



OMI SENIOR CENTER

2019 YEAR-END IMPACT REPORT

ABOUT

Catholic Charities OMI Senior Center located in San Francisco's Oceanview/Merced/Ingleside neighborhoods offers a safe and welcoming location for seniors and disabled adults. This diverse, safe, and multi-purpose community center offers a daily hot, nutritious lunch, daily fitness activities such as exercise classes, dance, walking groups, and Tai Chi. Social activities include karaoke, creative arts and crafts, gardening, and competitive games challenge the mind and allow individuals to learn about each other while having fun. Additionally, OMI offers computer classes, community and educational field trips and seminars, and multicultural celebrations.

OMI Senior Center also offers on-site case management services from qualified staff who create personal care plans for each individual to connect them to appropriate community services and resources that can include home care, meal delivery, adult day programs, environmental safety checks, patient advocacy, mental health counseling and psychological, emotional, and spiritual support.

The OMI Senior Center provides programming that helps seniors and adults with disabilities stay physically, mentally, and socially active while residing in the community.

SERVICES

- Case management
- Information and referral
- Weekly food distribution
- Socialization activities for seniors including computer lab and classes, dance class, arts and crafts, field trips, and games
- Daily hot lunches

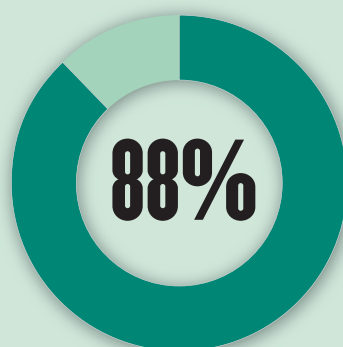
2,275 INDIVIDUALS SERVED, 96% OVER 60 YEARS OF AGE

IMPACT

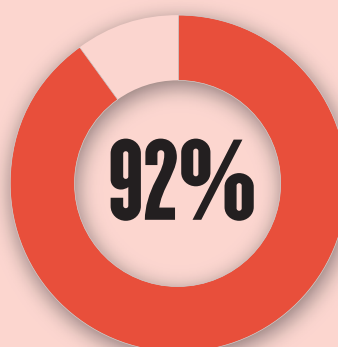
These results are based on the self-sufficiency matrix assessment tool completed for the head of household.



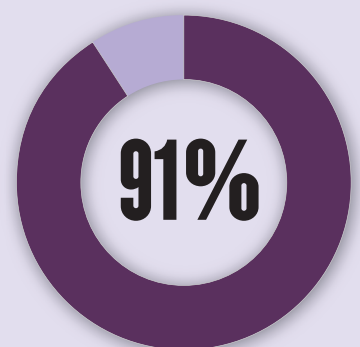
used the Aging
& Disability Resource
Center



feel as healthy or
healthier since
participating in the
program



report alleviated isolation
from socialization
opportunities at
the program



maintained or
improved their
quality of life