

Richfield Senior Center *2023 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
Jean Cinadr – Assistant Coordinator
Linda Corsi – Assistant Coordinator
Angie Lyons – Assistant Coordinator
Peggy Patterson – Assistant Coordinator & Chef
Laura Willis – Assistant Coordinator

Human Services Commission

Lois Czekaj
Paul Swan
Juanita Taylor
Jan Weber
Rick Hudak – Council Rep.

Who We Are:

In 2023

221 Members
5,200+ participants visited the Senior Center

Volunteers

72 volunteers contributed more than 2,200 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 3,384 meals were delivered
Flu shots were administered in October at the Administration Building

Nutrition

635 Café Breakfasts were prepared and served at the Senior Center
3,056 Thursday lunches were prepared and served at the Senior Center
3,384 Meals were delivered

Library

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

“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. 150+ guests attended in 2023. 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 23 years. There were 156 participants in 2023.

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 16 years. There were 700 participants in 2023.

Fun Bus Trips

The 14 passenger Senior Bus provided 28 trips for 350 participants.

Trips included visits to various places including:

Cleveland Museum of Art	Rainforest & Merwin's Wharf
Western Reserve Hist. Museum	Ashery
Author Discussion	Cleveland Museum of Art (2 nd trip)
Grand Pacific Junction	Rubber Ducks
Rainforest & Merwin's Wharf (2 nd)	Western Reserve Hist. Museum (2 nd trip)
Ohio's Market	Museum of Porcelain Art
The Wilds	Veteran's Memorial Park
Salute to America-Blossom	Ohio Star Theater
Holden Forest	Lakeside Craft Fair
Bounce & House 330	Hartville Marketplace
Maps Museum	Western Reserve Cemetery
Covered Bridges	Dracula Shakespeare Play
Zoar Ghost Tour	Camp Garfield
Chriskindle Market	Holiday Tree Festival

Dinner Group:

There were 8 dinner outings in 2023 for 134 participants. We visited restaurants including:

Tick Tock Tavern-Cleveland	Erie Steak & Seafood-Lorain
Smoke On the Water-Portage Lakes	Sunset Harbor Grille-Fairport
The Ramp-Portage Lakes	Edgar's-Akron
Joe's Deli-Rocky River	Leo's Italian Social-Cuyahoga Falls

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

Board games are played twice a month

Various card games are played on Monday & Wednesday

Marjong is played on Fridays

Line Dancing class meets every Monday

Hosted the Broadview Heights line dance class on Tuesday afternoons while their meeting area was being refurbished

Themed Lunches

Various themed lunches included:

Chinese New Year

St. Patrick’s Day

Kentucky Derby

Thanksgiving

Valentine’s Day

Easter

Independence Day

Christmas

Other Programs

Garage Sale: The Senior Center participated in the Richfield Annual Garage Sale Saturday and 13 members had a table at the senior center.

Monday afternoon movies shown throughout the year included:

E.T.

All of Me

An American in Paris

Anything Goes

Kiss Me Kate

Charades

A Man Called Otto

Special Events

Guests enjoyed such special events as:

Frank & Dean Entertainers

Valentine Jam Session

Accordian Man Entertainment

Senior Center 25th Anniversary Celebration and Ice Cream Social

Country Hoedown

Annual Christmas in the Manor “English Tea”

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

Safe at Home Expo

Luau featuring a Steel Drum Duo

Rubber Capital Harmonic Club

Drone demonstration by the Richfield Fire Dept.

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; Arden Courts; Momentous Health Center; and The Inn at Appleridge, 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 residents
- Taken care of plants
- Decorated the center for the, Luau; Senior Center 25th Anniversary and Ice Cream Social; Country Hoedown; and Christmas in the Manor “English Tea”
- Hosted fabulous monthly jam sessions