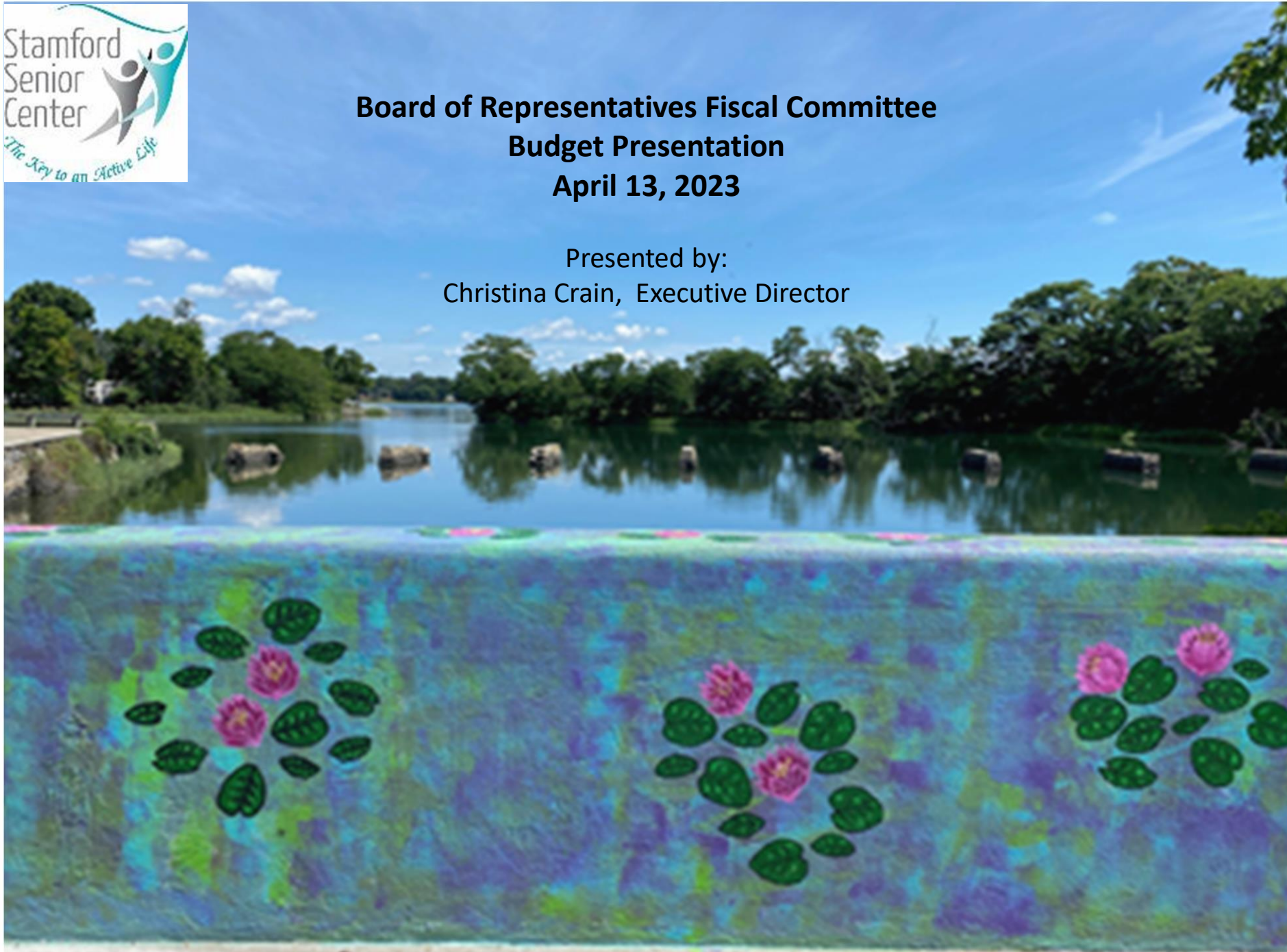




**Board of Representatives Fiscal Committee
Budget Presentation
April 13, 2023**

Presented by:
Christina Crain, Executive Director





Agency Overview:

The Stamford Senior Center (SSC) occupies the 2nd floor of the Government Center. The space is provided in-kind by the City of Stamford. In turn, the SSC provides Programs and services to Stamford's older adult population to keep them healthy, active and socially connected.

