

TALLAHASSEE SENIOR CENTER & FOUNDATION



ANNUAL REPORT

2020 and 2021 Highlights



TALLAHASSEE SENIOR CENTER & FOUNDATION

Together, the TSC and Foundation provide a holistic array of programs and services to approximately 23 percent of the 50+ population in Tallahassee-Leon County with the following goals: to increase socialization, improve and maintain physical and mental health, provide information and education, lifelong learning, resource assistance and other support systems to help participants achieve and maintain optimal health. The programs and services are categorized as follows: health and wellness, fitness, art, lifelong learning, recreation, crafts, arts, music and dance, cards and games, events, fundraisers, outreach, and services.

TALLAHASSEE SENIOR SERVICES MISSION

The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+. Tallahassee Senior Services is a division of the City of Tallahassee's Parks, Recreation and Neighborhood Affairs Department. A 15-member Advisory Council, appointed by the Mayor, represents seniors' interests and needs in Tallahassee. TSS is staffed and maintained by support from the City general revenue fund.

TALLAHASSEE SENIOR FOUNDATION (TSCF) PURPOSE

Established in 1980, TSCF is an independent, private non-profit organization that exists for the sole purpose of generating funding to support programs, services and participants of Tallahassee Senior Services. The Foundation, administered by a 15-member Board of Directors, is composed of members elected by the current board. Individual and organizational membership in TSCF is open to all interested persons. Visit www.TallahasseeSeniorFoundation.org for more information on events, membership, and benefits.

Senior Services Advisory Council

Steve Gagne, Chair
Abi Moon, Secretary
Steve Blumsack
Ann Cleare
Jan Daly
Nancy Godette
Joan Keen
Toni Kilgore
Regina McQueen
Catherine Mingledorff
Annie R. Rolle
Steve Rollin
Jill Sandler
Bernie Smith
Antonio Terracciano, Ph.D.
Lossie Vaughan

Foundation Board of Directors

Carol Thompson-Riley, President
Kaila Hardee, Vice-President
Ajay Chadha, Treasurer
Edna Owens, Secretary
Doug Carlson, Immediate Past President
Jim Davis, CPA
Nina Davis
Celena Grant
Maicel Green
Scott Harrell
Jeanie Martin
Elda Martinko
Jane Parsons
Meko Rice
Linda Roberts

Note: The information in this Annual Report is intended to highlight certain aspects of TSC & Foundation programming.

***Making a difference in people's lives,
by the numbers.***

Between March 2020 and September 2021, TSC confirmed its significant place in people's lives by providing essential social connections and a variety of physical and mental activities, by various means. Programs and contacts were implemented by phone, virtually, outdoors, in-person, and Hybrid.

- ★ 4,963 regular participants
- ★ 5,353 phone calls
- ★ 71,420 views at Facebook Live Fridays with Kristy
- ★ 725,850 Constant Contact emails sent
- ★ 49% Constant Contact open rate
- ★ 5,200+ Facebook Followers
- ★ 230 virtual offerings in all program areas
- ★ 301 volunteers
- ★ 9 drive through events monthly
- ★ 92 drive through events served 3,997 meals
- ★ 180 activities each month normally
- ★ 15 neighborhood sites
- ★ 50 Resource Cards accessible on website
- ★ 95 business sponsors
- ★ 79.3% increase in End of Year Giving
- ★ 23.5% increase in Membership Giving
- ★ \$25K raised through Mile Marker 25 for the Endowment Fund

FACEBOOK LIVE FRIDAY

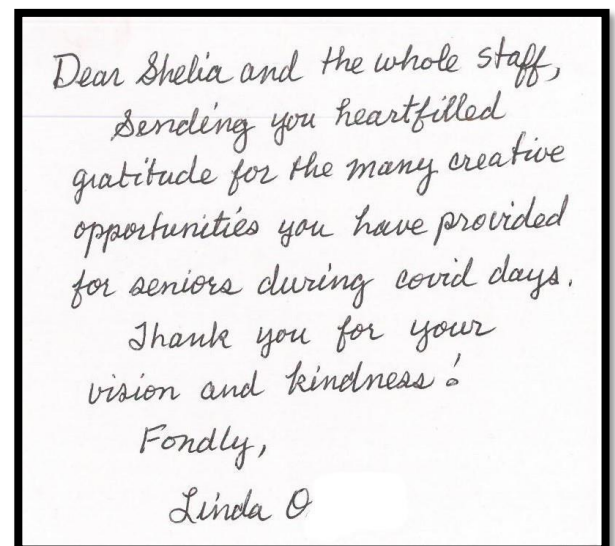
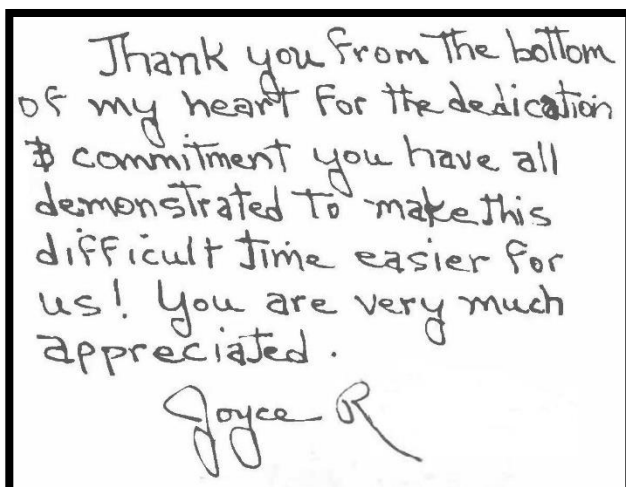
WITH KRISTY

71,420 VIEWS



JOIN US! TAKE A TOUR!

- ★ Tours are available between 9 a.m. and 4 p.m., Monday through Friday.
Drop-by the Tallahassee Senior Center at 1400 N. Monroe St., Tallahassee, FL 32303
- ★ For more information on programs and activities, please contact the Tallahassee Senior Center at 850-891-4000 or visit Talgov.com/Seniors or TallahasseeSeniorFoundation.org
- ★ You can also keep up to date by liking the Tallahassee Senior Center on Facebook and signing up for our Constant Contact weekly email newsletter.



The TSC transitions to virtual, outdoors, back to in-person and now hybrid!

Due to COVID, the TSC facility and community program sites were closed to the public from March 13, 2020 to April 1, 2021. Obviously, this significantly impacted the number of activities, participants, guests, and first-time visitors throughout this time period.

During the building's closure, Team Senior Center (TSC) capitalized on the opportunity to learn new ways to engage seniors in activities and programs. TSC&F staff quickly turned to developing virtual programming. Keeping mentally and physically fit is one of our priorities, with mindfulness and daily exercise classes. As in-person options were limited, we began to provide our friends with the diverse and engaging programs they need to thrive.

Zoom became a new tool as we quickly learned how to transition to stay connected. Many of our classes and services transformed from in-person to virtual, allowing us to enjoy favorite LifeLong Learning classes morning, noon, and night. Through it all, seniors let us know how much the Senior Center has made a difference.



We learned the power of phone calls by making over 5,353 calls to more than 3,000 individuals, checking in to see how folks were doing and making sure they did not feel alone. Our outreach “Lunch and Learns” adapted to “Lunch and Waves” drive-through events, serving meals and distributing valuable resources and information.

"This has made a positive difference in my life and health. Classes and exercise programs help keep me moving and motivated. It's good that these things are in place to help you along your life journey. I thank you and appreciate everything."

Once the building re-opened, in-person activities gradually returned. While many seniors prefer in-person activities, the TSC now successfully delivers many classes and services both in-person and virtually. Hybrid programming is a new tool we will continue offering to help people stay connected with friends and activities.



Learning, laughing, making friends, and keeping mentally and physically fit through the programming at TSC is a gift to the seniors in our area. As a service of the City of Tallahassee working in partnership with the TSC Foundation, we want to express appreciation to our many generous friends, business sponsors, grant partners, and Leon County, who continued to give. Your contributions allowed the TSC to sustain and expand our ability to reach seniors who are unable or uncomfortable leaving their home, as well as be here for people when they are ready to come back.

Together, we have endured this pandemic and the challenges it brought to our lives.

Together, we have found positive practices that have made us better and stronger to serve seniors.

Together, we look forward to current and new TSC programs and activities that make an important impact on individuals' lives and on our community as a whole.

