

Revitalizing Your Senior Center

Bring new life to your people, places and
programs!

Presented by Forsyth County Senior Services

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Forsyth County Senior Services

Mission - To provide life enrichment for those aged 50 and better. To be the focal point where mature adults gather for services and activities that provide opportunities for aging well. To provide community centers that promote recreation, socialization, lifelong learning, fitness, nutritional health and wellness in all forms.

Location - 30 miles north of Atlanta, with three community centers spread around the county.



Community Centers

- **Charles Place**, grant programs (Congregate and Meals on Wheels)
- **Hearthstone Lodge**, active adult fitness facility with pool
- **Sexton Hall**, life enrichment center for active adults, with small Respite/Memory Support & Congregate Program for older adults

Charles Place



Hearthstone Lodge



Sexton Hall





Revitalize – What? Why?

- To put new life or **energy** into something, to make something grow, develop or become **successful** again.



- Are you focused on end of life or quality of life?

- Do you have ***Sleepy Senior Center Syndrome?***



Our story.....

We re-energized
our people, places and programs.

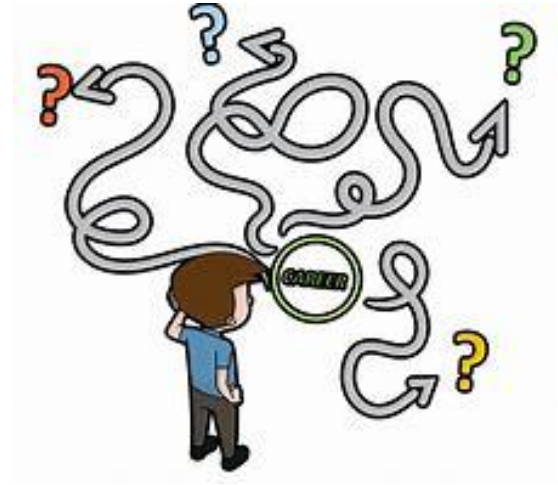
The outcome.....

We tripled participation
in the Congregate Meal & Activity
Program and in Active Adult paid
memberships!



The How To: where to start?

- Start with your Purpose.
- Find and develop your People.
- Refresh your Place.
- Create active, engaging Programs.
- Make a Plan.
- Share your Results!





PURPOSE

Bring meaning to life!

- What are you trying to accomplish? What is your mission and vision going forward?
- Make goals and set objectives.
- Provide strong leadership.

“The only thing constant is change,”
and unfortunately, everyone is resistant to it.
But every one also seeks meaning and connection!





PEOPLE

Teamwork makes the dream work, right?

Restructuring Staff and Recognizing Talent



- Go beyond job descriptions.
- Identify your champions, your potentials, and your resisters.
- Help people find their place, even if it is outside your organization.
- Create an environment where excellence is recognized, rewarded, and expected.
- Create a dream team.



PEOPLE

Teamwork makes the dream work, right?

Partner Up for Resources You Don't Have

- Bring in outside help and create advocates.
- Work with community partners to find grant money, manpower, and bring your vision to life.
- Make friends with non-profits, other community organizations, such as the local arts association or Master Gardeners, and senior business vendors.





PLACE

Refresh or Renovate

- Is your center lifeless or life-giving? You can feel it when you walk in.
- Create an energetic atmosphere.
- Ideas: Paint the walls, take down the dated pictures, put up an inspirational saying, install an art gallery, plant a garden!





PROGRAMS

If you build it, will they come?

- Create life-enriching programs with the all-person wellness model - physical, mental, emotional, social, vocational, environmental well-being
- Get the word out, do marketing.



Active Adult Programs - Age 50 & Better and Senior Services

June - July 2019

Sexton Hall
Charles Place
Hearthstone Lodge
(770) 781-2178
www.forsythcounty.com/seniors

Membership.....	1
Events.....	2
Presentations.....	3
Wellness Topics.....	3-4
Lifelong Learning.....	4-5
Day Trips & Hikes.....	6-7
Artistic Endeavors.....	7-10
Fitness.....	10-12
Sexton Hall Activities.....	12-13
Hearthstone Lodge Activities.....	13-15
Charles Place Activities.....	16-17
Rentals.....	17
Services for Older Adults.....	18
Volunteers.....	18

Active Adult Programs - Age 50 & Better and Senior Services

April - May 2019

Hall Place
Lodge
2176
only/seniors

Spring has sprung and it's time to get Active!

- Take an art or cooking class
- Learn to become a better writer
- Polish your photography skills
- Start a fitness program
- Go on a day trip
- Learn to crochet
- Get a garden plot
- Join a card group
- Learn how to future proof your home (new monthly series)
- Sign-up for the 1/2 day activity program (that includes lunch)

You may do all of these things and more through our centers! Come out and join the fun!

Activities Newsletter

Forsyth County Active Adult Recreation and Senior Services

February - March 2019

Please attend the **17TH Annual** **Forsyth County Senior Services Senior Expo 2019**

Saturday, March 23, 2019
10 a.m. - 1 p.m.

Forsyth Conference Center
3410 Ronald Reagan Boulevard
Cumming, Georgia

50+ BOOTHS OF RESOURCES FOR AGING WELL
Health Screenings, Refreshments, Door Prizes and More!

Activities Newsletter



PLAN

“The best way to predict the future is to create it.”

- Create a **Revitalization Plan** to bridge the gap between your current reality and your vision for a revitalized center.
- Network – share ideas and dreams – get creative!
- Leave with ideas for first steps and new priorities!

Goals → Plans

Turn goals into plans.

Center Revitalization Planning

What does Revitalize mean to you? Could your center benefit from it?

PURPOSE

- Is there clarity on your mission and vision for moving forward?
- Have you set goals and objectives?

PEOPLE

- Do you have staff with talents & abilities that are being unutilized?
- How do you handle under-performers? How do you recognize those that do well?
- How do you create a strong team?
- Could you use the help of community partners? In what way?

PLACE

- Are you proud of the look and feel of your current facility?
- How could you make it better and more inviting?

PROGRAMMING

- Could your center benefit from new programs? What's currently successful?
- What new programs, activities, or events could be added?
- What changes could be made to help poorly attended activities?
- Do you do marketing? How?

PLAN

- Is it your people, your place, or your programming that needs to be energized?
- For each area, determine who should be involved, what resources are needed, and how long it might take.
- Prioritize your projects. Write down the first step you will take to accomplish each. Be mindful of your mission, vision, & goals and consider available time, talents, & money. Write it down and make it real. The best way to predict the future is to create it!



Sharing is Caring

- We all share the desire to improve the lives of older adults.
- Let's share our experiences – our successes and goals for improvement.
- Questions or Answers?



Thank you for coming!

Let's stay in touch!

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