NCOA’s National Institute of Senior Centers
2011 Programs of Excellence

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**Thinking Outside the Box**
Thank you to those centers that sent DVDs and other accompanying flyers and documents. It was heartwarming and inspiring to view programs in action. Unfortunately, the NISC Selection Committee found it was difficult to incorporate those submissions into the nominations this year.
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.

An eight-member NISC Committee selected the award winners from 83 nominations. Seven award winners were chosen, along with eight honorable mentions. Sixty-eight other excellent programs are included in this booklet. They all are proof to the important work happening at senior centers today.

Entries were accepted in the following seven categories:

- **Best Use of Senior Center Month Theme** - Programs that best portray the 2011 Senior Center Month Theme of “It Happens At My Senior Center: My Life. My Time. My Way.”
- **Education** - Programs designed to educate seniors. Examples may include new and unique classes, technology, legislative, or literary programs. Nutrition and health promotion activities were not considered in this category.
- **Expressive and Creative Arts** - New classes or activities such as drama, dance, music, or visual arts.
- **Fundraising** - Programs designed to generate revenue for the senior center.
- **Leadership, Civic Engagement, and Community Development** - Efforts to increase community involvement through partnerships with colleges, businesses, schools, etc. and creative programs instituted to develop strong leaders and volunteers within centers.
- **Nutrition, Fitness, and Health Promotion** - Programs that are designed to improve the physical well-being of seniors and/or the general health of seniors through health-related programs, lectures, and screenings.
- **Special Events** - Programs designed as one-time events that promote the social well-being of seniors (intergenerational, musical, artistic, thematic, seasonal, and patriotic events).
Award Winner
Best Use of Senior Center Month Theme

Never Too Old ... Or Too Young

Description of Program: The United Way Day of Caring took place at the West Chester Activity Center Saturday, Sept. 10, from 10 a.m. – 2 p.m. Older adults had the opportunity to learn more about social networking, email, and the World Wide Web. Local teens involved in the Edge Teen Center were on hand to teach the workshops to 20+ older adults. The older adults were on hand to pick up some new skills and teach a few of their own. What was supposed to be a youth-directed event turned out to be a senior-directed event. The older adults took the lead with the teenagers and, rather than being in specific workshops directed by the youth, the older adults introduced their form of “social networking” skills to the teens. The adults lived the 2011 Senior Center Theme, “It Happens At My Senior Center: My Life. My Time. My Way.” by sharing their social activities with the youth. Favorite activities—for example, chair volleyball—were a highlight of the day. The seniors wanted to show the teens how to remain active and healthy and engaged, plus enjoy the process too. They wanted to welcome the teens to their center and give back to them, as well. There was a great deal of sharing of ideas with the event. There was also a good deal of myth-busting done on both sides. The day’s events culminated with a pizza party and a celebration of the new friendships that were made.

Why is Your Program Worthy of an Award? This multi-generational program deserves recognition due to the flourishing bonds that were created, the various ages touched by the program, the myth-busting for both the young and the old, and the living out of the Senior Center Month theme. It was successful and can be easily replicated, plus limited staff time is required for the organization and implementation of the program with minimal cost.

Number of Staff/Volunteers Required to Run Program: 1
Revenue: $0
Expense: $56
Net: $56 Cost

For More Information:
Stephen Schnabl
Partners in Prime
140 Ross Avenue
Hamilton, OH 45013
sschnabl@partnersinprime.org
513-867-1998
Honorable Mention

Best Use of Senior Center Month Theme
Farmers Branch Senior Center, Texas

Passport to Active Aging

Description of Program: Farmers Branch Senior Center celebrated Active Aging Week with the program “Passport to Active Aging.” Passports were made with participant categories in the areas of Physical, Social, Emotional, Spiritual, Health, and Environmental. Seniors checked their passport when they participated in an activity. There were 59 organized activities planned for the week. A special calendar was made for the week to include health screenings, trips, exercise classes, dances, computer classes, and games. Trips for the week included a casino trip, a Senior Follies trip, and a show trip to Branson, MO. Regular classes were offered, along with a hearing screening, eye screening, and balance screening, and a podiatrist provided foot care. An Active Aging Week luncheon was held on Friday. The room and tables were decorated with forsythia, and a health care agency sponsored a comedian. Local senior agencies provided the lunch and door prizes. Upon entering the luncheon, the passports were turned in, participant activities were tallied, and seniors were given coupons for the number of activities in which they participated. Coupons were drawn for the prizes. Each of the eight donating agencies awarded their own gift cards. Prizes totaling $800 were awarded. Over 100 seniors participated in the program, with each senior participating in an average of 25 activities during the week. The cost per person was $1.45. If calculating with donations, the profit was $655.

Why is Your Program Worthy of an Award? This program was successful due in part to sponsorship from local senior agencies, which made the cost per person very low. Motivating marketing materials and a very engaged senior population demonstrated by high attendance showed the success of the program. The passport theme was easy to create and fun for the participants. The meal, gift cards, prizes, decorations, and entertainment were donated, so the entire cost to the center was for printing the passports and calendars. The cooperation between the senior agencies and the senior center provided an amazing, week-long event with 58 events for over 100 seniors.

Number of Staff/Volunteers Required to Run Program: 4 paid staff and 10 volunteers

Revenue: $800
Expense: $145
Net: $655

For More Information:
Rotha Crump
Farmers Branch Senior Center
14055 Dennis Lane
Farmers Branch, TX 75234
rotha.crump@farmersbranch.info
972-919-87453
This I Believe – Observance of 9/11

Description of Program: Members of the senior center were asked to write a narrative based on “This I Believe.” Fourteen narratives were made into a booklet. On the Tuesday afternoon following 9/11/11, we asked our area State Delegate, James Malone, to speak to our membership. Del. Malone is also a lieutenant with the area fire department and went to the Twin Towers on days 8-12 following the attack. He recited his personal accounts on those days. Afterwards, three writers read excerpts from their narratives. The program ended with patriotic songs. Each participant was given a booklet of all the “This I Believe” essays.

Why is Your Program Worthy of an Award? In the essays, members discussed their lives and what was important to them. I wanted to inspire the members to think about positive changes they could make in their lives to help make their surroundings (including the senior center) better. I wanted them to think about what gets them up in the morning – a pet, exercise, family. In recognition of the 10th anniversary of Sept. 11, we thought this project might help members of our community take a moment and reflect on the values and core beliefs that make America a great country.

Number of Staff/Volunteers Required to Run Program: 1 staff member
Revenue: $0
Expense: $200 for printing of booklets
Net: $200 Cost

For More Information:
Nicole Sheehan
Catonsville Senior Center
501 North Rolling Road
Baltimore, MD 21228
nsheehan@baltimorecountymd.gov
410-887-0900
Early Stage Alzheimer’s Support Groups

Description of Program: Early Stage Alzheimer’s Support Groups were introduced at the North Andover Senior Center in the fall of 2009. The groups are led by eight professionals from the community who were trained by the Alzheimer’s Association of Massachusetts to support both the individual with the diagnosis and their care partner. Initially, the outreach coordinator at the senior center will receive a phone call from a concerned party, usually the care partner, expressing an interest in participating in a supportive environment. This care partner is most likely experiencing stress in their daily life due to the diagnosis and behavior of their loved one. Not all couples are considered appropriate for the support groups because they must have received a diagnosis of early stage dementia, must accept their diagnosis, and must be capable of discussing the implications of the disease. The next step is to have the couple come to a screening, which involves a basic interview, a mini-mental exam for the person with the diagnosis, and a tour to familiarize the couple with the senior center. The groups are limited to six to eight couples and are split into two groups; one for the people with the diagnosis and one for the care partners. The purpose of the groups is to share feelings, needs, frustrations, and concerns in a safe, supportive environment. The participants are assured that all information shared in these groups will be completely confidential. This is critical as some of the issues discussed could be construed as demeaning.

Why is Your Program Worthy of an Award? These support groups are significant to the community as there are very few comparable programs in all of Massachusetts and southern New Hampshire. We are finding that families are desperate for support and information, and they are willing to travel to reach our groups at the North Andover Senior Center. Information is shared and fears are allayed as the groups form a bond and develop trust.

Number of Staff/Volunteers Required to Run Program: 4 group leaders for each support meeting, plus 4 additional volunteers to act as substitutes and other support as needed

Revenue: $0
Expense: $0
Net: $0

For More Information:
Donna Delaney
North Andover
120R Main St.
North Andover, MA 01845
ddelaney@townofnorthandover.com
978-688-9560
Honorable Mention
Education
St. Barnabas Senior Center of Los Angeles, California

Mobile Technology Lab

Description of Program: St. Barnabas Senior Services (SBSS) operates an innovative mobile computer educational program to bridge the digital divide for older adults and to improve their well-being. The goal of the program is to increase computer literacy and Internet access for seniors, specifically low-income, culturally disadvantaged older adults. This program is hands-on and in-person, administered by experienced and qualified instructors, and is tailored to the learning styles of older adults. The training includes multilingual instruction with cultural sensitivity. The session is two hours and limited to groups of 10 seniors. Self-study workbooks are included. Laptops with Internet connection are provided for the training. With the mobile application, the program travels to locations where seniors already congregate, such as multipurpose centers, meal sites, senior housing buildings, churches, neighborhood associations, and adult day care centers. Instruction addresses computer basics, Internet access, email, searching, online transactions, and security. The program includes an evaluation at the end of each training session, where participants complete a survey to evaluate the degree to which their understanding of the computer and how to access the Internet has increased. As well, continuing instruction to build upon the in-the-field training is available at the SBSS Cyber Café. In a 10-month time period, SBSS has trained over 300 multiethnic, low-income older adults to use a computer and access the Internet. These seniors are increasingly able to stay connected to family and friends, access health and other information in an economical way, reduce isolation and depression, stay mentally stimulated, and function independently.

Why is Your Program Worthy of an Award? Computer technologies hold promise for improving the independence and quality of life for older adults. Yet, a nationwide AARP Bulletin Poll that surveyed adults aged 50+ found that over one-third of the total respondents do not use a computer. The digital divide is even greater for multiethnic, low-income seniors, as their economic and cultural disparities present barriers to access. Computer and Internet access create equal availability to life-enhancing information and social connectedness for seniors of every economic and ethnic background. In summary, computer competency provides access to information and social connections that can lead to healthy aging.

Number of Staff/Volunteers Required to Run Program: 2
Revenue: $50,000  Expense: $50,000  Net: $0

For More Information:
Rebecca Benard, MBA
St. Barnabas Senior Center of Los Angeles
675 S. Carondelet Street
Los Angeles, CA 90057
rbenard@sbssla.org
213-388-4444 x206
**Brain Fitness**

**Description of Program:** Brain Fitness is a course geared to assist in active aging and prevention. In the brain fitness class, students are engaged in group games where they are challenged using simple techniques to challenge their memory or bring back an old memory. Class examples include: Name those Texas Towns -- Pictures depict things that sound or look like a certain town in Texas (for example, a ball of cotton and three cut logs beside it represents Cottonwood, TX); Mind Works -- Every picture is a common phrase (for example, in a square of words, the first column shows two of the same words (close), while the next column is four of the same words (comfort), depicting the phrase “too close for comfort”). The Brain Fitness Class began in April 2011. Planning began in 2010 with the idea that "seniors want programs that don't remind them that they are aging," a request made by the membership. The program is held every second Tuesday at 12:30 p.m. We have a volunteer presenter from The Patient Concierge to facilitate the class. The program begins at 12 p.m. with lunch, which was donated the first six months by Evergreen at Vista Ridge. Donations will be requested for future dates. The class has been a big hit, and the members are asking for more classes.

**Why is Your Program Worthy of an Award?** The Brain Fitness course held at the Coppell Senior Center supports the findings in *The Journal on Active Aging* article "Brain Fitness for Living and Aging Well." The class encourages active aging through interactive games. Research shows people who live a cognitively active life benefit from improved thinking and overall cognitive functioning for longer and from reduced risks of manifesting Alzheimer's disease symptoms (Fernandez and Michelon, “Brain Fitness for Living and Aging Well”). Fernandez and Michelon suggest that "use it or lose it" is profound; however, it should be substituted for "use it and keep it."

**Number of Staff/Volunteers Required to Run Program:** 3 volunteers
Revenue: $0
Expense: $0
Net: $0

**For More Information:**
Laci McKinney
Coppell Senior Center
345 W. Bethel Rd
Coppell, TX 75019
Imckinney@coppelltx.gov
972-462-5138
Navajo Code Talkers

Description of Program: The Navajo Code Talkers took part in every U.S. Marine assault conducted in the Pacific between 1942 and 1945. To quote Major General Howard Connor, “Were it not for the Navajos, the Marines would never have taken Iwo Jima.” This program focused on their many contributions and explained how the code was developed. Also highlighted were the 29 original Navajo Code Talkers and the 540 Navajos who served as Marines in 1945. Out of the 540, 375 to 420 were code talkers. All of them volunteered to serve their country. None were drafted. After explaining the methods by which the code was developed, we held contests to see who could break the code. The staff set up scenarios and acted them out speaking in Navajo code. We presented a board with common Navajo code phrasing and single words, so participants could try and figure out the code. Everyone enjoyed learning about the Navajo Code Talkers, and it encouraged a lot of discussion among participants. It was also a great program for enhancing mental agility, as Navajo code is quite complex and not easy to break.

Why is Your Program Worthy of an Award? Navajo Code Talkers were praised for their skill, speed, and accuracy throughout the war. At Iwo Jima, Major Howard Connor, 5th Marine Division signal officer, declared, "Were it not for the Navajos, the Marines would never have taken Iwo Jima." Connor had six Navajo Code Talkers working around the clock during the first two days of the battle. Those six sent and received over 800 messages, all without error. We just wanted to educate our seniors on their many significant contributions, and also recognize and honor those who gave to this country in unique ways.

Number of Staff/Volunteers Required to Run Program: 2
Revenue: $0
Expense: $0
Net: $0

For More Information:
Joan M. Boggs
Indian Head Senior Center
100 Cornwallis Square
Indian Head, MD 20640
Boggsj@charlescounty.org
301-743-2125
Tech Boot Camp

Description of Program: Tech Boot Camp is an intergenerational education program that provides opportunities for high school students to share their skills and knowledge of technology, flipping the traditional teaching model with young people serving as teachers and mentors to older adults. In the past decade, developments in computers and technology have occurred at a staggering rate, and it has become a fundamental component of not only work and education, but health care, communications, and entertainment. These are all critical in the daily lives of all people, and older adults are no exception. The two main Senior Friendship Center campuses offered 30 classes over the course of three weeks during the month of July 2011 on topics including digital cameras, cell phone basics, basic email/Internet, smart phones, Facebook, Twitter, and Skype. The focus was to make it easy for older adults to learn and use technology, to connect generations, and build relationships. This program, now in its fourth year, brings great exposure to the community, introduces new participants to the value of senior centers, and provides bright future opportunities to students.

Why is Your Program Worthy of an Award? The Tech Boot Camp supports the development of intergenerational programming in a unique way, which encourages interactions to expand and serve multiple generations within the framework of the program and hopefully beyond. These new partnerships have helped bridge the age gap, particularly where technology is concerned. We have created a community where young and old are valued and have a sense of accomplishment, increased awareness of elder sensitivity, and provided access to valuable resources to older adults.

Number of Staff/Volunteers Required to Run Program: 2 staff, 20 volunteers
Revenue: $6,605
Expense: $4,494
Net: $2,111

For More Information:
Sue Firestone
Senior Friendship Centers
1888 Brother Geenen Way
Sarasota, FL 34236
sfirestone@friendshipcenters.org
941-556-3217
The Caroline "Lily" Lobozzo Aging Resource Center - The Lily Café

Description of Program: The Caroline "Lily" Lobozzo Aging Resource Center - The Lily Café is a collaboration between Lifespan of Greater Rochester, Monroe County of Office of the Aging, YMCA of Greater Rochester, and The United Way of Rochester. The goal of this program is to promote successful aging by providing an engaging atmosphere encompassing mind, body, and spirit to combat isolation, promote community, and encourage lifelong learning. This non-traditional café for older adults is located within the Maplewood YMCA in Rochester, NY. Members of the café have full access to all the amenities and classes the YMCA has to offer, as well as the opportunity to enjoy a nutritious daily lunch and participate in an array of progressive programs sponsored by The Lily Café. The café offers programs designed to improve the overall well-being of older adults, including the evidence-based programs A Matter of Balance and Chronic Disease Self-Management Program, which are offered throughout the year. The Lily Café provides daily transportation to non-drivers living within a five-mile radius of the Maplewood YMCA for a small suggested donation of $1 each way. YMCA membership is required to participate in all Lily Café programs; however, our daily lunches are open to the public to anyone aged 60 and older due to utilizing federal funds under the Older Americans Act. Generous financial aid is available for older adults needing assistance, and no one is turned away for inability to pay.

Why is Your Program Worthy of an Award? Because The Lily Café is a progressive program, we pride ourselves in providing innovative lifelong learning classes to our older adults. One of the classes we developed this summer and is ongoing today is the Memoir Writing Project. We have networked with a retired English teacher who is volunteering her time to facilitate this class. Eight to 10 café members meet once a week to develop their memoir writing skills through a series of writing and oral practices. The outcome is that café members have their memoirs documented either on paper or saved electronically for their family members and generations to come.

Number of Staff/Volunteers Required to Run Program: 1 full-time staff, 2 part-time staff, 12 volunteers and growing
Revenue: $85,000
Expense: $84,543
Net: $57

For More Information:
Kristine Santillo
The Caroline "Lily" Lobozzo Aging Resource Center - The Lily Café
25 Driving Park Ave.
Rochester, NY 14613
ksantillo@lifespan-roch.org
585-341-4103
**The Disappearing of Holland Island**

**Description of Program:** A newspaper article caught my attention—it had a picture of an old two-story house that appeared to be slipping into the Chesapeake Bay. Holland Island, once called the Paradise of the Chesapeake, had been home to over 350 residents, churches, schools, and businesses. The island has since been abandoned and is now home to two graveyards, herons, bald eagles, osprey, and diamondback terrapins. Stephen White, a minister, cared for the island as his own personal mission for 15 years. He worked tirelessly, spending much of his own money, until health problems made the endeavor impossible. He then sold the island to the Concorde Foundation, directed by Rob Fitzgerald. The foundation is currently looking into options to save this natural habitat. The ultimate plan would be to make this a wildlife refuge that would welcome visitors of all ages. Fitzgerald readily admits the solution is not easy, but the plight of Holland Island is important, because erosion is now wearing down other barrier islands such as Smith and Tangiers. These islands are important to preserve—they are a natural barrier that helps slow down erosion on the mainland shoreline. I wanted the participants to gain awareness of the loss of land due to erosion, and how lives changed as a result of it. To be cognizant of the importance of our environment, that even the loss of a small island is a loss to all.

