



Making Connections • Staying Active • Living Well

## Annual Report • Calendar Year 2018

Mastick Senior Center, a division of the City of Alameda Recreation and Parks Department, provides a well-rounded social recreation program in the areas of health and wellness, education, recreation, and support services resulting in life enrichment opportunities for our growing senior community (50+ population).

## Healthy Active Living

Offering over 100 weekly programs in the areas of education, recreation, and social engagement. Seniors served:

### Membership ~ Fiscal Year

2018-19	2017-18	2016-17	2015-16
3,372	3,232	3,309	3,233

Statistics	2018	2017	2016
Bingo Program	4,361	4,485	4,505
Day Trips & Travel Program	1,108	1,268	1,120
Educational Classes: (Arts, Current Events, Languages, Tech)	23,395	23,718	22,476
Mastick Organic Community Garden	2,475	3,318	3,737
Recreation Classes	25,323	23,075	21,302
Social Interaction: (Cards, Games, Puzzles, Special Events)	10,005	12,136	13,063
Tax Program	534	554	594
Thrift Shop	12,045	12,607	13,318

## Area Agency on Aging

The Center responded to the Request for Proposal (RFP) released by the Alameda County Area Agency on Aging and was awarded a three-year grant with an annual award of \$25,000. Mid-year the award was increased to \$29,272. As condition of the grant, the Center developed a Grievance Policy and Grievance Disposition Form with the policy being posted in each classroom.



## New Program Offerings

A glimpse at new programs and activities offered to keep the program vibrant and members engaged:

- Alameda Rent Stabilization and Eviction Control Seminar
- Anxiety
- Author Presentations (Janet Dawson, Donna Marie Ferro and Paul Hauser)
- Basic Housing Rights for Seniors
- City Bicycling Basics
- Collect Memories, Not Things — Decluttering Tips
- Concerned About Falling?
- Dream Workshop
- Holocaust Survivor and WWII Veteran
- Housing Options Seminar
- Medieval Monsters and Dark Age Dragons
- Obligation to Future Generations
- Online Housing Search Workshop
- Outsmarting the Scammers
- Sex & Intimacy
- Shakespeare Discussion Group
- Talking Mystery... "Who Done It?"
- USA and North Korea: Avoid the Thucydides Trap
- Zinfandel: California's Heritage Grape

## Offerings on Bay Farm Island



Thanks to a partnership with Alameda Elders Services, classes are available at the Water's Edge Lodge Multi-Purpose Room, 801 Island Drive.

## New Travel Opportunities

New and different opportunities are offered to appeal to a diverse and changing demographic:

- Cirque Du Soleil (Volta)
- Craig Smith Tour: All That's New in SF

## The World Comes to Alameda

In 2018, 32 active members wrote, edited, and published a collection of memoirs entitled, *The World Comes to Alameda*. The participants held a book signing at the Alameda Main Library. Books are available for purchase at Mastick Senior Center, Amazon, and three local retailers.

## Pickleball Thrives!



## Transportation Program & Services

- AARP Smart Driver Program
- AC Transit ~ Senior Clipper Card Enrollment
- Bicycle Safety Classes
- Mastick Walking Group (Using Public Transit)
- Paratransit & Transportation Assistance
- Transportation 101

## Community Collaborations & Partnerships

Alameda's older adults experience a geographical obstacle and are less likely to leave our island community to access services available outside the city. Therefore, collaboration with community-based organizations is vital to creating a "one-stop shop" to ensure services are easily accessible for our senior community.

**AARP Foundation Tax-Aide** offered free tax preparation assistance to low and moderate income taxpayers. Mastick is the designated site in Alameda serving 534 individuals that generated \$341,397 in refunds with an average refund of \$1,076. It is estimated over \$70,000 was saved in preparation fees.

**Alameda Friendly Visitors, Legal Assistance for Seniors (LAS), and the Health Insurance Counseling and Advocacy Program (HICAP)** served clients on-site.

**Alameda Family Services (AFS)**, a human services non-profit, provided case management services designed specifically for seniors on-site at Mastick Senior Center. The Senior Connections Program provided support in the areas of health, housing, in-home support services, food resources and more. In addition, the Senior Service Action Team (SSAT), a collaboration of AFS and Mastick Senior Center, and comprised of over 20 community based organizations provided an opportunity for senior service providers to network, coordinate services, learn about programs, and problem solve. These programs were funded in part by a \$25,000 grant from the MSCAB.

