

## Young at Heart 2023: A Year in Review

Funding allows us the opportunity to provide quality programming, continue to enhance current collaborations, and build new collaborations in creative ways. Young at Heart has completed 9 years of programming.

**2023 Demographics:** 210 registered Participants  
89 parishioners of St. Alphonsus (43%)  
80% female  
Approximately 2250 Direct Service Volunteer Hours

**Survey Results:** The YAH annual Fall survey for 2023 resulted in 93 responders. Each of these surveys were completed in-person or on-line this year.

Of these results:

- 91% reported they are extremely satisfied with the program.
- 71% attended frequently, while 16% attended occasionally over the past year.
- 86% agreed that the program helps them to be more active in a general sense.
- 82% agreed that it helps them to socialize more.
- 63% reported it helps them to be more physically active.
- 62% reported it improves their physical health (with 23% somewhat agreeing).
- 66% claim it helps them to stay more mentally active, with 73% saying it has helped them to gain new skills (14.6% somewhat agree).
- Regarding spirituality, 46% agree it has improved their spiritual life (with 25% somewhat agreeing).

### **Collaborations for 2023:**

- Area Agency on Aging (Kent Co. Senior Millage) provided funding, and trainings for their Partner Agencies, which includes St. Alphonsus Parish.
- The Center for Physical Rehabilitation provided a Certified Personal Trainer to lead our Exercise classes twice a week.
- Mary Kaiser, a well-trained Tai Chi Instructor provided twice-weekly Chair and twice-weekly Standing Tai Chi classes.
- Ginger Chef provided monthly Cooking Classes.
- Senior Meals provided lunch meals twice a month.
- Calvin Nurses provided Health screenings.
- Beltone provided quarterly Hearing screenings.
- Catherine's Care Center promoted YAH Programming.
- Northend Wellness Coalition promoted YAH Programming.
- GR Public Library provided Technology Support Classes,
- Senior Neighbors also provided Technology Support Classes.
- Lori Teft: Juke Box Jive and Drumming Classes
- Whitney Pyles: Mindful Movement
- Honeysuckle: Art Projects

### **Service Projects for 2023:**

- Degagé: Donated a collection of homemade hats, mittens, blankets.
- YAH donated home-made quilts, hats, scarves, teddy bears and balls for St. Alphonsus Food and Clothing Pantry and Christmas Store.
- Sent homemade cards to the Homebound (approximately 40) seven times through-out the year.
- Sent birthday cards to Young at Heart participants and hosted a monthly BirthDay Celebration.
- Hosted a Mother's Day Spring Tea, donating items to Lighthouse for Teen Moms.
- Hosted a Father's Day picnic, donating items to Strong Beginnings-Strong Dads.

### **Additional Presentations/ Entertainment:**

Presentations and Events provide educational opportunities to stimulate the mind and provide information about Community Resources. They may also provide entertainment, social stimulation, and opportunities for Spiritual growth.

- Live-streamed Calvin January Series- three segments
- Plainfield Township Fire Department: Investigating Fires and Fire Safety
- History of the Irish Harp: Nancy Patten
- Deaf and Hard of Hearing Specialists
- Captel Phone Systems
- Revive and Thrive Food Service
- Pygmy Goat Presentation
- Videographer: Greg Ghering
- Health Care Associates/Community Care Givers: Sandy Roguska
- West Michigan Food CoOp- Linda Jones
- History of Plainfield Township: Brian DeVries
- Civil War Reenactors: Dan Penny
- Shipwrecks of the Great Lakes: Valerie Van Heest
- Motown: Michael Curtis, African American Museum
- Trino, the Magician: The Art of Magic
- Filipino Cultural Dancer: Chit Barker
- Faith Series: Lenten Movie Series.
- Faith Series: Advent Reflections.
- Faith Series: Hinduism – Culture of Prayer, presented by Fred Stella
- Entertainment: Accordionist, Michael Schaeffer
- Entertainment: Elvis Impersonator, Liam Doyle
- Entertainment: Pianist, Kevin Cavanaugh.
- Entertainment: Musician, David Molinari
- Entertainment: Ukelele Club

### **Outings 2023:**

Similar to our presentations, our outings offer a wide variety of destinations and activities that stimulate body, mind and spirit.

- Lunch Outings to local restaurants
- Ice Sculpture Walking Tour of downtown Grand Rapids
- Tour of the Grand Castle
- Loafers Glory in Blanchard, MI
- White Caps baseball game
- Tour Hindu Temple
- Tour State Police Post and Crime Lab
- Turkeyville: Lunch and Play
- Crane's Orchards
- Anderson Girl's Farm
- Farm Country Cheese House in Lakeview

### **Building Community Events/ Fundraisers 2023:**

- Creston Neighborhood Association Breakfast: Information Booth
- Sailing Excursion
- Craft Sales at St. Alphonsus and St. Isidore Churches
- Schubert Male Chorus
- Quilt Raffle

### **NEW in 2023:**

- Marketing/Communication: The Young at Heart website is now powered by MailChimp. Current audience: 285
- Reinstated the Chair Tai Chi Class, which meets 2x's weekly.
- Provide an additional class for pickleball, now meets 2x's weekly.
- Technology Support Workshops are now offered on-site, free through Senior Neighbors.
- Offered 6 classes in Line Dancing

**2023 Regular Programming:** These classes/activities were offered at different points through-out the year. Most of these classes meet either monthly or weekly.

- Bingo – monthly
- Birthday Brunches - monthly
- Book Club - monthly
- Card Ministry - monthly
- Chair Tai Chi – 2x's weekly

- Crafts - varies
- Euchre - monthly
- Exercise Class – 2x's a week
- Faith Series - varies
- Knitting/ Crocheting – monthly
- Line Dancing – 6 classes
- Lunches - 2x's weekly
- Movies - varies
- Pickleball – 2x's weekly
- Playing games - weekly
- Sewing – 2x's monthly
- Standing Tai Chi – 2x's a week
- Team Trivia – monthly
- Walking Club - weekly
- Woodcarving – weekly
- Yoga – 6 classes

### **Biggest Challenges:**

- Volunteerism

### **2024 Goals:**

- Explore 501c3 Non-Profit status
- Home Repair Services: Handy Helen
- MSU-Ext: Tools for Caregivers, Keys to Aging
- Recruitment of Volunteers
- Building Relationships with Neighborhood Communities
- Celebrating 10-year Anniversary – Holding a Community Event and Fundraiser.