

35 YEARS *Ruffy-Holmes* Senior Center

"ADDING LIFE TO YEARS"
SALISBURY, NORTH CAROLINA

2022-2023 ANNUAL REPORT THRIVE at 35!



RUFFY-HOLMES SENIOR CENTER



Mission Statement:

RHSC is a non-profit organization that provides a focal point for aging resources and opportunities to extend independent living & enrich the quality of life for Rowan County Older Adults.

"Adding Life to Years" is our Center's motto for Rowan County's Older Adults. With Rowan County's older adults at 25% of the total population, RHSC must continue to Re-Frame what healthy aging means to meet the needs of current and future Older Adults.

This annual report highlights the many opportunities Older Adults receive, leading to happier, healthier and independent Lives. It is exciting to see many activities return to, and exceed, pre-covid participation numbers. Requests for Outreach Services increased this year, with more clients needing assistance to maintain activities of daily living. CARS transportation provided 369 rides, a 300% increase from last year! Thanks to a grant from Rowan County United Way, the Center's Home Repair program expanded, working with volunteers and contractors to make repairs to help Older Adults live safely at home.

The RHSC Board of Directors renewed its efforts to plan for current and future growth by collaborating with the City of Salisbury to develop a Master Plan for a new multi-use senior center and recreation center. Watch for details late fall of 2023 on opportunities to be involved as a conceptual design is developed that reflects stakeholder and community input. 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 as a Designated Community Focal Point for Aging Services in Rowan County.

Nan Buehrer, Executive Director

"Thrive at 35" & National Senior Center Certification Celebration

Ruffy-Holmes Senior Center's Celebration of 35 years of service to Rowan County's Older Adults

A bit more than 35 years ago, where the Center is now, was an empty, wooded lot, yet with visions of so much potential. Now in 2023, so much more than a building stands in this spot. Thanks to the labor of love, hard work and passion by so many, RHSC is a Community Service Agency dedicated to "Adding Life to Years" provided through many programs and services to enhance independent living.

RHSC has a long history as an exemplary senior center in North Carolina. In 1999, the NC State Division of Aging selected RHSC to pilot its new state senior center certification process. As a result, RHSC became North Carolina's first "Senior Center of Excellence".

RHSC was first officially accredited by the National Institute of Senior Centers in 2001 as the 55th in the nation and only Center in North Carolina to be accredited until 2009. RHSC celebrated its fifth accreditation in 2023; continuing its accreditation status for 22 years!



Current and former RHSC Board Presidents and Executive Directors celebrate the occasion.

RESOURCES FOR INDEPENDENT LIVING

OUTREACH SERVICES

VITA Tax Program - Center Staff and Volunteers transitioned in 2023 to IRS VITA operations. This increased the responsibility for the Center and our VITA Coordinator. It was a banner year, with **1,030 tax returns** filed for Rowan County households. Thank you to the 42 Volunteers who dedicated many hours to this important service.

CARS - Connecting Across Rowan for Seniors Transportation - The Center's Outreach Coordinator schedules rides for participants to needed medical appointments and other destinations to improve mental and physical health. The program continues to grow; **369 rides were provided to 44 individuals**, a 300% increase from the prior year! Thank you to the 7 dedicated Volunteer Drivers who provide a smile and listening ear, along with that safe ride to needed appointments!

SHIIP - Senior Health Insurance Information Program - Counselors trained by the NC Dept of Insurance are vital in assisting Older Adults to navigate the confusing world of Medicare. The goal is to assist clients in finding the best insurance product while saving them money for the essentials of daily living. This year, **126** Older Adults were served by RHSC SHIIP Counselors, providing **\$53,881** savings to Older Adults.

Family Caregiver Support Program - Caregivers need respite from their daily routine, to rest and recharge. This federal program offers care for a loved one, along with needed daily supplies. This program assisted **31** Caregivers with **342** days of community respite and **794** hours of in-home respite. **\$1,663** supplemental supplies were purchased.

Outreach & Assistance:

4,910 requests for information answered / **136** Clients received assistance by Community Partners
29 Clients served by NC Deaf & Hard of Hearing / **21** received Home Repair & Utility assistance
58 Box Fans distributed from Duke Energy grant



NUTRITION, FITNESS,



Nutrition Programs

Sharing a meal together is how we make friends, nurture relationships, celebrate milestones, and feel gratitude for life. The Lunch Clubs of RHSC reflect that joyous spirit of fellowship in six+ Lunch Clubs in Rowan County.

A Tuesday Lunch Club was added this year at the Senior Center, giving participants accessibility to activities at the Center before and after lunch.

