



# THE IDEA BANQUET

## SHARED RECIPES for AGING PROGRAMS & SERVICES

To send us your idea, complete the form for “Your Recipe” at [conncf.org/pathways](http://conncf.org/pathways) (under Information Resources) & send it to: [dstein@conncf.org](mailto:dstein@conncf.org)



*With thanks to Dianne Stone, Director of the Newington Senior and Disabled Center, who developed this idea with Connecticut Community Foundation as part of an “Idea Banquet” held on September 29, 2015.*

**January 2016**

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## RECIPE #1: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** BRASS 'Defying Age' Art Show

**Target Audience:** BRASS members as well as the Greater Waterbury community. (BRASS is a citywide collaboration in Waterbury and stands for 'Bringing Resources to Action to Serve Seniors.')

**Number Served:** 75 **Staff Prep Time:** 20 hours **Program Delivery Time:**

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

Space- senior centers where art classes were held and Mattatuck Museum where art was displayed for a month in the community gallery. Reception was held in the Museum's performing arts center. Staff and instructor time for art classes, matting, framing, hanging art. Funds for frame supplies, food, entertainer.

### INSTRUCTIONS:

#### *Planning and Prep*

Over the course of 7 months, art classes were held at BRASS sites. Seniors selected the art work to submit for the show. All artwork was matted and framed. To save money, I purchased the framing supplies and did the work myself. Cards were made of each artist's name and name of artwork for display. Mattatuck Museum staff assisted in hanging artwork in the museum. Since the Community Gallery has a TV hung on the wall, I put a slideshow presentation together with an explanation of BRASS and pictures of events at the sites. Food was ordered from Shoprite. We kept the food to finger foods and appetizers that would be similarly found at a professional art show. A piano player was hired to set a nice ambiance of music in the background. WATR agreed to do a remote broadcast from the reception to help advertise to the community that the artwork would be on display.

#### *Program or Service*

#### *Delivery*

#### *Post Program or Follow-up*

I returned to the museum at the end of the month to take the artwork down. All the participants were called and asked to pick up their artwork.

### RESULTS, TIPS & LESSONS LEARNED:

The most important tip I could give for an event like this is start early! It took a lot longer than I anticipated to mat and frame all the pieces (with many, many trips to Michael's). Given the positive response from BRASS members, we will be participating in the traveling art show in Waterbury Hospital in February. This show will allow our members to sell their pieces with a donation of 25% going back to the Women's Auxiliary.

*Submitted by (name and organization):* Mira LeVasseur BRASS Program Coordinator, New Opportunities

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## RECIPE #2: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** Cooking and Nutrition Demo

**Target Audience:** Seniors & Adults with Disabilities

**Number Served:** 5+ **Staff Prep Time:** **Program Delivery Time:** 2 hours

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

Teaching how to cook and shop for a healthy meal on a low income budget. Many supermarkets have registered dieticians that will prepare a light meal or specific food item while discussing how to shop, read labels and choose healthy item choices. The participants then get to taste the item(s) prepared. Handouts include recipes and nutritional information regarding the food items that were prepared that day. If the Dietician does not come to the site fully prepared, then plates, cups, forks, knives, napkins, a beverage would be needed along with a table and electrical outlet for cooking

### INSTRUCTIONS:

#### *Planning and Prep*

As identified by the dietician

#### *Program or Service Delivery*

Needs to be well advertised and an RSVP should be required to properly plan for the amount of food and paper goods needed

#### *Post Program or Follow-up*

A very brief survey can be handed out and collected the same day. Did you enjoy the program? Did the information help you learn how to better shop for healthy foods? Did you learn how to shop for the best priced items? Will you try to make the recipe?

### RESULTS, TIPS & LESSONS LEARNED:

After the event, feedback and conversations are the best in seeing success. Do the people talk about the program?

*Submitted by (name and organization):* Kathi Liberman RSC Wethersfield Housing Authority

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## RECIPE #3: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** Death Café Southbury

**Target Audience:** Adults age 18+

**Number Served:** Unduplicated, @ 100; 10-12 per meeting **Staff Prep Time:** Group facilitator initially needs 5-6 hours to read up on the Death Café movement; other staff, about 1 hour for press releases, managing the participant list, and room set up. **Program Delivery Time:** 1.5 hours

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

Quiet room with a large table, or several tables pushed together for about 12 participants; chairs; a neutral discussion facilitator who is comfortable with discussions on death and familiar with Death Café; informational agenda for participants stating the rules about respecting others' viewpoints; and snacks, drinks and paper goods.

