

2013 ANNUAL REPORT



Wadsworth Soprema Senior Center

617 School Drive

Wadsworth, Ohio 44281

(330) 335-1513

www.wadsworthcity.com



From the Director -

Dear Mayor Laubaugh and Friends,

I am proud to say that 2013 was a banner year for the new Soprema Senior Center and Café. The City of Wadsworth and Senior Citizens Commission provided essential support to ensure that our transition and move were seamless and successful. In early January 2013, we made the transition from our original Center located in downtown Wadsworth to the vibrant Wadsworth High School and Community Center Campus. We even adopted a new name, thanks to the generous capital campaign contribution from our friends at Soprema, Inc.

The move to our new Center presented a host of exciting partnership opportunities. We established a unique collaboration with Windfall Industries and the Medina County Board of Developmental Disabilities, who provided expert leadership and support in operating our new Café. In addition, we made valuable connections with campus partners from Wadsworth High School, Wadsworth YMCA, Summa Health System and WCTV. These connections enabled our programs to grow, affording an abundant new menu of opportunities for seniors.

Our move would not have been possible without the support of the Wadsworth Older Adults Foundation and Professional Friends. The Foundation provided funds to furnish our Center and enabled us to make the new facility feel like “home”. Professional Friends stepped right in and caught the spirit of collaboration and innovation by offering a number of new programs along with plenty of our tried and true favorites.

In addition to partner support, our success was largely due to the support of our dream team Volunteer Ambassadors and to the senior participants we serve. Senior volunteers helped process over 2,500 new memberships in 2013! Volunteer Ambassadors spent countless hours offering tours, providing information and making seniors feel comfortable and welcome.

While our first year on campus was a tremendous success, we are busy planning for a bright future. The amazing partnership opportunities, intergenerational connections and innovative program possibilities are truly endless. The Soprema Senior Center staff and I believe that aging is not a condition, it is an experience to be embraced. Poet Robert Browning sums up exactly how we feel about traveling through this leg of life’s journey, “*Grow old along with me! The best is yet to be.*”

Sincerely,

Nancy A. Likens, Soprema Senior Center Director

From the Commission Chair -

Dear Mayor Robin Laubaugh and Friends;

I would like to begin my 2013 cover letter by recognizing the people that make up the Wadsworth Senior Citizens Commission. The members who have served so faithfully during the past year are: Betty Balarin, Richard Davis, Barb Leatherman, Jim Riley, Lynn Riley, Rea Dot Sprang, Council Liaison John Sharkey and myself. These individuals, along with Center Director Nancy Likens and Service Director Chris Easton, oversee the operations and finances of the Soprema Senior Center. Our meetings are held bi-monthly at the new Center office on School Drive. I appreciate the dedication of all Commission members and their diligence in attending these meetings.

As we closed out the year 2013, we have seen the transition from our old facility in downtown Wadsworth to new and much improved quarters on the high school complex. The many opportunities for new programs that now are being offered have been beyond our expectations.

The new Soprema Café has been a tremendous success and business has been very good throughout the year. The venture with Windfall Industries, Medina County Board of Developmental Disabilities, Medina County Office for Older Adults and Wadsworth City Schools has worked out very well and the quality of the food prepared and served in the new Soprema Café is excellent and very affordable for guests of all ages and especially for seniors who receive a special discount.

Lastly, we need to pay recognition to the Wadsworth Older Adults Foundation and the many Professional Friends who make our numerous programs financially affordable to community members.

The Senior Citizens Commission would like to join the staff of the Center in presenting this annual report for 2013.

Respectfully,

Richard H. Hontert, Commission Chairman

Soprema Senior Center

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2013 Staff

Nancy Likens
Lori Fultz
Sheri Galat

Director
Activity/Volunteer Coordinator
Administrative Assistant

2013 Senior Citizens Advisory Commission

Dick Hontert	Chair
Richard Davis	Vice Chair
Lynn Riley	Secretary
Betty Balarin	Member
Barb Leatherman	Member
Jim Riley	Member
Rea Dot Sprang	Member
John Sharkey	City Council Liaison



Soprema Senior Center



Welcome to the new Soprema Senior Center!

Two long-time friends chat happily at a corner table. Workers hustle as another table is cleared for service. The smell of fresh brewed coffee drifts across the room as a Senior Center member takes a seat with newspaper in hand. At first glance, the Soprema Café looks like any other breakfast diner or local lunch spot. But a closer look reveals something very unique taking place in this innovative new facility.



Community leaders and residents of Wadsworth have taken important steps to build a new high school and community center campus that offers services and activities to residents of all ages. This multi-generational campus, located on the east side of Wadsworth, boasts the new Wadsworth High School, a full service Community Recreation Center operated by the Wadsworth YMCA, a new Wadsworth Community Television (WCTV) studio, and the Wadsworth Summa Hospital Physical and Occupational Health Center. Last but not least, the bustling campus is also home to the new Wadsworth Soprema Senior Center and Café.



