



INSIDE

ACTIVE AGING ADULTS PROGRAM

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Needleworkers



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City Diner

Annual 2009 Report

Compiled by the Senior Leaders



August 23, 2010

Lorinda Pearson, Manager
Human Services Division
City of Bloomington
1800 West Old Shakopee Road
Bloomington, MN 55431

Dear Ms. Pearson:

This annual report provides descriptions and summaries of the multitude of activities and programs offered through the Active Aging Adults Program. Our goal continues to be centered on providing a nurturing and supportive environment for the community's older adults and where people can enhance their quality of life. The volunteer support provided by our many program participants is the main reason for our continued success in the community.

Active Aging Adult program information is made available to the community through the City's Web Site, in the Bloomington *Briefing* and the *Positively Aging* newsletter, a quarterly list of programs, services and activities in Bloomington for all Active Aging Adults.

We greatly appreciate the ongoing support of the Human Services Division, Bloomington City Council, staff, volunteers and the citizens of the community who help make the City of Bloomington a great place to live and learn.

As the new year begins, we continue to look to our Senior Leaders to provide leadership and direction to the many programs and activities that make up the Bloomington Senior Program at Creekside Community Center and to support the on-going programs of the Human Services Division.

Sincerely,

Bloomington Senior Leaders

2009 ANNUAL ACTIVITY REPORT

January through December 2009

The Senior Leaders initiate, promote, and evaluate the methods and means to fulfill the purpose of the Active Aging Adults Program.

ARTS & CRAFTS

Boutique

122 Participants

22 Volunteers

Volunteers tracked all consigned crafts, take-outs and price changes. They assisted buyers in all the details of a sale. They also kept the tables and room neat and attractive. New consignees and new articles helped to keep shopping in the Boutique interesting. In 2009, the Boutique was open Saturday mornings during the months of November and December and experienced increased sales. Crafters donated prizes for Party of the Month, gave bookmarks to third graders who toured the Center, and gave a donation for the VEAP Food Shelf. The Boutique had a booth for the first time at the Farmers Market in September. A subscription to the Minneapolis Star Tribune was purchased for one year by the Boutique for use in the Creekside library.

2009 Gross Total Sales (Including Sales Tax): \$21,373.31

Cards

Playing cards continued to be a popular and well-attended activity at Creekside with the following groups meeting regularly:

	Participants	Volunteers
Club 500 (Friday)	144	5
Monday Bridge I (Beginning)	10	1
Monday Duplicate Bridge	48	4
Tuesday Ongoing Bridge	21	2
Thursday Bridge (Advanced)	25	2
Friday Bridge	20	3
Cribbage (Thursday)	20	2
Senior Women's Bridge	16	1
Euchre	53	1

Monday Duplicate Bridge now has five players who have reached 90 years or older. Unfortunately, Club 500 lost 3 regular participants in 2009.

Ceramics

100 Participants

10 Volunteers

Ceramics was a very popular program that met every Tuesday, Wednesday and Thursday from January through November. Volunteers set up on Wednesdays to help participants with disabilities requiring assistance. Mondays were set aside for special firing, ordering and filling paints.

Crafts & Quilting

11 Participants

11 Volunteers

The Craft Group continued to do mainly quilting. The group is getting smaller but they continue to donate items and make over \$480 in cash donations to the charities of Cornerstone, Project Linus, Martin Luther Manor, the Veterans Administration Hospital, the DAV, and Bridging. In 2009, 656 items were made and donated, including preemie blankets, baby shawls, lap robes, pairs of fleece mittens, crocheted caps, scarves, walker bags, and various size quilts, in small, medium and large. They appreciate all the donations of materials and batting for the group.

Lapidary

6 Participants

3 Volunteers

Equipment was made available to saw, grind, sand, and polish stones and gems. They were visited by a student group and supplied polished rocks to students and adults as souvenirs.

