

Senior Services

- Food Services/Senior Nutrition
- Frank DeFrancisco Eastwood Community Center
- Foster Grandparent Program



SENIOR NUTRITION

January: **5,270** Meals served to congregate senior sites.

➤ **\$8,015.53** total senior contributions, average of **\$1.52** per diner.

293 Meals served to Salvation Army seniors. (Invoiced **\$2,203.07**)

HEAD START / SALVATION ARMY KIDS

January: Head Start Breakfast: **9,096** Salvation Army Kids: **1,080** (Invoiced **\$5,837.38**)

Head Start Lunch: **9,408**

Head Start Snack: **9,262**

Early Head start (Breakfast/Lunch/Snack): **1,524/ 1,524/ 1,428**

Food Service Program Updates JANUARY

☞ Spoke with the North Syracuse site. New site manager was found and site will resume lunches the first Thursday of March.

☞ Clover Corner was chosen for this year's federal audit (12/20/26). All was in compliance and auditors were please with the menu items.

Program Opportunities

Food Service is fully staffed.

Eastwood Community Center Board Report February 2026

Eastwood Community Center enrollment:

- 77 registered seniors at month-end January

Eastwood Community Center Highlights:

- Approximately 25+ seniors are dining on-site daily
- A monthly informational mailing to the seniors includes a newsletter, monthly menu, activities, along with community information
- Activities for seniors include: Movie Day, Smart Device Training, Game Day, Art/Crafts, Bunko, Bingo, Walking with Oscar & Book Club.
- Annually January is a slow month. There have be several snow days due to inclement weather that the site has been closed.
- The monthly breakfast club meet-up was held at Firekeepers restaurant on 1/22/26.

Monitoring & Assistance provided to Eastwood Community Center's seniors:

On a regular basis we are reaching out to the seniors who are home-bound insuring their safety and on-going needs are met.



**AmeriCorps
Seniors**

Foster Grandparent Program Board Report January 2026 Recap



FGP Updates

Foster Grandparent volunteers enrollment

- 52 enrolled
- 1 dropped – employment
- 1 discharged – inappropriate behavior

FGP Activities

In-Service

9:00 am – 12:30 pm

- January 14 – 22 FGs
- January 15 – 26 FGs

Geriatric Wellness

Kathy Royale, SUNY Upstate Hospital Geriatrics, Diversity Recruitment

Equity Research Core – addressing the systemic gap in medical research, diverse populations are needed in research, encouraging African Americans and Latinos to participate in clinical trials and studies in order to develop treatments that effective across diverse populations. Current research project – Early detection of cognitive decline. Mini-cognitive screening for seniors – simple 5 minutes assessment validated to increase the detection of cognitive issues.

Taking Care of Yourself – Exercise and Health for Senior Citizens

By Guest Speaker: Mary Pagan, Syracuse University Aging Studies Institute

What to know about exercise, health and wellness for senior citizens.

Total fitness = Cardiovascular & fat loss, muscular strength & weight training, flexibility, and balance. Appropriate activities and adaptations for seniors

New Volunteer Orientation

- Starting February 24 – 4 days of classroom learning = 20 hours.

Upcoming Events

- February In-Service – 2/11 & 2/12
- Winter Recess Movie Day – 2/19