The Soprema Senior Center and Café is patterned after the Café Plus model, developed by Mather LifeWays of Chicago, Illinois. The goal of this model is to create a unique venue that serves as a community focal point where older adults are presented with a variety of opportunities and experiences. The initial draw is through the café, with the overall benefits intended to be far greater than the food served. Seniors are invited to embrace an environment of renewal, potential and growth by participating in the everyday activity of eating. The concept provides seniors with fresh and tasty food, good service, and affordable prices and, at the same time, connects them to an abundant offering of programs, services, activities, events, resources, learning opportunities, intergenerational connections and volunteer experiences.



The Soprema Senior Center, governed and supported by the City of Wadsworth, is a key component of the Wadsworth Community Center campus. In addition, generous capital campaign contributor, Soprema Inc., secured naming rights to the beautiful new facility. The Center is further supported by a number of community partner organizations, including the Senior Citizens Commission, Wadsworth Older Adults Foundation and Professional Friends.

Visit our vibrant Center and see what the excitement is all about!



Education & Assistance

The Center provides a host of educational programs designed to provide valuable information and to assist older adults in remaining independent and active in the community. Many of these services are offered in collaboration with community-based partners who share the Center's mission of meeting the needs of Wadsworth's senior population.

AARP Income Tax Assistance Program

AARP volunteers, trained by the IRS, prepare and electronically file income tax returns for senior citizens. This service is open to the public and is provided at no cost to service recipients.

417 units of Tax Assistance were provided in 2013.



Advance Directives

Our Professional Friends from LifeCare Hospice provided valuable end-of-life planning assistance in 2013.

11 seniors had advance directives documents prepared in 2013.

Ask an Attorney

Elder Law and Estate Planning Attorneys Gwen Perry and James Bates provided a valuable service for seniors who have simple legal questions regarding Medicaid, Veteran's benefits, estate planning, trusts, asset protection, taxes, and real estate transfers.

40 seniors took advantage of free legal services in 2013.



Information & Referral

Senior citizens, family members, caregivers and concerned individuals may contact us for reliable information and assistance in any area of need.

6,295 Information and Referral requests were processed in 2013.

Medicare & Insurance Assistance Program

Community volunteers, trained by the Ohio Senior Health Insurance Information Program, provided seniors with valuable one-on-one assistance with understanding Medicare and other insurance plans.

117 seniors received help via the Medicare Assistance Program in 2013.

Roundtable with Dr. Lance

Medical Director Dr. David Lance of LifeCare Hospice offered seniors a chance to talk about important health issues via a monthly round table discussion, including plenty of time to "ask the expert".

69 seniors participated in the Roundtable with Dr. Lance in 2013.

Veteran's Assistance

A representative of Medina County Veterans Service visited the Center twice monthly to answer questions and offer assistance regarding benefits and services for veterans and their spouses. Veterans of any age are welcome to take advantage of this important service.

56 individuals were assisted at the Center in 2013.

SUPPORT GROUPS

The Center is sincerely committed to offering support to those involved in the care and well being of senior citizens. A grant from the *Western Reserve Area Agency on Aging* provides funding for our General and Parkinson's Disease Caregiver Support Groups with lunch and a special presentation offered at each monthly meeting.



Alzheimer's Disease Support Group

Support is offered monthly to those caring for a loved one with Alzheimer's Disease or other memory impairment. This program is sponsored by the Greater East Ohio Alzheimer's Disease Association.

93 caregivers (duplicated) participated in the Alzheimer's Support Group in 2013.

General Caregiver Support Group

Education, support and fellowship are important components offered by our General Caregiver Support Group via monthly meetings at the Center. Each meeting offers lunch, an educational presentation and time for sharing and friendship.

224 individuals (duplicated) participated in the General Caregiver Support Group.

Parkinson's Disease Caregiver Support Group

Support is provided to those caring for individuals with Parkinson's Disease. Monthly meetings are held at the Center and feature lunch and a special program followed by plenty of time for visiting and sharing.

195 individuals (duplicated) attended the Parkinson's Disease Caregiver Support Group.

Caregiver Luncheons - Offering a much needed break for caregivers!

Our monthly support groups offer plenty of opportunities for caregivers to gain valuable information. In addition to the outstanding educational opportunities, caregivers are also treated to a delicious lunch prepared by our new Café partner, Windfall Industries. Caregivers are treated to a fresh and tasty luncheon at no cost courtesy of the family caregiver grant from the Western Reserve Area Agency on Aging.



Caregivers Day Out Retreat

The Caregivers Day Out retreat, funded by a grant from the Western Reserve Area Agency on Aging, is designed to honor, recognize and educate those special individuals who provide loving care for an older adult. The 2013 event was held at Liberty Residence I. Guests enjoyed lunch and informative/pampering activities offered in a delightful tropical-themed setting.

