



2016 Annual Report

South Park Senior Citizen



***To Foster Healthy Independence, Safe Connections,
Learning and Fun for Adults 50 and Older***

Dear Friends,

Thank you for opening our first-ever Annual Report and learning more about our work at South Park Senior Center. We have been improving the lives of our participants for 45 years. In 2016, we continued to build the structure that helps our members reach their full potential and remain independent. We have built an impressive set of activities and programs that keep our participants physically active, socially engaged, eating healthy, and informed. Our staff size has grown to include two social workers who work with clients to increase well-being, from delivery of emergency food, trips to medical appointments, to obtaining a state ID. We received our first ever van, generously donated by King County Metro and King County Councilmember McDermott, which helps to bring people to the center and around town.

We continue to receive harvested produce for our meal program from raised beds at nearby Marra Farm. Thanks to the City of Seattle, foundations, corporations and individuals, our finances have improved exponentially by a factor of 6 times over the last 5 years. Our Rainbow Bingo fundraisers, which began in 2015 continue to bring us growing net profits while we make new friends who have wonderfully fun times. The South Park Senior Center is here to find solutions for our seniors with your help.

Thank you to everyone who has supported us as we continue to serve our community and an ever-growing clientele.

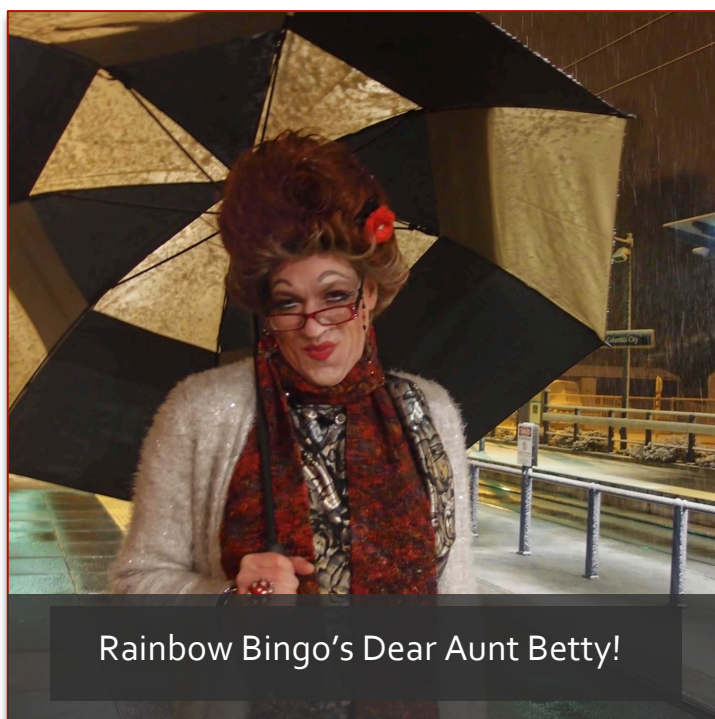
Sincerely,
Dagmar Cronn
 Acting Director

Our Mission

The South Park Senior Center strives to foster older adults' healthy independence, safe connections, learning, and fun. Our passion for helping our seniors age successfully is reflected in our desire to advocate for their physical and mental well-being; recognize the worth of all; act with integrity and compassion; and ultimately accept and honor everyone.



An Afternoon at the Seattle Art Museum. One of many field trips throughout the year



Rainbow Bingo's Dear Aunt Betty!

ABOUT US

The South Park Senior Center is a community service agency located in the South Park neighborhood in Seattle. Founded in 1972 with the vision to positively affect the health and wellbeing of area seniors, that mission continues today. The Duwamish valley we serve is a diverse, low income area with 88% of area seniors considered very low income and 60% ethnically diverse. Many of our seniors who are underserved live alone or are homeless, have transportation needs, or simply are searching for genuine kindness and caring. Keeping the needs of our population at the forefront, we offer a variety of social services, weekly meals, exercise programs, and numerous opportunities to socialize with friends, make new acquaintances and have fun.



Misty, one of our many kitchen volunteers, enjoys helping seniors during our evening meal

Meals Program

Providing nutritious meals for seniors is an important step in helping to reduce hunger and support healthy aging. With a generous donation from the Union Gospel Mission, our kitchen staff and volunteers make dinner from scratch three times per week, serving over 3,500 meals per year. With donations from Operation Sack Lunch, we are also able to provide a healthy no-cost sack lunch once per week that seniors can grab and go or eat at the Center in the company of others from the neighborhood.

Social Services

Our staff of two social workers provides services to those seniors in need of assistance including transportation within the community navigating government resources, translation of forms, and brief counseling or crisis intervention for many of life's difficult situations, often speaking in our client's native language. Our social services program also uses the newly acquired van to bring people to and from support activities at the Center and around the community. As we provide assistance, we engage our clients in ways that will steadily build individual capacity so they can continue to live independently.

Social worker Carissa Streich next to our Metro van donated by King County Council Member Joe McDermott.



ACTIVITIES ABOUND!

We Love to Have Fun!

Having fun brightens the spirit and keeps us cognitively sharp. We aim to have fun each and every day whether it is at our yearly TET celebration for Vietnamese New Year, enjoying a little nostalgia during movie night, or going on a field trip to a museum. We encourage our seniors to make valuable social connections and embrace opportunities for learning while enjoying the moment with friends.