Positive Practices from the Pandemic

- ★ 2020 – the Year of the “Drive Through” -- Increased resiliency with Drive Throughs, Outside Fitness & Art classes, virtual counseling & GaP gatherings under the Pavilion.
- ★ Flexibility & mobility of staff, instructors, and participants to work and participate from various locations.
- ★ The ability to offer Hybrid classes.
- ★ Increased use of technology, Facebook, Website, and Constant Contact to communicate with participants.
- ★ Fitness on WCOT, Facebook and On Demand!
- ★ UPSLIDE received 2019 #1 Best Practices in Health and Wellness program by NISC (National Institute of Senior Centers).
- ★ Volunteer Tech Assistance via phone.
- ★ Virtual L3X to Hybrid including virtual Launch Party.
- ★ Virtual Art Receptions and On-Line Galleries.
- ★ Artists talking about their work on-line and in-person Receptions.
- ★ GaP Virtual Circle of Parents Support Group doubled in participation and remains virtual to be more convenient for the grandparents.
- ★ Southside – Virtual Health Fair; transitioned participants to Zoom
- ★ Annual Volunteer Years of Service and Appreciation Drive Through and transition to its own event.
- ★ Virtual Deck the Halls pre-events.
- ★ Deck the Halls Online and On Air at Star 98.9 – exceeding our fundraising goal.
- ★ 61 different Health Awareness presentations offered via Facebook, Zoom, YouTube, and In person.
- ★ Health & Wellness offered 13 virtual trainings for students & professionals.
- ★ Senior Games Virtual Torch Run & Celebration of Athletes.
- ★ Resource Cards accessible 24/7 at tallahassee-senior-foundation.org.
- ★ Expanded Maintenance Week to a whole Year!
- ★ Seamless Fiscal operations continued through pandemic.
- ★ 2021 – the Year of the “To Go Box”
- ★ Silver Stars recognition with Dinner “To Go”
- ★ UPSLIDE Friends Connection Facilitator’s Guide

2020 – THE YEAR OF THE “DRIVE THROUGH”

★ 9 drive through events monthly

★ 92 drive through events served 3,997 meals



Art 2020 and 2021



455 Students in 6,847 Units
10 Virtual Classes & Workshops
4 Plein Air Classes
7 On-going In-person Classes
7 In-person Workshops
In 10 Locations
5 Online Galleries
Virtual to In-person Receptions



Program Highlights

- ✍ Virtual Insiders Showcase presented first online Reception and opportunity for Artists to talk about their work. Participants picked up “To-Go” appetizers to enjoy at home.
- ✍ Created Small Art, Big Impact Greeting Card on-line fundraiser and Holiday Edition.

Exhibits: Auditorium, Dining Room, Off Site On-line & Receptions: Virtual & In-person making on-line voting available for People’s Choice

- ✍ Personal Expressions in Watercolor
- ✍ Creativity in Oil & Acrylics
- ✍ Big Bend Senior Artist Showcase
- ✍ Art Potpourri
- ✍ Pantone Color of the Year – Classic Blue
- ✍ Four Seasons
- ✍ Pantone Color of the Year – Ultimate Gray + Illuminating Yellow
- ✍ Portraits by Instructors
- ✍ Tallahassee National Cemetery
- ✍ TCC Fine Art Gallery Students and Instructors
- ✍ North Florida Fair Fine Arts Exhibit



Locations

Bradfordville NE Library
Ft. Braden Community
Lake Jackson Community
Tallahassee Senior Center
Goodwood Gardens Plein Air
Myers Park Plein Air
Oven Park Plein Air
Tom Brown Park Plein

Art Council

Toni Walmsley – Life Stories: Artistic Expression
Joyce Bastian – Tuesday Morning Watercolor
Allison C. Edwards–Watercolor
Brenda Francis –Oil Painting with Eluster
Joyce Raichelson – Eye Heart M Fletcher Class

Lifelong Learning 2020 & 2021



70 Different Field Trips and Classes
Virtual, In-person, & Hybrid

605 Participants

2,550 Participation Units

Computers & Technology

In-person classes transitioned to virtual learning and how to participate in virtual classes, workshops, and support groups. TSC Staff quickly established a database of volunteers who could provide one-on-one technology support via the phone. This included recruiting, training, and establishing protocols. The FSU Institute of Successful Longevity became a partner to assist with training and troubleshooting on how to access and use virtual platforms.

Languages & Other Classes (met via Zoom)

English As a Second Language
French - Study Group
German - Intermediate
Poetry for the Love of It

Suspended due to COVID March 2020

Computer Classes
Digital Cameras
French Classes
Spanish Classes
Technology Assistance
Writers Workshop



*I am very pleased with the classes
that I've attended at the senior
center both in person and online.
You are doing a terrific job ...
Thank you for all your efforts
during the pandemic.*

Before coming to the Senior Center, Nancy did not have nearly as many enjoyable things to do.

Looking forward to more LifeLong Learning, Nancy encourages everyone to, "Get out and do. Take a class you have never taken and then keep taking more."

TALLAHASSEE SENIOR CENTER & FOUNDATION



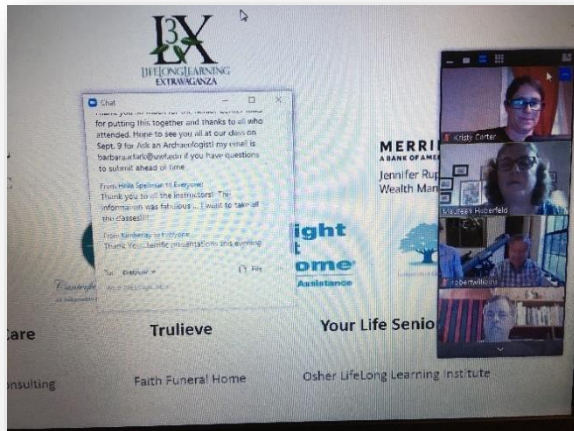
	Participants	Units	Classes	
2019	376	1571	58	In Person Pre-COVID
2020	246	908	31	All Virtual
2021	288	955	45	Hybrid

2020 Highlights

- ★ Virtual Launch Parties, with instructors introducing their programs
- ★ Virtual Closing Lunch with FSU astrophysicist Jeremiah Murphy as speaker and Optional Drive Through lunch

2021 Highlights

- ★ L3X Registration opened with two Launch Parties
- ★ L3X wrapped up with the Closing Luncheon with keynote speaker Terry Lewis, Judge and author



THANK YOU
to All the
Senior Center Staff and
the Volunteers . . .
. . . who help to keep the
programs going at our centers.
How I appreciate the selection of
activities available to help seniors
keep active and thriving.
Thank you.
Patricia L

TALL – Tallahassee Active Lifelong Leaders *in partnership with Leadership Tallahassee*

201 TALL Grads in 12 Years

- ★ Offered 4 bimonthly Alumni events which include an educational and social component.

Tallahassee Active Lifelong Leaders (TALL) is a community leadership program for people age 50+, provided in partnership with the Tallahassee Chamber “Leadership Tallahassee” Program. TALL offers a unique opportunity to get an up-close look at the many different facets of our community, providing an educational experience for older adults seeking to explore creative and productive roles for their retirement years. Through on-site visits and interactive activities with area leaders, class members gain valuable insights into how a community functions and the many challenges involved.



GaP – Grandparents as Parents

Program Highlights 2020 and 2021

The **Grandparents as Parents (GaP)** program serves grandparents and other relative caregivers who have custodial responsibilities for raising another family member's child or children. Activities are available to all City-County residents. The GaP program brings social support, education and resource information to seniors thrust unexpectedly into the parenting role again. Since the COVID-19 pandemic, the GaP program transitioned quickly and smoothly to virtual and socially distanced programming.

GaP Advisory Council

Adream Bennett, *Florida Department
of Children & Families*

Courtney Atkins, *Whole Child Leon*

Heidi Copeland, *Leon County Extension Office*

Rhonda Cooper, *Literacy Volunteers*

Mary Douglas, *Leon County Public Library*

Morgan Evers, *Early Learning Coalition
of the Big Bend*

Becky Griffin, *Grandparent*

Margo Hall, *Retired Educator*

Steve Outlaw, *Tallahassee Police
Department*

Diane Raker Owens, *United Healthcare*

Shauna Smith, *Grandparent*

Lossie Vaughn, *Grandparent*

Ivy Ward, *Elder Care Services*



Pre-COVID Activities

- ★ Monthly support luncheon meetings at the Leon County Public Library
- ★ Grand-family outing and field trip to Tallahassee Ballet and Jacksonville Zoo
- ★ GaP grandparents holiday luncheon

GaP Circle of Parents Virtual Support Group doubled in participation and remains virtual to be more convenient for grandparents.

