



- **Board of Representatives Fiscal Committee**
- **Budget Presentation**
- **April 11, 2024**

- 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 vital programs and services to Stamford's older adult (60 plus) population to keep them healthy, active and socially connected, reducing social isolation, depression and loneliness.
- SSC is just one of two senior centers in Fairfield County not fully funded or a part of municipal services.
- Most programs are offered at little to no cost.



Stamford Senior Center

The mission of the SSC is to engage and empower seniors of all backgrounds to thrive physically, emotionally and socially.

The vision of the SSC is to foster a community where older adults are valued, respected and inspired to live life to the fullest.

- 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 are more successful at managing 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: **135,413**

Population 65+: **20,725**

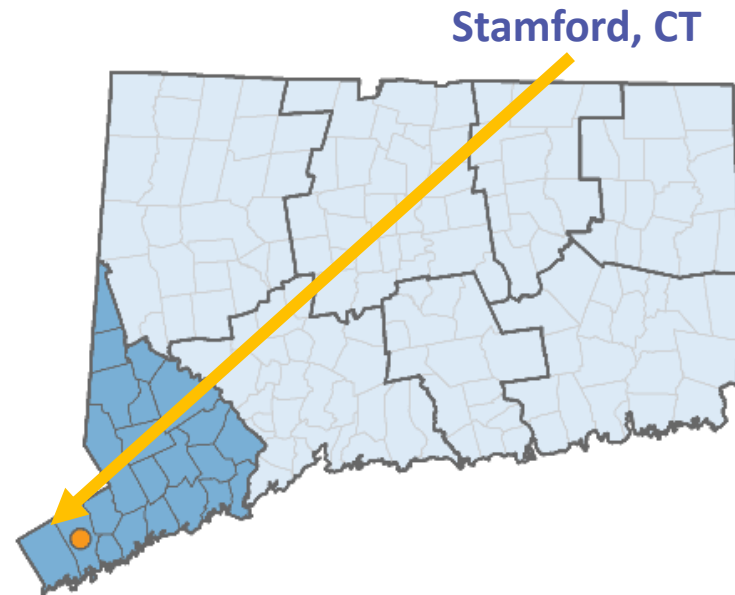
Population 60+: **25,956**

% of community 65+: **15%**

% of community 60+: **19%**

% of 65+ population with income under \$20,000 : **11% (2,039 individuals)**

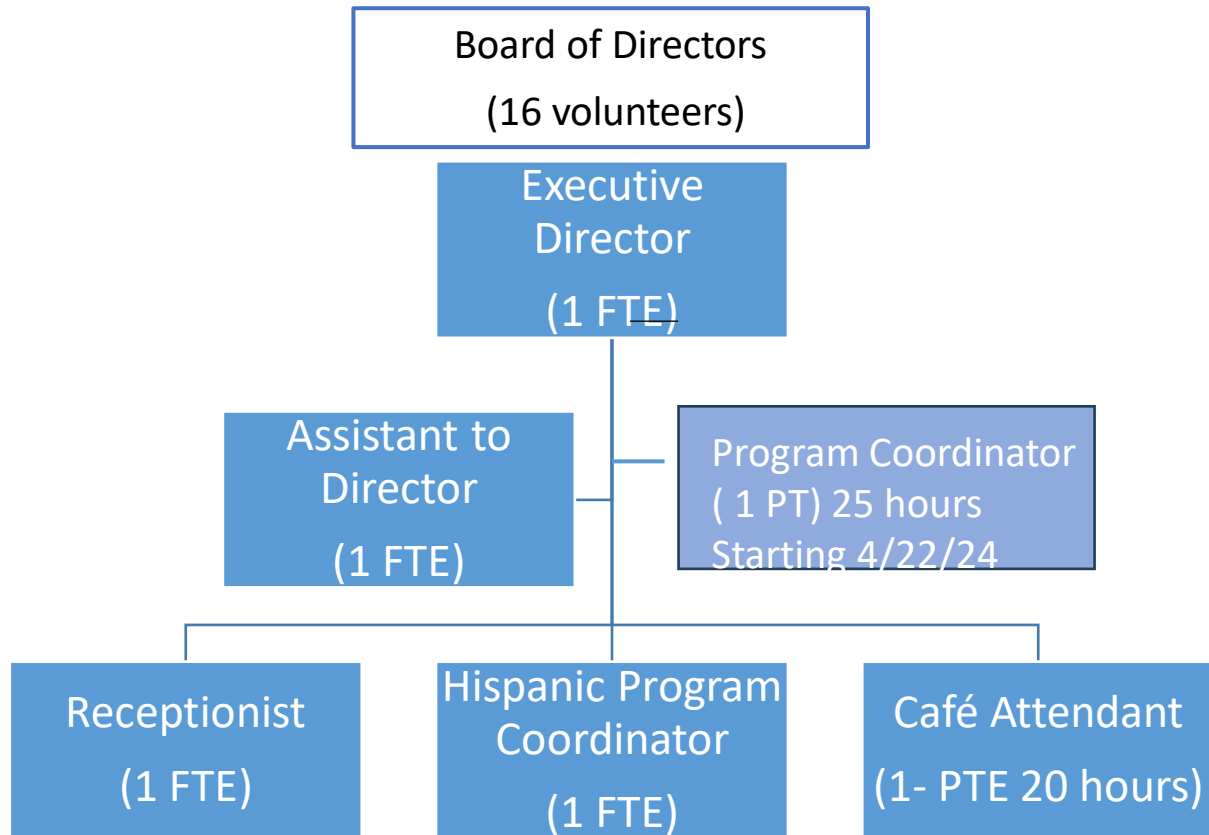
% of 65+ population with annual income below \$20,000: **22% (4,079 individuals)**



