

EAST WINDSOR SENIOR CITIZEN CENTER
ANNUAL REPORT / FISCAL YEAR 2008-2009

The East Windsor Senior Center, established in 1979, is celebrating its 30th year of operation. The Senior Center is located in the Broad Brook Section of East Windsor, above the Broad Brook Fire House. Residents sixty years of age or older are welcome to participate in scheduled programs of interest throughout the year. We are a non-profit agency, requiring no dues or membership fees.

Under the umbrella of the Senior Services, the Director is responsible for the day to day oversight and administration of services for the elderly. This includes the operation of the senior center, elderly nutrition programs (on-site lunch program and the homebound nutrition program-meals on wheels), transportation for the elderly and handicapped (SSI) and appropriate recreational/educational programs.

Senior Centers are often an important source of nutrition for our elders providing daily nutrition to seniors for a nominal fee. Last year our On-Site Lunch Program and our Homebound Nutrition Program, Meals-on-Wheels, provided 17,133 meals to seniors in our community. Meals are delivered to our homebound elderly/shut-ins with the assistance of our volunteer Meals-On-Wheels drivers. Our Transportation Program provided 9,072 trips for medical appointments, grocery shopping, and Senior Center sponsored trips and programs.

We continue to work in cooperation with a number of town agencies and town service groups to enhance our center's resources. Our success is a reflection of the many collaborative efforts and the interagency cooperation that we receive from community groups and local businesses.

We continue to sponsor educational programs and an array of lectures throughout the year such as; our bi-yearly AARP's Driver Education class; How to Prepare a Personal Preparedness Guide/Disaster Plan and Decreasing Your Stroke Risk Seminar, to name a few. The center offered a multitude of varied seminars, workshops and interactive classes. Through grant monies we continue to offer free Bereavement Counseling, Nutrition Counseling, and the A.C.T.I.V.E exercise instruction throughout the year. The "File of Life" program, in its fourth year, with the East Windsor Ambulance Association, continues to be successful; the center is a collection site for the East Windsor Lion's Club outdated glasses and for the East Windsor School System's Geissler's receipts program. A series of intergenerational programs were held this past year between our town seniors and the East Windsor School System. We participated in the National Walk to School Day, mentoring and assisting high school students in various community service projects, and participated in the annual Sock Hop with the East Windsor Family Resource Center's Summer Program participants, just to name a few.

Our Elder Wellness Programs are offered on a monthly basis and consist of Free Blood Pressure and Free Blood Sugar Screenings, foot care services, the Annual Flu Clinic, Cholesterol Screenings, Exercise Classes and free glaucoma exams. HealthNet donated the ever-popular Wii System and has created a flurry of renewed energy and enthusiasm with the seniors.

We continue to draw in large crowds for our ever-popular Monthly Socials (which include live entertainment), Annual Thanksgiving dinner, Annual Christmas dinner and our Annual Senior picnic. Additionally, we draw much participation for our Mother's day dinner, our Father's day dinner, Valentines Day dinner and St. Patrick's Day festivities.

Each year addressing the needs of a diverse and ever-growing senior population is challenging. As this population grows in size, we are being challenged by an increase demand for services and programs, as we are faced with space limitations and dwindling funds. The senior center is a shared facility with another town agency and, as such, this restricts the centers' current space and usage. Public officials are being asked to do more with less, as witnessed in cuts made to our annual town operating budget and cuts made to the part-time clerical position, from 19 ½ hours to 14 ½ hours weekly. Our agency is one of the few departments that operate without benefit of an Assistant to the Department Head. No additional staff positions have been added in over two decades. We continue to witness cuts in federal and state monies, along with a decrease in private donations. These monies were used to defray operating costs and assist our senior population in the participation of program services and events throughout the year. These factors impact and affect services offered.

Although these are challenging times and we are faced with set backs, we continue to strive to meet the demands placed before us. Senior Centers are focal points for our community's elders as they seek out services, recreational programs, social activities, and educational programs in a safe environment. The Senior Center provides a gathering place for seniors to get and receive vital services to maintain independent and healthy lifestyles. The center affords seniors the opportunity to keep in touch with the community events, and to get to know the townspeople and services available to them. All of which are offered to assist seniors in maintaining a healthy and productive lifestyle. The continuing success of the center is contingent upon adequate funding and support for these services. To access our current programs and services, we are now incorporated into the town wide web site and e-mail system. Information about programs and services can also be accessed through the Enfield Reminder News.

Respectfully,

Laura J. Clynh
Director of Senior Services

