



Darien Senior Center

2013: Putting the Puzzle Together

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2010 US Census

How do we compare?

Location	Population	<18	50-64	65+
Darien	20,732	35%	18%	11%
New Canaan	19,738	32%	23%	14%
Stamford	122,643	22%	18%	13%
Connecticut	3,574,097	29%	20%	14%

- 29% of Darien's population reports ages 50 years and up. 11% reports 65 or older.
- 35% report under the age of 18
- Darien is comparable to our neighbors and the state



Summary of Focus 2013

Item 1

Mission Statements– Board of Selectmen and Darien Senior Activity Center

Item 2

BOS Goal 2: “Provide timely and effective delivery of public safety and health services.”

Objective: Encourage and support community wellness initiatives.

Item 3

BOS Goal 3: “Preserve and enhance the quality of life that makes Darien a desirable hometown.”

Objective: Enhance senior service delivery through the Mather Center and other town collaborations to enable seniors to remain in the Darien community and meet their evolving program needs.



Measurement Tools



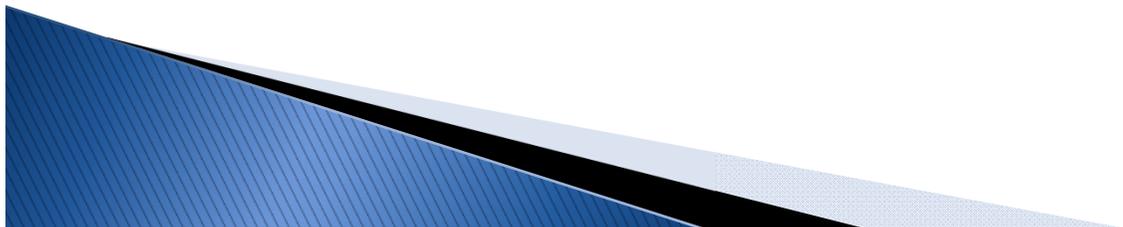
- ❖ Meal Program at Senior Center
- ❖ Programs and activities at Senior Center – attendance
- ❖ Senior Center Member Survey
- ❖ Collaborative Programming

Item 1: The Mission

The Board of Selectmen is committed to providing transparent policy and tax spending leadership in determining service delivery, maintaining and improving Darien's assets and infrastructure, and responding to new challenges that affect the quality of life for Darien residents and business owners. Further, the Board of Selectmen must balance community expectations with available funding to ensure that a high and sustainable quality of life is available for all of its residents. Adopted July 2012



The mission of The Darien Senior Activity Center is to nurture the physical, intellectual, and social well-being of the senior community aged 55 or better by providing a comprehensive and coordinated system of services that enhance individual lives, promote well-being, dignity and independence throughout the aging process and keep members connected and integrated into the community by collaborating with other agencies and organizations who provide support programs and social services to seniors, thereby enhancing the independence and wholesome lifestyle for seniors in Darien. Strategic Plan 2010



Item 2: BOS goal #2 “Provide timely and effective delivery of public safety and health services.”

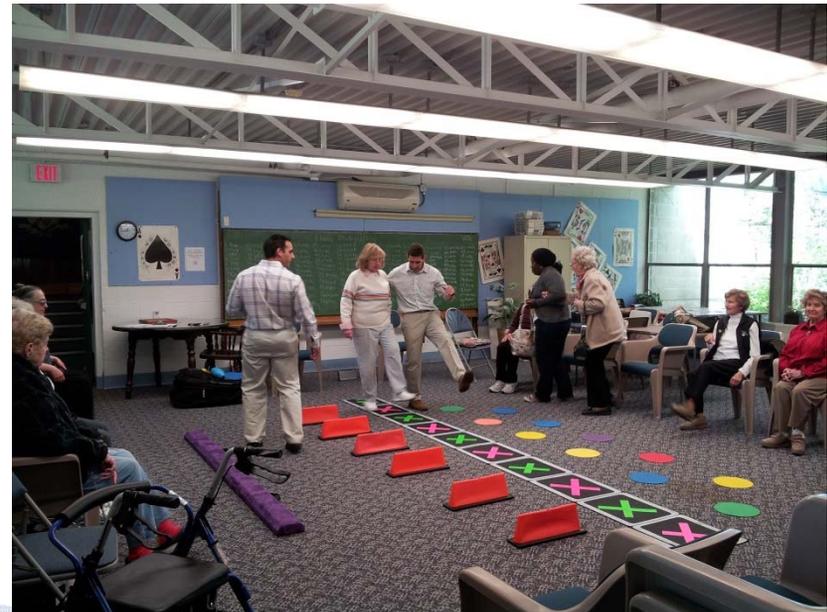
“Encourage and support community wellness initiatives”