2020 & 2021

- ✧ 150 GaP Families
- ✧ 41 Virtual Circle of Parents Meetings
- ✧ 16 Monthly Drive Throughs
- ✧ 14 Virtual Educational Presentations
- ✧ Resources
- ✧ Email Support
- ✧ Telephone Reassurance

Funding & Resource Partners

- ✧ Leon County
- ✧ Older Americans Act
- ✧ Advantage Aging Solutions
- ✧ Catholic Charities
- ✧ Individual Donations



Health & Wellness

Program Highlights

- ★ 61 Educational presentations and special workshops offered via Facebook, Zoom, YouTube, & In-person for more than 832 attendees.
- ★ Launched the Buddy Program in partnership with FSU College of Nursing.

Education & Special Programs

“Substance Abuse in Older Adults”

“Long Covid”

“Trauma Throughout the Lifetime: Mental Health Awareness”

“Nurturing Your Mental Health During Covid-19”

“Working with Seniors”

“All About TSC”

“New Directions”

“About TSC Virtual Programming to Gulfport Senior Center

- ★ 13 virtual Student & Professional Orientations

Evidenced Based Programs

Ageless Grace

DEEP

MOB

Walk with Ease

Training the Generations

Capital Health Plan

FAMU Occupational Therapy

FAMU School of Nursing

FSU College of Medicine

FSU College of Nursing

FSU Exercise Science

FSU Gerontology Program

FSU Sports Management

Kaiser University Occupational

Therapy Assistant School

Lively Technical College Barbering

TMH Family Practice &

Internal Medicine

Partners thru COVID

Advantage Aging Solutions

Capital Regional Medical Center

Florida Office of Attorney General

Florida State University

Leon County EMS

Tallahassee Memorial Hospital

University of Florida Extension

Program

University of Florida

University of North Florida



Fitness Classes

for the Brain and Body



2020 & 2021

1,073 Participants

**8 Different Types of
Classes**

Participation Units 23,262

Type of Exercise

Ageless Grace
Brain Body Balance
Life Exercise
Mindful Movement
Senior Fitness
Tai Chi
Yoga

**All Fitness classes taught by
Certified Senior
Fitness Instructors**

Fitness Opportunities

Facebook	5
Website	6
YouTube	4
WCOT-TV	4
Outdoors	3
In Person	6

Capital City Senior Games



2021

Virtual Torch Run & Celebration of Athletes

2022

507 Athletes



2021

507 Athletes
15 Sports
12 Venues
1,164 Event
Participants
10 Different States

2020

471 Athletes

Almost 100 Volunteers

Outdoor Pursuits

Hosted the 3rd Annual Outdoor Expo at Goodwood Museum and Gardens in November 2019 featuring 22 outdoor-oriented exhibitors and a presentation on Edible Plants.

With an array of exhibitors, participants could discover the latest versions of outdoor equipment, and attend short break-away presentations. Attendees can learn about local parks, lakes, rivers, trails, beaches and other outdoor venues.

2020 & 2021 Activities

Archery
Bicycling
Birding
Golf
Hiking

829 Participation Units



***LOP becomes FOOT
Fitness & Outdoor Opportunities Together
in 2022!***



Leon County Senior Outreach

A program of the TSC Foundation, funded by Leon County Commissioners, grants, donations, and participant fees

Monthly Lunch & Learns transitioned to Lunch, Learn, & Wave events during COVID when the Community Centers closed. Participants received a personal phone call for their reservation and see if they were doing okay. These phone calls and monthly interactions, at a safe distance from their car, kept seniors in the unincorporated communities connected to a lifeline of caring support. To-Go lunches and Resource bags containing COVID relevant information by community partners were distributed each month, along with the annual Farmer's Market coupons.

Ongoing fitness, art and lifelong learning classes included with those programs.

2020 & 2021

Participants 1,000

Phone Calls 4,800

In 6 Communities

	Units	
Bradfordville	6022	42.5%
Chaires	2246	15.9%
Ft. Braden	1129	8.0%
Lake Jackson	2102	14.9%
Miccosukee	1142	8.1%
Woodville	1493	10.6%
Total Units	14,152	



Leon County Senior Outreach Advisory Council

Michael Blain, *Volunteer (Eastside)*
 Diane Carr, *Volunteer (Ft. Braden)*
 Heidi Copeland, *Leon County Ext. Office*
 Mary Douglas, *Leon County Library (Eastside)*
 Bill Eichhoefer, *Volunteer*
 Linda "Schuyler" Ford, *Storyteller*
 Jodie Gooding, *Volunteer*
 Mamie Hall, *Volunteer Miccosukee*

Shawnya Hicks, *Leon County Library*
 Kristina Holt, *Leon County Library (Woodville)*
 Mary R. Johnson, *Volunteer Woodville*
 Linda Roberts, *TSC Foundation Board (Lake Jackson)*
 Shirley Shriver, *Volunteer (Ft. Braden)*
 Fred Williams, *Volunteer*
 Lew Wilson, *Veterans Foundation*

Active Living Expo 2020

800+ Attendees

80 Exhibitors



General Programming

Parties & Special Occasions Pre-Covid

- ★ Veterans Celebration
- ★ Holiday Cheer including milk, cookies, and photos with Mr. & Mrs. Claus

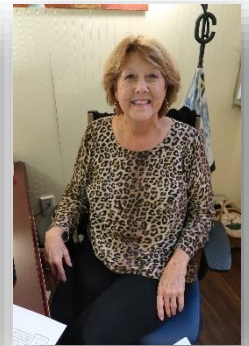
Activity	Units	Participants
Cards & Games	5,512	407
Crafts & Ceramics	2,168	158
Music & Dance	5,793	656
Recreational Sports	3,401	236
Total	16,874	

Senior Resources

Connection to Services

2020

- Created 15 different COVID-19 related Resource Cards to keep seniors informed about travel safety, protecting themselves and dealing with loneliness and isolation, as well as providing updated information on testing and vaccination.
- 2,846 unique views of the Resource page in 2021 or average of 237 monthly.
- **AARP Tax Aide** completed 714 returns despite COVID.



50 Unique Resource Cards

Accessible 24/7 at

TallahasseeSeniorFoundation.org

2021

- 8 New Resource Cards:
 - Communication Resources
 - Hurricane Preparedness
 - Internet Use and Affordable Access
 - LGBTQ+ Seniors
 - Medical In-Home Services
 - Memory Care
 - Scams and Fraud
 - Virtual Foreign Language Classes
- 7 program evaluation surveys completed to collect feedback and data to better understand the services needs of our participants.
- **AARP Tax Aide** prepared 557 returns through COVID protocols.

Most Popular I&R Requests

Social Security
Affordable Senior Housing
Food Stamps & Other
Resources
General Senior Services

	Units	Participants
Service		
AARP Tax Aide	1,271	1,271
Farmer's Market	400	400
Information & Referral	1,694	
ECS Lunch Bunch	4,810	78
Senior Counseling	271	10
Seniors v. Crime	85	13
Support Groups	565	15

Southside Outreach Program



Southside Accomplishments for 2020 & 2021

We all know that being healthy is more than a physical thing. When we are connecting with others, we experience positive emotions. We did several things on the Southside to help make those connections.

-Wendy Barber, Southside Outreach Coordinator

- ★ Monthly Wellness Circles at Jake Gaither and Jack McLean
- ★ Bi-weekly Brain Body Balance Classes at Optimist Park
- ★ Annual "Active Aging" Health Fair Expo went Virtual
- ★ 13 Monthly Drive Thrus gave the participants a reason to get out of the house and connect with staff. We always had a good turnout, so we were able to see and talk to more participants each month, than we would have through the Wellness Circles and Healthy for Life Classes. They appreciated the bag of incentives and health and wellness information and the delicious lunches.
- ★ The fall Healthy for Life Classes transitioned to Virtual and back to In-person, enabling participants to connect deeper with one another and be more comfortable about sharing experiences and asking questions. The interactions the participants had with the guests were amazing.
- ★ Monthly BINGO games were administered at the Drive Thru events. These were interactive, and the participants really enjoyed them. The winners would get a prize at the next Drive Thru.
- ★ Connecting monthly by sharing via email the monthly "Greater Good Happiness Calendar." The calendar includes a wellness activity for each day. Participants could click on the date and find out other ways to experience wellness for themselves and others.
- ★ Some were kicking and screaming, but most learned to use Zoom. This gave them an opportunity to experience a variety of classes and workshops that they otherwise would not have experienced.
- ★ Overall, participants experienced joy from the emails, connections we made over the telephone and in-person. They were always very grateful.

