

David Corliss, Town Manager  
Trish Muller, Director of Finance  
Town Council  
Town of Castle Rock  
100 N Wilcox Street  
Castle Rock, CO 80104

July 28, 2022

**Re: 2022 Castle Rock Senior Activity Center  
1<sup>st</sup> Half Town Contract Report**

2022 has been a transitional year for the CRSAC as we continue to re-emerge from the pandemic. We are now seeing a change in our membership with more active older adults becoming involved. In 2019 our average age was 76, and now it is 73 with our 50-70 year old numbers growing. We continue to be “The Place” for older adults to find friendships, resources and activities for their Second Half. Through the programs and services we provide, we are giving older adults a community environment in which they can stay active and engaged with others. The types of programming we are able to provide are educational, social, health and recreational, as well as a wonderful environment to meet people and explore a variety of options to stay active and involved. We truly believe that our programs and services extend lives, giving older adults ways to be connected in their community.

We have been voted “Best of the Best” again this year for Best Senior Services and Best Senior Community Center by Colorado Community News Papers. We are very proud of this accomplishment as it speaks to our mission of helping older adults stay independent, along with providing activities, programs and services. Just being available and around to talk to our older adults, gives us the opportunity to help them to stay safe at home and get the resources they need that are so instrumental so they can stay active and socially engaged.

This past year we have strengthened our partnership with the Town of Castle Rock in several areas. We are working with the Police Department’s ROUK program by coordinating reassurance calls and hot meals for those clients. Both the Fire and Police Departments have presented several informational and educational programs to our older adults at the Center. We are also working with the Parks and Recreation Department to help us expand our sports leagues offerings this year.

Being a part of the community is very important to us, as we continue to find ways to support our community and give back by participating in, and supporting, local events. Our monthly “Dining to Donate” fundraiser not only helps us financially but also supports our local restaurants as well. You will see us helping out civic organizations such as the Rotary, Kiwanis and Civitan groups with local programming. We are also actively involved with the Chamber of Commerce in several of their programs, such as helping provide the artists shuttles for Artfest. This is in addition to the events we host yearly such as our Annual Golf Tournament, Craft Show and Senior Life Expo.

We continue to be active members in several groups, such as – Douglas County Transit Solutions, Douglas County Senior Council, Douglas County Community of Care, Douglas County Non-Profit Coalition and other community and transportation groups. We also believe in helping others in need, and each year we donate comfort items to the Cancer Closet at Skyridge Hospital, in addition to donating new and handmade items to Denver Health's Newborns in Need program.

The Castle Rock Senior Activity Center greatly appreciates the ongoing support we receive from the Town of Castle Rock and recognizes that we could not make the impact we do in the lives of Older Adults without your support. We believe that our partnership truly extends lives and helps older adults "Love Life in the Second Half."

I've attached several documents that support many of the statistics I've cited. Please feel free to let me know if you are in need of any other documents or have questions.

The Board of Directors and Staff of the Castle Rock Senior Activity Center thank you for all your support on behalf of our members and those we serve.

Sincerely,

Debbi Haynie  
Executive Director  
[dhaynie@crgov.com](mailto:dhaynie@crgov.com)

## **2022 PERFORMANCE OBJECTIVES**

### **Programs and Activities**

- 1.) Provide over an average 140+ activities and/or events per month that are recognized as essential components to healthy and successful aging.

We have been slowly adding back more activities and events each month as our members re-emerge from the pandemic. Our return to normal has been a little slower than we initially projected as at the beginning of the year, COVID numbers were on the rise and our older adults continued to isolate at home. We also have been experiencing a change in the way restaurants, venues and programs are operating now. We continue to adapt with these new changes and shortages in the workforce as well. We have discovered that we have to run multiple trips with smaller numbers to accommodate the businesses. One of the good things to come out of the pandemic is that many businesses have now made their activities/ programs much more portable. We have been able to offer more activities at the center such as, floral designing, wine making, bird watching, etc. These programs have been great and have drawn a good attendance.

Our membership continues to be very diverse, as we seek to provide programming to meet all their desires (see membership by age report). In the past year, we have seen an increase in the younger age range of seniors getting more involved with new experiences and activities. We also added new sport opportunities at beginning of the year – Bocce Ball and Badminton. These were a big hit and will return this fall.

- 2.) Continue to serve over 3200 (duplicated) senior participants each month with social, cultural and educational opportunities.

