

Senior Citizens Advisory Board Highlights

1. Made a visual presentation to the City Manager and City Council regarding community needs of seniors. Focused on transportation, housing and staffing needs of LSC.
2. Wrote and sent several letters to State Senators and Representatives regarding senior issues such as housing and funding BCAA.
3. Engaged in a presentation by Councilwoman Martin regarding how City governance works and how policies and ordinances are formed.
4. Continued to monitor developments in housing, transportation, and other issues such as sustainability.
5. Began study of food insecurity among seniors and other groups with the intent of increasing food availability for those populations. Make a presentation to City Council outlining community needs and recommendations.
6. Participated in El Comite Health Fair.
7. Assistant City Manager made presentation to Board regarding the State legislative process.
8. Supported purchase of 2 new vans by motion which was subsequently approved by the Friends board.
9. Human Services Director Pacheco presented the Behavioral Health System as it impacts Seniors in Longmont and Boulder County.
10. Attempted to increase coordination and cooperation with the Friends Board.
11. Supported Senior Services staff at the Cinco de Mayo community event.

2025 Advisory Board: Goals, Commitments, Recommendations, and Operations

1. Recognition by the Longmont City Council that Food Security and access be acknowledged and included as a “Core Value” and supported accordingly.
2. Support a robust, sustained senior outreach program to support Latinos and other underserved populations.
3. Investigate additional Longmont Senior Center outreach through existing city services and departments and provide recommendations and operationalize with staff.
4. Research, construct and engage in options available for seniors’ seeking employment.
5. Establish a once-a-month Food Table at the Longmont Senior Center supported by Longmont community volunteer organizations.
6. Promote and support existing and shared goals within the City of Longmont Human Services Department.
7. Initiate specific outreach via GO Magazine advertising for peer support and other supportive services.
8. Move forward on proposals for upgrading Audio/Visual capabilities at Longmont Senior Center.

2025 On-Going Goals & Commitments for Senior Center Advisory Board

1. Further enhance the positive momentum and very effective relationship with the Friends of the Longmont Senior Center.
2. Broaden, enhance and further solidify the developing relationship between Arapaho Elders of our Sister City – the Wind River Reservation.
3. Strengthen the working relationship with the Area Agency on Aging through stronger representation on the AAC Board.
4. Research a potential name enhancement for the “Senior Center” such as “Age Well Center of Longmont” etc. to attract younger seniors.

5. Volunteer to support the Information Table in the Lobby of the Longmont Senior Center to provide more information and access for seniors.
6. Continue active collaboration with various City programs that actively support seniors – RIDE Longmont, Transportation, Parks and Recreation, Sustainability, Longmont Housing Authority, Community and Neighborhood Resources.

Optimize Health and Wellness

- Supportive services staff coordinated emotional support activities and classes offered for the general public as well as specific offerings for caregivers and people living with dementia, utilizing \$7995.07 of Friends funding for Emotional Wellness programs.
- The primary reasons individuals sought emotional support were for Adjusting (to major change), Losses, Grief, Loneliness, and Anxiety.
- Senior Services staff includes two licensed clinicians as well as and 12 active, trained peer support volunteers providing support to individuals, couples, and families as well as four different support groups and classes supporting emotional health. Additionally, there were two Lunch Bunch groups for those living with early-to mid-stage dementia and their family caregivers and one Spanish support group focused on caregiving and aging issues. In total, these support groups served an average of 24 different individuals each month, plus an additional 24 individuals served through the Lunch Bunch.
- In a significant growth from 2023, there were 195 individuals who utilized the general scholarship funds and 82 individuals who utilized fitness scholarships funds made available by the Friends. \$26,166 was spent for General scholarships and \$11,005 for the Fitness scholarship. Activity use was primarily for trips and also history and art classes. Fitness use included hikes, tai chi, and assorted fitness classes.
- A strong Falls Prevention program was offered in the fall. 28 participated in Chair Yoga for Fighting Falls, and 46 people completed balance assessments. 45 individuals attended I've Fallen and I Can't Get Up. Additionally, the Friends of the Longmont Senior Center provided \$2496 for free Tai Chi for Falls Prevention classes; this allowed 41 individuals to attend the two-month program.
- Counseling services annual results included 64 intakes, 394 individual sessions for 64 persons, and 300 support groups sessions for 82 individuals. The licensed staff members had a total of 583 contacts with 158 individuals. Twelve peer support volunteers assisted 35 individuals through 181 individual support sessions as well as support group co-facilitation.

