



Sr. citizen services

★ Healthy Aging Starts Here ★

2015 Annual Report

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



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

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



Senior Citizen Services

1400 Circle Drive #300

Fort Worth, TX 76119

P: 817-413-4949

F: 817-413-4908

www.scstc.org

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

Annual Participant Survey & Client Demographics

5000 participants were served

65% are female

67% are racial minorities or Hispanic/Latino

15% are veterans

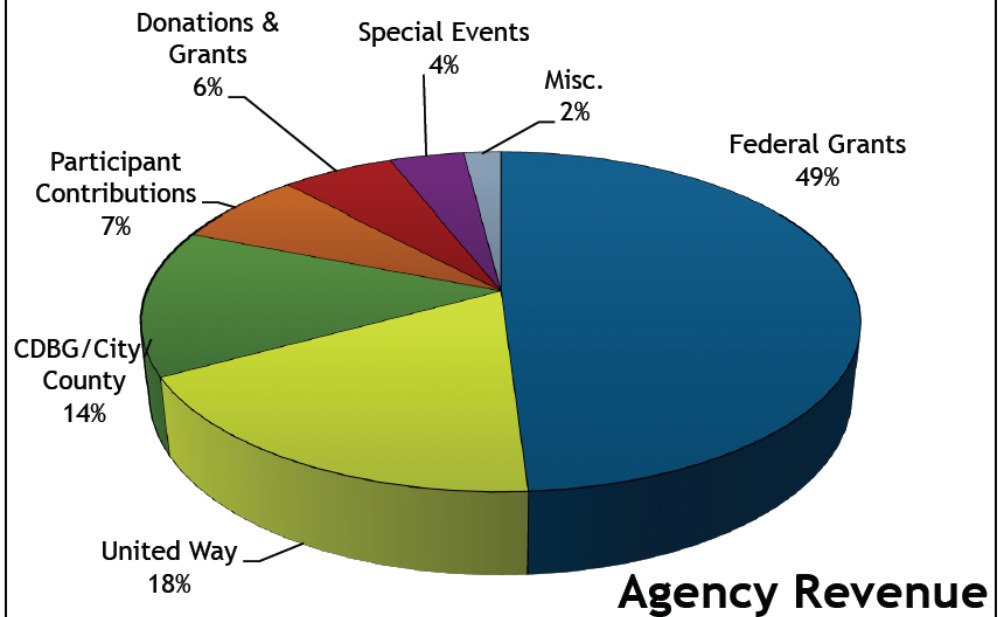
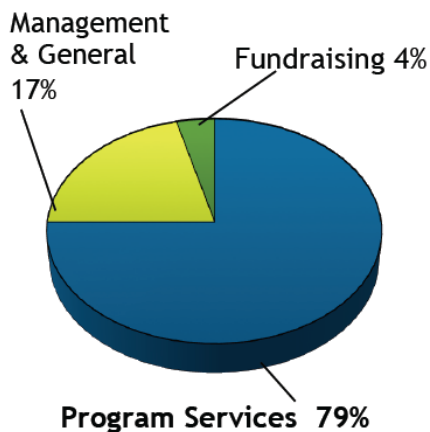
19% receive Medicaid benefits

