



RUFTY-HOLMES SENIOR CENTER

2019 ~ 2020 ANNUAL REPORT

Serving Rowan County, NC Older Adults

www.ruftyholmes.org

1120 S. MLK Jr. Ave, Salisbury, NC

704-216-7714

Board of Directors 2019 - 2020

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Frances F. Rufty

*The Board of Directors meet quarterly
in January, April, July, October.*

RHSC MANAGEMENT STAFF

Nan Buehrer	Executive Director
Sylvia Swisher	Admin Assistant
Amanda Swanger	Ageing Transitions Mgr
Amber Phillips	Program Mgr
Anna Eagle	Fitness & Wellness Mgr
Terrelle Banner	Nutrition Mgr

thank you!

RHSC STAFF & VOLUNTEERS
For your dedicated work and caring!

Board of Directors, Participants, Staff, Community,

RHSC is a **Designated Community Focal Point for Aging Services** in Rowan County, serving our Older Adults and the community. In Mid-March of 2020, an external force known as COVID-19 took Senior Center life as we knew and loved, and stopped it for a brief moment. Our Staff took a breath (of clean air) and chose to *Pivot and Change* how we provide services.

April 1st, we started Drive-thru Wednesday meal pick-up at 5 sites to over 200 Older Adults each week, utilizing Managers, Rowan Transit Staff, and volunteer loaders/drivers. Community Partners jumped in with produce, face masks, monetary grants and more!

Keeping our Older Adults connected is important. We purchased video conferencing/phone chat software. We have served over 150 via phone and video with wonderful programs, group chats and socialization. Thanks to local partners for virtual classes too!

May 1st, our Fitness Staff began offering live and recorded exercise classes. We now offer 10 classes a week ranging from Cranium Crunch to Silver Gym to Core and More. Our Older Adults and Staff have become video/computer Techs and we are looking at ways to give more participants the power of video in their home!

Outreach Services included helping Older Adults order grocery delivery and navigating essential services while “staying at home”.

The Center was closed to all general programming and walk-in services in March. This provided staff the ability to prepare the building for participants to return to a “new normal” with more ability to social distance. A re-opening plan was created to coordinate with local and state safety measures.

Thank you to our Donors, Board Members, Partners, Volunteers and Staff, who are the heart of our mission to “Add Life To Years”. We are energized by your passion to continue the good work of RHSC and look forward to re-opening soon!

~ Nan Buehrer, Executive Director

Rufty-Holmes Senior Center Is . . .

LIFELONG LEARNING & LEISURE

Healthy Aging is positive social, mental and enjoyable stimulation impacting the whole person. RHSC offers a large variety of programs to meet the varying level of needs and interests.

2019-20 saw 4,653 adults age 55+, participate in classes, leisure options, health education, clubs, fitness, volunteering, civic engagement, trips and socialization.

We are thankful for Community Partners who work with us to invest in our Older Adults.

AGING TRANSITIONS PROGRAMS

SHIIP Counselors are vital in assisting Older Adults navigating the confusing world of Medicare and saving them money for essentials of daily living.

940 Older Adults served \$ 415,658 Savings

Family Caregiver Support Program

Resources and funds are used to assist caregivers in caring for their loved ones at home. Services include counseling, personal care supplies, funding assistance for in-home aide or adult daycare.

Assistance to 35 Caregivers; 236 days of community respite and 1,153 hours of in-home respite.

AARP TAX-AIDE Experienced Volunteers provided tax prep services at no cost from February thru mid-March. **712 households served**

Other Services

8,051	Requests for Information
91	Box Fans Distributed
5,500	Calls to "Are You OK" Clients
4	Home Ramp Projects
25	Legal Aide Assistance Clients
56	Disaster Kits distributed/w Salisbury Fire Dept

FITNESS & WELLNESS PROGRAMS

Fitness is an important component to RHSC's offerings, whether in the Center's Gym or Aquatic Pool, or outdoor walking or hiking.

551 Adults participated in Land and water classes, individual fitness consultations and use of the Fitness equipment.

Evidence-based classes reached many health conscious seniors. Classes are grant funded and offered at no-cost to participants.

5 in person evidence-based classes

Living Healthy with Diabetes, Matter of Balance
Living Healthy with Chronic Pain

4 at home evidence-based classes

Living Healthy with Chronic Conditions

A **Novant Grant** provided a NuStep and platform scale with rails to the fitness annex. Steady use of the other fitness equipment and blood pressure kiosk continued.

LUNCH CLUBS

Lunch Clubs met Monday-Friday at six Rowan County sites. A nutritious lunch is offered, along with socialization and healthy living education.

This Program is vital to Older Adults to reduce hunger and food insecurity, promote socialization, health and well-being.

The Federal Home & Community Care Block Grant, provides major funding with donations.