- Fitness classes
- Arts, Enrichment programs
- Lifelong Learning Lectures
- Health & Wellness Programs
- Subsidized daily lunches
- Social Services
- Information & Assistance on Aging Issues
- Trips
- Vital Socialization



The mission of the SSC is to provide affordable opportunities for older adults (60 and older) to be active and healthy in mind and body, and remain connected to the community, in a safe, welcoming and diverse environment.

- The vision of the SSC is to meaningfully enrich the lives of older adults in the greater Stamford area. Physical, social, spiritual, intellectual, emotional, vocational and environmental wellness are the backbone of active aging. These attributes are the basis for the programs the SSC provides to fulfill the needs, interests and expectations of Stamford's culturally diverse 60-plus population.
- Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.



STAMFORD'S AGING POPULATION

The Aging Population of Stamford

Total population: **129,026**

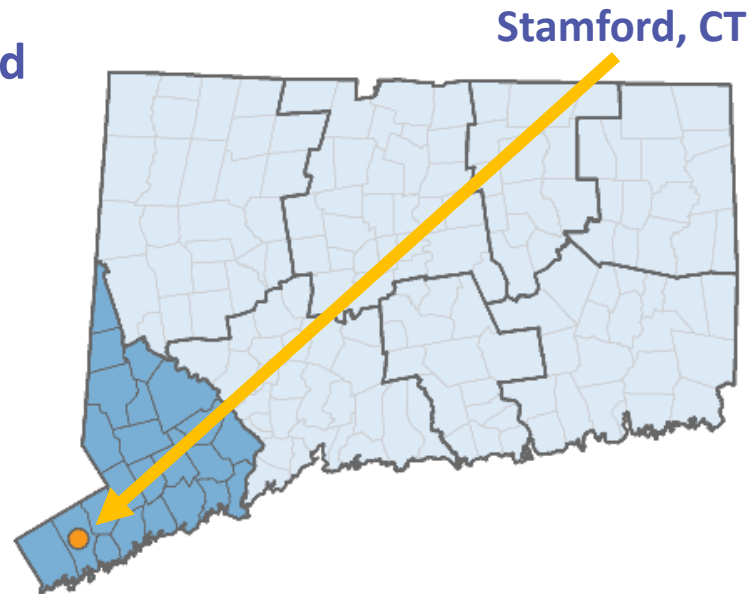
Population 65+: **18,545**

Population 60+: **25,956**

% of community 65+: **14.4%**

% of community 60+: **20.1%**

% of 65+ population live alone: **30.5%**



HealthyAgingDataReports.org is supported by



2022 Program Statistics.....



18,452 total event
Sign-ins



2,757 seniors attended
multi-cultural programs



4,437
subsidized
meals served



8,807 seniors
attended fitness
classes

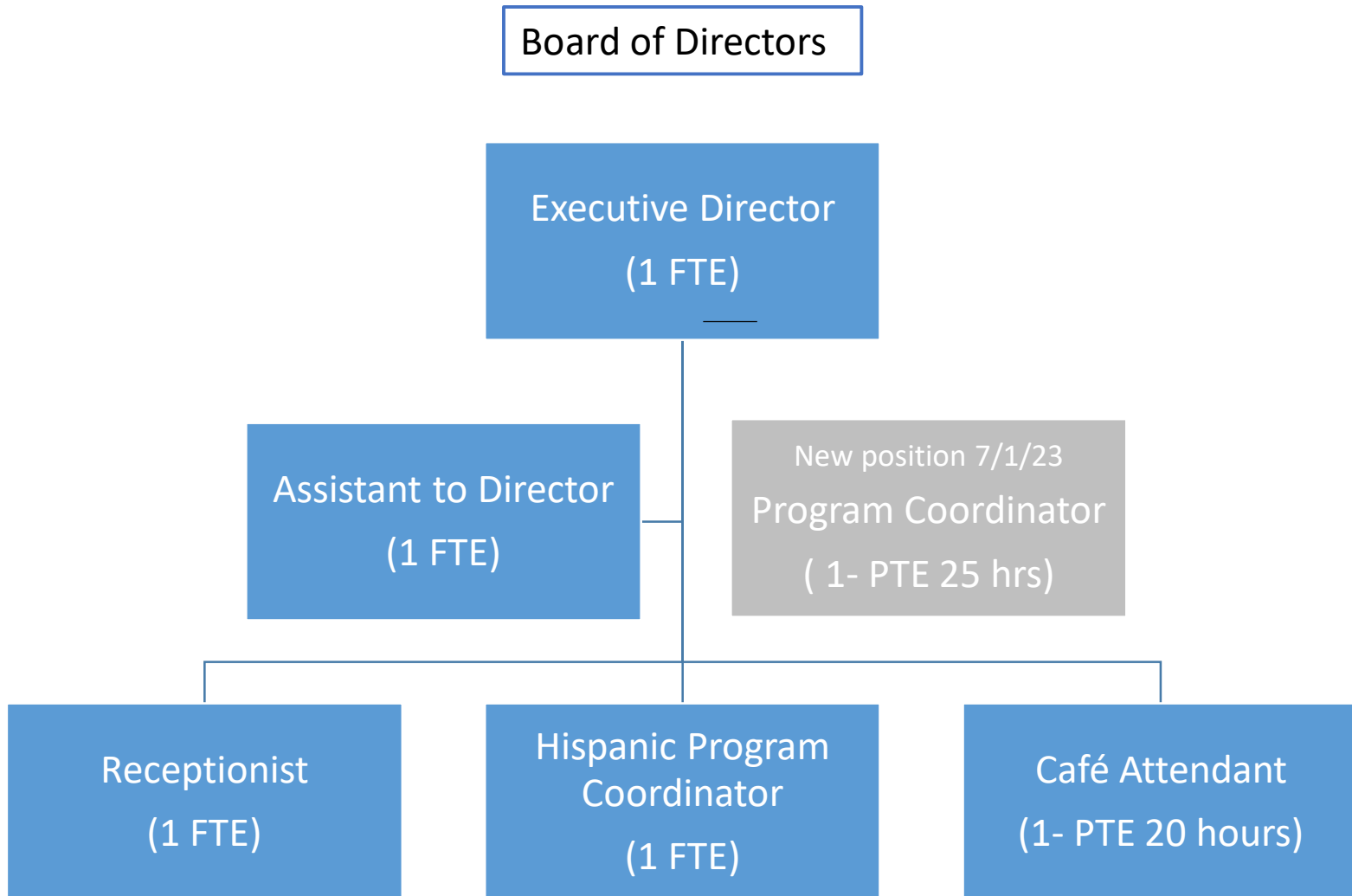


563 seniors took part
in special events



457 seniors took
part in lifelong
learning classes

Organizational Chart



New, Expanded programs in 2023

- KINIMA.Fit virtual exercise classes on demand are being offered at the Center, and at two low - income senior housing sites in Stamford.
 - Stamford Greens and Mapleview Towers
- Expanding onsite fitness classes with additional Tai Chi, Pilates and Tango dance classes.
- Resumed our day trips in the summer of 2022 and added overnight trips in 2023.
- Continuing to operate as a “senior center without walls” offering many of our classes virtually through Zoom.



