



Silver Linings at Old Bridge

An Activity Center for Adults 60+



Owen Henry, Mayor

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1st Quarter Report - 2020

FROM THE DESK OF THE MANAGER



The start of 2020 had us celebrating the beginning of a new year and a new decade. We were lucky with a mild winter and were able to host lots of programs and events during the first 2.5 months of the quarter. However, all of that came to a halt on March 12th, 2020. As a preventive measure to the Coronavirus outbreak, we decided to close our doors beginning Friday March 13th. This was a precautionary step to ensure the health and safety of our older adult community amid the spreading of COVID-19. We saw this as a temporary closure with the hopes of reopening on March 30th, 2020. However, as the two weeks quickly came and went, the spread of the virus worsened and the state was shutdown. Our hopes of reopening on March 30th were dashed and we were now closed indefinitely.

While all programs have been cancelled at the center and the center remains closed to the public, center staff have continued to provide essential services to its members during the closure.

- Dialysis transportation currently in place has continued without disruption. All other transportation services were suspended.
- Meals on Wheels deliveries have continued on a modified schedule.
- Wellness calls are made daily to our members.

While we may not have been able to reopen on March 30th, we decided that we needed to do something to engage and connect with our members. And so we began “Silver Linings Virtual Community”.

SILVER LININGS VIRTUAL COMMUNITY

Silver Linings Virtual Community went live on Facebook on March 30th – the date we were hoping to reopen. The goal of our Virtual Community is to bring our members information and updates, to create a place for our members to connect with each other, and to provide them with resources for their health and wellness. We are posting content to the Facebook group daily: exercise videos with Brenda and Allen, sketching assignments with Stacey, Trivia Tuesday with Brittany, important information and resources and so much more. We must remind ourselves that this is a temporary situation and that while we are encourage our members to observe social distancing guidelines, we will get through this together. #AloneTogether



Conversations will not be cancelled. Relationships will not be cancelled. Love will not be cancelled. Songs will not be cancelled. Reading will not be cancelled. Self-care will not be cancelled. Hope will not be cancelled. May we lean into the good stuff that remains.

MYSENIORCENTER STATISTICS



◦ January 2020 Stats:

- Operating days: 21
- Total check-ins: 2513
- Unduplicated: 362
- Average per day: 114.29
- Average per weekday:
 - Monday: 121.67
 - Tuesday: 101.75
 - Wednesday: 119.25
 - Thursday: 123.4
 - Friday: 106.8

◦ February 2020 Stats:

- Operating days: 18
- Total check-ins: 2162
- Unduplicated: 348
- Average per day: 119
- Average per weekday:
 - Monday: 135
 - Tuesday: 106.75
 - Wednesday: 123
 - Thursday: 121.25
 - Friday: 114

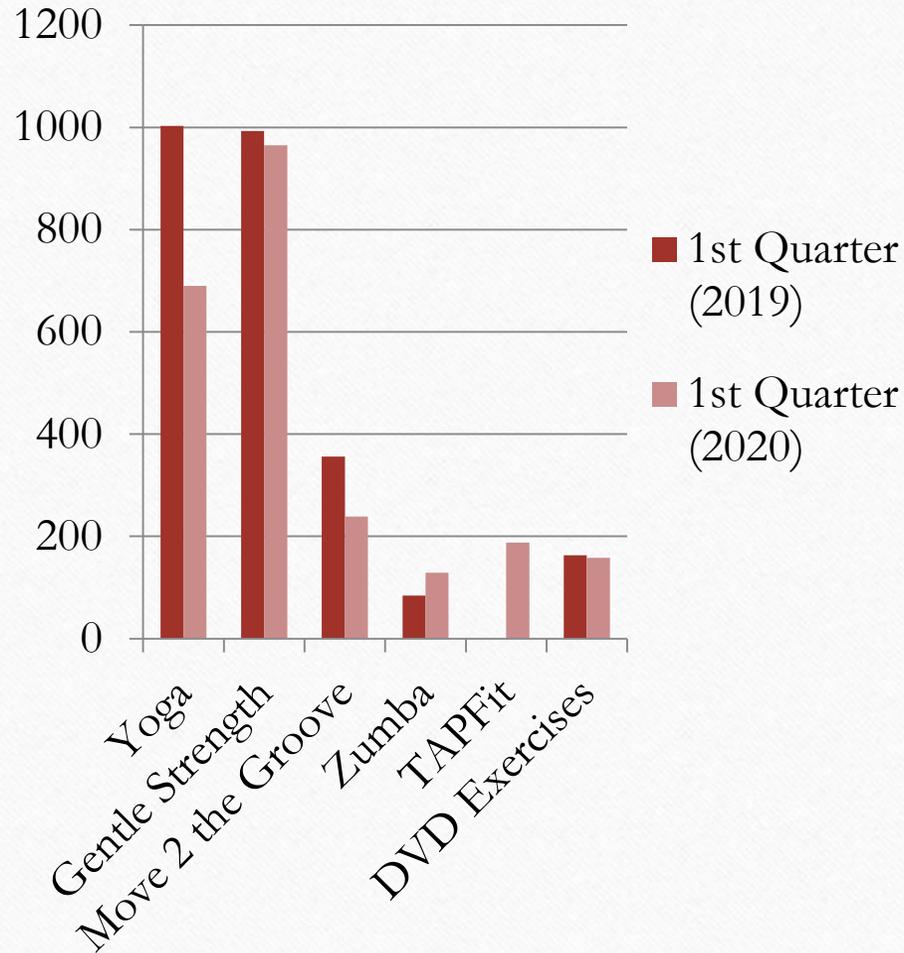
◦ March 2020 Stats:

