

2023 - 2024 Annual Report Sherman Senior Center Town of Sherman

This fiscal year 229 individuals participated 6187 times in an activity at the center, 43% of our clients were 80+.

Mission: The mission of the Sherman Senior Center is to improve quality of life for adults age 55 and older and disabled adults by providing programs and activities for recreation, education, and health and wellness. According to the latest census completed in 2020, 53.7% of Sherman households have one or more people 60 years and over, 33% of our population is 60+ and qualifies for our services at the senior center.

Staff: In 2023-24, the Sherman Senior Center was staffed by Suzette Berger, Coordinator at 30 hours, Van Drivers Sue Moore and Bob Reiling shared the budgeted 25 hours per week. Carolyn Decker and Azuma Andos share the clerk hours assisting with activities at 22 hours per week.

Transportation: We utilize two vehicles, a donated 2009 Subaru Forester and 2016 passenger handicapped-accessible van to provide free rides for Sherman's seniors. The State Matching Grant Program for Elderly and Disabled Demand Responsive Transportation provided \$14,750 toward our transportation costs. The vehicles are used to bring clients to the senior center, on weekly shopping trips, nutrition programs as well as various events and activities. The Subaru is now shared with the town's Land Use Enforcement Officer. **Our vehicles logged a total of 10660 miles. We drove 1257 one-way trips of which 861 are recorded as disabled clients.**

Program Planning: The center was an active place during the week and has an average of serving 25-35 clients per day. The busiest time of year is late winter and summer. There was an increase in attendance at programs and activities serving our growing senior population. Health and welfare programs are provided by RVNAHealth, Western Connecticut Area Agency on Aging, health care professionals and volunteers from Sherman. We offer programs for hearing, low vision, healthy nutrition, monthly blood pressure, fall prevention and flexibility exercise programs.

Accessibility: The auditory system is available for the hearing impaired. It is utilized at all the educational programs allowing participation by seniors who were unable to previously join in. Additional assistive devices such as magnifiers, large print items, wheelchairs etc are available at the center to improve the participation of attending clients.

Nutrition: The congregate Wednesday lunch program is well attended as the senior dine breakfast outings. An average of 16 clients attend breakfast each week and 21 attend lunch. The cost of lunch is a requested \$3 donation from the client, the food is supplied by RW Solutions LLC and all labor is volunteer. These programs serve a largely elder and disabled population in a friendly setting.

Emergency Preparedness: We continue to focus on community Health and Wellness Programs and Education. Communication and reminders about weather safety are ongoing. The staff trainings include CPR, AED and situational training appropriate to our building and clients.

Communication: The Senior Center continues to publish a newsletter. Mutsumi Hyuga is our volunteer editor and designer. The Newsletter is inserted into the Town Tribune every two months

and is available on our town website for those who would prefer to view it on-line. The local papers are constantly updated. In addition, we have developed an email list to distribute digitally. The low-tech signboard is also utilized.

Volunteer Management: We could not accomplish half of what we do without our volunteers. Many programs, such as Congregate Meals, Discussion Club, Exercise and assorted classes, are possible only through volunteer help. Karen Dech is our congregate meal volunteer organizer which is a significant commitment. Volunteers also provide clerical help, office assistance, and run our regular activities such as bridge, pinochle and exercise club. This spring we again supervised an intern from Western CT State University.

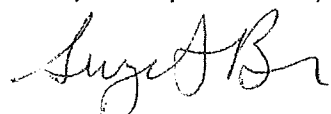
Collaboration with town groups included programs with JCC, CT Audubon, Sherman Historical Society, Sherman School, Sherman Library, scouts, and Sherman EMS and SVFD.

The Friends of the Senior Center is a 501C group that pays for improvements to the senior center and equipment that we need financial help with.

The Commission on Aging continues to support and coordinate with the Senior Center. They have a separate annual report that goes into much greater detail about their accomplishments for the year. We are very grateful for all their hard work and dedication to helping seniors in Sherman.

We continue to be committed to making the Sherman Senior Center a welcoming place so that all who come through its doors may enjoy all the good things it has to offer.

Respectfully submitted,



8/14/24

Suzette Berger

Coordinator, Sherman Senior Center