

I. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL SUMMARY SHEET

One page only. This page will be shared electronically with Grant Panel Members & Fund Advisors.

Note: If Philanthropy Network's Common Grant Application is used, CCCF's **Summary Sheet MUST accompany application.**

To obtain an electronic version of this application, visit www.chescocf.org

Date Jan 20, 2022

Contact Information

Organization Name: Senior Adult Activity Center of Phoenixville Area

ED/CEO Name: Julie Gaudan

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Board Chair Name: Peter Urscheler

Website: [Home \(phoenixvilleseniorcenter.org\)](http://Home(phoenixvilleseniorcenter.org))

Board Chair Approval (check here):

Year Incorporated: 1979

Primary Contact Name: Julie Gaudan

FEIN: 23-2107124

Primary Contact E-mail:

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Organization Information:

Field/s of Interest:

Arts, Culture & Humanities

Environment/Animal Welfare

Education

Health

Human Services

Religion

Mission: The Phoenixville Area Senior Center exists to serve, support and enhance the lives of all senior citizens, 55 years of age and older by providing opportunities in the way of programs and activities designed to promote active, independent, healthy lifestyles

Geographic Area Served (If not all of Chester County, specify primary Chester County regions served): Northern Chester County including boroughs of Phoenixville and Spring City; following townships – Schuylkill, East and West Pikeland, East and West Vincent, Charlestown, and the surrounding areas.

Describe Population Served & Annual Number of People Served:

| | | |
|--|-------------|--------------------------------------|
| <u>Annual Budget \$ 447,033</u> | <u>4.5</u> | # of Full-Time Equivalent Paid Staff |
| <u>86.5</u> % of budget for program expenses | <u>11</u> | # of Board Volunteers |
| <u>8.4</u> % of budget for administrative expenses | <u>50</u> | # of Active Non-Board Volunteers |
| <u>5.1</u> % of budget for fundraising expenses | <u>1500</u> | # of Volunteer Hours |
| <small>100 % total</small> | | |

Top 3-5 funding sources: Chester County Department of Aging Services (contract), Phoenixville Community Health Foundation, WW Smith Charitable Trust,

Is this grant proposal for: Capacity Building or General Operating ?

If Capacity Building Proposal, the focus is:

Mission, Vision & Strategy Governance & Leadership Partnerships & Collaborations

Fundraising, Development & Marketing Technology Other: _____

Grant Amount Requested from the Community Foundation: \$ 10,000

Proposal Summary: Seeking funds for General Operating and capital project funding to raise remaining \$150,000 of \$500,000 COVID19 HVAC upgrades.

Phoenixville Area Senior Center General Operating & Capital

Four decades ago, a group of caring individuals recognized the need for seniors to have somewhere to gather. In the early years the senior center was a “meals together” program located in a local church basement where seniors met for lunch and afternoon activities. In the mid-1980s, the Senior Center purchased and renovated the historic Sacred Heart Social Center on Church Street. The Center has a heritage rooted in community values, and a tradition of people helping their neighbors. Most board members have served an average of 5 years with the center. As a delivery point for the Older American’s Act services and activities, the Center enables older adults to access multiple services in one place. The experienced staff connects older adults to vital community services that help them stay independent and in their community.

Phoenixville Area Senior Center reacted immediately to the COVID 19 crisis. Since Monday, March 16, 2020, PASC has served almost 125,000 meals to over 600 seniors. Partnering with Chester County Food Bank and Phoenixville Area Community Services, the center continues to provide 5 frozen lunches, 5 pounds of produce and Operation French Toast (milk, bread, and eggs) each week to 100 seniors.

The center partnered with Chester County Health Department and The Clinic to provide a space for vaccination and booster clinics. In spring of 2021, staff and volunteers assisted CCHD schedule an estimated 10,000 appointments at the center and Kimberton Fire House as well as other Chester County sites as CCHD developed their current automated system. In January 2022, both organizations used our site for booster clinics.

Unique in our area, our exercise instructor transformed her basement to a studio and taped 3 classes/week (circuit, chair and yoga) that the center broadcast on local access cable channels and our website from summer 2020 to the end of 2021. Cable television bridged the digital divide for those without internet service, helping them stay healthy and connected.

Currently, the Phoenixville Area Senior Center provides services to more than 700 individuals each year. With over 30 activities a week, the center serves a variety of interests with 7 exercise opportunities a week, 5 days of takeout lunch, art classes, several game clubs, and education opportunities. The center also provides virtual activities via Zoom every week.

The programs and services of The Phoenixville Area Senior Center are divided into three major categories – Nutrition, Information & Assistance/PA MEDI and Daily Programming.

Nutrition – The Nutrition Program supports healthy nutrition and food insecurity in our community by providing access to healthy food and education. 350 seniors participate in one or more of the Nutrition programs in 2021.