33,167 Meals served to 372 Clients at 6 sites

SUPPLEMENTAL FOOD PROGRAMS

Food Pantry: 110 Households

Sr Boxes: Monthly-50 Households, 23,400 lbs year

Sr. Farmers Mkt Vouchers: 90 Households (produce)

Rufty-Holmes Senior Center is:

Four-times Accredited by the
National Institute of Senior Centers

"Senior Center of Excellence"
by North Carolina Dept. of Aging

Rufty-Holmes Senior Center Is . . . Partners

MONETARY PARTNERS

ROWAN COUNTY GOVERNMENTS

County of Rowan
City of Salisbury
Town of Spencer

NC DIV OF AGING & ADULT SERVICES

Home Community Care Block Grant
Senior Center General Purpose Grant
Family Caregiver Support Grant
Families First Relief Fund - Covid Relief
Health Promotion Disease Prevention

NC DEPT OF INSURANCE

SHIIP Assistance Grant
Medicare Fraud Prevention Grant

FOUNDATION SUPPORT

Archibald C. & Frances F. Rufty Fdn
First United Church of Christ Fdn.
Food Lion Foundation - Covid Relief
Friends of Rowan
Hurley Trammell Foundation
JP Johnson Memorial Society
Salisbury-Rowan Community Fdn.
United Way of Rowan County -Covid Relief

FITNESS DONATIONS

Bennett, Gregory
Blackman, Dr. & Mrs. Wilbert
Coffield, Hank & Katie
Gill, William
Hoben, Harriet
Holden, Sandra
Holzmann, Arlene
Ledford, Cynthia
Lightner, Sarah
Rash, Janet
Schuck, Mary
Jazzercise Class—in honor of Sylvia Swisher

FACILITY UPDATES 2019-2020

Parking Lot Repaving/Striping
Reception Desk replaced
VoIP Phone System upgraded
Kitchen Hand Sink, Fridge, Ice Machine
Security Cameras upgraded
Staff Computers - software upgrade
Pool Auxiliary Exhaust Installed
Front Landscape stone garden edging

ANNUAL FUND DONORS

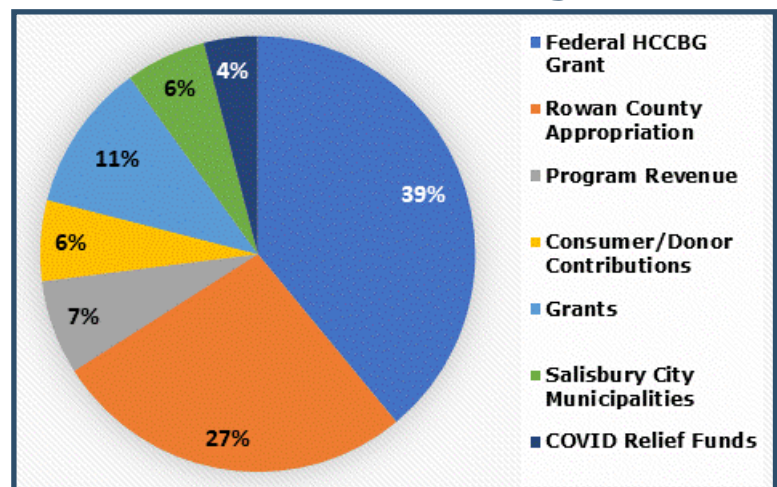
In Memory of Nancy Brandt

McLaughlin, Marion & John
Salisbury Rowan Runners
Walnut Creek Farm
McCoy, G. Jean
Richardson, Manie
Eldridge, Rick & Susan

Alpha Delta Kappa Mu Chapter
Alpha Delta Kappa Sorority
Ambassadors Club
Amos, Robert
Friends of RHSC
Bailey, Clarence & Linnea
Baird, Jim
Baker, Dee
Barger, Dennis
Beard, James
Beck, Pat *in memory of Thomasina Page, Ruby Parris*
Behrendt, Bill & Linda
Beymer, Mark & Judy
Biddix, Carolyn
Bingo Group
Blackman, Dr. & Mrs. Wilbert
Bolick, Art & Lynn
Broadway, Patrick
Brown, Betty
Brown, Lane
Brown, Ralph & Helen
Bruce, Bob & Barbara
Buckley, Charles

Buehrer, Nan & Neil
Burdig, Fran
Byers, Eddie, *for the Garden Club*
Cardinal Squares
Carlson, Judy
Clay, Shirley
Coffield, Hank & Katie
Connolly, Lucille
Costic, Diedre
Danner, Anna May
Davis, Montrella
Davis, Robbie G.
Driscoll, Frances
Duke Energy Salisbury Retiree Club
Edens, Mary Frances
Eldridge, Rick & Susan, *In memory of Joyce Caldwell, Thomasina Page*
Eller, Evelyn
Evans, LuAnn
Evergreen Bridge Club
Foil, Dot
Francis, Delores
GARS Club - *in memory of Clayton Steele, Roger Costic*
Gill, William
Goodman, Virginia
Grambow, Butch
Hanson-Kelly, Eileen & Edward
Hartgrove, Dane & Sue, *senior learning*
Harviel, Jerry & Mary
Hawkins, Yvonne
Herrmann, Rebecca

RHSC 2019-2020 Funding Sources



Rufty-Holmes Senior Center Is . . . Thankful!