Meal Program

Programs and Activities

Member Survey

Collaborative Programming



Meal Program Senior Center – Mather Center

Measurement Tool #1

One of the core programs at the Senior Center is the daily meal program

- The program *enhances* the quality of life for our seniors through socialization and camaraderie while receiving the important benefit of a nutritious hot meal.
- The Center involves *collaborators* to often cover the cost of the meal in conjunction with a program.
- As important as the meal served, the opportunity to be connected to others and the community are primary and serve the objective of *community wellness*.

- Center statistics and observations have quantified growth in participation at the old center.
- Number of “brown bag” luncheon participants was identified about 2 years ago. A small change in menu choices has slightly reduced this number.
- Center professionals have identified an *evolving need* – the desire for a lighter side menu that might complement the current program.

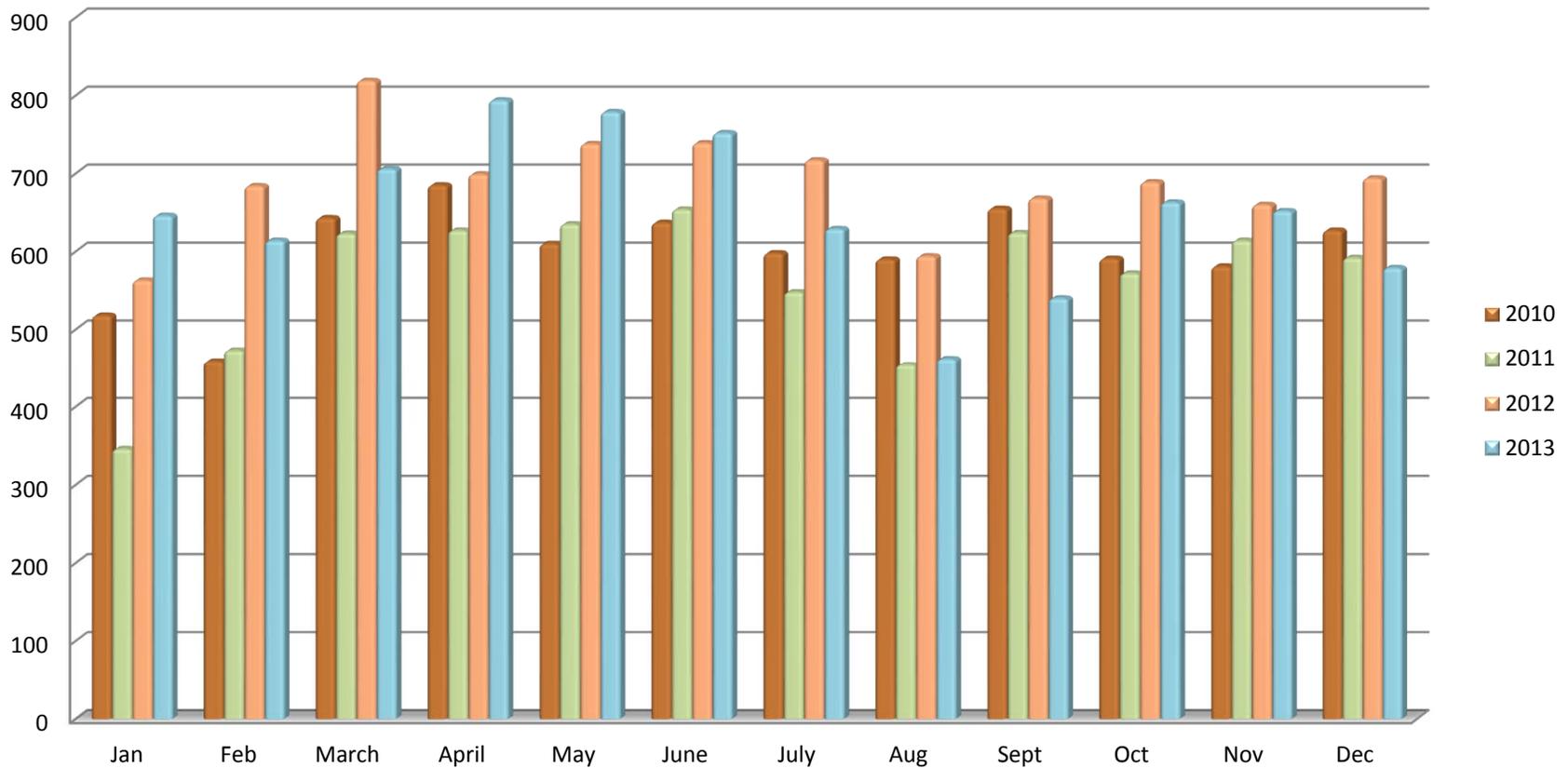
The new Mather Center offers an opportunity to expand and serve a greater number of seniors within the community which will create connections to the community and promote collaboration, health and wellness. *Budgetary support (manpower and supply expenses) is needed for expansion.*



