



STAFF REPORT

Report To: Board of Supervisors **Meeting Date:** November 7, 2019

Staff Contact: Courtney Warner, Senior Center Director

Agenda Title: For Presentation Only: Presentation of the accomplishments and impact of the Carson City Senior Center. (Courtney Warner, CWarner@carson.org)

Staff Summary: The Carson City Senior Center's mission is to enhance the quality of life and independence of seniors. This is achieved by various services, programs and activities offered through the Carson City Senior Center. This presentation is to summarize accomplishments the Carson City Senior Center has made in the past year and highlight the impact to the Carson City senior community.

Agenda Action: Other / Presentation **Time Requested:** 15 mins

Proposed Motion

NA

Board's Strategic Goal

Quality of Life

Previous Action

NA

Background/Issues & Analysis

Pursuant to the Memorandum of Understanding adopted November 7, 1991 between Carson City and the Carson City Senior Citizens Center, Inc. (CCSCC), CCSCC is tasked with the responsibility for occupying and running senior programs including grant funded programs. CCSCC a private corporation, but provides a substantial cost savings to the City by having a large majority of its operations lie within the non-profit. As demand for Meals on Wheels is at an all-time high, it is important to emphasize the value of CCSCC's programs for Carson City seniors. CCSCC's facility improves quality of life by offering a safe and social environment for seniors to recreate, engage, participate and be out of the house with a sense of purpose and belonging. Our Meals on Wheels program provides necessary welfare checks to the City's most vulnerable while also connecting home bound seniors to vital resources to maintain their independence.

Applicable Statute, Code, Policy, Rule or Regulation

NA

Financial Information

Is there a fiscal impact? No

If yes, account name/number:

Is it currently budgeted?

Explanation of Fiscal Impact:

Alternatives

NA

Attachments:

[110719 Senior Center Presentation.pdf](#)

Board Action Taken:

Motion: _____ 1) _____
2) _____

Aye/Nay

(Vote Recorded By)



Board of Supervisors Presentation
November 7, 2019

Mission

To enhance the quality of life and independence of seniors

What we do ...

- Active Senior Center
- Congregate Nutrition Program
- Meals on Wheels
- Case Management
- Thrift Store

Active Senior Center

- Over 30,000 sq. ft. facility
- Average 12 scheduled activities per day
- Computer Lab
- Library
- Billiards Room
- TV with cable and movies
- Provide private meeting space for non-profits, clubs and special interest groups

Communication

- Published monthly
- 600 distributed
 - Mailing List
 - Email Subscribers
 - Hand-delivered to Meals on Wheels
 - Pickup at Senior Center
- Content includes:
 - Event announcements
 - Articles of interest
 - Submissions by seniors
 - Volunteer corner
 - And more!
- Calendar
 - Double-sided, 11 x 17
 - Large font
 - Each day lists menu & activities
- Active in social media, CarsonNow and Nevada Appeal

Volume 45, Issue 10 October 2019

The SENIOR SENTINEL



CARSON CITY SENIOR CENTER



Happy Halloween

SAVE THE DATE! pg 8
October 31 • Halloween Party & Costume Contest
Start preparing your *BEST* costume!

Sneak Peeks

pg 5
Sign up for Smart911 - It Saves Lives!