Hill, Barrett & Tamara
Holden, Sandra
Howard, Barbara
Huffman, Peggy
Hunter, Catrelia
Iossi, Milton & Toni
Isenhour, Janet
Jarrett, Kenneth & Jo Anne
Jones, Jeremiah
Jordan, William
Kehr, Phil & Karen
Kennedy, Royal & Willie Jean
Lanear, Ann
Lentz, Sue
Leonard, Donald & Betty
Loeblein, Bob & Anne
Lutz, Edwin & Peggy
MacLean, William & Betty
Maher, Stacie
MOAA
Morgan, Elizabeth
Morgan, Karen
Mott, Nancy
Mozolak, Steven & Geneviva
Niekra, Mary
Olde Salisbury Homeowners Assoc
Orr, Marianne
Palmer, Anne
Peck, Flo
Post, David
Prunkl, Pete & Donna
Rhoads, Col. Harold S.
Ribelin, Pamela
Rivera, Madeline
Rivers, Annie
Rodgers, Steven
Rook, Flora
Rufty-Holmes Computer Club
Salisbury Rowan AARP Chapter
Salisbury Rowan Retired School Personnel
Salisbury-Rowan Quilters Guild
Schoch, Nancy
Schuck, Mary

Shafer, Frank MD
Shannon, Dolores
Shelby, Jerry
Sienerth, Helen
Sifford, Shirley
Simpson, Debra
Sinnott, Bethany
Smith, Claude & Barbara
Solomon, Eileen
Stanback, William & Nancy
Starry Night Quilters Guild
Sunny Days Quilt Guild
Swanson, Karla
The Carolina Artists
Thomas, Nathaniel & Victoria
Thomside, Phyllis
TOPS Chapter 139
United Federation of Doll Clubs Inc
Upton, Carlotta
Victory Wealth Management, Inc.
Villalobos, Liz
Wheeler, Rodger
Williams, Mary L.
Wilson, Dr. & Mrs. Robert
Wilson, Betty
Worthy, Acey & Carol
Ziegler, Mike & Roni

PARTNERS IN SERVICE

AARP Foundation
Calvary Lutheran Church
Centralina Area Agency on Aging
Cleveland Lions Club
City of Salisbury Parks & Recreation
Jackson Park Baptist Church
John Calvin Presbyterian Church
National Institute of Sr Centers
NC Association on Aging
NC Baptist Aging Ministry
NC Dept. of Insurance
NC Div. of Aging & Adult Services
NC Div. for the Blind
NC Div. Deaf & Hard of Hearing
NC Legal Aid, Inc.
Novant Health Medical Center
Rowan-Cabarrus Community College
Rowan County Cooperative Extension

Rowan County Chamber of Commerce
Rowan County Dept. of Social Services
Rowan County Health Dept.
Rowan County Parks & Recreation
Rowan County Public Library
Rowan County Telecommunications
Rowan County United Way
Rowan County YMCA
Rowan Transit System
Salisbury Fire Dept. & Police Dept.
Salisbury Housing Authority
Second Harvest Food Bank
Shady Grove Baptist Church
Stallings Baptist Church
Trading Ford Baptist Church
Trinity at Home
Mount Zion UCC Church
UNC—Charlotte

NON-MONETARY DONORS

Accelerate PT
Beaver Brothers
Beltone Hearing Aid Center
Bread Riot & Rowan County Farmers
Brookdale Living Solutions
Cannon Pharmacy
Chandler Concrete
Cigna Health Springs
Comfort Keepers
Compass
Divine Appetit
Doc Porters Distillery
Duke Energy Foundation
Elmcroft Assisted Living
GARS
Great American Publishing
Healthy Rowan
Home Instead Senior Care
JJ's Construction Company
Laurels of Salisbury
Memories 1280 WSAT Radio
Novant Health Foundation
Novant Health Hospice
Oak Park Retirement Living
RHSC Ambassadors Club
Salisbury Post
Senior Games & Silver Arts
Southern Images Lawn Service
Spectrum
Spice & Tea Exchange
Tender Hearted Home Care
Trellis Supportive Care
Trinity Oaks Retirement/Trinity at Home
United Way of Rowan County

