

Center50+

CITY OF SALEM

Center 50+ Advisory Commission Report

■■■ 2020

A Year of Growth and New Friendships





LETTER FROM

Center 50+ Advisory Commission President

Dear Friends,

I know that this has been a challenging year for everyone. We have all felt the impacts of loneliness and isolation due to a worldwide Pandemic—topped with community unrest, wildfires, and most recently a major winter weather storm leaving many without power for days. With each new challenge, I have been in awe of the generosity and care our community has shown one another.

The cornerstone of Center 50+ is connecting seniors to lasting and supportive friendships. This goal may have never been put to such a robust test as seen in 2020. I have witnessed people calling on one another, delivering food to those staying safely at home, and providing activities and connections through front porch drop offs and window parades. A few words to describe how we have rallied this year can be summed up with: Far reaching, creative, flexible, and brave!

The Center has always pursued new and different ways to support older adults. But, when the doors close on a Friday and you need to provide services to the community the next Monday amazing things can happen. That is what this report celebrates—An Age Friendly Community in action.

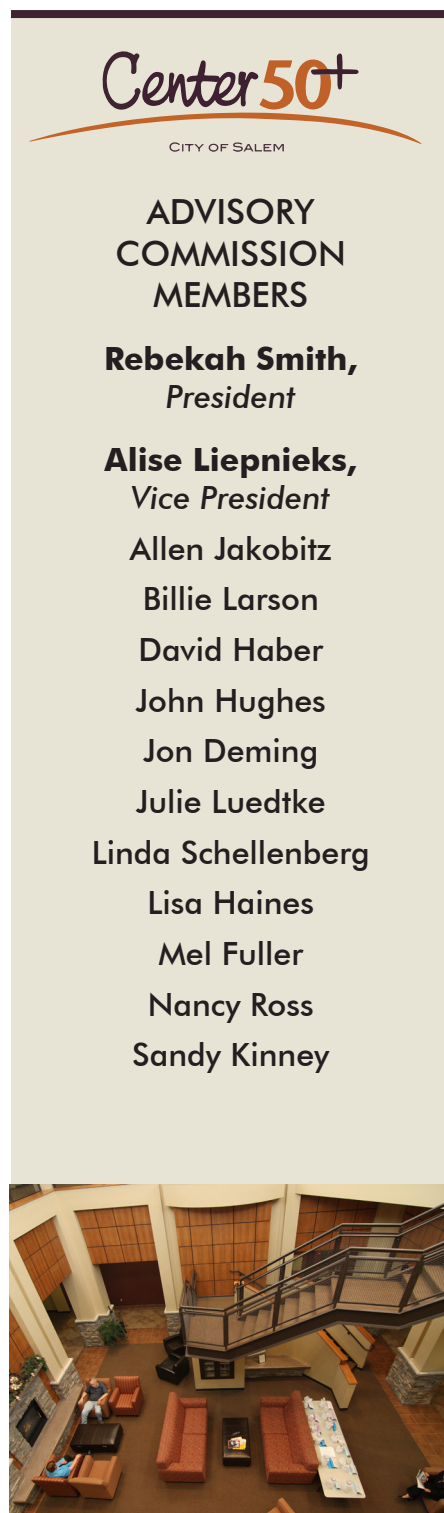
I am so proud to be a part of Center 50+. As President of the Advisory Commission I want to thank you for your support, not only financially, but most importantly for joining in our efforts to value older adults. Salem's seniors know they are not alone, and they are important to this community.

We look forward to the day when we can all be together again sharing our usual laughs and hugs. I am thankful to be able to report the results of this year, and although 2020 was a tough one, friendship is still alive and well. We have learned a lot and we plan on carrying those lessons forward to make Salem a stronger age friendly community and Center 50+ a Center Without Walls!

Join me in celebrating our accomplishments of 2020.

In Friendship,

Rebekah Smith





THANK YOU

You Made a Difference!

- **6,750** food boxes delivered to local seniors- In partnership with United Way, over 40 Center 50+ Volunteers were able to deliver 250 food boxes a week to local seniors unable to access food safely during the pandemic
- **1,200** seniors a month received a call or personal letter
- **100** Seniors a month received services through the WOW Van-front porch service delivery
- **400** Seniors received Fit and Fun Packets twice monthly encouraging fitness, healthy diet, and stress management
- **52** Lifelong Learning Classes offered virtually
- **320** Health and Fitness Classes offered virtually
- **1,000** elders living in community-care settings received monthly letters, weekly phone calls, window parade visits, and socially distanced dog visits or activity packets
- **1,200** seniors received monthly newsletter and community updates
- **100+** seniors received daily or weekly reassurance calls and check-ins utilizing 40+ volunteers
- **200** You are Loved Yard Signs delivered to local seniors-providing community encouragement
- **\$100,000** received in private grants to support COVID-19 Outreach Efforts

Outreach Active Volunteers During COVID

165 Unduplicated Outreach Volunteers

40 Friendship Brigade

55 Friendly Callers/Pen Pal

14 Canine Corps Volunteers Teams

15 Card/Craft Volunteer

40 Food Box Delivery



12,880 Volunteer Hours Combined

Connected

"Our residents never felt forgotten during this past year. Thanks to all the ways Center 50+ has kept in touch, you've made us all feel loved."

—Sharon A., Activity Director from the Oaks at Sherwood Park

"Volunteering during the pandemic has made me feel like I am a part of something important. I have learned something new again about what it means to be connected."

—Jean M., Friendship Brigade & Friendly Caller Volunteer

"The Friendly Caller program has allowed me to connect with other seniors and to be social. I was matched with a volunteer and now I have become a volunteer too!"

—Reta S., Friendly Caller Program Volunteer and Recipient



Supported

"When the weather turned bad I was so thankful for the weekly exercise packets and especially the free 5-minute fitness on Facebook. I would have gone totally stir crazy if I had not had this available. Thank you." —Joanne, Fit50+ Member.



Life Can't Be Put on Hold!

"By all means, take the classes! Zooming can enhance your life. I am 84 years old. Electronics did not interest me until after I retired. I could teach someone how to milk cows by hand, but I knew nothing about computers! Now I can say, Zoom is the greatest thing since sliced bread. The world has not actually shrunk in size, but with Zoom you can visit family, grandchildren and friends face-to-face, from in your home to theirs, anywhere in the world. I have the joy of regularly chatting with my twin brother in Minnesota. And because I have a good friend that lives in Germany, I recently visited his English-language congregation meeting in Germany via Zoom!"

—Mr Bishop

Not forgotten

"When the WOW Van pulls into our complex, I get so excited. It is like a little party (socially distanced of course) but it sure makes me feel better knowing that I have not been forgotten. The WOW Van is a mobile smile—delivering friendship and some fun too!" —Jan, Salem Resident

Food box Delivery—"Thanks to the food provided by United Way and delivered by Center 50+ Volunteers I was able to keep nutritious food in my cupboard and reduced my anxiety over getting to the store. The best part was the friendly face at my door every week. Thanks Billie!" —Mary, Salem Resident