**Alameda Fire Department** provided Blood Pressure Screening twice monthly.

**Alameda Hospital** provided a Stroke Risk Assessment workshop along with Blood Pressure and Glucose Screening opportunities.

**Elders Village** and **AEC Living** provided monthly consumer presentations and sponsored the Annual National Senior Health and Fitness Day in May 2018.

**Mercy Retirement Center Brown Bag Program** distributed food to seniors twice a month at 26 Alameda County locations. Mastick Senior Center, the designated site in the City of Alameda, distributed 35,720 pounds of food with 9,600 pounds delivered to Alameda Meals on Wheels recipients.

**Spectrum Community Services** provided the noon meal served Monday through Friday at Mastick Senior Center. During this period, 6,010 meals were served to individuals, age 60 and better.

The **Alameda County Area Agency on Aging** provided a \$29,272 grant for senior center activities.

The **Alameda County Public Health Department** provided a weekly Diabetes Support Group and a seven-week Diabetes Workshop.

The **Alzheimer's Association** facilitated an Alzheimer's Caregiver Support Group which met twice a month to provide support to individuals caring for a loved with Alzheimer's Disease or dementia.

The **Center for Independent Living (CIL)** facilitated travel training to familiarize members with safe travel trips using public transportation (AC Transit, BART, etc.) which included travel to Sausalito.

The **Osher Lifelong Learning Institute at California State University, East Bay** provided intellectually stimulating classes. This program was funded by the MSCAB.



## Budget

### Mastick Senior Center Advisory Board (MSCAB)

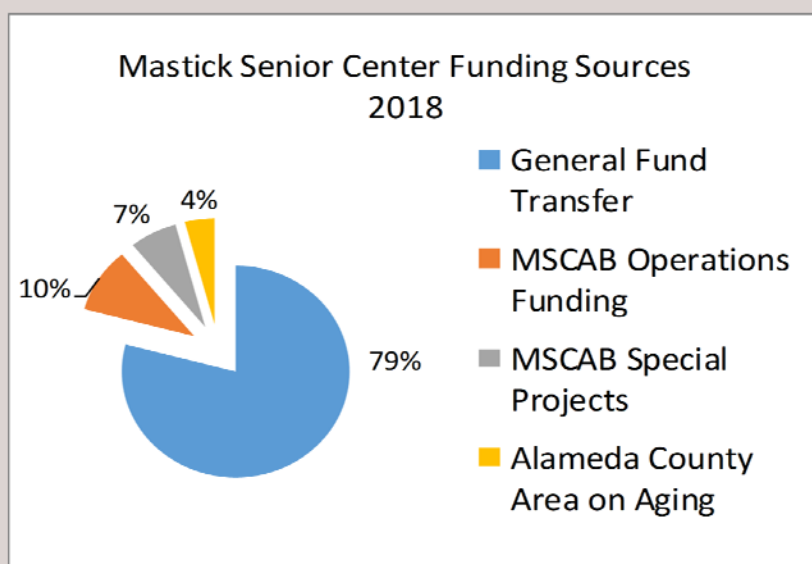
The MSCAB is the active administrative advisory committee for the Center. The MSCAB is committed to fundraising activities including Bingo, the Thrift Shop, and a direct-mail letter to our membership which help to defray the cost of programs and building maintenance.

#### MSCAB Scholarship Program

Members enjoyed an array of programs due to support from the MSCAB Scholarship Program. During 2018, the MSCAB issued 403 scholarships totaling \$14,939.

#### Financial Contribution

During 2018, the MSCAB invested over \$47,005 toward facility maintenance and capital improvements and an additional \$68,877 was contributed to program support. The MSCAB netted \$163,409 from fundraising activities and donations, helping to offset program expenses.



#### Mastick Senior Center Legacy Giving Program

Since 2001, the City of Alameda has received over \$1,075,000 from bequests for the express benefit of the Mastick Senior Center.

## Projects

**Pool Room Freshening** - Redecorating of the Pool Room included new flooring, reupholstered seat cushions and pool table tops. This \$15,622 improvement was funded by the MSCAB.

**Interior and Exterior Painting** - This project included painting the fascia, the two inscriptions on the building's façade, two bathrooms, and Rooms A and E. This \$25,870 improvement was funded by the MSCAB.

**Courtyard Trellises** - The wooden trellises were stained and sealed. This \$1,690 improvement was funded by the MSCAB.



## Volunteers & Staff

Full-Time: 3  
Part-Time: 157 weekly hours  
Volunteers: 227 volunteers contributed 27,601 hours for a total cost saving of \$603,358 or 13 full-time staff.