

# Richfield Senior Center *2022 Annual Report*



## **Mission**

- Provide an environment that validates the changing needs and interests of senior citizens and enhance growth, dignity and connection with each other and the greater community.
- Foster improved understanding of the unique talents and abilities of senior citizens and their importance to the greater community.
- Identify senior needs within the community and communicate those needs to the Human Services Commission.
- Through creative programming, provide participants opportunities and resources in the areas of physical and mental health, nutrition, recreation and education.
- Enjoy the fellowship of those who share common interests and goals.

## **Vision**

We envision a community where everyone leads full, healthy, and inspired lives.

## **Contact Information**

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## **Senior Center Staff**

Kathy Fedrowisch – Coordinator of Human Services  
Linda Corsi – Assistant Coordinator  
Angie Lyons – Assistant Coordinator  
Elaine Molis – Assistant Coordinator  
Peggy Patterson – Assistant Coordinator & Chef  
Laura Willis – Assistant Coordinator

## **Human Services Commission**

Lois Czekaj  
Don Larsen  
Paul Swan  
Jan Weber  
Sue Ann Philipbar – Council Rep.

## **Who We Are:**

### **In 2022**

215 Members  
5,200+ participants visited the Senior Center

### **Volunteers**

75 volunteers contributed more than 2,300 hours of service including but not limited to, food preparation, baking, serving, clean up, decorating, transportation for fun trips, care of inside plants, running bingo and other games, band practice & jam sessions, library maintenance, photography, window displays, handyman, sunshine, meal delivery, office assistance, special events, decorating, etc.

## **Programs and Services**

### **Health & Wellness**

Blood pressure checks were administered  
17 Residents participated in the meal delivery program and 3,923 meals were delivered  
Flu shots were administered in October

### **Nutrition**

583 Café Breakfasts were prepared and served at the Senior Center  
2,351 Thursday lunches were prepared and served at the Senior Center  
3,923 Meals were delivered

### **Library**

Many donated books, magazines and puzzles are available to take home.

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### **“Country Frye Band” - Senior Center Band**

The Senior Center’s very talented band hosts a jam session on the 2nd and 4th Tuesday of the month. Guests enjoy singing, dancing or just listening to a wonderful variety of music. Coffee, tea and dessert are provided. 230+ guests attended in 2022. Free

## **Physical Activities** – promote mobility and can turn back the aging clock

### **Tai Chi**

Offered every Wednesday, Tai Chi is a great way to improve your strength and balance. This exercise program stresses balance control, flexibility, and cardiovascular fitness. Our expert Tai Chi instructor has been teaching at the Senior Center for 22 years. There were 200 participants in 2022.

### **Yoga**

Offered twice a week on Tuesday and Friday, Yoga helps keep you active, stimulates energy, promotes a positive attitude, calmer emotions, wisdom, stronger muscles and joints, and eliminates depression. It combines relaxation, meditation and stretching. Our expert Yoga instructor has been teaching at the Senior Center for 15 years. There were 700 participants in 2022.

## **Fun Bus Trips**

The 14 passenger Senior Bus provided 27 trips for 349 participants.

Trips included visits to various places including:

Virtual Shooting Range	Kent State Poetry Presentation
Cleve Botanical Gardens	BCI
Lakeview Cemetery	Cleve Police & Fire Museums
Kingwood Gardens	Gotta Groove Records
Hartville Marketplace	Rubber Ducks
Oak Ridge Boys Concert	Corner Field Railroad
Ox Roast Festival	Blossom Salute to America
Castle Noel & Miss Molly's	Ohio Star Theatre
Malabar Farms	Sunrise Market
Pinetree Farm & Smuckers	Cuyahoga River Tour
Alpaca Farm	Holiday Tree Festival
Medina Holiday Lights	

## **Dinner Group:**

There were 7 dinner outings in 2022 for 97 participants. We visited restaurants including:

The Ramp-Portage Lakes	Mike's Place -Kent
Picks – Portage Lakes	17 River Grille-Chagrin Falls
Tinkers Creek Tavern-Walton Hills	Hofbrauhaus-Cleveland
Aaron & Moses-Twinsburg	

## **Mental & Physical Activities** – turn back the clock and stimulate the brain

Bingo is played every Thursday

The Richfield Quilters meet every Wednesday

The Mat Makers meet every Wednesday from 10:00-12:00 folding & cutting plastic grocery store bags to make “plarn” and crochet mats for the homeless. It takes 750 grocery store bags to complete one mat.

The Medina Spinning & Weaving Guild meets twice a month

Games are played twice a month

## **Themed Lunches**

Various themed lunches included:

Chinese New Year

Mardi Gras

Easter

Independence Day

Thanksgiving

New Year

Valentine’s Day

St. Patrick’s Day

Kentucky Derby

Country Hoedown

Christmas

## **Other Programs**

Garage Sale: The Senior Center participated in the Richfield Annual Garage Sale Saturday and 15 members had a table at the senior center.

Several Monday afternoon movies were shown throughout the year.

A Line Dancing Class started in October on Monday afternoons.

Two craft projects were provided in the fall.

## **Special Events**

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Guests enjoyed such special events as:

Kentucky Derby Party

Luau with a Steel Drum Duo

Ice Cream Social

Country Hoedown

Annual Christmas in the Manor “English Tea”

A Volunteer Appreciation Dinner was held in April for our many volunteers

## **Thank you, thank you, to our many benefactors over the years**

### **Organizations and Businesses – over the years**

- AMVETS Post 176 contributions have provided the Senior Center the ability to purchase beautiful refurbished office furniture, new window blinds for the office, a gorgeous teak patio set, teak rockers & teak benches, a Weber gas grill, new computer system, a state-of-the-art sound system, carpeting, and refurbishing of our Wurlitzer piano.
- Kaz Company, Renaissance of Richfield, The Regina Health Center, and The Inn at Apple Ridge, provided desserts for Thursday lunches.

### **Families and Friends**

- Thanks to the generosity of families and friends, the Senior Center has received donations over the years of a large entertainment center, large screen TV, DVR player, tables, chairs, dining room set, buffets, credenzas, sofas, chairs, lamps, freezer, dishwasher, plants, artwork, decorations, books, Wii game console, a wheelchair, walkers, and many other items.
- Special thanks to families and friends for their generous monetary donations to the senior center that have funded our gorgeous commercial kitchen, replaced carpeting in our main room and installed vinyl wood plank flooring in the bingo room, at no cost to the Village.

## **Awesome Volunteers – We could not operate without you!!!!**

### **Our many volunteers have:**

- Provided pastries, appetizers, and other food items for special events
- Contributed “thousands” of service hours
- Coordinated special events
- Driven the fun bus for trips, dinners, and other outings
- Visited and offered companionship to homebound members
- Delivered meals to homebound members
- Taken care of inside and outside plants
- Decorated the center for the Kentucky Derby Party, Luau, Ice Cream Social, Country Hoedown and Christmas in the Manor “English Tea”
- Hosted fabulous monthly jam sessions