

# Richfield Senior Center

## *2015 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 our 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**

Jan Weber – Coordinator of Human Services  
Kathy Fedrowisch - Assistant Coordinator  
Elaine Molis – Assistant Coordinator  
Peggy Patterson – Assistant Coordinator & new Chef  
Laura Willis – Assistant Coordinator  
Nancy Hartman – retired  
Ruby Kover – retired

### **Human Services Commission**

Lois Czekaj  
Don Larsen  
Paul Swan  
Anne Taylor  
Barb Lanford – Council Rep.

## **Who We Are**

### **In 2015**

200 Members

8,400 participants visited the Senior Center

### **Volunteers**

75 volunteers contributed more than 3,000 hours of service including but not limited to, food preparation, serving, clean up, shopping, transportation for shopping trips, fun trips, doctor visits, senior center, care of inside plants, care of birdfeeders, running bingo and other games, hosting movies, band practice & jam sessions, library maintenance, photography, window displays, handyman, sunshine, meal delivery, office assistance, and special events.

### **Shoes for HOPE project:**

The Senior Center supported Bath Richfield Kiwanis in the collection of shoes for a very worthy cause. The senior center donated and collected more shoes than any other shoe drop location utilized by the Kiwanis.

## **Programs and Services:**

### **Health & Wellness**

39 Members participate in the health monitoring program through the Fire Department

1,200 Blood pressure checks were administered

76 Members participated in the podiatry program

Fall flu shots were administered

Massages are now provided at the Center for Healing Arts

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### **Nutrition**

380 Monday Morning Café Breakfasts were prepared and served at the Senior Center.

The Café opened the beginning of June.

2,731 Meals were delivered

2,500 Thursday lunches were prepared and served at the Senior Center

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### **Transportation**

70 Rides were provided to 164 participants primarily for programs at the Senior Center, shopping trips, and medical visits.

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### **Dinner Groups**

The dinner group (37 participants) enjoyed a variety of restaurants in Richfield, Bath, Northfield, Tremont, Akron, and Valley City.

## **Entertainment**

Movies – A classic movie is hosted at the senior center the first Tuesday of the month. There are themed decorations, lively discussions and delicious refreshments.



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## **Library**

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

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## **Memories Unlimited-Senior Center Band**

The Senior Center's very talented band hosts a jam session on the 4<sup>th</sup> Tuesday of the month. Attendees enjoy singing, dancing or just listening to a wonderful variety of music. Coffee, tea and dessert are provided. Free.

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

### **Arm Chair Exercises**

Offered every Thursday just before lunch and bingo. Low impact, stretching exercise sitting or standing next to a chair.

### **Tai Chi**

Offered once a week (Wednesday) - 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 17 years.

### **Yoga**

Offered twice a week (Tuesday and Friday) - 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 10 years.

## TAI CHI GROUP



## YOGA GROUP



### Fun Bus Trips

The 14 passenger Senior Bus provided 22 trips to 190 participants

Trips included visits to various places including:

- Cleveland Museum of Art – Cleveland, Ohio
- Malabar Farm – Mansfield, Ohio
- Petitti Garden Center – Strongsville, Ohio
- Presque Isle Casino – Erie, PA
- Akron Zoo – Akron, Ohio
- Western Reserve Museum – Cleveland, Ohio
- Cleveland Botanical Gardens – Cleveland, Ohio
- Hard Rock Rocksino, Northfield, Ohio
- Blossom Music Center, Cuyahoga Falls, Ohio
- Amish Country – Berlin, Ohio
- Westside Market – Cleveland, Ohio
- The Wilds – Cumberland, Ohio
- Mountaineer Casino – West Virginia
- Kelley's Island – Kelley's Island, Ohio
- Crocker Park – Westlake, Ohio
- Presque Isle Casino – Erie, PA
- Ashtabula Covered Bridges - Ashtabula, Ohio
- Dragonfly Tea Room & Glassworks – Canal Fulton
- Lakeview Cemetery – Cleveland, Ohio

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

Bingo is played every Thursday

Bunco is played the 2<sup>nd</sup> Tuesday of the month

Scrabble is played the fourth Monday of the month

Pinochle is played the fourth Monday of the month

Jigsaw puzzles are always available

Aging Concerns discussion group meets the 2<sup>nd</sup> Wednesday of the month to discuss concerns about the aging process and the changes that come with it.

Coffee with a Cop is offered the 1<sup>st</sup> Monday of each month during “Café” hours. Guests have the opportunity to visit with one of our boys in blue to ask questions or voice concerns in a casual atmosphere.

## **Special Events**

Guests enjoyed such special events as:

- Volunteer Dinner – 75 Volunteers enjoyed a delicious appreciation dinner as a small thank you for all their volunteer services



- Annual Quilt Fair featured 96 quilts on display. Over 250 guests attended the fair enjoying the beautiful quilts, a country store, the Café, lovely decorations, and 26 raffle items. The theme was “Flora and Fauna.”



**First Quilt made by  
The Richfield Friendship  
Quilt Club -- 1930**



- Jam Sessions were provided by the senior band “Memories Unlimited” and guests enjoyed wonderful music and refreshments



- Over 50 guests enjoyed an Ice Cream Social on a lovely July evening. Richfield’s current and previous Police Chiefs served up ice cream sundaes, ice cream cones, root beer floats, and our great band entertained with wonderful music.



**The Annual Christmas In The Manor English Tea** – 110 guests enjoyed an elegant event featuring fancy finger sandwiches, delicious, decadent and beautiful desserts and cakes. This has become an annual event for many families and friends to enjoy. The Christmas décor was absolutely exquisite. A fantastic local volunteer 4H group helps with serving and clean up. Wonderful Cello music was provided by a very talented young man.



## **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, and a great sound system.
- The Vowles family memorial contribution provided a much needed new kitchen stove, refrigerator, freezer, and other kitchen items.
- Bath Volunteers contributions provided the senior center with a much needed dishwasher.
- Visiting Angels Services, Chambrel Senior Living, Brookdale Senior Living, The Elms of Hudson, Renaissance of Richfield, and volunteer bakers have 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.
- Thanks to our fabulous safety forces, including the Police Chief, Fire Chief and other safety staff for preparing and serving many Thursday lunches, barbecues and an ice cream social.

## **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, shopping and dinner group outings.
- Escorted members to doctor appointments.
- Visited and offered companionship to homebound members.
- Delivered meals to homebound members.
- Taken care of plants and outside plantings.
- Decorated the center for the Quilt Fair and Christmas in the Manor English Tea.

## VOLUNTEER APPRECIATION DINNER



## PATIO AND GARDENS