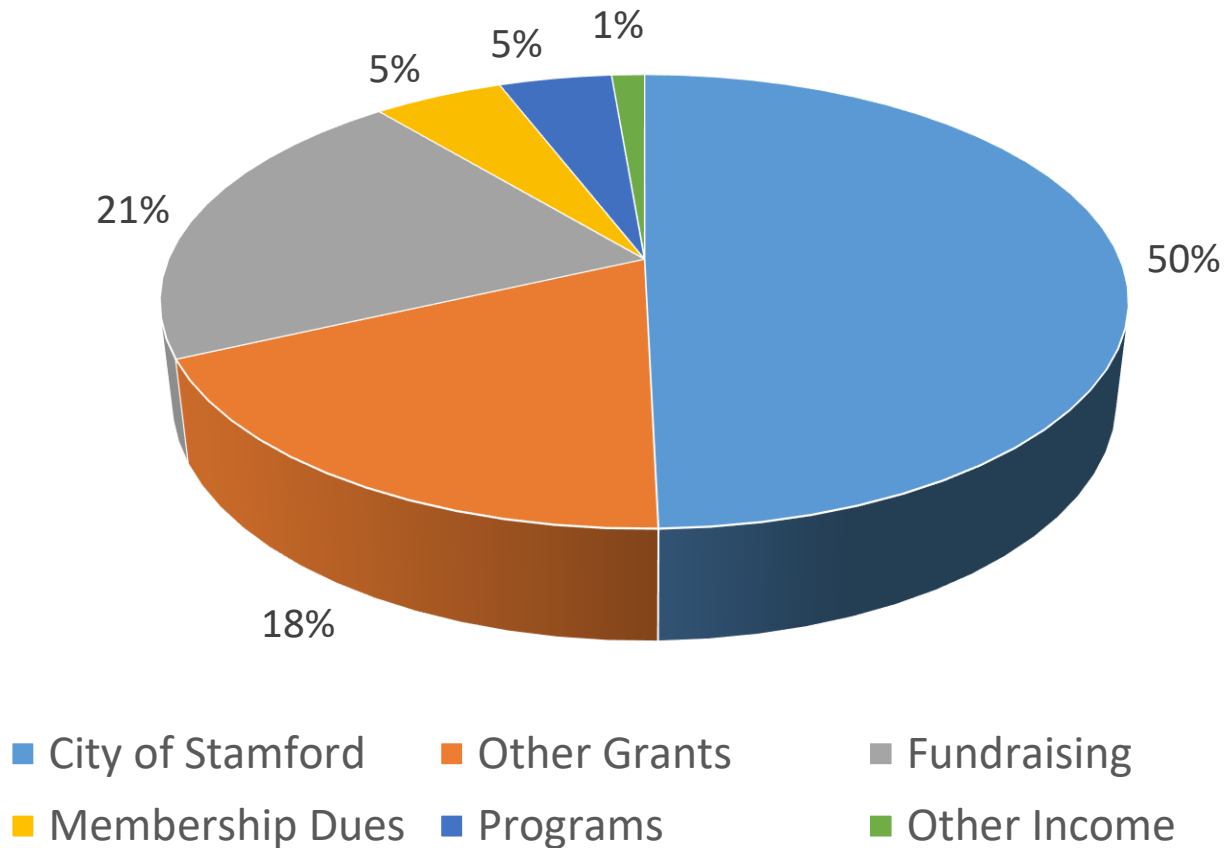
HealthyAgingDataReports.org is supported by