2020 & 2021

Participants	181
Units	2,339

Funded by CHSP, City CDBG funds, TSC Foundation, other grants and donations.

Locations

Jake Gaither
Jack McLean
Oakridge Elementary School
Optimist Park



Utilizing and Promoting Social Engagement for Loneliness, Isolation & Depression in the Elderly

- ★ 2019 #1 Best Practices in Health and Wellness program by NISC (National Institute of Senior Centers).
- ★ Received Health Resources and Services Administration (HRSA) grant through the Geriatrics Workforce Enhancement Program (GWEP) with FSU College of Medicine Geriatrics Department. Produced:
 - Friends Connection Facilitators Guide
 - Care Partners Video
 - COVID Resource Cards
- ★ 100 Seniors matched with FSU College of Nursing Students in innovative Buddy Program
- ★ 10 tablets received from Advantage Aging Solutions for distribution to UPSLIDE participants



2020 & 2021

348 Participants

334 Friends Connection Sessions:
In person & Virtual

1,086 Counseling Sessions

11 Drive Through Events

11 Special Programs: In person,
Virtual, & Field Trips

17 Community & Professional
Presentations

Locations

Tallahassee Senior Center
Miccosukee Community Center
Lincoln Neighborhood Center
Virtual



Volunteer Value

Pre COVID, TSC Volunteers served in almost every capacity of programs and administration.

During COVID, TSC leadership board and advisory councils continued to serve via Zoom meetings and drive-through events, while other dedicated volunteers helped make phone calls.

As the TSC reopened, volunteer receptionists, greeters and others were the first to return to their posts at the Reception Desk, assisting with check ins, and some teaching classes.

The **2020 Virtual Volunteer Appreciation** presented by Volunteer Coordinators Addie Carrol-Beal and Kristy Carter.

In **2021 the Annual Volunteer Appreciation** became a stand-alone event held at the FSU University Center Club (now the Dunlap Champions Club).

Thank You! **VOLUNTEER APPRECIATION**



- ★ 2020 Virtual Volunteer Recognition & Drive through
More than 700 views
- ★ Annual Volunteer Years of Service and Appreciation transitioned to its own event



Volunteer Value

	Vols	Hours	Value
2020	262	9,412	\$239,333
2021	141	4,591	\$131,021

Years of Service Honorees

2021

5 YEARS

Carol Boebinger, GaP & County Outreach
Greg Boebinger, Special Events
Elise Bollier, Advanced French Group
William Brown, Labeler
Michelle Chason, Reiki
Peter Cowdrey, Lifelong Learning Instr
Tom Friedman, Lifelong Learning Inst
Nick Fugate, Attorney
Steve Gagne, Adv Council & Sp. Evt
Nancy Godette, Advisory Council
Danny Habermeld, Special Events
Barbara Hudson, TOPS Group
John Hutchison, Special Events
Dave Jacobson, TALL Adv Council
Susan Young Lee, Recpt & Sp Events
Jeanie Martin, Foundation Board
Lee McNeil, iPad Instructor
Cynthia Mitchell, Sp Events & GaP
Abi Moon, Advisory Council
Joyce Raichelson, Bradfordville LNL
Lynn Smith, Special Events
Carol Thompson-Riley, Found Board
Joan Tolliver, TALL Adv Council

2020

5 YEARS

Cindy Brown, Special Events
Anya Byrne, Special Events
David Byrne, Special Events
Reynold (Rip) Caleen, Ping Pong
Group
Doug Carlson, Foundation Board
Melanie Carlson, Special Events
Meena Chadha, Special Events
Jennifer (Jenny) Chandler, Line Dance
Group
Annie Lee Davis, LCSO Gazette-
Labeler
Chuck Davis, Capital Twirlers Group
Lynda Dickens, Pickleball Group
Carolyn Franklin, Seniors vs Crime
Albert Green, Miccosukee Lunch N
Learn
Becky Griffin, Gap Advisory Council
Ouida Harmon, LCSO Advisory
Council

10 YEARS

Jack Bassett, Guitar Group
Gerald Bell, Fly Tying Instructor
Mary Berman, Art Program
Sandy Delopez, Past Foundation
Board & Art Council
Leslie Hanks, Meditation Instructor
Jesse Hodsdon, Special Events
Rauha Jessup, AARP Tax Aide
Joan Kanan, Art Program & Art
Council
Carol Moomaw, Ceramics
Peter Piper, Past Advisory Council &
Computer Class Instructor
Eleanor Roseberg, Library
Larry Sack, Library & Special
Projects
Ruth Weaver, Fort Braden Lunch N
Learn
Nancy Wenhold, Labeler &
Bradfordville Lunch N Learn

Susan Hutchison, Special Events &
Greeter
Rosetta Land, Greeter & Receptionist
Margaret Margie Marcil, Tai Chi
Group
Frankie McLaughlin, Tai Chi Group
Christine Nye, AARP Tax Aide
Ida M. Smith, GaP
Suzie Still, Lunch Assistant
Katherine Wagner, Exercise Tai Chi-
Assistant
Diane Wunderlich, AARP Tax Aide

10 YEARS

Dana Bowermeister, Special Events
E. Ann Cleare, Advisory Council
Barbara Dunn, AARP Tax Aide
Marilyn Kane, Ceramics
Catherine Mingledorff, Special Events
& Advisory Council
Glenn Mingledorff, Special Events
Joanne Reque, Life Exercise
Mary Sargent, Ceramics

15 YEARS

Carolyn Brown, Bradfordville Lunch
N Learn, Special Events, Greeter
Dr. Mike Francis, Advisory Council,
Stamp & Cover Club, Digital
Photography Instructor
Jane Greene, Health Suite
Susie Howell, Health Suite
Elda Martinko, Foundation Board
Jill Sandler, Advisory Council,
Mahjong Group, Past Art Council,
Accreditation Committee, Past
TALL Advisory Council, &
Receptionist
Bev Vertuno, French Class Instructor

20 YEARS

Capt. Laurie Hosford, Writers
Workshop Group
Zilpah Boyd, Past County Senior
Outreach Advisory Committee,
Baby Bloomer

25 YEARS

Lisa Meyer, Special Projects
Lauchlin Waldoch, Attorney & TALL
Advisory Council

15 YEARS

Tina Shaw, Canasta Group
Lew Wilson, LCSO Advisory Council
Penny Young, English as 2nd a
Language

20 YEARS

Calvin Bender, Attorney
Bob Taylor, Helping Hands, Facilities
Vi Taylor, Special Events
Kimberly VanWeelden, Senior
Singers

30 YEARS

Martha H. Farmer, Helping Hands &
Crafting Bees

Ice Cream Social

2020

Hosted **Virtual Ice Cream Social** on Facebook, featuring Sponsor trivia questions and photos throughout the event.



2021

Hosted **Ice Cream Social** in **2-Sessions** to maintain social distancing.



Silver Stars

Silver Stars is the region's premiere event recognizing individuals who have made a positive impact in the community since turning age 60.

Honorees serve in diverse ways,
but they all have a servant's heart.

2021 Honorees

Regie & Pat Ashley
Thomas L. Hart
Edith W. Holiday-Austin
June MacDonald
Betty A. Roberts
Washington J. Sanchez
Marjorie Reitz Turnbull
Judith Westbrook



Facility Projects & Repairs

Funds shared with other Community & Service Centers

CDBG & Parks Capital Budget

- ★ Completed renovations to the Health Suite to resolve water leaks, repair moist walls, remove old shelving and repaint walls
- ★ Painted several spaces of the building
- ★ Deep cleaned and performed minor repairs in several spaces
- ★ Began extensive repairs to Art Studio HVAC & water intrusion
- ★ Retrofitted most Program spaces with new Technology to offer Hybrid classes and meetings and make programs available to participants who cannot or choose not to attend in person. Installed Smart TVs in the Art Studio, Conference Room 1A, Activity Room, and Dining Room. Purchased two Owls with cameras, speakers and microphones for virtual classes and meetings
- ★ Refinished Auditorium Floor
- ★ Installed Security Cameras & Enhanced Lighting
- ★ Installed new Flooring in Conference Room 3A



Communications & Media

Facebook Live – 71,500+ Views

Active Living magazine – 6 issues annually by Tallahassee Democrat

Constant Contact – 3,500+ Subscribers

Facebook – 5,300+ Followers

Instagram – 1,200+ Followers

Twitter – 145 Followers

Marquee - 30,000+ cars a day

Press Releases, Postcards, Flyers

City of Tallahassee Communications

WCOT City Cable Channel

Southern Scene magazine, bi-monthly articles

Southside Calendars bi-monthly

Billboards by Prime Meridian Bank

Website: tallahassee senior foundation.org

Website: talgov.com



Active LIVING

The magazine for Tallahassee's active boomer and senior community

Get out and explore for fun, adventure!