pg 8
Save The Dates, Thanks & Closure Alerts

pg 10
Meet Volunteer **Kathy Jones**

pg 11
Learn about **Chinooks** in this fun article

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Make an impact!</p> <p>Volunteer on our Team!</p> <p>Contact Pam Ray, Activity & Volunteer Coordinator, at 883-0703 for an application and open positions.</p>	<p>1</p> <p>Southwest BBQ Chicken Burger Baked Beans, Peas & Carrots, Pineapple Chunks</p> <p>9:00-1:00 Lapidary 9:00-4:00 Ping Pong 10:00-11:00 Crochet Class 10:00-11:00 Rhythm Rockers 10:00-11:30 Yoga 10:00-12:00 Medicare by Appointment 12:15-3:30 Pinochle 12:30-4:00 Canasta 1:00-2:30 Card Bingo 1:00-4:00 La Tea Da Knitters 2:00-3:00 RPEN General 6:00-7:00 Tai Chi 6:30-9:00 Charlie Brown Squares</p>	<p>2</p> <p>Baked Salmon Linguine Pasta, Asparagus, Fresh Orange</p> <p>9:00-10:30 Care Chest 9:00-11:00 Benefits Enrollment Center 9:00-4:00 Alzheimer's Office by appt. 9:00-4:00 Ping Pong 9:30-10:30 Resistance Exercise 9:30-11:00 Memoir Writing Class 10:15-1:00 Veteran's Resource Center 11:00-12:00 Blood Pressure 11:30-4:00 CUBE Bridge 12:15-3:30 Single Deck Pinochle 1:00-4:00 Bridge 1:00-4:00 La Tea Da Knitters 1:15-2:15 Better Breathers 1:30-3:30 Medicare by Appointment</p>	<p>3</p> <p>Lasagna Veggie Blend, Spinach Salad, Tropical Fruit, Garlic Breadstick</p> <p>9:00-10:00 Silver Sierra Adventurers 9:00-1:00 Lapidary 9:00-4:00 Ping Pong 9:30-2:30 Nevada Legal by Appointment 10:00-11:00 Rhythm Rockers 10:00-11:30 Leisure Hour Meeting 10:00-11:30 Yoga 10:00-11:30 Single Deck Pinochle 10:00-1:00 Medicare- Walk Ins 10:00-2:00 Scrapbooking 12:15-3:30 Pinochle 1:00-4:00 Bingo</p>	<p>4</p> <p>Birthday Friday! Meatloaf Mashed potatoes w/ Gravy, Peas, House Salad, WW Roll, Ice Cream & Cake</p> <p>9:00-4:00 Ping Pong 9:30-10:30 Resistance Exercise 11:00-12:00 50/50 Raffle 12:00-4:00 Pegs & Jokers 12:15-3:30 Single Deck Pinochle 12:15-4:00 Shanghai Rummy 12:30-2:30 Blind Support Group 12:30-4:00 Mah Jongg 1:00-3:30 Bunco 6:15-9:30 Capitol Cutups Square Dance</p>
	<p>7</p> <p>Sausage Links & Veggie Omelet V8 Juice, Cottage Cheese, Fresh Fruit</p> <p>9:00-4:00 Ping Pong 9:30-10:30 Resistance Exercise 10:00-11:00 Rhythm Rockers 11:00-12:45 Beg/Inter. Line Dancing 12:00-4:00 Mexican Train Dominos 12:15-3:30 Pinochle 12:30-4:00 Mah Jongg 1:00-2:00 TRIAD Advisory Meeting 1:00-4:00 Joe & Bob's Bridge 1:15-2:15 Better Breathers 1:30-2:30 Yoga Flow'n 6:30-8:00 Capitol Quilters I</p>	<p>8</p> <p>Spaghetti w/ Meat Sauce Zucchini, House Salad, Orange Mango Cup, 7 Grain Bread</p> <p>9:00-1:00 Lapidary 9:00-4:00 Ping Pong 10:00-11:00 Crochet Class 10:00-11:00 Rhythm Rockers 10:00-11:30 Yoga 10:00-12:00 Medicare by Appointment 12:15-3:30 Pinochle 12:30-4:00 Canasta 1:00-2:30 Card Bingo 1:00-4:00 La Tea Da Knitters 1:30-2:30 Dance Fit 6:00-7:00 Tai Chi 6:30-9:00 Charlie Brown Squares</p>	<p>9</p> <p>Chicken Cordon Bleu Peas & Carrots, House Salad, Sliced Pears, WW