### INSTRUCTIONS:

#### *Planning and Prep*

Many people seek a safe, nurturing place and community in which to discuss their interest, questions and concerns surrounding death. Enter the Death Café, founded by Jon Underwood in the UK and based on the work of Bernard Crettaz of Switzerland. The first Death Café in the US was hosted by Lizzy Miles in Columbus, Ohio in 2012. Since then these pop up groups have been offered in cities across the US and the world, with more than 2,000 Death Cafés taking place so far. The goal is to increase awareness of death with a view to helping people make the most of their (finite) lives. Death Café does not promote any religion, value system, or product. This is not a bereavement group, and it is free to participants. A facilitator will ensure that it is a comfortable environment open to all ideas, questions and viewpoints. Participants at the previous Death Cafes in Southbury have had lively discussions about the nature of the soul, reincarnation, end of life decisions, living wills, palliative care, talking to their children about death, Compassionate Choices, and what the dying 'need' in order to die, among many other topics. We are simply creating a space to have an open, non-judgmental conversation about an occurrence which affects us all.

#### *Program or Service Delivery*

Death Café Southbury has been meeting for two years, with many different people enjoying the conversations. Meetings are held on once or twice a month on Tuesdays, either at 1 pm or 6:30 pm. There is no set agenda or topic for the meetings. The discussions are wide ranging, free flowing and informative. Light refreshments are served at the meetings.

### *Post Program or Follow-up*

Occasionally, if the same person is coming often and we have a waiting list, we will ask the regulars to give someone new a chance to participate.

### **RESULTS, TIPS & LESSONS LEARNED:**

We originally had our Jewish Family Service Chaplain facilitate the group, but it can be led by a social worker, doctor, nurse or interested lay person who is comfortable with the topic and not promoting any one viewpoint. Death Café is a free international movement, and needs to be researched before the first meeting.

*Submitted by (name and organization):*      *Debby Horowitz, Jewish Federation of Western CT*

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## RECIPE #4: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** Great Courses

**Target Audience:** Older Adults/Seniors

**Number Served:** 10+ **Staff Prep Time:** 10 Minutes **Program Delivery Time:** 90 minutes twice weekly for the duration of the course

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

Space, TV, DVD player, Funds

### INSTRUCTIONS:

#### *Planning and Prep*

Find a course that is of interest to the community and a time that is convenient for the target audience. Promotion is necessary to get the word out and garner interest.

#### *Program or Service Delivery*

Great Courses is a DVD lecture series that promotes lifelong learning. They offer hundreds of courses in a number of topic areas. The lectures are 30 minutes long and there are typically 20 or so per course. We show two lectures per week and the group stays for discussion afterwards. This has become a self-sufficient group and requires almost no staff time except for starting the DVD each week.

#### *Post Program or Follow-up*

The DVD will take a number of weeks depending on the number of lectures in the series. Our group has been meeting for over 3 years now. When a series is winding down, the group looks for a new series to purchase.

### RESULTS, TIPS & LESSONS LEARNED:

The courses can be very expensive. Recommend buying the courses that are on sale which saves you up to 70%. We offer this program free of charge, but put out an envelope for donations each week.

*Submitted by (name and organization):* Litchfield Community Center

*Contact Info: (email and/or phone):* 860-567-8302



## RECIPE #5: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** Great Decisions of the Foreign Policy Association

**Target Audience:** Anyone interested in Foreign Policy and Current Events

**Number Served:** 15 – 20 **Staff Prep Time:** 30 minutes **Program Delivery Time:** January through April  
– 8 sessions alternate Mondays from 4 to 5:30 PM

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

The Friends of the Library order a classroom pack from the Foreign Policy Association – this costs about \$450 for a DVD, teacher guide and 30 books. Patrons pay \$20 for a book to help defray the cost of the program. We need to set up a projector to view the DVD and a room to meet in. A moderator helps guide discussion using the teacher guide.

### INSTRUCTIONS:

#### *Planning and Prep*

The book covers everything and gives extra reading. The moderator does not need special knowledge.

