

### ***Healthy Aging...***

The Mastick Senior Center Advisory Board (MSCAB) and the City of Alameda recognize the importance of nourishing the mind, body and spirit of Alameda's senior community. These core elements are the focus of our program.

During the 2014 Calendar Year, seniors were served in the following ways:

**148,520\***    **Center Visits**  
**3,401\*\***    **Mastick Members**  
**630**       **Tax Program**  
**1,012**    **Trip & Travel Program**  
**6,173**     **Bingo Program**  
**12,875**    **Thrift Shop Sales**

\* Number may represent duplicates as based on actual visits to Center.

\* Mastick Membership is unduplicated.

Mastick Senior Center offers a wide range of support services that assist Alameda residents as they age in place. Many of these services are offered in conjunction with the County of Alameda and include: information and referral, consumer presentations, health insurance counseling, legal assistance, and transportation services. Other support services include: notary, dental and podiatry consultation, and tax preparation assistance.

In 2014, Mastick Senior Center and Alameda Family Services partnered to offer Senior Connections, a pilot program providing Alameda seniors with access to much needed case management services.

### ***More than Just a Meal...***

As the Center celebrates more than 34 years of service to the community, the nutritional needs of older adults remain an area of focus and importance. The mid-day meal program provides a well-balanced meal, as well as an opportunity for members to socialize.

During 2014, over 6,620 lunches were served to members.

During this time, 30,000 pounds of food were distributed to seniors participating in the Mercy Retirement Brown Bag program offered twice a month at the Mastick site.

In addition, Mastick volunteers planted, nurtured, and harvested greens, herbs, and vegetables providing 3,131 baggies of food to Mastick's members.

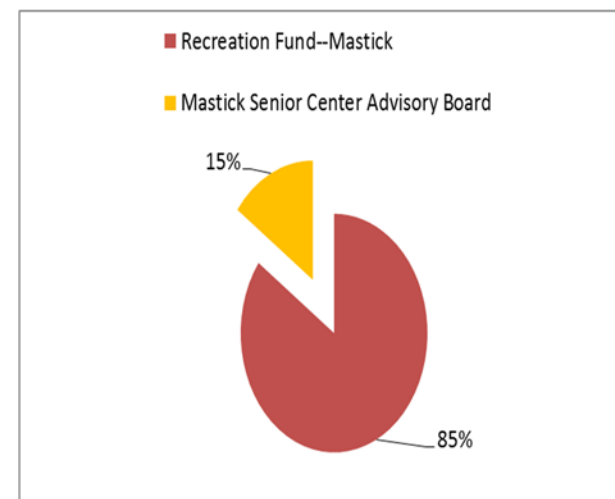
### ***Healthy, Active Living...***

Mastick Senior Center is committed to offering a wide range of activities to fulfill intellectual, physical, and social development. During 2014, members engaged in enrichment offerings as follows:

**23,064**       **Fitness Classes** (such as Yoga, Fitness, Dance, and Pilates)  
**24,842**       **Intellectual Classes** (such as Computer, Foreign Language, Current Events, Ceramics, and Quilting)  
**17,242**       **Social Interaction** (such as Cards & Games, Special Events, and Sing-Along)

### ***Mastick Senior Center Advisory Board (MSCAB)***

The MSCAB is the active administrative advisory committee for the Center. It provides advice and counsel on all matters connected with accomplishing the mission statement. The MSCAB is committed to fundraising activities including Bingo, the Thrift Shop, and a direct-mail letter to our membership which help to defray the cost of programs and building maintenance.



During 2014, the MSCAB invested \$23,134 specifically for capital improvements to the facility. The Mastick Senior Center Advisory Board has provided over \$1.1 million for capital improvement projects over the past 34 years.

The MSCAB raised \$169,710 from fundraising activities, helping to offset program expenses.

## ***Volunteers Are Our Secret To Success...***

Mastick Senior Center is a partnership between the City of Alameda Recreation and Park Department and the senior community. Volunteers serve as the backbone of Mastick Senior Center and successfully ensure its efficient operation six days per week. Volunteers participate by serving on the MSCAB, staffing its 10 committees, fulfilling day-to-day tasks (answering phones, greeting members, meal and program registration, clerical tasks, serving lunch, plus class instruction and assistance), and providing supportive services (tax preparations, HICAP counseling, Notary services, podiatry and dental consultation). Also, our volunteers are actively engaged in fundraising activities (Thrift Shop operations and Bingo program).

**202 Volunteers**

**25,611 Volunteer Hours**

**\$488,402 Cost Savings**

**Equivalent to 13 Full-Time Staff**



## ***Mastick Senior Center Advisory Board***

### **OFFICERS**

Ron Limoges, President  
Bill Soares, Vice President  
Lorraine Meuleners, Treasurer  
Robby Kiley, Recording Secretary  
Rick Luebke, Corresponding Secretary

### **DIRECTORS**

Marilyn Appezato  
Ginny Carney  
Mary Foss  
Nancy Gormley  
Bonnie Leber  
Millie Lum  
Earleen Hamlin  
George Tarr  
Jim Thomas  
Linda Weinstock

### **Our Mission Statement**

*Mastick Senior Center's mission is to provide a well-rounded education, social and recreation program for adults 50 years of age and older.*

### **Our Vision Statement**

*Mastick Senior Center's vision is to offer a variety of quality programs and services in the areas of health, education, and recreation to our seniors and the community.*

# ***MASTICK SENIOR CENTER***

***For adults 50 and older***



## ***2014 ANNUAL REPORT***