

Our Mission is much more than a Statement. It is Our Commitment!



2427 Craley Road, Wrightsville PA 17368
717-244-0340 – www.Sr-1.org
Patricia Wilkerson, Executive Director/CEO

The Susquehanna Area Senior Center/CONNECT is a community dedicated to enhancing the quality of life for individuals aged 60 and older.

40 Years of Dedicated Service to the Susquehanna Valley

Our community!



Ryan

“I really appreciate the center. I lost my significant other and I just did not know what to do or where to turn. I was grieving and didn’t know how to deal with it! Patricia talked with me and invited me to a covered dish meal, support groups, and other events. I had not been to the center before. I sat at a table by myself, only to have Patricia and others sit with me! I was grateful for the warm welcome; I felt the weight lifted off my shoulders. The center provides meals, encouragement, and assistance in meeting emotional needs. It was good to grieve with others during support groups facilitated by professional counselors.”



We have fun taking part in fitness... activities at the center, going on trips, being together and staying active. There is a strong sense of belonging and support from the staff and fellow participants.

The SASC/CONNECT is actively engaged in promoting the well-being of older adults, encompassing widowers and Veterans, valuing empathy, and support. We need your assistance. Contact Patricia at 717-244-0340 x2.

We strive to create a welcoming environment where seniors feel a sense of belonging. We aim to advocate for their interests.

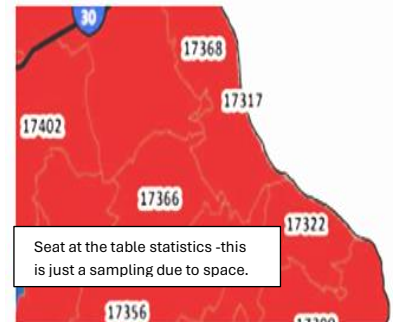
Enhancing the well-being of senior citizens requires attention to multiple aspects of their lives. *You* can be a part of providing for these critical needs:

Physical Activity:

Regular exercise is crucial for older adults as it helps to reduce stress, improve balance, minimize the risk of falls, promote better sleep, and alleviate depression, thereby supporting their overall well-being and independence. *The center spends approx. \$600 monthly on fitness programs.*

Nutrition:

A well-balanced diet is essential for maintaining good overall health. Consuming meals abundant in fruits, vegetables, whole grains, and lean proteins can improve physical and mental well-being.



The Susquehanna Senior Center is situated in a region where **food needs are met less than 75%** of the time, leading to food insufficiency. *The center serves daily meals to seniors at the center and delivers to those who are homebound.*

- *Your support enables us to continue to provide food assistance.*

Economic Impact:

Poverty has increased among Americans aged 65 and older from 8.9% in 2020 to 10.3% in 2021, according to the latest U.S. Census Bureau data. These rates are increasing, with few resources to span the gap of income and need for this vulnerable population. *Will you help?*

We are Preventing Loneliness through Social Connection!

Mental Health Care:

Access to resources, professional support, and stimulating activities are important for finding purpose and life fulfillment. Depression affects up to 27% of people over 60 years old, with mental disorders accounting for another 14%. While numerous factors contribute to depression, loneliness and lack of support are among them. *We provide support and resources to prevent depression and suicide in seniors. Would you be willing to consider supporting this effort?*



Susan "Sue"

“Recovering from the isolation brought about by COVID-19, I decided to visit the Susquehanna Senior Center (SASC) to engage in various activities and connect with other members. The center was bustling with energy, and the director and other members warmly welcomed me. I received encouragement to provide input into the community, which made me feel accepted.

I highly recommend that anyone over 60 join the center and participate in the various activities at their own pace. Experience the many options, including exercise, yoga, pickleball, shuffleboard, bus trips, games, socials, crafts, meals, land groups and programs. Choose what you want to do, when you want to do it, and at your comfort level. By joining, you will feel welcomed and make new friends, a win-win!”

The Susquehanna Senior Center is a community of extended family sharing life's joys, struggles, and experiences, a supportive connection in a journey of lifelong learning.

CONNECT!

The Susquehanna Area Senior Center is observing 40 years of enhancing older adults' lives through advocacy, social connections, and vital resources.

Board of Directors:

- Co-Chairs: Suz Heighes & Beth Holz
- Vice Chair: Robert “Bob” Martin
- Executive Director/CEO: Patricia L. Wilkerson
- Treasurer: Barbara Bair
- Secretary: Beth Breen
- Finance Committee & Members: Ronald Cohen, Thomas Knaub; & Connie Crull.

We have room on our board!

Engagement:

Engaging in hobbies, volunteering, or community activities can create a sense of purpose and fulfillment.

- Please help us create and maintain an environment that values and fosters a sense of belonging.

Emotional Well-Being:

Creating a positive environment that fosters relationships, self-acceptance, autonomy, and growth is crucial for maintaining independence as we age.

- Social interaction prevents loneliness among older adults. Your support can make a difference.

Spiritual Wellness:

- Spiritual health is essential to life peace.

Specific Mission Needs:

- Funding for participant transportation.
- An exterior sign to advertise services.
- Expansion of programs, resources, and meal provision.
- Equipment for fitness activities and program support.

This is your opportunity to be the difference!

Return the portion below to contribute or call.

Gift Levels: Bronze (\$100-\$249); Silver (\$250-\$499) Gold (\$500-\$749) & Platinum (\$750 and over).

Businesses featured on our website and publications.

YES, I Want to Protect Seniors' Quality of Life!

Here's how you can make a difference:

One-time Donation: Amount: _____

Your one-time contribution of any amount, will help us achieve our fundraising goal and meaningfully impact the lives of older adults.

Monthly Giving: Amount: _____

Your monthly donation will provide consistent support allowing us to focus on long-term needs, projects, and advocacy for older adults.

Please consider volunteering or joining our board.

I am interested in Volunteering.

I am interested in Board participation.

Name _____

Contact me at _____

Thank you for considering our appeal.

We are immensely grateful for your support, and we look forward to sharing the impact of your generosity with you and others. If you have any questions or would like to discuss how your support can make an even greater impact.

Pease do not hesitate to contact me (Patricia) at 717.244.0340x2 or mail the form to 2427 Craley Road. Wrightsville PA 17368.

Thank You!