**Why is Your Program Worthy of an Award?** The program was very well attended. It gave the participants a vivid look at what is happening to our environment not only through misuse, but also through the course of natural events. To see old pictures of this lovely community, compared to the largely marsh area it has become, brings home the fact that efforts must be put forth to save our islands and ultimately our shorelines.

**Number of Staff/Volunteers Required to Run Program:** 1 volunteer who was the speaker, Rob Fitzgerald, and 1 staff person to research and make contacts

**Revenue:** $0

**Expense:** $0

**Net:** $0

**For More Information:**
Florence M. Robey
Richard R. Clark Senior Center
1210 Charles Street
La Plata, MD 20646
Robeyf@charlescounty.org
302-609-5703
2011 Expressive and Creative Arts Award Winner
Catonsville Senior Center, Maryland

For More Information:
Nicole Sheehan
Catonsville Senior Center
501 North Rolling Road
Catonsville, MD 21228
nsheehan@baltimorecountymd.gov
410-887-0900

Photo taken by Gregory Nickey

Award Winner
Expressive and Creative Arts

Developing Photographers - Senior Edition

Description of Program: After taking a 10-week course, students learned the basics of taking photos with a point and shoot digital camera and displaying them in a professional manner. Offered one hour a week, the students learned simple techniques for improving their picture-taking skills, as well as making use of the photos they had taken. Students took “field trips” around the park surrounding the senior center searching for the perfect shot and subjects. They also learned how to properly and aesthetically frame their photos. At the end of the semester, the students’ work was displayed throughout the senior center for all to view.

Why is Your Program Worthy of an Award? This class allowed the students to complete a creative project from inception to showcase. At the end of the class, the students were able to feel confident in using a new technology involving downloading pictures and editing them for print. They were able to use their creatively throughout the session, ending with the finishing touches of framing. The students gained a sense of accomplishment by hearing members compliment their work that was on display.

Number of Staff/Volunteers Required to Run Program: 1 community college instructor
Revenue: $0
Expense: $30 per student plus camera
Net: $0
Honorable Mention
Expressive and Creative Arts
Johnson City Senior Center, Inc., New York

Hand to Hand

Description of Program: To illustrate our belief that the achievements of an organization are the results of the combined efforts of each individual, we make hand castings of our participants. Each one then has the opportunity to enhance their hand to reflect their uniqueness and, upon completion, each hand is included in our “Hand to Hand” sculpture. The material for the hands was strips of plaster bandages with a wide variety of mediums for the enhancements including: sequins, paint, glitter, buttons, dried flowers, bird nests and other environmental items, decoupage, drum sticks, paint brushes, tools, and a variety of other personal objects. Most decorating items were scraps and spares that members and staff had, and therefore limited cost was involved. In September 2011, we participated in a First Friday Art Show with our sculpture as part of the exhibit increasing awareness of the seniors of this community and as our tagline says, “Celebrating Seniors.”

Why is Your Program Worthy of an Award? This began as a sculpture, but as we began to make the hands, the conversations began. They were intimate, funny, silly, and serious. While deciding how they would enhance their hand, they reminisced, sharing themselves and their life experiences. Not only did they get to know one another, but as I casted each hand, I learned new things about our members and can now better serve them. Using the sculpture in a public arena – such as the First Friday Art Show – also helps to break down stereotypes of our seniors as the public sees firsthand the stories of our members in their hands.

Number of Staff/Volunteers Required to Run Program: 1-2
Revenue: $0
Expense: $180 for plaster bandages and paint
Net: $180 Cost

For More Information:
Kathleen Shelp-Greenblott
Johnson City Senior Center, Inc
30 Brocton Street
Johnson City, NY 13790
jcsckathy@stny.rr.com
607-797-3145
Art from the Heart

Description of Program: This 10-week program was developed using an art therapy model. The facilitator selected a central theme of “winter” for this particular series. For the first session, the facilitator played a classical music CD to set the mood; she then read poetry related to winter and invited the participants to read as well. The group listed words they felt described winter and finally, photos depicting winter were displayed and the participants selected a photo he or she felt depicted their ideal winter. These photos were used in the next session for a painting exercise, and the word list was used to create a group poem. Each session built upon the previous week’s discussions and work. One of the members brought in a cutting from a witch hazel bush, and the participants did a watercolor of the plant. As winter started to give way to spring, and as the 10 weeks drew to a close, the facilitator suggested designing masks to wear at a Mardi Gras festival being held at the center. The facilitator provided masks, and participants decorated them over a two-week period. For the festival, everyone donned their mask and dressed in colorful attire and paraded throughout the center playing percussion instruments and giving out beads and candy. Those who were introverted and hesitant at first grew more confident in their creative abilities by the final session, and everyone agreed they enjoyed the class camaraderie, creative atmosphere, and supportive environment and looked forward to the next session.

Why is Your Program Worthy of an Award? Art from the Heart provides an outlet for the participant in a variety of creative arts experiences through music, drawing, sculpture, movement, poetry, and special theme events in a supportive group environment with the goal of enhancing self-expression and increasing social participation.

Number of Staff/Volunteers Required to Run Program: 1 staff member
Revenue: $0
Expense: $50
Net: $50 Cost

For More Information:
Suzanne Levin
Cockeysville Senior Center
10535 York Road
Cockeysville, MD 21030
snlevin@baltimorecountymd.gov
410-887-7694
Expressing Ourselves Creatively

**Description of Program:** In the heart of Dahlonega, GA (population 28,000), lies the Lumpkin County Senior Center, truly the “one-stop place” for creative expression. In our historic community, known for the first gold rush in the United States, the center offers an open Art Studio five days a week. Two days a week, a retired college art instructor volunteers to teach various art classes, including drawing, painting, and sculpture. We are currently working on an outdoor exhibition of art structures using recyclable materials for a fall festival. Several times a year, we have Art Exhibits for the community. A senior won $1,000 for her sculpture of a horse’s head in a regional art show. As a group, they have created a 10-foot abstract structure of a tree titled “Living Tree” to honor the wisdom of seniors past and present, and all the artists have created a piece to hang from the branches. It serves as a welcome entry into the Art Studio. Dance classes are offered to include Line Dancing, Rumba, Two Step, Chicken Dance, etc. Seniors have entered the yearly local talent show with entertaining acts and always take home the People's Choice Award. The Silver Singers is a weekly group of seniors who sing oldies but goodies, now performing shows locally. Craft classes include painting of gourds, walking sticks, mosaics on stepping stones, and jewelry making for Christmas presents. All materials and instructors time is donated. The folks in our community have hearts of gold.

**Why is Your Program Worthy of an Award?** There was not a location in the county that offered the means to learn and express creativity without a high cost attached. Many seniors did not have the money to pursue their inner talents. Through fundraising, donations, and volunteers, we are able to offer a means to learn and enjoy the creative arts at no cost or low cost. Without the financial worries, the seniors come and enjoy whatever creative outlet(s) they want to follow. True freedom of expression, offering them the platform in which to dance, paint, sculpt, sing, or act and most important to become a butterfly!

**Number of Staff/Volunteers Required to Run Program:** 2 staff, 6-10 volunteers  
**Revenue:** $500  
**Expense:** $500  
**Net:** $0

**For More Information:**  
Gail L. Monroe  
Lumpkin County Senior Center  
266 Mechanicsville Road  
Dahlonega, GA 30533  
gail.monroe@lumpkincounty.gov  
706-864-2358
**Focus on Safety Festival 2011**

**Description of Program:** This intergenerational day of fun and educational opportunities highlighted the many methods that individuals can use to improve their personal safety. A free “shred-a-thon” and the appearance of motivational speaker and former basketball player Spinny Johnson were just a few of the highlights of the day. Participants enjoyed hearing valuable information on such subjects as food safety, holiday safety, falls prevention, concussions and sports injuries, and emergency preparedness. Over 25 exhibitors shared their expertise, as well as demonstrations by the Cane Master, Chesapeake Search Dogs, and Zumba. Along with a craft area, there were plenty of attractions for participants of all ages. Interesting equipment was exhibited by the fire and police departments, including a ladder truck and hazmat and decontamination units. The Baltimore Orioles Bird made an appearance, door prizes were awarded, and refreshments were sold by the Reisterstown Senior Center Council.

**Why is Your Program Worthy of an Award?** This action-packed morning was a collaborative effort between the Baltimore County Department of Aging; five area senior centers; police, fire, health, and recreation and parks departments; local hospitals; and businesses. Together, we offered valuable information on a very important and pertinent topic, as well as a fun day for participants of all ages. The seniors who participated were thrilled to be able to obtain as much information in one place while also enjoying the day with other participants from the community. The wide variety of offerings made this event a success!

**Number of Staff/Volunteers Required to Run Program:** 35  
**Revenue:** $2,275  
**Expense:** $1,298  
**Net:** $977

**For More Information:**  
Mike Schneider/Judy Finifter  
Reisterstown Senior Center  
12035 Reisterstown Road  
Reisterstown, MD 21136  
mschneider@baltimorecountymd.gov  
410-887-1143
Flowers in Bloom

Description of Program: Senior Neighbors supports the well-being of the senior community in the Grand Rapids area. Our seniors competed in Art Prize, which is open to artists from all over the world. Our piece was selected by Westminster Presbyterian Church in Grand Rapids to be on display for Art Prize, which ran from Sept. 21 through Oct. 9, 2011. The seniors completed the art piece in April and May of 2011. The seniors at our center created a paper quilt using recycled material. Examples included wallpaper, paper bags, and paper. This piece features a wooden frame measuring 30 in x 54 in along with many colors of flowers. This piece was created with many hands from our senior center. The art project itself could be made by any center across the country. The seniors would spend Friday afternoons painting the background, cutting out flowers and leaves, and then attaching them to the picture frame. The completed art was then modpodge in place. For more information, go to Art Prize.org then enter meines under artist.

Why is Your Program Worthy of an Award? Our piece was designed by many different people who enjoy working together to accomplish a common goal of creating colorful projects reflecting the creativity of the seniors at Walker Firehouse Café/Senior Neighbors. Just like God created us to be unique, each flower was handmade with special qualities to appeal to the person designing the flower. The seniors are all different, but beautiful in the way God created them. On the last Friday of the event, the seniors went down and visited the location and saw the picture hanging on display.

Number of Staff/Volunteers Required to Run Program: 1 staff person, 12 volunteers
Revenue: $0
Expense: $50 fee to enter, material cost about $40
Net: $90 Cost/Experience Priceless

For More Information:
Sherri Meines
Walker Firehouse Café/Senior Neighbors
4101 Lake Michigan Dr.
Standale, MI 49534
smeines@seniorneighbors.org
616-735-3240
Award Winner
Fundraising

Meals-on-Wheels Rolling Fitness Event

Description of Program: The Annual Keep Meals-on-Wheels Rolling Fitness Event was established to generate revenue for the Isabella County Commission on Aging’s Home Delivered Meals Program (HDM). A local private foundation matched dollar-per-dollar up to $10,000. Our fitness event included an array of activities for all levels of competitors. It included a 5K run/walk, 4-hour or 2-hour canoe/kayak trip, and your choice of a 25, 15 and 5-mile bike ride. Individuals had the opportunity to participate in all three events. A triathlon included a 5K run, a 25-mile bike ride, and a canoe/kayak trip. There was also a Fun Walk through our community trails and along the Chippewa River for all ages and abilities. The day ended with prizes, a raffle, and a picnic dinner for all the individuals and volunteers. The participants were asked to raise pledges for their participation. Local businesses donated prizes, which included a Schwinn bike and a kayak. They also provided sponsorship for awards, snacks, and the picnic dinner.

Why is Your Program Worthy of an Award? The Annual Keep Meals-on-Wheels Rolling Fitness Event was able to generate $20,000 for our Home Delivered Meals Program. Our HDM program provides meals to 724 individuals of Isabella and Gratiot Counties. These meals are extremely important to those individuals who are homebound, physically or mentally unable to attend a congregate meal site, or are unable to adequately prepare their own meals. Our community volunteers see the importance of our program. They donated their time and effort in helping put on this event while making it a success. Our local supports believe in us and the efforts we put forth.

Number of Staff/Volunteers Required to Run Program: 83
Revenue: $21,094
Expense: $1,094
Net: $20,000
Honorable Mention
Fundraising
Dover Community Senior Center, New Hampshire

*Dancing with the Dover Stars*

**Description of Program:** City and school officials, including the mayor and fire chief, paired with local professional dancers and rehearsed for weeks to put on a Dover, NH, version of the hit TV show, *Dancing with the Stars*. Each couple performed one number, and a panel of judges scored the dancers. Eight hundred tickets were sold. The standing-room-only audience voted, and their votes also counted toward a winner. A program with creative bios of the dancers was printed and advertising was sold, allowing local businesses to sponsor the show and support the dancers. Trophies were awarded to the winning couples. The event was videotaped (DVDs were sold following the event), and a high-end raffle of items donated by local businesses was held at intermission.

**Why is Your Program Worthy of an Award?** This program brought together members of our community in a way no other event in recent memory had. The celebrity dancers were the mayor and city councilors, the fire chief, a policeman, and a teacher from each level of Dover schools—plus one of our own seniors! The intermission concession stand was run by the high school basketball boosters. The professional dancers were from local studios. The entertainment during the vote counting was young dancers from the participating studios. The audience ran the gamut from other public officials to every off-duty firefighter to students cheering on their teachers.

**Number of Staff/Volunteers Required to Run Program:** 25

**Revenue:** $10,000

**Expense:** $2,000

**Net:** $8,000

**For More Information:**
Linda Jarvis
Dover Community Senior Center
61 Locust St
Dover, NH 03820
L.jarvis@dover.nh.gov
603-516-6420
Girls Night Out

Description of Program: Girls Night Out is an early evening event featuring signature cocktails (the “Pink Diva”), an hors d’oeuvres buffet, a DJ, raffles, door prizes, goodie bags, and pampering stations for a $20 ticket ($30 at the door). The event is held at a local restaurant/pub that offers a substantial discount to the senior center for the food and beverages. The DJ donates his services. Local businesses and individuals donate the door prizes, raffle items, goodie bag items (e.g. cosmetic samples, coupons for discounts on services or items, giveaways such as hand mirrors, manicure sets, etc.), or funds to underwrite part of the event. The pampering stations are staffed by professionals offering pro bono massages, manicures, or makeovers.

Why is Your Program Worthy of an Award? Girls Night Out is an intergenerational event—in some cases, three generations of the same family attend. It helps dispel stereotypes of older adults by offering age-neutral activities in a venue noted in the community for hosting rock bands. GNO is financially accessible to most and has multicultural appeal. GNO involves the business community in ways that help both the business and the senior center, which in turn raises the visibility of the senior center. The GNO concept can be adapted to rural, suburban, or urban settings.

Number of Staff/Volunteers Required to Run Program: 3 staff, 10 volunteers
Revenue: $4,155
Expense: $1,145
Net: $3,010

For More Information:
Carol Reagan
Palatine Township Senior Center
505 South Quentin Road
Palatine, IL 60067
creagan@ptscc.org
847-991-1112
Give Your Lunch Money to Feed a Senior

Description of Program: This is an outreach program that forms partnerships with schools, businesses, and organizations. The idea of this program takes a few different forms. With companies, we go to the site and tell employees about our Nutrition Program and how many seniors we feed yearly, weekly, and daily. We then ask the company to designate a day where employees are asked to bring their lunch for the day instead of buying it and then, in turn, give the money they would have spent on lunch to our organization so that we can feed a senior for the day. We provide cloth lunch bags for employees to put their contributions in. We also provide laminated signs that can be used to advertise the specific date for the donation lunch. In a school, we go into the classrooms to explain what we do and then ask the students to bring any kind of donation they want to help us feed seniors in Will County. The class that donates the most during a one-week period of time wins a pizza party sponsored by a local pizza restaurant. We provide each teacher with a lunch bag and a laminated poster to help remind the kids to give.

Why is Your Program Worthy of an Award? This program was covered in the local newspaper, and it was on the local radio station, as well. We were able to raise over $7,000 the first year. This program is so easy to implement and there are little costs involved. The rate on return is awesome!

Number of Staff/Volunteers Required to Run Program: 2
Revenue: $7,500
Expense: $200
Net: $7,300

For More Information:
Karen Gustafson
Senior Services Center of Will County
251 N. Center St.
Joliet, IL 60435
kgustafson@agingspecialists.org
815-740-4207
Hidden Treasures Gift & Coffee Shop

Description of Program: Our Gift and Coffee shop began as a sponsorship donation by Humana Market Point. We presented them with an opportunity to sponsor our gift shop, and they graciously agreed. We approached our DPW regarding the construction of the gift shop, worked through a floor plan, and began construction. We removed a dividing wall that separated a small, awkward space and our lobby. Then we added two doorways and two half-walls. We found a free-standing counter in storage to use for our check-out desk. We moved our beverage station behind the counter and added a cappuccino machine, as well. For our displays, we purchased wire racks, and our volunteers began pricing and displaying the donated items. We had three volunteers coordinate the store layout and then added additional volunteers to staff the shop. We have two shifts each day, one from 9 a.m.–12:30 p.m. and one from 12:30-4 p.m., Monday through Friday. We visited a local resale shop and found café tables and chairs to make a cozy place to enjoy coffee, read a book, or visit with friends. The shop carries a variety of items and resembles a “mini Hallmark” store. Our members asked for healthy snack items, so we approached a local fruit market, and they agreed to donate fruit on a weekly basis. We sell each piece for 50 cents. Our shop is open to the public during business hours.

Why is Your Program Worthy of an Award? This program is extremely vital to our members and the community. The gift shop provides a rewarding volunteer work experience for our members. We feel that it gives them a sense of pride in their senior center, a sense of purpose, and lastly provides our volunteers with a continual social and mental outlet. The gift shop is open to the public and allows residents the opportunity to donate gently used items to the shop. We also use this as a major ongoing fundraising project. Since the shop opened in February 2011, proceeds have totaled approximately $11,000!

