



# *Indianapolis Senior Center*

**Enhancing Lives through Innovation, Service, and Caring**

**Capital Campaign 2005**



## WHERE WE STAND

**T**oday's seniors redefine length and quality of life, aided by advances in health care and access to medical options. As the post-World-War-II Baby Boom generation—once the largest in United States history, spanning birth years from 1946 through 1964—prepares to leave mid life, the numbers, vitality, and expectations of senior Americans rise to new heights.

Aging may be inevitable, but frailty and dependence are not. An active, engaged, intellectually fulfilling life holds the most important key to minimized health risks and enhanced day-to-day enjoyment. Since 1962, the Indianapolis Senior Center (ISC) has served older adults in ways that foster independence, helping forestall or even avoid expensive institutional care. For more than 40 years, this 501(c)(3) not-for-profit social service organization has understood and respected seniors' most significant wants and needs.

Today, ISC serves the generation that founded it. ISC's focus on helping seniors continue to lead active, stimulating, and rewarding lives, even in the face of physical problems and limits, is the hallmark of its unduplicated services.

But ISC's aging, undersized physical facility struggles to serve a growing population. The demand for its on-site services and programs exceeds ISC's ability to provide them. Today, ISC seeks to acquire its facility from its landlord, rehabilitate and reconfigure it to serve current and future needs more appropriately, and expand to support new programs and needs.

## OUR MISSION

*The Indianapolis Senior Center enhances the lives of older adults by providing activities, access, and opportunities for education, services, and healthy lifestyles. These are provided for and with older adults to support their independence.*



*Mike Peoni*

**President, Board of Directors.**

*"With the assistance of our funders, our corporate sponsors, our staff and volunteers, and our community partners, we help seniors stay independent at the same time that we touch the lives of infants, school children, and families. Those we serve deserve the best services—in the best facilities—we can provide."*

## CAMPAIGN NEEDS AND OBJECTIVES

Currently, the Indianapolis Senior Center occupies a two-story combination of five small adjacent industrial/commercial buildings, the oldest from the late 1890s. Between 1927 and 1941, the facility underwent renovations, including an addition. Since then, the building has received only three sets of notable updates: the first in 1978, by prior tenants; the second by ISC in 1987, to make interior improvements, add an elevator and sprinkler system before occupancy; and the last in 1994, to install a new roof.

As ISC's facility continues to age, its upkeep costs continue to rise. Worn interior finishes require more than updates and touch-ups can accomplish, and their appearance discourages some prospective members. The building's elevator is too small for accompanied or oversized wheelchairs. It lacks an emergency call system, frequently requires mechanical repairs, requires continuous pressure on its controls to keep it in motion, and can be intimidating to operate.



*Millicent Baker*

**Member number 8489. Joined in 1995.**

Enjoys Senior Silent Hoosiers, pot luck dinners, tours, and group games.

*"ISC is an ideal gathering place. I encourage all seniors to get involved with the Center for fun and fellowship, tours and socializing."*



Instead of modern, efficient, centralized restroom facilities, the building holds eight small single-unit restrooms. Too-small meeting spaces cannot accommodate popular programs. Support columns hamper use of the main programming and assembly space. Without sufficient on-site space to diversify and expand programming, ISC cannot meet the needs of an increasingly age-diverse senior population.

Despite these challenges, ISC continues to transform lives, as it has done for more than 40 years. Now it seeks to transform its own facility as well.

Since 1997, ISC has sought to build, or buy and renovate, a replacement for its current facility. From relocation to new construction, no option has offered the right mixture of location, facility size and configuration, and reasonable project cost. After a thorough review of alternatives, ISC has developed a comprehensive plan to acquire its current building from The Indianapolis Foundation, renovate and expand it, and leverage its enduring commitment to downtown Indianapolis. This plan enables ISC to continue its decades-long traditions of enhancing lives through **innovation, service, and caring.**

*An artist's rendering of the planned renovation of the Indianapolis Senior Center, showing the first floor entry and Fitness Center.*



*Larry Baker*

**Member number 8781. Joined in 1998.**  
Enjoys Senior Silent Hoosiers, holiday festivities, taking trips, and playing euchre.