*A special thank you to **Liberty Residence** for hosting the event, to*

Altercare of Wadsworth for providing the delicious lunch, and to the rest of the members of the planning committee from the **Center, Crossroads Hospice, Gentle Energy Healing, Heart to Heart Home Health Care, Home Instead Senior Care, LifeCareHospice, Right at Home and Wadsworth YMCA** and event contributors from **The Galaxy Restaurant, In Motion Physical Therapy, Lady Space, Relaxation Station and Stressless Massage.**

47 caregivers attended 2013 Caregivers Day Out.

Health & Wellness

The Center offers a wide variety of programs designed to promote health and wellness for older adults in the community. Many of these programs are made possible through the generous contributions of our community-based partners.

Arthritis Exercise

Weekly exercise classes targeted to seniors with arthritis are offered by our Professional Friend from Altercare of Wadsworth.

974 individual units of Arthritis Exercise classes were offered in 2013.

Blood Pressure Clinics

Courtesy of our steadfast friends from Altercare of Wadsworth, Magnolia Village and Visiting Nurse Service, life saving monthly blood pressure checks are offered at the Center.

256 blood pressure checks were provided in 2013.

Flu Shot Clinic

The Wadsworth Giant Eagle Pharmacy joined our commitment to keeping seniors healthy by hosting a flu shot clinic in October.

49 seniors received flu shots at the Center in 2013.

WALKING PROGRAMS

Seniors enjoyed a number of new walking programs at the Center. Through our partnerships, we expanded opportunities for seniors to take advantage of the many health benefits of walking.

YMCA Walking Track

This special partnership with the YMCA allows seniors without a YMCA membership to enjoy the Community Center indoor walking track. Senior Center members can walk three times a week at no charge!

Seniors enjoyed the Community Center indoor walking track 1717 times in 2013.

Walk Downtown Wadsworth

Seniors met at the Cool Beans Café to enjoy a brisk 1.5-2 mile walk through Downtown Wadsworth. Fun, fellowship and a few surprises were always in store for these walkers!

150 (duplicated) seniors participated in the Downtown Walk in 2013.

Wednesday Walks with Dr. Miles

Professional Friend Dr. Brain Miles from HealthSource of Norton led a weekly one-mile walk that looped the beautiful new Community Center campus.

80 (duplicated) seniors participated in the Dr. Miles walking program in 2013.

Walking Challenge

The Center, along with the Wadsworth YMCA and a host of Professional Friends, offered the first annual Senior Walking Challenge! The challenge provided incentive and motivation to seniors by encouraging goal setting, offering support and awarding prizes.

66 (unduplicated) seniors participated, walking a grand total of 5,604 miles!



Recreation Programs

The Center offers both traditional and innovative recreation programs in keeping with the ever changing needs of a very diverse older adult population in Wadsworth.

Craft Classes

Monthly make-it/take-it classes are sponsored by *Professional Friends* of the Wadsworth Older Adults Foundation and volunteer instructors. Participants also work on their own craft projects, including holiday service projects.

284 individual units of craft instruction were provided.



Bingo

Our friends from Autumnwood, Crossroads Hospice, HMC Hospice of Medina County, Home Instead, Liberty Residence and Magnolia Village offer weekly Bingo games with a twist! Seniors play Bingo, win prizes and “Bingo Bucks” and bid on special gifts at the quarterly prize auctions.

1988 individuals (duplicated) tried their luck at Bingo in 2013.

Breakfast Out

The joy of dining with friends combined with the fact that breakfast is the most important meal of the day make our monthly Breakfast Out program a popular activity among seniors.

91 individuals (duplicated) enjoyed the Breakfast Out program.

Cards & Games with Friends

Seniors had plenty of fun every second and fourth Tuesday at the Center playing cards and board games. Participants held friendly competitions to see who could master a variety of fun and challenging games!

328 seniors (duplicated) enjoyed cards/games in 2013.

CARD GROUPS

Card playing remains a popular activity for Wadsworth area seniors. Our card groups offer opportunities to keep skills sharp while enjoying the company of others. Weekly card lessons were offered to seniors who wanted to learn how to play Euchre or Pinochle.

54 card lessons were provided in 2013.

Bridge

605 (duplicated) individuals participated in weekly Bridge games in 2013.

Euchre

591 (duplicated) individuals participated in monthly Euchre tournaments in 2013.

Pinochle

122 (duplicated) individuals participated in monthly Pinochle tournaments in 2013.

RECREATION PROGRAMS (Continued)

Cooking Class

Seniors were busy cooking up delicious meals at this free program sponsored by our Professional Friends. Participants also explored healthy food options and gained valuable information on cooking for one or two on a limited budget.

101 seniors (duplicated) donned their aprons at the Center's cooking classes in 2013.

Mahjongg

Seniors really took to trying something new in learning to play Mahjongg, a fun tile game that challenges the mind and provides great entertainment.

298 seniors (duplicated) played Mahjongg in 2013.