Woodcarvers

10 Members

1 Volunteer

The woodcarvers met every Wednesday at 8 a.m. at Creekside and provided open carving opportunities. The group included prize-winning carvers. The main focus remained fellowship and training for anyone interested in beginning woodcarving.

Woodshop

50+ Participants

4 Shop Foremen

Participant activities included designing, making or repairing articles out of wood. Several members have won recognition at contests for their work. Members have built and completed projects for the City, nature centers and Creekside. Projects were also for participants' personal use, for which they provided their own materials. Some members volunteered their time and talents by helping people in the community with wood project needs and repairs. Volunteers also worked with youth on woodworking projects.

CLUBS & SUPPORT GROUPS**A.A.R.P.—American Association of Retired Persons**

50 Participants

AARP meetings were held every second Monday from September through June. On meeting days, the Executive Board met at 10:30 a.m. with the chapter meeting from 1 – 2:30 p.m. The meetings featured educational speakers and entertainment with door prize drawings for lunch tickets to the Creekside Diner. In 2009, AARP volunteer counselors provided free tax assistance for over 600 older adults, persons with disabilities and low-income persons from February—April, and one day for property taxes in July. AARP held a Red Shirt Rally to the State Capitol in St. Paul in March to meet legislators. A community service program of Bingo was held at Gideon Pond's Newton Manor of Presbyterian Homes. Additionally, members provided Meals on Wheels.

Low Vision Support Group

12 Participants

This group met on the third Friday of each month from 10 – 11:30 a.m. from September through June. The group discussed, learned and shared information about vision loss, eye diseases, new research, rehabilitation and coping skills. Vision Loss Resources staff provided information on the latest research and equipment and shared ideas on what has helped people with vision loss. The participants enjoyed lunch together following meetings. The group was always welcoming to new participants!

COMMUNITY SERVICE

Creekside Needleworkers

55 Participants

5 Leaders

Every Thursday morning, from 9:00 a.m. to 11:30 a.m. the Creekside Needleworkers met in Room 110, at Creekside Community Center. In the year 2009, they produced and donated 3,151 articles to various organizations in the metro area and beyond for persons in need. Some of the recipients include: Longfellow School, Martin Luther Manor Day Care, World Vision, South Dakota Native Americans, St. Edward's Church Mother's Day Shower, Children's Home Society, various nursing homes, Waconia Hospital, Roosevelt Day Care Program, Sexual Violence Center, Nativity of Mary Church, St. Bonaventure Church, Catholic Charities, Faribault School for the Deaf, St. Joseph's Home for Children, Head Start, AARP Senior Holiday Program, St. Louis Park Crisis Nursery, and several more. In 2010 the group began a new project of making articles for the military with the help of the American Legion in Bloomington. The needleworkers rely on donated yarn, then the ladies give their time to produce handmade articles that go to help others. They also host the Party of the Month each March. Many friendships have been made over coffee and yarn. Thanks to the City of Bloomington for their support in supplying a place to meet and store goods. Thanks, too, to the staff at Creekside for their always cheery nature and prompt help when needed. Last year, 2009, was successful because of the support of workers and contributors.

Library Committee and Informal Games

4 Volunteers

Creekside Library volunteers mark, sort and shelve hundreds of books each year.

Mailings

25 Volunteers

Volunteers were called by the team captain when a City department requested help with a project. The types of projects included assembly and labeling for the Police Department and the resource catalog mailing. Three projects were completed in 2009.

ENTERTAINMENT

Classic Country Music Jam

9,129 Participants

The Jam Sessions continued to be popular throughout 2009 drawing a total of 9,129 audience members for the year. This total number provided an average of 176 audience members each Saturday. They continued to draw new singers and musicians with upwards of 25 participants coming to perform each week. The program format remained basically the same as when they began playing at Creekside in September 2002. Special Highlights from 2009: Continued to play monthly at West St. Paul and Lino Lakes Community Centers and added a new 16-year-old fiddle player.

