Older Adult Services 2015 Year in Review

YOUR PARTNER IN OPTIMIZING THE EXPERIENCE OF AGING

In 2015, the City of Sacramento’s Older Adult Services continued to inspire Sacramento’s older residents to create, sing, dance, stay fit and healthy, strengthen friendships, meet new people, and be totally engaged in life.

There were many gratifying moments:

- Staff and volunteer instructors were thrilled to see the “aha” moment on senior students’ faces as they figured out how to connect with friends and family through social media, learned to navigate the web or understand all the bells and whistles on their newly purchased laptop or tablet.
- Each day, we welcomed older adults with memory loss into safe and upbeat programs where being forgetful is not a problem.
- Listening to the harmonies performed by a choral group of singers age 50 plus was music to our ears.
- We were humbled to provide our city’s most vulnerable seniors with food and resources to help meet the most basic needs of day-to-day living.
- We were inspired by the proud senior athletes playing the sport they love. Grit and determination to stay fit and healthy was found daily in our fitness classes throughout town.
- Throughout the year, we created opportunities to come together as a community—whether to celebrate diversity, let voices be heard, share life stories, or encourage city residents to make meaningful connections with their elderly neighbors.

Our efforts to optimize the experience of aging for Sacramento seniors during 2015 would not have been possible without our community partners, hundreds of volunteers, dedicated and caring city staff, supportive city officials, and funding from Measure U. We are truly grateful to all of you who support our mission.

ENHANCING THE LIVES OF SACRAMENTO’S OLDER ADULTS

Ethel MacLeod Hart Senior Center
Hart Senior Center is a welcoming spot in midtown Sacramento where people from throughout the region try new leisure activities and old favorites, find assistance and friends, and discover the joys of life after 50.

Triple-R Adult Day Program
Triple-R is a licensed adult day care program for people with dementia offered at three locations: Hart Senior Center in midtown Sacramento, Greenhaven and North Sacramento. While participants attend the program, family caregivers—who are typically spouses or adult children—get respite from their 24/7 duties, giving them time for relaxation, errands or continuing with their career. All programs are licensed by the California Department of Social Services.

Caring Neighborhoods
Many residents of Sacramento’s neighborhoods are growing older, facing the challenges of living independently and no longer feel connected to the communities they live in. The Caring Neighborhoods program works to strengthen neighborhood connections and promote community support to a growing elderly population by establishing informal, neighborhood-based groups that help their elder neighbors. Caring Neighborhoods is funded by Measure U.

ARMs (Assistance, Referrals and More for Seniors)
Deteriorating health, a change in housing needs, inadequate income, transportation issues, and the loss of family and friends are among the many challenges that some residents face as they age. For many seniors, these types of problems are very new and their ability to cope and find resources is limited. The ARMs social worker meets one-on-one with seniors to help work through challenges and locate suitable resources. ARMs is funded by Measure U.

50+ Wellness Program
An active lifestyle often equates to good health and longevity. The 50+ Wellness Program provides opportunities for staying active, including community-based fitness classes, Neighborhood Walk, the Sports for Life Soccer Tournament, and two “senior weeks” at Camp Sacramento.

TechConnections
TechConnections is our program to help Sacramento seniors navigate the world of computers and technology. One-on-one assistance and classroom sessions are held at several locations.
2015 Highlights

Each month at Hart Senior Center, the reception staff assisted an average of 2,280 people with class registrations, appointment scheduling, meal reservations and much, much more.

131 families who care for someone with dementia received a total of 7,995 days of respite at one of our Triple-R Adult Day Program sites. The program enhanced its marketing efforts by creating a new brochure for its early stage memory loss site in North Sacramento. The “Club Refresh” brochure promoted a fun and welcoming clubhouse where older adults with early stage memory loss can “be yourself, be active and belong.”

In addition to completing an online survey, Sacramento’s older adults had an opportunity to let their voices be heard about their ideas and suggestions for improving Hart Senior Center during a large Community Forum held in November.

197 storytellers and memoir enthusiasts learned from nationally recognized authors at the Eighth Annual Our Life Stories cross-generational writers’ conference.

Singers with Hart, a choral group comprised of singers age 50 plus performed traditional American folk songs and contemporary favorites during an “end of summer” concert in Marshall Park. The group was also featured in a segment on KCRA’s “Common Ground” highlighting the role of music in healthy aging.

New art-related offerings at the Hart Senior Center such as Decoupage, Mandala and Weaving gave participants an opportunity to have fun, relax, and stimulate brain areas related to motor skills, the senses and creativity.

395 Fun Passes (scholarships covering fees for recreation programs throughout the city) were issued to low-income seniors.

450 men and women—some age 70 plus—competed in the annual Sports for Life! Soccer Tournament.

123 people spent a week “roughing it” at Camp Sacramento’s Senior Adventure Camp or Classic Senior Camp.

In its efforts to promote intergenerational connections in Sacramento neighborhoods, Caring Neighborhoods encouraged residents to “do good right where they live” by spreading holiday cheer to older neighbors with a friendly visit, holiday treats and helping out with minor household tasks.

Sacramento’s diversity is now celebrated in a permanent portrait gallery at Hart Senior Center. Personal Journeys—a series of large photographs of individual seniors displayed alongside a richly layered collage of personally selected photographs and mementos representative of his or her past and present selves—reflects the diversity of the subjects’ cultures, careers, families, talents, and values. Nearly 200 community members attended an opening reception in October where the portraits were ceremoniously unveiled.

7,443 hours were donated by volunteers at Hart Senior Center, Triple-R and other Older Adult Services special events.

Facebook pages for Caring Neighborhoods, Hart Senior Center and TechConnections were launched in September as a way to reach a wider audience and enhance promotions for the various activities and events of older adult services programs.

5,517 email subscribers received Hart News Weekly or the monthly News from Older Adult Services to keep informed about programs, events and resources.