- Operating days: 9
- Total check-ins: 985
- Unduplicated: 253
- Average per day: 109.44
- Average per weekday:
 - Monday: 125
 - Tuesday: 98
 - Wednesday: 109
 - Thursday: 94.5
 - Friday: 132

Despite a shortened March, we had a good quarter and saw an increase in attendance in the first two months of 2020 compared to last quarter. This increase in attendance can be attributed to the mild, snowless winter we had. We also held several big events and introduced new programming that encouraged people to attend the center.

Furthermore, February saw the 1st year anniversary of MySeniorCenter at Silver Linings. To celebrate, we held a weekly raffle for anyone who came to the center and checked in. The winners received gift cards to Shoprite and Friendly's. Congratulations to our four winners!

HEALTH & WELLNESS REVIEW



Health & Wellness Programs

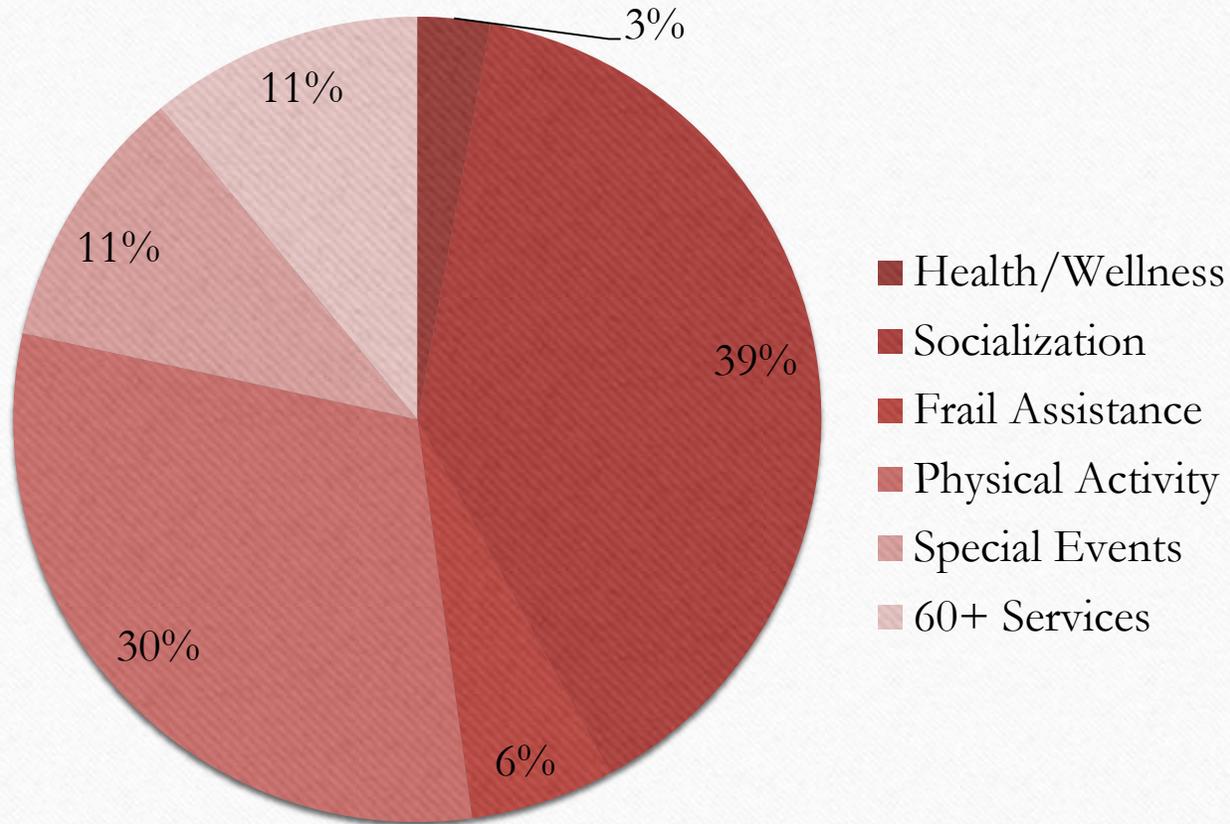
- Podiatry appointments
- Middlesex County Nutritionist: Hydration Presentation
- Cataract Screening with Dr. Scharfman
- Rutgers Mental Health Presentation
- Blood pressure / blood sugar screenings with St. Peter's
- Wear RED Day for Women's Heart Health presentation and event
- Middlesex County Nutritionist: The Mediterranean Diet
- Inflammation presentation with Dr. Lemaire from RWJ

