

# Seniors... United Way of Tompkins County supports individuals in their efforts to live self-sufficient and productive lives.

## **Lifelong Success Story:**

*Jack has been attending Lifelong since 2008. He has a very limited income and lives in the Town of Caroline. After being diagnosed with a life threatening illness, Jack isolated himself from everyone until he was introduced to Lifelong. Jack describes Lifelong as his life saver and his family. He glows when he talks about all his friends at Lifelong and volunteers by facilitating a coffee hour for newcomers to meet.*

## **Greater Ithaca Activities Center**

The GIAC Adult/Senior Program is for people over the age of 60 who reside in Tompkins County. Seniors can enjoy a variety of opportunities to socialize and participate in programs that are socially, culturally, and educationally enriching.

- 137 registered and actively participating seniors age 60+
- On average 10 cultural, recreational and educational activities were offered each month in the program
- 40 seniors participated in the monthly breakfast
- Door-to-door transportation was provided for all seniors attending the monthly activities
- 100% registered seniors in the program reduced their concerns around issues of isolation
- 50% of seniors participated in deciding on monthly program activities and became more vocal about the types of activities they wanted on the calendar
- 100% of seniors increased their cultural and educational awareness and awareness of social issues

## **Lifelong**

Lifelong offers approximately 40 ongoing activities to help seniors remain engaged and active in life. These include exercise programs, the arts, dance, and general socialization.

- 1,745 Seniors attend classes/informational programs at Lifelong.
- 107 Seniors participated in the Travel Program
- 378 individuals attended AARP Safe Driving Classes

The purpose of the Retired and Senior Volunteer Program (RSVP) is to provide significant volunteer opportunities for persons fifty-five years of age and over, so that they participate more fully in the life of their community.

- 436 RSVP Volunteers served 67,909 hours
- 56 not-for-profit agencies had active RSVP volunteers serving them
- The value of service was determined to be: At minimum wage - \$492,341. At independent sector determinate (2008 Rate for New York State - \$28.52 per hour) - \$1,936,766.



## Seniors: \$15,090

- *Danby Community Council*
  - **Danby Seniors** \$250
- *Dryden Community Council*
  - **Southworth Library Large Print Books and CDs** \$250
- *Greater Ithaca Activities Center*
  - **Adult/Senior Program** \$3,000
- *Groton Community Council*
  - **Groton Art Group** \$200
- *Lansing Community Council*
  - **LOAP – Lansing Older Adult Program** \$750
- *Lifelong*
  - **Lifelong Activities** \$4,000
  - **RSVP – Retired Senior Volunteer Program** \$3,000
  - **Countywide** \$3,540
- *McLean Community Council*
  - **Monday Night Mysteries** \$100