#### *Program or Service Delivery*

We are entering our 5th (or is it 6th?) year and people love it. They continue meeting throughout the year at other history programs. We pull participants from area towns, not only from Goshen.

#### *Post Program or Follow-up*

We found a time that works for people – 4PM on Monday. People can get home in January before it is too dark and they have kept coming back.

### RESULTS, TIPS & LESSONS LEARNED:

People like to talk about foreign policy, but need information to use in discussion. The Foreign Policy Association is excellent and gives solid information. [http://www.fpa.org/great\\_decisions/](http://www.fpa.org/great_decisions/)

*Submitted by (name and organization):* Lynn Barker Steinmayer, Goshen Public Library

*Contact Info: (email and/or phone):* [director@goshenpublib.org](mailto:director@goshenpublib.org)





## RECIPE #6: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** Lunch & Learn

**Target Audience:** Seniors & Adults with Disabilities

**Number Served:** 5+ **Staff Prep Time:** 2 hours **Program Delivery Time:** 1.5 hours

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

The best way to share information is with food! Community vendors or nursing home/rehab facilities will donate food items as a way to advertise their services. Information to share can be on any health topic, Energy Assistance, SNAP, Medicare Fraud, Medicare Savings Program, CHOICES, LGBT issues, and the list is endless. All you need is to have the space for 5+ people, paper goods, the speaker, handouts that are easy to read in larger font (reminders are a plus) Even a donated door prize would entice participation.

### INSTRUCTIONS:

#### *Planning and Prep*

Advertise the topic, food and a prize. Ask for RSVPs. Bulletin boards and newsletters are a good way to get out the information.

#### *Program or Service Delivery*

#### *Post Program or Follow-up*

A very brief survey can be handed out and collected the same day. Or get verbal feedback especially if you are planning more sessions of this nature. Did the information help you learn how to better help yourself? Will you follow up with applying for the program presented? Will you share this information with a friend? What other topics would you like to learn about?

### RESULTS, TIPS & LESSONS LEARNED:

After the event feedback and conversations are the best in seeing success. Do the people talk about the program?

*Submitted by (name and organization):* Kathi Liberman RSC Wethersfield Housing Authority

*Contact Info: (email and/or phone):* [kliberman@wethersfieldha.org](mailto:kliberman@wethersfieldha.org)



## RECIPE #7: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** Memories @ the Matt

**Target Audience:** Older adults with dementia, memory loss, and early to middle-stages of Alzheimer's disease and their caregivers

**Number Served:** 20 **Staff Prep Time:** 3 hours **Program Delivery Time:** 2.5 hours

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

Supported in part by the Alzheimer's Association and the CT. Community Foundation, Memories @ the Matt is a program developed especially for older adults with memory loss and their caregivers. Once a month participants are invited to visit the Mattatuck Museum for a guided gallery tour and social networking time over coffee and lunch, at no cost. One to two trained volunteer tour guides lead an interactive tour of a different part of the Museum's collections each month.

### INSTRUCTIONS:

#### *Planning and Prep*

The Alzheimer's Association handles all the intake and registration of program participants, selecting those with early to moderate stages of memory loss. The Director of Education and the Lead Museum Educator work closely with the volunteer tour guides on each month's theme to select work on view to discuss with participants. The Director of Education is in regular contact with the Alzheimer's Association about the number or expected participants each month.

#### *Program or Service Delivery*

Each program morning we set up coffee and pastries, welcome participants, and order and set up for lunch. . Offering a window of thirty minutes in the beginning of the program (10:00 a.m.) allows for people to arrive at their own pace. During the coffee time people can relax and not rush to arrive exactly when the program starts (tour of galleries at 10:30 a.m.) The guided tours allow for much observation and discussion for all involved. Caregivers stay with their program participant and at least two representatives from the Alzheimer's Association are in attendance. The majority of participants have participated every month for the last two years and the same volunteer tour guide leads each session nearly all of the months.

#### *Post Program or Follow-up*

Post program follow-up happens through various social and educational groups organized by the Alzheimer's Association. The Mattatuck Museum recently received a great deal of positive press in a newspaper article in the Hartford Courant summer 2015.