Music Program

54 Members

Creekside Community Center was home to three senior music groups that rehearsed September through May. The groups performed regularly at various civic functions. The Crickets and Renegades performed in a Fall Music Show at the Schneider Theater, Civic Plaza.

► **Renegades** – 10 members. A country-oriented band which gave two performances in 2009 along with the Fall Music Show at the Schneider Theater. They met 34-38 times during the year.

► **Cricketts** – 12 members, 45 rehearsals, 15 performances. The Cricketts: instrumental and vocals, play oldies, folk and country tunes. The Cricketts played for senior civic and religious organizations and residences. They used their talents and hoped to be role models for other seniors. After a performance to many shut-ins at a care center, a woman said “You (the band) make my heart happy.” A 2009 highlight was, as always, the opportunity to perform at the Schneider Theater. The Cricketts thank the City of Bloomington for the opportunity to practice, perform and continue their growth.

► **Bloomingtones** – 33 members, 40 rehearsals, 21 performances. The chorus has achieved a higher level of performing excellence and it maintains that level. It is now capable of performing more repertoire and that repertoire has considerable breadth and is of greater difficulty. It’s annual appearance at a regional senior choral festival is proving to be of considerable inspiration to the other participating choral groups. Several local professional arrangers and composers have invited our ensemble to perform their compositions this coming year. Another outstanding achievement is represented by area nursing homes and senior residents who are inviting the Bloomingtones to return again and again.

Movies

250 Participants

1 Volunteer

Movies were shown the third Monday of each month at 12:30 p.m. from September through May.

Party of the Month Meals and Memorable Mondays

2,091 Total Participants

17 Volunteer Groups

Seventeen Creekside groups and local businesses sponsored 12 Parties of the Month in 2009. Total attendance, which increased 23% over the previous year, ranged from 130-175 with most parties near capacity at 175 diners. Each sponsoring group along with other community volunteers worked to ensure the success of the parties through involvement with activities, including planning the preferred menu, purchasing table decorations, helping with set-up, serving and cleaning up. Other groups, including Bocce Ball, Pool Room, Needleworkers, Martin Luther Campus and Presbyterian Homes also provided entertainment.

Another special monthly meal opportunity known as Memorable Monday was enjoyed by 600 diners between July through December. Special themes with speakers included: Green Day, Minnesota State Fair Day, Fall Harvest, Bloomington History Day, and Veteran’s Day. Again, the volunteers made these special gatherings a success by helping with table decorating, set-up, serving and clean-up.

FITNESS

Human Services partners with Parks and Recreation to offer older adult fitness opportunities.

50+ Fitness Exercise Program

180 Participants

8 sessions

This supervised exercise program designed for persons age 50 and older was held year-round on Monday, Wednesday and Friday mornings. The class promoted stretching, strengthening, increased energy and fitness. Classes were held at the Bloomington Armory and the air-conditioned Bloomington Ice Garden during the warm summer months. This program was co-sponsored by Bloomington/Richfield Community Education.

Exercise to Music

29 Participants

Class was held on Tuesdays and Thursdays at 9 a.m. in the Minnesota Valley Room. Low-impact exercises set to music were intended to use every joint in the body promoting movement, improved circulation and an all-over good feeling. Participants have become good friends and sometimes have lunch together.

Fun Walk

150 Participants

The City of Bloomington sponsored the tenth annual Fun Walk to celebrate National Senior Health and Fitness day on May 27. 150 people participated in the walk which began at the canoe launch at Normandale Lake and ended at the band shell, where entertainment was provided by the Classic Country Music Jam. Walkers were led in pre- and post-walk stretching by fitness instructor Annette Fragale. Fun, fitness, food and music were enjoyed by all. Bloomington/Richfield Community Education co-sponsored.

Spring Walking Club

This program was offered every Tuesday in May. Participants walked at their own pace and distance. Hikers enjoyed spring hikes to fun locations and a picnic lunch was held following the last hike.