The Latino Lunch Club meets twice a month, offering culturally specific meals, language, and programs. Those attending love the opportunity to socialize at the Center.

Thanks to one-time federal funding (ARPA), in cooperation with Correll Farms, fresh produce boxes were given out weekly in the spring and early summer.

RHSC works with Second Harvest Food Bank to deliver 50 shelf-stable meals monthly to those in need. Federal Farmers Market vouchers were provided for **300** to redeem at the local Farmers market.

Rowan Transit (RTS) provides transportation for clients to and from the Lunch Clubs. This year the federal Home and Community Care Block grant, administered through Rowan County, provided **25,770** meals to **343** clients.

Fitness Programs

Health & Fitness classes participation returned to pre-Covid levels with **851** individuals participating in a variety of fitness activities. Approximately **73** individuals participated in aquatic classes and open pool times.

Older adults enjoyed fitness and wellness options including land exercise, outdoor Hiking and Golfing. RHSC partnered with the Town of Granite Quarry to introduce Beginner Pickleball to participants, allowing them time to learn the game slowly and feel confident.

Community Senior Health & Fitness Day saw **150** people trying class demonstrations, talking with health and wellness community partners, receiving health screenings, playing pickleball and learning that movement is good for your health!

Participants continue to celebrate RHSC's 35th Anniversary with the limited edition "Fit at 35 & Growing Stronger" t-shirts, showing there is no stopping us yet!



& SOCIAL WELLNESS

Lifelong Learning & Leisure

Over 2,000 opportunities for Programs, Clubs, Leisure, and Travel were offered by RHSC this year. The Shredding events were very successful and offered several times. Rowan County residents could safely get rid of unwanted documents. Rowan Vocational Opportunities' employees helped unload documents for 150 residents and took them to be professionally shredded.



The Autumn Festival, reminiscent of the county fair, was a perfect fall celebration. Displays included vintage aprons, baked goods, flower arrangements, paintings, and more. The Cardinal Squares entertained and taught a few square dance steps. Traveling with RHSC is an exciting option for participants. In October, 46 travelers ventured on a multi-day trip to Maine. Day trips were offered twice a month, with some close to home and others traveling by motor coach for a daylong adventure.

382 Learning classes offered many options to increase knowledge. The American Sign Language eight week class was popular. Spanglish is a fun time to learn to speak conversational Spanish and English. Over 32 individuals drop in Fridays to learn to speak with their neighbors. Arts & Crafts classes, such as Paint Party and crafting Chrismon's offer fun and socialization. Coffee & Conversation is a time to discuss current topics and the Computer Clinic is a great way to learn tips on using Tablets and Smart Phones.

The Center offers 3,500 opportunities to engage in classes, leisure options, health education, fitness, trips, volunteering, civic engagement, clubs, and socialization. **In one year, over 3,000 participants checked into the Center over 32,000 times!** RHSC is the place to be and there is something for most everyone!

Volunteers - Volunteers are the heart, hands, and voices of RHSC, giving their time and talents to support the Center's activities, programs, and special events. They serve clients with Outreach Services of Medicare Insurance Counseling, Driving, preparing Tax returns, and completing home repairs.

The Ambassador Club is a core group of volunteers that assist with folding newsletters, providing pool coverage, greeting, and serving guests, gardening, and raising funds to assist the Center. Ambassador Club members were vital to the success of the 35th Anniversary Celebration and Annual African American History Breakfast.

Volunteers serve as board members, on committees, facilitate classes and groups, deliver food boxes and so much more. As an organization vital to the community, RHSC depends on willing volunteers for success. Consider volunteering with RHSC; your heart will be blessed!

93 Volunteers donated approximately 8,844 Hours from July 2022 through June 2023.

THANK YOU TO OUR

BOARD OF DIRECTORS 2022-2023

Mike Edwards
President

Dr Pastor Henry Diggs
1st Vice President

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2nd Vice President

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Monica Humphries
Secretary

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Katie Coffield

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Dan Goodnight

Keith Hart

Marshall Moore

Paula Waiters

Susan Wydner

Advisors to the Board

Craig Pierce
Rowan County Commissioner

Earle Koontz
Attorney

The Board of Directors meets quarterly in January, April, July, & October
RHSC is a 501-C 3 non-for-profit organization

MONETARY PARTNERS

LOCAL GOVERNMENTS

County of Rowan
City of Salisbury
Granite Quarry

NC DIV OF AGING & ADULT SERVICES GRANTS

Home Community Care Block Grant
American Rescue Plan Act
Family Caregiver Support
Senior Farmers Market Vouchers
Senior Center General Purpose
Health Promotion Disease Prevention