Exercise Classes

- Yoga
- Gentle Strength Training
- Move 2 the Groove
- Gentle Fitness
- Zumba
- DVD Exercises
- TAPFit: In January, we introduced a new dancercise program called TAPFit. It combines cardio, resistance training and tap dance movements. This exercise can be done standing or in a chair so it is suitable for different fitness levels. Members are provided with *Feet Beats* which are non-slip stainless steel taps that slip over any flat-bottom shoe (see the picture above). We started out with one demo in January and it was an instant hit. We offered 4 sessions in February and hope to keep the program growing in the coming months!

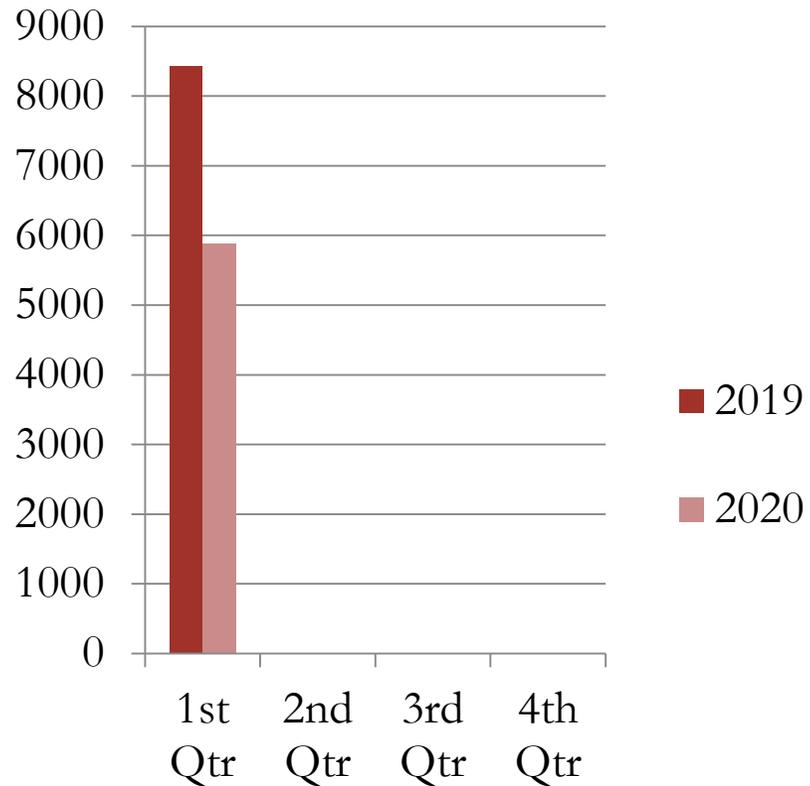


PROGRAMS & ACTIVITIES STATISTICS



- Our programs and activities statistics saw a slight decline due to our mid-March closure.
- Numbers still remained high compared to Q1 of 2019.
- As always, socialization and physical activity remain our top categories.
- While uncertainty remains over our reopening, we will continue to come up with innovative programs and events to meet the needs and wants of our members.

Silver Linings Transportation



- The decline in transportation from Q1 2019 to this year can be attributed to transportation services being suspended mid-March due to COVID-19. During this suspension, however, we have continued transportation for our members who receive dialysis 3 times a week.
- We hope to receive our new bus sometime this summer.

OLD BRIDGE FOOD BANK

- The Food Bank had a busy quarter. We served 447 adults and 165 children.
- The Food Bank has seen an increase in need for services following the Covid-19 outbreak. With layoffs hitting our residents hard, we have seen an increase in emergency need by residents. We are anticipating our numbers to increase over this upcoming quarter. To ensure that we are prepared for this increase in demand, we have worked with Shoprite to keep our shelves stocked. Furthermore, we continue to work with MCFOODS to receive weekly donations, which also include emergency meal kits.
- Following the outbreak, shuttle services have been suspended at senior housing facilities around town. We have been working diligently with office management at the 3 housing facilities to make sure that their residents have access to food. We have provided them with services and resources available for grocery pickup/delivery. We have also delivered emergency meal kits to each senior housing facility so that management has food on hand for emergencies outside of our business hours.
- While things are hard for everyone, the residents of Old Bridge have continued to be extremely generous. In order to adhere to social distancing guidelines, we have set up a NO CONTACT drop off area outside of the Food Bank for non-perishable food items and toiletries. It has been up for three weeks now and our bins have been filled each and every day. Residents have also been mailing monetary donations. We are thankful to the residents of Old Bridge for their donations.
- We would also like to recognize and thank our community partners who have assisted us by donating, providing assistance in the delivery of food to high risk clients, and so much more: DuPont, Old Bridge YMCA, Lares Home Care, Old Bridge Police Department, Old Bridge Office of Emergency Management, and Old Bridge Township Schools.