Movie Matinee

Our partnership with Wadsworth Public Library grew stronger in 2013. In addition to bringing exciting programs to our new Center, the Library opened its doors to seniors through the monthly Movie Matinee program. Library and Center staff greeted seniors each month and refreshments were offered courtesy of Professional Friends of the Wadsworth Older Adults Foundation. Seniors enjoyed newer release movies in the warm and welcoming Library meeting room.

250 seniors (duplicated) enjoyed the Movie Matinee at the Library in 2013.



Senior Theater

Our senior theater group had a very successful year in 2013. This lively group of performers entertained at local nursing homes, assisted living facilities and the County Home. Seniors were involved in every aspect of the theater including script writing, musical accompaniment, directing, publicity and, of course, performing!

57 seniors (duplicated) participated in the Senior Theater group in 2013.

Watercolor Art Class

Volunteers from the Medina County Art League offered free instructional classes twice monthly. Seniors are encouraged to bring their own supplies and work at their own pace. The class is perfect for beginners as well as those who need a refresher!

199 individuals (duplicated) received instruction via the Watercolor Art Class in 2013.





Travel Program

The Center has long served to meet the recreational needs of older adults through a well coordinated travel program. Our program, featuring both one-day and multi-day excursions, offers a number of travel options that appeal to a wide range of senior preferences and budgets. Our Travel Program provides older adults in our community with ample opportunities to explore the world!

497 older adults expanded their horizons via the Travel Program in 2013.

250 seniors attended the Center Travel Expo in 2013.

2013 CASINOS TRIP DESTINATIONS

Hollywood Casino	Columbus, OH
Mountaineer Casino	Chester, West VA
Rivers Casino	Pittsburg, PA
Scioto Downs & Casino	Columbus, OH

2013 DAY TRIP DESTINATIONS

Hocking Valley Trip	Athens, OH
Fallingwater Tour	Laurel Highlands, PA
Riverboat Cruise	Pittsburgh, PA
University Circle Tour	Cleveland, OH

Soprema Senior Center Volunteer Program

Center volunteers were more valuable than ever this year as we transitioned to our new home. In 2013, **135 volunteers** worked an amazing total of **6,734 hours!** Whether it was helping senior participants get acclimated to the new Center, assisting with programming, greeting guests or answering our busy phones, their contributions were priceless!



Forty nine senior volunteers went through special training and took on the role of "**Volunteer Ambassador**". These special senior volunteers served as hosts and hostesses, giving tours of the Soprema Senior Center and Café as well as the entire Community Center. They also signed up new members, and served as strong advocates for the new Soprema Senior Center and Café throughout the greater Wadsworth community.



Volunteer Appreciation Brunch

A highlight of the year occurred on May 24, 2013 when **95 Center volunteers** were recognized and treated to a delicious brunch prepared by the Soprema Café, courtesy of Al-tercare of Wadsworth. After brunch, volunteers were taken on a surprise "field trip" to the brand new Wadsworth High School Performing Arts Center for a private performance by the talented Wadsworth High School Show Choir!

Special Programs, Classes & Events

In addition to the wide range of educational, health/wellness, and recreational programs, the Soprema Senior Center offers special programs targeted to the specific needs of seniors. These programs are very popular and offer seniors ample opportunities to make new friends and create lasting memories. The Center has a rich history of offering special events that have become beloved traditions and we proudly launched a number of new programs and events at our new facility!

NEW CLASSES

Book Discussion & Library Lobby Stop

We were pleased to team up with our partners from Wadsworth Public Library to offer a number of opportunities for seniors to expand their horizons through reading. We started by offering a drop-in stop in the Center Lobby so that seniors could get acclimated to using the new campus for book exchanges. This program was integrated into the beautiful new Library Lobby Stop at the Community Center front entrance. In addition, we worked with the Library to offer a new book discussion group, which has been a great success. We look forward to many more opportunities to partner with our “book worm” friends from the Library!

22 seniors visited the Lobby Stop & 25 seniors (duplicated) shared literary adventures.

Coffee & Conversation

Professional Friends from B.A. Schrock Financial Group offered a new program late in 2013 that allowed seniors to talk about a variety of contemporary topics of interest. The Café was the perfect cozy spot to share coffee, snacks, (courtesy of B.A Schrock) and great conversation. Plans to expand the program in 2014 are in full swing!

6 seniors enjoyed a great cup of joe and stimulating conversation in 2013.

Pick Up Sticks Knitting Group

The knitting needles were clicking away in the Café every fourth Monday of the month! Senior volunteers led an informal class for beginners and seasoned knitters alike. Colorful yarn, bubbly laughter, great conversation and abundant good times were on special order at this new class.

58 seniors (duplicated) created beautiful designs and lasting memories at our new Knitting Group!

Photography Class

Our new beginners' Photography Class was a smashing success in 2013! The newer digital cameras offer an easy, breezy way to take flawless photos, if you know the tricks! Our volunteer instructor showed the world through the camera lens to a solid group of senior students, who showcased their digital masterpieces at the Center.

106 seniors (duplicated) participated in the new Photography Class in 2013.



