**Davidson County Senior Center – Lexington & Thomasville**

Cameron Hartwell, Christie Smith

Senior Center Managers

January 28, 2019

**2019 Short** **& Long Term Goals**

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| **Goal** | **Reason Selected** | **Action Item(s)** | **Outcome Measurement** | **Staff Responsible** | **Target Start Date** |
| **Short Term Goals** | | | | | |
| Apply the Wellness Model in the Lexington Center | To establish the senior center as the community focal point for wellness programs and services for older adults (in response to the models established by NISC) | Plan programs and activities in 2019 with a focus on health and wellness, continue to enhance the fitness room and develop additional wellness opportunities for participants. | Evaluate overall center attendance as well as individual program and year-end surveys | Senior Center Manager and Senior Activities Coordinator | January 2019 |
| Apply the Café Model in the Thomasville Center | To establish the senior center as the community focal point for wellness programs and services for older adults (in response to the models established by NISC) | Plan programs and activities in 2019 with a focus on arts and socialization, continue to enhance the activities spaces within the center to increase “café-style” aesthetics | Evaluate overall center attendance as well as individual program and year-end surveys | Senior Center Manager and Senior Activities Coordinator | January 2019 |
| Establish new position of Evidence-Based Program Instructor | Evidence-based programs offer proven ways to promote heath and prevent disease among older adults | Position will be responsible for facilitating evidence-based programs for the senior centers in Lexington and Thomasville | Evaluate number of classes offered, attendance and feedback; evaluate employee’s job performance | Senior Center Managers, Evidence Based Program Instructor | January 2019 |
| Offer a variety and number of evidence-based programs | Evidence-based programs offer proven ways to promote heath and prevent disease among older adults. | Incorporate evidence-based programs into annual schedule, including, but not limited to, MOB, Living Healthy – Diabetes & Chronic Disease and Walk with Ease. Offer additional EB classes as resources (funding and instructors) become available. | Evaluate number of classes offered, attendance and feedback | Senior Center Managers, Senior Activities Coordinators, Evidence- | January 2019 |
| **Goal** | **Reason Selected** | **Action Item(s)** | **Outcome Measurement** | **Staff Responsible** | **Target Start Date** |
| **Long Term Goals** | | | | | |
| Increase opportunity for working seniors to improve health and wellness | Seniors are delaying their retirement years and working longer | Extend senior center hours on select days each week for exercise class and fitness room only (Lexington) | Track attendance for 4 month trial | Senior Center Manager and Senior Activities Coordinator | Oct 2017 – Thomasville began offering extended hours (5-7pm) on Tuesdays. Lexington will offer following the renovation so that all senior center activities can be located in one building. |
| Reduce Negative image and “stigma” of facilities being named Senior Centers | The title “senior center” often does not adequately reflect the activity level found in centers making it difficult to market centers to younger seniors. | Conduct focus groups and surveys to assess the potential need for change. | Compile surveys and focus group input & evaluate. | Senior Services Director, Senior Center Managers | June 2019 |
| Better Accommodate Growing Aging Population in Thomasville | 2010 census reported 33,567 adults 60 and older in Davidson County. That number is projected to increase by 52% by 2030. | Advocate for New Facility | Periodically review the need with County Manager, County Commissioners & Public Works. | Senior Services Director | Ongoing  *NISC Peer reviewer cited the need for additional space in Thomasville facility as a need/recommendation.* |