T'ai Chi Chih

23 participants

2 sessions

T'ai Chi consisted of simple, repetitive, non-strenuous movements that emphasized a soft flowing continuity of motion. Two nine-week sessions were held in 2009 at the Bloomington Armory. The program was co-sponsored by Bloomington/Richfield Community Education.

Line Dancing

60 participants

2 sessions

Participants enjoyed exercising their bodies and minds while learning new line dance patterns to a variety of music. This program was held at Bloomington Civic Plaza and co-sponsored by Bloomington/Richfield Community Education.

HEALTH & WELLNESS**Blood Pressure Testing**

297 Participants

1 Volunteer

Testing was offered on a walk-in basis the first Wednesday of every month from 9:30-11 a.m. at Creekside. Bloomington Public Health Division staff provided the monitoring and recording, with a volunteer providing scheduling, set-up and take-down each week.

Happy Feet Foot Care

501 Participants

This program met every Wednesday from 9 a.m. to 3 p.m. Happy Feet continued to schedule their own appointments. Happy Feet faxed their schedule on Tuesdays and a Creekside volunteer made reminder calls to the clients.

Hearing Testing

10 Participants

1 Volunteer

Testing was offered by appointment on the second Wednesday of even-numbered months, from 1 - 2:45 p.m. at Creekside. A Bloomington Public Health Division nurse administered the audiometer testing. Human Services volunteers took appointments.

INTERGENERATIONAL ACTIVITIES

The Bloomington Senior Program at Creekside continued to seek out intergenerational activities, including tours of our facility, mentoring programs and students working in our Woodshop, Lapidary and Ceramics rooms. 190 participants and two staff were involved in the intergenerational activities.

LIFELONG LEARNING**Book Club**

17 Participants

2 Volunteer Leaders

The Club met on the last Monday of each month from 1 – 3 p.m. It was an educational discussion group organized around the love of reading nonfiction. It followed certain guidelines: the system, how the speaker prepared for and presented his/her favorite book, how to lead the discussion and how the members participated. Guests were always welcome.

Dakim BrainFitness

159 Visits

1 Staff

Originally acquired in 2008, this touch screen computer program led participants through a variety of fun and challenging activities designed to keep one's mind active and sharp. The program, which could accommodate up to 20 users, was expanded in 2009 to allow up to 30 participants to use the system regularly at the Community Center.

Poetry Group

125 Participants

1 Volunteer

Each class, 6:30-8:30 p.m., consists of a 30-minute lecture on some different aspect of poetry; reading several poems of well-known authors with some subsequent discussion; recitation of "the simile of the month;" and work shopping the personal poems of the group. The quality of the group's personal poems has so improved, that many of their poems are now publishable.

Open Computer Lab/Byte Syte

107 Participants

2 Staff

1 Volunteer

The computer classroom is equipped with seven computers with Windows XP operating systems. Byte Syte and open lab opportunities are available.

Driver's Safety Program

Co-Sponsored by A.A.R.P.

1,580 Participants 1 Bloomington Coordinator
9 Volunteer Instructors

Sixty-five classes were taught at Creekside Community Center in 2009. Classes were either an eight-hour class for first-timers or a four-hour refresher for returnees. The cost was only \$10 per person. These courses were very popular and filled quickly. Students earned a certificate upon completion of this course and received a 10% discount on their auto insurance.

English as a Second Language – ESL

96 Students 12 Volunteers

ESL met every Monday and Tuesday except on holidays. The attendees were refugees and refugee families from Asia and Europe. ESL focused on teaching English to help individuals function within the American culture and obtain jobs. The group camaraderie and support were splendid side benefits to this program. The program was coordinated by Bloomington Community Education – SHAPE Adult Literacy.

Writers Club

10 Participants 1 Volunteer

The club met on the fourth Thursday for nine months at 1 p.m. Members continued to encourage each other and to welcome any type of writer. Members critiqued each other's writings and made constructive comments. They also offered suggestions for places to submit writings. Poetry, memoirs and special monthly topics were the most common subjects.