NEW CLASSES (Continued)

Seniors in the Know - Lunch & Learn

This innovative program offered seniors a chance to gain information in a comfortable and relaxed setting at our beautiful new Center. Seniors enjoyed a tasty lunch special in the Café and then stayed for an informative presentation offered by one of our many Professional Friends.

Talks ranged from “Robotic Open Heart Surgery” to “Maximizing Retirement Income”!
48 seniors participated in this new program in 2013.



Sewing Seniors

The Sewing Seniors program was an instant hit at the new Center! Grants from the Wadsworth Older Adults Foundation, HANDS Foundation, Blue Tip Festival and a very generous anonymous donor enabled us to purchase brand new sewing machines and supplies. Volunteers helped seniors make a variety of beautiful and

useful items to keep. In addition, the group engaged in “Charity Sew” projects, making gifts for disadvantaged members of our community.

189 (duplicated) seniors basted, stitched and sewed in 2013.

SPECIAL PROGRAMS & EVENTS

In addition to launching a number of new classes in 2013, we also introduced several new programs and events. Along with several tried and true favorites, all special programs were well received in 2013!

Benefits of Chocolate

Chocolate doesn't just taste good, it's good for you! It protects your heart, lowers your risk of certain diseases, improves your mood and re-energizes your body. Our friends from LifeCare Hospice offered a great presentation on the health benefits of chocolate, complete with yummy samples!

27 seniors enjoyed this sweet program in 2013.

Feel Good Bingo

Getting older is NOT supposed to leave you feeling badly. Depression as one ages can reduce independence and increase health problems. Participants learned the signs and symptoms of depression through a fun game of Bingo sponsored by Cornerstone Wellness.

23 seniors participated in this important program in 2013.

Senior Safety Seminar

In partnership with the Medina County Senior Services Network, the Center offered an educational seminar packed with useful information to help seniors stay safe in their communities. An old-fashioned ice cream social served as a festive end to an interesting and informative day.

48 seniors attended the Safety Seminar and Ice Cream Social in 2013.



SPECIAL PROGRAMS & EVENTS (Continued)

Ladies Day Out

What a day we planned for the ladies! The day started with a delish lunch in the Café and then the pampering began! Ladies enjoyed facials, make-up lessons, massages and more. Many thanks to our Professional Friends for making the ladies feel so special. The program was so popular, we're already busy planning the 2014 Ladies Day Out event!

26 ladies were pampered and indulged at our first Ladies Day Out event.

Men's Day Out

Not to be outdone by the ladies, a great group of guys enjoyed their own special day at our snazzy new Center! The guys gathered for a hearty lunch in the Café and then talked football for the rest of the afternoon. Guests met current and former Wadsworth High School players and coaches and got a lesson in sports memorabilia collecting to boot! We're working on the request for an appearance by the Dallas Cowboys cheerleaders in 2014!

22 guys enjoyed a grid iron gig at our first Men's Day Out event.



Laughing Your Way to Peace

Laughter is truly the best medicine! The Center and our Professional Friends from LifeCare Hospice teamed up to show our seniors how to benefit from something as simple as laughing. This free event featured tips on how to see the humor in everyday life and to "step outside" of ourselves in order to achieve balance and peace.

32 seniors laughed their way to inner harmony!

Senior and Caregiver Expo

The Center teamed up with partners from the YMCA and Summa to hold the biggest Expo ever! The field house served as our spacious venue where representatives of area businesses, organizations and agencies serving Wadsworth seniors provided information and assistance to both seniors and caregivers. In addition to the Expo info booths, guests enjoyed a lunch special in the Café, mini health talks from Summa physicians and country western shows in our entertainment corral! The event was funded by an Older Americans



Act Family Caregiver Grant from the *Western Reserve Area Agency on Aging*.

350 seniors and 40 caregivers attended the Expo in 2013.

Veterans Appreciation

Our Professional Friends from Crossroads Hospice hosted a heart warming tribute to our veterans in 2013. The Café served as the venue for veterans and their family members as we celebrated the services they offered to our nation. Each veteran received a certificate and special gift and all enjoyed refreshments after the moving and memorable program.

40 veterans and their loved ones were recognized for their service and sacrifice in 2013.

Partners & Collaborators



The Center could not offer such a wide variety of programs, services and activities without the ongoing support of our community partners and collaborators. The Professional Friends of the Wadsworth Older Adults Foundation was established several years ago to foster partnership opportunities between local business and the Senior Center. Some partners have supported the Center for many years, while others are the result of newly established connections. It is with sincere gratitude that we recognize our 2013 Professional Friends.



