

INTERCULTURAL SENIOR CENTER

ANNUAL REPORT 2021



FROM THE DIRECTOR

After experiencing isolation and loneliness during the ongoing pandemic, seniors gladly returned to in-person programs in May 2021. Our center came to life once again with hallways filled with excited talking and laughter. Our door-to-door transportation services enabled seniors to engage, learn and reconnect with one another. In fact, more than 5,000 trips were made from May to December 2021 that allowed seniors to escape from isolation and receive critical mental and physical health services. While being together again was amazing, we quickly shifted to our new reality driven by the pandemic – how to gather safely in person, address higher levels of food insecurity and meet an increased need for mental health services.

Working with several community partners, we helped vulnerable seniors access a COVID-19 vaccine, expanded our food pantry delivery service, and met with clients in a mobile bus to provide social services. We marked a milestone as our center became the first of its kind in Nebraska to earn accreditation from the National Council on Aging's National Institute on Senior Centers.

This report outlines how we adapted in 2021 to fulfill our ongoing commitment to help seniors stay active, engaged and healthy. Your support was vital, and from the bottom of our hearts, we thank you.

Warm regards,

Carolina Padilla, Executive Director



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HEALTH & SOCIAL SERVICES

Addressing an increased need for mental health services, we expanded our case management team to help seniors enroll in benefit programs, coordinate healthcare, and access community resources. To eliminate barriers to care, we provided interpretation services and transportation to appointments, and held English, Spanish, Karen and Nepali monthly support groups.

One World Community Health Centers and Nebraska Methodist College were critical partners for ensuring seniors had access to COVID-19 vaccines and boosters and the flu vaccine. **Throughout the year, we served 1,900 individuals with social services, including some provided through a mobile unit that traveled to seniors' homes during the pandemic.**

Fermin, a native of Mexico, was referred to us following the amputation of his lower leg as a complication of diabetes. As a single man without family living in Omaha, his surgery and post-recovery were challenging. Our team helped ensure clear communication between Fermin's medical providers and employer, so that Fermin could obtain short-term disability. Staff attended medical appointments, provided interpretation, and transported him to and from appointments. Because he was unable to drive, ISC delivered weekly food pantries. Now, Fermin attends in-person classes, is learning more English and studying for U.S. citizenship.



FOOD & DINING

Onsite program participants enjoy a light breakfast, and as a meal site through the Eastern Nebraska Office on Aging (ENOA), have a nutritious noon meal. To help address food insecurity, **we expanded our food pantry service and delivered more than 13,700 pantries during 2021.** We're grateful for our 2021 partners that assisted with a wide range of food-related needs, including: Food Bank for the Heartland, Whispering Roots, No More Empty Pots, Big Muddy Urban Farm, Catholic Charities, Tri-Faith Initiative, The Big Garden, and Saving Grace Perishable Food Rescue.

CULTURAL ENRICHMENT & ACTIVITIES

From fitness classes to language and arts courses, seniors stayed active and engaged this year, including special workshops hosted by partners: Great Plains Theatre Commons, Merrymakers, Omaha Children's Museum, Omaha Community Playhouse, Opera Omaha, Parkinson's Nebraska, and others.

Students in health and social service careers from Clarkson College, College of St Mary, Creighton, Methodist, University of Nebraska at Omaha and UNMC offered key educational workshops on nutrition, healthy eating and more.

COMMUNITY SUPPORT

We depend on the generosity of our community to help seniors maintain dignity, quality of life and well-being. We're grateful for support from local businesses, schools, nonprofits, health care systems, individuals, and others who allow us to do what we do.

Volunteers were integral to our operations in 2021, representing a total of more than 2,000 hours in service to seniors.

OUR MISSION

Improve the dignity, quality of life and physical well-being of seniors from around the world through advocacy, education, access to social services, and cultural enrichment activities that benefit the entire community.



Photo by ONPXL courtesy of Opera Omaha

Mary, a Kenya native and mother to three adult children, found herself in an unthinkable situation. She immigrated to Omaha in 2017, but was struggling without a car, home or job. With the help of friends and several nonprofits in the community, Mary now lives on her own and is focused on her well-being. In early 2020, Mary started attending Intercultural Senior Center and was grateful for the opportunities to socialize and learn.

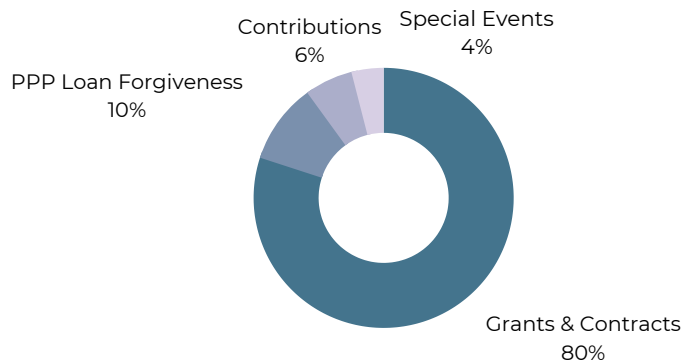
Mary lights up talking about how happy and thankful she is to be in Omaha.

Mary says, "All gratitude goes to my acquired family at Intercultural Senior Center who believed in me and embraced me."

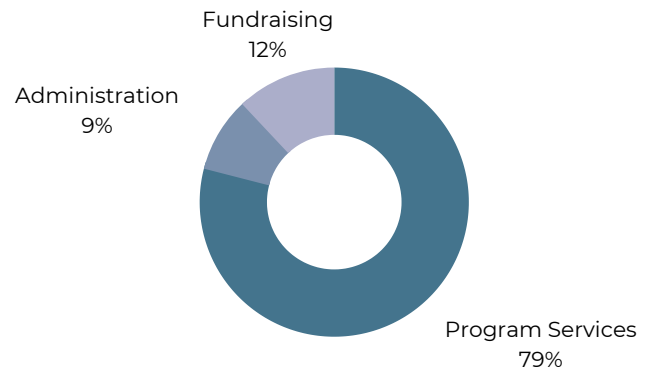
FISCAL YEAR 2020-2021

Statement of activities for fiscal year ending June 30, 2021

Revenues: \$1,567,806



Expenses: \$1,468,730



Accredited by
nco
national council on aging

National Institute Of
SeniorCenters

Visit interculturalseniorcenter.org for complete financial reports

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