



## Senior Programs

### Rationale:

**Senior Contact Program** reduces feelings of loneliness and/or isolation among seniors with reduced social contacts such as those living alone, living in isolated areas, who are disabled, ill or recovering from a hospital stay.

**Senior Brunch** provides nutritional support and socialization to seniors.

**Senior Expo** brings important services, resources and information to seniors.



### Process:

- **Senior Contact Program:** A free and confidential program in which volunteers contact seniors on a weekly basis to provide a regular telephone call and a listening ear for those who have few social contacts.
- **Senior Brunch:** Volunteers and seniors get together to eat a nutritious meal and enjoy social activities. Brunch is held once each month, typically on a Friday, beginning at 10:30 a.m. in a central location (i.e. St. Mary's Church Hall) with music, informative presentations, or fitness activity.
- **Senior Expo:** Held by *Town House* in partnership with other local groups and service clubs bringing together seniors with a variety of service providers, professionals (legal, medical, health, safety), information booths and demonstrations (fitness, etc.)

### *Impacts:*

- Overall, *Town House's* various Senior Programs provide a sense of belonging to reduce feelings of loneliness and isolation.
- *The Senior Contact* program has 8-10 clients and has provided seniors who are unable or unwilling to get out to activities in the community with a form of socialization.
- *Senior Brunch* is attended by 50-65 seniors (the cap is 65) and provides a sense of community. The Brunch 'sign up list' fills up quickly showing need and interest.
- *Senior Expo* reaches about 200 residents and provides them with information they might otherwise be unaware of pertaining to safety, health, etc.
- The volunteer in-kind contribution per year for Senior Programs is approximately \$12,000.

### *Strategic Innovations:*

*Citizens Service League* Board of Directors has **approved a strategic plan** to guide their work over the next number of years. Actions from the strategic plan that fall under the *Senior Program* would be:

- ▶ Develop and utilize a list of guest speakers to introduce seniors to different topics of interest on an ongoing basis.
- ▶ Continue to provide adequate training to volunteers working with seniors so they are prepared for possible topics seniors might bring up – loneliness, grief, health concerns, anxiety, elder abuse and crime concerns.
- ▶ Effectively advertise Senior Programs in senior complexes, doctor offices, pharmacies, through home care workers, etc.