*"I enjoy the activities offered at ISC and encourage other seniors to take advantage of what they can do at the Center. As President of Senior Silent Hoosiers, I welcome the deaf senior community to join our group, find new friends, and have fun."*

## ACCESS TO INFORMATION/HEALTH SERVICES

Every month, the Indianapolis Senior Center (ISC) provides more than 80 programs. Many focus on health education and assistance.

Others offer free professional services, or facilitate access to community and governmental assistance. This programming provides an unduplicated set of opportunities to maximize seniors' quality of life and minimize challenges to independent living.

In 2004, Indiana's Medicaid services paid nearly \$2,700 per month for each resident of Marion County's 52 nursing homes unable to defray the cost of care, for a monthly total exceeding \$9,000,000. Most seniors exhaust their own and their families' ability to fund their care within three months to one year of residence in a nursing home. The simplest way to reduce this ever-increasing financial burden is to delay—and, if possible, prevent—the loss of independence and the need for expensive care. ISC's health, information-access, and wellness services address this goal and promote the continued quality of life of the persons it serves.

From central Indiana and beyond, ISC receives calls seeking direct assistance and information or help. In response, ISC provides individualized guidance and support to address a holistic list of needs involved in physical and mental health and well being. Through one of ISC's unique services, a Mental Health Specialist helps older adults and their families cope with the challenges inherent in retirement and aging, and the feelings of isolation all too prevalent among seniors. ISC offers accessible, affordable counseling on site, at home, or while receiving care in a

*Top: Opal Prather works out on the recumbent cross trainer in the NIFS Life Strides Fitness Center.*

*Center: Fitness Center manager Mary Clegg shows Alfred Smith, who is recovering from a stroke, how to use a piece of fitness equipment with good form.*

*Bottom: A. J. Campbell exercises on a leg extension machine in the Fitness Center.*



medical facility. For many, these services represent their first exposure to mental health care.

#### HEALTH AND WELLNESS SERVICES

**Nutrition:** On-site lunch (Monday-Friday); home-delivered meals (averaging 37 per day); nutrition education through a Registered Dietician; weight management group

**Mental health:** Geriatric Mental Health Specialist on staff provides counseling to seniors and their families, educational seminars to companies and groups

**Health screenings:** Annual immunizations (influenza, pneumonia); an average of 27 types of medical tests per year, including screenings for hearing, vision, blood pressure, balance, cholesterol levels, bone mass, oral cancer, body mass index

**Health education seminars/fairs:** Professional presentations include mature driving, cholesterol education, diabetes information. Community organizations provide resource information

**Podiatry and foot massage services:** Monthly by appointment

**Fitness programs and groups:** Professionally staffed NIFS Life Strides Fitness Center (resistance-training and cardiovascular equipment funded by CICOA and private donations, opened in December 2003); age- and ability-appropriate exercise programs (walking, stretching, aerobics, water aerobics)

#### ACCESS, INFORMATION, REFERRAL SERVICES

**Information and referral:** Free professional services helping seniors access community and governmental assistance programs; one-on-one assistance from staff Social Services Coordinator

**Legal services:** Free monthly on-site services provided by Hollingsworth & Associates for more than 20 years

**Insurance assistance:** Free through SHIIP (Senior Health Insurance Information Program)

**Tax services:** IRS Volunteer Income Tax Assistance Program (three volunteers help more than 250 individuals and families complete their taxes and file them electronically)

**Information seminars/resource fairs:** Community professionals cover topics including prescription drugs, Medicare, consumer fraud, safety, legal and financial issues; service providers present materials and information



*Rita Fisher*

**Member number 6134. Joined in 1987.**

Exercises through walking, stretch class, and yoga. Participates in day and overnight trips. Helps make dolls for Riley Hospital.

