The Senior Center

• Senior Center opened in late 1990’s
• Goal was to engage and provide services to Seniors in the Pueblo of Santo Domingo
• Last three years we have seen exceptional growth in need for services as witnessed by increase in meals served per year

<table>
<thead>
<tr>
<th>Year</th>
<th>Meals on Wheels/ year</th>
<th>Total meals served/year</th>
<th>Total Increase in 2 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>6221</td>
<td>14301</td>
<td>8080</td>
</tr>
<tr>
<td>2012</td>
<td>16788</td>
<td>25788</td>
<td>9000</td>
</tr>
</tbody>
</table>
In 2011, with assistance from the AARP Foundation and First Nations, decided to create a program that would:

1) produce locally grown food to feed Seniors
2) engage Seniors in the community in issues of hunger;
3) provide the opportunity for Seniors to work with youth;
4) provide the opportunity for Seniors to conduct fundraisers to support Senior Center trips.

The increase in demand for services (mainly our feeding program) took resources away from other extracurricular activities like Senior trips.
Gardening at the Senior Center and Senior Gardening
Community Garden and Intergenerational Learning
Wellness and Nutrition Classes

- Cooking Classes.
  - Seniors that took classes last year are now teaching the classes to other Seniors.
  - In 2012, we had 133 Seniors attend our cooking classes.
What makes this program a success?

- Support from tribal leadership including the Governors office
- Financial resources to acquire goods like a greenhouse, equipment needed to manage the greenhouse
- Non-financial resources like land
- Senior involvement, leadership and dedication
- Youth and keep tradition going
Program Challenges

• Fundraising component of the program
  • The cost of the increase in senior meals means less funds available for senior trips
  • Seniors still not comfortable using greenhouse and harvested goods to raise funds for their trips
THANK YOU!