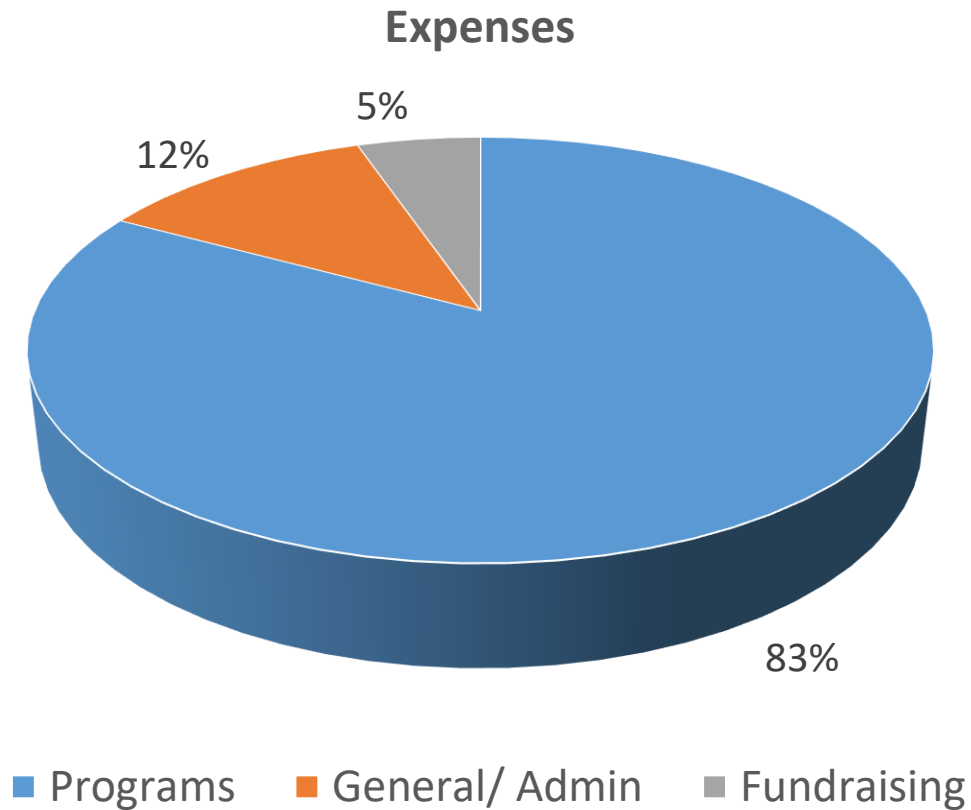
Organizational Chart



Where our funding comes from

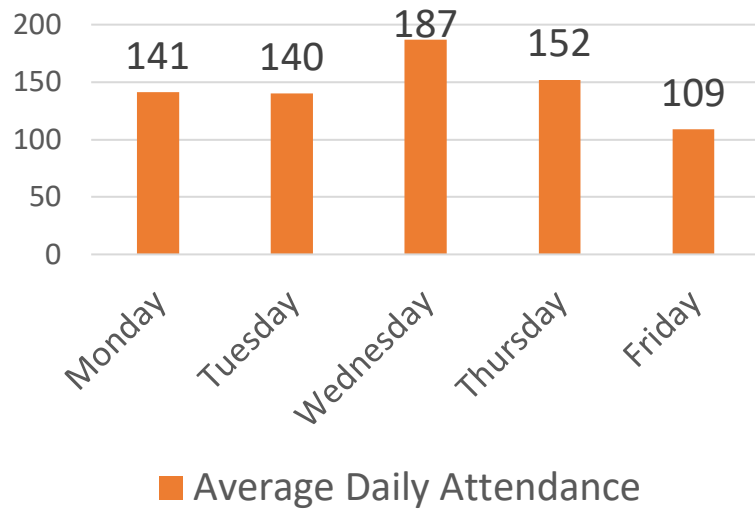


Where our funding goes

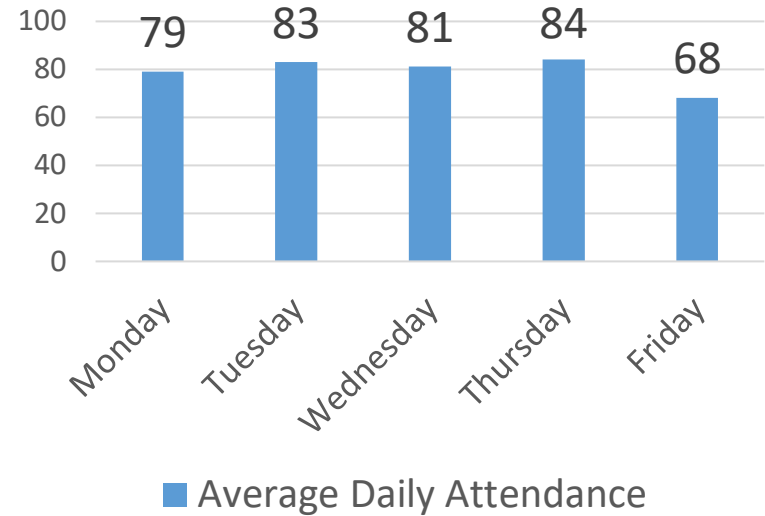


Growth in number of seniors attending daily

1st Half of FY2024

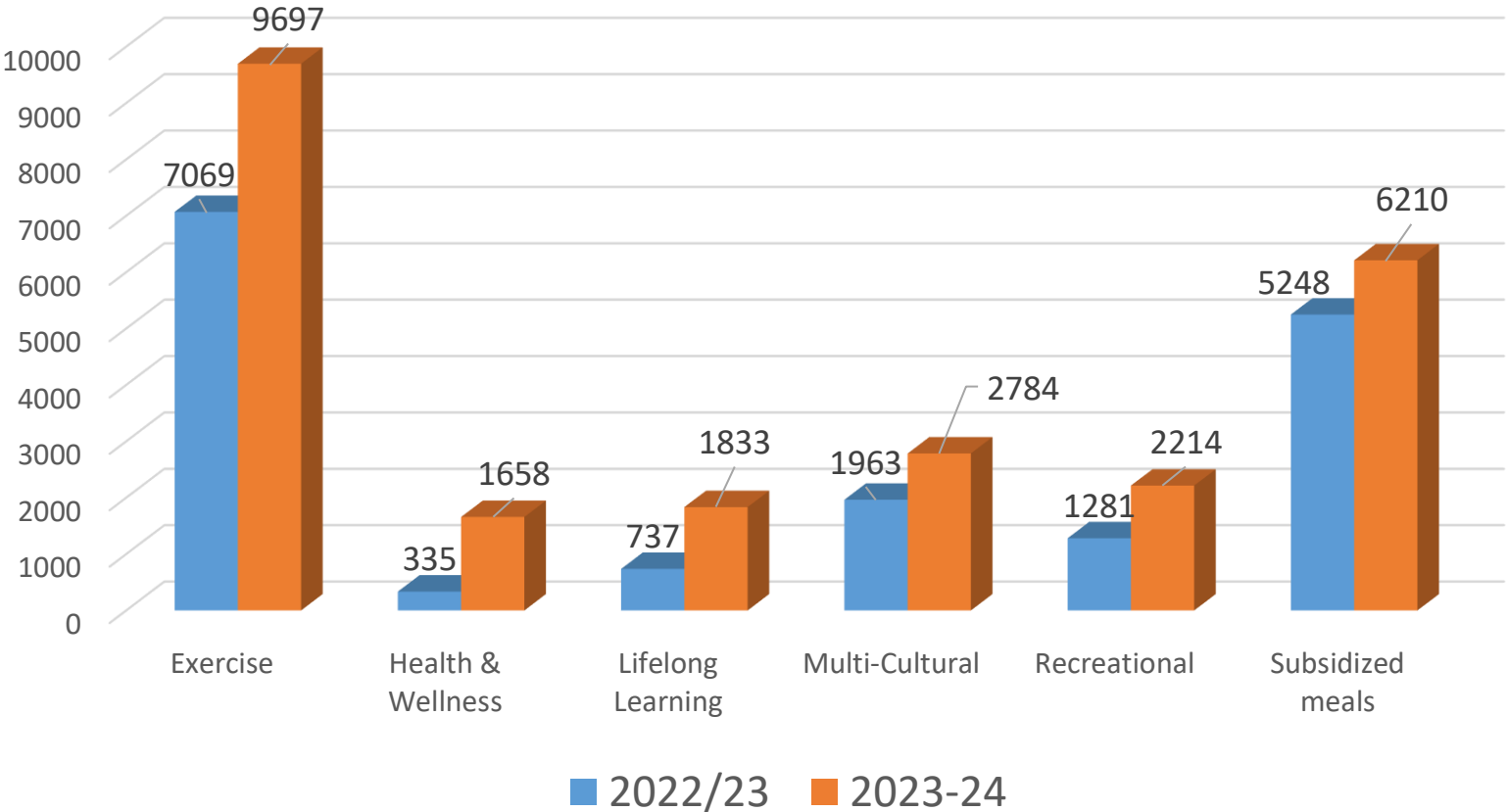


1st Half FY2023



Growth in Attendance

Program Attendance



Our Impact this fiscal year.....



28,295
attendance across
all programs



2,784 attendance in
multi-cultural programs



5,861
subsidized
meals served



9,697 attended
fitness classes



877 attended special
events like the
Olympics



1,833 attended
lifelong learning
classes

New, Expanded Programs - 2023-24

- We continue to operate as a “senior center without walls” offering many of our classes virtually through Zoom and bringing fitness classes into low income senior housing sites.
 - Stamford Greens, Maplevue Towers, Shippan Place, Harboursite, Willard Manor, Clinton Manor.
- Expanding onsite fitness classes with additional Pilates and Aerobics classes.
- Added Spanish classes, a third ESL class, ukulele lessons, Spanish classes, Pilates just to name a few.





Enhancements to Center

