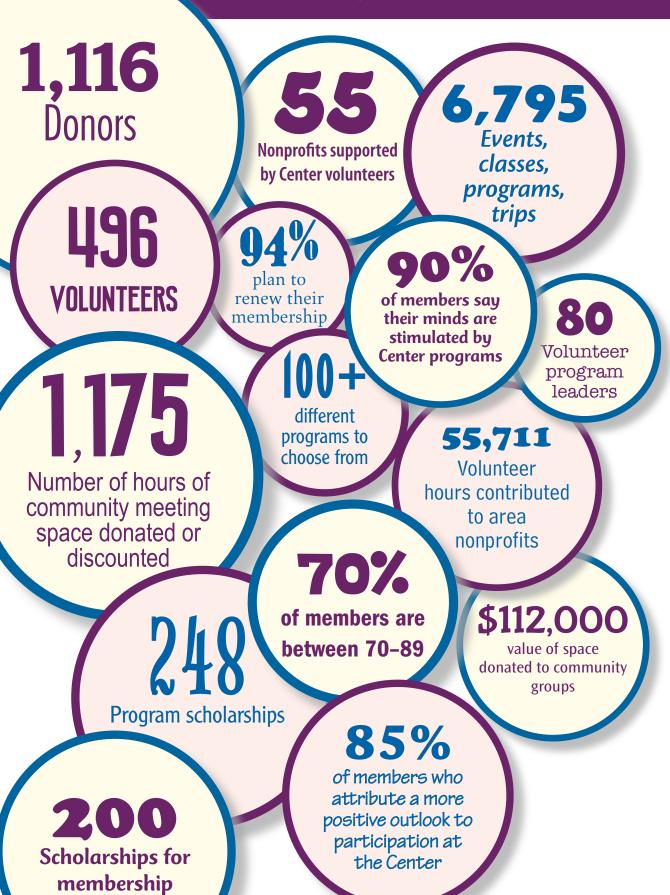


## FY2018 By the Numbers



#### Dear Friends,

The face of aging is changing. We're not just living longer than previous generations—how we're living in our later years is changing too.

What's not changing are the perceptions of aging—at least not yet. Shifting the way people think and talk is not a quick or easy task. But we are fast approaching a time when people over 65 will outnumber children under 15. If that isn't an indication

that it's time to change the conversation in this country about what it means to get older, what is?

The Center works in myriad ways to reframe how people understand these issues—by raising awareness that what used to be accepted as "normal aging" doesn't have to be the norm; by helping advance the goal of an age-friendly community; by planning for The Center at Belvedere. And, as we have since 1960,



by providing opportunities for healthy, engaged aging.

In this report you'll read about Darien, Robert, and Paul. Participation at the Center helped each of them change their own stories of aging. Not defined by outdated expectations, they are instead sending messages that shape new beliefs and perceptions.

Your support of the Center means more and more older adults are doing the same. Thank you for helping to change the conversation.

Hiram Ewald Board President

Peter M. Thompson Executive Director

**MISSION -** The Senior Center's mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning.

## **FY18 Highlights**

### Find Your [community | cultural | social | fitness | civic] Center

Over 100 programs each week offer many different ways to engage and have fun at the Center. The uninitiated are often surprised when they see how many defy aging stereotypes. Every year new programs like those below join the lineup of perennial favorites, which in FY18 included Tai Chi, Apple/Mac Users Group, Chair Yoga, Writing for Pleasure, and the Second-Wind Band.

Perhaps most striking, particularly when the dangers of social isolation have been so much in the news, is that the #1 most popular thing to do at the Center is simply to drop by—to read the paper, meet up with friends, grab a cup of coffee, check out a book, pick up a newsletter ... it's a much-needed "third space" that fosters the connections so essential for good health.

### **New Programs**

#### ••• MOTOS and the World of Walking

Dan Kuland, retired orthopedic surgeon, teaches good walking form and adds variations that include weaving simple movements—called Motos—into otherwise ordinary walks. Participants can also learn the novel Alphabet Walking Challenge!

#### ••• Ping Pong

It's a workout that's gentle on joints. Ping pong—or table tennis, if you prefer improves hand-eye coordination and stimulates mental alertness, concentration, and tactical strategy. One doctor calls it aerobic chess!

#### ••• Recorder Lessons (beginning & intermediate)

Learning music late in life provides personal and social benefits. And while most activities use only a few areas of the brain at a time, playing a musical instrument can give you a total brain workout.

#### ••• Round Dancing

Round dancing is a fun, social way to add mind and body benefits to your life. Along with reducing stress and blood pressure, it strengthens weight-bearing bones.