Meal Program

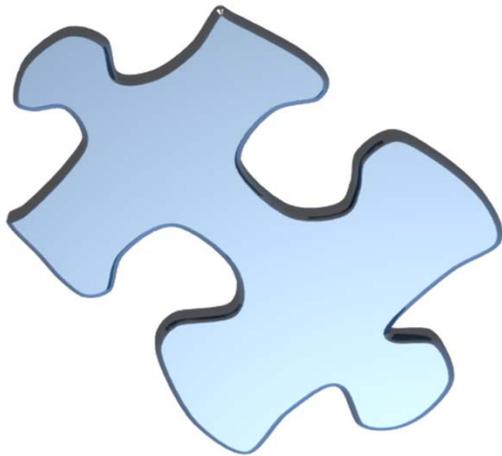
Attendance for the meal program is on the rise at the old Center.

Senior Center Meal Attendance

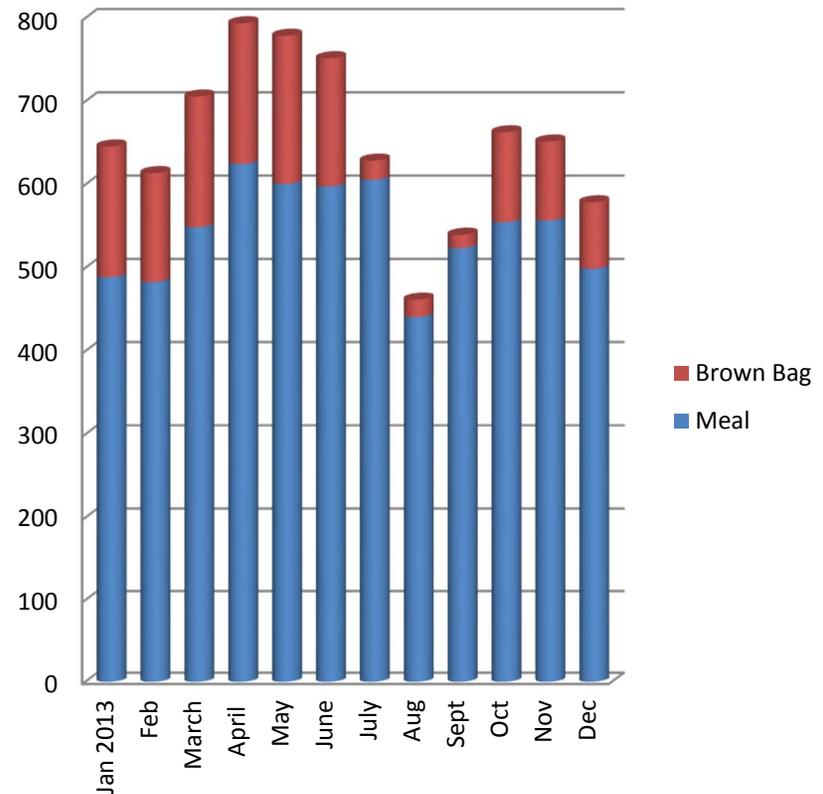


Meal Program

- The meal program is integral to the center and brings clients together to enjoy socialization and a sense of community. We anticipate an expansion in the program of those seeking more than just a meal in the Mather Center. Additional facility services will be required to meet this new demand. Over 7,800 meals were served at the center in 2013.



