Mission:
To empower older adults to live with purpose, independence, and dignity by providing social, health, and nutritional supports and volunteer opportunities.

Inside:
- Issues Seniors Face
- Impact: SCS Helps
- Participant Survey
- Financial Overview
- How You Can Help
- Map of Senior Centers
Impact: How SCS Helps

Services offered in 28 Senior Centers and 90 Wellness Class sites

Social Activities: 39% have been coming to a senior center for over 5 years; 42% have been coming for over 1 year; 89% attend more than once a week; 89% say they come to socialize

Education: 65% participate in health education classes; 50% participated in nutrition education classes; 12% received financial literacy training

Nutritious Meals: 203,394 meals served in 2014; 91% eat at a center more than once per week; 54% say they come to improve nutrition; 69% receive Tarrant Area Food Bank groceries monthly

Wellness Programs: 70% participate in physical fitness classes; 76% received health assessments; 798 graduated from fall prevention classes and chronic disease self-management classes

Independence: 93% are able to live in the same house as they did 1 year ago; 62% drive themselves to and from the centers; 78% volunteer in the community

Issues Seniors Face

Isolation: 46% live alone; 69% are unmarried; 25% say their only social contact is at the Senior Center

Poverty: 56% live on less than $35,000 per year; 59% spend less than $125 per month on groceries

Hunger: 58% say the Senior Center meal is their most important source of nutrition

Illness: 63% take 10 or more prescriptions daily; 41% have been told they have high blood sugar or diabetes; 66% have high blood pressure

Dependence: 15% rely on a family member or caretaker; Tarrant County emergency services respond to over 3,500 calls each year for falls alone

* Source: Senior Citizen Services' Annual Participant Survey, 2014

Senior Citizen Services
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Fort Worth, TX 76119
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www.scstc.org
Annual Participant Survey & Client Demographics

5000 participants were served
65% are female
67% are racial minorities or Hispanic/Latino
15% are veterans
19% receive Medicaid benefits
83% receive Medicare benefits

Surveys were distributed in English, Spanish, and Vietnamese, which are the main languages spoken at our Senior Centers

How You Can Help

Volunteer: SCS could not achieve its goals without the thousands of volunteers who serve as food handlers, wellness coaches, board members, receptionists, special event hosts, and more

Refer: A lonely senior you know could benefit from the meals and activities at a Senior Center

Donate: Gifts from you help ensure that SCS can help seniors today, and far into the future

Attend: Special Events are a fun and easy way to introduce friends and colleagues to SCS

Goals for 2015

Expand: Volunteer Opportunities for Families and Corporate Groups

Pilot: National Council On Aging Nutrition Education Program

Serve: At least 210,000 Meals

Graduate: 632 from Wellness Classes

Develop: Next Strategic Plan in preparation for 50th Anniversary