Our membership has greatly increased and rebounded since the pandemic. We currently have over 1079 members, as this is a 21% increase since this time last year. Over the past two years we have seen many members choosing not to renew till they felt safe again, but they are returning along with many new members. For this first 6 months of 2022, we gained 201 new members at the center.

We have also experienced our participation numbers grow and rebound also this year; as we are averaging 3963 participants each month (see attached Statistics Report). We are still limited due to the size of the venues being only able to accommodate small groups but when we have a large waiting list we run the trips more than one time.

\* (See attached Participation Report & *Center Statistics Report*)

## Transportation

- 1.) Continue to provide over 650+ monthly shuttle rides to seniors and those adults with disabilities to medical appointments, social events and basic living needs.

New riders and ridership have steadily increased as we continue to emerge from the pandemic. Our Monthly average has grown to over 850 rides per month. We are seeing our rides out the area continue to increase as well, due to the lack of medical specialists in our area. While the number of rides have increased, we are still limited by vehicles and volunteers as to what we can provide. We continue to work with our riders to provide them a ride on different days if we are already full. Currently, we have provided 5137 rides in this first half of the year. This is 155 rides higher than our pre-pandemic numbers versus July of 2019. At the beginning of this year we added another Wheelchair Accessible vehicle to our fleet. This has opened up more availability for those riders in wheelchairs. We prioritize our ride requests by medical first, nutrition and grocery second and then by local priority. We currently have 3 to 4 vehicles on the road for the shuttle service Monday thru Friday, and an average of 10-12 specials each week which are one-on-one rides to medical appointments outside our shuttle area (i.e., VA Hospital, Swedish Hospital, etc. This number has doubled over our pre-pandemic numbers in 2019.

- 2.) Add at least 75 new riders to the transportation program in 2022.

As of June 30, 2022 we have added 122 new riders to our program. This is 40% increase from same time year prior.

*\*Please see the Rider Numbers and Trip Classification Report.*

## Health & Wellness

- 1.) Continue to provide VOA low cost meals 3 times a week, and continue to coordinate Meals on Wheels weekly home deliveries to qualified clients.

Our Hot Lunch Program is returning to its pre-pandemic attendance numbers, however we have not added back the Friday hot meal service at the Center yet. We hope to bring Friday's back this fall. We have partnered with the Town of Castle Rock and are receiving CDBG Funding to deliver hot meals to our Low Income Senior Housing Communities such as Oakwood, Auburn Ridge and Castle Rock Apartments. This program has been very successful and continues to reach even more of our older adults each month. Our biggest hurdle has been finding volunteers, but being a part of the Town's volunteer portal has given us

more exposure and has helped us recruit more volunteers for this and other programs.

2.) Continue to expand the wellness programming to serve the needs of the seniors.

As we continue to bring back our legacy programs, we have found that some have lost their funding and no longer exist. We have had to be creative and reach out to many new organizations and community partners to refund and revive them. Some examples are – we are working with the Castle Rock Fire Department to bring our Blood Pressure checks back once a month starting this fall. We also working with Nymble Science to re-imagine the “Matter of Balance” classes. One of our newer programs that we are very excited about is a seated dance class, we are partnering with the Shall We Dance Organization. This will be a great exercise program for those with balance or mobility issues. We are looking at adding traditional dance classes this fall too.

*\*See attached VOA/MOW Program Report & Center Statistics Report.*

### **Center Objectives**

1.) Be a leader in the community outreach for Senior Resources – June 29<sup>th</sup>, 2022  
8th Annual Senior Life Expo – Douglas County Events Center.

We had GREAT turn out for the event this year, considering that we are still in a transition year coming out of the pandemic. We are still hearing from some of our older adults as they not comfortable in large crowds yet. But despite this, we had over 720 people attend this event with 88 total booths sharing resources and information. We also successfully brought back the individual presentations by community partners and added demonstrations on the event floor. Castle Rock Police and Fire teamed together to demonstrate “Movement Skills for Senior Safety & Safety Fitness”. We also had the TOCR Parks and Recreation department present a demonstration on Pickle ball, Badminton and Bocce Ball.

Please put on your calendars June 28<sup>th</sup>, 2023 for our 9<sup>th</sup> Annual Senior Life Expo.

### **Attachments:**

1. Membership/Age Gender Report – 2019
2. Membership/Age Gender Report – 2022
3. Center Statistics Report
4. Center Participation Report
5. Rider Numbers and Trip Classification Report
6. VOA/MOW Program Report