



THE KEY TO AN ACTIVE LIFE!

Presentation to Board of
Representatives Fiscal Committee
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Presented by:
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THE STAMFORD SENIOR CENTER MISSION

MISSION: To provide affordable opportunities for older adults (60 and older) to be active and healthy in mind and body, and remain connected to the community, in a safe, welcoming and diverse environment.

GOAL: Healthy, engaged seniors benefit the entire community of Stamford by reducing the need for other municipal services, hospital and long term care admissions.

Tai Chi Classes



Technology Classes



- Senior Centers like the Stamford Senior Center (“SSC”) play a vital role in supporting all seniors, but particularly those who live solely on their social security benefits and struggle to make ends meet.
- The SSC is a vibrant, essential service organization in the City of Stamford, serving the needs of Stamford’s ever growing senior population, especially its downtown seniors.
- Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.
- As a non-profit organization, the SSC is required to fundraise tens of thousands of dollars and secure other grants annually to close the gap between what we receive from the City and our operating budget.



SSC'S ROLE DURING COVID-19 PANDEMIC

- Pivoted to become a “senior center without walls”
- Moved our classes online via Zoom and YouTube
- Conducted weekly wellness calls to check in on our members
- Delivered meals and groceries to seniors in need
- Held monthly drive through lunches as a way for our members to get out of their home safely and see friendly faces and enjoy a meal
- Conducted outdoor classes in the park from April through November
- Worked closely with the Mayor’s office to conduct vaccine clinics at Stamford’s senior and low income housing sites
- Assisted over 8,000 seniors with getting their vaccine and booster shots




NEW, EXPANDED PROGRAMS IN 2022-23

- New KINIMA fit exercise classes on demand are being offered at the Center, via an at home app and will be piloted at two low income senior housing sites
- Expanding our onsite fitness classes to include a new Pilates for Seniors and Strong Bones Class
- Beyond arm chair travel program to give seniors a real travel experience with walking tours of global destinations without leaving their home
- Resuming our day trips in the spring of 2022
- Resumed our ESL classes, art classes and lifelong learning programs



KEY AGENCY CHALLENGES OR CHANGES IN 2022-23

- Addition of part time employee to attend to the center's café and assist with disinfecting classrooms and fitness equipment throughout the day
 - Increased costs in employee health care as well as increases in food and paper supplies resulting in an increase in our operating budget
 - It will take time to build membership up to pre-COVID levels and future variants of the virus could negatively impact our ability to do so
 - Strains on a small staff to continue to run hybrid programs long term
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HIGHLIGHTS, SERVICE IMPROVEMENTS IN 2021-22

- Resumed on site classes in late June of 2021, following all CDC, state and local guidelines. Operating a hybrid model senior center with in-house and virtual classes.
- SSC Board approved \$40,000 board reserve funds for capital improvements to the Center including:
 - Air purifiers that we installed in every room at the Center to reduce risk of airborne pathogens and protect our members.
 - Renovations to our café to allow for more seating and convert it to a full service café instead of self service to follow COVID safety protocols
 - Installation of Zoom Wall mount camera and updated sound system to allow us to stream our in-house live classes on Zoom as well for seniors who cannot come to the Center or don't feel safe returning yet.
- Resumed congregate meal program in August of 2021



The SSC is very grateful to the City of Stamford for its continued financial support and for its in-kind donation of facility space at the Government Center.

We hope you will join us at our 2022 Lives Blossom Fundraiser, which will be held on May 5, 2022 at the Village, 4 Star Point Stamford, CT.

Follow us on:

- Our Website at www.stamfordseniorct.org
- Facebook @stamfordsc
- Instagram @stamfordsenctr
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