*"Walking into the Indianapolis Senior Center is like walking into the home of true, treasured friends. The staff and volunteers are loving, caring, and give each senior personal attention. Keeping a good attitude and being an active member helps me stay happy and healthy."*

## SOCIAL DEVELOPMENT/ INVOLVEMENT

**S**tagnation is the enemy of intellectual health and vitality. The Indianapolis Senior Center's social development and involvement programs offer opportunities for educational, recreational, and leisure activities geared toward fostering active lives and lively minds. Along with providing activities for every interest, ISC also helps seniors volunteer their time and talents to help others in their community.

At ISC, seniors can set and meet new goals, whatever they want to learn: to play the blues harmonica or another musical instrument, paint, sing, dance, speak a foreign language, knit, use a computer, discover family or world history, or share perspectives on literature. Highly qualified volunteers, staff members, and contracted teachers lead fine arts classes. Musical recitals, talent showcases, and art exhibits offer opportunities to share newly refined talents with friends, family, and the community at large.

ISC also offers group travel geared to the needs, interests, and budgets of seniors of all ages, including luncheons at local restaurants, holiday day trips to local attractions, and out-of-town excursions. These trips are structured and conducted to accommodate seniors' desire to meet new people and see new sights.

Social groups, parties, dances, and holiday celebrations provide relaxing on- and off-site celebrations geared toward enjoying the company of an enhanced circle of social support.

Through ISC's service programs, senior volunteers connect with their community. Some of these programs focus on crafts that produce useful or comforting items for hospitalized babies, children, and adults. Others involve seniors as mentors and tutors for at-risk school children. Additionally, musical groups perform at local nursing homes and retirement facilities.

ISC's social groups include nationally known leisure organizations such as the Red Hat Society



*Thelma Shutt*

**Member number 5343. Joined in 1983.**  
Volunteer Spanish teacher for more than 20 years.

*"I participate in just about everything at the Indianapolis Senior Center, especially the Spanish classes. The class members have become a second family and close friends. Being involved with the Center has enriched my life greatly."*



for women aged 50 and older, as well as local organizations such as the Senior Silent Hoosiers, an affinity group for profoundly deaf persons.

From classes to travel groups and volunteer efforts to leisure societies, ISC offers a wide variety of opportunities to maintain busy, fulfilling lives full of fun and learning.

### **SOCIAL DEVELOPMENT/INVOLVEMENT**

**Education:** Spanish classes (beginning, intermediate, advanced); computer classes and laboratory; genealogy group; book discussion group; creative writing class; knitting class

**Public performance:** Art gallery; music recitals; talent shows

**Recreation and leisure:** Dance classes, including line, ballroom, and square dance; music lessons in piano, voice, and blues harmonica; acting workshops; oil painting classes; chess class/club; culinary excursions; bridge lessons; bowling group; wood carving class; Red Hat Society; group travel; Senior Silent Hoosiers

**Community service:** Dolls for patients at Riley Hospital for Children (250 dolls per year for 30 years); Walker Bags for St. Vincent Center for Joint Replacement patients (1,775 bags in 2004); Project Linus, Newborns in Need, Charity Quilts (handmade blankets, quilts, booties, and caps for at-risk newborns, critically ill children, and blankets and quilts for nursing home residents)

**Performing groups:** Kitchen Band; Choral Group

**Experience Corps:** Mathematics and English tutoring and mentoring at IPS School 14

**Bulk mailings:** Affordable assembly of direct mailings for outside groups and organizations, including Dress for Success and United Way of Central Indiana



*Top: A line dance class takes the floor.*

*Center: Agnes Langenbacher works on a painting in art class.*

*Bottom: Carl Arnold takes a piano lesson from instructor Ben Lamey.*

# SENIOR TRANSPORTATION PROGRAMS

One of the obvious threats to independent living arises when seniors lack the ability to provide their own transportation and have no affordable, reliable alternatives, either through private or public resources. These challenges are compounded for seniors who rely on wheelchairs or other mobility aids.

Since 1987, ISC's Transportation Services have been enabling Marion County seniors aged 60 and older to retain the ability to perform errands independently, regardless of whether they are fully mobile or wheelchair reliant. These services also are available to individuals whose income is at poverty level. ISC provides in excess of 40,000 one-way trips per year.

