

Bowie Senior Center Annual Report - Fiscal Year July 1, 2016 - June 30, 2017



Mission

The mission of the Bowie Senior Center is to serve, support, and enhance the lives of individuals 55 years and older by providing programs and services that promote active, independent, and healthy lifestyles.

All Around the Center

The Bowie Senior Center provides a friendly and welcoming environment that offers activities, programs, and services for individuals who are independent in their daily activities and able to function on their own. They must register as residents or nonresidents of Bowie. There is no registration fee to join. However, there are fees for some classes and special events. The Center is constantly evolving to meet the community's changing needs. The inviting 29,000-square-foot building houses academic, art, and fitness classrooms; staff offices; computer center; well-equipped fitness center; pool room; library; lounge; health suite; conference room; kitchen; and a large multipurpose room with a stage.

Bowie Senior Center Manager's Message

We need a place that brings comfort, peace, and harmony to our lives. I believe that having a connection in the community, such as the Center, fills a void when family is far away, friends have moved away, and there is so much uncertainty in the world. Senior centers play a large role in bringing some kind of guidance and calm to the community and its citizens. While walking the labyrinth one day, I was able to take a couple of deep breaths, listen to the locusts, and appreciate the beautiful surroundings. A few times, I have taken a walk to the butterfly waystation by the gazebo. I am excited that we can provide a place for the bees, butterflies, and the caterpillars to stop and do what they do best—make us smile. The Center does this for most of us, as it is a waystation on our journey of life.

Spread the Light!

14900 Health Center Drive
Bowie, Md. 20716
301-809-2300



Community Programs and Partnerships

- Celebrates Veterans Day annually.
- Places 100 wreaths at the Crownsville Veterans Cemetery annually.
Each of the above is a result of our partnership with the VFW Post 8065.
- Provides facilities for the Alzheimer's Association to hold monthly Memory Café meetings.
- Provides space for AARP Smart Driver Course (for more than 20 years).
- The Center provides space for various support groups, such as Parkinson's Exercise, Parkinson's Support, Hearing-Impaired Seniors, Diabetic, Stroke, Fireside Chat, Caregiver Support, Memory Café, NAMI, and Widowed Person Support.
- Provides movement screenings by Chesapeake Bay Aquatics and Physical Therapy.
- The Prince George's County Sheriff's Office provides programs on fraud, identity theft, and other informative topics.

Accomplishments

- The Bowie Senior Center won the Maryland Association of Senior Centers Program of Excellence Award for "Express Learning Programs." The Center received a plaque and a check for \$100.
- The city installed Wi-Fi throughout the Center.
- The Center created a fresh new logo for its brochures, newsletters, and publications.
- The Center celebrated 40 years of excellent service to the citizens of Bowie.
- The Center collaborated with the Bowie Lions Club in hosting the first Breakfast with Santa program.
- The City of Bowie's Green Team Natural Resource Committee added a butterfly waystation on the grounds of the Center.
- Celebrated the City of Bowie's centennial with various programs and events.

Staff

Manager

Kathy White

Assistant Manager

Laurel Raymond

Transportation

Supervisor

Sue O'Toole

Wellness Coordinator

Mark Shields

Information and Referral

Specialist

Gloria Gaddy

Program Assistants

Michaeline Gandolph

Judith Lorenz

Patricia McCants

Sharon Wanzer

Receptionists

Monica Leonard

Belinda Press

Maintenance

Ryan Graham

Ray Esguerra

Bus Drivers

John Bannan

Robert Caldwell

Venard Gray

Gary Harash

Darryl Jameson

Lever Johnson

Dean Moore

Stephen Pearson

John Scanlon

Henry Schneider

Darryl Stafford

Gerald Tucker

Advisory Board

The purpose of the board is to advise and assist Center management in the promotion of principles and policies and the provision of services to seniors.

The board consists of nine Center members who must be residents of the City of Bowie and members of the Center for at least six months. Board members serve a three-year term.