Senior Center Meals



Nothing encourages comfort and community like sharing a meal with others.

Programs and Activities

Measurement Tool #2



Programs, activities, special events, and entertainment:

- Programs are developed in all areas. Some are fee based, others are volunteer based
- Two statistics are measured: daily attendance and program users per day
- **Goal..** to respond to interests and opportunities to provide wellness activities for our customers.
- **Goal..** to reach as many seniors as possible and **build membership**
- **Goal..** to keep activities as **low cost** to the participant as possible, to seek volunteer based activities at **no cost**

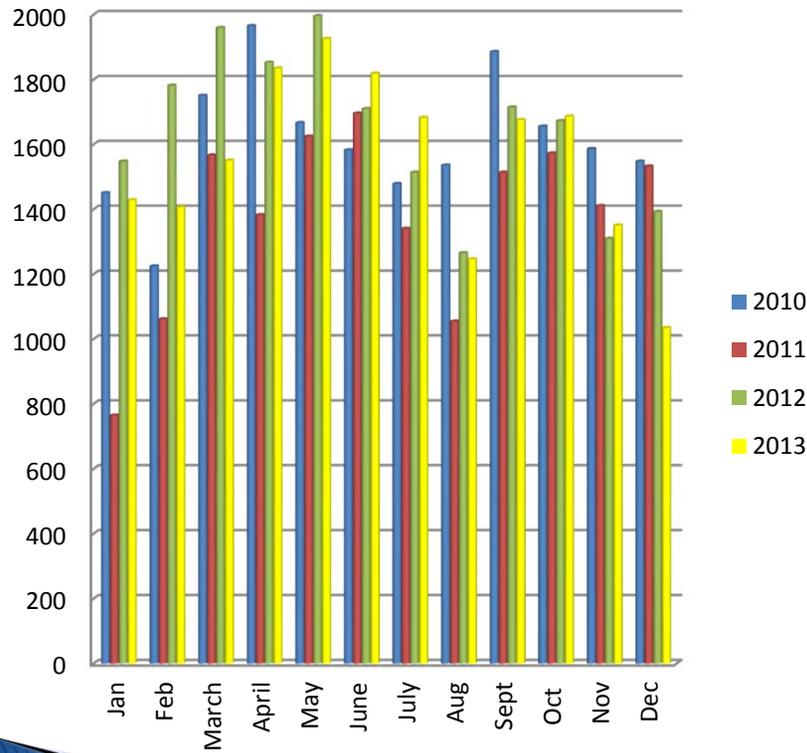
Results:

- Daily attendance is on the rise. This means more are visiting the center just to sit and socialize – not necessarily to attend a program.
- New wellness activities, many collaborative activities, were created answering both the demand and the need for community wellness.
- More than half the programs offered are volunteer based/free of charge (approx a \$65,000 value)

