

## Senior Services Activity-Vicki Maestas & Kate Garrett

**Activity Purpose Statement:** Senior Services Activity provides nutrition, transportation, recreation, and family support services to individuals 60 years of age and older in dedication to enhancing the quality of life, health, and independence to help our community age with dignity and purpose.

### Quarterly Report Narrative:

Congregate meals have increased by 10% from the 1st quarter of 2024. This modest increase is despite reducing indoor congregate lunch service to 4 days a week that began in February. Congregate meals also showed an increase of 30% from the last quarter of 2024. Also notably, there has been a 20% increase in donations for congregate meals compared to the same time last year.

Transportation was virtually the same as the 1st quarter of 2024. Beginning in February the hours for transportation services were increased from 8am – 4pm to 7am -5pm. These hours match the new operating hours of the Senior Center, and the hope is to facilitate more rides by having a more flexible schedule.

The Home Delivered meals decreased by 8% compared to the 1st quarter of 2024 and 8% compared to the last quarter of 2024.

The Home Chore program decreased 40% when compared to the 1st quarter of 2024. The lack of significant snowfall was a huge factor for this decrease. March did see a notable increase in requests due to temperatures warming up and individuals needing spring yard cleanup.

Activities are also virtually the same as the 1st quarter of 2024. Students from Big Picture High School once again joined our seniors for socialization, crafts and games and were well received. We had two Lunch and Learns in January presented by our instructor Denise Lane discussing the benefits of Chair Yoga and Tai Chi for Fall Prevention. In March Tammy with Axis Health and Katie with Volunteers of America presented regarding Veteran's Services available in the County. Adventures in Dining also returned after a brief winter hiatus with a trip to Tomo Sushi and Steakhouse in March.

In February, we offered a "Conversation with Vicki and Kevin" to ask questions or gain clarity about the Durango La Plata Senior Services budget/ funding, staffing, services, and programs. The turnout was modest, with only about 12 people attending.

<b>2025 Service or Activity</b>	<b>1<sup>st</sup> Quarter</b>	<b>2<sup>nd</sup> Quarter</b>	<b>3<sup>rd</sup> Quarter</b>	<b>4<sup>th</sup> Quarter</b>	<b>Year End Total</b>
<b>Meals on Wheels</b>	9,399				
<b>Congregate Meals</b>	3,653				
<b>Home Chore Services</b>	74				
<b>Transportation Program (#Rides)</b>	881				
<b>Participants in Activities/Events</b>	2,353				