The FY 2017 members were David Dasenbrock, Sidney Cousins, Stephen Williams, Herb Briscoe, Lottie Graham, Attru



Bowie Senior Center

Activities and Participation

Education – The Center offers over **70** exciting classes each week in partnership with the Prince George’s Community College through the SAGE program. Courses include art, finance, health and fitness, history, humanities, languages, music, and more. They are taught by knowledgeable and skilled professionals. This is a great opportunity to learn something new or expand skills in an existing area of interest. We are extremely proud of this partnership.

The Center also offers classes in computer education in our well-equipped computer classroom. Volunteer teachers with professional experience help seniors adapt to this ever-changing technology.

Wellness Program – The Wellness Program offers health and fitness services focusing on education and training to help motivate and inspire participants. The program is designed to provide a holistic approach to health and fitness in a supportive and noncompetitive atmosphere. The Center offers seminars and lectures on health and fitness, which guide the participants in making healthy lifestyle choices. Visits to the fitness center averaged nearly **50** per day, six days a week. Wellness Coordinator Mark Shields is on hand to guide, train, and support individuals in their wellness journey.

Information & Referral Services – The Center offers assistance to seniors in the community by providing information and referrals in areas such as healthcare, finance, family issues, housing options, and many other concerns. Information & Referral Services Specialist Gloria Gaddy offers many opportunities for individuals to expand their knowledge about the services offered to the community. Throughout the year, Gloria met with many members who were seeking information to improve quality of life. Each month, she hosts the Hot Topics and the Fireside Chat programs inviting many professionals to speak to enhance her own presentations. The following table provides an idea of some of the services and referral work that Gloria has done in FY 2017.

Information & Referral Services	Quantity
Housing	560
Finance	653
Healthcare	1,212
Employment	424
Caregiver	586
Transportation	659
Miscellaneous	478

These services continue to improve the quality of life for seniors. The Information and Referral Fair was a three-day event and the attendance for all three days was approximately **400**.

Wonderful Volunteer Service – The Bowie Senior Center encourages and offers many volunteer opportunities. This past year, **150** amazing, generous, talented, and caring people responded to the call and gave over **12,000** hours of service. These dedicated volunteers served in many areas including the

advisory board, armchair tour, bingo, bocce ball, computer class instructor/assistant, entertainer, facilities liaison, front desk, health and wellness, library, nutrition program, newsletter, outside marquee, plant care, program facilitator, senior chorale committee, snack bar, special events, support group facilitator, technical support, and more. We want to express our heartfelt gratitude to these awesome individuals. Because of them, the Center shines. Services are provided and needs are met. Programs are created and inspiration abounds. Assistant Manager Laurel Raymond coordinates the program.

Transportation – Transportation is a vital part of the Center's service to the community. Local services include daily transportation from home to the Center and return, for shopping at a variety of local stores, for medical appointments, and for the delivery of meals to the homebound. Transportation is also offered for escorted trips to various entertainment, historical, and educational venues. The following information will enlighten you to the extraordinary job that Transportation Supervisor Sue O’Toole and the bus drivers do during the year.

Passengers	32,125
Meals delivered	8,199
Shoppers	8,010
Medical trips	3,815



Programs and Trips – The Center offers numerous programs presented by volunteers and staff that include Reminisce, Brain Exercises, special events, support groups, clubs, intergenerational programs, outstanding computer classes, and the Bowie Senior Chorale. The Center offered concerts, Express Learning classes, and many other programs, such as the Veterans Day program.

The program assistants work very hard to provide wonderful and exciting day trips and programs for your enjoyment. They each have skills and knowledge, which makes the Center programs exciting and rich.

Below you will find the numbers for other programs, events, and trips.

Event	Quantity	Participants
Trips	61	Residents 1,218 Nonresidents 516
Classes	622	10,647
Special Events	136	5,142
Programs	981	14,182

Publications – The Center produces a number of publications to keep members and the public informed of its many events, programs, and classes. Among them are the monthly newsletter and the quarterly trip guide. We would like to acknowledge the volunteer editing committee who works tirelessly to provide well-versed and professional publications. These are always available at the front desk. You can find the newsletter on the Center's website at www.cityofbowie.org/seniorcenter.