83% receive Medicare benefits

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



Distribution of Expenses



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

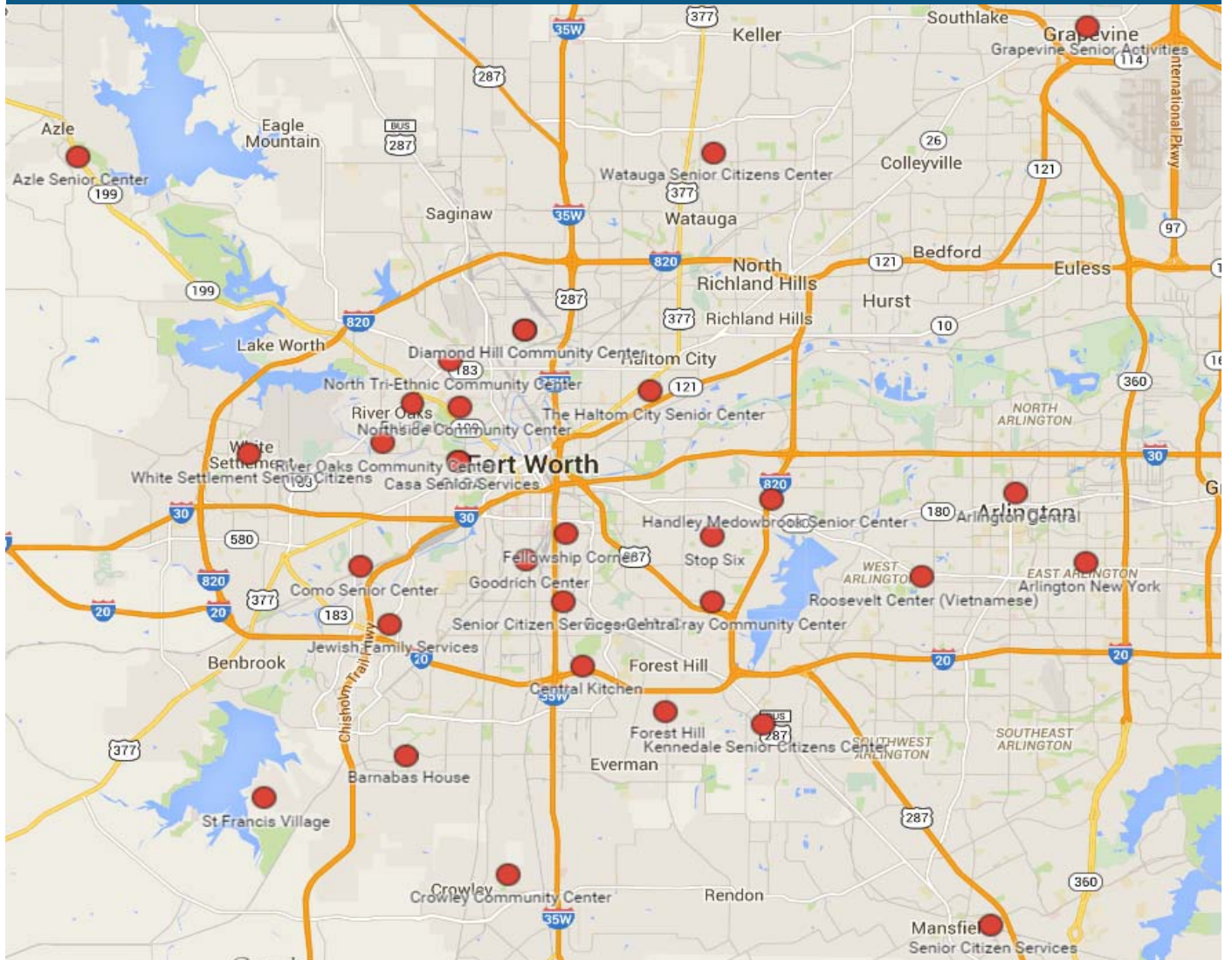
Serve: At least 210,000 Meals

Graduate: 632 from Wellness Classes

Develop: Next Strategic Plan in preparation for 50th Anniversary

Tour a Senior Center

Contact Gloria Kuykendall at 817-413-4949 or gcarrasco@scstc.org



Arlington Central
971 E. Sanford St.
Arlington 76011

Crowley
900 E. Glendale
Crowley 76036

Grapevine
421 Church
Grapevine 76051

Mansfield
106 S. Wisteria
Mansfield 76063

Saint Francis Village
4070 St. Francis Dr.
Crowley 76036

Arlington-New York
1815 New York Ave.
Arlington 76010

Diamond Hill
1701 NE 36th St.
Fort Worth 76106

Haltom City
5000 Bernice
Haltom City 76117

Northside
1100 N.W. 18th
Fort Worth 76164

Watauga
7857 Indian Springs Rd.
Watauga 76148

Azle
601 Southeast Pkwy.
Azle 76020

Eugene McCray
4932 Wilbarger St.
Fort Worth, 76119

Handley -Meadowbrook
6201 Beaty St.
Fort Worth 76112

North Tri Ethnic
2950 Roosevelt Ave.
Fort Worth 76106

White Settlement
8211 White Settlement Rd.
White Settlement 76108

Barnabas House
4409 Sycamore School
Fort Worth, 76133

Fellowship Corner
1601 New York Ave.
Fort Worth 76104

HomeTowne at Matador Ranch
8500 Crowley Rd.
Fort Worth, TX 76134

River Oaks
5300 Blackstone
Fort Worth 76114

Worth Heights
3551 New York Ave.
Fort Worth 76110

Casa
3201 Sondra
Fort Worth 76107

Forest Hill
7004 Forest Hill Dr.
Forest Hill 76140

Jewish Family Services
4900 Briarhaven Rd.
Fort Worth 76109

Roosevelt Center (Vietnamese)
2117-F Roosevelt Dr.
Pantego 76013

Wellness Programs are offered at additional sites.

Como
4900 Horne St.
Fort Worth 76107

Goodrich Center for the Deaf
2500 Lipscomb
Fort Worth 76110

Kennedale
420 Corry A. Edwards Dr
Kennedale 76060

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