



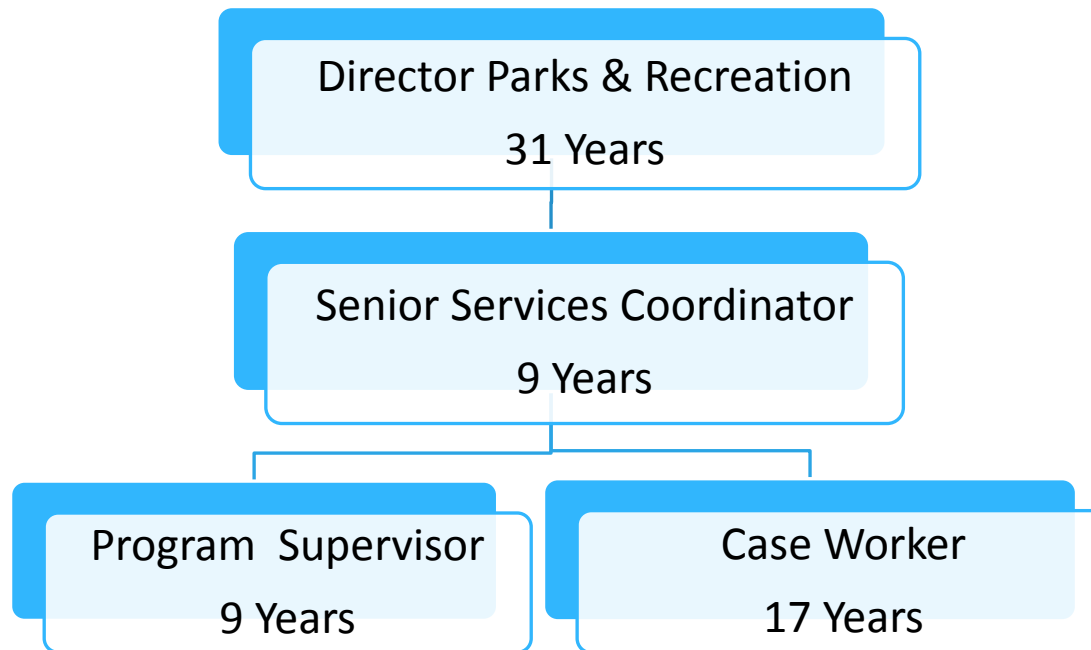
**Town of East Hartford**  
**Senior Services 2016 – 17**  
**Mayor's Recommended Budget**



# Mission Statement

***The mission of Senior Services is to safeguard and empower East Hartford older adults in their personal efforts to sustain dignity, integrity, health, wellbeing, and independence.***

# Senior Services Staffing



# Senior Services Success



- Advocacy
- Emergency Care
- Health & Wellness
- Psychosocial Support
- Programs for Independence
- Life Enrichment & Recreation
- Information & Referral Services

# Planning for the Future, Initiatives

- Increased participation at Senior Centers
- Increased number of older resident volunteers
- Expanded Programs and Services that encourage safe, independent living
- Increased sponsorships of programs and events to benefit the Senior Centers