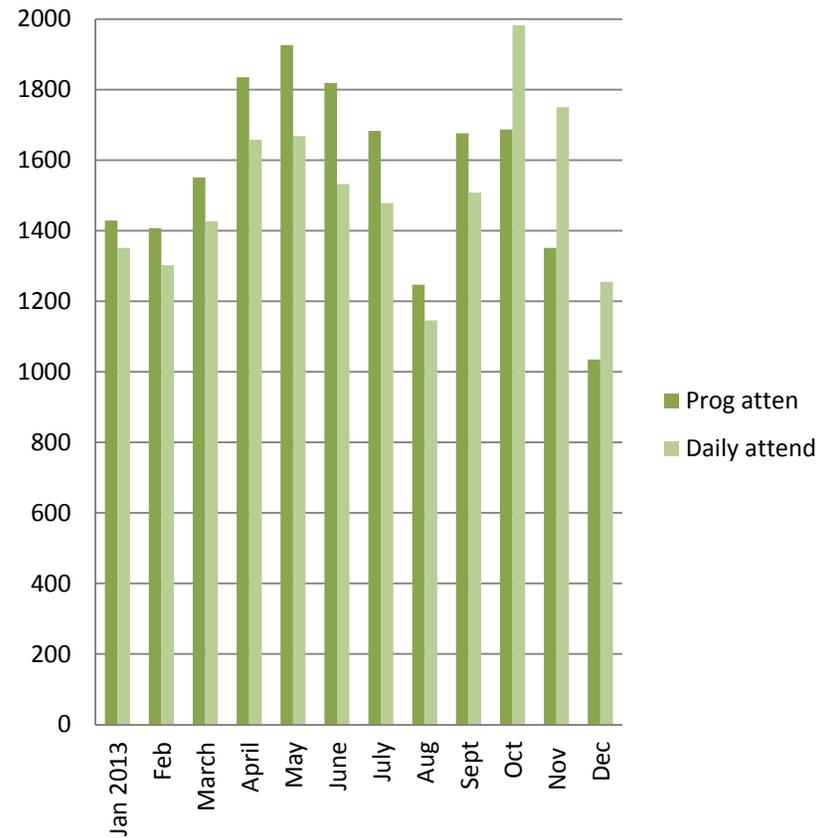


Programs and Activities

Senior Center Program Attendance



Program and Daily Attendance 2013



Senior Center Member Survey

Measurement Tool #3

The Survey:

- ▶ A survey is utilized to measure satisfaction in center activities and to plan for the future
- ▶ Overall satisfaction is measured
- ▶ Ideas for new activities are requested
- ▶ Demographics are collected

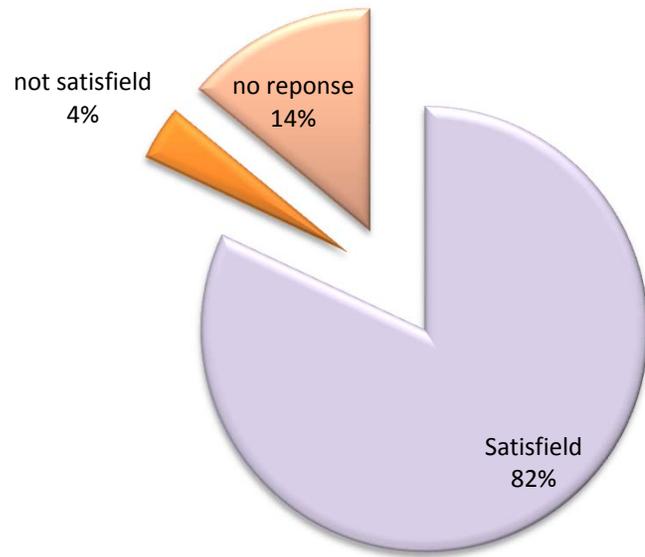


Results:

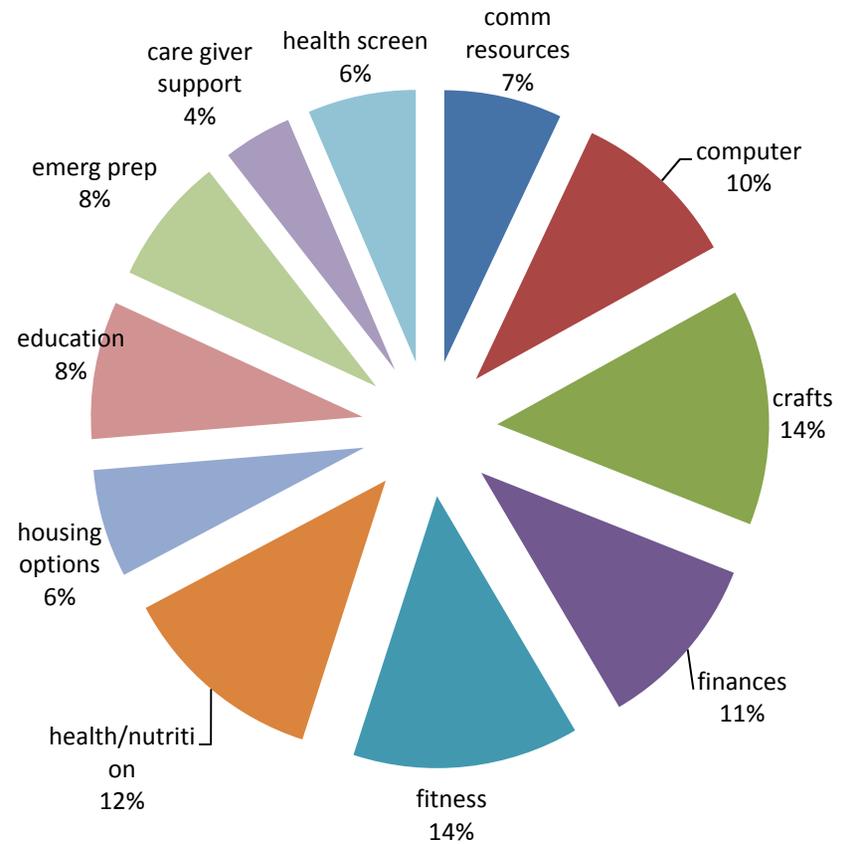
- ▶ Less than 10% of members participated in 2013 survey. Our goal is 10–12%.
- ▶ 82% are satisfied with activities, this is a slight rise of 2% from 2012
- ▶ Crafts, Arts, and Health, wellness, and fitness are the top programs desired.
- ▶ 66% of those surveyed were women, 32% men. Numbers of males utilizing center services appears to be on the rise.
- ▶ Age groups surveyed were more evenly distributed from 2012. 6% 55–62 years, 20% 63–70, 32% 71–80, 32% 81–90, 10% 90 years+