Number of Staff/Volunteers Required to Run Program: Entirely run by volunteers–10 volunteers each week plus substitutes as needed

Revenue: $11,000
Expense: None, supported with a sponsorship donation
Net: $11,000

For More Information:
Donna Tinker
Clinton Twp. Senior Adult Life Center
40730 Romeo Plank Rd.
Clinton Twp, MI 48038
d.tinker@clintontownship-mi.gov
586-286-9333
Seniors In Motion Auxiliary Sock Hop and Casino Night

Description of Program: The Town of Flower Mound Seniors In Motion (SIM) Program recognizes the value seniors contribute to our town and strives to provide resources that enable the continuation of full, active, healthy, and happy lives. The SIM Program was created in 2006 and met in a local church and then moved to a dedicated room in a recreation center. Many of the SIM members desired their own facility, which led to the creation of a 501(c)3 nonprofit group entitled Seniors In Motion Auxiliary (SIMA). In May 2010, the town announced plans to renovate an unused fire station into a standalone senior center. SIMA board members jumped into action with membership drives and small fundraisers. They planned a “Sock Hop” in November 2010. The SIMA group coordinated 10 community volunteers and arranged food, door prizes, and musical entertainment, raising $4,900 for the SIMA Board. In March 2011, the SIMA board organized a Casino Night Fundraiser. Once again, SIMA utilized a network of community volunteers and raised $4,100. In August 2011, the standalone Senior Center opened, and SIMA contributed $12,000 for furnishings, including 175 new chairs, 15 tables, 2 table carts, a commercial projector, a commercial blender, and other items for the kitchen.

Why Is Your Program Worthy of an Award? The Seniors In Motion Auxiliary is an excellent candidate for the NISC fundraising award because of the vision by their board members to enlist local businesses and community volunteers to assist with the Sock Hop and Casino Night fundraisers. The $12,000 donation was just the beginning for the SIMA and town partnership. They are planning on hosting future fundraising events to ensure that the Flower Mound Senior Center has all the tools to succeed and create a beautiful place for senior citizens in Flower Mound.

Number of Staff/Volunteers Required to Run Program: 23 for Casino Night; 17 for Sock Hop
Revenue: $11,314
Expense: $2,227
Net: $9,087

For More Information:
Jeff White
Shirley Voirin Social Senior Center
2121 Cross Timbers Road
Flower Mound, TX 75028
jeff.white@flower-mound.com
972-874-6101
**Travel Fair**

**Description of Program:** The Essex Senior Center hosted a Travel Fair in January to promote all the trips planned through the Center for 2011. The center offers about 16 trips per year, and there is a “hostess” who coordinates each trip. Each hostess is asked to do a short presentation on their trip and include any short videos or pictures they may have on their destination (YouTube was a great resource, as well as the tour companies). They were also asked to set up a table with informational brochures and flyers for each of their trips. A continental breakfast was served before the presentations began. After the presentations, attendees could sign up for trips and ask questions. Each attendee received a free neon luggage tag with the center’s logo on it. Door prizes included garment bags, travel mugs, car trunk organizer, tote bag, and five $10 travel vouchers to be used the day of the fair to sign up for a trip. A full-page color ad was purchased in the local newspaper advertising all the trips for the upcoming year and to promote the Travel Fair. Those that brought in the full-page ad to the fair were entered in a drawing for a $25 restaurant gift certificate. Many attendees signed up for a trip after the fair, and the travel office was busy for the next month with over 200 trip reservations made.

**Why is Your Program Worthy of an Award?** By planning all the center's trips a year in advance and heavily promoting them at the beginning of the year, members are now much more likely to sign up for a trip at the center since they know the schedule and can budget accordingly. Also, by planning so far ahead, other local organizations are not as likely to compete with our trips since the center's were planned first.

**Number of Staff/Volunteers Required to Run Program:** All travel volunteers and 1 staff person

**Revenue:** Hard to determine

**Expense:** $250 for newspaper ad, $150 for luggage tags

**Net:** Filled bus trips and high profit on all trips

**For More Information:**
Kathleen Young  
Essex Senior Center  
600 Dorsey Ave  
Essex, MD 21221  
kyoung@baltimorecountymd.gov  
410-887-0267
Mystery Auction

Description of Program: We have all heard of an auction and several places, including senior centers, have auctions to raise money. The Mystery Auction is a whole different spin on your sense of what an auction is! The Mystery Auction at the Verona Senior Center has each of the 100+ items donated throughout the year wrapped very neatly in wrapping paper or closed into paper sacks. Clues are given by the auctioneer of the estimated value of the item. The audience and the bidders definitely have as much fun seeing what “mystery” the successful bidder just purchased as they have making the winning bid. The 2011 Mystery Auction at the Verona Senior Center raised over $1,700 with the proceeds from the event going to the Badger Honor Flight, a local branch of a national organization aimed at getting World War II veterans to Washington DC to see the WWII Memorial. The Mystery Auction replaces the “fast and furious” competition of a traditional auction with more of a fun “did I just win or lose?” atmosphere. Preparation for the auction involves a lot of volunteer hours cleaning and sorting items and getting them wrapped. This is a task that often falls to folks who aren’t regularly involved in big projects but enjoy making a contribution. Local businesses get involved by both donating items and sending employees to be guest auctioneers. At the end of the day, the fun is as rewarding as the income.

Why is Your Program Worthy of an Award? The Mystery Auction for 2012 will benefit the programs of the Verona Senior Center and will be one of our bigger fundraisers for the year. The enjoyment of the event along with the uniqueness makes it something that can be successful at raising money without the “pressure” that people have to give money because they are walking away as winners! It is a perfect “win-win” situation. And there are always donors who have something they no longer want that someone else would love.

Number of Staff/Volunteers Required to Run Program: 1 staff and a team of 10 volunteers
Revenue: $1,800
Expense: Less than $100
Net: $1,700

For More Information:
Diane Lanaville
Verona Senior Center
108 Paoli Street
Verona, WI 53593
diane.lanaville@ci.verona.wi.us
608-845-7471
Award Winner
Leadership, Civic Engagement, and Community Development

Community Cupboard Food Pantry

Description of Program: Through our Seniors Make a Difference program, we create self-directed teams of senior volunteers to meet identified community needs. These teams include Community Cupboard, Senior Center Access Team, Grandma’s Fudge, our CSFP team, and SHIP. The Community Cupboard team operates out of the Dallas L. Winchester Senior Center, which is the home to all our programs and services. Over the last eight years, the Cupboard operation has grown exponentially with volunteer leadership. The team converted two offices in the senior center as pantries to serve the public, as well as the three-bus garage at the end of the senior center to serve as the Cupboard warehouse. In 12 months, 3,695 unduplicated individuals in 1,017 households came to the senior center for food assistance; over 21,000 individuals were served through 6,295 visits in 12 months. The Cupboard Team volunteered more than 4,000 hours in this period. The Community Cupboard is open Monday through Friday. Clients can come once a month. It takes three to four volunteers during pantry hours and a second team of two to six people after pantry hours to restock the shelves. A retired manufacturing purchasing manager submits weekly orders to vendors. A volunteer delivery crew receives the orders in the garage warehouse. A retired engineer is part of the team and has used his CAD software to create a plan for consolidating the entire pantry operation into the garage. In 12 months, these 40 volunteers distributed 223,258 pounds of food.

Why is Your Program Worthy of an Award? In eight years, the program has grown from volunteers serving 50 to 75 households per month to close to 700 per month. The entire community supported the effort with 35,980 pounds of donated food in 2010, as well as contributions to purchase another 129,210 pounds of food. These local contributions were combined with 58,068 pounds of food through TEFAP. This senior center program enables senior volunteers to empower vulnerable individuals of all ages to live healthier lives. The community sees our seniors in action. This program is easily replicable.

Number of Staff/Volunteers Required to Run Program: 40 volunteers and 4 hours per week of staff time
Revenue: $38,469
Expense: $32,303
Net: $6,166
Honorable Mention
Leadership, Civic Engagement, and Community Development
MEAAA South County Senior Center, Missouri

Student Meal Runner Program

Description of Program: The MEAAA South County Senior Center provides meals to over 100 homebound seniors Monday through Friday thanks to dedicated "senior" volunteers. Delivering meals to approximately 15 homes in varying weather and traffic conditions, getting in and out of the car, and carrying heavy meal carriers can be taxing on an "older" body. After coordinating efforts between the senior center and local high school service learning class, students now volunteer to help deliver meals. Students ride along with the senior delivery volunteer and serve as "meal runners." Center volunteers just do the driving, while the student does all of the leg work! Students also organized events to raise funds to provide meals, collected canned goods and personal care items, and sponsored a “Senior Prom.” In 2010, center delivery volunteer Ray Unger won the National Association of Aging Agencies (N4A) “Mentor” award for his profound impact on the students. The students did not hesitate to raise money to send Ray to Washington to receive this special honor! In July 2011, the Meal Runner Program won another N4A award in the “Best Practice” category. I had the honor of going to Washington to receive this award, as well as present a course on developing a Meal Runner Program to other aging agencies. Soon, students from all over the United States will be helping seniors in their community.

Why Is Your Program Worthy of an Award? What began as an effort to lend a helping hand to my senior meal delivery volunteers has grown into a local and nationally recognized, award-winning practice. Since 2006, Meal Runners have helped deliver over 10,000 meals to homebound senior citizens. Volunteers certainly appreciate their help, while meal recipients enjoy meeting/seeing the kids every day. Students and seniors have developed a unique bond; Meal Runners have proven that kids of today really do care and want to make a difference. Students have a better understanding about aging and a new respect for the elderly.

Number of Staff/Volunteers Required to Run Program: 2 staff, minimum of 1 volunteer
Revenue: No financial revenue but endless benefits
Expense: $0
Net: $0

For More Information:
Pamela Guest
MEAAA South County Senior Center
9451 Gentry Avenue
Lemay, MO 63125
lemay@mid-eastaaa.org
314-631-8698
Senior Community Facilities Liaison

**Description of Program:** The Senior Communities Liaison committee provides outreach information on programs and activities at the Bowie Senior Center to the managers and residents of five senior communities in the Bowie area. The manager of the center chooses seniors who are somewhat known in their communities and are active members of the senior center. These individuals meet with the center manager once a month and take flyers and information about events and programs offered at the center to their communities. The liaisons take the flyers to the managers of the senior communities, and they make copies and give them to the residents and post them on information boards. The liaisons also refer seniors to the center's Information and Referral Specialist for senior services.

**Why Is Your Program Worthy of an Award?** The program began seven months ago with a meeting of the liaisons and the managers of the communities. The liaisons have become the person others in the communities seek out for information. The liaisons have encouraged participation and membership at the senior center. The center has also gained a few volunteers and new members through this outreach. Since this program started, the communities feel they are more informed and that the center and the city of Bowie care and encourage participation in the programs, events, and services. The communities feel included.

**Number of Staff/Volunteers Required to Run Program:** 1 staff person to facilitate the meetings

**Revenue:** $0

**Expense:** Cost of coping flyers

**Net:** $0

**For More Information:**
Katherine White
Bowie Senior Center
14900 Health Center Drive
Bowie, MD 20716
kwhite@cityofbowie.org
301-809-2300
**Bags for Foster Children Project**

**Description of Program:** More than 6,000 children are in foster care in Virginia. Many of these children, at some point, underwent the trauma of being removed from their homes, often toting their few personal belongings in the only “suitcases” available: plastic trash bags. The Mary Williams Community Center’s Bags for Foster Children program is working to change that. Volunteers and members meet every other week at the Mary Williams Senior Center to work on bags destined for foster children. The bags are simple—two squares of sturdy cloth with a cord to pull them shut. This project helps Virginia’s foster children, but it is a beautiful and tangible way for Mary Williams Senior Center members to give back to build community. The project is something anyone can do because the process has been carefully broken down into steps. For instance, members who can no longer sew due to eye conditions or arthritis can still string cord for the bags, sort fabric, or make calls for donations. Because this project is so accessible, a host of community partners are able to come together to work on the bags. Partners include children from local schools, the developmentally disabled, and even a local group of foster children who volunteer their time to help other kids in the community. Volunteers make new friends and build new relationships while making bags.

**Why is Your Program Worthy of an Award?** This project not only helps Virginia’s foster children, but it is a beautiful and tangible way for Mary Williams Senior Center members to give back to the community and build community by working with many of partners. On a perfect day, we are all at the table putting our varied skills and talents to work to help Virginia’s children. Our goal is to finish 6,000 bags, at least one for every child in foster care in Virginia. So far, we have nearly reached the 2,000 mark, and we’re still going strong.

**Number of Staff/Volunteers Required to Run Program:** 2 staff and 50+ volunteers

**Revenue:** $0

**Expense:** $0

**Net:** $0

**For More Information:**
Misty Boos
Mary Williams Community Center
1512 East Market St
Charlottesville, VA 22902
mboos@jabacares.org
434-906-9861
Culture Connections: International Students and Older Adults Sharing Life Experiences

Description of Program: For the past several years, Howard Community College’s English Language Institute has collaborated with the Ellicott City Senior Center Plus Program (ECSCP) to develop a unique learning experience for international students and older adults. HCC’s non-credit class, “Using English in the Community,” provides international students the opportunity to share ideas, cultural views, and other experiences while practicing conversational English in the community. The ECSC, a service provided by the Howard County Government, is a social model, adult day program that promotes the individual’s maximum functional independence in the community. Twenty-five older adults with mild to moderate physical, cognitive, and/or psychosocial challenges attend the program. Students choose their placement based on their interests and needs. The students, class coordinator, and senior center site manager meet to discuss the interests and goals. Each semester, one or two students volunteer at the ECSCP. The ECSCP has hosted students from China, Vietnam, South Korea, Cambodia, Romania, and Bosnia. Students participate in all center activities, including assisting members on and off the bus, setting up and participating in the morning “coffee chat” and lunch, exercise programs, arts and crafts, music, etc. Students often initiate and lead activities. The class coordinators commented, “the growth in the student from the beginning of the semester to the end is amazing. Through the partnership with the senior centers, students meet an important need of community organizations, improve English skills, encounter true American culture, and experience increased self-esteem through personal growth. It doesn’t get any better!”

Why is Your Program Worthy of an Award? Results have been remarkable. Students led programs which included music, art, crafts, dress, and food based on their culture. The older adults shared their wisdom and life experiences with the students. Students commented that the relaxed and informal setting enhanced their comfort level. Students who missed their extended family were particularly grateful. Lifelong friendships were developed. One student from Bosnia has continued to volunteer. The ECSCP members hosted two surprise baby showers for her, and she now visits with her children. Conversation alone does not measure this exciting collaboration. It is the smiles, laughter, and hugs that tell the story.

Number of Staff/Volunteers Required to Run Program: 3 to 5
Revenue: $0
Expense: $0
Net: $0

For More Information:
Joyce Nagel- Mortell
Ellicott City Senior Center Plus Program
9401 Fredrick Road
Ellicott City, MD 21042
jnagel@howardcountymd.gov
410-313-1426
**Free Vets for Pets**

**Description of Program:** Staff met with Dr. Tara Klimovitz, of the Perry Hall Animal Hospital, to brainstorm ways she could be used in a senior center. We thought it would be a great idea to host a community event and came up with a two-day free pet clinic open to everyone. The area that the center is located in has a lot of people who are struggling in this economy. Our hope was to have not only our seniors but also community members come to receive free vet care and have the pets looked after, so the owners could afford food and medicine. One of our seniors actually pays for her dog’s medicine instead of her own when she is struggling. Because of this, the vet’s office agreed to have some options for seniors to get lower medication and for them to receive low-cost spay and neutering after the event. Over 150 people showed up the first day. We had to turn people away an hour after we began because we had given out all the appointment numbers for the day. The second day, we gave out all the numbers before the doors opened. Needless to say, the event was a huge success and we were able to help over 300 animals and raise an additional $200 for extra vaccines. The best part was we received more than 20 new members from people seeing the center and meeting us. We planned the next one for May 2012.

**Why is Your Program Worthy of an Award?** This program not only helped senior citizens but also the entire community. This event got our name out there, and we created a partnership with the Perry Hall Animal Hospital. Through this event, I have seniors who come back every year to update their pet on vaccines, which in return helps them out by not having to worry. This event also helped a small center make a name for itself in the community and now people know what we are and where we are. With a dwindling budget, this event is free press and publicity for the center.

**Number of Staff/Volunteers Required to Run Program:** 2-3 volunteer vets each day, about 6 volunteers for greeters and front desk help

**Revenue:** $200 in donations

**Expense:** Grant funded through Homeless Pets of America

**Net:** $200 in donations given back to the program to purchase more vaccines

**For More Information:**
Rebecca Ebert
Victory Villa Senior Center
403 Compass Rd
Baltimore, MD 21220
rebert@baltimorecountymd.gov
410-887-0235
**Lansdowne Community Fair**

**Description of Program:** The Lansdowne Baltimore Highlands Senior Center partnered with the Southwest Leadership Team of Baltimore County, Baltimore County Recreation and Parks, the Lansdowne Volunteer Fire Department, and the Lansdowne Branch of Baltimore County Public Library to host a Community Fair on Saturday, May 21 from 11 a.m.-2 p.m. in Hillcrest Park, which is located next to the senior center. Outdoor events were held in the park, including a moon bounce (paid for by the Southwest Leadership), a sack race, entertainment performances by local cheerleaders, a variety of games, face painting, and more. The Lansdowne Volunteer Fire Department parked a fire truck on the grounds for kids to enjoy and sold grilled hot dogs and hamburgers, sodas, and chips. The senior center hosted a fun visit from the Baltimore Zoo. Both children and adults enjoyed all the animals. Also, the senior center had indoor activities, which included games, bingo, coloring, and prizes for all. Keeping with the animal theme, the library held a barn dance for children followed by story time with fun stories about animals. In addition, inside the center, an informational table was set up to offer printed material and information pertinent to seniors. Free pill boxes were also available. This was a very exciting, fun, and successful event.

**Why is Your Program Worthy of an Award?** This program is worthy of an award because it pulled together many community resources and agencies to engage all ages of community members in a fun community event. It was intergenerational, informative, and fun, and it provided learning opportunities for different age groups. This event also provided the opportunity for children to get some physical outdoor activity. We were able to showcase our senior center and provide activities for many to enjoy.