NUTRITION**Bread Donation**

5 Volunteers

Volunteers picked up bread on Wednesdays, and both bread and rolls on Thursdays and Fridays. Products nearing their expiration date were donated by Cub Foods. The products were brought to Creekside by volunteers and passed out to senior groups in the building, with a large supply also made available to seniors to take home.

Buyers Club

1,990 Total Customers Served 6 Volunteers

Buyers Club was operated every Thursday from 9 - 11:15 a.m. and 12:30 – 1:30 p.m. at Creekside in Room 102, except on holidays. Two days per week were spent in preparation. The club packaged over 100 bulk-quantity products on Wednesday mornings and took delivery of fresh produce on Thursday mornings before opening. Their Party of the Month sponsorship was shared with Home-Instead Senior Care. A prize was given to each diner.

Coffee Round Table

6 Volunteers

The Creekside Library/Lounge continued to be the home of the energetic Coffee Round Table, a group of dedicated volunteers who worked to ensure freshly brewed coffee was available each day. In addition, these volunteers set out tea, hot chocolate, and other treats when available plus cleaned up to ensure a pleasant social gathering place for everyone.

Creekside Diner

Caterer: Creative Independence

47 Volunteers

- ◆ 993 unduplicated diners served.
- ◆ 12,282 meals served through the Creekside Diner including Martin Luther Manor - Adult Day Service and congregate dining.

Hot, nutritional noon meals were prepared by Creative Independence Monday through Friday, throughout the year except on holidays. Diners welcomed many new menu choices that were presented in an appetizing manner. Human Services volunteers continued to be key to the success of the dining program. They greeted new diners, set the tables, helped dish-up and serve the meals, washed the dishes and cleaned up. Others helped with planning and arranging new table and room decorations. The number of unduplicated diners increased 13% in 2009 compared to 2008. Also the number of meals served increased 8% over the meals served in 2008.

Fare For All

1,954 Participants

22 Volunteers

In 2009, Fare For All distributed 1,293 shares to 1,954 individuals in 777 households and put in 3,596.50 hours of volunteering. This monthly food distribution program was based on community volunteerism. Volunteers continue to be fabulous and their time is appreciated.

OUTREACH & SERVICES

Creekside Senior Memorial Trust Fund, Inc.

7 Board Members

The Board of Trustees of the Creekside Memorial Trust Fund, Inc. assisted individuals desiring to create a memorial to someone, living or dead, in the following ways: encouraged donations to fund the memorial, maintained memorial books and distributed trust funds for the general benefit of Creekside Community Center.

Cell Phone Program

25 Phones Distributed

Free 911 cell phones were distributed to Bloomington adults 55 and older and younger residents with a disability. The phones were used equipment donated to the program, reprogrammed to call 911 only and provided to Human Services by the Quest Pioneers. Individual training on use of the phones was conducted by Human Services staff at Creekside.

Display Boards/Cases

1 Staff

7 Display Boards

3 Display Cases

Active Aging Adult Program activities were featured in two venues at Creekside Center: on display boards and in display cases. Bocce Babes, Ceramics, Veterans and Needleworkers were featured on display boards. Local programs and events were set up in display cases.

Get Acquainted With Creekside

97 Participants

Individuals interested in learning about participation in the Active Aging Adult Program at the community center were offered an hour-long get acquainted opportunity on the first Wednesday of each month. Attendees got acquainted with each other, viewed the Human Services video and discussed a packet of

information which included a *Positively Aging* newsletter, Human Services Resource Catalog and info about Human Services. A Human Services coordinator led a tour introducing the group to program leaders and staff throughout the center and answering questions. The number of newcomers increased in 2009.