Wellness

We offer a variety of evidence-based health and wellness programs, which engage the body and the mind. Our activities range from general exercise and line dancing to art classes, a book club and Parkinson's yoga and support groups. We have also begun to plan dental care sessions as well as our participation in community-wide health fairs. We believe that a healthy mind and body is necessary to build confidence in doing everyday activities along with expanding one's ability to make a difference in the community.

Karaoke

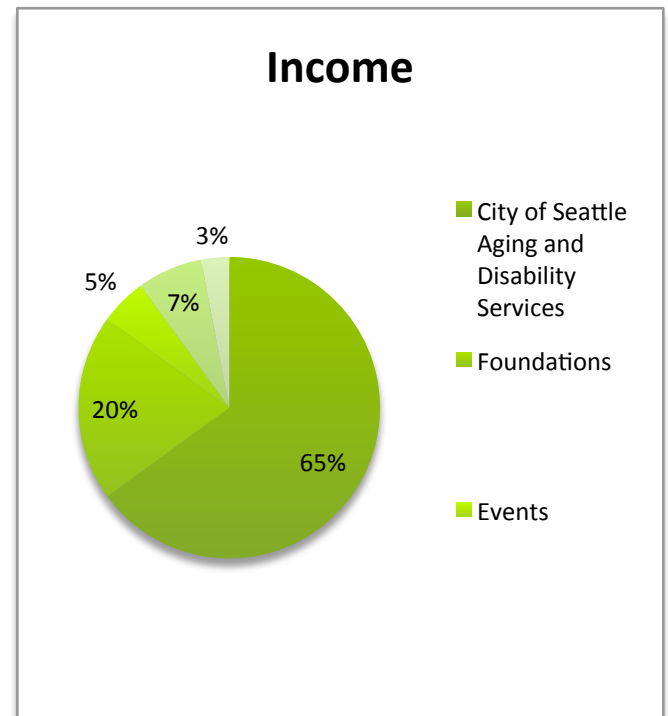
Every Friday evening many of our seniors gather together for a traditional Asian dinner followed by dancing and Karaoke singing to Vietnamese and English language songs. Sitting down for a meal and fun activities brings friends and neighbors closer together as they share in this interactive entertainment. This is such a tradition at our neighborhood senior center that even the under 50 crowd joins in on the good times.



Financial Overview for 2016

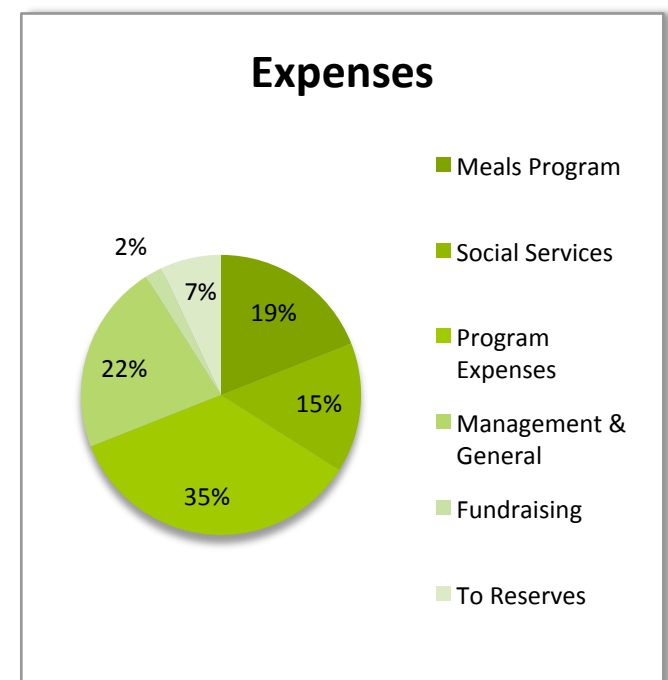
Income

City of Seattle Aging And Disability Services	\$128,887
Foundations	\$38,514
Events	\$10,861
Individual Donors	\$14,188
Corporate/Other Government/Miscellany	\$ 6,066
Total Income	\$198,516



Expenses

Meals Program	\$ 35,561
Social Services	\$ 28,885
Program Expenses	\$ 66,283
Management & General	\$ 41,823
Fundraising	\$ 4,081
To Reserves	\$ 13,883
Total Expenses	\$ 190,516
Carry Forward	\$ 8,000





What's to Come in 2017?

The South Park Senior Center is always trying to improve the way we do things, whether it is the programming that we offer or streamlining our back office, and 2017 is no exception. Here is a sampling of the things to come.

- ❖ Implement a touch screen data entry to track participant demographics to target programming
- ❖ Improve the accessibility of our dental program
- ❖ Grow our transportation program
- ❖ Start an art program
- ❖ Develop a volunteer development and recognition program
- ❖ Expand our annual health fair
- ❖ Increase the number of community partnerships to build capacity

A Big Thank You to All of our Corporate Sponsors!



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To All of Our Individual Donors...

We would also like to extend a warm **thank you** to all of our friends and neighbors who have generously helped us continue to provide programs and services through monetary and in-kind donations during the past year.