**Number of Staff/Volunteers Required to Run Program:** 2 staff and 4 volunteers

**Revenue:** $0

**Expense:** $0 (prizes were donated)

**Net:** $0

**For More Information:**
Joyce Rosewag
Lansdowne Baltimore Highlands
424 Third Avenue
Halethorpe, MD 21227
jrosewag@baltimorecountymd.gov
410-887-1443
**Reading Buddies, Bingo For Books**

**Description of Program:** Each year, Seven Oaks Senior Center partners with Seven Oaks Elementary School to provide a program called Reading Buddies. The Reading Buddies program pairs senior center volunteers with students in the 1st and 2nd grades. Volunteers and students meet weekly to practice student reading skills. To go a step further to promote literacy and encourage home reading for the young students, the senior center wanted to present a book to each student at the completion of the year-long Reading Buddies Program. Bingo for Books was created to raise funds to purchase the books needed for the 131 students in the Reading Buddies program. Bingo For Books was held at the center, and center members were encouraged to attend for a fee of $3. Donated household items such as jewelry, games, candles, blankets, etc. were used as prizes for the bingo games. A 50/50 raffle also took place to increase the revenue. All entry fees and raffle income went directly toward buying books for the program.

**Why is Your Program Worthy of an Award?** This program not only encourages literacy in young students, it promotes healthy relationships between children and senior citizens, encourages civic engagement of seniors, and helps to create community relations between the senior center and elementary school.

**Number of Staff/Volunteers Required to Run Program:** 2 staff and 10 volunteers

**Revenue:** $250  
**Expense:** $300  
**Net:** $50 Cost

**For More Information:**  
Lisa Kennedy  
Seven Oaks Senior Center  
9210 Seven Courts Drive  
Baltimore, MD  21236  
lkennedy@baltimorecountymd.gov  
410-887-5192
Senior PenPal Program

Description of Program: The Senior PenPal Program is in its 16th year matching older adult center volunteers with 6th grade students at a local middle school. Each month, the seniors and students exchange letters that are delivered to and from the center and school by teachers at the school. Twice a year, there are gatherings of the students and seniors. In December, the students come to the senior center for lunch and a holiday party. In early June, the seniors go to the school, or a local park close to the school, for an end-of-the-year picnic. The program is designed to help provide encouragement to a young person, while giving them some experience in writing. There are usually about 90 students in the program, and we are using 80-some seniors this year (some seniors adopt more than one child).

Why is Your Program Worthy of an Award? We have seen some significant relationships develop, as well as important social supports. One child involved with the program 2-3 years ago went home one day after school to find both parents dead as a result of a murder-suicide. Her senior PenPal's father had also committed suicide when she was a child and was able to really assist the child in coping with this situation. Many others are given caring attention and positive reinforcement that they unfortunately are not receiving at home for various reasons.

Number of Staff/Volunteers Required to Run Program: 1 staff member has traditionally coordinated the program; we are trying this year to develop a volunteer coordinator to take over supervision of the program. We try to recruit enough seniors to have a one-to-one situation if possible.

Revenue: $600 in sponsorships
Expense: $600 a year for December lunch and stationery
Net: $0

For More Information:
Rick Eldridge
Rufty-Holmes Senior Center
1120 S. MLK, Jr. Avenue
Salisbury, NC 28144
rick@ruftyholmes.org
704-216-7715
**Tuesdays at TGP**

**Description of Program:** Our community recently opened a Youth Center for middle school students where they can go for positive interaction and activities after school each day. Our senior center is partnering with the Youth Center to offer students educational/intergenerational activities one day a week. We stay open one hour later to accommodate this. Students come to TGP (The Gathering Place) and learn a craft from one of our artisans—soap carving, jewelry crafting, felting, etc. We have a different craft each week, and students sign up ahead of time.

**Why is Your Program Worthy of an Award?** This partnership provides students with an opportunity to get to know older adults in a positive light and benefit from their talents. It also enriches the knowledge base of the youth because they learn a skill they most likely would not have learned anywhere else. In addition, it enhances the self-esteem of the senior in that they can share their skills and talent and pass on their knowledge.

**Number of Staff/Volunteers Required to Run Program:** 1 paid staff and 6-8 volunteers

**Revenue:** $0 (we don't charge students)

**Expense:** $0 grant written for supplies

**Net:** $0

**For More Information:**
Paula Schutt
The Gathering Place
715 Campus Street
Milton, WI 53563
tgpdirector@charter.net
608-868-3500
Free Dental Services

Description of Program: Our partnership with Nova Southeastern University's Dental School was a fantastic example of community collaboration. The program consisted of setting up a free dental clinic right in our senior center. Services were performed by 60 highly trained pre- and post-doctoral students, under the close supervision of their licensed faculty. This free dental clinic was very inclusive in that it offered much more than just oral exams and cleanings. Our on-site free dental clinic allowed our participants access to state-of-the-art equipment, radiographs, fluoride varnish, one surface restorations, extractions, and clinical examinations. Not to mention participants were exposed to the latest techniques and philosophies in dental care. For many of our participants who have not been able to receive dental care in decades, or who may have never received proper dental care due to various factors such as their country of origin or socioeconomic status, this was an unmatched opportunity to receive these services free of charge. We were able to offer this quality service to 20 people a day over a span of 10 months. The program required a minimum investment of a few hours a week from our staff, as we managed the appointment aspect of the dental clinic. Since the dental school must include a working clinic as a part of its curriculum, it was glad to partner with us at no cost.

Why is Your Program Worthy of an Award? Dental care is severely limited and basically not an option for seniors on Medicare. Studies show that poor dental health highly contributes to other dangers, such as being one of the most important risk factors for heart disease. This was more than just education or awareness. We saw an issue and addressed it head-on with tangible services and remarkable results. Though the tens of thousands of dollars that we saved our participants is monumental, it was the ability to alleviate pain, discomfort, and potentially life-threatening risk factors that make this program exemplary and worthy of recognition.

Number of Staff/Volunteers Required to Run Program: Our on-staff wellness coordinator was responsible for the marketing of the program and for making the appointments for participants

Revenue: $0
Expense: $0
Net: $0
Honorable Mention
Nutrition, Fitness, and Health Promotion
Elizabeth Munday Senior Center, Inc., Kentucky

Backpacks for Seniors

Description of Program: The end of the month is sometimes quite difficult. This is the time that pocketbooks are slim, and the cabinets and fridge are getting emptier. Senior citizens are especially hard hit at this time. High drug costs, increasing utility costs, and rapidly rising food costs eat away at the fixed income available to this demographic. Desperation can breed inspiration, and the Backpacks for Seniors program was born. We approached a local church with the idea that they could provide the food and bag it and that our staff would deliver it. They agreed. The program is not limited to registered participants but open to any senior who has need of food. The third week of each month, bags are delivered to the local senior center. We are delivering about half of them, and volunteers from the church deliver the others. In addition to much-needed food being brought to the senior, friendships are being formed and a lot of loneliness is being alleviated. Each month, the bags contain basic food items that are easy to fix: soups, crackers, canned fruit, packages of noodles, peanut butter, etc. On alternating months, household goods and hygiene supplies are added to the food bags. Sometimes homemade cookies make an appearance, and we have a local business that donated pre-cooked, sliced hams for November’s bags. We’ve only melted the tiniest tip of the iceberg; however, several more churches are seeking involvement with the program.

Why is Your Program Worthy of an Award? This program provides nutritional support, as well as emotional/mental well-being for seniors in our area. Community support is a large part of this program; more groups have expressed interest in helping with the project. The Backpacks for Seniors program aids seniors across the spectrum: congregate meals participants, home-delivered meals clients, persons on the waiting list for meals, and seniors who have not availed themselves of our services before. It is a great program for senior centers to implement as it costs nothing to put into action except a small amount of staff time.

Number of Staff/Volunteers Required to Run Program: 2-6 volunteers
Revenue: $0 Expense: $0 Net: $0

For More Information:
Thomas L. Vittitow
Elizabeth Munday Senior Center, Inc.
1650 W 2nd Street, Drawer 106
Owensboro, KY 42301
dcsstom@owens.twcbc.com
270-687-4641
"Nutrition Made Easy" Newsletter

Description of Program: "Nutrition Made Easy" is a monthly newsletter created as a nutrition tool to assist senior center staff in 15 city of Phoenix senior centers. The newsletter is also a resource for over 1,200 homebound seniors enrolled in the home-delivered meal program. The newsletter assists clients in improving their diets and lives. Monthly themes include Fruits and Vegetables, Heart Health, MyPlate and Portion Control, Physical Activity, Sun Safety, Food Safety, and Fighting Bacteria. These educational topics are covered in an array of fun, interactive activities and information. Other information provided includes healthy living tips, exercise programs, games, and recipes. The newsletter is produced in an easy-to-read format, copied and distributed for senior center participants. Participants look forward to the monthly hints, healthy recipes, and games incorporated in the newsletter. Attention is paid to local and national programs and are also included in the newsletter, such as sun safety and hydration during the summer.

Why is Your Program Worthy of an Award? Information provided in the "Nutrition Made Easy" newsletter is easily accessible to over 5,000 participants at 15 city of Phoenix senior centers and is delivered to over 1,200 homebound seniors on a monthly basis. Seniors have instant access to a variety of nutrition and health related topics. Senior center staff can also incorporate quick nutrition-based messages into their daily activities, and they regularly encourage participants to practice better nutrition and healthy living.

Number of Staff/Volunteers Required to Run Program: 1 staff member creates the newsletter; 50 part-time employees (meal delivery aides) deliver the newsletter to over 1,200 homebound clients.

Revenue: $0
Expense: $0
Net: $0

For More Information:
Patricia Contreras
City of Phoenix Human Services Department
200 W. Washington, 18th Floor
Phoenix, AZ 85003
patricia.a.contreras@phoenix.gov
(602) 534-6407
Academic Community Partners Enhancing the Health of Low-Income, Community-Dwelling Seniors

Description of Program: The Dickinson Senior Community Center and the UTMB school of nursing have partnered to enhance the health of seniors, while providing an opportunity for nursing students to meet their health needs. Our most recent collaboration was a "County Wide Senior Health Fair" on Nov. 17, 2010, which provided screenings for hypertension; breast, cervical, and prostate cancer; blood pressure, A1 C; and cholesterol to over 100 seniors. Classes and quizzes were given on cervical and breast cancer. The nursing students also provided breakfast, lunch, health education games, and prizes. The UTMB nursing students submitted this health event that was collaborated with the Senior Community Center to the American Public Health Association and was accepted.

Why is Your Program Worthy of an Award? The United States is experiencing a rapid increase in the number of older adults. This demographic shift has resulted in increased mortality from chronic diseases, along with health care costs three to five times greater than for those under age 65. Health education and screenings can improve the health of older adults at a lower cost. As a result of this educational event, a senior who attends the center regularly went to the doctor to get checked for breast cancer and a spot was found, which she is being treated for now. If the senior had not been made aware of the importance of having mammogram, not just focusing on age, she would have never found out.

Number of Staff/Volunteers Required to Run Program:
Revenue: $0
Expense: $0
Net: $0

For More Information:
Jean Jenkins
Dickinson Community Center
2714 Hwy 3
Dickinson, TX 77539
Jean.Jenkins@co.galveston.tx.us
281-309-5011
Active Aging Week Adventures

Description of Program: Cary Senior Center celebrated National Active Aging Week from Sept. 26-30. “Try it for Free” exercise classes were offered to our patrons to experience new exercise programs. Patrons experienced Nia Technique on Monday, Zumba Gold on Tuesday, Tai Chi – Sun Style on Wednesday, and Balance Ball on Thursday. On Friday, patrons were invited to participate in a Ropes Challenge Course. Everyone enjoyed a healthy lunch (for a small fee) after the Ropes Challenge Course. Participants signed up for each program they were interested in and were able to participate in as many as they wanted (up to 20 patrons per class). The goal of the program was to educate patrons on some of the lesser known and newer exercise programs we offer. It was a great success, with 95 participants taking part (and 43 on the waiting list). The cost of the program was minor, as most of the instructors volunteered their time to market their programs this unique way. The local sandwich store gave us a discount on the lunch to meet the $5 cost. The Cary Senior Center strives to offer as many opportunities to meet the goal of Active Aging (our tagline is: Creating Active Retirement Years) and has over 66 Fitness & Wellness programs just for those aged 55+. By offering Active Aging Week Adventures, we have more patrons realizing how fun and exciting being active can be.

Why is Your Program Worthy of an Award? Compliments from patrons were overwhelming. Most had never experienced these unique and “new” exercise forms. Several signed up for the future classes immediately following the “Try it for Free” class. Those that experienced the Ropes Challenge Course sent thank you letters to the staff and requested more opportunities of this type, including to try the 60 foot high Ropes Challenge Course. Our patrons were pleased by the many options to become (and remain) active available to them through the Cary Senior Center. Our supervisors were (finally) convinced that people aged 55+ would be interested in such diverse opportunities! Everyone was pleased!

Number of Staff/Volunteers Required to Run Program: 1 planning, 3 staff for Ropes Challenge Course, 4 exercise instructors, 2 assisting with lunch

Revenue: $50
Expense: $85
Net: $35 Cost

For More Information:
Jody Jameson
Cary Senior Center
PO Box 8005
Cary, NC 27512
jody.jameson@townofcary.org
919-469-4081
Aging Well Elders Conference

Description of Program: The Oneida Indian Nation’s Elders Program presents an annual Aging Well conference for American Indian Elders and their caregivers free of charge (including breakfast, lunch, and breaks). This year’s conference, “Aging Well: Activities for Staying Sharp and Fit,” hosted more than 140 participants who listened and discussed topics across the spectrum on aging. The keynote address by Dr. Seelan Newton, clinical director of the Oneida Nation Health Department, and Dr. Bruce Finke, family physician and geriatrician who serves as the national lead in Elder Care for the Indian Health Service, expounded upon the topic’s inherent benefits. The doctors pointed to factors that may help maintain cognitive function, including: 1) increased mental activity such as reading, working, playing chess, and new experiences that keep the brain stimulated; 2) increased physical activity; 3) increased social engagements; 4) monitoring vascular health; and 5) controlling weight, cholesterol, blood pressure, and diabetes. Dr. Newton even encouraged a little “retail therapy” saying, “Ladies will like this...shopping is good for you. You walk around carrying a heavy purse looking for bargains, keeping your brain active.” Workshops presented throughout the two-day conference offered participants hands-on activities for staying sharp. Workshops included “What’s Normal for Emotional Aging...and What You Can Do About It;” Interactive Native Pop Art; Breakfast, Lunch, and Dinner the Healthy Way; Improving Your Quality of Life Through Physical Activity; Taking Out Your Mental Trash; Zumba Gold; Sandpaper Art; Diabetes Walk & Talk; Aging Well Through Fun and Laughter; E-Readers and Book Clubs; and a mini health fair.

Why is Your Program Worthy of an Award? The conference is an outstanding example of collaboration, creativity, and cultural diversity. Creative collaboration between the Oneida, St. Regis Mohawk, and Seneca Nations and the Indian Health Service, and the multiple organizational support is extremely cost-effective. The conference addresses chronic diseases, including the prevalence of diabetes, and uses a variety of teaching approaches such as lecture, art therapy, focus groups, and mini health fairs. The program has succeeded in providing a venue for intertribal education and training. The valuable planning committee, traditional and western approach to integrated medicine, interdisciplinary teaching styles, and elder planning and participation are certainly replicable.

Number of Staff/Volunteers Required to Run Program: 3 Oneida Indian Nation Elders Program staff; 13 staff/volunteers from other OIN departments
Revenue: $0 (conference is offered free to American Indian Elders and their caregivers)
Expense: $5,969
Net: $5,969 Cost (includes 2 breakfasts, 2 luncheons, 3 coffee breaks, speakers fees/travel, and supplies)

For More Information:
Jane Rooney
Oneida Indian Nation Elders Program
5000 Skenondoa Way
Oneida, NY 13421
jrooney@oneida-nation.org
315-829-8133
"Off Our Rockers"

Description of Program: “Off Our Rockers” was formed to enable seniors to take advantage of the natural beauty of the Ozarks while creating a fun and unique fitness program. The seniors wanted something different that would set them apart from the usual routine. Although there are established hiking groups in our area, we required one that catered to senior citizens. This way, we can go at our own pace and not feel intimidated by younger hikers. What could be better than taking advantage of the many hiking trails throughout the Buffalo National River system, and right here in our own backyard. Whereas some physical fitness programs are boring or routine, each hike offers a new adventure. Seniors of varied physical abilities and limitations partake in these hikes. As some trails are more challenging, they all offer something that anyone can do. During the hikes, we encounter small streams to cross, caves to explore, bluffs to look over, bridges to walk over, steps to climb, and waterfalls to walk under. At times, we even make a trail where there was none! Physical fitness has never been so fun for these senior citizens. These hikes are offered weekly throughout the year as weather permits.

Why is Your Program Worthy of an Award? It has increased the interest of seniors being active, contributing to their increased agility, lower blood pressure, and weight loss, not to mention the enjoyment and emotional benefits of being outdoors. The seniors feel good about themselves doing something that is usually enjoyed by young people. Not only has it helped with their physical health, but the pride achieved from doing a physical activity outside the confines of four walls tends to be uplifting to them. Not knowing what is around the corner, getting off their rockers, is healthy and fun.

Number of Staff/Volunteers Required to Run Program: 1 staff; 2 volunteers
Revenue: $0
Expense: $0
Net: $0

For More Information:
Diane Billings
Boone County Senior Activity and Wellness Center
1516 Rock Springs Road
Harrison, AR 72601
seniors@windstream.net
870-741-1505
Chair Volleyball

Description of Program: One afternoon, one of my aerobic instructors came to me and said, "Kami, have you heard of chair volleyball"? I had not, however it sounded very interesting. I began to research any information that I could find on the internet and within my network. Before I knew it, I was at Walmart looking for a lite oversized ball and a volleyball net. The rules are fairly simple and almost identical to any other volleyball game. Each side is set up with six chairs slightly spread apart. The players cannot raise up from their seats or the play is considered a foul and the serve is turned over to the opposing team. It is up to the organizer to decide the winning number of points. The first game we held was a HUGE success! We played luau music and handed out different colored leis to represent each team. The excitement running through their blood was amazing! From this day forward, we have played chair volleyball once a week and one tournament per month. Our members have named their teams Code Red, The Untouchables, The Green Hornents, Los Indios, Aquanets, and several other "interesting" names.

Why is Your Program Worthy of an Award? I think this program is worthy of an award because it is original and not something that is seen everyday. It is very creative and has brought much joy, energy, socialism, physical activity, and confidence to our senior population. This program has given something to our seniors to look forward to and keeps them motivated and lively. I am very proud to say that our community center is highly involved in chair volleyball!