- **Meal Programs:** The Phoenixville Area Senior Center distributes 5 frozen meals weekly during COVID restrictions. Spring 2022 the center plans to return to hot meal service Monday through Friday. This meal is supplied by the Chester County Department of Aging Services (CCDAS) and provides one third the Recommended Daily Allowances for those over 60 years of age. Lunch is provided free for those over 60 years of age, with a suggested donation to CCDAS of \$2.00 to offset the cost. **On hiatus during COVID, the Center's Breakfast Program is the only morning meal available on weekdays in the Greater Phoenixville/Spring City area.** The breakfast program will return in spring 2022. Breakfast options vary daily and always includes a hot entrée with protein, hot and cold cereal, toast, a selection of pastries and fruits, coffee, tea, and a selection of juice.
- **Food Security** - The center **collaborates with the Chester County Food Bank** to provide weekly deliveries of food the seniors can use at home. Several times a month, via Zoom. CCFB instructors demonstrate how to prepare nontraditional, healthier meals, taking participants beyond the "meat and potatoes" they grew up with. Late spring/summer 2022, the classes will resume in person. The center distributes federally funded **Commodity Supplemental Food Box Program** supplies income eligible seniors with monthly shelf stable food. June through November the Center hosts Chester County Food Bank's **Fresh2You** truck which sells local fresh produce at a discounted rate weekly. Each summer the Center distributes **PA Farmers Market Nutrition Program Vouchers** provided by the PA Department of Agriculture to qualifying seniors to purchase fresh produce from local approved farm markets.

Information and Assistance/PA MEDI Counseling – One staff member and two volunteers help with Medicare, rent rebates, LIHEAP, prescription drug plans, transportation, information on home health organizations and other health care organizations. Often seniors who come to the center are challenged by the paperwork requirements for programs they desperately need. The center's I & A Counselor helps them complete their paperwork so they can access necessary services. We coordinate and host AARP Tax Aide preparation. The center shifted to a hybrid format in 2021 where participants remain in their cars during the interview process and pick up their taxes within a week. **The Center provided over 500 individuals with Information and Assistance in 2021**

Daily Programming – Consists of socialization, health and wellness, and educational programs.

Socialization programs address the overall well-being of seniors to help them stay active, involved and emotionally healthy. Compared with their peers, senior center participants have higher levels of health, social interaction and life satisfaction even with lower levels of income. Examples of organized activities and groups include: arts and crafts, knitting, birthday and seasonal celebrations, movie days, travel club, Duplicate Bridge and volunteer opportunities.

Health and Wellness programs address the physical, emotional and mental health of seniors. They include remote grief counseling group therapy sessions (a collaboration with Willow Tree

Hospice). Flu shot clinics as well as COVID19 vaccination and booster clinics, The center holds an annual health fair. The center collaborates with Tower Health to provide monthly seminars to increase fitness and safety. Our walking club is supervised by an Arthritis Foundation Walk with Ease Instructor.

There are seven opportunities a week to attend an exercise class. The center offers the seniors a wide variety of classes to meet individuals at their level of fitness and ability. Classes range from a Zumba type class to Gentle Yoga to Chair Exercises. Our instructors are Silver Sneakers and Arthritis Foundation accredited and in person classes are shared via Zoom. **75 seniors participated 3700 activity units.**

Educational programs stimulate and maintain the cognitive skills of seniors. Over the past year topics have included flower arranging, oceans, and “Armchair Travel” throughout Europe via Zoom. The center hosts a weekly traditional watercolor and drawing class that met virtually until June 2021 and resumed in person for the summer and fall. These classes and presentations are designed to stimulate the mind and teach new ideas.

Funding Initiatives

Improve infrastructure to meet changing requirements - The center’s historic building provides over 8000 square feet of usable space and boasts 50 parking spaces in downtown Phoenixville – resources the center would find difficult, if not impossible to replace. The building was built in 1855 – when Thomas Edison was eight years old. The center is in the process of upgrade the aging HVAC to meet new ventilation standards for outside air and filtration as a result of COVID19. Windows were replaced in summer 2021 and basement HVAC was revamped in 2021. However, the main distribution panel needs to be updated to support the additional electrical demand of new HVAC on the first and second floor.

Completing these upgrades will encourage the 1200 area seniors who annually visited the center prior to COVID19 to return. It will restore their confidence in a return to normalcy and healthy interactions.

A 2016 study funded by the Center for Alzheimer Research and Treatment found loneliness and depressive symptoms are risk factors for reduced cognitive function over time. **COVID19 has exacerbated this isolation.** The programs and activities offered through the center keep seniors active both physically and mentally; they bring people together to support their emotional needs and help prevent loneliness.

Inflation hits seniors on fixed incomes the hardest.