

Celebrating Generations & Building Community

Sheridan Senior Center Campaign 2015





**Campaign Co-Chair
Anthony
Spiegelberg**

The services the Senior Center provides are essential. They are a part of the “infrastructure” that makes a community a really good place to live. Their services feed people, transport people, and help people meet their basic needs so they are able to remain healthy and living in their homes and communities. Investing in the development of the Center now to meet current and future needs is critical to the health and well-being of people who live here and to our communities as a whole.



HISTORY & OPPORTUNITY

Since 1973 the Sheridan Senior Center has provided quality services to older adults and their families, helping people live meaningful lives in the community and in their neighborhoods and homes. The primary purpose of the Sheridan Senior Center is to improve the quality of life for senior citizens of all socioeconomic levels and prevent premature institutionalization.

The Center was built at 211 Smith Street in 1980. This past year the center provided services to 4,821 individuals in the seven program areas that helped people stay at home. More than 189,000 acts of service were delivered, **a 35% increase from 5 years ago. In the past year alone, the Center served 461 new people, helping families avoid social, health, and financial challenges.**



This increase has been expected due to the changes in Sheridan County demographics and the aging of the Baby Boom Generation. This is just the beginning, however, as the number of older adults in Sheridan County will continue to grow significantly over the next 15 years.



The Senior Center has been preparing by conducting research, gathering information, and determining best practices to serve this growing number in the most efficient, cost effective, and preferred manner...at home and in the community. The Senior Center and the Campaign will help our community by proactively providing supports and services to meet the needs of older adults and their families.



This important work will benefit people of all ages and the community as a whole by providing the place, space, and resources...***instead of personal and family crisis, there will be opportunities and possibilities.***

SERVICE NEEDS

As the Center looks to the future, it's promise is to provide opportunities and possibilities to support health, wellness, and community engagement, and provide services in the home and community when people need them.

“Day Break was a lifesaver for our family.”

Scarlet Peacock and her mom, Martha McKenzie

My Mom, Martha McKenzie, went to Day Break (i.e. Adult Day Care Program) for the last year of her life. She enjoyed going there so much. My mom was not a very outgoing person. Prior to living with my sister for 7 months, and living with my husband and I for a year, she lived alone. My husband and I both work full-time jobs. The problem was that we could not leave mom alone during the day. That's when we learned about Day Break.

My mom loved the staff and told me how respectful they were and how well they treated her. Even though her memory was not what it used to be, she always remembered to tell me when they sang and played musical instruments.

Day Break is very important to the community of Sheridan. Without it, Mom would not have been able to live with my husband and I the last year of her life. She spent only one month in the nursing home before she passed away in July of 2014. She had the best of both worlds, living with us and going to Day Break.



Statistics

- Sheridan County has a larger percentage of every age group 45 and above, than does the state, or the nation.
- According to State of Wyoming AARP Director, Tim Summers, “Wyoming is aging at an unprecedented rate. We can’t do business like we’ve always done. Otherwise we are going to be overwhelmed.”
- Research shows that older adults who participate in community, social and educational programs learn to manage and delay the onset of chronic disease, which saves significant dollars to families and the state.
- An article written by Tom Dixon of the Casper Star-Tribune reads, “Many experts on aging believe Wyoming can best prepare for the wave by improving access to services so seniors can stay in their homes longer, rather than being institutionalized”. He goes on to say “that means taking a fresh look at how communities can offer caregiving, social activities, transportation and nutrition in the face of red tape and shrinking budgets”.



THE PROJECT

There are three overarching goals for this project that complement the Sheridan Senior Center’s mission and strategic goals:

Investment – grow the Senior Center’s “Loving Legacy” Endowment Fund to increase the financial capacity of the organization to serve the community well into the future.

Expansion – provide new space for services to meet the growing numbers of people needing services.

Transformation – renovate existing facilities to be more cost efficient and accessible to multi generations of older adults.

DINING/FOOD SERVICE/ACTIVITY/ADMINISTRATION

RAY CLARK COMMUNITY ROOM
1,430 S.F.

ARTS & CRAFTS
1,245 S.F.

GAME ROOM
695 S.F.

CONFERENCE ROOM
350 S.F.