Senior Center Survey

Senior Center Program Satisfaction Survey



Senior Center Survey Desired Activities



Collaborative Programs and Sponsors

Measurement Tool #4

Quality of Life and wellness programs offered at no cost to participants, no expense against Center budget – often the sponsor picks up the cost of a meal for participants. Many providers returned to deliver additional programs.

Collaborators:

- Coastal Orthopedics
- Stamford Hospital “lunch & learn”
- Hope Street Pharmacy
- Fairfield University Nursing program
- Walgreens Pharmacy
- Always Best Care
- Norwalk Hospital “lunch & learn”
- Lifetime Therapeutics
- Premier Physical Therapy of Darien
- Visiting Nurse of Hospice for Fairfield County
- SWCAA – Chris Crain
- Connecticut Pharmacy
- Ridgefield Visiting Nurse

Topics covered:

- Shoulder range of motion & pain
- Matter of balance
- Aches and pain clinic
- Private consultations
- Medication side effects
- Nation health care decision day “planning for no regrets”
- Healthy weight healthy you
- Exploring sleep disorders
- Stretch and balance
- Stroke prevention
- Living with dementia
- Headache clinic
- Top ten most commonly asked questions at your pharmacy
- Presentation on vaccines and immunizations
- Flu shots
- Diabetes education
- Eating healthy for the holidays
- Basic first-aid



Item 3: BOS goal #3 “Preserve and enhance the quality of life that makes Darien a desirable hometown.”

“Enhance senior service delivery through the Mather Center and other town collaborations to enable seniors to remain in the Darien community and meet their evolving program needs.”

New Mather Center

Collaborative Programming



The New Mather Center

The remaining piece of the puzzle



- ❖ Senior Activities will be relocated to the new facility
- ❖ The number of available activity rooms is a reduction from existing center meaning space must be shared daily.
- ❖ The logistics for transitioning rooms continually all day will require planning and manpower resources
- ❖ We anticipate the numbers/membership/activity participation to increase in the new space.
- ❖ Growth in participation will require additional resources to deliver services.
- ❖ Wellness collaborators are gearing up and very excited about providing programs in the new space



Overall Performance 2013 and direction for 2014

Meal Program



- Attendance has increased
- Program is meeting goal of “enhancing lives” and has identified “evolving need”
- The new Mather Center offers an opportunity for further growth and enhancement if supported.

Programs, Activities



- Program attendance continues to rise
- Most are satisfied with current activities
- Health, nutrition and fitness should be the new program focus
- The center will try to reach out to a broader age demographic

Mather Center



- **Support for the logistics of operational delivery of the Senior Activities at new Mather Center is the remaining piece of the puzzle.**

Senior Activities at the New Mather Center
“...balance community expectations with available funding...”
BOS 2012



“We don’t stop playing because we grow old,
we grow old because we stop playing”

George Bernard Shaw

