

I. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL SUMMARY SHEET

Contact Information

Date 01/28/2020

Organization Name:	Oxford Area Senior Center	Executive Director Name:	Jim McLeod
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Year Incorporated:	1987	Primary Contact E-mail:	jdmcleod@oxfordseniors.org
FEIN:	23-2469157		

Has your nonprofit ever applied to the Community Foundation? Yes X No Not Sure
 Has your nonprofit ever received funding from the Community Foundation? Yes X No Not Sure
 X Donor Advised Fund(s) X Fund for Chester County Don't know/Not sure

Field/s of Interest:

<u> </u> Arts, Culture & Humanities	<u> </u> Environment/Animal Welfare	<u> </u> Education
<u> </u> Health	<u> </u> <u>X</u> Human Services	<u> </u> Religion

Organization Information:

Geographic Area Served: The Oxford Area Senior Center (OASC) serves individuals residing in 17 municipalities throughout the Avon Grove, Oxford Area, and Octorara School Districts. Almost 60% of our participants reside in the borough of Oxford.

Describe Population Served and Annual Number of People Served: During our 2018-19 fiscal year, the OASC served approximately 1,400 individuals ages 60 and older. They are mainly women (83%) and a large percentage of our seniors live alone. They are of modest means (18% have incomes at or below poverty level) and the remainder survive on a very limited income.

Mission: The mission of the Oxford Area Senior Center is to enhance the quality of life of senior citizens in southern Chester County by providing programs and services that promote health, wellness, and fellowship.

Proposal Summary: The Oxford Area Senior Center respectfully requests a \$3,000 grant to support our Health and Wellness programming which includes an educational component as well as a full schedule of exercise classes that are specifically designed for seniors. The goal of this programming is to improve the overall health of the participants by engaging them in evidence-based activities that focus on balance, strength, flexibility, and fall prevention.

Annual Budget	\$308,180	<u> </u> 4.6	# of Full-Time Equivalent Paid Staff
<u> </u> 84.8	% of budget for program expenses	<u> </u> 15	# of Board Volunteers
<u> </u> 10.5	% of budget for administrative expenses	<u> </u> 82	# of Active Non-Board Volunteers
<u> </u> 4.7	% of budget for fundraising expenses	<u> </u> 2,854	# of Volunteer Hours
100.0	% total		

Top 3-5 funding sources: (Fiscal Year 7/1/18 – 6/30/19) – Chester County Department of Aging Services -\$102,911; Anonymous Donor - \$50,000; Oxford Area Foundation - \$10,000; United Way of Southern Chester County - \$8,475, Luther Management - \$7,000.

Grant Amount Requested from the Community Foundation: \$ 3,000

II. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL NARRATIVE

Provide clear, concise information. 3 pages maximum.

1. Nonprofit's history, goals, key achievements and distinctiveness

The Oxford Senior Center began in 1974 as a "Meals Together" program that was initiated by the Chester County Department of Aging Services (CCDAS). It was operated in the fellowship hall of the Oxford Presbyterian Church located in downtown Oxford, Pennsylvania. Its mission was to provide the senior citizens of the Oxford Borough with a nutritious noontime meal. The concern was that individuals 60 years and older, living alone or with their senior partner, were not receiving proper nutrition. The program provided the area's elderly residents with at least one nutritionally balanced meal each day in a social setting. It was operated by a part-time director, part-time kitchen supervisor, and volunteers, and received funding through the CCDAS.

In June 1987, the Oxford Senior Center Inc. was established and recognized by the IRS as a 501(c)(3) nonprofit organization. It was operated by a local board of directors, executive director and a kitchen supervisor. It also began to seek additional outside funding sources. In 1989, an activity director was hired to develop programs and activities before and after lunch to promote health, wellness and fellowship of local seniors. That same year a fire destroyed the Presbyterian Church and forced the Senior Center to find a new place to meet. Fortunately, the Oxford United Methodist Church opened its doors and allowed the Center to continue to serve area seniors in its fellowship hall.

After 10 years of fundraising and searching for a facility to purchase, the Oxford Research Building became available (only blocks from the Oxford Presbyterian Church, where our program originally started). With the assistance of the Chester County Commissioners and the Ware family of Oxford, the Senior Center purchased the building for \$100,000 late in 1999. After upgrades and renovations, operations were moved into the new location in 2000.

Today, the Oxford Area Senior Center (OASC) has grown to provide a wide variety of programs and services to more than 1,400 unduplicated seniors residing in 17 municipalities throughout southern Chester County. The OASC is one of the most important resources for our aging neighbors in southern Chester County. It has been a cornerstone of the Oxford borough and surrounding areas for more than 45 years, and while our programs and services have changed throughout the years, our commitment to the seniors in our community has never wavered.

The vision of our organization is to be the ultimate go-to resource for all community seniors that results in engaged, enriched, and empowered participants. AARP surveys report that 90% of seniors prefer to remain in their own homes and communities as they age. It is less expensive to provide care for seniors in their homes than to provide care in nursing homes and assisted living facilities. **The OASC offers thoughtful, relevant programming and services that promote positive aging and connect older adults to vital community services that can help them remain healthy and independent.**

Our programs and services include:

Meal and nutrition programs – we offer a daily (Mon. – Fri.) congregate meal at the senior center. Meals are provided by the *Chester County Department of Aging*. Monthly, the *Chester County Food Bank* delivers "Senior Food Boxes" to the OASC which we make available to low-income seniors in the community. These boxes meet the unique nutritional needs of seniors by including foods that utilize USDA guidelines. Weekly, the Chester County Food Bank provides fresh fruits and vegetables, and nonperishable canned items that may also be taken home by our seniors.