#### ••• Spanish Classes (beginning & intermediate)

Whether you learn a second language early or later in life, the cultural and practical benefits are accompanied by cognitive ones. Verbal fluency, memory, and delayed onset of dementia are a just a few.

#### ••• Square Dancing

Along with being fun and social, it combines mental concentration with many aspects of good physical exercise including sustained activity, flexibility, balance, and coordination. The addition of music completes what may be the perfect exercise.

## **FY18 Highlights**

### **Travels with OLLI**

The Senior Center and Osher Lifelong Learning Institute (OLLI) partnered for the first time on a unique travel opportunity. UVA Professor Emeritus Gordon Stewart and Center travel agent Linda Hahn put together a 9-day tour of Berlin and its environs designed to illustrate the richness, complexities, and problems of German cultural and political history.



"The Berlin trip was outstanding in planning, execution, lectures, sights and the company of many new friends. Sunny and I are still breathless with excitement about the experience."

*—Dabney Carr* 

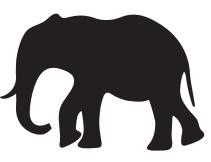


### Website Refresh

Our website got a fresh new look in Fall 2017! In addition to the aesthetics of a sleek design and updated color palette, clearer navigation, a speedier calendar, and dedicated space for The Center at Belvedere make it easier for visitors to find what they're looking for.

## The Grand Gala 2018: Safari Sunsets

Our annual gala is a celebration of the Center's mission and our community's generous recognition of the importance of active aging. So many amazing people and organizations made this benefit for the Senior Center a success, raising more than \$200,000 in essential funding to help thousands of older adults—family, friends, and neighbors—stay healthy and engaged.



Disrupting aging is recognizing that 50 is not the new 30; 50 is the new 50. It's not wishing we were younger; it's redefining what it means to be our age." —JoAnn Jenkins, CEO, AARP

### Not Old at 65

With longevity has come a new stage of life. We used to consider people old at 65, but today most agree with aging expert Dr. Ken Dychtwald, who calls the years between 65 and 80 late adulthood and says that old age "kicks in at 80-plus." This shift in trajectory is changing expectations, moving us closer to a point where we're no longer defined by outdated notions of what we should or should not do at a certain age.

Hikers who are in their 70s and 80s? An 85-year-old teaching people how to work their iPhones and iPads? Volunteers in their 90s making a difference in our community? That's what you'll find at the Center.

### **Great Expectations**

This is important because beliefs about aging matter. Researchers have found that negative perceptions about aging—viewing it as a period of inevitable decline—are detrimental to our health. But if we see aging in terms of opportunity and growth, we improve our prospects for healthier senior years.

The people and programs at the Center prove every day that older adults can remain healthy, independent, connected, and productive. They understand what a growing body of research indicates—that our overall sense of well-being can improve with age.

"

Millennials are the first generation in human history who can not only anticipate reaching the age of 90 in large numbers but who will spend about one-third of their lives as what we now refer to as 'old people.'"

—Laura Carstensen, *Time Magazine* 

In Fiscal Year 2018, the Center worked on several initiatives aimed at improving perceptions and expectations for a larger portion of our community: rebranding to better match our community identity, a Diversity & Inclusion Task Force to enhance full participation for everyone, and the planning and design for a new home, The Center at Belvedere.

## A Name for All Ages

Even as we work to change negative perceptions about aging, there's no denying that the name "Senior Center" has prevented some people from enjoying a lot of great resources. A remarkable number of people in their 60s, 70s, and 80s feel too young to go to a "senior" center. If changing our name means that more people will access healthy aging opportunities, so be it. So, in the name of community health, the Senior Center is becoming "The Center," part of a rebrand that addresses the "not old enough" mindset and changing self-perceptions.

## **Building a Culture of Inclusion and Access**

Currently 1 of 5 older Americans are members of a racial or ethnic minority. By 2030, the figure will be almost 1 in 3. As a community-owned resource, the Center has a role in helping our community overcome challenges involving inclusion and income inequality. A new Center task force is strengthening our efforts to ensure that everyone who comes here feels welcome. Along with developing programs and partnerships that enhance representation, we are expanding outreach and scholarships to broaden participation.

## A New Setting for a Community Asset

By 2024, one in four people in our region will be over the age of 65. While the current Center serves more than 8,000 area residents a year with more than 100 programs every week, it is limited by a facility built before much of the research on healthy aging emerged. Knowing that our community must meet the needs of a growing population, we have intensified work on a new home, The Center at Belvedere. With indoor and outdoor spaces appropriate to the activities that science says we all need to live well, The Center at Belvedere will be a vibrant community hub—and one that will go a long way toward dispelling the myths about aging.