2013 PROFESSIONAL FRIENDS

Altercare of Wadsworth
Anytime Fitness
Arbors at Fairlawn
ASAP Home Nurses
Autumnwood Nursing & Rehabilitation
B.A. Schrock Financial Group
Bates & Perry Co. LPA
Cleveland Clinic at Home
Concordia at Sumner
Cornerstone Home Health of NE Ohio
Copley Place
Crossroads Hospice
Cuyahoga Community College
Elmcroft of Medina
Enhanced Home Care of Medina
Faith in Action
Grand Living
Griswold Home Care
HANDS Foundation
Hanson Services Inc.
Health Source of Norton
Healthspan Integrated Care
Heart to Heart Home Health Care
Hilliard-Rospert Funeral Home
HMC Bridges Home Health Care
HMC Hospice of Medina County
Holiday Inn Express & Suites

Homewatch Caregivers
Home Helpers
Home Instead Senior Care
Humana
The Inn at Coal Ridge
KAZ Company
The Koewler Law Firm
Liberty Residence I & II
LifeCare Hospice
Magnolia Village Skilled Nursing & Rehab
Maximum Potential Chiropractic
MB Senior Solutions
Personal Touch Home Care
Prudential
Right at Home
Senior Independence
Senior Select Home Health Care
Seniors Helping Seniors
SUMMA at Home
SUMMA Rehabilitation Hospital
Transitional Design
Tri-County Insurance
Visiting Angels
Visiting Nurse Service
Wadsworth Hearing Center
Wadsworth Pointe
Wadsworth Public Library



SOPREMA CAFÉ OUTSTANDING PARTNERSHIPS & OUTSTANDING SERVICE!

The introduction of the Soprema Café into the outstanding mix of Center programming is a real plus to seniors and others in the Wadsworth Community. The Café opened in March of 2013 and was an instant hit with young and old alike. Thanks to its dedicated partners, the Café offers not only fresh and tasty food, but ample life enrichment opportunities for a diverse population. The Center is proud to work collaboratively

with dedicated partners from the Medina County Board of Developmental Disabilities, Windfall Industries, the Medina County Office for Older Adults and Wadsworth City Schools, as all have become both business associates and true friends.

Medina County Board of Developmental Disabilities

The Medina County Board of Developmental Disabilities (MCBDD) is a solid and revered partner in the Soprema Café operations. MCBDD has provided essential technical assistance, planning assistance and workforce development. MCBDD has embraced the Café's vision and has worked hard to support the Café concept. The concept has provided a truly unique partnership between the seniors and the MCBDD trainees who serve them. The seniors benefit because the Café is located right in their Senior Center and it offers good food at a fair price. But they profit in other ways too.

The connection between seniors and folks with disabilities has been heart warming. The seniors really feel at home and have taken a special interest in the whole concept of encouraging the MCBDD apprentices. Seniors like what's going on at the Café, and they're building relationships with the trainees. Of course, the MCBDD trainees are benefiting from the process, too. The doors have only been open since March and already the Soprema Café has seen two MCBDD individuals placed into community employment. One has moved on to employment in a custodial job in the community. The other is working in a nursing home doing dishes and other food services activities. Their time at the Café helped them identify their strengths and move forward into the community. The Café provides a safe and encouraging environment for the trainees to evaluate and improve upon their abilities, responsibilities, and skills.

Since its opening in March the Café has employed approximately 20 individuals. They have received training and assessment in a variety of skills – including customer service, dish washing, dining room etiquette, food service, and running the cash register.

Windfall Industries

Service with a smile! That is the motto of our outstanding partners from Windfall Industries. The Soprema Café has been open and under the management of Windfall Industries since March 2013. Since that time, the Café has seen a significant increase in business from senior citizens, participants of other programs on campus and from a number of visitors and guests. Windfall Industries provides staffing as well as managerial support for all of the daily operations at the Cafe. Partnering with the Medina County Board of Developmental Disabilities (MCBDD), community based assessment and job training are provided for individuals with developmental disabilities. The Soprema Cafe provides a full range of opportunities for individuals to learn employment skills which include, but are not limited to customer service, food preparation, inventory, dish-washing and basic money management.





Windfall Industries (continued)

The Café is proud to have established a solid connection with Windfall Industries, who serves as the lead operator of both the kitchen and Café. Windfall Industries shares the Soprema Senior Center's goal of offering affordable meals to local senior citizens, as well as the Wadsworth community.

Windfall provides an outstanding food service staff, and they've gotten down to the business of operating a successful Café, complete with a

tempting array of menu options sure to please any palate. Quite simply Windfall's talented staff has geared up to offer some of the best food in town, all at prices that can't be beat. Windfall is proud of its commitment to serve seniors and younger guests alike. Their goal is to offer food that tempts the taste buds, yet offers complete nutrition to keep senior guests healthy and active. At the same time, they include some creative offerings in the mix, so that moms exercising at the Y can bring their kids to the Café and find something for even the pickiest eater!

Although senior citizens are the VIP's at the Soprema Café, diners of all ages are encouraged to check out the daily offerings at the Soprema Café. Windfall posts daily specials and senior citizens who become members of the Soprema Senior Center receive a 10% discount on top of the already low Café prices.

Medina County Office for Older Adults

In addition to taking care of the daily food service operations for the Soprema Café, Windfall Industries has also worked collaboratively with the Medina County Office for Older Adults (OOA) to serve seniors enrolled in the federally funded senior congregate meal program.