## RESULTS, TIPS & LESSONS LEARNED:

The program once incorporated a hands-on component involving art-making, but that is on a temporary hiatus until the museum can find a teaching artist with experience working with older adults experiencing dementia or memory loss. We are confident that, by inviting folks to talk about visual art and historical objects, their daily lives are improved. We are seeing participants who may have been previously shy and withdrawn open up and really talk a great deal each session! Also we have witnessed folks make connections between what they are viewing and something they may have learned in the recent past. It's really remarkable that some folks with memory loss are inspired by the art and history found at the Mattatuck so much that they are retaining the experiences. Caregivers express their deep appreciation for the reprieve from usual visits to the doctor's offices. The social aspect happening over coffee in the beginning of the program and lunch at the end really is as important as the work we're doing in the galleries taking about art and history. There's a real feeling of congeniality among participants and couples are even meeting outside of the program for lunch and dinner opportunities – making for new and lasting friendships outside of the program.

*Submitted by (name and organization):*     Stephanie J. Coakley, Director of Education, Mattatuck Museum

*Contact Info: (email and/or phone):*     scoakley@mattatuckmuseum.org



## RECIPE #8: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** Morning of Bliss

**Target Audience:** Bethlehem Seniors

**Number Served:** 20 **Staff Prep Time:** 6 hours **Program Delivery Time:** 2 hours

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

Space, 1 mindful meditation instructor, 1 herbal tea presenter, small stipends for each presenter, refreshments (various teas and pastries), 4 Commission members (volunteers) for setup

### INSTRUCTIONS:

#### *Planning and Prep*

Contacting the two presenters to coordinate each hour-long presentation  
There was a sign-up and no fee for attendees.

#### *Program or Service Delivery*

Offered from 10:30 to 12:30

#### *Post Program or Follow-up*

### RESULTS, TIPS & LESSONS LEARNED:

Seniors learned how herbal teas can improve their health and wellbeing. They also learned the benefits of mindfulness meditation for stress reduction and relaxation. Both programs help to improve their health.

*Submitted by (name and organization):* Pat Ueberbacher, Bethlehem Senior Commission

*Contact Info: (email and/or phone):* 203-266-5717



## RECIPE #9: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** Senior Outreach

**Target Audience:** Seniors 65 and older

**Number Served:** Oliver Wolcott Library has given out over 330 canvas book bags since beginning this program in 2014. **Staff Prep Time:** estimated 10 hours of staff time per month **Program Delivery Time:** 2-3 hours a month plus canvas bags are also available in the library

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

Total funds: \$6,485 covering staff time and mileage, printing of canvas book bags and info materials; Space: Library, Senior Lunch and Senior Living Facilities; Staff: Adult Services Librarian, Publicity Staff and Library Pages; and info from local/national organizations that provide services to seniors.

### INSTRUCTIONS:

#### *Planning and Prep*

Recognizing that there is a scarcity of transportation and services to reach seniors living in our rural community, Oliver Wolcott Library (OWL) has identified the growing need to engage the increasing senior population in the community. It is estimated the new outreach programs will extend to more than 75 additional seniors a month. Informational literature included in the packets has been obtained from the Town of Litchfield Social Services Department, VNA Northwest, Oliver Wolcott Library and The Visiting Nurse Association of Litchfield. Library has also reached out successfully to the National Library of Medicine, Litchfield Hills Chore Service, FEMA, Litchfield Community Service Funds and Rebuilding Together Litchfield County. We announce the event in our printed newsletter, our e-newsletter and a flier is sent to each location.

#### *Program or Service Delivery*

The Library offers the outreach program once a month. The Adult Services Librarian brings a selection of library materials for the participants to borrow and patrons may also return items to the librarian. The librarian discusses library services and events and provides basic computer instruction. New participants are provided with the Oliver Wolcott Library Senior Bag as well as the informational packets. Senior Outreach Services are an ongoing monthly event at Bantam Falls Senior Housing, Brandywine Assisted Living Facility, and at the Litchfield Hills/Northwest Elderly Nutrition Program. Any person 65 and older can receive a free Senior Bag with the informational packets when they visit the Oliver Wolcott Library. Basic technology help is also offered if it is requested. New library cards can be issued as well.

### *Post Program or Follow-up*

Programming is ongoing. Librarian takes verbal surveys to ensure the participants are being offered the desired library materials as well as the most beneficial date and time for the program.