## Connect

## Darien Wei—Finding Community

When Darien Wei moved to Charlottesville, she knew right where go to make friends. "The Senior Center was the first thing I looked up," she remembers.



As she suspected, the Center welcomed her warmly. "I didn't have an adjustment period," she laughs. "As soon as I got there, I felt like I belonged."

Darien can be found at the Center playing bridge every week, but she branches out too—she's enjoyed the fishing club, participated in the walking groups, and attended the investment talks. "The programs are so rich—anyone is bound to find something," she says.

But Darien doesn't just have fun at the Center. She also volunteers, wrapping donated bread for the Bingo players every week. "That program is wonderful for people who need it," she says. "I feel like I've benefited so much from the Senior Center, and I wanted to give back."

Because she believes more of her community members could benefit from Center offerings, Darien serves on the Diversity and Inclusion Task Force. "In some places, people always ask where you went to school, what you got your degree in," she says. "Here, no one cares. There is a sense of equality."

In Darien's experience, the Center is a welcoming place for all, and she is very glad to be a part of the vibrant community.

## Challenge

## **Robert Meadows—Pursuing Opportunities**

"I got busy doing things I didn't do when I was younger." That's how Robert Meadows describes the changes in his life after he retired.

For one, Robert found his great love, music. Although he enjoyed music as a child and sometimes picked out tunes on the old upright piano in his home, he didn't really start playing seriously until he found the bass guitar. Now he jams with a group every week and comes to the First-Wind Band at the Senior Center to play.



"The Senior Center is a saving grace for me because it offers so much, and I've met so many very, very nice people here," Robert smiles. "It also makes me think I can do more."

That desire has led him to travel with the Center, first to Italy and then to Africa, as well as to become involved in the Writing for Pleasure Coffeehouse, which he very much enjoys. "We listen to each other, and we have a desire to learn," he notes. "We are better students than when we were younger, more patient."

His advice to other seniors? "Keep busy, as busy as you can be. Keep moving. I don't think I am afraid of dying, but I want to keep living until I die." He also advises seniors to look for opportunities to expand their horizons, opportunities like the ones he has found here. "When you share your life, you have more of it," Robert believes. "If you don't share it, it dwindles. I have had a rich, rich life."

## Paul Jacob—Changing Misperceptions

After Paul Jacob retired from his career in architecture, he and his partner left their home in Tampa, FL, climbed into an RV, and went on the road. After two years, they drove to Charlottesville to attend the birth of his daughter's third child. Before they could get back on the road, Paul's partner became gravely ill and eventually passed away.

Paul started making a new life for himself in Charlottesville, but he was lonely. His daughter repeatedly encouraged him to check out the Senior Center, but Paul refused. "I just couldn't see myself at a senior center. I imagined it was a place where old people sat around doing nothing but drooling." Paul resisted for over a year, until he was so desperate to make friends he made himself visit the Center.



"When I walked into the Center, I was amazed! There was so much going on, lots of people joking and laughing. Everyone was friendly and helpful. I was convinced." With that powerful first impression, Paul signed up the same day.

Paul tried many of the Center's programs and day trips, but the thing that made the biggest difference for him was volunteering at the Welcome Desk every Thursday. He met lots of people and made many new friends.

It's important to Paul to feel that what he is doing will have a positive impact. In addition to the Welcome Desk, Paul volunteers in a variety of ways. He serves on the Diversity & Inclusion Task Force, the Peer Review Committee, and is the Vice President of the Senior Council. This summer Paul is a co-chair of the Accreditation Task Force, community volunteers working towards the Center's fourth consecutive national accreditation.

"The Senior Center has changed my life. I was almost ready to move back to Florida. I want people to know that seniors have hopes and dreams, we still think about the future. The Center has made a big impact, not just on my life but on the lives of everyone I've met here."

## **Supporting Community**

## Volunteers Make A Difference

The Kluge-Ruhe Aboriginal Art Collection of UVA is the only museum outside of Australia dedicated to the exhibition and study of Indigenous Australian art. Our staff is small, so volunteer support is vital to accomplishing our mission.



Museum volunteers Joan Miller and Myra Shinkle

Two years ago we approached the Senior Center to see if it could help us with some of our volunteer needs. One of our biggest needs is for Gallery Attendants who welcome visitors and orient them to our unusual building and unique collection; they also answer phones and help with gift shop purchases. The position requires people who are reliable, interested in learning, and able to handle multiple tasks. Our visitors tend to be curious and diverse and are often world travelers, so our volunteers also need to be comfortable interacting with a wide variety of people.