**ACTIVE SENIORS  
LIVING  
HEALTHIER LIVES**

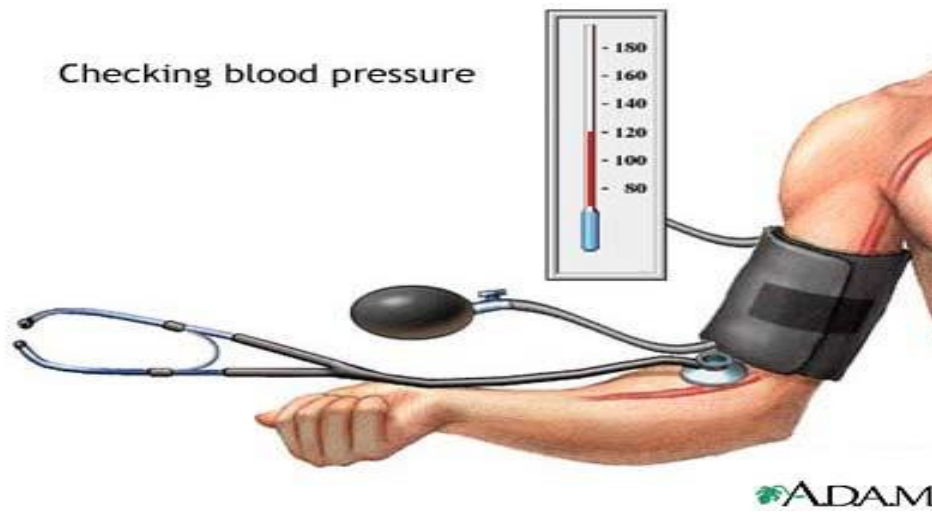
# NUTRITION

Seniors enjoy coming to the Community Café on Monday, Tuesday & Wednesday where they partake in a hot meal prepared by CRT.



# HEALTH SCREENINGS

Seniors in town come to the Senior Center for blood pressure screening, hearing screening, dental screening and also foot care.





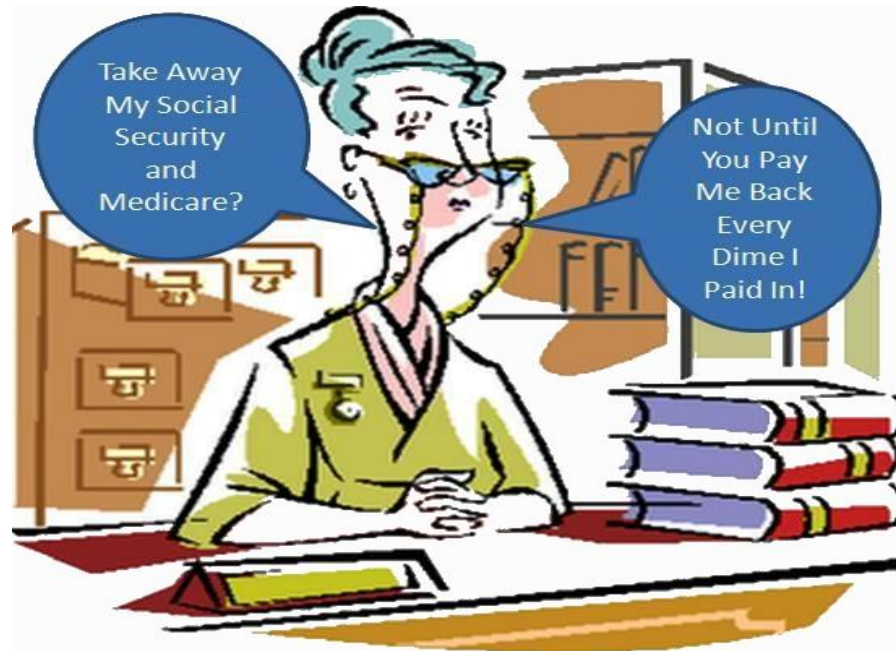
# EXERCISE FOR EVERYONE

The Senior Center offers a variety of exercise programs for all fitness levels. These include, chair exercise, Movin' to The Music, Aqua Aerobics and Zumba just to name a few.



# COUNSELING

The Senior Services provides Medicare Insurance counseling and assistance in applying for SNAP (food stamps) benefits as well as other state programs.



# LIFE LONG LEARNING

- COMPUTER LAB
- BOOK TALK
- ART / PAINTING
- INTRODUCTION TO REIKI
- PRESENTATIONS ON HEALTH, WELLNESS, AND FINANCIAL AND PERSONAL SAFETY
- LEGAL PRESENTATIONS

# SOCIALIZATION/RECREATION

- VOLUNTEER APPRECIATION
- ST. PATRICK'S DAY CELEBRATION
- HOLIDAY LUNCHEON



# TRANSPORTATION

Transportation is provided for medical appointments, grocery shopping, pharmacies, and the senior center. Mobility is an important component of achieving and maintaining independence.