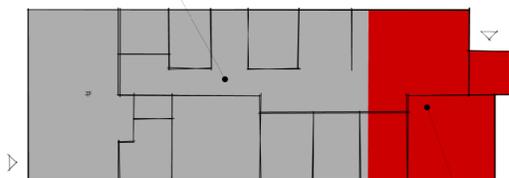
WEST ADMINISTRATION WING
1,455 S.F.

ACTIVITIES
1,410 S.F.

HOME DE

HELP AT HOME/FAMILY CAREGIVER

EXISTING HELP AT HOME/FCG CENTER
1,680 S.F.

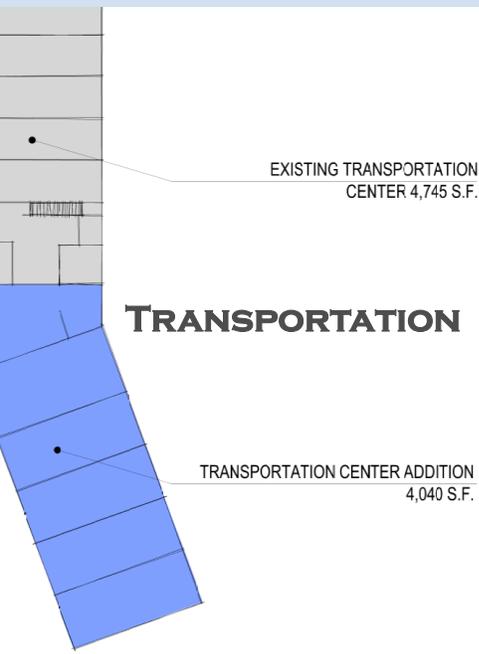


HELP AT HOME/FCG CENTER ADDITION
670 S.F.

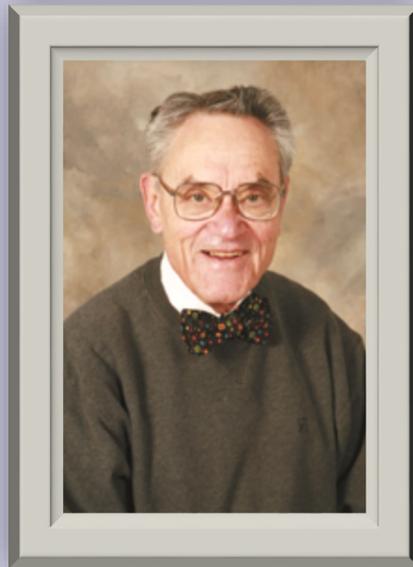
CELEBRATING LIFE

After a century of advanced medicine and improved technologies the average lifespan has been extended significantly. More people anticipate living long lives. Staying active into one's 80s and 90s is no longer unusual, it is the norm. Aging should be about opportunities, not challenges, new beginnings, not closure; reinventing possibilities, not retirement; creative expression not ordinary living. Many are preparing to be a force for good. At the same time there will also be a greater need to provide help for those who need support and services in their homes so that they can remain there as long as possible, while providing support for the family caregivers.

-Kay Wallick, Board President Shepherd's Centers of America, CG&BC Steering Committee Member



- OUTDOOR DINING DECK
920 S.F.
- DELIVERED MEALS AREA
505 S.F.
- KITCHEN
2,680 S.F.
- CAFE
4,780 S.F.
- NEW ENTRANCE
500 S.F.
- LOBBY
1,490 S.F.
- GRAB N' GO
961 S.F.
- REGISTRAR
961 S.F.
- ADMINISTRATION
2,275 S.F.



"There are 'Seasons in Life' – You have to adjust to changes in life...the losses. Fundamentally it's (life) a wonderful gift. Treasure and make the most of it within your capabilities."

-Dr. Sy Thickman
Long time Sheridan physician, Senior Health Professional and CG&BC Campaign Honorary Chair

The project will involve a total of 9,970 square feet of new construction between all the building projects and 28,865 square feet of remodeling and repurposing of existing SSC space. The plan is to complete all phases of construction within three years of breaking ground.



FROM THE HEART



**Campaign Co-Chair
Karen Miller**

What an honor to be asked to serve as Co-Chair for the CG&BC campaign! We have a larger than average over 40 population here in Sheridan. The need for Senior Center services will only increase. With the multiple uses that the Center offers, I feel that the goal to raise \$7 Million, is a compelling one for our community. We are looking toward the future to expand the facility and continue to provide much needed services to Sheridan.