Visitor surveys have told us that having a warm and welcoming person in this role has greatly improved their experiences at our museum. Thanks to this partnership with the Center, we now have two wonderful volunteers who take care of our front desk two mornings a week. The staff is deeply grateful to the Senior Center for helping us fill these crucial volunteer slots.

Fenella Belle Museum Educator Kluge-Ruhe Aboriginal Art Collection at UVA

9

#### **58,173** Hours of service Center volunteers contributed to area nonprofits

## VALUED AT \$1.4 MILLION

### SUPPORTING 56 area nonprofits

positively impacting people of every age

Thank You ...

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. for volunteering!

## Financial Data for Fiscal Year 2018 April 1, 2017–March 31, 2018 | Operating and Capital Campaign

The Senior Center receives no operating funds from local, state, or federal governments. The Center is sustained financially through diverse revenue streams from both philanthropy and earned income.

#### Revenue

$\bigcirc$	Contributions	\$1,786,205 *
	Membership Dues	217,128
	Program & Travel	168,996
igodol	Grants	154,500
$\bigcirc$	Fundraising Events	113,973
	In Kind	88,557
$\bigcirc$	Other	53,387 **
ightarrow	Rentals	52,562
Total revenue		\$2,635,308

\* Includes \$1,410,567 in temporarily restricted contributions to the Campaign for The Center at Belvedere, the Scholarship Fund, the Program Fund, and other capital projects.

\*\* Includes investment returns, realized gains, and other miscellaneous items.

#### **Expenses**

Total expenses		\$1,519,845
	Administration & General	110,017
$\bigcirc$	Fund Development	413,128
0	Program Services	\$996,700

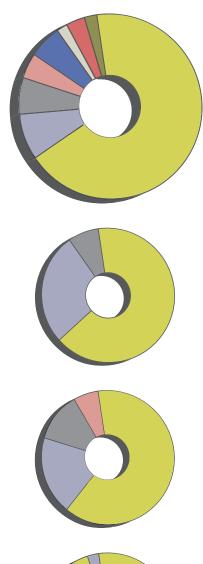
#### Assets

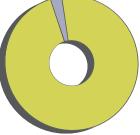
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\*\*\* Includes The Center at Belvedere property.

#### **Liabilities & Equity**

<ul><li>Equity</li><li>Liabilities</li></ul>	\$6,507,923 169,263
Total liabilities & equity	\$6,677,186





Senior Center, Inc. is a 501 (c)(3) nonprofit charitable organization. EIN 54-0735666. Contributions are tax-deductible within the extent of applicable law. The independent audit conducted by Robinson, Farmer, Cox Associates was unqualified. Both the audit report and IRS form 990 are available at seniorcenterinc.org or by request to Senior Center, Inc. The Center is nationally-accredited, meeting all the fiscal standards of the National Institute of Senior Centers.

# Thank you

### for your commitment to improving life in our community for all ages.

THANK YOU! The Senior Center gratefully acknowledges our Fiscal Year 2018 donors—the individuals, foundations, corporations and organizations who made philanthropic gifts over the period of April 1, 2017 through March 31, 2018. These contributors supported the Center's operations, programs, scholarships, events, and facility, as well as the campaign for our future home. Their donations included gifts of cash, grants, sponsorships, event tickets, and contributed goods and services.

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If you find any errors in these acknowledgments, please contact Philanthropy Director Kirstin Fritz at kirstin@seniorcenterinc.org or 434.974.7756 so that we can make the correction in our files.

## **The Center at Belvedere**

## As of July 2018

Thanks to you, we have raised \$12,500,000 in gifts and pledges toward the Phase I campaign goal of \$18,000,000!

Our plan is to break ground by the end of this year. Community support *now* will make that a reality, allowing us to take advantage of better weather, save considerably on construction costs, and open within 14–16 months.



In April, the site plan was submitted to Albemarle County for review. We are working with the County to receive necessary approvals this fall.

Bushman Dreyfus Architects and its team of designers are working in conjunction with our general contractor Barton Malow to finalize designs. This community treasure will include a 47,500-square-foot building with generous greenspace.

We have new visual branding for The Center at Belvedere as we move into the next phase of the campaign and onto groundbreaking.



Charlottesville Area Transit (CAT) has committed to having a bus stop at the front door of The Center at Belvedere in addition to the current JAUNT service.



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