



# 2023 Annual Report

The participation and overall membership of the Center have shown a continued upswing in FY22/23. Examining the past five years, including pre-COVID-19, COVID-affected years, and post-COVID, trends indicate that membership in FY22/23 expanded compared to FY21/22. With a total of **1,780** members, this year yielded a **14.5% increase in membership** and, a **17.6% increase of associated membership dues** compared to last year's total membership (1,554). Pertinent graphs are included below to highlight membership trends, FY23/24 goals, and other relevant information. FY22/23 goals were partially met primarily due to the incomplete status of an approved ARPA improvement project for the construction of a new pavilion at the Senior Center.

### Fiscal Year 2022-2023 Goals (partially met)

#### Ongoing:

- New Senior Center pavilion via ARPA funds.

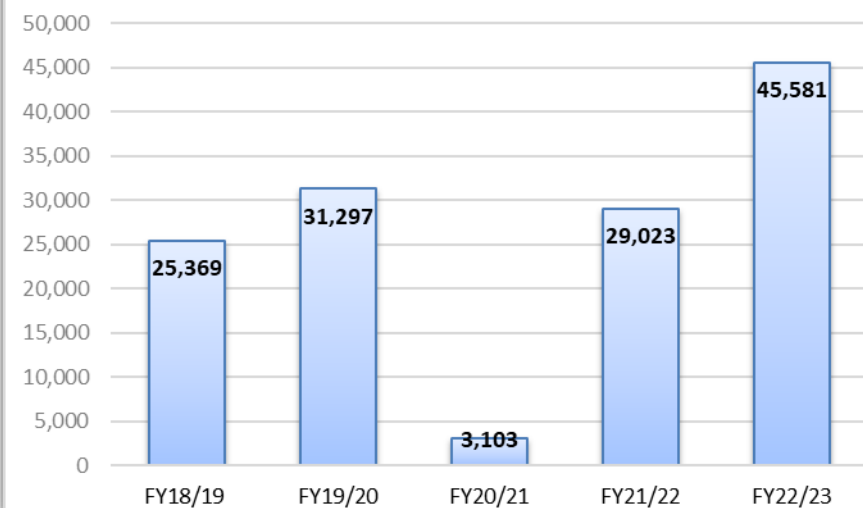
#### Met:

- Develop an arts-based program
- Initiate caregivers' support group at the Senior Center
- Complete Focus group Analysis report

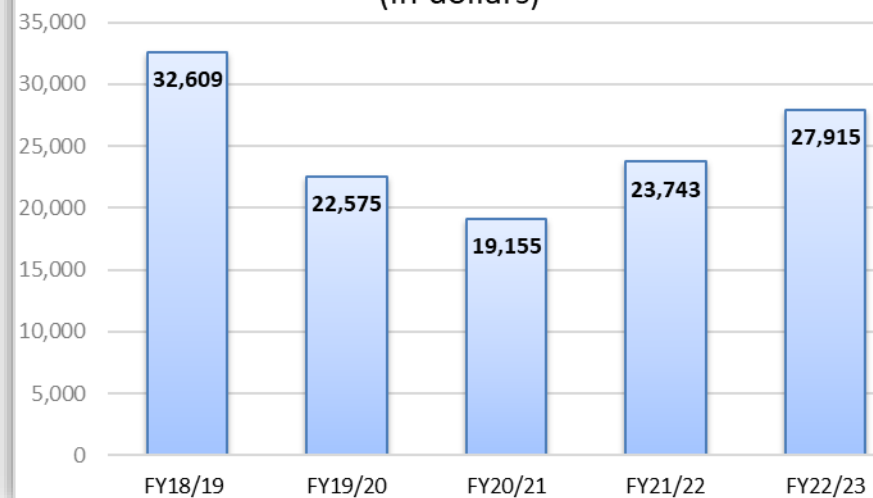
### Fiscal Year 2023/2024 Goals

- Parking lot and handicapped parking upgrades
- Begin and complete the Senior Center pavilion.
- Upgrade Ahrens program room (i.e. accent wall, furniture)
- 2nd Floor Conference room compression system upgrade
- Update the Senior Center safety plan

Program Attendance



Collected Membership Dues (in dollars)





# Milford Senior Center Annual Report

## A Year in Review (2022-2023)

### Introduction

The Milford Senior Center takes pride in offering 52 weeks of exceptional programming and social services tailored for seniors aged 55+. Over the past year, we have provided a diverse range of monthly classes, events, and activities that empower older adults to nurture their well-being, creativity, and cognitive abilities.