Number of Staff/Volunteers Required to Run Program: 2 volunteer refs
Revenue: None
Expense: Ball $2, Net $15, Chairs $150
Net: $167 Cost

For More Information:
Kami Nichols Perez
Elvira Cisneros Senior Community Center
517 SW Military Dr.
San Antonio, TX 78221
knichols@wellmed.net
Active Aging Week

Description of Program: As part of our Senior Center Month observation, we celebrated Active Aging Week Sept. 26-30, 2011. Our Kick-Off Fun Walk was held on the half-mile track around our campus, with healthy snacks, water, and health promotion materials provided to all participants. We held an Active Aging Health Fair, with service providers hosting blood pressure checks, vision screenings, BMI/weight screenings, and medication management reviews by a CVS pharmacist. Other providers gave information on nutrition, senior resources in the community, and senior center activities. Healthy snacks were provided to all participants. We held a Tai Chi and yoga demonstration free of charge at the center, as well as a Laughter Therapy Workshop and a Brain Fitness Workshop, also free of charge.

Why is Your Program Worthy of an Award? By focusing on active aging, participants were able to enjoy both fun and informative programs, and gain information on maintaining health and wellness. They were also introduced to healthy activities that occur regularly at the center to remain active and support a healthy lifestyle.

Number of Staff/Volunteers Required to Run Program: 2 staff members; 8 service providers who donated their time
Revenue: $0
Expense: About $75 in materials
Net: $75 Cost

For More Information:
Cameron Hartwell
Davidson County Senior Services
555B W. Center Street Ext
Lexington, NC 27295
cameron.hartwell@davidsoncountync.gov
336-242-2294
Dine With a Doc

Description of Program: The Dine with a Doc program allows seniors an opportunity to enjoy the information brought to them from a local physician at a congregate meal setting. The doctor talks on his specific practice and provides a question and answer period at the end of the program. Seniors attending feel as though they have just received a free doctor visit. Local provider agencies are invited to speak about their services that provide a better quality of life with services that promote quality aging and independent living. Each provider agency that does attend brings a door prize, and the seniors enjoy a special session of information, food, fun, and social activity all in a single afternoon.

Why is Your Program Worthy of an Award? We strive to provide seniors with knowledge on services and programs that allow them to continue to live independently in their own homes instead of premature institutionalization. Seniors leave this wonderful setting of Dine with a Doc with added knowledge that they can benefit from. We have had pharmacists, podiatrists, oncologists, surgeons, general medical doctors, eye doctors, physicians who deal with depression, as well as numerous other medical professionals. By providing this event, we help the seniors make very conscientious decisions regarding their own personal health care with the assistance of information that is provided to them.

Number of Staff/Volunteers Required to Run Program: 6 staff members from this facility, as well as 10-15 volunteers who serve the food and set up the necessary sound/visual equipment. The meal is paid for by a local sponsor. The event is held monthly on the second Thursday of the month, and seating is limited to 90 seniors.

Revenue: $0
Expense: $0
Net: $0

For More Information:
Jean Bohnhoff
Effingham Senior Center
209 S Merchant
Effingham, IL 62401
jbohnhoff@eccoa.info
217-347-5569
Fall Prevention and Balance Awareness Day

Description of Program: The Aurora Center for Active Adults (ACAA) held a Fall Prevention & Balance Awareness Day on Friday, Sept. 23, 2011 from 1-3 p.m. The ACAA partnered with four organizations (Tri-County Health Department, Always Best Care Senior Services, Physiotherapy Associates, and Anthem College). Two speakers from the Fall Prevention Network talked on fall risk factors, demonstrations were done by two Matter of Balance coaches on how to get up from a fall, Physiotherapy Associates did the Berg Balance screenings on the seniors, students from Anthem College did free massages, and nutritional snacks were provided by Always Best Care Senior Services. Approximately 65 seniors participated in this free event. The ACAA also promoted the Matter of Balance and the N'Balance classes that are offered at the center. This program was designed to increase awareness of fall prevention and balance and improve the physical wellbeing of seniors by offering this health-related program, lecture, and screenings.

Why is Your Program Worthy of an Award? Each year in the U.S., one of every three adults aged 65 and older is injured in a fall. Falls are the leading cause of injury death in this age group. The ACAA's goal in offering this program was to increase awareness of fall prevention and balance, keep seniors living safe and independent in their homes, and promote exercise to increase strength and balance. This program would not have been successful without the community partners, who brought their expertise, knowledge, and interest in serving the senior population.

Number of Staff/Volunteers Required to Run Program: 7 volunteers; 3 ACAA full-time staff
Revenue: $0
Expense: $0
Net: $0

For More Information:
Ruth Buchheit
Aurora Center for Active Adults
30 Del Mar Circle
Aurora, CO 80011
rbuchhei@auroragov.org
303-739-7955
Food for Thought

Description of Program: The Downingtown Area Senior Center offers a special program designed to help educate our seniors on health-related topics while they are able to socialize and enjoy a warm meal. Our program is called “Food for Thought.” “Food for Thought” is a “Breakfast for Dinner” seminar that is offered six times throughout the year on the second Tuesday of the month beginning at 3:30 p.m. During the “Food for Thought” program, the participants are educated on health-related topic such as back pain, bladder control, dry eye, etc., and then a warm “Breakfast for Dinner” immediately follows the program. The senior center has three local hospitals who participate as the educators in this program, as well as some local independent physicians/specialists. Those who are interested in attending “Food For Thought” pre-register. The cost to attend this event is $5 for members of the senior center and $10 for non-members. Included in the cost is the educational presentation and “Breakfast for Dinner,” which includes a warm meal, fruit, breakfast sides, and dessert. This program is designed to help educate the seniors in our community, as well as have them socialize with their peers.

Why is Your Program Worthy of an Award? “Food for Thought” is worthy of an award because our seniors have made it clear that they enjoy being involved at the senior center in various activities such as this. They not only enjoy the presenter and learn more details about their health, but it helps them socially, as well. During this seminar, our seniors do not eat dinner alone, and it does not cost them nearly as much as going out to dinner. It is also early enough in the day that they do not mind driving home or taking public transportation.

Number of Staff/Volunteers Required to Run Program: 2-3
Revenue: $5 member/$10 non-member per person
Expense: Breakfast food and supplies
Net: Break Even (buy food with money collected)

For More Information:
Dawn Meehan
Downingtown Area Senior Center
983 E. Lancaster Avenue
Downingtown, PA 19335
dawn.meehan@downingtownseniors.org
610-269-3939
**Functional Fitness Program for 55 and Better**

**Description of Program:** The Elsie Stuhr Center Functional Fitness Program for Adults 55 and Better has been able to maintain or improve the fitness levels of over 75% of our participants for the past six years. We have evaluated our program three ways: participant self-evaluation, physical therapist has evaluated program for safety and effectiveness of exercises, and implementation of Fitness Assessment (Senior Fitness Test by Roberta Rikli and C. Jessie Jones). We have used the “RE-AIM” framework. The RE-AIM dimensions of Reach, Efficacy, Adoption, Implementation, and Maintenance are used to rate our group sessions. When using “RE-AIM,” the Elsie Stuhr Center has shown success in our reach and effectiveness. Our fitness staff, participants, and organization have adopted the use of the Senior Fitness Test. We implement the test every six months. We have educated our participants to identify their own strengths and weaknesses and can choose classes accordingly. We have been able to maintain or improve the functional fitness for our growing number of participants. We are constantly trying to improve implementation of our fitness program by adding new classes to address some of our needs. This year, we added a “Flexibility Focus” class because we noticed that several of our participants had really high marks in strength and aerobic capacity, and just average marks in flexibility (they are still maintaining or improving but at a lower level). Many of our participants want to be in the top 95% in their age group for all aspects of functional fitness.

**Why is Your Program Worthy of an Award?** Our program has received the Oregon Governor's Council on Physical Fitness and Sports Senior Fitness Award. We had over 1,000 individuals enrolled in the past year (75% are able to either maintain or improve in all six measurements in the Senior Fitness Test). All of our fitness staff have additional certification(s) in teaching older adult fitness. 38% of participants are 65 years and younger, 37% are ages 66-75, and 25% are ages 75 years and better. 22% of our participants have just started taking classes (1-2 quarters), 27% have been participating 1-2 years, and 51% have been participating for 3 years or more.

**Number of Staff/Volunteers Required to Run Program:** 15 instructors hold over 70 hours of instruction each week

**Revenue:** Budgeted $103,300, actual $125,213

**Expense:** $83,050

**Net:** $42,163

**For More Information:**
Ann Satterfield
THPRD Elsie Stuhr Center
5550 SW Hall Blvd
Beaverton, OR 97005
asatterf@thprd.org
503-629-6342
Healthy-Steps

Description of Program: Healthy-Steps is an effective, therapeutic program of exercise and movement to music especially designed for seniors. Some of the benefits of this program are that it increases range of motion, assists with balance, decreases blood pressure, lowers cholesterol, reduces depression, reduces and/or deters lymphedema, and decreases risk of diabetes, stroke, osteoporosis. It also helps with weight control or loss. This program also benefits those with chronic illness such as MS, Parkinson's, fibromyalgia, chronic fatigue, and arthritis. Participants aged 50+ and all fitness levels will improve their self-image, feel better, and have fun! All exercises are easy, smooth, slow, with resistance and can be done seated.

Why is Your Program Worthy of an Award? I have been employed at the Enumclaw Senior Activity Center for 16 years as a recreation coordinator, a job I absolutely enjoy! In November 2009, I was diagnosed with breast cancer and had lumpectomy surgery. I shared my story with participants at the senior center and found out that there was a need for special exercises for people who had undergone surgery. Through this experience, I researched for such a program and found Healthy-Steps and decided to take online classes and teach for the betterment and quality of life for seniors.

Number of Staff/Volunteers Required to Run Program: 1
Revenue: None
Expense: $575
Net: $575 Cost

For More Information:
Donna Elzenga
Enumclaw Senior Center
1350 Cole Street
Enumclaw, WA 98022
delzenga@ci.enumclaw.wa.us
360.825.4741
**Hueston Woods Fun and Fitness Trip**

**Description of Program:** They came. They sweated. They conquered their preconceived limitations. The idea of leading a trip with a fitness twist came from Wellness Coordinator Julie McCarthy, who offered a retreat-like experience for older adults in Butler County from July 11-13. Ten women of varying fitness abilities signed up for the challenge at nearby Hueston Woods State Park, where they stayed in the lodge and took classes in the Conference Center. The idea was to highlight new and existing fitness classes in a getaway devoted to bonding, education, and increasing fitness awareness and ability. Classes included Water Aerobics, Nia, Pilates, Tai Chi, Zoga, Meditation, Line Dancing, Balance, and Qi Gong, along with swimming, biking, and hiking. Each participant received a folder with a trip itinerary, park map, and fitness class handouts, as well as a drawstring backpack filled with water and healthy snacks. Waiver forms and photo release forms were completed prior to the trip. Certified instructors either volunteered their time or were paid a nominal fee to teach the classes. Participants completed a trip survey, and reactions were positive, with some members praising the nutritional education and others the exposure to new fitness opportunities. One member even said she “usually avoids adventures like this,” but was “caught up in the whole experience and did not want it to end.” Photos of the trip were posted on Facebook and in the agency’s newsletter. A reunion took place several weeks after the trip, and the energy and enthusiasm had not dimmed.

**Why is Your Program Worthy of an Award?** This was an innovative trip with positive outcomes. Even though this trip had primarily a physical wellness component, it also fulfilled all of the six dimensions of the wellness wheel—social, intellectual, emotional, vocational, spiritual, and physical wellness. Participants came together from Hamilton County and from three prime clubs in Butler County. It appealed to not only younger seniors but also older seniors and families. The women bonded, new friendships were formed, and interest and participation in classes increased. The success was evidenced by the clamoring for another trip, which is being planned.

**Number of Staff/Volunteers Required to Run Program:** 1  
**Revenue:** $1,860  
**Expense:** $1,617  
**Net:** $243

**For More Information:**  
F. Stephen Schnabl  
Partners in Prime  
140 Ross Avenue  
Hamilton, OH 45013  
sschnabl@partnersinprime.org  
513.867.1998 ext 223
I Live Well:  
Comprehensive Nutrition Education Program for Seniors

Description of Program: This is a collaboration between DeKalb for Seniors Inc., Lou Walker Senior Center, United Healthcare, CDC, DeKalb County Extension Service, ARC (Atlanta Regional Commission), Metro Atlanta Urban Famers, LWSC Garden Club, and DeKalb County CEO Burrell Ellis to create a community garden at the LWSC and to promote chronic disease awareness. It promotes healthy gardening as a healthy activity. A local farmer’s market is located onsite at the LWSC to give access to fresh fruits and vegetables to seniors and the local community. The program also includes NCOA’s Living Well Chronic Disease Management Program (administered through the Atlanta Regional Commission), a workshop that covers medication usage, healthy eating, physical activity, communication, future planning, and relaxation methods. Another featured of the program is the Journey to Fitness Walking Program, which promotes walking as a healthy activity. The LWSC Garden Club is a group of seniors that promotes gardening as a healthy activity. And the CDC provides evaluation of project. The produce is being donated to a local food bank that helps low-income seniors. In addition, the funds for the garden were donated by UnitedHealthCare. This included all of the tools, seeds, garden beds, soil, etc.

Why is Your Program Worthy of an Award? The program is significant due to the following objectives: (1) To create a comprehensive and sustainable gardening/nutrition program at the LWSC that can be replicated; (2) To increase the consumption of fresh fruits and produce with seniors at the LWSC; and (3) To increase access to locally grown produce to the LWSC members and the local community. It is worthy of an award due to the amount of coordination and collaboration between local, state, federal, and private sector entities with the community. In addition, the program is sustainable.

Number of Staff/Volunteers Required to Run Program: Private/public sector staff to set up garden: 15; Senior Garden Club: 10; Lay Leaders (Living Well Workshops): 2; Total: 27 volunteers
Revenue: $0
Expense: $2,500 (donated by sponsor, for three 8 x 8 foot raised bed gardens, supplies, etc.)
Net: $0

For More Information:
Darryl Blackwell
Lou Walker Senior Center
2538 Panola Road
Lithonia, GA 30058
dmblackwell@dekalbcountyga.gov
678-576-7751
Klein JCC's Cook and Grow for a Friend Programs

Description of Program: The Klein JCC created two dynamic programs designed to improve the nutritional health of our senior participants and homebound elders through the grassroots initiatives Cook for a Friend and Grow for a Friend. Cook for a Friend is a community-based program comprised of more than 500 volunteers who prepare, cook, and package nutritional meals for frail seniors. More than 500 volunteers in 30 cooking groups meet regularly, while volunteer visitors (many of whom are baby boomers) deliver meals weekly, acting as friendly visitors, spending time with clients. Food is donated by local supermarkets, gardens, CSAs, and farms (or purchased by Klein Senior Center) to include appropriate protein and vegetable intake for elder meals. Additionally, fresh produce is grown in gardens started by the Grow for a Friend program at local senior centers throughout the city. Menus are reviewed by a nutritionist regularly. The program delivers close to 50,000 meals annually to 500 elders, some of whom come to the center but also need assistance for evening and weekend meals. Grow for a Friend engages senior volunteers to produce, grow, and harvest fresh fruits and vegetables for frail seniors. We establish and cultivate local partnerships with senior communities who are interested in hosting a garden and then recruit volunteers and community partners to tend and maintain them. The program provides intergenerational opportunities, exercise, socialization, and nutritional education. Produce grown in each garden is donated to needy seniors and/or used in the production of Cook for a Friend meals.

Why is Your Program Worthy of an Award? The For a Friend programs holistically address issues of senior hunger. The programs ensure seniors receive vital nutrition in a context of companionship and socialization, thereby increasing nutritional intake, while reducing isolation and depression. Through volunteer recruitment, we encourage self-sufficiency, community, nutrition, socialization, and good health. This model uses outdoor space at centers for gardening, indoor space for cooking, donations from local corporate partners and community and volunteer efforts to maximize health and wellness of our frailest seniors. This is an innovative model that is replicable, even on a smaller scale, in other locations and leverages current resources to expand services.

Number of Staff/Volunteers Required to Run Program: 3 staff; 500 volunteers
Revenue: $188,875
Expense: $188,875
Net: $0

For More Information:
Raechel Hammer
Klein Senior Center
10100 Jamison Ave
Philadelphia, PA 19116
rhammer@kleinjcc.org
215-698-7300, ext. 143
**Lean On Me**

**Description of Program:** Lean On Me is an interactive, educational series of classes designed to assist with healthy lifestyle changes to better manage exercise and nutrition. This program runs in cycles of eight weeks. Each series offers eight local health and wellness professionals to provide insight on different pieces to the puzzle of weight management. A variety of topics are chosen in the hope that a member may find something new to inspire them to carry on with their wellness journey. Topics include but not limited to: Weight Around Your Middle, Fundamentals of Fitness, Investigating Ingredients, Better Breathing, Chair Exercises & Self Talk, Eat Well, Be Well-Meal Planning, Take Mental Control, Cooking for Wellness, Laughter Yoga, and Heart Rhythm Meditation. The series incorporates action plans and other self-management tools. A weekly Lean On Me Support Group is provided to brainstorm how to integrate suggestions into our daily lives. A Chair Yoga Class is also included as part of Lean On Me. Chair Yoga offers a fitness solution to those living with any physical limitation due to age, injury, or chronic condition. Lean On Me participants, not new to exercising, are encouraged to join an existing Hithergreen fitness class. Our vision for Lean On Me is that the power of the group and the accessibility of professional wisdom will help motivate members to take the steps toward healthier lifestyle choices.

**Why is Your Program Worthy of an Award?** Commitment, community, and collaboration are the fundamental elements to creating an inspiring and successful program. Lean On Me encompasses all three: (1) Commitment to our members to continue offering them cutting-edge information to expand their knowledge and awareness, which are the first steps toward change; (2) Community is the support needed for a healthy life. "I just might have a problem that you'll understand, we all need somebody to lean on."; and (3) Collaborating with today's leading health and wellness professionals to link our members with local resources. This foundation will assist the member to better take charge of their health and wellness.

