hoberg**, Recreation Coordinator, Friendship Center, City of Winona Parks and Recreation Department, Winona, MN
- **Laura L. Kopp**, MS, President/CEO, Center for Active Seniors, Inc., Davenport, IA
- **Joanne Moore**, M. Ed, Director, Duxbury COA, MA
- **Bob Pitman** former director of the Mill Race Center, Columbus, IN (retired)
- **Carol Reagan**, former director of the Palatine Township Senior Citizens Council, Palatine, IL (retired).
- **Vicky Schneider**, Director of Senior Services, City of Sheboygan, WI

A big Thank You! to **Malia Fox**, Director of the Winona Friendship Center, MN and for chairing the Best Practices Team and Program Awards Committee.
See Them Shine, Edina Senior Center, Edina, MN