LifeLong Learning Extravaganza attendees branch out to enjoy tours and educational opportunities



WAYS TO GIVE TO THE TSC FOUNDATION



Thank You!

Your contribution to the Tallahassee Senior Center supports programming for the enrichment of seniors.

You help make a difference...to our participants, our volunteers, to everyone who works to bring these opportunities to you.



DECK THE HALLS



2020 Virtual Deck the Halls
Online & On-air at Star 98.9
\$50,012

2021 Deck the Halls
& Silent Auction
\$49,581

Save the Date:
2022 Deck the Halls
December 2

MILE MARKER 25

In recognition of Sheila's 25 years with TSC
\$25,000 invested in the
Endowment Fund at the Community Foundation



MEMBERSHIP

23.5% increase in Membership Giving



CELEBRATION GIFTS

To **Honor** Special Occasions
Birthdays, Anniversaries, & Retirement



MEMORIAL GIFTS



Herb & Mary Salyer

Honoring someone
with a
donation to the
Tallahassee
Senior Center
will continue
to support programs
into the future.

in lieu of flowers...

GALAXY STAR WALL

- ★ To Honor or in Memory of a loved one or favorite person(s) or pet
- ★ Three sizes to choose from: \$250, \$500, \$1,000
- ★ Personalized message



2020 & 2021 Stars

In Loving Memory of Devon Alexis Vasquez
Hiking Ladies, Linda R, Sheila S, Lisa M, Nancy G, Angie G
Ed and Margie Harvey, Shining Stars
Jeanne Bryant Hurst, An Amazing Woman
Cruise Buddies, Navigating Life Together
To always remember, Herb "Jack" & Mary Salyer
Albert Charles Hazelip, Silver Star 2014
In Memory of Ed Duffee, Jr.
In Appreciation of, Maureen Haberfeld
In Appreciation of, Daniel Elias
Appreciation of, Arthur Rhynes
In Loving Memory of Pat & Julian O'Pry
Beautiful Gentle Soul, Nancy J. Jonson
In Memory of Mary Hafner
Carol Boebinger, Sunshine Committee
Mershell Sherman, Remembering our friend

IRA RMD – REQUIRED MINIMUM DISTRIBUTION



LEGACY & PLANNED GIFTS

Donations and gifts may be made to the TSC Foundation, a 501c3 Non-profit organization:

1. Directly to the TSCF. The donor may designate a program or contribute where most needed.
2. To the Community Foundation of North Florida, Endowment Fund for the Tallahassee Senior Center Foundation



LEGACY & PLANNED GIFTS

Investments by the TSC Foundation

Community Foundation Investments
Endowment Fund – currently \$413,127
Digital Marquee on Monroe Street
New Dining Room Tables & Chairs
Auditorium Art Lighting
New Tables & Chairs in
Conference Room 3A & Computer Lab
Upgraded Inside Building Signage
TSC Foundation Web Site Development
L3X Sustainability Funds
Special Events Start-up Funding



LEGACY GIFT WISH LIST

Endowed Program Coordinator Positions – up to \$500,000
Lifelong Learning Coordinator
Art Program Coordinator
Enhanced Art Program & Receptions -- \$6,000 annually
Additional Health & Wellness Special Programs -- \$12,000 annually
UPSLIDE Program Funds -- \$10,000 annually
Consolidated Database System -- \$100,000
Old Armory History Project -- \$25,000
Replacement Furniture for Common Areas & Lobbies -- \$5,000
Community Foundation Investments – Goal is \$1 million by 2025!
Expansion Enhancements for New Senior Center -- \$500,000
Additional Member Benefits -- Unlimited

Note: The majority of facility repairs and renovations are funded through the City of Tallahassee. Foundation funds allow for enhancements to programs and the facility

END OF YEAR GIVING

GIVE THANKS. GIVE GRACE. GIVE BACK



Because of you seniors are happier,
healthier, learning, laughing, and
connected to each other.

*"It's important to be part of a community as we age.
Giving back is part of the process."*

*Thank You
\$29,269
In 2021*



BUSINESS SPONSORS & PARTNERS

95 Business Sponsors & Partners gave \$186,000



Tallahassee Senior Center & Foundation
Sponsors & Key Holders Oct 2019 to Dec 2021 &
All Current Membership Mar 2021 to Feb 2022

EMERALD (\$10,000+)

Advantage Aging Solutions
 Capital Health Plan
 Leon County Board of
 Commissioners
 Tallahassee Democrat *(IK)*
 Florida Blue Foundation

DIAMOND (\$5,000+)

Audiology Associates of N. Florida
 Canterfield of Tallahassee
 Capital Home Health Corp.
 Connie's Hams *(IK)*
 Cumulus Broadcasting, Inc. *(IK)*
 McDonnell Hearing Solution
 Emily Millett
 Mulligan Park Gracious Retirement
 Living
 Sean O'Pry
 Linda Roberts
 Tallahassee Memorial HealthCare
 Visiting Angels Living Asst. Serv.
 Sheila Salyer
 Phil Welsh
 Judy Westbrook

PLATINUM (\$2,500+)

AARP
 Allegro Inspired Senior Living
 Capital City Bank Group Found.
 Capital Square at Tallahassee
 Marilyn Coe & Donna McBride
 E. Ann Cleare, Realtor
 Dr. Tom & Sandy DeLopez'
 Eye Associates of Tallahassee
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 The Grove at Canopy
 Steve Halsell CFP®, ChFC®, CASL®
 HCA Florida Capital Hospital
 Medical Marijuana Treatment
 Clinics of Florida
 Right at Home Senior Care
 Jennifer Rupert, Wealth
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RUBY (\$1,500+)

All Care Senior Consulting
 Brookdale Sr. Living Centre Pt.
 Brookdale Sr. Living Hermitage
 Care Point Health & Wellness Ctr.
 Catering Capers *(IK)*
 Centre Pointe Health & Rehab.
 Covenant Care
 Healing by Nature Senior Care, LLC
 Heuler-Wakeman Law Group
 Home Instead Senior Care
 Hopewell In-Home Senior Care
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 Prime Meridian Bank *(IK)*
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 Saint John's Episcopal Church
 Seven Hills Health & Rehabilitation
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 Tapestry Senior Living of
 Tallahassee Lakeshore & Walden
 Trulieve Tallahassee
 Villas at Killearn Lakes Assist. Liv.
 Wellcare Health Plans, Inc. (Local)
 Wellness Medical
 Westminster Oaks Act. Liv. Comm.
 USA Dance
 Leanna Leyva Vasquez

GOLD (\$1,000+)

Bath Fitter
 Caring Connections Senior Care
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 Cherry Laurel Retirement Comm.
 Clothesline *(IK)*
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 Culley's MeadowWood Fnl. Homes
 Curaleaf Dispensary Tallahassee
 Jim & Wendy Davis
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 & Aqua Medical Spa
 Encompass Rehabilitation Hospital
 of Tallahassee
 For the Table Hospitality *(IK)*
 Margaret Hamilton
 HarborChase of Tallahassee
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 Mike & Cheri Madsen
 Magnolia Place
 Neptune Society
 North Florida Fair Association
 Sniffen & Spellman, P.A.
 St. Augustine Plantation
 Larry Wayne Strickland, Home
 Improvements
 Sunshine Health
 Surterra Wellness
 Mike & Lori Swanson
 Verity Health Center
 Waldoch & McConaughay, P.A.
 Young ~ Fulford Funeral Home &
 Crematory
 Gil & Gail Ziffer

SILVER (\$500+)

Audio Rehab Lab
 Axios Lifestyle Spa
 Azalea Gardens
 Carol Boebinger
 Brookestone Senior Residences
 Nelle Carter Bunn Fund
 Campus USA Credit Union
 CapTel Captioned Telephones
 Doug & Melanie Carlson
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 Faith Funeral Homes, Inc &
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 Chris & Amy Porter
 Premier Fine Homes
 Restorative Yoga
 Sanitation Products of America
 Geoffrey & Barbara Styles
 Tallahassee Action Grants, Inc.
 (Community Thrift Market)