**Number of Staff/Volunteers Required to Run Program:** 1 staff member; featured health and wellness professionals donate their time, as well as local health organizations donate healthy snacks for each presentation

**Revenue:** $0

**Expense:** Cost of 1 staff member's time

**Net:** $0

**For More Information:**
Kara Ware  
Hithergreen Center  
5900 Hithergreen Drive  
Dayton, OH  45429

kware@hithergreen.org  
937-435-2415
**Manage Your Chronic Disease (MyCD)**

**Description of Program:** The goal of the Manage Your Chronic Disease (MyCD) program, a joint venture between the City of Albuquerque Department of Senior Affairs and the New Mexico Veterans’ Affairs Health Care System, is to improve the physical and emotional health of adults with chronic diseases, and their caregivers, by helping them gain self-confidence in their ability to manage their symptoms and how their health problems affect their lives. The MyCD program follows the Chronic Disease Self-Management Program (CDSMP) developed by Stanford University. MyCD is a guided workshop delivered two and one-half hours, once a week, for six weeks, in community settings such as senior centers, churches, health care facilities, etc. People with different chronic health problems and their caregivers come together to attend these workshops, which are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves. Subjects covered include: techniques for dealing with problems such as frustration, fatigue, pain, and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments. Workshop sessions are highly participative, where mutual support and success build the participants’ confidence in their ability to manage their health and maintain active and fulfilling lives. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their individualized self-management program.

**Why is Your Program Worthy of an Award?** Over 15% of Bernalillo County's total population is of civilian veteran status, compared to only about 10% nationally. A partnership was formed, through a Memorandum of Understanding, with the New Mexico Veterans Affairs Health Care System to apply for and successfully gain American Recovery and Reinvestment Act (ARRA) funds to jointly launch the Manage Your Chronic Disease (MyCD) Chronic Disease Self-Management Program (CDSMP) within our community. This is the only known such partnership between a municipality and a VA facility. Between October 2010 and September 2011, 106 veterans participated in the program, along with 187 civilians and 62 caregivers.

**Number of Staff/Volunteers Required to Run Program:** 1 half-time contracted program director and 16 volunteer MyCD workshop leaders

**Revenue:** $82,900  
**Expense:** $82,900  
**Net:** $0

**For More Information:**  
Jorja Armijo-Brasher  
City of Albuquerque Department of Senior Affairs  
714 Seventh Street SW  
Albuquerque, NM 87102  
jabrasher@cabq.gov  
505-764-6431
Mission Possible: Prevent Diabetes

Description of Program: This is a collaborative program for older adults through senior centers of Montgomery County, PA, sponsored by Montgomery County Aging & Adult Services. The goal was to design a program that would empower senior citizens to make better lifestyle choices to prevent diabetes. We designed a pre/post assessment questionnaire, which covered diabetes knowledge, nutrition knowledge, current physical activity, and stress level. The class included 15 weeks of 45-minute sessions addressing nutrition education combined with wellness coaching. Participants were offered 42 opportunities for group coaching conference calls and personal calls when requested. We started with 165 participants and ended with 125. Of those participants, 25% reported a decrease in glucose or A1c numbers. We selected 71 participants to be in our official study. The selection was based on paperwork being filled out properly, audience response system working properly (computer software), and attending the majority of the sessions. Based on the 71 in the study, 95% were female and most ranged in age from 60-80-years. 18% of the participants increased their physical activity to 3+ hours per week. There was a 12% improvement in coping with stress. At the beginning of our program, only 8% knew their calorie needs and dieted and, at the end, 39% knew their calorie needs and dieted. 36 of the 71 who completed the program lost significant amounts of weight, and their ability to cope distinguished the weight loss group from the other participants. On a 5-point ranking scale (5 being outstanding), our cumulative score was 4.37.

Why is Your Program Worthy of an Award? According to the American Diabetes Association, approximately 18.3% (8.6 million) Americans aged 60 and older have diabetes. Older Americans are more likely to have complicating conditions such as retinopathy, hypertension, and kidney problems. A study conducted by the Diabetes Prevention Program (DPP) of over 3,000 people found that intensive lifestyle intervention reduced their risk of type 2 diabetes by 58%. DPP worked with people on an individual basis and was a costly program. We wanted to design a program that would be more fiscally viable in a community setting.

Number of Staff/Volunteers Required to Run Program: 6 people delivered the program at 10 different senior center sites; each center also supplied a person to assist with logistics, for a total of 16 people

Revenue: $67,802
Expense: $67,802
Net: $0

For More Information:
Amy Cummings-Leight
The Peak Center on behalf of Montgomery County Aging & Adult Services
315 West Main Street
Lansdale, PA 19446
senctramy@enter.net
215-362-7432
"Wheel of Wellness" Program

Description of Program: The newly opened Montclair Senior Center provides a centralized activity hub for our valued senior citizens. The facility is open to seniors who live within Montclair, as well as our surrounding communities of Ontario, Upland, Claremont, and Pomona. The highlight of the "Wheel of Wellness" program is the daily Senior Nutrition Lunch program, which offers low-cost, hot, and nutritious meals to an average of over 75 seniors daily. The program also provides a nutrition education component, which is administered by a registered dietician and emphasizes the importance of a healthy, well-balanced diet and active lifestyle. To facilitate the exercise component of the Wheel of Wellness program, the "Montclair Walkers" meet three times per week at the local shopping mall, Montclair Plaza, providing an opportunity for social interaction as well as exercise. Collectively, the Montclair Walkers have walked over 24,759 miles in 2011 and average roughly 130 participants per day. This past year, the Montclair Walkers celebrated their 25th anniversary walking for “health and fun!” To compliment these popular and successful programs, the Montclair Senior Center also offers regular blood pressure screenings provided by the Visiting Nurses Association, Muscle Strength/Range of Motion exercise classes in partnership with West End Family Counseling Services, and an onsite case manager provided by West End Family Counseling Services specializing in senior wellness, mental health, and safety. These programs provide a comprehensive “Wheel of Wellness” for the seniors who utilize the Montclair Senior Center.

Why is Your Program Worthy of an Award? The Montclair Senior Center "Wheel of Wellness" program is special because it addresses all areas of senior health and wellness. From meeting daily needs at the senior lunch program to addressing mental health and isolation concerns, the Wheel of Wellness program ensures that all seniors have access to resources that encourage a healthy, active, and well-balanced lifestyle. Apart from the successful programming, the city of Montclair has invested in a facility devoted to serving seniors and addresses the regional need for additional space to conduct programs and serve the growing senior population in western San Bernardino County.

Number of Staff/Volunteers Required to Run Program: 1 full-time staff; 6 part-time staff; 15-20 volunteers
Revenue: $292,019
Expense: $293,649
Net: $1,630 Cost

For More Information:
Kelsey De Forge
City of Montclair Senior Center
5111 Benito Street
Montclair, CA 91763
kdeforge@cityofmontclair.org
(909) 625-9459
Nutrition and Fitness

Description of Program: We offer programs that promote fitness and nutrition for our seniors. We have an exercise room that is available Monday through Friday, from 6 a.m. to 6 p.m. that includes four exercise bikes, two treadmills, two Cardio Glides, two Home Gyms, two Ski Machines, two Stair Climbers, Mini Basketball, hand weights, eight exercise balls, instructional videos, and two sets of scales to track your weight loss. We also are very proud to have six toning beds of various capabilities to allow those who may not be able to use our other equipment to still be able to benefit from an exercise program. We provide a hospitality breakfast free of charge and a nutritious lunch for only $2. We also offer a monthly healthy cooking class to all who wish to attend, as well as weekly blood pressure checks.

Why is Your Program Worthy of an Award? This allows our seniors to remain active, as well as educated on health and nutrition. It is very important for seniors to maintain muscle strength and range of motion. We are pleased that we can offer healthy home-cooked meals to those who may not otherwise be able to provide for themselves.

Number of Staff/Volunteers Required to Run Program: Our exercise area is staffed by 1 person and in-house volunteers; kitchen has a paid staff of 3-5 employees

Revenue: Lunch cost is $2 per senior and toning tables are $2 per visit

Expense: Most exercise equipment is donated and we have various ways to help offset the cost of our nutrition so we may offer free and reduced price meals to our seniors

Net: Varies depending on amount of activity for the month

For More Information:
Cathy Leigh
Cass County Council on Aging
115 S. Sixth Street
Logansport, IN 46947

cathyrleigh@gmail.com
574-722-2424
**Personal Trainer Programs**

**Description of Program:** Queens Community House (QCH) is proud to showcase a long-time linkage with the City University of New York (CUNY) Queens College, which has allowed us to create a Personal Trainer Program (PTP) at our Pomonok Senior Center located in Flushing, NY. QCH was fortunate to acquire a site with a fitness room, and we were able to raise funds to replace defunct machinery with state-of-the-art equipment. Center seniors were recruited for the program pilot after many had identified an interest in having access to a challenging and focused program to learn how to exercise appropriately and achieve their desired fitness outcomes. QCH collaborated with Queens College Exercise Science department to establish a relationship with a faculty person who is also a certified personal trainer. After reviewing information and following a consultation with the trainer, a training program is uniquely designed for each senior participant. The PTP consists of a 12-week cycle with two sessions in each week. The information is confidentially kept and used to track their individual progress. Since 2008, the PTP has helped many seniors lose weight and maintain healthy weight and improve muscle tone and posture while improving balance, strength, and endurance. Our seniors report feeling empowered and supported by their instructor and peers as they continue to make healthy choices about diet and lifestyle. Other future programs that are currently being developed are the expansion of the PTP into other catchment areas, and there will be options for muscle-toning, chair exercises, and stretching classes.

**Why is Your Program Worthy of an Award?** The PTP is significant and worthy of this award because there is a benefit for seniors and for Queens College, as the Exercise Science Department will be able to offer student internships to centers in the community linked with career potential for graduates. As the growing cohort of adults achieving seniority becomes more diverse, there will be a great need for trained professionals with knowledge and interest in working toward a healthier older adult population. This is a wonderful opportunity to strengthen a long-standing relationship with a neighboring community provider, while enhancing the role of senior centers in communities throughout New York City.

**Number of Staff/Volunteers Required to Run Program:** 1

**Revenue:** $0  
**Expense:** $3,000  
**Net:** $3,000 Cost

**For More Information:**  
Nicole Vaughn  
Pomonok Senior Center  
67-09 Kissena Boulevard  
Flushing, NY 11367  
nvaughn@qchnyc.org  
718-591-3377
Salad Table Project

Description of Program: The Salad Table Project consists of a planting surface that is off the ground at waist level, so individuals can garden comfortably without stooping in a limited space. It is inexpensive and simple to construct. Seniors plant herbs, lettuces, and vegetables from seed, water and thin the crop, and then harvest the results. Anyone who participates by helping with the project gets to reap the reward of fresh produce. We are able to grow a bountiful variety of yummy, fresh produce items year-round in our sunny indoor gardening area. We have enjoyed a variety of salad greens, radishes, green peppers, carrots, tomatoes, and many flavorful herbs. The seniors take great pride in the results of their efforts. Our gardening area is located right in the entry area of the senior center, and we receive many compliments from people that it brightens their day as they enter and leave the center.

Why is Your Program Worthy of an Award? This project strives to actively involve seniors in a project that increases fruit and vegetable consumption and supplements food budgets. It encourages seniors who wouldn't normally garden at home to become involved in a social setting with their peers. In cooperation with the University of Maryland, we hold informative nutrition seminars to increase the seniors' awareness of nutritional topics. Some seniors have been so encouraged at the simplicity of this project that they have reproduced a similar model at home for their gardening.

Number of Staff/Volunteers Required to Run Program: 1 and up; our “gardening club” currently consists of 5 members
Revenue: $0
Expense: Most items donated through a partnership with University of Maryland Cooperative Extension.
Net: $0

For More Information:
Linda Workinger
Rosedale Senior Center
1208 Neighbors Avenue
Rosedale, MD 21237
lworkinger@baltimorecountymd.gov
410-887-0233
Senior Center Scene

Description of Program: The Athens Clarke County Senior Center offers nutrition, fitness, and health promotion programming to older adults in our congregate meals program and active aging community program. On a quarterly basis, we distribute the Senior Center Scene, a program catalog that includes over 36 different offerings, including educational classes, social events, trips, fitness classes, conference outings, and activities. In the realm of nutrition education, our program offers older adults the opportunity to take part in a farmer’s market on site, USDA commodities to supplement nutrition needs of low-income adults, and monthly nutrition education food demonstrations. Our fitness programming includes eight different ongoing classes. These include general classes like Yoga, Zumba, Ballroom Dance, Line Dance, and Tai Chi. Our more unique, instructor-created classes include Mind Your Muscle, Diabetes on the Move, and Smart Moves. Our program also offers a Walking Group twice a week. We take participants to an indoor track and record their laps for each individual to map their progress over time. In addition to the ongoing fitness classes, we offer eight-week classes like Walk-A-Weigh, a class that includes nutrition education and health education with a walking component, and Power to Prevent Diabetes, a four-week class focusing on preventing type 2 diabetes by educating participants on healthy food choices and exercise programs. Health promotion activities include Medicare workshops, blood pressure screenings, vision screenings, hearing screenings, doctor education on hip replacements, trips to the Diabetes Conference, home safety education, and various health education presentations from local health care providers.

Why is Your Program Worthy of an Award? Our program is worthy of an award because we give our participants the opportunity to make choices about their health. Each class is offered with the premise that each person has a different idea of what wellness means to them. Our program is easily replicated and can be run during a specific period of time or on an ongoing basis. It can also be tailored to specific interest groups. By addressing various health issues, we can help our participants grow toward their idea of a healthy lifestyle and provide them with activities to feel young again in their own way.

Number of Staff/Volunteers Required to Run Program: 5 paid full-time staff; 6 paid instructors; 7 volunteer instructors
Revenue: $245,726
Expense: $245,725
Net: $1

For More Information:
Chris Hill
Athens Community Council on Aging Senior Center
135 Hoyt St
Athens, GA 30601
chill@accaging.org
706-549-4850
Singles Supper Club

Description of Program: A young 60+ senior who committed suicide in Harwich left a note containing one line that read, "he could no longer bear to eat one more meal alone!" Thus was born our Singles Supper Club. It is a nutritious meal served twice a month (we are working on funding to try to increase it to once a week), made by our awesome Chef Linda St. Pierre who makes 90% of her meals and desserts from scratch. The meal is served by students in our community once a month from a church group and the second time by our Girl Scouts to seniors who are widowed or single, and we have one nun.

Why is Your Program Worthy of an Award? Widowed seniors have a tremendously hard time adjusting to eating alone. This program combats that and makes it fun for everyone. Following dinner is either a musical concert/program, trivia, or an educational forum. We started with eight diners and have grown to 41 the last meal we served. Positive medical changes too have come from this program (i.e., diabetes better under control, blood pressure decreased from lower sodium, etc.), and it has encouraged them to join the senior dining lunch program three times weekly, too. We have also made it affordable.

Number of Staff/Volunteers Required to Run Program: 1 chef and 6 volunteers
Revenue: $3 donation per meal per senior twice a month plus outside occasional donations
Expense: Groceries $1,000 per month and Linda's salary is $14,099 for lunch and Supper Club Meals
Net: Approximately $1.50 per person loss and groceries cost

For More Information:
Barbara-Anne Foley
Harwich Council on Aging
100 Oak Street
Harwich, MA 02645
bfoley@town.harwich.ma.us
508-430-7550
Sunshine Center "Fitness Center"

Description of Program: I've been working here 16 years and for most of those years, when a new member visited our center, one of the questions was: "do you have a fitness center?" So when the opportunity arose for us to use some of our funds, the answer for that was a workout facility. Our wishes came through! On Sept. 7, 2010, the project became a reality and the Fitness Center was born. Ironically, around the same time, a company named "Shapemasters" was about to go out of business. This made it a perfect fit for us. The machines were specifically designed for those 55 and above. Each machine works on its own, moves by itself, creating movement for those who have trouble with any kind of stiffness, arthritis, or for those whom have recently had strokes. No stress on their body at all, they allow the body to work through all these problems. Our participants love them, people who have never exercised before to those who never stopped are moving each and every day with the help of the Fitness Center. Lives have changed dramatically. We are complete with the help of a machine!

Why is Your Program Worthy of an Award? Members have dropped those canes, scooters, and pain from the everyday use of the Fitness Center. One of our volunteers was only able to stand up straight and walk short distances, another suffered from a stroke. After three months or so of usage on the Shapemaster machines, they were able to move as they once did years prior. Small miracles are happening here at our center because of our Fitness Center. People you may not even expect to exercise are working out two and three times a day! Our Fitness Center has brought in an average of 500 participants each month and $400 of new revenue. We have signed up 180 new members because of our Fitness Center.

Number of Staff/Volunteers Required to Run Program: 1 staff member, an AARP worker, and 8 volunteers during the week operate the center

Revenue: $5,940
Expense: $38,000
Net: $32,060 Cost

For More Information:
Ms. Ronnie Villano
Sunshine Center
330 5th Street North
St. Petersburg, FL 33701
Veronica.Villano@stpete.org
(727)893-7622
**Get Movin’: Hip Bone Connected to the...**

**Description of Program:** The purpose of this program is to educate seniors on falls prevention and get them moving. Staying active is the best way to stay healthy, improve your balance, and prevent depression. Seniors learn five different fitness activities as they actively participate. They learn how the activities can impact their lives. The presentation begins with a short introduction of staying active. They are then divided into five different groups with each group assigned a number and instructor. The group follows their first instructor to a nearby area. Chairs are waiting for those who need to sit. Each instructor has eight to 10 minutes to get the seniors moving while they explain how their activity can help. When the participants hear the music, Dry Bones, each group must rotate to the next center/instructor and be seated by the time the song ends. It begins again with another activity. In one hour, the seniors will have rotated to and experienced five different activities that can be done either standing or sitting. The activities are geared for all types of mobility and levels of fitness. The exercises are Tai Chi (Arthritis Foundation), Zumba, Yoga, Weight Training, and Matter of Balance exercises. The weight training is called “In My Cupboard” and uses common items found in their home to use as weights. Seniors at all six centers loved the presentation and wanted to register for additional classes.

**Why is Your Program Worthy of an Award?** The centers witnessed seniors participating who never do anything at their center but sit and read. Because it is fast-paced and interactive, the seniors stayed focused and involved in their learning. They got to experience activities they would never do or classes they would never take. We heard lots of laughing and excited voices while moving to the different centers. Some directors said it was the first time they saw some seniors smile or laugh out loud. This presentation encouraged many seniors to sign up for classes. It gave them courage.