The Medina County OOA has provided Older Americans grant-funded meals to residents of Wadsworth and surrounding communities since 1979. The OOA has a long tradition of working with the Senior Center to provide quality nutritional services to older adults who qualify. Continuing the tradition of outstanding service at the new Soprema Senior Center and Café is a primary goal of OOA.

Beginning in April, the Medina County OOA along with the Soprema Senior Center, Windfall Industries and MCDDBB worked to launch a new and creative way to offer congregate meals to

Wadsworth seniors through the implementation of a meal "voucher" program. Qualifying seniors must first register with the OOA and can receive up to twelve vouchers per month based on availability and nutritional need. Seniors can opt for a hot meal such as breaded pork chops, oven fried chicken and lasagna, complete with a wide assortment of healthy side dishes, including salads, fruit, whole grain breads and healthy beverage (choice of skim, 1%, buttermilk or fat free chocolate milk). Instead of the hot meal, seniors can always select the fresh lunch combo, including tempting salads, soup, veggies, fruits and whole grains.

The collaborative effort has paid off and seniors have really taken to the new program. Since the beginning of this innovative program on April 1, the response has been tremendous and several local organizations including the Wadsworth Older Adults Foundation, HANDS Foundation, Medina County Senior Services Network and the Blue Tip Festival have provided funding to expand the program in 2014.





Wadsworth City Schools

The Senior Center and Café is located on a vibrant multi-generational campus and takes advantage of close proximity to Wadsworth High School and the abundant supply of energetic and talented youth! The Schools have worked collaboratively with the Center, MCBDD and Windfall Industries to provide additional employment training opportunities for 11th and 12th grade students with cognitive or multiple disabilities. Students are placed at the Soprema Café to gain job training skills in food service and food service support.

In addition to the Café connection, the Center and Wadsworth High School share a mutual appreciation for the talents and gifts each group offers to the other. Students and seniors alike have benefited from the intergenerational connections made by the following collaborative programs and activities:

Leaf Raking Project

Each year the Wadsworth High School senior class provides a valuable community service to assist and benefit older adults. The WHS Senior Class of 2014 assembled together on a blustery fall day to rake leaves for older adults throughout the city.

220 senior households received assistance via the WHS Leaf Raking Project in 2013.

Reality Day

Parents (and grandparents) often lament that kids today need a good dose of reality in order to succeed in today's complicated world. Wadsworth Middle School stepped up to that challenge in 2013 by offering a creative program to introduce 8th grade students to the "reality" of the working world, including home ownership, family obligations, managing a budget and employment responsibilities. Select senior volunteers were recruited to assist with this popular and successful event.

The Center recruited 18 volunteers to assist with the WMS Reality Day event in 2013.

Wadsworth Schools Senior Event Passes

The Center has teamed up with Wadsworth City Schools to distribute senior citizen event passes to school sponsored events (athletic competitions, fine arts productions, etc.). Seniors, age 65+ who reside within the Wadsworth City Schools district are encouraged to come to the Center to pick up their free lifetime event pass!

The Center distributed over 150 passes in 2013.

Intergenerational Technology Collaborative

The Wadsworth Intergenerational Technology Collaborative took full advantage of our new Media Room, equipped with 8 brand new computer work stations! The collaborative was strengthened in 2013, as our partners from with the **Wadsworth Older Adults Foundation, Wadsworth City Schools and the Wadsworth Public Library** worked collaboratively with the Center to offer two unique technology based training programs for senior citizens.

In keeping with the spirit of the Technology Collaborative, high school student volunteers provided one-on-one assistance with innovative training programs. The intergenerational connections were magical, as the high school students taught their new senior citizen friends how to use technology equipment and applications.

16 seniors explored a new world of technology at our Tech Gadget Show & Tell class.

44 seniors caught the social media buzz at our Facebook Class.

38 seniors worked independently in our Computer Lab (starting in November 2013).



Wadsworth Older Adults Foundation

The Center is a proud beneficiary of the support of the Wadsworth Older Adults Foundation. The Foundation serves as the fundraising “arm” of the Center and offers resources, volunteer support and friendship to staff and senior participants alike. The Foundation’s **Professional Friends** organization had another very successful year with over 50 active members representing area agencies, businesses and organizations who worked shoulder to shoulder with Center staff and volunteers to bring outstanding programs and events to Wadsworth seniors. The Center is greatly appreciative of the ongoing support of the Foundation and Professional Friends!

Mission Statement

The mission of the Wadsworth Older Adults Foundation is to be proactive in providing supplemental support to the programs and services of the Soprema Senior Center.

Vision Statement

The Wadsworth Older Adults Foundation shall establish itself as the premiere community resource to advocate for a high quality of life for seniors.