Tallahassee Memorial Lifeline
 Tallahassee Moose Lodge #1075
 Thompson, Crawford, Brown, &
 Smiley Law Firm
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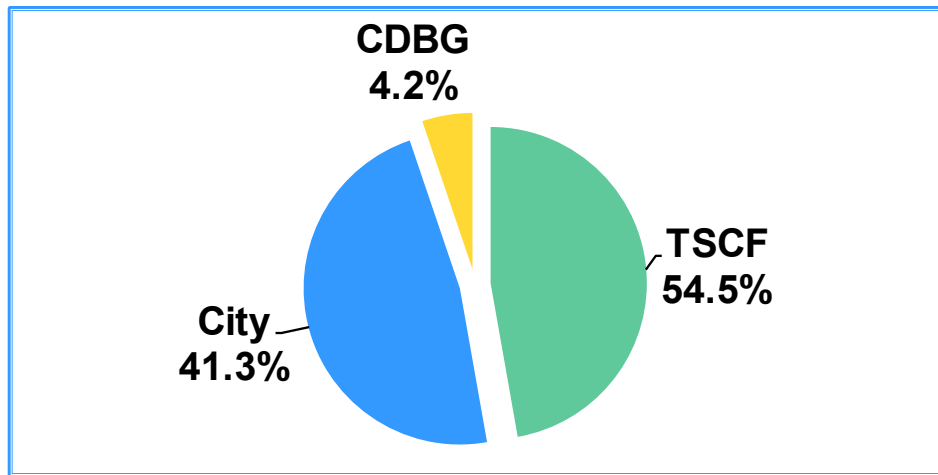
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 Claudia Nelson
 Janet Newburgh
 James Newman
 Melissa Niccum
 Jean Nichols
 Elvi Nichols
 Tina Niggel
 Atha Nipper
 Mania Nita
 Karen Nuzie
 Lia Obregon
 Patricia Ohlson
 Ana Oliva
 Joy Opheim
 Sue Oshesky
 Wanda Pace
 Joann Painter
 Youngmi Pak
 Barbara Palmer
 Lucile Palmer
 Kathleen Parrish
 Patsy Paschal
 Stephanie Patterson
 SK Pepper
 Susan Perry
 Irene Perry
 Ali Peterson
 Paula Petrovich
 Alice Pfluke
 Emily Phelps
 Joanne Pintacuda
 Patricia Pippenger
 Ida Pippin
 Reuben Plachy
 Patti Poppell
 Gale Poteat
 Yvonne Powell
 Pat Press
 Ernestine Priester

Linda Quick
 Marty Quinn
 Glenda Rabby
 Marilyn Racki
 Joyce Raichelson
 Sandy Randolph
 Cathy Ray
 Barbara Rayborn
 Bill Reece
 Patricia Reed
 Kathy Reeves
 Mitzi Register
 Jennifer Richardson
 Gloria Richardson
 Mollie Rinehart
 Donna Riordan
 Allene Roberts
 Juanita Robinson
 Anthony Rocafort
 Martha Rodeseike
 Un Chin Roland
 Annie Rolle
 Steve Ross
 Hazel Rosser
 Linda Rossow
 Joy Rowan
 Laura Ruane
 Don Ruane
 Kim Russell
 Jeff Ryan
 Jeanne Ryder
 Sanford Safron
 Jim Sampson
 Ann Sanderlin
 Nancy Sanguiliano
 Warren Schave
 Caryl Sue Schneider
 John Scholz
 Wayne Schroeder
 Patricia Scott
 Dene Scott
 Sue Scribner
 Pamela Seal
 Karol Selvaggio
 Graciela Sessions
 Linda Shabazz
 Molly Shakar
 Vinod Sharma
 Ginny Sharpe
 Dottie Shearn
 Erice Shepard
 Shankar Shetty
 Shirley Shinholser
 Harold Showalter
 Sherrie Sloan

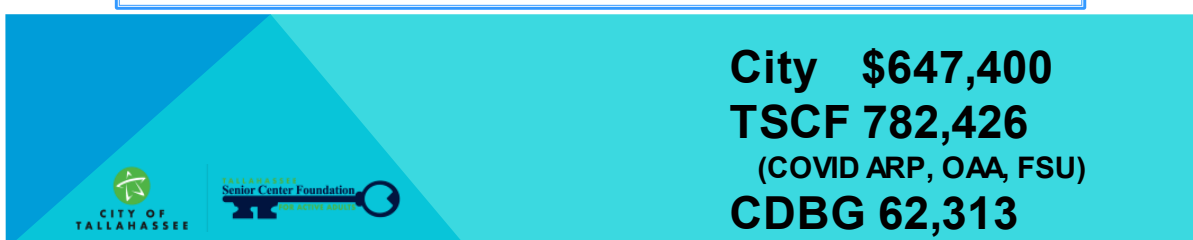
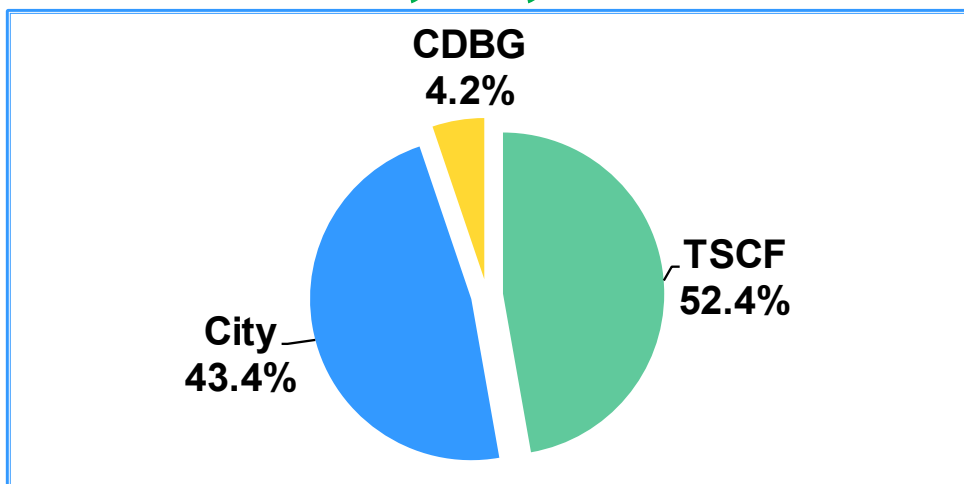
Bernie Smith
 Margaret Smith
 Ginny Smoller
 Jo Smyly
 Janet Sneed
 Susan Snyder
 Margarida Southard
 Betty Sparks
 Carma Spencer
 Susan Spiccia
 Barbara Stebbins
 Rochelle Steinlauf
 James Stephens
 Carol Stern
 Dee Steverson
 Sue Steverson
 Sue Steward
 Helen Stewart
 Rueben Stokes
 Lynn Storey
 Sandra Stoutamire
 Jocelyn Stowell
 Bill Straehl
 Jan Stralow
 Alan Strowd
 Suzanne Sullenberger
 Elaine Swafford
 Gloria Swanson
 Jenny Swearingen
 Diana Swegman
 Nancy Swords
 Betsy Tabac
 Lucy Tacot
 Judy Taillon
 Marc Taps
 Vi Taylor
 Beverly Taylor
 Emily Telfair
 Joan Thomas
 Pat Thomas
 Carolyn Thomas
 Rosemarie Thomas
 Patricia (C) Thompson
 Audrey Thomson-Elliott
 James Thornton, Jr.
 Jane Tillman
 Amy Ting
 Nancy Titcher
 Lisa Tomei
 Kathy Trapp
 Freida Travis
 Susan Trimble
 Marianne Trussell
 Georgia Turner
 Billy Tyson