### Engaging Opportunities

With operating hours from Sunday 11:30 a.m. to 2:30 p.m., Monday from 9:00 a.m. to 8:00 p.m. and Tuesday—Friday 9:00 a.m. to 4:30 p.m. (excluding holidays and weather-related closures), the Center successfully delivered an impressive total of 3,393 engaging opportunities throughout the year. These opportunities included:

- 3,276 daily activities
- 43 exciting travel events
- 74 captivating special events like social gatherings, entertainment, and informative presentations.

### Expansion of Programming

Notably, the center expanded its programming roster with several new classes and events, including:

- Jazz dance classes
- Jukebox bingo sessions
- The Whiffenpoof Concert at Parsons
- Silk scarf painting workshops

### Community Engagement

With a strong membership attendance of 45,581, the Milford Senior Center remains a beacon of support for the community. This support extends beyond the employed staff, as the center is fortified by a robust volunteer team that contributed an admirable 8,404.5 hours of service.

### Transportation Department Modernization

The Transportation Department has taken significant steps to enhance efficiency and effectiveness. This included retiring two aged vehicles, purchasing two new vehicles and introducing state-of-the-art communication radios with GPS capabilities, making transportation services safer and more reliable.

### Ahrens Respite Program

The Ahrens Respite Program, designed for Milford community members with Alzheimer's or related dementias and their caregivers, continues to provide vital respite services. This year, the program had 15 participants who used it 1,300 times. Participants enjoyed various activities, including trips to local beaches, art galleries, scenic rides, music entertainment, and lunch outings. The program also incorporates evidence-based activities like music and pet therapy. Additionally, a successful fundraiser was held to benefit both the program and the CT Alzheimer's Association.

### Meals on Wheels

The Meals on Wheels program experienced a significant increase in meal deliveries, providing 19,245 meals compared to last year's total of 16,301 meals. This surge in demand highlights the growing need for the program's services and underscores the organization's dedication to supporting vulnerable individuals in the community.

### Milford Food Bank

The Milford Food Bank has made significant improvements to its services, including acquiring a new delivery vehicle for individuals with limited mobility. Operating hours have been extended from four to five days a week, and the food bank has expanded its frozen food offerings with the addition of a new freezer. Moreover, several new community food-based partnerships have been established. Currently, the food bank handles around 10-15 daily appointments, ensuring essential food assistance to those in need.

### Mini-Lunch Program

The Mini-Lunch Program continues to serve affordable lunch meals to its members from Monday to Friday. It provides an average of 120 daily meals with approximately 60 take-out orders and 60 in-house diners.

### Social Services

The Social Services department has been actively assisting individuals aged 55+ with community information and support. Over the year, the department handled 4,095 calls, provided 68 grocery gift cards, held 418 in-house meetings, and conducted 33 Ahrens Program assessments. Additionally, the team collaborated with Team, Inc. and Milford Human Services to process Renter's rebate and Energy assistance applications. Several educational initiatives, including sessions for new members on beneficial senior services and the establishment of a monthly caregiver support group, have been successful. Lastly, the department organized the annual flu clinic and health fair, contributing to the overall well-being of the community.

### Conclusion

The Milford Senior Center's commitment to providing exceptional programming and social services has been unwavering over the past year. The Center's efforts in expanding its offerings, modernizing transportation services, supporting Alzheimer's and dementia patients, addressing food insecurity, and assisting vulnerable community members have made a significant impact. As we move forward, we remain dedicated to enhancing the quality of life for seniors in Milford and continuing to be a vital resource for the community.