Address Basic Needs

- Supportive Services staff served a total of 1615 individuals in 2024:
 - 998 of these individuals were new to Supportive Services
 - 110 individuals received only emotional support services or referrals and did not access other resource assistance. Our database does not indicate how many individuals received both types of service.
 - 1505 individuals received resource assistance (information, referral, case management, and paperwork assistance) in this year. *NOTE: 67 of those individuals exhibited cognitive concerns, which leads to more complex cases.*
- Housing needs continued to be significant in 2024, and we had slight increases in all of the following areas of housing risk (with the exception that less people obtained affordable housing, which now has longer waitlists again): 92 individuals we worked with were experiencing homelessness, 95 were losing their existing housing; however, 13 individuals maintained their housing after being at risk of losing it, and 21 people obtained affordable housing.
- Resource staff manage a housing information email list where they send out emails about lottery openings and affordable housing opportunities. 72 individuals were added to the list this year and 3 emails around affordable housing waitlists were sent reaching a total of 399 individuals.
- Senior Services continued to be an entry point for financial assistance to older persons and caregivers of older adults. Boulder County Area Agency on Aging provided \$39,000 in FY 2023/24 for financial assistance for 41

adults 60+ and caregivers of older persons to Senior Services. Seniors Resource Staff (4) conducted assessments, made recommendations, and provided these funds in the areas of housing, healthcare, personal care, and other basic needs areas.

- Additionally, the Friends of the Longmont Senior Center provided \$29,830.86 through the Last Resort fund to provide direct financial support to adults 55+ with one-time basic needs assistance:
 - Assisted 47 individuals with:
 - \$15,457 rent assistance to help with housing retention for those already housed and with move-in support for those obtaining affordable housing
 - \$6535.27 assistance with vision, dental, and hearing needs
 - \$3113.59 utilities assistance to keep heating and electric services in place
 - \$4125 in other Last Resort assistance, including deep cleaning costs to assist in housing retention for those awaiting Long-Term Care Medicaid.
 - \$600 moving assistance
 - Friends continued a partnership with Longmont Sunshine Club Senior Smiles program, who reimbursed an additional \$8000 in dental assistance for 11 individuals.
- Supported the AARP Tax Aide program in order to connect older adults with volunteers assisting with state and federal income tax preparation. Tax Aide volunteers provided 2311 hours of service and filed 746 federal and state tax returns and assisted 1004 clients in determining their filing needs. This was a marked increase from 2023. In addition, Seniors Resource Specialists assisted older adults with applying for the City of Longmont CARES program, State of Colorado Heat and Rent Rebate and providing information on filing options to ensure seniors that do not normally file had the opportunity to receive the TABOR refund.
- Our resource specialists and volunteers held 104 PTC Clinics to assist older adults in accessing those rebates as well enable those who don't have to file income tax returns a pathway to access the TABOR refunds. 166 people attended these clinics, resulting in 131 104 PTC applications being completed. 56 attendees spoke Spanish. Additionally, resource staff held 77 individual appointments during tax season for 104 PTC assistance to meet the TABOR refund deadline.
- In addition to providing one-on-one assistance with Low-Income Energy Assistance Program (LEAP) applications throughout the year, resource staff and volunteers held a LEAP clinic in November in which they helped 27 individuals.

