



East Lyme Senior Center ANNUAL REPORT FY16/17

The East Lyme Senior Center is located at the Nicholas Parahus Senior Center, which is part of the Community Center Complex, housed off of Society Road. According to the National Institute of Senior Centers, it is charged with: “creating a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interest, enhance their dignity, support their independence, and encourage their involvement in and with the center and the community.” The East Lyme Senior Center has again been designated a *Focal Point* by Senior Resources Area Agency of Aging for the Area Plan of 2017 - 2020. Additionally, the Senior Center applied for and received the Department of Transportation State Matching Grant for Elderly & Disabled Responsive Transportation for the 8th year in a row. The Senior Center also applied for and received a Department of Transportation 5310 Grant which will provide funds to replace one of the Senior Center Buses.

Senior Centers look to their local citizens and businesses for support to meet their goals and objectives and to help guide them for the future. This process can happen in a variety of ways:

Local townspeople and businesses can volunteer their time to teach a class or to assist with the running of a program,
Townspeople can become a Board Member of the Commission on Aging that oversees the activities of the Senior Center, and/or
Townspeople can attend the Commission on Aging Board Meetings to express their ideas or concerns about the local, aging community.

The East Lyme Senior Center provided the following services/programs for the fiscal year July 1, 2016 to June 30, 2017.

The following are members of Commission on Aging Board:

Mr. Joe Palazzo, Chair Mr. John Whritner, Vice-Chair

Ms. Ilene Harris, Secretary/Treasurer

Ms. Marge Caste Ms. Joan Bengtson

Ms. Barbara Smith Mr. Michael Bekech

Ms. Roseanne Hardy, Ex-Officio

Regular monthly meetings were held throughout the year with the exception of an August break. The meetings were scheduled for the second Monday of every month and they begin at 5:00pm. The public is encouraged and welcome to attend. Special meetings were held as needed.

The following are staff members of the East Lyme Senior Center:

Ms. Cathy Wilson, Senior Center Director

Ms. Kristen Caramanica, Program Coordinator

Ms. Anna Hartung, Senior Center Associate

Ms. Roxanne Kormos, Bus Driver

Mr. John Hallissey, Bus Driver

Ms. Melissa Victor, Bus Driver

Mr. Joseph Savoie, Bus Driver

The East Lyme Senior Center and the Commission on Aging Board are fully committed to serving every senior citizen in East Lyme by providing support and assistance. Any concerns or comments are welcome at both the Commission on Aging Board Meetings and the Commission on Aging Office located within the East Lyme Community Center.

Respectfully submitted,

Joseph Palazzo

Chairman, Commission on Aging Board

Cathy J. Wilson

Senior Center Director

NUTRITION/FOOD PROGRAMS

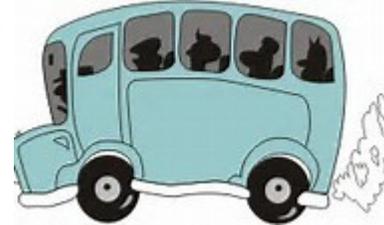
Senior Nutrition Program

Total # of Meals Served		13,851	
Congregate Site Clients	# of meals served	2,119	↑3%
Bistro Meals (Program d/c May17)	# of meals served	248	
Homebound Clients	# of meals served	11,484	↓1%



TRANSPORTATION

Senior Center Vehicles Usage			
# of Clients Served for the Year	133	↑30%	
Total Mileage for the Year	30,851	↑17%	
Average Monthly Mileage	2,571		
Total # of Riders	4,300	↓5%	
Average Monthly Ridership	385		
Total # of Rides	8,009	↑9%	
Average Monthly Rides	667		



Senior Center transportation usage continues to increase, particularly the number of stops that are made for each individual. The number of clients using the service has remained steady.

Dial a Ride Medical Transport (Grant Funded)

# of Clients Registered for the Service	51	stable
# of Clients Served for the Year	36	↓38%
# of Trips Taxi/Livery Rides	811	↑18.5%
# of Trips Caregiver Mileage Reimbursement Portion	246	↓32%
 Total East Lyme Trips (Taxi & Caregiver)	 1,057	 stable

The number of clients registered for the DialaRide program remained essentially the same from FY15/16 to FY16/17 (57 vs 52). However, the number of clients who actually used the service dramatically decreased while the number of rides showed an increase. The clients using the service are being transported for multiple rides. However, many clients are registering for the program but using it as a backup contingency in case their person connections cannot provide transportation.

The Driving Miss Daisy program provided by the Niantic Lions has been discontinued due to a lack of volunteer drivers.

ATTENDANCE TO PROGRAMS

# of Clients Served for the Year	1,538	↑15%
Attendance Statistics for Programs	23,464	↑4%
Attendance Statistics for Congregate Site Clients	2,119	↑3%
Total Attendance Figures	25,583	↑8%

Senior Center attendance continues to trend upwards as more people become eligible to participate in programs.



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SERVICE PROGRAMS

AARP-Mature Driver Safety Course

AARP-Tax Aide Program

Benefits CheckUp (program lost its funding in FY16/17)

Blood Pressure Clinics Held by the V.N.A.S.C.

DEEP Session on Choosing an Electric Supplier

Energy Assistance -

State of Connecticut Program - Operation Fuel - Project WarmUp

Flu Vaccine Clinic Held by the V.N.A.S.C.

