

Senior Assistance Program Timeline 2019-20

Name of Activity	Description/all free to registered Seniors,	Program Category	Length	Frequency/year	Number who attend
Senior & Holiday Socials	Activity includes a catered meal, social time, games, door prizes, awards, entertainment, celebration of Birthdays and Wedding Anniversaries and more!	Socialization	3 hrs.	Monthly & on Holidays, from 11 am to 2 pm on Fridays and on the three holidays of Easter, Christmas and Thanksgiving.	30-50
Sassy Granny Arts & Craft Class	Includes activities in jewelry making, painting, weaving, yarn art, horticulture other individual areas of interest. All supplies are provided for the participants on site.	Socialization	2 hrs.	Monthly on Wednesdays from noon to 2:00 pm beginning in August. (**2)	6 - 10
Tech is Fun Training	Training in use of text, email, social networks, Microsoft Word, iPhone and Ipad as well as Android Tablets. We provide a MS based Windows 10 computer and Android Tables on site.	Socialization	2 hrs.	Varies, provided as needed per individual request	4-6 per year
Volunteer Initiative	Opportunities provided at all activities to assist within multiple skill areas.	Socialization	2-3 hrs.	Varies with activity	20 +
Fun-n-Fitness Class	Low impact exercise for full body strength and balance, utilizes sitting, standing and dance moves and the "Body Gym" Resistance Exercise program, along with health screenings.	Wellness	1 hr.	Weekly on Wednesdays from 11 am to noon followed with health screenings on request provided by the MHM Wesley Nurse Program	6-8
Lunch-n-Learn Pot Luck Lunches	Provides a group Pot Luck meal to enjoy, followed by a health or caregiver presentation and health screenings. Held on Wednesdays from 12:30 to 2:00 pm.	Wellness	2 hrs.	monthly	20

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Senior Safety Initiative	Provides an annual “Senior Safety in the Home and Community” Event with “aging at home” and “community disaster” safety information. Also provides fans and heaters, wheelchairs, walkers, canes and other ambulatory equipment.	Wellness	3 hr event	Event is once a year, other services are seasonal and as needed.	40-50 attend event, 20 have received fans and heaters to date and 4 have received ambulatory equipment
Mini Food Pantry for Seniors	Provides two bags per family of healthy perishable and nonperishable foods of their selection, including meats, vegetables, fruit, breads and desserts and provides Depends and Poise and other personal hygiene products	Wellness	3 hrs.	Held on the 2nd and 4th Friday, of the month except during major holidays, from noon to 3:00 pm (**1)	50 families = 120 individuals at each distribution
Program Outreach	Provides informative handouts, texts (REMIND App) and online/social net communications. In July we begin a monthly mail out of information to increase outreach, attendance and program information assistance.	Outreach	Varies with activity	Handouts provided at each activity. Text Messages are sent out weekly through App. Mailings will be monthly beginning in July. (**3)	All participants and registered seniors

Footnotes:

(**1) Program Impact Committee meetings are held before our Senior Mini Food Pantry in an informal gathering of our volunteers. We discuss our activities from the point of view of our success, obstacles and plans to toward better implementation.

(**2) Alamo RCD has implemented our Sassy Granny Art Class at other locations with great success. The time lag of implementation at this location was due to facility needs, storage needs and funding, but we are ready now and six seniors are pre-registered to begin in August.

(**3) Alamo RCD has reviewed our outreach and we find that our Seniors still prefer receiving mailed notices over the use of email or text. We are emphasizing the use of text communications because it is such a necessity today (doctors and other services use it) but we have also decided to mail out notices to all our Seniors on a regular basis to increase our outreach.