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## Your Senior Center at work during COVID-19

Shoreline  Lake Forest Park  
 Senior Center



- ▶ *The doors to the Senior Center were closed to the public but we quickly adapted our services to meet the needs of our community, recognizing the urgent need for food security and social services!*
- ▶ *Our goal centered around creating innovative ways to assist the aging population in their homes, encouraging everyone to honor the Stay At Home Order.*
- ▶ *During this time, we provide the following services:*

# Shoreline Lake LFP Senior Center Essential Services March 9<sup>th</sup> - July 31<sup>st</sup>

01

## Weekly Wellness Tips

Fitness tips, fun activities such as reminiscing trivia quiz and/or crossword puzzles as featured in multiple media sources

**4,266 Email Views**

04

## "TO GO" Hot Meal Program

Delivered hot meals to individual residences Monday - Friday

**9,021 Meals delivered**

02

## Neighbor Wellness Checks

Spent 237.5 hours, making weekly phone calls to check on seniors in their homes and identify any concerns

05

## Meals on Wheels Program

Frozen meals delivered to individual residences

**7,417 Meals delivered**

03

## Medical Services

82 Mental Health Sessions  
235 Foot Care appointments since

June 15

36 Bastyr Naturopathic Clients

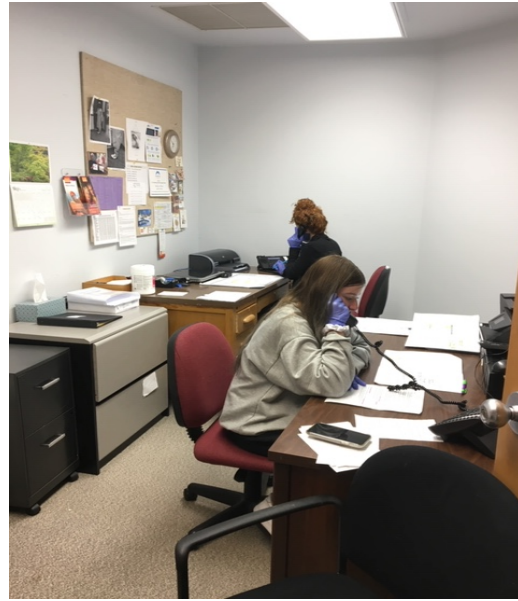
06

## Weekly Grocery Delivery

Bags of dry goods, dairy, fresh produce & PPE supplies

**674 Grocery Bags delivered**





# Shoreline Lake LFP Senior Center Costs

March 9<sup>th</sup> - June 30<sup>th</sup>, 2020

01

Expendable supplies (food, sanitation, PPE products)

02

Facility resources (rent, sanitizing, phone/internet service, printing capabilities)

03

Program support (Mental health consult, 3 fulltime staff plus 1 half-time Foot Care provider)

# Staff Responsibilities

- **FOOD SECURITY MANAGEMENT**

- ❖ 9,021 hot ready to serve meals home delivered from March 13<sup>th</sup> - July 31<sup>st</sup>
- ❖ 7,417 home delivered frozen Meals on Wheels
- ❖ 674 Grocery Bag deliveries

- **EMERGENCY RESOURCE MANAGEMENT TASKS**

Addressing individual needs such as grocery shopping, assisting with Unemployment Application Forms, pharmaceutical pick-ups, plumbing issues, rodent issues, grief support through family loss due to COVID-19, etc.

- \* 155 Emergency services performed
- \* Total of 345 hours dedicated to Emergency Services

- **MEDICAL SERVICE**

- \* 235 Foot Care appointments provided since June 15<sup>th</sup>
- \* 35 Bastyr Naturopathic Medical Services provided since July 15<sup>th</sup>
- \* 82 Mental Health services
- \* 10 Social Work clients (we do not have a social worker either on staff or contracted therefore have only been able to provide a referral service)

- **WEEKLY WELLNESS TIPS - Community wide publication of health/fitness tips, reminiscing quizzes, etc.**

- \* Presented twice weekly in multiple media sources
- \* Emails viewed 4,366 times
- \* External agencies in New Jersey, New Orleans, Kansas and California requesting permission to duplicate our postings



▶ **WEEKLY WELLNESS TELEPHONE CALLS**

- \* Coordinate weekly call list for 600 membership
- \* Review weekly call lists for CALL TO ACTION notes - emergency & non-emergency needs of home bound seniors
- \* Provide resources to individuals/families with additional needs

▶ **Mental Health Counseling**

- \* Marketing, scheduling appointments, supervision

▶ **ZOOM ONLINE PROGRAMMING**

- \* Currently offering 7 classes to address physical fitness and social interaction
  - 226 participants in various levels of: Yoga, Low Impact Aerobic, Balance Fitness, Clogging, Tai Chi
- \* Tele Café weekly session: variety of presentations on Gardening, Diet, Crafts, Socializing in the Age of COVID, etc.

• **ONE-TO-ONE INSTRUCTION FOR DOWNLOADING ZOOM & FACETIME**

▶ **PROVIDING VOLUNTEER TRAINING FOR THE FOLLOWING PROGRAMS**

- ❖ Kitchen Help - food prep and packaging plus COVID-19 policy compliance
- ❖ Weekly Wellness Check-up telephone calls - assessing for senior welfare & urgent needs
- ❖ Call To Action Tasks - providing home emergency needs
- ❖ Food Delivery Protocols with senior assessment for physical, mental & emotional changes

## ANTICIPATED SHORTFALL 2021

- ▶ \$90,000 one-time funding from King County VSHSL funding was available in 2020 ONLY! No funds have been reserved through this funding source for 2021
- ▶ Whether in stage 3 or 4 of re-opening, we begin 2021 at the height of flu season with the expectation that seniors will be strongly advised to adhere to a full Stay At Home Order or strong advisements to this effect
- ▶ Social Isolation effects on an aging population will be apparent and senior centers expected & directed to address the mental & emotional well-being of this population despite no current funding available to provide Mental Health Counseling
- ▶ Funding for Food Security is available currently along with supplemented food sources through USDA Fresh Produce/Dairy Programs; however current indications are that funding will not be available and we will be 'out of season' for produce
- ▶ Added costs of providing PPE products, increased sanitizing practices and additional food costs to meet the demand has taxed our operating budget
- ▶ March 2020 – December 2020, we will have lost revenue through lack of programming fees, memberships, corporate sponsorships of Special Events and all facility rentals; revenue generated through 2020 grants cannot be carried over to 2021



## What we are requesting in 2021:

- We are requesting financial support in the amount of **\$25,000** in 2021
- These funds would support general operations and utilized in the continued efforts to provide essential services such as **Food Security, Mental/Social Welfare, & Fitness** needs of the seniors within our community to ensure quality of life through the aging stages.



*Thank you for your continued support of  
Shoreline-Lake Forest Park Senior Center.*