Fraud & Identity Theft Prevention with ELPD

Health Seminars

Health Insurance Counselors Assistance Program

Hearing Clinic - Monthly

Holiday Greetings for Veterans

Lamination Services



Living Legacy Workshop

Living Will Information

Open Enrollment Assistance for Medicare Part D Enrollees

Medicaid Assistance

Medicare Savings Programs Assistance

Mini Health Clinic Sponsored by Niantic Lions

Renter's Rebate Program Assistance

Shred Day Event

Transportation Options in SECT

Transportation Services for Election Day

Virtual Dementia Tour

Wellness Clinic Managed by the V.N.A.S.C



ENRICHMENT / FUN PROGRAMS

Adult Coloring

BINGO

Bocce - Indoor and Outdoor

ENRICHMENT/FUN PROGRAMS CONTINUED

Brain Aerobics
Bridge - Weekly - Contract
Bridge - Weekly - Duplicate
Bridge - Weekly - Rubber Bridge Shoot Out
Bunco
Canasta – Hand & Foot
Chair Yoga
Chess
Chorus
Clay Class



Craft Classes - Miscellaneous
Drama Club
Drawing Class
Drumming Circle
Educational Programs
Golf Lessons
Bridge
Hiking Programs

Mah Jongg
Musical Entertainment
Music Lessons - Advanced Beginner Ukulele
Music Lessons - Advanced Beginner Guitar
P.A.C.E. - People with Arthritis Can Exercise Classes
Painting Group
Pickleball
Ping Pong
PiYo
Quilting - Daytime and Evening
Reflexology
Reiki
Tai Chi
Tap Dancing Classes
Technology Assistance with ELHS Students
Trip/Cruise Presentations
Senior Fitness Classes
Scrabble



Strength Training Classes
VSA Acappella Chorus
Yoga
Walking Program
Weight Training Classes
Zumba Gold

SPECIAL EVENTS



25th Anniversary Party for the Senior Center
90+ Celebration Luncheon
Annual Pig Roast at McCook's Park
Annual Rotary Club Picnic
Annual Senior Art Show/Regional
Annual Supper with the Lions Club
Big Band Dances with The Illusions Band
East Lyme Senior Art Show
East Lyme High School Band Concerts
Holiday Dinners/Picnics
Holiday Mocktail Party
Intergenerational Senior Prom
Lunches with the East Lyme High Culinary Program
Regional Event at Port-n-Starboard Banquet Facility at Ocean Beach
Senior Expo at the Norwich Technical High School
Shows by the East Lyme Players
Veterans' Breakfast

ENRICHMENT TRIPS

On the Waterfront, New London	Arooga's Uncasville
Captain Scott's, New London	Haywire, Westbrook
The Tea Kettle, Old Saybrook	Café NV, Waterford
Marley's Café, Essex	Westbrook Lobster, Westbrook
Fresh Salt, Old Saybrook	Filomena's, Waterford
Marley's Café, Essex	The Log Cabin, Clinton
The Steak Loft, Mystic	Dog Watch Café, Stonington
On the Rocks, Haddam	Marina at American Wharf, Norwich
ELHS, East Lyme	Back Porch, Old Saybrook
Longhorn Restaurant, Waterford	The Olive Garden, Waterford
Mark Twain House, Hartford	Go Fish, Mystic
ELHS, East Lyme	



DAY/OVERNIGHT TRIPS

River Rose Cruise, Newburgh, NY
Long Island, Raphael Vineyard, Greenport, NY
New York Harbor Cruise, New York, NY
Stageloft Theater, Sturbridge, MA
Revolutionary Days Tour, Boston, MA
The Big E, Springfield, MA
Boston on your own, Boston, MA
Jack-O-Lantern, Roger Williams Zoo, Providence, RI
Mohegan Sun Casino, Uncasville, CT
Newport Playhouse, Newport, RI
Stocking Stuffer Holly Days, Central MA
Mohegan Sun Casino, Uncasville, CT
Westchester Theater, Elmsford, NY
NYC on your own, NYC
One World Observatory, NYC
Boston MFA, Boston, MA
Tall Ships, Boston, MA
Newport Flower Show, Newport, RI

Samson - Lancaster, PA - Oct16
Niagara Falls Canada - Dec16
Ogunquit & Portland, ME - Jun17



The Senior Center would like to thank the following businesses and organizations for their support during FY16/17:

AARP
Alzheimer's Association
Attorney Guinan
Bridebrook Health & Rehabilitation Center
Citizens Bank
Crescent Point of Niantic
CT Dept of Energy & Environmental Protection
East Lyme Police Benevolent Association
East Lyme Police Department
East Lyme Public Library
Gladeview Rehabilitation & Health Care Center
Interactive Club for the Elderly (I.C.E.) of East Lyme High School
Nancy Jablonski – Audiology Concierge
Kindred at Home
Dr. Julie Lee, Middlesex Hospital
Liberty Mutual
Main Street Grille
Jeff McNamara, Probate Judge
Momma B's Sweet Treats
Niantic Lions
Niantic Rotary Club
Select Physical Therapy
Spectrum Physical Therapy
Dr. Scott Stanat
Cate Steel
Therapeutic Touch
Visiting Nurse Association of Southeastern Connecticut

Thank You!