Along with its own transportation vans, ISC also offers wheelchair service discount vouchers. These vouchers reduce the cost of a one-way trip to \$6.00, compared with private livery service charges of \$25-\$60 for comparable service. For seniors reliant on dialysis, these discounts provide reliable, affordable transportation for a treatment schedule of three medical visits a week.

In addition, private volunteers provide prescheduled transportation services on a one-on-one basis. Volunteers are reimbursed for mileage expenses and receive secondary vehicular insurance through ISC.

ISC's transportation programs are tailored to the real needs of the older adults they serve. For the wheelchair reliant, service begins and ends inside the individual's home, eliminating the risks and inconvenience of door-to-door or curbside service.

*Evelyn Hughes (top), Willa Maddox (center), and Tennessee Williams (bottom) make use of the Indianapolis Senior Center Transportation Services to run vital errands. Using one of ISC's vans, Driver Joe Leachman transports them from inside their homes and returns them home again.*



ISC's services recapture vital aspects of fundamental independence for individuals who otherwise would find themselves dependent on neighbors, friends, or family members.

#### TRANSPORTATION PROGRAMS

**Taxi discount vouchers:** For trips to doctors' offices, church, grocery stores, banks, law offices, government services, etc., including appointments on evenings and weekends

**Volunteer medical transportation services:** Community members provide free volunteer transportation to medical appointments

**Wheelchair transportation from home to destination and back:** In-home pickup and return, avoiding the difficulties of curbside pickup and dropoff service

**Shopping shuttle service:** To grocery, pharmacy; each trip transports up to 14 people from senior apartment complexes to basic destinations



*Jerry Allen*

**Member number 9196. Joined in 2000.**  
Takes music classes and piano lessons.

*"The Indianapolis Senior Center provides me with activities to engage and expand my thinking. Through doing things I enjoy and by meeting others of like mind, I feel spiritually enhanced."*

## PLANS FOR IMPROVEMENT

The Indianapolis Senior Center currently leases its facility and adjacent parking area from The Indianapolis Foundation for the annual sum of \$2.00. However, the Foundation has announced its eventual desire to sell the property. ISC's best opportunity to expand its facility lies in acquiring, renovating, and expanding its current building. Because the property is likely to appreciate as a commercial location, it is in ISC's best interests to purchase it while its price remains reasonable.

Based on other senior centers' experiences following similar expansions, ISC's building plans are geared toward accommodating an eventual 50% increase in the number of persons it serves. These plans include the following:

- Construct a two-story, 2,414-square-foot addition at the north end of the current building
- Reconfigure the current structure's 13,480-square-foot interior for efficiency
- Create a new, safer main entrance away from Michigan Street's traffic
- Relocate transportation service offices for easier access
- Address ADA and code concerns
- Update interior finishes to improve appearance
- Improve the physical plant, including elevator services, mechanical and electrical systems, plumbing, windows, and roofing
- Tuckpoint exterior masonry as necessary
- Reduce energy use and costs

The plan also will enable ISC to provide community meeting space for neighborhood groups and activities, and host small conferences and other events.



*Elizabeth Boruff*

**Member number 7466. Joined in 1993.**

Takes Spanish class. Plays euchre.

Participates in parties and culinary special events. Uses the thrift shop.

*"ISC has kept me from vegetating in front of the TV, especially after my husband died. I've made lots of friends from all walks of life here. The staff's compassion has been a lifesaver. The Center is my support group."*



# PROJECT COSTS AND FUNDING

## Projected costs

Appraised value of property (building and parking lots)	\$890,000
General requirements, interior spaces	45,200
Site work	85,000
Interior improvements, renovations	617,000
Expansion	206,180
Elevator	45,000
Misc. contractor costs, contingency, fees	301,720
Additional fees, permits, contingencies, fixtures	200,000
<b>Total</b>	<b>\$2,390,100</b>

## Anticipated funding for this project

UWCI Capital Projects Fund Grant	\$1,000,000	43%
ISC funds	100,000	4%
Endowments, foundations	300,000	13%
Campaigns	700,000	27%
Government	0	0%
Collaborative partner(s)	250,000	11%*
Other/In kind	40,100	2%
<b>Total</b>	<b>\$2,390,100</b>	<b>100%</b>

\*The Indianapolis Foundation's in-kind discount on the value of the purchase of the building.



