

LIVING CIRCLE SENIOR CENTER GENERAL PLAN OF OPERATION

PROGRAMMING

Our overall goal of the Living Circle Senior Center is to improve the health and living conditions for senior adults who are in greatest social and economic need. Programming at the proposed senior center is intended to blend culture, wellness, education and intergenerational activities. ICE is planning to structure programming that encourages participation from residents of one surrounding neighborhood, seniors and in some cases, children. Further, ICE programming will work to reduce barriers to services, reduce discrimination and isolation, and increase healthy communication and activities for older adults.

Program elements include: assisting older adults in finding the resources to meet their needs, offering them the opportunity for cultural, spiritual, and educational growth, helping to improve older adults' mobility and independence, and supporting their choices for living and giving to their community.

Specific activities will include:

- ICE will continue to have a primary focus on nutrition services. The Senior Center will include a dining area seating up to 190. The kitchen, food storage, preparation and serving area will be large enough to meet the capacity of providing 190 individual hot lunches each weekday, Monday through Friday. Additionally there will be sufficient storage to continue to provide a once a month food bank for those participants who are income-eligible. During non-program hours 105 may utilize the dining area for dances, celebrations and educational programs.
- An area of the Senior Center will be dedicated to health and wellness activities. An exam room will be organized to offer individual screening, health education, counseling, dental, podiatry or other specialty services as determined needed by the clients served and available through an appointment. ICE will have the ability to "section-off" the dining area for several group health activities, such as low-impact exercise classes, health and safety lectures, talking circles, meetings for AA/non-smokers and herbal medicine classes. ICE has established a direct linkage with the health promotion/disease prevention activities but will also collaborate with other neighborhood health care service professionals.
- ICE owns and operates a 15-passenger van that will provide transportation to and from the Senior Center for those elders who are unable to access private or public transportation. Additionally, the van is used for trips to local events and occasionally events out-of-town. The van is planned to be stored in the parking lot adjacent to the new building.

- ICE coordinates a Senior Companion program that provides home visits, and companionship to home-bound senior adults and to assist them with shopping, cleaning, and other daily needs.
- The socialization part of our programming will expand to include more than 300 Native American and Non-Native American elders and their families. Program elements may include: celebration of the history, culture, and heritage of Native people and to share our culture with families and seniors in the neighborhood; to implement intergenerational programming; to celebrate the history, culture, and heritage of Native people and to share our culture with families and senior adults in the neighborhood; to implement intergenerational programming; to continue to provide case management services that will assist program participants in finding and utilizing community resources to meet their needs; and to reduce isolation by expanding recreational activities.

Activities will utilize staff, volunteers, and program participants to provide cultural, educational, and spiritual programming for American Indians Elders, other seniors, and arts and craft classes. ICE intends on hosting a neighborhood-based arts and crafts fair or festival to bring the neighborhood together to share in each other's culture. The Senior Center will house a lending library for books, videos, and other media; as well as promoting storytelling, card playing and discussion groups.

HOURS/DAYS OF OPERATION

The Senior Center is planned to operate during the hours of 8:00 a.m. until 4:00 p.m., Monday through Friday. The Senior Center is also planned to be available from time- to-time (on a scheduled basis) for meetings in the evening and on weekends. Meals are anticipated to be served commencing at 11:30 a.m., Monday through Friday. Each first Thursday of the month an evening meal will be served at 5:30 p.m. This meal will take the place of the afternoon meal on that day. The Indian Council of the Elderly, Inc. (ICE) plans to also make available the use of the Senior Center for evening and weekend activities primarily to participants and residents of Three Oaks Circle.

The Wellness Center (a component of the senior center) will have limited hours of operation. The hours of operation will be based upon the availability of the direct health care providers and American Indian traditional healers.

Socialization and other educational and recreational activities will be scheduled throughout the normal office hours, as well as occasional evening or weekend hours.

STAFFING

ICE staff will include five and one-half full-time-equivalent (FTE) positions:

- Executive Director 1.00 FTE
- Program Coordinator/Benefits Specialists 1.00 FTE

- Secretary/Aide 1.00 FTE
- Head Cook 1.00 FTE
- Cook .50 FTE
- Van Driver .50 FTE
- Maintenance/Grounds Keeper .50 FTE

In addition to the above, there will also be five (5) individuals who are compensated through the Social Development Commission as Senior Companies assigned to ICE. The Milwaukee American Indian Manpower Council also provides ICE with one (1) FTE work experience slot through their funding.

ICE has always been fortunate to recruit a substantial number of volunteers and individuals desiring to do community service, which compliments our staffing and enhances our ability to better deliver services.

ICE works in collaboration with local, public and private social service agencies such as the Milwaukee County Department on Aging, the Social Development Commission, Interfaith, Alzheimer's Association, Gerald L. Ignace Indian Health Center, Marquette School of Dentistry, Indian Community School, UWM-Milwaukee Native American Studies Program, Senior Law Program, the offices of Social Security, Medicare and various other agencies to provide information and assist seniors in identifying available resources that are culturally competent and accessible.