

Our Mission is to...

enhance the
quality of life
and
well being
for area
seniors and
their families.



Our Strategic Priorities

The Chelsea Senior Center will:

- advocate for sustainable expansion of senior **transportation** in W. Washtenaw County to reduce isolation, and increase access to services and sustain overall health.
- ensure that we have programs, services, and resources to promote the use of **technology** by seniors and ensure long-term sustainability of our organizational technology needs.
- ensure that we have the financial and human resources to provide a high level of programming within and beyond our physical walls.



VITAL SENIORS:
A Community Innovation Competition

Vital Seniors Competition



- CSC was one of ten finalists
- We were awarded a \$50K “People’s Choice” award and a \$100K “Innovation Prize” to support **Rural Older Adults in Motion (R.O.A.M.)** *“We are free to roam”*
- You can watch our winning video on youtube!



Chelsea
Senior Center

Rural Older Adults in Motion (R.O.A.M.)

- Our goal is to enhance and expand transportation options in our rural communities so that older adults can get a ride where and when they want to go at a cost that is affordable to them
- R.O.A.M. will use existing transportation services including WAVE bus, volunteers, and ride share services like Uber/Lyft and GoGoGrandparent
- Our service area will include the 5 Healthy Towns, but we need to build capacity



Chelsea
Senior Center

2018 Highlights

1,059
current active
members

plus

300+
homebound
seniors

Data Jan-Dec, 2018



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Senior Center

2018 Highlights

- We were awarded a 3-year grant from AACF to expand C2S2 into surrounding communities
- Meals on Wheels now offers a second evening meal for participants, thus increasing food security for homebound seniors
- MSC tracked 33,280 visits for program participation:

44% for **health and wellness** programs including exercise, pickleball, yoga, line dancing, and lunch


11% for **socialization**

(data from Jan-Dec 2018)



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Social Isolation

- Social isolation occurs when people withdraw and become disconnected from family, friends and community
- Nearly 1 in 5 Americans 65 and older are socially isolated 
- A recent study found that prolonged social isolation is as harmful to health as smoking 15 cigarettes a day, and is more harmful than obesity

Source: www.aarp.org/health/conditions-treatments/info-2018/social-isolation-symptoms-danger



Senior center
participants have
higher levels of health,
social interaction, and
life satisfaction

Cultivating Connections



Gay Bolanowski, is visually impaired and no longer able to drive.

CSC connected her with other members and provided WAVE bus passes for her to come exercise and enjoy lunch 3 times per week.

“I notice I feel a lot better. I’m not depressed like I was. I don’t know what I’d do if I wasn’t coming here to CSC.”



Staying Connected by Volunteering



10,000 volunteer hours sustain:

- Meals on Wheels
- Chelsea Community Senior Services (C2S2)
- Programs such as travel, stained glass, tech support, ukulele, arts/crafts, etc.
- Office & admin operations



Intergenerational Connections

- volunteer opportunities for students in Key Club, Interact, and National Honor Society to support CSC events or help seniors directly
- CHO, Jazz Ensemble, Company C, perform at CSC
- generations history project: 84 sixth graders interviewed 27 seniors
- St. Louis Center residents deliver Meals on Wheels every day



Intergenerational Garden impacts 400 youth from preschool to high school



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At CSC, people come for the activities, and develop friendships.



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