### **RESULTS, TIPS & LESSONS LEARNED:**

The services have been very well received. Participants enjoy my visits to the facilities and are very happy to receive their canvas book bag with the informational packets. Many individuals are not informed of the services that are available to them and this program has increased awareness. All organizations have been very helpful and willing to work with the library on this program. Participants do not necessarily want people speaking during these outreach times (as in conducting an informational speaking event), but love the low key and informal discussions we can have. They also are very happy to have the library brought to them at their own facilities. This outreach program has been a great partnership between the library and the town services. I have been able to connect to a whole different population within the community.

*Submitted by (name and organization):      Audra MacLaren, Oliver Wolcott Library*

*Contact Info: (email and/or phone):      amaclaren@owlibrary.org*



## RECIPE #10: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** Shredding Service

**Target Audience:** Senior Center Participants

**Number Served:** ~30 per month **Staff Prep Time:** 4 hours **Program Delivery Time:** 30 minutes per month

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

A space in the hallway for a container approximately 3'x3'x4'. A sign. A contract with Shred-It (our current budget is \$250/year)

### INSTRUCTIONS:

#### *Planning and Prep*

Contact Shred-It to negotiate the placement and regular pick up of a shredding container. Put notices in the newsletter.

#### *Program or Service Delivery*

Shredding containers are available all hours that the Center is open. People can bring in mail and documents that have personal or identifying information and put them in the secure box. Once they are full, we call Shred-It to schedule a pick up.

#### *Post Program or Follow-up*

On-going program, but we do have to monitor the containers and 'close' them when they are full.

### RESULTS, TIPS & LESSONS LEARNED:

This is so popular that we have added a second box beside the first and a larger box down the hall for large cleanouts. We added a blue box beside the secure container and encourage people to put anything that does not have identifying information in that (flyers etc.)

*Submitted by (name and organization):* Dianne Stone, Newington Senior and Disabled Center

*Contact Info: (email and/or phone):* dstone@newingtonct.gov



## RECIPE #11: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** Walk With Us

**Target Audience:** active/semi-active participants who want to drop in

**Number Served:**15 **Staff Prep Time:**4 hours **Program Delivery Time:**1 hour

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

Empty room with enough space to reach out arms. TV or monitor. DVD Player. DVD's (we use Leslie Sansone). Volunteer to bring and return supplies and to turn on DVD.

### INSTRUCTIONS:

#### *Planning and Prep*

Purchase Leslie Sansone walking CD's. Look for those that are not too vigorous and that last about 30 minutes. Promote. We used our newsletter and flyers. Word of mouth worked best.

#### *Program or Service Delivery*

This program is offered immediately after lunch (12:30) to engage people in the congregate meal program and because that is when a room was available. A volunteer comes and gets the dvd and returns it. Occasionally staff assistance is needed with technical issues. There is no sign up and no fee.

#### *Post Program or Follow-up*

Periodically we purchase a new DVD (when asked)

### RESULTS, TIPS & LESSONS LEARNED:

This is a very popular program because there is no fee and no commitment. We did have to dismiss a volunteer who was becoming too engaged in the role and was giving instructions and corrections to participants.

*Submitted by (name and organization):* Dianne Stone, Newington Senior and Disabled Center

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## RECIPE #12: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** We All Have a Story to Tell - Memories to Memoirs

**Target Audience:** Seniors

**Number Served:** 26      **Staff Prep Time:** 15-20 hours      **Program Delivery Time:** 100+ hours

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

One staff member to schedule site visits plus three additional volunteers to conduct interviews. Meetings were held at three local senior centers and at a local VFW. The 2014 theme was “The Way We Worked” and in 2015 it was “The Flood of 1955.” Budget of \$1,100: Printing of 125 booklets: \$508; event decorations: \$92; stipends for staff and volunteers: \$500. BRASS paid for the luncheon during the event at the Mattatuck Museum.

### INSTRUCTIONS:

#### *Planning and Prep*

Choose a theme, create a questionnaire booklet (sample available, coordinate volunteers, schedule site visits, and promote the visits with staff at the Senior Centers. After stories are collected, plan a celebration event and distribute invitations to participants.