Roll</p> <p>9:00-12:00 Capitol Quilters II 9:00-4:00 Alzheimer's Office by appt. 9:00-4:00 Ping Pong 9:30-10:30 Resistance Exercise 9:30-11:00 Memoir Writing Class 11:00-12:00 Blood Pressure 11:30-4:00 CUBE Bridge 12:15-3:30 Single Deck Pinochle 1:00-4:00 Bridge 1:00-4:00 La Tea Da Knitters 1:15-2:15 Better Breathers 1:00-2:30 Tears & Rainbows 1:30-3:30 Medicare by Appointment 6:30-9:30 Merry Go Rounds</p>	<p>10</p> <p>"SOS" Creamed Beef WW Bun, Herbed Veg Medley, Baked Potato, Pineapple</p> <p>9:00-1:00 Lapidary 9:00-4:00 Ping Pong 10:00-11:00 Rhythm Rockers 10:00-11:30 Yoga 10:00-11:30 Single Deck Pinochle 10:00-1:00 Medicare- Walk Ins 10:00-2:00 Scrapbooking 12:00-1:00 TRIAD: Medicare 101 12:15-3:30 Pinochle 1:00-4:00 Bingo 1:30-2:30 Fun Fit 30/30</p>
<p>14</p> <p>Chicken In Orange Sauce Mashed Potatoes, Mixed Veggies, House Salad, Peach yogurt, 7 Grain Bread</p> <p>9:00-4:00 Ping Pong 9:30-10:30 Resistance Exercise 10:00-11:00 Rhythm Rockers 11:00-12:45 Beg/Inter. Line Dancing 12:00-4:00 Mexican Train Dominos 12:15-3:30 Pinochle 12:30-4:00 Mah Jongg 1:00-4:00 Joe & Bob's Bridge 1:15-2:15 Better Breathers 1:30-2:30 Yoga Flow'n</p>	<p>15</p> <p>Stuffed Peppers Spinach Fettuccine, House Salad w/ Garbanzo Beans, Fresh Fruit, Breadsticks</p> <p>9:00-1:00 Medicare by Appointment 9:00-1:00 Lapidary 9:00-4:00 Ping Pong 10:00-11:00 Crochet Class 10:00-11:00 Rhythm Rockers 10:00-11:30 Yoga 12:15-3:30 Pinochle 12:30-4:00 Canasta 1:00-2:30 Card Bingo 1:00-4:00 La Tea Da Knitters 1:30-2:30 Dance Fit 6:00-7:00 Tai Chi 6:30-9:00 Charlie Brown Squares</p>	<p>16</p> <p>Baked Pork Chop Mashed Sweet Potatoes, Steamed Green Beans, House Salad, Fresh Banana, WW Roll</p> <p>9:00-4:00 Medicare by Appointment 9:00-4:00 Alzheimer's Office by appt. 9:00-4:00 Ping Pong 9:30-10:30 Resistance Exercise 9:30-11:00 Memoir Writing Class 11:00-12:00 Blood Pressure 11:30-4:00 CUBE Bridge 12:15-3:30 Single Deck Pinochle 1:00-4:00 Bridge 1:00-4:00 La Tea Da Knitters 1:15-2:15 Better Breathers</p>	<p>17</p> <p>Shrimp Scampi Pasta, Steamed Broccoli, Carrot Salad, Fresh Orange</p> <p>9:00-1:00 Medicare by Appointment 9:00-1:00 Lapidary 9:00-4:00 Ping Pong 10:00-11:00 Rhythm Rockers 10:00-11:30 Yoga 10:00-11:30 Single Deck Pinochle 10:00-2:00 Scrapbooking 12:15-3:30 Pinochle 1:00-4:00 Bingo 1:30-2:30 Fun Fit 30/30</p>	<p>18</p> <p>Chile Relleno Spanish Rice, Refried Beans, Mexican, Churro</p> <p>7:00-9:00 Medicare by Appointment 9:00-4:00 Governing Board Meeting 9:00-4:00 Ping Pong 9:30-10:30 Resistance Exercise 12:00-4:00 Pegs & Jokers 12:15-3:30 Single Deck Pinochle 12:15-4:00 Shanghai Rummy 12:30-4:00 Mah Jongg 1:00-3:30 Bunco 6:15-9:30 Capitol Cutups Square Dance</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 Italian Beef Bake Peas & Carrots, Spinach Salad, Strawberry Yogurt Medicare by Appointment 9:00-4:00 Ping Pong 9:30-10:30 Resistance Exercise 10:00-11:00 Rhythm Rockers 11:00-12:45 Beg/Inter. Line Dancing 12:00-4:00 Mexican