*Margie Reneau*

**Member number 8551. Joined in 1997.**  
A square dancer who also enjoys taking trips.

*"I've met many new friends through the Indianapolis Senior Center. I enjoy square dancing with friends my age. The trips my husband and I have taken through the Center have been the best we have taken with a tour guide."*

# HOW YOU CAN HELP

**F**or more than 40 years, the Indianapolis Senior Center has offered vital, unduplicated services to seniors and their families. Now the Center seeks to improve and expand its facilities, thus enabling it to expand its program offerings and serve a growing senior population. ISC's unique perspective, focus, services, and caring outlook transform and reaffirm valued lives. ISC's ability to help older adults remain active, joyful, engaged members of their community is crucial to quality of life for current and future generations.

ISC's services only cost approximately \$100 per person served per year, yet they can enable seniors to avoid the loss of independence that accompanies the need to rely on costly institutional care.

With enhanced operational capacities, ISC will be able to continue its vital work in service to new generations who will redefine the role seniors play in our community.

P L E A S E J O I N U S

*All of us want to enjoy full, rich lives regardless of our age. The Indianapolis Senior Center helps older adults maintain their independence, find new friends, expand their knowledge, and stay active. Its services provide far greater value than their cost. But your financial support is crucial to ISC's ability to continue enhancing the lives of older adults for generations to come. Please join us in helping enrich quality of life for the persons and the community we serve. Your gift to the Indianapolis Senior Center's capital campaign is tax deductible to the fullest extent allowed by law. We thank you for your recognition of our work and the lives we serve.*



*Gene Reneau*

**Member number 7690. Joined in 1993.**  
Volunteer square dance instructor since 1993.

*"I enjoy participating in the Indianapolis Senior Center square dance program as a dancer and a teacher. The Center provides classes that help me expand my knowledge. Taking trips with the senior group is a lot of fun."*

## OUR HISTORY

In 1960, a Community Service Council study showed that Indianapolis lacked organized services for the elderly. In response, the Indianapolis Senior Center (ISC) began operations on September 13, 1962, on the northeast corner of Alabama and New York Streets. ISC thus became Central Indiana's first organization dedicated to the needs of a large and growing senior population. With assistance from The Indianapolis Foundation, ISC moved to its current location at 708 East Michigan Street in May 1987.

ISC's affiliation with United Way of Central Indiana (UWCI) began in 1965. Since 1972, ISC's nutrition program has been sponsored by CICOA—Aging and In-Home Solutions. CICOA's support is integral to several of ISC's most important programs. During the past two decades, ISC has added outreach and transportation services, some of them transferred from CICOA to ISC. In 1974, the Senior Silent Hoosiers, a group of profoundly deaf older adults, became affiliated with ISC.

In 1991, ISC computerized its administrative and accounting records. Since then, it has updated these systems with new hardware, software, policies, and procedures. ISC added its computer lab, equipped with broadband service for all its workstations, through a grant from Conseco and support from UWCI.

In addition to its programs and services, ISC also operates an on-site thrift shop that offers clothing and household items.

A Mental Health Specialist joined ISC's staff in 1993. In 2000, ISC became a lead advisor to the Indianapolis Consortium for Creative Aging and Retirement (CCAR), a conclave in which more than 20 non-profit agencies cooperate to improve quality of life for older adults. ISC's National Institute for Fitness and Sport (NIFS) Life Strides Fitness Center opened in 2003, offering individualized fitness counseling, strength and cardiovascular training, and outcome assessment.

ISC membership is open to any Greater Indianapolis resident aged 55 or older (and member



*Mary Etta  
Bryant-Smith*

**Member number 8817. Joined in 1999.**

A piano and art student, genealogist, Red Hat Society member, and all-around volunteer.