**Number of Staff/Volunteers Required to Run Program:** 5 volunteer instructors

**Revenue:** $0

**Expense:** $0

**Net:** $0

**For More Information:**

Laci McKinney
Coppell Senior Center
345 W. Bethel Rd
Coppell, TX 75019
lmckinney@coppelltx.gov
972-462-5138
**Tele-Health Phone Reminder Project**

**Description of Program:** The goal of this project is to increase the number/percentage of older adults who participate in social and health programs, thus helping them to remain at home in the community. Strengthening healthy behaviors related to eating, exercise, weight management, and smoking cessation contributes to improved outcomes even in individuals with many forms of advanced and complex chronic illnesses (Health Quality Partners Website). The report *Older Americans 2010: Key Indicators of Well-Being* includes a section on Health Risks and Behaviors that uses the key indicators of: (a) Vaccinations, (b) Mammography, (c) Diet Quality, (d) Physical Activity, (e) Obesity, (f) Cigarette Smoking, (g) Air Quality, (h) Use of Time. This project is based on evidence-based programs that all have a component of reminder messaging for health behaviors. It is expected that by providing these health reminders, more people will take actions more often to improve their health. Our first message was sent on Sept. 6, 2011 as a reminder for seniors to get their flu shots. In addition, as a collaborative program with Montgomery County Health Department, we are offering the new high dose flu shot at no cost to participant. The phone reminder includes information on how to make an appointment for their flu shot (regular dose vaccinations are also available) at Encore Experiences.

**Why is Your Program Worthy of an Award?** It is measurable: Encore Experiences has access to the Public Health Management Corporation Community Health Data Base. Items measured by the database include routine screenings, personal health behaviors, and chronic health issues. It is affordable: The project required an investment of less than $3,000 for the first year. Ongoing phone line costs are anticipated at $600/year. It requires minimal staff: The system is installed on a computer and once the messages are planned and recorded, the database can be uploaded to the system. With the press of a button, calls will automatically send.

**Number of Staff/Volunteers Required to Run Program:** 1

**Revenue:** $0

**Expense:** $3,000 investment; $600 per year ongoing

**Net:** $3,000 investment; $600 per year ongoing cost

**For More Information:**
Robin Burstein
Encore Experiences at Harleysville
312 Alumni Ave
Harleysville, PA 19438
rburstein@EncoreExperiences.org
215-256-6900
Award Winner
Special Events

The Seasons of Life

Description of Program: The creation of The Seasons of Life mural brought together elementary school children from the Amber Charter School in Harlem, NY, high school students from Martin Van Buren High School in Queens Village, NY, local artists spanning four generations, and seniors from the SNAP of Eastern Queens Senior Center in Queens Village, NY. The four groups initially met at SNAP to learn about one another and to make an original work of art that spoke about their new understanding of age and relationships. The Seasons of Life mural weaves together a celebration of the four seasons and life's growth and development across the lifespan. Each group spoke about what was important to them at their stage in life. The panels were drawn by the community artists with considerable and spirited input from all of the participants. Conversations about color and panel placement allowed for much animated give and take. The individual groups returned to work at their own site with a 3 x 5 foot panel and a colorful array of mosaic tiles. All of the supplies were donated by Home Depot and a local tile supplier. The culmination of the project brought all of the participants back together to join all of the panels into one magnificent 14 x 6 foot mural to hang in SNAP and to allow the contributors an opportunity to share their experience of the process.

Why is Your Program Worthy of an Award? The creation of The Seasons of Life mural brought together people from age 4 to 84 years of age to work as a team to fashion a masterpiece that speaks of the beauty of life and the challenge of life's changes and transitions. This collaborative effort is testimony to the development of trust and cooperation among diverse age groups. The project is significant because the mural serves as a reminder that we are all part of the family of man and capable of enjoying life at each and every age.

Number of Staff/Volunteers Required to Run Program: 3 staff; 1 volunteer
Revenue: None
Expense: Supplies and time donated
Net: None
Honorable Mention
Special Events
Kent Senior Activity Center, Washington

Evening of Jazz and Art in Kent

Description of Program: This free event outdoors in June at the Kent Senior Activity Center brought together multiple generations to enjoy music and art. This year’s event featured renowned jazz artist Michael Powers and the blues band Lil’ Bill and the Blue Notes. An art show by Kent Valley Artists was on display in the facility while music played outdoors on the portable stage. The entire event was free, including boxed dinners and dessert to the first 300 attendees supplied by a local assisted living facility. Also a 25th anniversary DVD was shown of the history of the senior center in its current facility. This was an opportunity for seniors to bring their family to the senior center to enjoy entertainment that appeals to all ages. It was also an opportunity for those older adults who don’t consider themselves ready for a senior center to experience what goes on is not so “old.” The event was co-sponsored by the Kent Arts Commission, as well as other retirement facilities in the community. Those sponsors had booths on site to advertise their products and facilities. Seating was available both inside and out, but the weather was perfect for an evening of jazz under the blue skies. Over 400 attended the event.

Why is Your Program Worthy of an Award? This is one of the only events of its kind in Western Washington that is organized by a senior center and focuses on seniors. It is a source of great pride to those seniors in the community who can bring their friends and family to this event and “show off” what their senior center is like. It is a superb opportunity to diminish stereotypes about seniors and senior centers. And it is a lot of fun. Including this year’s mocktail garden featuring virgin margaritas, bloody marys, and mai tais.

Number of Staff/Volunteers Required to Run Program: 5 staff; 15 volunteers
Revenue: $3,350 (includes in-kind)
Expense: $2,230
Net: $1,120

For More Information:
Lea Bishop
Kent Senior Activity Center
600 E. Smith St.
Kent, WA 98030
lbishop@ci.kent.wa.us
253-856-5161
Honorable Mention
Special Events
East County Senior Center, Monroe, Washington

Senior to Senior

Description of Program: The Senior to Senior project was initiated by the East County Senior Center and was conceived as a joint project with students from Monroe High School. The project had two main objectives. The first was to jointly pack 100 emergency preparedness kits for distribution to low-income seniors and younger, disabled individuals through the Sky Valley Food Bank. The second goal was to foster an increased appreciation for what these two generations can offer each other. This would be measured by before and after identical surveys to determine if any attitude shifts occurred. As the project developed, we engaged many community partners. A side benefit for the students was participation in grant writing and the feeling of accomplishment that follows when the grant is funded. The first survey was administered in October 2010. A month later, the kits were prepared, and the identical survey was conducted again. The hope was that a positive change would result from having representatives from these two generations interacting and working together. Our feeling that working together would have a positive impact on how each group felt about each other was proven with second survey results. In conclusion, we think this project was a worthwhile exercise that benefited the Monroe community. This could be replicated in other communities, as well.

Why is Your Program Worthy of an Award? We felt that this project would improve relations between these two generations that do not have regular contact and interaction with each other. There is no reason that while preparing citizens for emergencies, we can’t improve the citizenship of our communities at the same time. We succeeded beyond our best expectations. We now have regular contact between the high school and the senior center. Our chorus placed second in the annual high school talent show! The high school honored senior citizen graduates at Homecoming. Of course, there are now 100 families who are better prepared to meet emergency situations.

Number of Staff/Volunteers Required to Run Program: 1 staff at the senior center; 1 teacher (not too many hours); 3 student volunteers; 1 senior volunteer in planning stages; 25 total volunteers at the event
Revenue: $4,000
Expense: $4,000
Net: $0

For More Information:
Marc Avni
East County Senior Center
PO Box 602
Monroe, WA 98272
director@eastcountyseniorcenter.org
360-805-8199
50th Wedding Anniversary Party

Description of Program: In 2011, the Rochester Senior Center celebrated 50 years of service. One of the ways we celebrated was by throwing a 50th Wedding Anniversary Party for area couples who had been married 50 years or more. A donor covered the expenses for this event, so members of the center could join us for free; non-members were asked to pay $6 per person. Couples submitted photos from their wedding day or other special occasions, which were used in a PowerPoint presentation during the dinner to recognize the couples in attendance. Those that didn't submit a photo shared a short story from when they were dating; one gentleman even sang the song he sang to his future wife on their second date. A tiered wedding cake was on display, and pictures of the couples were taken prior to the dinner. Copies of those pictures could be picked up from the center two weeks after the event. One of our volunteers printed the pictures at home for no additional charge. The event sold out well in advance. Couples enjoyed the camaraderie of meeting other couples who had been married as long; it gave them a chance to share stories with their peers who had similar experiences. The couples were dressed up and loved seeing pictures from each others weddings. The stories shared were very moving, especially the ones from how they met and during their courtship.

Why is Your Program Worthy of An Award? The 50th Wedding Anniversary Party acknowledged participants’ hard work as married couples, especially during a time of so many divorces. Families were also invited to attend, so they could share this time of celebration with the couple. It tied the Senior Center's 50th Anniversary, Senior Center Month, and the couples’ 50+ anniversaries all together. For everyone involved (couples, volunteers, staff) this party was very meaningful and the most enjoyed event held during the Center's 50th Anniversary Celebration Week.

Number of Staff/Volunteers Required to Run Program: 1 program director (planning); 1 cook (planning, cooking, serving); 15-20 volunteers (check-in, photography, serving the meal, clean-up)

Revenue: $714
Expense: $600
Net: $114

For More Information:
Stacie Baertsch
Rochester Senior Center
121 N. Broadway
Rochester, MN 55906
stacie@rsc-mn.org
507-424-6401
**Art Gallery**

**Description of Program:** During the month of September, Ateaze Senior Center in Baltimore County hosted its very first Art Gallery for the community. Our afternoon art classes painted a variety of scenes from nature, animal photos, and portraits and displayed each picture on the wall in the center’s lobby. A wine and cheese reception opened the show and members from the center, as well as the community, enjoyed mingling with the students as they spoke about their work. Since September, Ateaze has successfully hosted four other showings of the student’s artwork. Each picture was completed with great care and confidence; for a number of students taking Mr. Leonard’s class, this was their first experience taking an art class. Each student participating in the gallery felt honored to have their pieces showcased in a high-profile area within the center. This not only gives the center an uplifting feel to new members who are entering the center for the first time, but it gives a visual understanding of the type of activities we provide to our seniors, as well as the community.

**Why Is Your Program Worthy of an Award?** Our members work very hard and are very proud of their artwork. This program exhibits to the community that older adults still learn as they age. We have members who have little to no experience painting, and they have created works of art that are delightful to the eye. Our center loves to boast activities and events that are out of the ordinary and give the community an opportunity to see older people in a different light.

**Number of Staff/Volunteers Required to Run Program:** 2 staff; 2 volunteers  
**Revenue:** $0  
**Expense:** $0  
**Net:** None

**For More Information:**  
Jean Fitz  
Ateaze Senior Center  
7401 Holabird Ave  
Dundalk, MD  21222  
jfitz@baltimorecountymd.gov  
410-887-7233
"Batter" Up Baking Contest

Description of Program: Last February, we held a 55+ baking contest to find the best senior baker in town. A local assisted living facility sponsored the program. We had 25 entrants, and three celebrity judges who tasted every cookie, pie, and bread that was baked. Winners won prize money, and the top winners were awarded ribbons. Every entrant received a certificate. The first-place winner received a free dinner with a friend at the assisted living facility and they made her recipe (Apple Crumb Cake) as the dessert for the entire campus the night of her visit. We received great press and plan on holding the program again this year.

Why is Your Program Worthy of an Award? This program was a win-win-win. The seniors shared their baking talents with the community, the assisted living facility received great publicity, and the senior center coordinated a successful creative program that showcased talents of the seniors in our community.

Number of Staff/Volunteers Required to Run Program: 8
Revenue: $0
Expense: $250 prize money
Net: $250 cost

For More Information:
Rick Liegl
Windsor Senior Center
599 Matianuck Ave.
Windsor, CT 06095
Liegl@townofwindsorct.com
860-285-1881
**Description of Program:** “Breaking the Ice,” an innovative curriculum piloted at the Elmwood Senior Center in West Hartford, CT, and documented by a local television station, provides a unique opportunity for older adults to build connections and communities through the integrated use of oral history, civic engagement, and social commentary. The implementation of this program is available for viewing in the documentary, "Vibrant Aging," produced by Julie Miller, MSW Candidate, 2012, UC Berkeley. Using cooperative activities (“ice breakers”) as a vehicle for meaningful connection, Elmwood Senior Center participants lend their wisdom to health, mental health, and social service practitioners in defining and designing optimal programs that embody vibrant aging. Participants are empowered as they share their personal expertise and collective wisdom on relevant topics such as aging in America, identity, resiliency, effective programming and service delivery, and the ingredients to “successful” aging. Through this process, practitioners gain a better understanding—from the experts (seniors)—about how to reduce loneliness, boredom, and helplessness in older adults and how to address the needs of elders with integrity. Throughout the three-month process, seniors forge rich connections with each other through "Breaking the Ice" and reflect on their own experiences and mindsets via interviews and activities. All of the seniors involved now have copies of the "Vibrant Aging" film, as well as copies of their personal interviews, to be shared with their families and friends.

**Why is Your Program Worthy of an Award?** "Vibrant Aging," the documentary borne from this three-month pilot program at the Elmwood Senior Center, calls on consumers and practitioners to reconsider aging in America. This program models for practitioners the capacity for innovation in engaging multigenerational and multicultural communities in accessible, meaningful activities and discussions. “Breaking the Ice,” the pilot group spotlighted in the film, teaches practitioners how discussion-based cooperative games empower elders to connect, collaborate, and mobilize around issues related to vibrant aging. For consumers, the curriculum strengthens connections among seniors living at home, who are often at risk of isolation and subsequent safety risks.

**Number of Staff/Volunteers Required to Run Program:** 1 volunteer to implement the "Breaking the Ice" curriculum by facilitating the group, collecting donations, contacting participants, and evaluating the program; 1 volunteer to serve as a program assistant during the group, assisting with the sign-in process, ensuring the safety and comfort of group members, and dispersing door prizes, refreshments, and giveaways; and 1 volunteer videographer to document the group, conduct personal interviews, and edit the footage to give to participants and families.

**Revenue:** $0
**Expense:** $0
**Net:** $0

**For More Information:**
Julie Miller
Elmwood Senior Center
1106 New Britain Avenue
West Hartford, CT  06110
juliemiller@berkeley.edu
860-830-2326
CABARET at the Senior Center

Description of Program: CABARETS are scheduled monthly, from September to June, at the Orleans Senior Center. The live musical program (varies each month) starts at 11 a.m. At noon, a special lunch (prepared by a staff chef) is served by volunteers. Attendance ranges from 80 -120 (capacity), which always includes 20 participants from our supportive day program, as well as 10-20 residents from two local assisted living facilities. For many of our seniors, live musical performances are no longer possible due to their personal financial constraints or transportation issues. These events provide exposure to live music and a wonderful social experience at an affordable cost ($10 per person). Last year, performances included a barbershop group, a Broadway revue, a duo piano concert, a senior tapping group, and a female vocalist from the 60s!

Why is Your Program Worthy of an Award? The importance of socialization has recently been recognized and documented as key to aging well. CABARET programs create a social environment of celebration. Many seniors fondly remember attending concerts, going to the theatre, and enjoying live musical performances. And, of course, the music itself elicits many wonderful memories for the seniors. Although the program lost revenue last year, the Council on Aging Board voted to keep the cost constant at $10 per person. They felt it was more important to host the events for seniors to enjoy. A grant will be sought to make up for the lost revenue.

Number of Staff/Volunteers Required to Run Program: 1 chef to prepare the food; 7 volunteers to assist in the kitchen and serve the food

Revenue: $6,993
Expense: $8,453
Net: $1,460 cost

For More Information:
Elizabeth Smith
Orleans Senior Center
150 Rock Harbor Road
Orleans, MA 02653
esmith@town.orleans.ma.us
508-255-6333
Chintimini Open House

Description of Program: The Chintimini Senior Center was recently dependent on a city tax levy passing in order to continue operation. Our levy passed with 65% of the vote, but we learned as part of this process how much of our community is unaware of who we are and what we offer. Staff was inspired by National Senior Center Month to hold an Open House and invite our community in to learn about all the great programs and services we offer. We used this opportunity to market ourselves and show our community that "It Happens at My Senior Center!" We marketed this event as "Not Your Average Senior Center—Come Check Us Out!" We invited "ambassadors" of the Chintimini Center to staff tables and demos at the event. Our ambassadors were our instructors, volunteer group leader and participants, service providers, and many of our volunteers. Our goal was to have every program, service, support group, and club represented. We came close to our goal. We had great success with this event—over 250 people attended and we have had some great feedback from our ambassadors telling us about new people joining their groups or classes. Another great side effect that occurred is selling programs to our current customers. This was a great venue for everyone to walk around and one-place shop. This event was a huge success for us, we have had new people coming for weeks telling us they couldn't come to our Open House but wanted to check us out.

Why is Your Program Worthy of an Award? Our senior center has offered many fairs or programs that highlight outside services and businesses. This was a new idea for us to use this energy and develop an event that promotes us! Senior centers all have the mentality to give to others, and this is an event that can benefit their center. I believe that this is an event that every center can duplicate and it should be encouraged at a national level. I would love to see NISC come up with a helpful Open House event plan to simplify the process of planning an event like this.

Number of Staff/Volunteers Required to Run Program: Our whole staff got involved: 6 staff and about 50 volunteers
Revenue: $0 but we registered many people for classes
Expense: $350, including advertising
Net: $350 cost

For More Information:
Sharon Bogdanovic
Corvallis Parks & Recreation Chintimini Senior Center
2601 NW Tyler Ave
Corvallis, OR 97330
sharon.bogdanovic@ci.corvallis.or.us
541-754-1709
Dancing Under the Stars

Description of Program: For the last four years, our showcase event has been an Annual Information Expo early in September. This year, we decided to add a second major program toward the end of the month. On Sept. 23, more than 70 Bloomfield seniors and members of the Bloomfield Youth Action Club put on their best "dress-up" clothes and spent the evening "Dancing Under the Stars." The intergenerational event included a sit-down dinner, followed by dancing and live entertainment. Wintonbury Care Center, one of our corporate neighbors, helped keep our costs to a minimum by preparing and donating the food. A staff member took pictures of each guest as they arrived. Decorations included silver and gold stars and tinsel, tiny white lights, and white netting draped to resemble clouds. As the evening drew to a close, the event was deemed to be a resounding success, with nearly every participant asking if we could do it again next year.

Why is Your Program Worthy of an Award? This was a low-cost, intergenerational event that made all the participants feel good about themselves and about the senior center!