NC DEPT OF INSURANCE

SHIIP Assistance Grant
Medicare Fraud Prevention Grant
Medicare Improvements

FOUNDATION SUPPORT

Archibald C. & Frances F. Rufty Foundation
Friends of Rowan
JF Hurley Foundation
JP Johnson Memorial Society
Salisbury Rowan Community Foundation

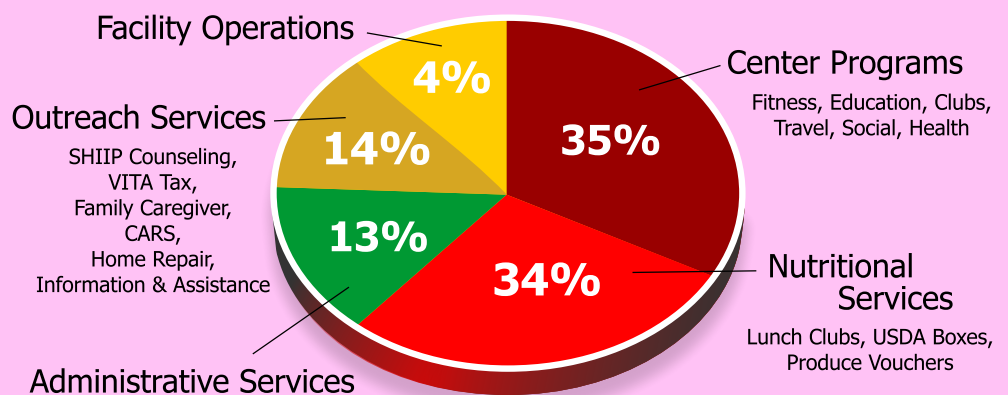
ESTATE GIFTS

Nancy Brandt Estate

GRANTS/SPONSORS

AshLink Fitness
Boone-Carroll Funeral Home
Charlotte Payroll
Duke Energy
Fisher-Greene Insurance Agency
Gentiva
Great American Publishing
Harrison's Florist
Hearing Solutions of NC
Home Instead Senior Care
Noble & Kelsey Funeral Home
Novant Health
Renew Active
Rowan County United Way
Rowan Food & Farm Network
Second Harvest Food Bank of Metrolina
Secure Solutions Technology
Reinvestment Partners (VITA Grant)
Tender Hearted Homecare
TerraBella Senior Living
Thrivent
Tivity Health
Trinity At Home
Trinity Living Center
Trinity Oaks
Queso Salsa

RHSC 2022-2023 FUNDED EXPENSES



A full Financial Report will be available upon completion of the FY 2022-2023 Audit

DONORS & PARTNERS

ANNUAL FUND DONORS

Ambassadors Club
Amos, Robert & Kaye
Friend of RHSC
Bamberg-Revis, Ethel
Beard, James
Beck, Pat
Bevels, Sandra
Blackman, Dr. & Mrs. Wilbert
Bolick, Art & Lynn
Brown, Lane & Claudette
Brown, Terri
Brown, Ralph & Helen
Bruce, Bob & Barbara
Buckley, Charles
Buehrer, Nan & Neil
Burdling, Fran
Coffield, Hank & Katie
Connolly, Lucille
Connor, Greta
Cook, Loraine
Cook, Rev. Dr. Cathy -
In honor of Kathy Vestal
Cooper, Jane
Cunningham, Dean & Betsy
Danner, Anna May -
In memory of Ruth Elaine Addison
Deb's Treasures
Diggs, Pastor Dr. Henry
Edens, Mary Frances
Eldridge, Rick & Susan
Elkins-Bachl, Carol
Ervin, Joyce
Evans, LuAnn
Evergreen Bridge Club
Fleming, Dixon & Cathy
Fosha, Sylvia
GARS Club
German, William
Glasgow, Douglas
Goodnight, Dan & Gabriele
Green, Christine
Gregg, William & Kathleen
Hall, Charlotte H. -
In memory of Dr. B. David Hall
Hannah, John & Cathy -
In Honor of Carolyn Blackman
Hanson-Kelly, Eileen & Edward
Herrmann, Rebecca
Hoben, Joseph & Harriet
Hoben, Lauren
Holden, Sandra
Hounshell, Gail
Howard, Barbara
Humphries, Monica