Highlights of 2022-23

- After a two year hiatus due to COVID, the Annual Summer Olympics returned in June of 2022 and the 2023 games are set for June 21st.
- Cove Island bridge beautification project completed by our member with support in part from a micro grant through City of Stamford.
- SSC Board commissioned Dr. Manoj Pardasani to conduct a Community study to assess the current offering of programs for seniors and what Stamford's senior community is looking for and needs in in a senior center. (the "SSC Study").



Key Agency Challenges

- The “Senior Center without walls” model has put a strain on our small staff that has to set up the on -site and virtual classes everyday. While our programs have grown significantly over the past 5 years, we have not expanded our staff to keep up with the program growth.
- **Space & Location challenges:**
 - The fact that the Patio Café has not re-opened for seniors has impacted many seniors who would gather in the cafeteria to socialize and enjoy a meal in the company of their friends. Lack of space in the SSC’s small café does accommodate all the seniors who wish to have the subsidized lunch at the Center.
 - Limited programming space is hindering our ability to serve more seniors at the Center. Many feel that the rooms are too crowded for their comfort level.
 - Location of the Center is a deterrent to many seniors who are not comfortable driving downtown and navigating the parking garage.



In Closing....

- The SSC is very grateful to the City of Stamford for its continued financial support and for its in-kind donation of facility space at the Government Center.
- We respectfully ask that the Board of Representatives Fiscal Committee support the Mayor's recommendation of \$320K in grant funding for FY 24 Operating Budget to allow us to meet the needs of our senior community with enhanced programs and services.



Follow us on:

- Our Website at www.stamfordseniorct.org
- Facebook @stamfordsc
- Instagram @stamfordsenctr
- Join our Constant Contact Mailing list
- Become an SSC member and get our bi-monthly newsletter mailed to you