2013 Foundation Board of Trustees

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2013 Wadsworth Older Adults Foundation Events & Accomplishments

Courtyard Café

The Courtyard Café successfully moved to our new campus and lovely outdoor patio, fully outfitted with comfortable picnic tables and colorful umbrellas furnished by the **Wadsworth Older Adults Foundation**. In addition to hosting the event in our brand new digs, we were doubly blessed by the generous signature sponsorship of Altercare of Wadsworth, who provided all of the food and supplies for the entire summer! The Café featured affordable meals and live entertainment for seniors and the general public and served as a fund raising activity for the Wadsworth Older Adults Foundation and Center. The popularity and success of the Courtyard Cafe at our new venue was truly due to The Foundation, Altercare of Wadsworth and the many Professional Friends who worked hand in hand with our amazing senior volunteers.

1,237 meals were served at the Café in 2013.



Barbeque Showdown

The **Professional Friends** of the **Wadsworth Older Adults Foundation** hosted the event of the summer season on August 2. A record number of guests enjoyed the festive setting at our new Center, while sampling delicious grilled favorites prepared by local chefs. Top honors in the contest for **best barbeque** in Wadsworth went to **Burbank Parke (Judges' Choice)** and **BG's Main Event (People's Choice)**. The winners had stiff competition from **Get Stuffed Mobile Eatery, Liberty Residence I & II, Sonnets Espresso Bar & Restaurant, and Wadsworth Pointe.**

Fall Festival

An old fashioned country fair was the theme of our 2013 Fall Festival, complete with an apple pie baking contest, pumpkin decorating contest, games of chance and skill, cotton candy, popcorn and much more! Guests enjoyed grilled hot dogs, chips and cider and everyone went home with a prize! Many thanks to the **Wadsworth Older Adults Foundation** and our **Professional Friends** for sponsoring the event.

78 seniors enjoyed a down-home good time at the 2013 Fall Festival.



Prime Time!

The Foundation is proud to showcase the many opportunities available to seniors through an innovative public access television show. First aired in 2009 as **Prime Time**, the series is now called **Prime Time:**

The NextGeneration. Monthly programs feature special guests including government and Center officials, Foundation members, community supporters and our Professional Friends. Topics range from the popular Courtyard Café, travel series, website highlights, local social services and volunteer opportunities as well as the Soprema Café and the development of programming at the Center. The award-winning series is popular not only to seniors but to our community as a whole. Programs may be viewed at any time by going to my.pegcentral.com and clicking on the program series **Prime Time.**



Senior Advocate Hall of Fame



The Wadsworth Older Adults Foundation welcomed a large crowd to a wine and hors d'oeuvres reception honoring the 2012 Senior Advocate Hall of Fame inductees on May 14, 2013 at the Galaxy Restaurant. These individuals were selected for the significant impact they have made to improve the quality of life for older adults in our community

Majors Thomas & Debbra Grace—*The Salvation Army*
Irene Graham—*Trinity United Church of Christ Meals on Wheels*
Todd Powers—*Sonnets*

Mead Wilkins—*Medina County Department of Job & Family Services*

Leatherman Lifetime Achievement Award

**Jim Riley—Member, Wadsworth Senior Citizens Commission,
Former Councilman & Long-Time Center Volunteer**



Senior Citizens Prom “At the Hop”

The 2013 Senior Prom, held at Wadsworth Middle School, was a rocking good time! The beautiful venue featured abundant and comfortable guest seating, ample room for dancing, and a spectacular stage and sound system. Keepsake photos were taken and served as a lasting memory of the festive evening. Guests stepped into the beautiful venue decorated by students from Wadsworth High School and enjoyed live music set to the sounds of the “*Good Grief!*” Band. A bountiful buffet provided by Wadsworth Pointe enticed the guests. To complete the evening a king and queen were crowned and each guest received a special gift with door prizes awarded to several lucky winners. Many thanks to our **Professional Friends** and the **Wadsworth Older Adults Foundation** for a memorable evening.

168 seniors danced the night away at the 2013 Senior Prom.

Center Christmas Party

The Center Christmas Party has become a longtime favorite in the Wadsworth community. We were pleased to keep the tradition going while adding a new twist to our holiday celebration! This year we teamed up with our new “neighbors” from Wadsworth High School, who graciously hosted a fantastic brunch in the school Commons. WHS culinary staff prepared a scrumptious feast and we were treated to a delightful musical holiday show by the talented Wadsworth High School Show Choir. Decorations were created by Marketing instructor, Dwain Kibler, and his talented students, who also served as greeters and wait staff. Many thanks to the **Wadsworth**



Older Adults Foundation for sponsoring the event and to our **Professional Friends** for providing holiday door prizes and making the event a truly enjoyable one for a record number of senior guests!
175 guests celebrated the holidays in grand style at the 2013 Christmas Party.

Rummage Sale

The Center and Foundation continue to foster and execute an excellent partnership in the form of the annual Rummage Sale. This event serves not only as a major fund raising event, but also provides for a wide variety of volunteer opportunities, while giving local shoppers a chance to purchase treasures at bargain prices! The 2013 event, held at the Wadsworth Middle School, was a tremendous success raising over \$2,000 for the Center.