#### *Program or Service Delivery*

Volunteers visited three senior centers and met individually with participants to complete the questionnaires together. Volunteers then wrote the stories in the “voice of the participant” and met again to review. Once all changes were made, a third visit gave the final approval. Another volunteer served as a proofreader. The stories were compiled into a booklet, printed, and distributed during an event at the Mattatuck Museum.

#### *Post Program or Follow-up*

Participants were given a survey at the event along with a SASE. About 50% returned the surveys.

### RESULTS, TIPS & LESSONS LEARNED:

100% of the survey respondents were glad that they participated and would like to share their stories again. Tip: Plan for Snow Dates – the winter of 2015 was a scheduling nightmare. Speaking on behalf of my volunteer team – we all found it to be a very rewarding experience.

**Submitted by (name and organization):** Tina Agati, Executive Director, Literacy Volunteers of Greater Waterbury

**Contact Info: (email and/or phone):** Lvgw-info@waterburyct.org or 203-754-1164



## RECIPE #13: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** WHEELS: Volunteer-provided rides to non-emergency medical appointments

**Target Audience:** Seniors and People with Disabilities

**Number Served:** 134 unduplicated clients last year **Staff Prep Time:** Monday - Thursday 9-noon

**Program Delivery Time:** Our service runs Monday-Thursday (not Friday) 9am-Noon and 1-3:30. Exceptions may be permitted.

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

1. One Program Coordinator (24 hours/week)
2. Two caring schedulers (one is 16 hours/week and one is 12 hours/week)
3. 20+ dedicated volunteer drivers
4. 2 privately donated vehicles
5. In-kind town donation of office space, utilities, etc.
6. Numerous clients who need transportation

### INSTRUCTIONS:

#### *Planning and Prep*

Instruct clients to call ahead (1 day – 3 weeks in advance) with medical appointments; time, length of visit, location. Schedulers manipulate schedule to fit in as many rides as possible. Drivers sign up for 4 hour shifts, weeks ahead of time.

#### *Program or Service Delivery*

Clients are called the day before their appointment with pickup time. Drivers pick up schedules the morning they drive. Rides provided for free...donations gladly accepted.

#### *Post Program or Follow-up*

Program Coordinator tracks rides and donations for grant requirements; writes thank you notes; seeks funding and grant opportunities; submits paperwork for grants. Coordinator also makes presentations to local civic organizations to inform community of WHEELS services available to them.

### RESULTS, TIPS & LESSONS LEARNED:

Clients can remain in their homes longer, living independently. Routine doctor appointments are kept to create a healthy lifestyle.

Tip: Plan routine meetings to keep all informed and allow suggestions to be made. Meetings include drivers, schedulers, coordinator and the Senior Advisory Board.

*Submitted by (name and organization):* Thea Gruber/ WHEELS Program of Greater New Milford

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## RECIPE #14: AGING PROGRAM, SERVICE or IDEA



**Name of Program, Service or Idea:** Winter Blues Busters

**Target Audience:** older adults in the community at risk for depression; general interest

**Number Served:** 30+ each session

**Staff Prep Time:** 1 hour/session

**Program Delivery Time:** 90 minutes

**INGREDIENTS:** Space, funds, supplies, expertise, staff, instructor, volunteers, etc.

1 medium sized room, honorarium for speakers, hot lunch (we used buffet style catering), speakers, 1 staff person,

### INSTRUCTIONS:

#### *Planning and Prep*

Develop 3 sessions for a lunch and learn program on Beating the Winter Blues. Keep a positive spin on this sensitive topic! We used “Deep Breathing and Laughter,” “Staying Sharp in the Dull Months” and “Let’s Get Physical.” Each session had a speaker and very mild exercises along with a special free meal. Market directly to older adults and to area doctors and therapists (some doctors and therapists referred their patients to this series).

#### *Program or Service Delivery*

Programs offered in the three winter months. Each program designed to not only educate, but draw participants’ attention to the need for socialization and to avoid isolation in the winter months.

#### *Post Program or Follow-up*

Pre- and post-tests were administered to see if awareness of winter moods increased over the three months, as well as a knowledge of strategies to manage “winter blues.”

### RESULTS, TIPS & LESSONS LEARNED:

Pre- and post-tests showed that participants gained awareness of the need for social interaction in the winter months. Participants also stated that the series helped improve their mood and taught strategies for managing the stress of the winter months.

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