“You have to understand the relief it brings to see someone you care about flourish, regardless of what stage of life.”

***Melissa Lagorio and her dad,
Paul Tynan***



My father, at age 96 has always reminded me of John Wayne. Stoic and always there with a great ice breaker. My father is also my friend, and it's hard to watch him become vulnerable. We started to realize that Dad needed more assistance and someone to help him, but not encroach on his dignity.

I knew that a nursing home was not a good fit for Dad. Dad's scoliosis, mobility, hearing, and short term memory was declining and loneliness began to creep in. We found that he wasn't eating and was losing weight. Now, a Help at Home aide visits him in the mornings and makes his breakfast and coffee, so he isn't alone when he wakes up.



He also receives a hydrobath from Day Break, and the Mini Bus is a lifesaver because he can't drive.

This has been the turning point to him regaining his vitality. He is flourishing now and I don't see him depressed. You should have seen me three years ago, I was a mess, I was so stressed from the fact that I didn't know what to do. The Senior Center's attitude of, “What can we do? How can we make this better” is without judgment. I am not powerless anymore.

“I truly have the Sheridan Senior Center's Meals and Mini Bus programs to thank for my health!” Tannya Goodman.

I was diagnosed with Lymphedma in July of 2005. I continued to work, but in September of 2008 I became very ill and almost died. I was forced to retire early because of my chronic health problems. I struggled. I was introduced to the Sheridan Senior Center's Home Delivered Meals and Transportation services. With this support I was able to stay out of the hospital. Days I did not feel well, I could count on a decent meal. Although I had another setback that required surgery, my lab results were good so I did not need to wait. I attribute this to the good nutritious meals I was getting. The Sheridan Mini Bus got me to all of my appointments and to the stores so I could keep living at home.



BUILDING AND RENOVATION PROJECT COSTS

Campaign Goal-\$7 Million

Priorities:

#1. Loving Legacy Endowment.....\$2,000,000

Continue to build the Endowment to provide operational support for services in the future.

#2. New Day Break Program Center..... \$900,142

By relocating the program to a separate more residential like setting more people will be served and more opportunities will be provided for interaction and involvement.

#3. Foodservice Addition and Renovation.....\$2,131,000

The Dining Room and Kitchen will be redesigned to increase the hours of operation, accommodate more congregate dining, increase the capacity to serve significantly more meals, and provide more efficient food service storage, preparation, and delivery.

#4. Help At Home/Family Caregiver Space..... \$875,000

The property at 232 North Brooks Street will be purchased for Help at Home and Family Caregiver Program space. Expansion and renovation will take place to accommodate the need for more nursing and home health aide staff.

#5. HVAC System.....\$337,000

Replacement of the existing building HVAC system to a commercial central HVAC system to handle building occupancy.

#6. Transportation Center Addition..... \$513,000

The vehicle maintenance and storage bays will be expanded to accommodate the need for more service vehicles to handle the larger ridership of public transportation.

Stretch Goal-\$8 Million *Will proceed with priority #7 if funds are raised

#7. Activity Space Addition & Renovation..... \$1,439,000

The current spaces will be renovated with minor square footage added to the activities, administration and volunteer spaces for increased opportunities, such as health classes and telemedicine.

Each of the above projects is prioritized. All contributions for that project must be raised prior to any renovation, construction or expansion.



**Campaign Co-Chair
Tom Scott**

The Senior Center is a tremendous asset for the community. It is imperative that we maintain and expand the Center to serve the needs of a growing part of our population.

DONOR RECOGNITION CLUBS

The Celebrating Generations & Building Community Steering Committee has established the following gift club donor levels for cash gifts and pledges, which will be permanently recognized at the donor's discretion on a donor wall of honor. (Gifts of stock and real estate are also appreciated and can provide significant tax benefits.)

Gifts at these levels can be paid over a three to five year pledge period.

Partner	\$1,500-\$4,999
Advocate	\$5,000-\$24,999
Mentor	\$25,000-\$49,999
Founder	\$50,000-\$99,000
Visionary	\$100,000+

The SSC is a non-profit 501 (C)(3) organization; all contributions are tax-deductible as provided by law.

CG&BC CAMPAIGN LEADERSHIP

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Karen Miller, Co-Chair

Tom Scott, Co-Chair

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