Number of Staff/Volunteers Required to Run Program: 4
Revenue: $600
Expense: $500
Net: $100

For More Information:
Yvette Huyghue-Pannell
Marilyn Michaelson Senior Center of Bloomfield
330 Park Ave
Bloomfield, CT 06002
ypannell@bloomfieldct.org
860-243-8361
Dish and Dine

Description of Program: We started a "Dish and Dine" series quarterly. The "Dish" is where a professional in the community comes and gives a presentation, and the "Dine" is a free healthy meal. We typically begin at 4:30 p.m. and are finished by 7 pm. On Sept. 14, 2011, the discussion was titled "Living at Home with Arthritis." We have two companies that partner together (Home Instead Senior Care and Signature Health Care). They are responsible for locating and paying the speaker, providing the food, serving and cleaning up the food, and creating the marketing materials. Our organization (The Granville Fellowship Senior Center) promotes it to the community. The cost is totally free for seniors. The discussion began with an educational video from CaregiversStress.com. The focus was on tips for living with, or caring for, someone who has arthritis. In addition, we had a therapy manager who did the question and answer period. Over 50 seniors participated, and each attendee was given a goodie bag. From our "Dish and Dine" series, we have added an Ask the Doc Column in our newsletter for those who are unable to make the program. We give the vital information from the program, along with resources regarding the topic. In addition, we create other regular programs such as a men’s yoga class that came from our Dish and Dine on Balance and Falls Prevention. This series is easy to accomplish and duplicate. We follow the same format each quarter and just provide different speakers and topics.

Why is Your Program Worthy of an Award? The program is significant because first, we are able to see which areas of health concern our members, and second, most of our health and wellness programming is driven from these series. It totally allows our senior organization to promote the "Your" in “Your Center. Your Time. Your Way.” Furthermore, we believe it is worthy of an award because we partner and collaborate with others to make this a no-cost program for our members while providing much-needed education.

Number of Staff/Volunteers Required to Run Program: 1
Revenue: $0
Expense: $0
Net: $0

For More Information:
Leigh Ann Miller
Granville Fellowship Senior Center
PO Box 257
Granville, OH 43023
gfellowship@windstream.net
lamiller2008@windstream.net
Elk River SALT (Seniors and Law Enforcement Together)
Golf Tournament

Description of Program: The Seniors and Law Enforcement Together (SALT) golf tournament was a special event designed to promote the social well-being of seniors. Law enforcement representatives were paired with two to three seniors for this nine-hole golf scramble. By allowing seniors to acquaint themselves with law enforcement under this fun and relaxed atmosphere, an increased comfort level was developed between these groups. The result was not only a great social time, but also an exchange of information between law enforcement and older persons. Upon registration, each golfer received a gift bag containing items such as bottled water, golf balls, tees, and flashlights donated by local businesses. Following golf, a luncheon, award ceremony, and door prizes were provided. Everyone sat together, and the conversation was lively and humor prevailed. Trophies for First Place along with Closet to the Pin, Longest Drive, and Longest Putt were awarded. This was a low-cost event as the cost of golf, golf cart, and meal are part of the registration fee. The SALT council fund paid for the law enforcement golf fee. Mulligan sales helped cover the cost of door prizes and trophies. Local merchants provided gift bag items. The event was held at our city-owned nine-hole golf course, and we had a waiting list of those eager to participate. The day could not have turned out better. We anticipate another successful tournament next year.

Why is Your Program Worthy of an Award? This program is worthy of an award because of the unique way it brings seniors, law enforcement, and community together for a fun event. A major purpose of SALT is to develop, expand, and implement effective crime prevention and education programs for older community members. The golf tournament provides an avenue for law enforcement to gain an understanding of seniors needs and concerns so that programs can be developed to meet those needs. It provides seniors with a direct link to law enforcement, in a casual atmosphere, making it more comfortable in dealing with future law enforcement issues.

Number of Staff/Volunteers Required to Run Program: 1 staff person present at the event; 4 volunteers to help with registration, food service, and door prizes
Revenue: $1,625
Expense: $1,750
Net: $125 Cost

For More Information:
Annette Bonin or Sue Kostanshek
Elk River Senior and Activity Center
413 Proctor Ave
Elk River, MN  55330
abonin@ci.elk-river.mn.us
763-635-4500
**Johnson City Seniors' Center CELEBRATE 50!**

**Description of Program:** The Johnson City Seniors' Center celebrated its 50th Anniversary with 50 Signature Events conducted throughout the 2011 calendar year. The Celebrate 50! Colorful Calendar presented the 50 signature events and highlighted key "milestones" of the Seniors' Center history focusing on the vision of "Active Life through Active Living." The marketing/information tool gave an overview of the present programming/services through photos, graphs, and interesting facts. Celebrate 50! presented the total concept of a true multipurpose NISC nationally accredited senior center. Signature events included but were not limited to: Social Development creating opportunities for new friendships at a dinner/dance featuring well-known, hometown favorites Bennie Anderson & The Drifters; 50 Volunteers In Service, with senior volunteers giving back to the community; "Gold Quest for the Best," a physical and mental intergenerational challenge; Clown Camp, a great way to stay young at heart and continue to serve the community; JC Synergy partnership with East TN State University retirement organizations; 50s Cruise to enjoy antique cars; partnerships with Mt. States Health Alliance Healthy Aging Series; motorcycle rides that increased family awareness that mature adults continue to enjoy challenging and fun activities; Going beyond the front doors meeting needs of community mature adults through outreach; Actor Pat Cronin serving as honoree chair, presenting a motivational standing ovation event; and JC Seniors' on the Go! traveling from Miami to New York. Paid/volunteer staff teams supported the mission: To be the leader in providing innovative services to enrich the lives of adults 50 plus. Johnson City Seniors' Center...Serving Mature Adults since 1961!

**Why is Your Program Worthy of an Award?** Celebrate 50! gave the total concept of a true multipurpose senior center. The community saw an impressive amount of services/programming resulting in the recognition of the community focal point on aging. Celebrate 50! was significant due to the many challenges taking place within the community concerning the new community/senior center. The Johnson City Seniors' Center staff and volunteer team gave the mature adults and community a positive focus during some difficult times. The events targeted all populations with fun, fellowship, and friendship. 50 events for 50 years of service!

**Number of Staff/Volunteers Required to Run Program:** Events averaged 3 lead staff with paid/volunteer staffing averaging 38 during the event

- Revenue: $26,516
- Expense: $22,670
- Net: $3,846

**For More Information:**
Sue Orr  
Johnson City Seniors' Center  
607 East Myrtle  
Johnson City, TN 37601  
sueorr@jcseniortcenter.com  
423-434-6232
**July 4th Parade Grand Marshals**

**Description of Program:** Bykota Senior Center was selected as the Grand Marshals for the Towson July 4th Parade. We purchased a banner to lead off our group. The Senior Center Division of the Baltimore County Department of Aging has a great "Energize Your Life" logo that includes pictures of seniors engaged in various activities in senior centers. It is a very colorful and attractive. We had two convertible cars carrying members and about 100 members walked. We handed out fans with our senior center name and number, and they were a big hit with parade watchers on this particularly hot day. In addition, members carried decorated signs that depicted different activities that go on at the center such as drama, fitness, arts and crafts, etc. We dressed in patriotic colors and wore red, white, and blue Bykota Senior Center Hats. Some of the members of our men’s basketball team wore their jerseys and passed a ball around. The members had a great time, and the community saw that senior centers are full of very active and involved people. We received a big cheer at the reviewing stand and were able to sit and enjoy the rest of the parade at the end of the route. Everybody had a great time.

**Why is Your Program Worthy of an Award?** This event accomplished many purposes. Being Grand Marshals and marching in the parade increased the visibility of the senior center. This is a very large parade with thousands of attendees and printed programs featuring us as Grand Marshals. We handed out fans with our contact information. This created increased visibility and provided a much-needed service on a very hot day, initiating goodwill along the parade route and making us very popular. Lastly, having 100 members marching and highlighting activities of the center gave an image of active, involved, and engaged senior center members, promoting the positive energy of senior centers.

**Number of Staff/Volunteers Required to Run Program:** 2 staff members to coordinate; 6 volunteers to create placards with activities and to recruit members to participate

**Revenue:** Lots of publicity and goodwill

**Expense:** $1,000 for hats, banner, and fans

**Net:** Priceless

**For More Information:**
Julie Lynn  
Bykota Senior Center  
611 Central Avenue  
Towson, MD 21204  
jlynn@baltimorecountymd.gov  
410-887-3094
Memories of the Civil Rights Movement

Description of Program: For a few months this past summer, we displayed civil rights banners on loan to us from the Durham County Library. There were 10 banners, each depicting stories and photos from Durham in the 1950s and 1960s. In an effort to make the most of the banners being here, we offered an opportunity for seniors to share their stories of an experience they had during the tumultuous Civil Rights Movement. Durham was quite a hotbed of activity during that time, so many seniors participated in the Movement in a number of ways and shared it with the audience on June 1, 2011. Their stories were moving, inspiring, depressing, funny, and almost all other emotions at once. In addition, a local radio station, 1410am Rejoice, broadcast the seniors' stories to their listeners that day. We were able to reach a very wide audience, as well as gain free publicity for our senior center. The seniors were validated by having their stories played on the radio, and the radio station was grateful to offer such a rich and meaningful program. The event was a huge success—we got a lot of feedback from people who attended the event and from people listening to it on the radio. It was a great way to share oral histories in a far-reaching way.

Why is Your Program Worthy of an Award? This program deserves recognition because it is a programmer’s dream. First, the material alone is very compelling. It is also an intergenerational program, as many different generations heard the message that day. It is a significant piece of history relevant to Southerners as well as those outside of the South. Additionally, the overhead is almost non-existent, and only two people were needed; one staff being able to execute it if necessary. This program is also easily replicated. This program was a creative blend of using existing resources (banners and radio station) to encourage seniors to reminisce with their peers.

Number of Staff/Volunteers Required to Run Program: 2

Revenue: $0
Expense: $0
Net: $0

For More Information:
Allison Hubbard
Durham Center for Senior Life
406 Rigsbee Avenue
Durham, NC 27701
ahubbard@dcsnc.org
919-247-1866
National Therapeutic Recreation Week
Bridging the Gap: Seniors & Children

Description of Program: I brought four children into my center to interact with my seniors. They were ages 12, 9, and 8. I wasn't sure how well this would go over at first, but I found out I had more seniors participate than I expected. The idea was to get the seniors to feel their youthful emotions from the kids and also have the children learn from the seniors, as well.

Why is Your Program Worthy of an Award? From doing this program, I found that some of my seniors who don't usually participate in anything actually did participate in this. One gentleman, who loves to play pool and hadn't played in years, played and actually taught the kids to play. Another, who tends to be hard on the exterior, taught them a card game.

Number of Staff/Volunteers Required to Run Program: 3
Revenue: $0
Expense: $0
Net: $0

For More Information:
Maureen Bailey
Westfield Senior Center
250 Race Street
Westfield, PA 16950
westsrctr@verizon.net
Precinct2gether, Inc.

Description of Program: The East Harris County Senior Citizens program was founded in 1975, as a response to the needs of citizens in Harris County Precinct 2. In November 2007, an Amendment to the Articles of Incorporation was filed changing the name to Precinct2gether, Inc. bringing Precinct 2 youth, veterans, and senior programs under one nonprofit. The senior program is designed to encourage social and physical activity among senior citizens to better guide them to remain a contributing and viable force in their community. The program is governed by an 11-member board and services over 300 senior groups, 21 nursing homes, and eight community centers. The senior program offers several programs to keep seniors active throughout the community with the help of 500 volunteers. The senior Olympics are held in three areas of the county for multiple days encouraging seniors to remain physically, mentally, and socially active. The senior reading ambassadors program is designed for seniors to read to young children at local schools. There are numerous educational and social activities offered, including Zumba, water aerobics, nursing home Olympics, royal pageant, ballroom dancing, Tai Chi, computer classes, financial planning, field trips, and health fairs. The program offers homebound meals for in-home seniors with limited mobility, food harvest week to provide nutritious foods to elders in need, congregate meals served at community centers, and a grant-funded voucher program to assist low-income seniors with transportation. The program also offers on-staff licensed social workers and interns to provide services to constituents in the area.

Why is Your Program Worthy of an Award? Precinct2gether, Inc. is a significant program because it not only strives in offering various services to elders within the community but specializes in creating a peaceful environment for seniors to come to local community centers to interact and engage with other seniors within the community. Precinct2gether, Inc. is worthy of an award because it recognizes the need of community involvement to keep our senior citizens active. Senior citizens play a vital role in society, and it is our mission that Precinct2gether, Inc. continues to strive in promoting endless services and enjoyable activities that cater to senior citizens throughout the community.

Number of Staff/Volunteers Required to Run Program: 70 staff members, who are paid for by Harris County budget; 500 dedicated volunteers throughout the precinct

Revenue: $426,049
Expense: $369,257
Net: $56,792

For More Information:
Chara Bowie
Department of Community Centers and Senior Program
13828 Corpus Christi
Houston, TX 77015
Chara.bowie@pct2.hctx.net
713-455-4869
Reading Hand in Hand

Description of Program: An intergenerational program entitled "Reading Hand in Hand” encourages seniors and students to explore and share the wonderful world of books. Books were ordered for each student to keep. Twenty seniors participated in reading a different book each month with the students from January to May 2011. All activities took place at Claude Chester School in Ms. Emily Corona's third grade classroom. After each reading, the participants completed special art projects and discussions, which tied in with the book theme, including making up their own board game. Our wrap-up celebration in May took place at the senior center. The students and seniors painted a book bag with both of their handprints on it.

Why is Your Program Worthy of an Award? Seniors often live in housing with only others of their age group. Children attend age-segregated schools. The seniors have an opportunity to share experiences and personal history with the students during reading. There are positive emotional benefits to be gained for each generation by interacting with each other. This program promotes a positive attitude towards reading and is a calming experience. Special bonds are formed between the senior and child. The majority of students were from low-income families. Their faces beamed, and they were grateful for books they could share with their siblings.

Number of Staff/Volunteers Required to Run Program: 1 staff person; 1 senior volunteer per student
Revenue: $1018 Groton Education Foundation Grant
Expense: $1,018
Net: $0

For More Information:
Carol Pratt
Groton Senior Center
102 Newtown Road
Groton, CT 06340
cpratt@groton-ct.gov
860-441-6795
School Days

**Description of Program:** On Sept. 14, 2010, center members enjoyed traveling back in time to when they were in school. This special event started with members bringing in a school picture from elementary, junior, or senior high. The pictures were numbered and put on display prior to the event for folks to view. The day of the event started with a nutritious breakfast of juice, an omlet, hash browns, and Danish. You must have a good breakfast before going to school! Following breakfast, class started with the Pledge to the Flag. Test papers were handed out, and the "students" had to match the pictures by name with the corresponding number on the answer sheet. Then they had to swap their answer sheets with the person next to them to be corrected. As the identity of each person was revealed, that person had to share a memorable school experience with the group. The person with the most correct answers received a school bag filled with school supplies. Everyone had a great time. Two center members even discovered that as children they had lived in the same neighborhood and attended the same elementary school at the same time.

**Why is Your Program Worthy of an Award?** It was a great way for people to share a special time in their lives and to look back and reflect on something they all had in common. It was amazing how much the men enjoyed participating in this event. It was an event where almost everyone came to me afterwards and told me how much they enjoyed it and would like to do it again.

**Number of Staff/Volunteers Required to Run Program:** 2 staff and 3 volunteers

**Revenue:** $0

**Expense:** Cost of school supplies, breakfast by regular luncheon caterer

**Net:** $0

**For More Information:**
Patti McDonnell
Overlea-Fullerton Senior Center
4314 Fullerton Avenue
Baltimore, MD  21236
pmcdonnell@baltimorecountymd.gov
410-887-5220
The Giving Tree

Description of Program: We offer a holiday Giving Tree program that is set up in the lobby of the center. Seniors make their wishes known to staff, and we place them on a tag on our tree anonymously, so the giver and the recipient are unknown to each other. Some seniors have asked for a new winter scarf, others requested stationery and stamps to communicate with grandchildren stationed overseas. Another senior asked for a gift card to a grocery store. One senior asked only for prayers for her sick son. The largest request was for a payment of rent, which someone generously provided. The community at large was informed as to the Giving Tree, and one by one, the Wish Requests went flying off the tree, to the point where we needed to contact more seniors as the tree needed to be stocked several times. Community members also joined together, and we received large gifts from groups like the School Department or an area business. It not only provided the seniors with much-needed resources and welcome gifts, but it also gave our community a sense of cohesiveness. Delivering these gifts was also a true joy for our staff. We are proud to offer such a program, particularly during this difficult economic time, and the generous response from the community was, and will continue to be, overwhelming.

Why is Your Program Worthy of an Award? Some seniors are quite proud and did not request a wish, believing someone else must surely be in more need than they—even those we know to be suffering hardship. This program allowed us to make anonymous deliveries of much-needed items and resources, and since it was from "An Anonymous Friend" the gifts were happily accepted and utilized. These seniors had NEEDS, and the Giving Tree enabled the senior center to help meet those needs through the generosity of the community. Help is out there. Sometimes the community just needs to be asked.

Number of Staff/Volunteers Required to Run Program: 3-4; most of the work is in delivering, but that is the really rewarding part of the program for the staff/volunteer

Revenue: Priceless
Expense: $30
Net: $30 Cost

For More Information:
Michelle Drumm
Grafton Senior Center
30 Providence Rd
Grafton, MA 01519
drummm@grafton-ma.gov
508.839.9242
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Thank you to the following NISC Delegate Council members who served as judges for the 2011 NISC Programs of Excellence Awards:

- **Judith P. Bunnell**, Social Service Coordinator, Portsmouth Housing Authority, Portsmouth, NH
- **Melinda Davis**, Health Media Innovations, Decatur, GA
- **Linda Doman**, Executive Director, Eastern Area Adult Services, Pittsburgh, PA
- **Kris Orluck**, Senior Program Coordinator, City of Maple Grove Parks and Recreation Board, Maple Grove, MN
- **Pauline Schneider**, Executive Director, Los Alamos Retired & Senior Organization, Los Alamos, NM
- **Dr. Manoj Pardasani**, Associate Professor, Fordham University Graduate School of Social Service, New York, NY
- **Mary Kessler**, Executive Director, Capital Senior Center, Columbia, SC

A big thank you also to **Jill Hall**, Chief, Senior Centers and Community Services Division, Baltimore County Department of Aging, Baltimore, MD, for chairing the Program Awards Committee.