Support Aging in Community

- Provided 194 drop-in program offerings in Spanish, an addition of 111 drop-in programs from 2023. These drop-in programs brought in 1,516 participants. Additionally, 67 registered programs were offered, with 801 total participants. The Bailes de Mi Tierra dance group completed 35 performances; the Coro singing group completed 24 performances.
- Provided support via support group format to 55 different caregivers (two ongoing groups), 24 persons in grief and loss support groups, and over 20 Latino customers in a Spanish-speaking support group.
- Served 24 family caregivers and individuals living with dementia through two biweekly Lunch Bunch groups, with financial support from the Friends of the Longmont Senior Center, meal donation through Longmont Meals on Wheels, and the assistance of five volunteer facilitators.
- Maintained a monthly Caregivers Mailing List to keep over 140 caregivers notified of support groups and program offerings at the Senior Center for family caregivers.
- Supportive services' programming has continued to be strong in 2024: 256 caregiver education, emotional support sessions, and other resource education programs were offered in Spanish and English in 2024. With the support of the Friends, a gerontologist has continued to offer new caregiver classes.
- Continued partnership with Boulder County Senior Law Day to provide free, critical legal information to 130 older adults and their family members.
- Reignited a pre-pandemic partnership with WorkForce Boulder County to hold a 55+ Job Fair to assist those seeking employment with a connection to employers who actively hire older adults.

Promote Personal Connections and Community Involvement

- Seniors Recreation Program Supervisor Amy Hodge presented at national and state conferences in 2024: National Parks & Recreation Association (NRPA) and Colorado Parks and Rec Association (CPRA), both in October. Amy was also selected by her peers as the state Active Aging (50+) Professional of the Year and was the receipt of the Marianne Logan Award for exceptional performance and professionalism in working with older adults.
- Senior Services staff continued to reach out to new and existing health care partners to meet and plan quarterly health and wellness programs in a collaborative manner.
- 320 older adults volunteered for Senior Services; 160 attended our annual Volunteer Appreciation event.
- The Knit and Purl group donated 2700 items (clothing, hats, and blankets) across our community this year. The Lap Robe group donated 286 lap robes for babies, children, and teens. The groups worked with the Wild Plum Center, Head Start, Veterans Community Project, Longmont Library, Longmont Meals on Wheels, Longmont Humane Society, Hope Cancer Center, Children's Hospital in Broomfield, VFW of Wheatland WY, Veterans of South Indian Mountain, and two medical clinics to distribute to those in greatest need. The Deck the Halls Program grew with 10 community partners providing trees to decorate the Senior Center, as well as over 1400 donations to the Table of Hope Food Pantry.
- Extended Travel was approved by City Risk Management and a new partnership with Premier World Discovery was built. Extended Travel and Overnight Excursions will return to the Longmont Senior Center in 2025 to provide opportunities for cultural enrichment and socialization.
- Six BIFF films were shown; total attendance increased from 288 people in 2023 to 371 in 2024.
- Outdoor programs were successful again in 2024:
 - 130 enrollees in Golf, with enrollment at capacity as well as positive feedback for program structure and communication improvement.
 - Three Longmont Senior Softball teams participated in the Colorado Senior Softball Association League, along the Front Range.
 - Three Longmont Senior Volleyball teams participated in the Colorado Senior Volleyball Association along the Front Range.
 - Hikes continue to be popular and well attended. Spring, summer, and fall hikes are regularly sold out with 13 enrolled and sometimes long waitlists.
- Other successful programs included Will Maker Seminars which were consistently full each month.
- History & Science Presentations continued to thrive with 91 lectures offered and 2256 total participants.
- CEPs (Cultural Enrichment Programs), returned to a full, strong schedule in 2024 through the support of the Friends of the Longmont Senior Center:
 - January – Sister Cities Little by Little – 65 participants
 - February – Swoonin' Sounds & Sweet Treats – 92 participants
 - March – Oh, Oh, Oh It's Magic - 78 participants
 - April – JAM! Jazz Appreciation Month – 86 participants
 - May – Bodacious Music & Fashion Show – 136 participants
 - June –
 - Legendary Ladies – 87 participants
 - *Project Visibility: Have Pride & Be Allied – Cancelled due to low enrollment*
 - July – Maria, Maria & Ice Cream Social – 89 participants
 - August – *No CEP held*
 - September – Fiesta – Bailes Coro 20 Year Celebration – 104 participants
 - October –
 - Murder & Mocktails – 68