- Our Board is committed to keeping the Center updated and welcoming to our members and has invested Senior Center designated ARPA funds to the following capital improvement projects this year:
 - Replacement of old carpet tiles with non-slip luxury vinyl flooring throughout the hallways
 - Replacement of broken blinds more than 25 years old with roller shades
 - Signage in front of building
 - Replacement of old computers with new computers for the computer lab
 - Creation of a new website

Highlights of 2023-24

Despite level funding from the City in FY23-24, the SSC expanded programs and reached into the community to help meet the needs of Stamford's senior community.

- We were featured in a PBS documentary titled "SuperCharge your Brain" with renowned neuroscientist and author Dr. Lisa Genova that highlighted the importance of learning new skills as we age to reduce risk of Alzheimer's & Dementia. Four SSC members were interviewed about new skills they are learning at the SSC to improve their cognitive brain health.
- Facility improvements made with ARPA funding.
- Creation of a new website with ARPA funding that will be more user friendly for our members, community partners, families looking for information and for better donor engagement.



Key Agency Challenges

- Limited programming space is hindering our ability to serve more seniors at the SSC. Many feel that the rooms are too crowded for their comfort level.
- Small space limits the number of seniors who can enjoy a subsidized meal in the company of their friends, forcing seniors to take their meal home and eat alone depriving them of vital socialization to combat loneliness and social isolation.
- Level funding amidst increasing operating costs will lead to budget constraints, reduction in programs and added fundraising pressure.





In Closing....

We requested a \$40,000 increase in our budget application after receiving no increase this year. Mayor Simmons' budget recommends an \$8,300 increase (3%).

A 3% increase will just help us cover the 9% increase in employee healthcare premiums.

This will result in a budget deficit that we will have to make up from other sources such as increasing membership dues.

We respectfully ask that the Board approve the mayor's recommendation.



We invite you to visit the Center anytime and to 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



Senior Olympics 2023