Hurley, Gerry
Hurley, Gordon
Iossi, Milton & Toni
Jarrett, Kenneth & Jo Anne
Kehr, Phil & Karen
Klebaur Jr, Edward J
Loeblein, Bob
Lutz, Edwin & Peggy
Martin, Thomas & Eva
McBride, Sharon
Meeks, Randy
Milbrandt, Dennis & Linda
Mills, Tara
Military Officers Association (MOAA)
Moore, Marshall -
In memory of Dr. David Hall
Morrison, Jr., Donald
Nance, Beth & Robert
Olde Salisbury Homeowners Assoc.
Palmer, Ann
Parker, Patricia
Peck, Flo
Prunkl, Pete & Donna
Ribelin, Pamela
Richardson, Manie
Rivers, Annie
Roberts, Charles & Jenny
Roberts, Rosalie
Rook, Flora
Rowan Doll Society
Rufty-Holmes Computer Club -
In memory of William Behrendt
Rufty's Chrismon Shop, Inc
Salisbury Rowan AARP Chapter
Salisbury Rowan Retired
School Personnel -
In honor of Jean B. Kennedy

Salisbury-Rowan Quilters Guild
Schoch, Nancy & Steven
Shelby, Jerry
Sifford, Shirley
Sinnott, Bethany
Smith, Claude & Barbara
Sufficool, Linda -
In honor of VITA tax assistants
Thomas, Nathaniel & Victoria
Thomside, Phyllis
Thorpe, Jimmy
TOPS Chapter 139
Traylor, Susan
Uddin-Khan, Evelyn
Umphrey, John
Wallace, Alice
Walters, Paula
Wheeler, Rodger
Williams, Mary L.
Wilson, Betty
Worthy, Acey & Carol -
In honor of Stephen Ministers
First Presbyterian Church
Wydner, James & Susan
Ziegler, Mike & Roni

In Memory of Frances Rufty

Andrew, Laurel
Beck, Lois
Dandison, Alex & Phyllis
Dalton, Denise
Ford, Nazanin
Schaeper, Alvin & Kathleen
Swan, Sandra
Troxler, Lloyd & Paula

PARTNERS IN SERVICE

AARP Foundation
Alzheimer's Association, Western NC
Baptist Relief Mission
Catawba College
Centralina Area Agency on Aging
CenterWell Home Health
Center for Faith & The Arts
Cleveland Lions Club
City of Salisbury Parks & Rec
City of Salisbury Police Department
City of Salisbury Customer Service Ctr.
Community Care Clinic Rowan County
Cornerstone Baptist Church
First Community Building of Spencer
Great American Publishing
Habitat for Humanity - Rowan County
Healthy Rowan
Home Instead Senior Care
Humane Society of Rowan
Jackson Park Baptist Church
John Calvin Presbyterian Church
Jubilee Community Choir
Lowes Home Improvement
Meals on Wheels Rowan
Memories 1280 WSAT Radio
Moose Pharmacy
National Institute of Senior Centers
NC Association on Aging
NC Baptist Aging Ministry
NC Cares 360
NC Cooperative Ext Rowan County
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

OakPark Retirement
Pancho Villas Mexican Bar & Grill
Parkinson's Support Group
PhenomWell CBD Store
Queso Salsa
Rowan Cabarrus Community College
Rowan Cabarrus YMCA
Rowan County Chamber of Commerce
Rowan County Dept. of Social Services
Rowan County Health Dept.
Rowan County Literacy Council
Rowan County Parks & Rec
Rowan County Public Library
Rowan County Telecommunications
Rowan County United Way
Rowan Food & Farm Network
Rowan Moves
Rowan Transit System
Rowan Helping Ministries
Rowan Vocational Opportunities
Salisbury Housing Authority
Shiloh United Methodist
Salisbury Comm. Development Corp
Salisbury Pride
Salisbury Post
Senior Games & Silver Arts
Shuping Travel
Stallings Baptist Church
Terri Hess Child Advocacy Center
Town of Spencer
Trellis Supportive Care
Trinity at Home
Trinity Living Center
Trinity Oaks Retirement
University of NC Charlotte & Greensboro
VFW Post 8989 Poston-Perkins-Kannapolis

RHSC STAFF

Nan Buehrer
Executive Director

Judi Burchard
Finance/Office Manager

Michele Sweatt
Nutrition Manager

Ron Church
Community Resource Manager

Allison Paul
Program Manager

Tyler Kent
Marketing & Media Manager

Angela Hendrix
Fitness & Wellness Manager

Randy Crowell
Facility Manager

Front Desk Associates
Joyce Chappell
Vanessa Taplah

Program Coordinators
Nancy Krapf
Talitha Lowman
Melody Reid

Lunch Site Coordinators
Georgia Adams, David Carman,
Cynthia Hendricks, Linda Hurd,
Rick Pope, Dot Meares,
Reba Woodie, Arthur Wilder

Fitness Staff
Donnie Smith, Traci Eller, Sandra
Kesler-Kidd, Susan Musselman,
Nayda DeLaTorre

Housekeeping
Mark Rimmer