Sandi Umanos
 Lossie Vaughn
 Menas John Viaros
 Dimitri Vlahakis
 Blanche Vogel
 Carrie Voich
 Marge VonStein
 Sylvia Walford
 Virginia Walker
 Kathleen Walker
 Joanne Walsh
 Edith Ward
 Sylvia Warner
 Atrica Warr
 Patty Warren
 Zippy Wartenberg
 Norma Washington
 Margie Watkins
 Roxanne Watson
 Libby Watson
 Janice Watson
 Jane Watson
 Sue Wattenberg
 Donnie Watts
 Mary Watts
 Ruth Weaver
 Bonnie Weeks
 Ida Weinhold
 Nancy Wenhold
 Karen Wensing
 Helen West
 Sharon Westover
 Donna Wheeler
 Marsha White
 Gina Whitfield
 Janet Whitman
 Mary Whitmire
 Martha Gene Wigginton
 Gloria Wilburth
 Bill Wiley
 Pat Willard
 Jean Williams
 Sarah Lee Williams
 Pearl Williams-Mathis
 Carolyn Williamson
 Dorothy Williamson
 Lois Willman
 Joy Wilson
 Deb Wilson
 Mary Faith Wisner
 Melinda Wood
 Ella Woodbury
 Bill Woolley
 Bev Wranosky
 Rosalind Wythe

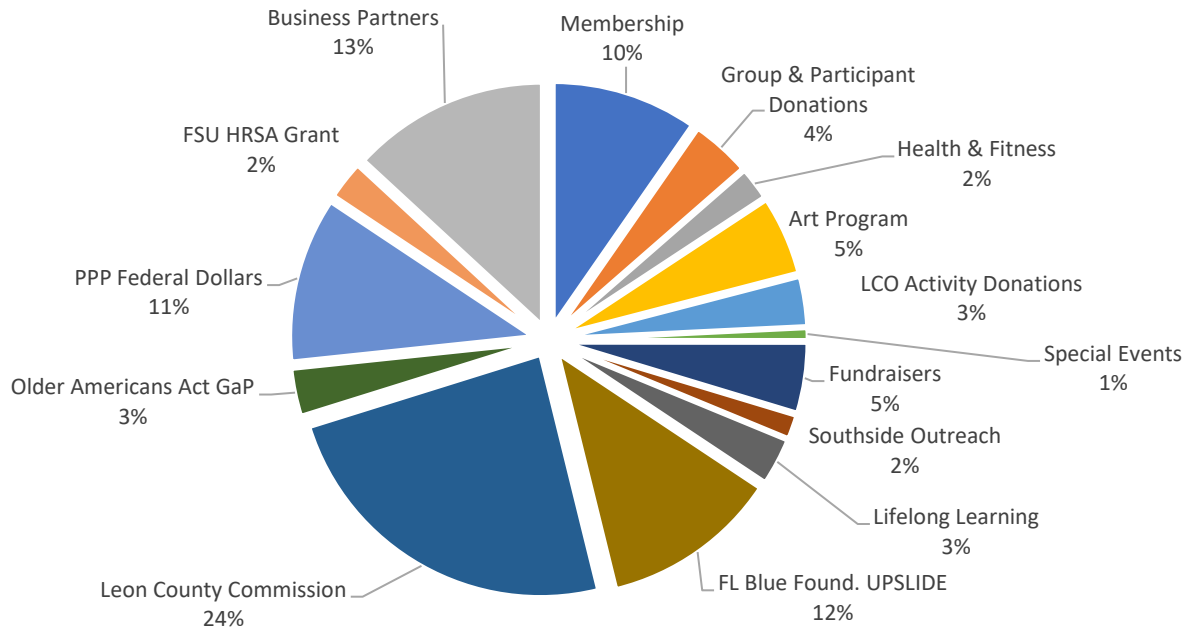
2020 TOTAL OPERATING BUDGET:
\$1,488,942



