



West Seneca
Senior Center Advisory Committee

June 2024

ANNUAL REPORT

Fiscal Year: 6/2/2023 – 6/1/2024

ESTABLISHMENT

The Advisory Board and its members are charged with accommodating Chapter 39 of the Town of West Seneca Local Law No 1 as written. This includes the powers and duties of members (39.6) which are as follows:

- ✓ **Surveying Town residents** to assess the health, wellness, educational, cultural, recreational, and support service needs of the seniors in the Town of West Seneca.
- ✓ **Advocating for services** to support seniors and caregivers and appropriate funding for current and future programming.
- ✓ **Fostering communication** between the Town and the community regarding issues, trends, and public policy affecting seniors along with increasing community input.
- ✓ **Supporting and sponsoring** appropriate program development
- ✓ **Providing well researched recommendations** to the Town Board which enhance/expand senior services.
- ✓ **Establishing and maintaining cooperative relationships** with community partners and other local senior programs and agencies.

The Advisory Board held a total of seven meetings between June 2023 and June 2024:

- July 18, 2023
- September 5, 2023
- October 3, 2023
- December 5, 2023
- January 23, 2024
- March 26, 2024
- May 7, 2024

Agendas and minutes for all meetings can be referenced on the West Seneca website under the *Government* tab or by accessing the following link:

<http://www.westseneca.net/government/senior-services-advisory-board-agendas-minutes#gsc.tab=0> .

MEMBERS

DIRECTOR:

Jenifer Stanek

COUNCILMAN LIAISON:

Jeff Piekarec

CHAIRPERSON

Amy Brotka

COMMITTEE ADVISORS:

Kristina Baron

Georgi Busse

Valerie Haladay

Marilyn Stephens



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The committee member appointments are as follows:

- Jenifer Stanek – Director of Senior Services and Secretary
- Amy Brotka - Chairperson - term 1/1/22 to 12/31/25
- Kristina Baron - term 1/1/24 to 12/31/27
- Marilyn Stephens - term 1/1/24 to 12/31/27
- Valerie Halady - term 1/1/24 to 12/31/27
- Georgi Busse - term 1/1/22 to 12/31/25
- Jeff Piekarec - Councilman and Senior Services Liaison

All meetings are held at the Senior Center, 4620 Seneca St. West Seneca, NY 14224.

All meetings on this calendar are open to the public.

MISSION/VISION

The mission of the West Seneca Senior Citizens Center is to promote healthy aging, independence, and the well-being of older adults through health, wellness, educational, cultural, and recreational programs, and services. We promote good fellowship in a friendly and relaxed manner that best serves all senior citizens and up in the Town of West Seneca.

Today's active older adults are redefining quality of life and healthy aging. The West Seneca Senior Citizens Center will continue to be the focal point for area older adults who participate in our activities to engage with each other, meet new people, acquire new skills, and have fun! In addition, our offerings support senior's independence, provide them with a sense of purpose and provide the opportunity for seniors to help seniors and promote intergenerational relationships.

BUDGET/FUNDING/PURCHASES

Funds from the Community Development Block Grant (CDBG) Award afforded additional purchases in 2024 for the repaving of the entire parking lot at the Senior Center.

HIGHLIGHTS

We have been automated for just over 1 year!!! All members now **receive a membership card they scan upon entry**. This improvement has eliminated the need to keep track of attendees manually and allows us to keep track of our growth in a more efficient manner!

West Seneca Sr. Center is participating in a "pilot program" through BetterAge. The goal is to build a database to connect seniors with services that help seniors live their best life. Visit the West Seneca website Senior Citizen Center under the *Department and Services* tab to participate by clicking the link and completing a brief survey. Your help is appreciated!



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The M-F lunch program provided by Erie County is going strong! We offer a **hot and nutritious lunch at no cost** to our resident members. The popularity of portioned meal programs has found its way to West Seneca as well. The Erie County **Stay Fit Dining Program** is pleased to offer the 3-, 5-, 6-, 8- or 10-pack varieties of frozen meals through the **Frozen Congregate Meal Program**. A roll, milk and dessert are included with each meal.

We continue to grow! Our Senior Center currently has over **2610 members registered as of 5/2024**. Moreover, the **first quarter of 2024 boasted over \$22,967 of revenue** from ceramics, refreshments, golf simulator, fitness classes, Going Places Van, and other special events. **The center's numbers continue to show a consistent uptick from all revenue generating activities between 2023 and 2024** with the latest numbers showing an almost **\$1,464.25 or 6.38% increase over 2023**.

Membership also provides exclusive access to our **cutting-edge Fitness Center** where you can work out on your own or opt for instructor lead strength, yoga, and cardio classes.

The cost of gym membership is just \$10.00/month paid on a month-to-month basis. The gym is open from 9am – 3pm M-F year-round and 9am – 11am on Saturdays (from October - May). Several insurance programs take part such as Silver Sneakers, United Health's *Renew Active*, Univera's *Silver & Fit* as well as *Active & Fit* for younger seniors ages 55-64. If you participate in any of these insurance options, you pay nothing for gym membership.

Residents and members can find a **full schedule of various activities on the West Seneca website under Departments and Services** or by accessing the following link: <http://www.westseneca.net/residents/senior-citizen-center#gsc.tab=0>

A few more things to mention...

Membership to the West Seneca Senior Center, including the Fitness Center, is **open to all Erie County residents ages 50+**.

Our center **thrives with various activities for everyone** including a Game Room, Painting, Ceramics, Card Games, Pickleball, Bocci Ball & Shuffleboard courts, Line-Dancing, Dinner Dances, Trivia Nights, Walking Groups, Talking Groups, and other extraordinary events throughout the year. Something's ALWAYS happening! If you are interested in learning, come check out **University Express** at participating Senior Centers. University Express offers free educational classes for older adults throughout the County. The program runs during spring and fall semesters. You will find classes in a variety of categories, including current affairs, history, humanities, finance, and medicine – the schedule can be found on our website. And, as always, we continue to **provide Medicare assistance** on an ongoing basis and **tax help through AARP**.

The WS Senior Center is open Monday-Friday year around. Doors open at 8:50am each morning and close at 3:00pm.



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VOLUNTEERS

The volunteers at the West Seneca Senior Center are the foundation of our success. Several volunteers of all ages help at our center daily and for special events. We coordinate with the local schools for students to volunteer to accumulate community service hours. We feel this is a fantastic way to bridge the generations together – we have found we have much to learn from each other.

Additionally, our Seniors participate in the **Retired Senior Volunteer Program** in cooperation with the Erie County Department of Senior Services. Currently, the Nutrition Program volunteers, and the Monday Morning Sewing Group are **R.S.V.P.** affiliated. The Sewing Group makes lap robes for the VA hospital patients and residents of area nursing homes. For more information and/or assignments, call the R.S.V.P. Office at (716) 858-7548.

MOVING FORWARD

The West Seneca Senior Center (WSSC) values and loves ALL our members and is honored to provide the atmosphere, services, assistance, and friendship that our roles allow us to provide on a day-to-day basis. We are planning several events throughout 2024 and into 2025. We continue to open our doors to the community by offering varying activities for those 50+ and enticing residents to explore the center. Our plan is to “get the word out” and grow our membership in the coming years. Additional information regarding the Senior Center can be found on the Town Website at www.westseneca.net.

Final draft respectfully submitted by Amy Brotka, June 15, 2024