Train Dominos 12:15-3:30 Pinochle 12:30-4:00 Mah Jongg 1:00-4:00 Joe & Bob's Bridge 1:15-2:15 Better Breathers 1:30-2:30 Yoga Flow'n 6:30-8:00 Capital Quilters I	22 Seafood Louie Salad Three Bean Salad, Fruit Juice, Fresh Peaches, Sourdough Bread Medicare by Appointment 9:00-1:00 Lapidary 9:00-4:00 Ping Pong 10:00-11:00 Crochet Class 10:00-11:00 Rhythm Rockers 10:00-11:30 Yoga 12:15-3:30 Pinochle 12:30-4:00 Canasta 1:00-2:30 Card Bingo 1:00-3:00 Advisory Council 1:00-4:00 La Tea Da Knitters 1:30-2:30 Dance Fit 6:00-7:00 Tai Chi 6:30-9:00 Charlie Brown Squares	23 Swiss Steak Veggie Blend, Baked Potato, House Salad, WW Roll Medicare by Appointment 9:00-12:00 Capitol Quilters II 9:00-4:00 Alzheimer's Office by appt. 9:00-4:00 Ping Pong 9:30-10:30 Resistance Exercise 9:30-11:00 Memoir Writing Class 10:15-1:00 Veterans Resource Center 11:00-12:00 Blood Pressure 11:30-4:00 CUBE Bridge 12:15-3:30 Single Deck Pinochle 1:00-2:30 Tears & Rainbows 1:00-4:00 Bridge 1:00-4:00 La Tea Da Knitters 1:15-2:15 Better Breathers 2:30-4:00 Alzheimer's Support Group 6:30-9:30 Merry Go Rounds	24 Honey Apricot Chicken Cali Veggie Blend, Wild & Long Grain Rice, Fresh Orange, WW Roll Medicare by Appointment 9:00-1:00 Lapidary 9:00-4:00 Ping Pong 10:00-11:00 Rhythm Rockers 10:00-11:30 Yoga 10:00-11:30 Single Deck Pinochle 10:00-2:00 Scrapbooking 12:15-3:30 Pinochle 1:00-4:00 Bingo 1:30-2:30 Fun Fit 30/30	<h2>CLOSED for Nevada Day</h2>
28 Vegetable Beef Soup Tuna Macaroni Salad, Tropical Fruit Cup, V8 Juice, WW Roll Medicare by Appointment 9:00-4:00 Ping Pong 9:30-10:30 Resistance Exercise 10:00-11:00 Rhythm Rockers 11:00-12:45 Beg/Inter. Line Dancing 12:00-4:00 Mexican Train Dominos 12:15-3:30 Pinochle 12:30-4:00 Mah Jongg 1:00-4:00 Joe & Bob's Bridge 1:15-2:15 Better Breathers 1:30-2:30 Yoga Flow'n	29 Lemon Baked Fish Peas, Brown Rice, House Salad, Grapes, WW Bread Medicare by Appointment 9:00-1:00 Lapidary 9:00-4:00 Ping Pong 10:00-11:00 Crochet Class 10:00-11:00 Rhythm Rockers 10:00-11:30 Yoga 12:15-3:30 Pinochle 12:30-4:00 Canasta 1:00-2:30 Card Bingo 1:00-3:00 Advisory Council 1:00-4:00 La Tea Da Knitters 1:30-2:30 Dance Fit 6:00-7:00 Tai Chi 6:30-9:00 Charlie Brown Squares	30 Country Fried Steak Mashed Potatoes, Cali Veggie Blend, Fruit Cocktail, WW Roll Medicare by Appointment 9:00-4:00 Alzheimer's Office by appt. 9:00-4:00 Ping Pong 9:30-10:30 Resistance Exercise 9:30-11:00 Memoir Writing Class 10:15-1:00 Veterans Resource Center 11:00-12:00 Blood Pressure 11:30-4:00 CUBE Bridge 12:15-3:30 Single Deck Pinochle 1:00-4:00 Bridge 1:00-4:00 La Tea Da Knitters 1:15-2:15 Better Breathers	31 Halloween Party!! Dress in Costume Herb Crusted Pork Chops Baked Yams, Green Beans, Sliced Peas, Roll Medicare by Appointment 9:00-1:00 Lapidary 9:00-4:00 Ping Pong 10:00-11:00 Rhythm Rockers 10:00-11:30 Yoga 10:00-11:30 Single Deck Pinochle 10:00-2:00 Scrapbooking 12:15-3:30 Pinochle 1:00-4:00 Bingo 1:30-2:30 Fun Fit 30/30	