Health, fitness and wellness programs – we partner with several outside organizations and individuals to offer a full schedule of classes to help our seniors remain healthy and active. This includes exercise programs specifically designed for seniors, blood pressure screenings, flu shots, fall prevention seminars, nutritional cooking demonstrations, and other activities and programs.

Social, recreational and educational activities – remaining socially engaged as you age has important health benefits. Experts agree that socializing with others helps stave off feelings of loneliness, and helps keep our minds sharp, potentially reducing the risk of dementia and Alzheimer’s. For this reason, we offer a variety of programs to meet the needs of our diverse senior population. These programs include AARP driving, line dancing, bingo and card games, genealogy classes, trips to local theatres, knitting and crocheting, art classes, “Avoiding Scams and Abuse” and MANY others.

Technology help – we offer one-on-one assistance with questions that seniors have about their cell phones, tablets, email or any computer related questions. The goal of this program is to provide hands-on, detailed instruction in a non-intimidating and patient manner so that seniors can stay connected to their families and the outside world.

Information and Referral Program (I&R) this program exists to connect seniors to vital community services that can help them stay healthy and independent. It is estimated that some low-income seniors may be eligible for as much as \$8,000 in annual benefits from various publicly funded programs in Pennsylvania for items such as food, heat, safe shelter and medical care [*Benefits Data Trust Information*]. A significant number do not use these crucial resources because (1) they lack knowledge about eligibility or how to seek assistance, (2) the application process is very cumbersome, (3) they do not have the ability to complete an on-line application. The I&R Program at the OASC connects our seniors to these benefits that help meet their basic needs and help improve their health and financial stability.

Key service statistics from our fiscal year that ended 6/30/2019

- number of total visits to OASC	16,221	11% increase over prior year
- number of unduplicated consumers	1,400	14% increase over prior year
- number of lunches served	5,646	21% increase over prior year
- number of individuals (unduplicated) served lunch	198	4% increase over prior year
- number of individuals (unduplicated) assisted through I&R program	435	6 % increase over prior year
- number of individuals (unduplicated) attending exercise programs	271	32% increase over prior year
- number of individuals (unduplicated) attending educational, recreational or informational programs	509	38% increase over prior year

All of programs are in alignment with our mission of enhancing the quality of life of senior citizens in southern Chester County by providing programs and services that promote health, wellness, and fellowship.

2. Funding request

The Oxford Area Senior Center respectfully request a \$3,000 grant from the Chester County Community Foundation. Funds will be used to support the **Health and Wellness Programming** that we offer to seniors in our community.

The classes included in this program area are scheduled year-round and help older adults stay active, healthy, and independent. Each class is taught by a trained, certified instructor and is specifically geared towards meeting the needs of older adults. While each class may have its own set of expected results, the overarching goal of the Health and Wellness program is to improve the physical health of the participants by engaging them in activities that have been shown to improve fitness, balance, strength, flexibility, and fall prevention.

Classes include:

Silver Sneakers – is the nation’s leading program specifically designed for older adults. Classes focus on strengthening muscles and increasing range of movement for daily life activities. Nationwide, 88% of Silver Sneaker participants say that the program has improved their quality of life.

Chair Yoga - allows older adults to get the health benefits of yoga. Staying seated means that even frail seniors or those who aren’t flexible can safely do the exercises. Yoga exercises allow seniors to loosen and stretch painful muscles, reduce stress, and improve circulation. It also helps lower blood pressure, protects joints and builds strength and balance.

Gentle Stretching – helps improve posture by strengthening core muscles and increases flexibility.

Light Weightlifting - numerous studies have shown that strength training for seniors not only builds bone and muscle but counteracts the weakness and frailty that usually comes with aging.

Zumba Classes – combine Latin music with dance moves. Zumba Gold is specifically tailored to seniors and combines all elements of fitness – cardio, muscle conditioning, balance and flexibility.

Fall Prevention - is an evidence-based educational program that helps older adults manage their fear of falling. During the class participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance.

According to the Centers for Disease Control, physical activity is important for everyone, and for older adults, it increases their ability to live independently in their homes and communities and reduces the risk of falling and fracturing bones. In addition to exercise classes, our Health and Wellness programming includes educational information sessions/workshops such as:

- blood pressure screenings
- flu shots
- healthy cooking demonstrations
- household safety
- skincare
- diabetes management
- and many others

It is important to fund Health and Wellness programming at the OASC because 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.

The goal of our Health and Wellness Programming is to increase seniors’ participation in activities which contribute to their ability to maintain their independence. The impact and results of this program will be demonstrated by an increased number of participants and positive measured outcomes. The tools that are used to document success are to track the number of seniors assisted and collect survey results and participant feedback on all programs.

Thank you for your consideration of our request. We hope that you will help us continue to support the seniors in our community.