

DURHAM CENTER FOR SENIOR LIFE

ANNUAL REPORT 2021

ENRICHING THE LIVES OF DURHAM SENIORS 55+ BY PROMOTING
HEALTHY, ACTIVE AND INDEPENDENT LIFESTYLES.



Serving Durham's Seniors since 1949



EXECUTIVE DIRECTOR'S STATEMENT

As this year comes to a close, I am thrilled to share Durham Center for Senior Life's 2021 Fiscal Year Annual Report with you! The pages ahead include our notable accomplishments, impactful programs, and our vision to continue to empower our community in the future. As you continue on reading, my hope is that you celebrate with us all the remarkable and positive changes that, with the help of our committed partners, DCSL has been able to make in the lives of our Durham County seniors.

A passion of mine has always been helping our senior community— ensuring that each one of them has the best opportunity to live a healthy, active and independent life. I remain humbled by the amount of supporters, partnerships, and donors that continue to make our mission possible, even in the midst of the pandemic. Their commitment, passion, and unique expertise that each of them offer DCSL is surely something to be grateful for. Their individual contributions have served as an important reminder that we are all in this vital work together.

Although, we were forced to close our centers for the majority of 2021, our dedicated employees worked alongside our stakeholders to safely and cautiously continue our most necessary services and programs. Whether it was picking up additional duties, or getting trained in a different one, everyone played a huge part in ensuring that the work of our center did not stop, just as the needs of our participants don't stop.

I am so thankful for the exceptional work that Durham Center for Senior Life is doing in our community. I am so excited for the partnerships we continue to build because together we can accomplish anything!

To a healthy and fruitful year.

SEANYEA RAINS, MS

Executive Director

Program and Services

Adult Day Health & Care is a therapeutic service where the participants are often experiencing difficulties associated with dementia, stroke, isolation and confusion.



Our ADHC participants enjoy a safe and comfortable atmosphere, while they participate in stimulating activities designed to meet the physical, social, emotional, and mental needs of the adult. These activities include arts & crafts, discussion groups, and light exercise designed for functionally impaired individuals. When we were forced to close our centers during the pandemic, our ADHC program continued to provide services to **33 unduplicated adults** in FY 2021. Services included veteran home delivered meals, curbside pickup, and caregiver support groups.

Our *Information and Case Assistance* program is designed to help encourage seniors to solve complex problems. The participants work closely with one of our coordinators, who ensure the confidentiality of the needs of each individual. Services are accessed by phone, in-person and e-mail, then the requests are recorded followed by check-in calls. The agency received **over 4,000 contacts for services** related to health issues, food insecurity, housing, utilities, insurance, and other areas. These services are put in place to reduce barriers to access, increase the knowledge of seniors and assist with implementation of services. DCSL is partnered with the Food Bank of North Carolina, but our staff is responsible for the onsite food pantry as well as exploring services to decrease food insecurity in our community. In 2021, we launched our DCSL "Shop & Grab" store through our partnership with WeCare WeShare. "Shop & Grab" is held the second and fourth Friday of every month, and approximately 60 seniors participate in this event monthly.



Our Support Services Program provides assistance for transportation, nutrition, and social services for Durham County seniors. These services help participants maintain an independent lifestyle by reducing isolation, hunger, and loneliness through the support of a welcoming and empowering staff. This program supported **more than 112 unduplicated seniors in 2021.**

Program and Services

(continued)

Our Senior Center provides programs such as exercise classes, special events, nutrition classes, and educational workshops. Our fitness classes are well attended, **with over 700 seniors** participating both in-person and virtually, most in low impact aerobics. Other physical activities include an arthritis exercise class, muscle strengthening, and yoga to improve balance.

Seniors participating in the exercise classes reported an increased level of physical activity, improved their ability to manage their weight, had increased stamina and balance, had enhanced mood, and made progress in controlling their blood pressure.

Transportation services are provided for seniors who are no longer able to drive to our congregate meal sites. More than, **288 units of transportation** were provided in FY 2021

"Since joining DCSL, I have improved my overall health, but I hadn't anticipated how much I would enjoy the social interaction and relationships with the other members. I have my wife to thank for DCSL". -Bill Porter

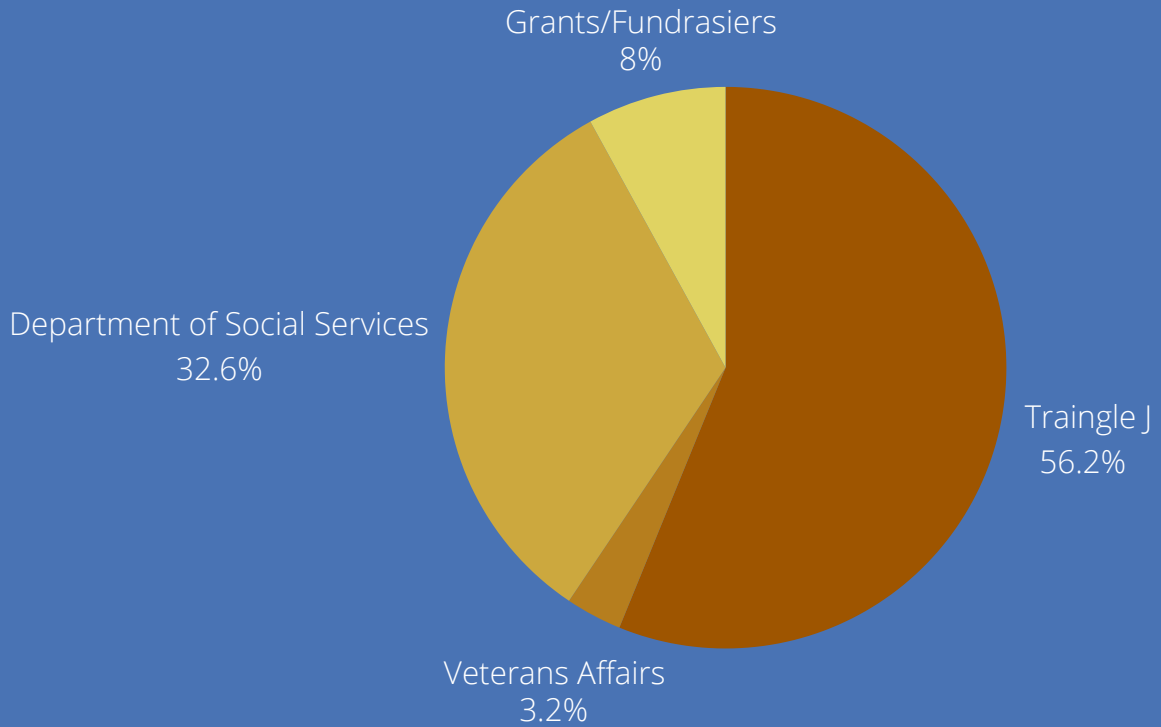


Congregate Meals: DCSL provides nourishing meals at all three of our centers. Each week, we served about **275 seniors**, and in 2021 approximately 66,000 meals were served to seniors in our community. The congregate meal program provides an opportunity for socialization and fellowship that many community seniors would not otherwise enjoy. Due to the pandemic, curbside meals were provided weekly.

*"DCSL provides programs and activities that help us to thrive. Not just live, but **thrive** in our "ole" age" - Cynthia Ferebee*

FINANCIAL STATEMENT

Funding source FY 21 compared to expected funding sources for FY 22



Total Revenue: \$1,756,169.11
Total Expenses: \$1,874,254.65

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