Lunch Program:

- Congregate Lunch served: 11:00-12:30pm, Mon-Fri
- Menu is subject to change without notice
- Congregate: 8oz of Milk served daily Meals on Wheels: half gallon of milk weekly
- \$2.25 suggested donation, 60 and over
- \$6.00 fee for under 60

Dessert of the day served; days will vary.

Mark YOUR Calendars

TRIAD: Medicare 101	October 10, Noon
Dance with Don & Nadine	October 11, 6-9pm
Halloween Party Costume Contest	October 31 at Lunch
Honoring our Veterans	November 8, 11am

Services - Congregate Nutrition

- Fresh meal served Monday through Friday, 11-12:30pm
- Balanced meal fulfilling 1/3 of dietary needs
- Social experience
- 60 years of age or older
 - Under 60 must pay \$6.00
- Suggested donation of \$2.25 per meal
- Volunteers serve, pour beverages, assist and bus tables



- Fresh meal served Monday through Friday, frozen meals for holidays and weekends
- Balanced meal fulfilling 1/3 of dietary needs
- 60 years of age or older
- Suggested donation of \$2.25 per meal
- Provides welfare check
- Needs-based program based on assessment
- Must be homebound to qualify
- No waitlist

Services - Case Management

- Supportive services in office or in home
- Assists with all needs: housing, applications, durable medical equipment, respite, caregivers, transportation and much more.
- 60 years of age or older
- Small food pantry
- Durable Medical Equipment
- Spanish speaking Case Manager
- Provide the hand-holding and time to support the senior

A Year of Accomplishments



KOLOCares
FAN DRIVE
 Help Seniors beat the heat

Donate new fans for Seniors, now through August, 2019.

Drop off locations:

- Carson City Senior Center
- Christensen Automotive




8abc HELPING SENIORS BEAT THE HEAT
 KOLO 8 FAN DRIVE



2019
UNDER THE BIG TOP
A production of the Senior Pallas

FRIDAY, JULY 12 @ 7PM
 SATURDAY, JULY 13 @ 2PM
 SUNDAY, JULY 14 @ 2PM

In the newly remodeled Bob Boldrick Theater
 851 E. William Street, Carson City

HEALS+WHEELS
 SENIORS ARE
 THE FUTURE

All proceeds benefit Meals on Wheels at the Carson City Senior Center



A Year of Accomplishments



Join us as we cut the ribbon on our newly refreshed, revised and revitalized store!



Saturday, May 4
10 a.m.

Free hot dogs and bottled water for the first 100 guests!

Open Tuesday - Saturday
10 a.m. - 5:30 p.m.
901 Beverly Drive, Carson City
(775) 301-6676



AARP Foundation[®]

TAX-AIDE

Free tax assistance for those who need it most

A Year of Accomplishments

Our Volunteers are Rock Stars!



Happy Birthday

Celebrating Elsie Saak's

100th

Birthday today!

A circular inset photograph of an elderly woman, Elsie Saak, wearing a purple crown and a blue patterned top, smiling.

A Year of Accomplishments



Impact - Congregate Nutrition

- 44,424 meals served

(Oct. 18 – Sept. 19)

Who we serve:

- 23% have a disability
- 26% living in poverty
- 39% living alone
- 6% Hispanic or Latino

*Based on 2018 data

Impact – Meals on Wheels

- 92,966 meals delivered

(Oct. 18 – Sept. 19)

Who we serve:

- 67% have a disability
- 31% living in poverty
- 56% living alone
- 3% Hispanic or Latino

*Based on 2018 data

Impact – Meals on Wheels

I am so grateful to the MOW org! Not only do I receive a balanced meal every day, but some days my MOW driver is my only human interaction. A heartfelt thank you to all the wonderful people involved with this wonderful program.

I appreciate so much the wonderful help Matt my attendant has done for me in bringing my food to me. He has been so kind to open bottles and assist me in every way. I also thank the others who delivers my food when Matt is on vacation. Thanks to you all of Meals on Wheels. God bless you all.

Since I've been getting meals on wheels, I at least have ONE meal a day I can count on. Thank you Meals on Wheels.

Impact – Case Management

- 2,010 hours provided

(July 18 – June 19)

Who we serve:

- 55% have a disability
- 39% living in poverty
- 58% living alone
- 7% Hispanic or Latino

*Based on 2018 data

Bottom Line

Fiscal Year 2020	Description	Actual 2017
645,820	Grant Funding	421,894
84,860	Participant Donations	86,119
50,000	Charitable Gifts	38,850
95,000	Thrift Store Gross	58,655
77,054	Misc. Revenue	121,541
952,734	Total Revenue	727,059
952,734	Total Expenses	862,932
0	Net Revenue	(135,873)

FUTURE

- Growth of Meals on Wheels from 300 seniors per day to 400 seniors per day by next year
 - Replace aging Meals on Wheels vehicle
 - Add more staff/routes to meet demand
- Add Case Manager
- Increase participation to Congregate lunch
 - National trends show decline
 - Adding new events, themes, energy to lunch program
- Plan for the future of the Thrift Store
- Stabilize funding sources for non-profit
 - Grow donations from private businesses
 - Create a signature fundraising event
- Recruit Board Member with Restaurant/Catering background