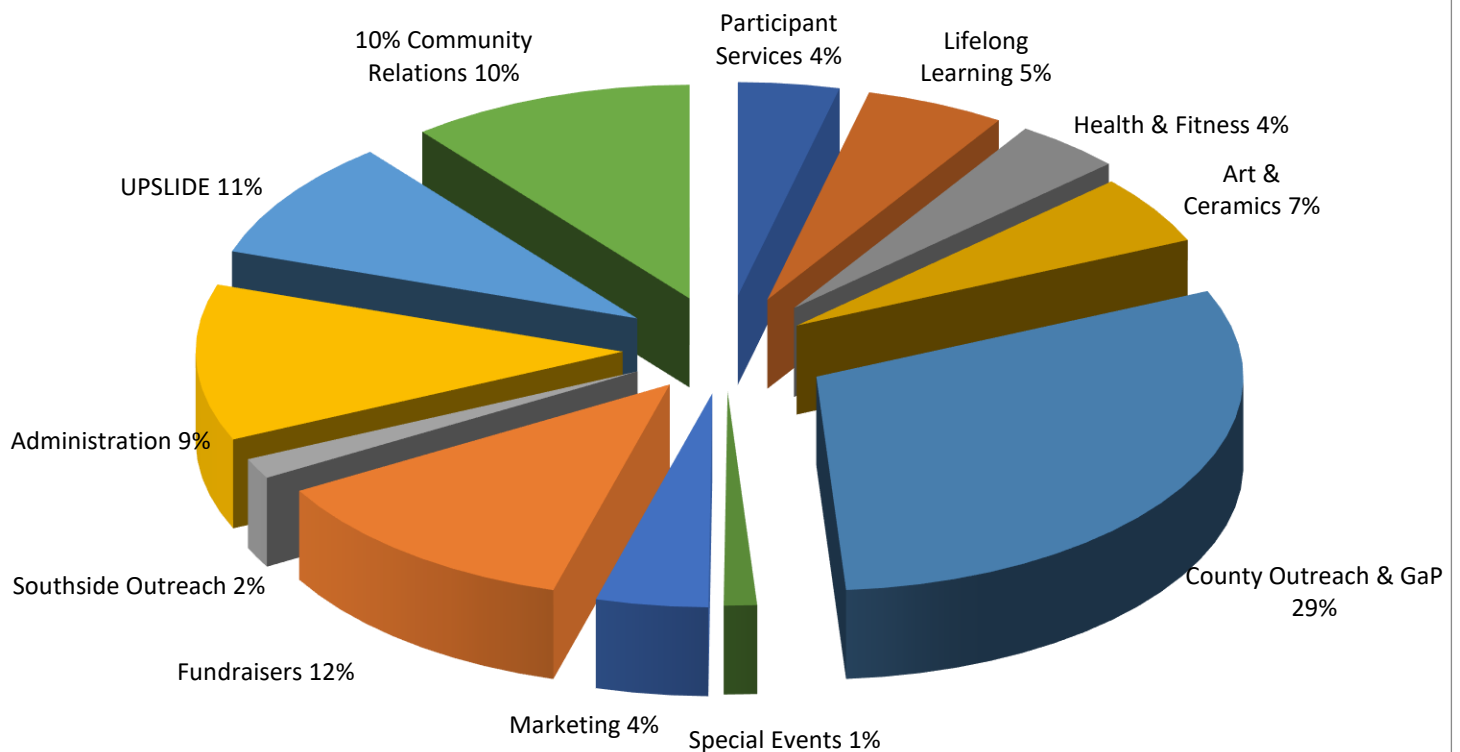
2021 TOTAL BUDGET:
\$1,492,139



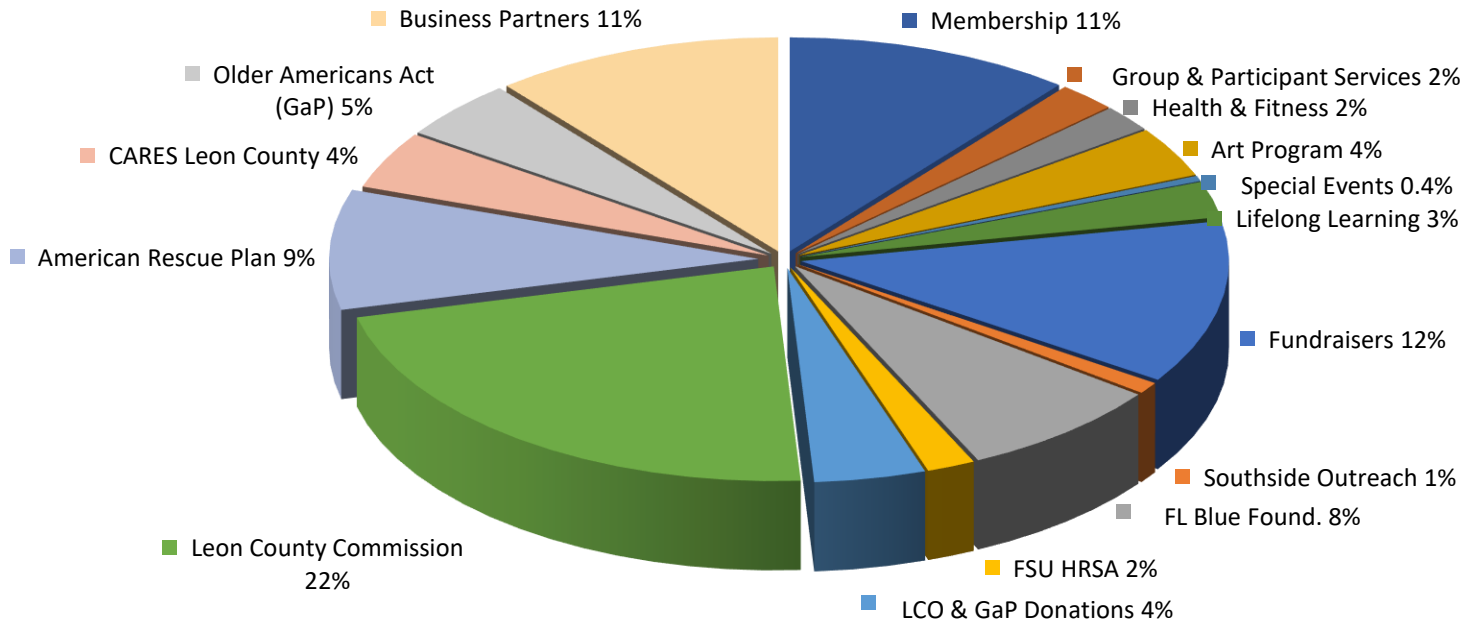
TSC Foundation Revenue 2020



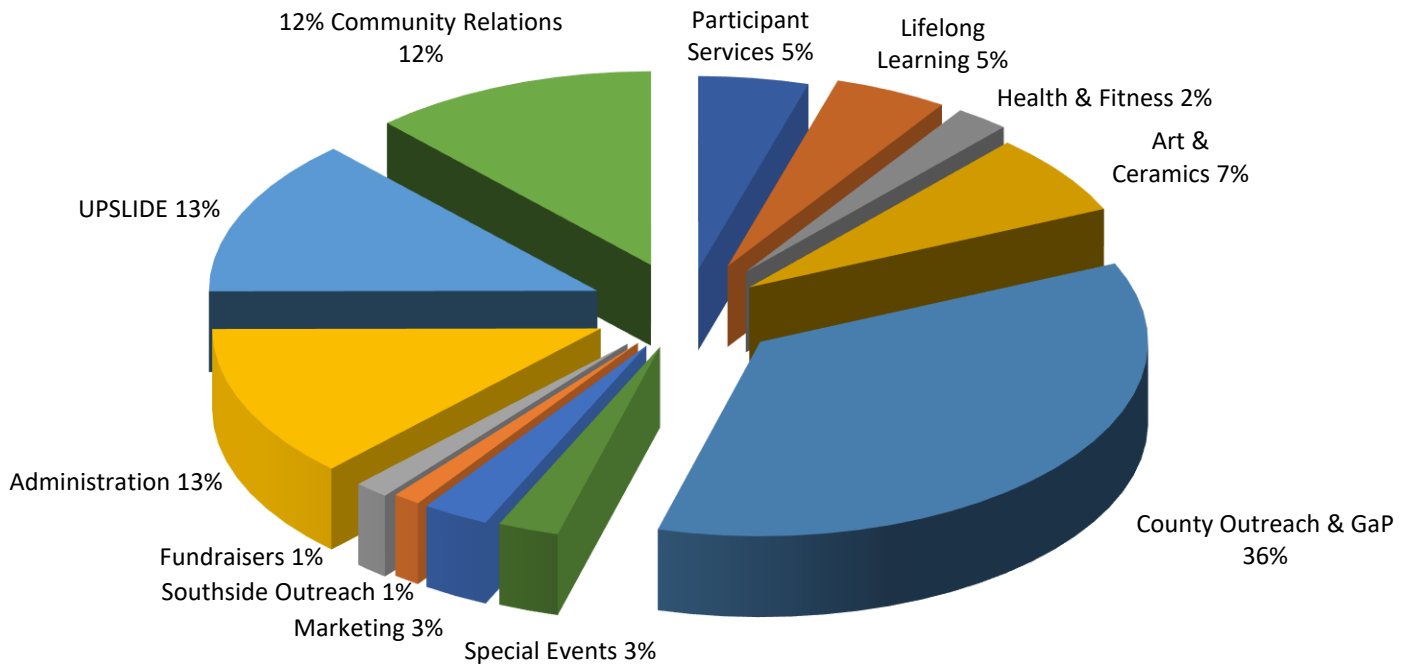
TSC Foundation Expenditures 2020



TSC Foundation Revenue 2021



TSC Foundation Expenditures 2021



2020 & 2021

TSC & Foundation Staff

The Tallahassee Senior Center Staff values each individual participant, volunteer, and each other. We are dedicated to creating a warm, inviting environment where everyone feels welcome and can succeed.

This highly skilled and creative group of professionals are passionate about their programs and thrive on supporting one another and excelling in teamwork. The vision of continuous improvement and excellence is embedded in the TSC & Foundation functioning as a unit. The staff is always willing to grow and explore new ventures, and participants often propose new programs for consideration, often resulting in additional activities.

The TSC and Foundation staff looks forward to continued expansion with the development of a second senior center to be built over the next two years. Stay tuned for that exciting news. We hope to see you often at the Tallahassee Senior Center or one of our neighborhood locations.

Sheila Salyer, Manager, Senior Services/Executive Director, TSCF
Hella Spellman, Supervisor, Programs & Services
Susan Davis, Leon County Senior Outreach Coordinator, TSCF
Ruth Nickens, Health & Wellness Coordinator, R.N.
Kristy Carter, Assistant Supervisor
Patti Wallace, Assistant Supervisor, Facility & Special Events
Lisa Dollar Covert, Assistant Director, TSC Foundation
Henry Steel, Health Program Assistant, TSCF
Addie Carroll-Beal, Participant & Volunteer Coordinator, CDBG
Shelly Lee, Volunteer Coordinator, CDBG
Jennifer Haskins, Art Program Coordinator, TSCF
Karen Boebinger, GaP & Assistant LCSO Program Coordinator, TSCF
Nancy Gentry, Membership & Donor Relations, TSCF
Maureen Haberfeld, Lifelong Learning Coordinator, TSCF
Neil Brown, Fiscal Coordinator, TSCF
Audrey Byrne, Communications Coordinator, TSCF
Karin Caster, Development & Communications Coordinator, TSCF
Lori Swanson, Development & Engagement Specialist, TSCF
Sarah Vernon, Special Projects Assistant, TSCF
Wendy Barber, Southside Outreach Coordinator, CDBG
Sandra Stoutamire, Participant Services Coordinator, CDBG
Melanie Lachman, UPSLIDE Coordinator
Nick Schrader, Resource Coordinator, CDBG
Nicolette Castagna, UPSLIDE Coordinator
Marynell Dales, Fiscal Assistant, TSCF
Judy Shipman, UPSLIDE Assistant Coordinator, TSCF
Daniel Elias, Facility Services
Arthur Rhynes, Facility Services
Pomeroy Brinkley, Facility Services & Fitness Instructor

Welcome New Staff in 2021-2022

Betty Morales, Leon County Senior Outreach Coordinator, TSCF
Heath Hilary McRae, Art Program Coordinator
Jennifer Naff, Partnership & Engagement Specialist



Dear Friends,

I hope we have presented a good, although broad, overview of how some of your public and private donations to the TSC Foundation are working. It is truly a great partnership that makes us successful and gives us the resources to provide and facilitate programs, activities, and services that you enjoy and meet your interests.

To ensure these programs continue and are sustainable, please consider leaving a legacy gift that will help provide funding for years to come. The Legacy Circle includes donors who name the Tallahassee Senior Center Foundation as a beneficiary of a planned gift or a recipient of your IRA mandatory distribution or other investments.

Planned giving benefits you and your family—in addition to your beneficiary. Making decisions now guarantees that your wishes—and your legacy—support the organizations you love.

For more information, contact us at 850-891-4041. We can help connect you with financial advisors. The Community Foundation of North Florida, which administers our Endowment Fund, is also available to assist you.

Thank you for your support of programs that support active living, encourage optimal aging, and promotes social fitness for people like you and me!

Sincerely,

*Sheila Salyer, Executive Director, TSC Foundation
Manager, Tallahassee Senior Services*