Health Insurance Counseling

16 Participants 1 Volunteer

This service, co-sponsored by Senior Community Services, provided trained volunteers who counseled Medicare beneficiaries on health insurance choices and assisted with filing claims. The service was offered monthly and participants registered for one-hour appointments. Home visits were available as well.

Human Services Volunteer Desk

Community Contacts: 1,710
6 Volunteers

The desk was staffed weekdays by volunteers. The Human Services Volunteer Desk provided assistance to both callers and walk-in customers. Additionally, volunteers handled registrations for the Driver's Safety classes and made courtesy calls to community members who had signed up for a class or program.

Transportation

6 Drivers

Bloomington Bus Service

Door-to-door group route transportation was provided within the City of Bloomington from 8 a.m. to 4:30 p.m. Monday through Friday. Trips included medical appointments, personal use, employment, recreation, grocery shopping, Creekside visits, and more. In 2009, we provided transportation for the fall and spring hikers, Summer Fete and Bloomington Sister City Organization.

- ◆ 72 unduplicated riders served in 2009.
- ◆ 2,858 one-way trips provided in 2009.
- ◆ 17,009 total operating miles logged in 2009.
- ◆ 282 Metro Mobility \$30 ticket books sold in 2009.
- ◆ 133 Metro Mobility \$40 ticket books sold in 2009.

SPORTS & LEISURE

Human Services partners with Parks and Recreation to offer older adult sports and leisure opportunities.

Billiards

94 Participants 3 Volunteers

The pool room opened at 8 a.m. Monday through Saturdays, and remained open into the evening for both men and women. Tournaments were held for both A and B players on Tuesday mornings and Thursday evenings. In 2009, the Pool Room sponsored the July Party of the Month and continues to work with young adults with disabilities in the community.

Bocce Ball

The social and recreational co-ed and women's groups played in June, July and August at Valley View Field. In addition, a group of 8 participants played at Creekside from May through October, where there were many close games and a fun time had by all.

Bocce Babes

50 Participants

2 Volunteers

Energetic group of bocce enthusiasts meet to stay active and socialize at Valley View and at Creekside throughout the year.

Born Again Jocks - BAJs

600+ Participants

The BAJs are an active group of senior men who are fun-loving, community-minded sports enthusiasts. 2009 activities included bocce ball, bowling, golf, softball, tennis, cards and volleyball. The BAJs helped the community in many ways. Several hundred people attended the annual scholarship dinner where nine \$1,000 Jerry Molosky College Scholarships were awarded to graduating seniors from Jefferson and Kennedy High Schools. Scholarship money was raised at the annual BAJ Pancake Breakfast. The BAJs played softball on the field at the HHH Metrodome prior to a Twins game in July. The BAJs met to play cribbage every Thursday through the winter (14 members).

Golf

69 Participants

2 Volunteers

The co-ed senior league met Monday mornings at Hyland Golf Course. The group appreciated continued good leadership from Arvie Bunch for the 2009 season.

Metro Five-0+

60 Participants

2 Volunteers

1 Staff

This social group for active aging adults living in and around Bloomington was in its second year. The group met monthly to plan activities for the following month. Group members took turns leading activities such as hikes, movie nights, concerts, dinners out, and more.



Pool Room

Bocce Ball

Ceramics

Wii Bowling

The City of Bloomington complies with all applicable provisions of the Americans with Disabilities Act (ADA), Section 504 of the Rehabilitation Act of 1973, and does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all City of Bloomington services, programs, and activities. The City has designated coordinators to facilitate compliance with the Americans with Disabilities Act of 1990 (ADA), and to coordinate compliance with Section 504 of the Rehabilitation Act of 1973 as mandated by the U.S. Department of Housing and Urban Development regulations. For information, contact the Human Services Division, City of Bloomington, 1800 West Old Shakopee Road, Bloomington, MN 55431-3027; (952)563-8733 (Voice); (952)563-8740 (TTY).

Upon request, this information can be available in Braille, large print, audio tape and/or electronic format.