- Day of the Dead - 78
 - November – Native American Heritage Month Celebration - 163
 - December –
 - Country Christmas – 120
 - Happy Noon Year Performance Group Showcase – 134
 - **Total CEPs offered: 15**
 - **Total CEP Participants: 1363**
- Senior Center Tech Connect (SCTC) continued with virtual activities and resumed more in-person lectures and one-on-one lab sessions at the Senior Center. Thirty-three volunteers provided over **5488** hours of service. The total number of clients served exceeded **2587**. The need for Personal Coaching has increased significantly as older adults have more challenges as the dependence on technology in our day to day lives increases.

SCTC Activities	Number of Sessions	Number of Participants	Number of Hours
Lab Virtual	24	106	35
Lab S.C. in Person	43	466	83
Classes/Lectures/Demos Virtual	26	446	41
Classes/Lectures/Demos S.C in Person	33	671	63
Cell Phone S.C. in Person	23	196	57
Game Time Virtual	45	212	43
Personal Coaching	451	451	718
Longmont Utility Billing	6	39	52
TOTAL	200	2587	1092

Facility

- We had 98,144 visits, which is an increase of 9,209 more visits from 2023 and 21,383 more from 2022.
- There were 36,844 registrations in 1908 Recreation programs offered via the registration software system and drop-in services.
- Friends of the Longmont Senior Center provided the following facility improvements:
 - Purchased new lobby furniture, creating up to 7 conversation spaces for guests.

Administrative Highlights

- Senior Services staff continued to support older adults who reside at six older adult properties of the Longmont Housing Authority (LHA). With funds from LHA supporting the position, Senior Services re-hired a fourth Resource Specialist who works solely with six LHA properties and is a part of the Senior Services supportive services team. Other members of the Supportive Services team support older adults at other LHA properties beyond those six, and we work closely with the new Human Services clinicians at The Suites and have begun connecting with the case management staff at Zinnia as well.
- Process improvements were completed in Recreation Programs to enhance user equity as well as support internal functions. These included:
 - Transitioning to utilization of RecTrac SuperGrid software for facility scheduling
 - Adjusting to 3 annual, 4-month GO publications allowing for conducive production schedules and program planning as well as saving \$12,351 annually in printing costs.
 - Utilization of RecTrac Software for Hike and Trip lotteries based on participant feedback, allowing for enhanced equity, time management for participants and staff alike, and communication for these services.

- Longmont Meals on Wheels continued to provide their successful and well-received home-delivered services as well as offering lunch weekdays at the Senior Center. They served 16,564 meals on-site at the Senior Center in 2023. They also delivered 100,651 an average of 9,817 meals per month to customers' homes.

Additional Information, Referral, and Case Management Data

Service Delivered	Number of Contacts
<i>Top Counts of Concern/Needs</i>	
Financial Assistance	2048
Housing	806
Health and medical	497
Caregiving	433
Nutrition	284
<i>Top Abuse Concerns</i>	
Self-neglect	20
Financial Exploitation	8
Fraud	6
<i>Service Volume</i>	<i>Contact could mean multiple contacts in one week for the same need/issue.</i>
806 individuals	Had 1 time contact
527 individuals	Had 2-4 contacts
138 individuals	Had 5-10 contacts
34 individuals	Had 11 + contacts