*"Thanks to the Indianapolis Senior Center, I've done the things I had on my list to do when I retired—and now I have to start a new list!"*



spouses regardless of age). The principal benefits of membership are reduced program enrollment fees, priority program enrollment, a monthly newsletter highlighting ISC activities, and financial support for the Center itself. The overwhelming majority of the persons ISC serves (77% in 2004) are not ISC members. Because some seniors cannot afford even the modest membership dues of \$20 per year, ISC provides need-based services with no membership requirement. At a cost of approximately \$100 per client-year, ISC services help older adults defer or even eliminate the need for costly institutional care.



### 2004 Demographic Profile of Persons Served by ISC

<b>Gender</b>	Male	1,708
	Female	6,162
<b>Ethnicity</b>	Caucasian	6,194
	African American	1,605
	Asian American	22
	Hispanic	49
<b>Age</b>	0-49	502
	50-59	597
	60-64	519
	65-74	2,091
	75-84	3,171
	85+	990
<b>County of Residence</b>	Marion	6,610
	Hamilton	236
	Boone	78
	Johnson	81
	Hendricks	157
	Other	708



Three views of the Indianapolis Senior Center's original location at the northeast corner of Alabama and New York Streets.

## BOARD OF DIRECTORS

**Mike Peoni, AICP, President**

Administrator, Division of Planning, Indianapolis

**John W. Neal, Vice President**

Principal, Robertson Neal, LLC

**Tony Lloyd, Treasurer**

President/COO, Buchanan Group, Inc.

**Mary D. Gray, Secretary**

Director of Administration, Regenstrief Institute

**David G. Bertolet**

President, Renovations for Life, LLC

**Teresa Tanoos-Carlock**

President, Cartera Media

**Claudia Chavis**

President, Caregivers, Inc.

**Tom Crosby**

Public Affairs Liaison, Eli Lilly & Company

**Eric M. Douthit**

Attorney/Partner, Church, Church, Hittle & Antrim

**Roscoe C. Harkins**

Retired, ISC Member

**Jane Moynahan Hutchins**

Community Volunteer

**Sandy Judkins**

Administrative Assistant, Regulatory Affairs,  
Indianapolis Power & Light

**Willard Mays**

Assistant Deputy Director, Indiana Division of  
Mental Health & Addiction

**Constance McCloy, EdD, PT**

University of Indianapolis Center for Aging & Community

**Joe Whitman**

President, Whitman Communications, Inc.

## STAFF

### Full-Time Staff

**Rick France**

Executive Director

**Andrew VanGordon**

Deputy Director

**Henry Benson**

Maintenance

**Katharine Creer**

Program Coordinator

**Linda Evrard**

Social Services  
Coordinator

**Brenda Fox**

Senior Transportation  
Program Administrative  
Associate

**Harry Fox**

Director of Senior  
Transportation Services

**Barbara Goldberg**

Director of Services and  
Education

**Judy Knapp**

Director of Social  
Development/Involvement

**Callie Lenahan**

Administrative Assistant

### Part-Time Staff

**Rochelle Cohen**

Mental Health Specialist

**Nelson Hart**

Accountant

**Vera Schopp**

Bookkeeper

**Walter White**

Senior Transportation  
Program Driver

### Affiliate Staff

**Charles Ash**

AARP Receptionist

**Mary Clegg**

NIFS Fitness Center  
Manager

**Shirley Neeley**

CICOA Receptionist

**Dorothy Sams**

CICOA Nutrition Meals  
Site Manager

### Credits

*Project architects:  
Ratio Architects*

*Principal photography:  
Casey Cronin*

*Architectural renderings:  
Brian McFarland*

*Design/typesetting:  
B Plus C Communications*





# *Indianapolis Senior Center*

708 East Michigan Street  
Indianapolis, Indiana 46202-3624  
(317) 263-6272  
(317) 655-0035/fax  
[www.yourcenter.org](http://www.yourcenter.org)

