



Silver Linings at Old Bridge

2nd Quarter - 2021

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Social Services

From the Desk of the Manager

What a busy quarter we had! We assisted residents with getting vaccine appointments and provided transportation for them to go to their appointments. We continued virtual programming and introduced our "Silver Leaf Plant & Garden Club"!

We began outdoor classes in May and held our first Pickleball class! We painted and sketched in the park with Stacey. Our Divas & Dudes held their first practice in over 16 months! We held our first Ice Cream Social since May of 2020 in celebration of Older Americans Month.

This quarter also saw the reopening of life around us. We began planning for our July reopening. We cannot wait for our members to be back at the center. The safety and well-being of our members is our priority. While our center may not the look and be the same for awhile, we thank our members for their cooperation and understanding!



Statistics

- We had a strong 2nd quarter and our numbers reflected that. Our stats for this quarter are as follows and include a comparison to last year's 2nd quarter:
 - Information & Assistance:
 - Duplicated: 311 / 20% increase
 - Unduplicated: 101 / 58% increase
 - Service Units: 2119 / 3% decrease
 - Mental Health:
 - Duplicated: 38 / 43% decrease
 - Unduplicated: 17 / 97% decrease
 - Service Units: 168 / 21% decrease
 - Physical Activity:
 - Duplicated: 48 / 9% increase
 - Unduplicated: 16 / 14% increase
 - Service Units: 753 / 11% increase
 - Transportation:
 - Duplicated: 96 / 357% increase
 - Unduplicated: 36 / 260% increase
 - Service Units: 908 / 11% increase
- Below are our CARES funding grants. The numbers are compared to Q1 of this year.
 - Assistive Technology:
 - Duplicated: 22 / 69% increase
 - Unduplicated: 12
 - Service Units: 55 / 244% increase
 - Information & Assistance:
 - Duplicated: 254 / 5% decrease
 - Unduplicated: 190
 - Service Units: 489 / 7% decrease
 - Public Awareness:
 - Unduplicated: 1500
 - Service Units: 7

Silver Linings Virtual Community



Fall Prevention and Balance Training with Janice

Wednesday, April 7th
11:00am

Meeting ID: 858-2941-2931

Let's welcome Janice Woerner, MS, OTR/L to the Silver Linings Health & Wellness staff! Janice is an Occupational Therapist and Group Fitness Instructor. She hosted a great presentation last month and we are excited to have her host Zoom classes for us this month! And be on the look out for info on our outdoor classes with Janice starting in May!

Today's class will include:

- Basic exercises to improve your balance reactions and prevent falls!
- Compensatory strategies for activities of daily living to decrease your fall risk.



Communities of Strength



OAM Ice Cream Social

Friday, May 7th, 2021
The Pavilion at Geick Park

THURSDAY, JUNE 24TH
11:00AM

Join me for a fun lunch outing at Friendly's! Cost is \$5, which includes a beverage, entree, ice cream and gratuity!

Lunch with the Manager!

HOPE TO SEE YOU THERE!



A film by Sky Bergman



LIVES WELL LIVED

Celebrating the Secrets, Wit and Wisdom of Age

Meet Sky Bergman!
Monday, May 24th
at 1pm
Meeting ID:
892-8469-3255



Beach Cleanup

We are excited to get our Silver Linings Clean Communities volunteers out and about to keep Old Bridge clean and pretty! New volunteers welcomed!



Thursday, June 17th
10:00am
Laurence Harbor
Beach Front



Pickleball, Anyone?

Tuesday, May 25th, 2021*

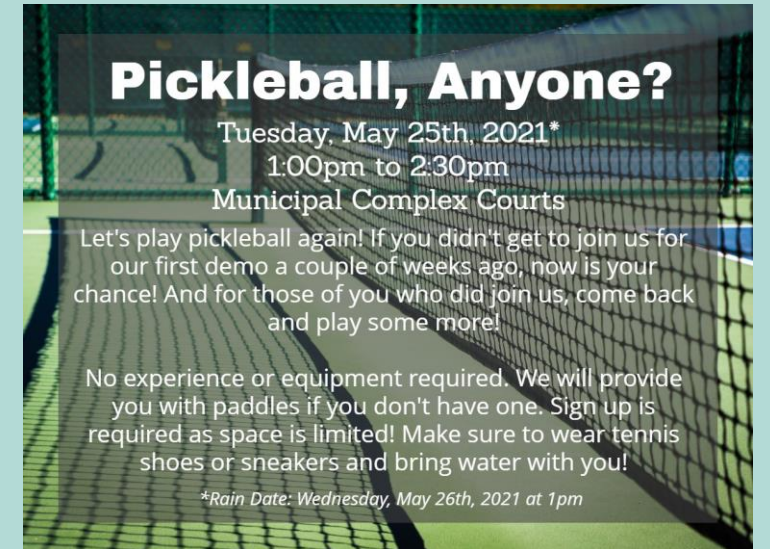
1:00pm to 2:30pm

Municipal Complex Courts

Let's play pickleball again! If you didn't get to join us for our first demo a couple of weeks ago, now is your chance! And for those of you who did join us, come back and play some more!

No experience or equipment required. We will provide you with paddles if you don't have one. Sign up is required as space is limited! Make sure to wear tennis shoes or sneakers and bring water with you!

*Rain Date: Wednesday, May 26th, 2021 at 1pm



Old Bridge Food Bank

- With life slowing getting back to normal, the Food Bank saw a slight decline in need over last quarter. Our volunteers returned in April on a staggered schedule. We started planning for our 2nd Annual Christmas in July Food Drive & Fundraiser at Friendly's.
- Our numbers for the quarter are as follows:
 - *April: 537 adults, seniors and children were serviced.*
 - *May: 549 adults, seniors and children were serviced.*
 - *June: 576 adults, seniors and children were serviced.*
- Our CDBG grant also closed out for the year on June 30th, 2021. For the fiscal year of July 1st, 2020 through June 30th, 2021, we saw a 13% increase over the previous fiscal year. We served 2326 adults, 900 children and 1447 seniors during this past fiscal year.
- The pandemic had a deep impact on our Food Bank and the increased need in our community. Thank you to everyone who has helped the Food Bank remain open during this trying time!



"THE GREAT THING ABOUT NEW
FRIENDS IS THAT THEY BRING NEW
ENERGY TO YOUR SOUL."