

Senior NEIGHBORS

no longer alone

President's Update Summer 2015

39,020



MEALS

8,003 hours of CASE
MANAGEMENT



32,188 hours
of HEALTH
PROMOTION



46,273
RIDES



1,645
HOME
REPAIR
hours

65,924



VOLUNTEER
hours at
127 sites

I feel truly blessed to live in a community of caring individuals that value and take care of their senior population. We see your commitment to this value every day here at Senior Neighbors with the work being done by our case managers, in our Senior Centers and throughout all of our programs. Without your support, we could not provide these services to over 4,000 seniors each year.

This past spring we hosted our first Meet Your Neighbors luncheon so that we could tell our story to a roomful of people, many who previously had not heard about our work in the community. Over 150 people joined us that day and a majority of the room felt our work was important enough to invest, just as you have done.



Together, we are all making a difference and enhancing the lives of seniors in Kent County. Lives like Jim and Shirley who are receiving top notch fitness classes or Betty who re-established her independence working with our case manager.

Thank you again for partnering with us for a stronger community.

With gratitude,

Robert Barnes
President

Top Quality Fitness Classes

Jim and Shirley are members of the Grandville Senior Neighbors Center and had recently spent some time in a program run by Mary Free Bed Rehabilitation Hospital. Jim had been working with a physical therapist because of recent health issues and was given several exercises to help him regain the mobility he was looking for. Much to his surprise, as well as his physical therapist, he was already doing the very same exercises near his home at the Senior Neighbors Center in Grandville!



Jim and Shirley explained that the classes are great and extremely beneficial to their health, but it's their instructor that really makes all the difference. According to Shirley, "Kathie explains each exercise carefully, including how to benefit and not harm our bodies. She's personable and fun, as evidenced by the fact that you just had to add an additional class because of high attendance. Kathie sends cards to those who are absent because of sickness, and even visits some who are unable to attend any longer because of health. Thanks for all you do!"

Senior Neighbors offers much more than top quality fitness classes at Centers and across the community, but a multitude of ways for seniors to stay healthy, independent and connected to the community and their friends.



Re-establishing Independence

Our Case Managers prefer to meet clients in their homes and it's for a good reason. Our staff is well-trained at reading between the lines, but oftentimes there is more to the story and multiple ways that we can help that aren't evident until we arrive. Such is the case with Betty, who connected with Senior Neighbors over the winter when her ability to remain independent was in doubt.

When Betty came to the door and greeted Linda, a Senior Neighbors Case Manager, she was bundled up in a jacket, hat and gloves. In order to save money, she was keeping her heat so low that it wasn't much different than the outdoors. On a very low fixed income of \$733 per month she was having trouble paying bills while still taking care of her own needs. Linda helped her setup a balanced budget, which included setting her up with food stamps and utility assistance. She also put in a request for home repairs to fix her door locks and install weather stripping, applied for bus passes and even acted as a facilitator calling her insurance agent, which Betty felt would be an overwhelming task.

With just 2 hours of Linda's time, and investment from the community through Senior Neighbors, Betty is now able remain in her home comfortably with her thermostat at a reasonable temperature. She also has peace of mind knowing that help is only a phone call away. We speak with seniors every day of the week with similar situations, in fact, our Case Management team worked with almost 2,000 seniors in 2014. This program provides support, crisis assistance and connects individuals, just like Betty, to beneficial resources in Kent County.



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www.seniorneighbors.org