



Parks, Rec. & Tourism
DEPARTMENT



CITY OF TEXAS CITY

Nessler Senior Program

City Commission Presentation June 2, 2021

Enriching lives of older adults

Program History:

- ❖ The Program was established in 1976
- ❖ Program is open Monday – Friday 8-5
- ❖ The program currently has approximately 135 active members
- ❖ 2 Full-time and 2 Part-time staff

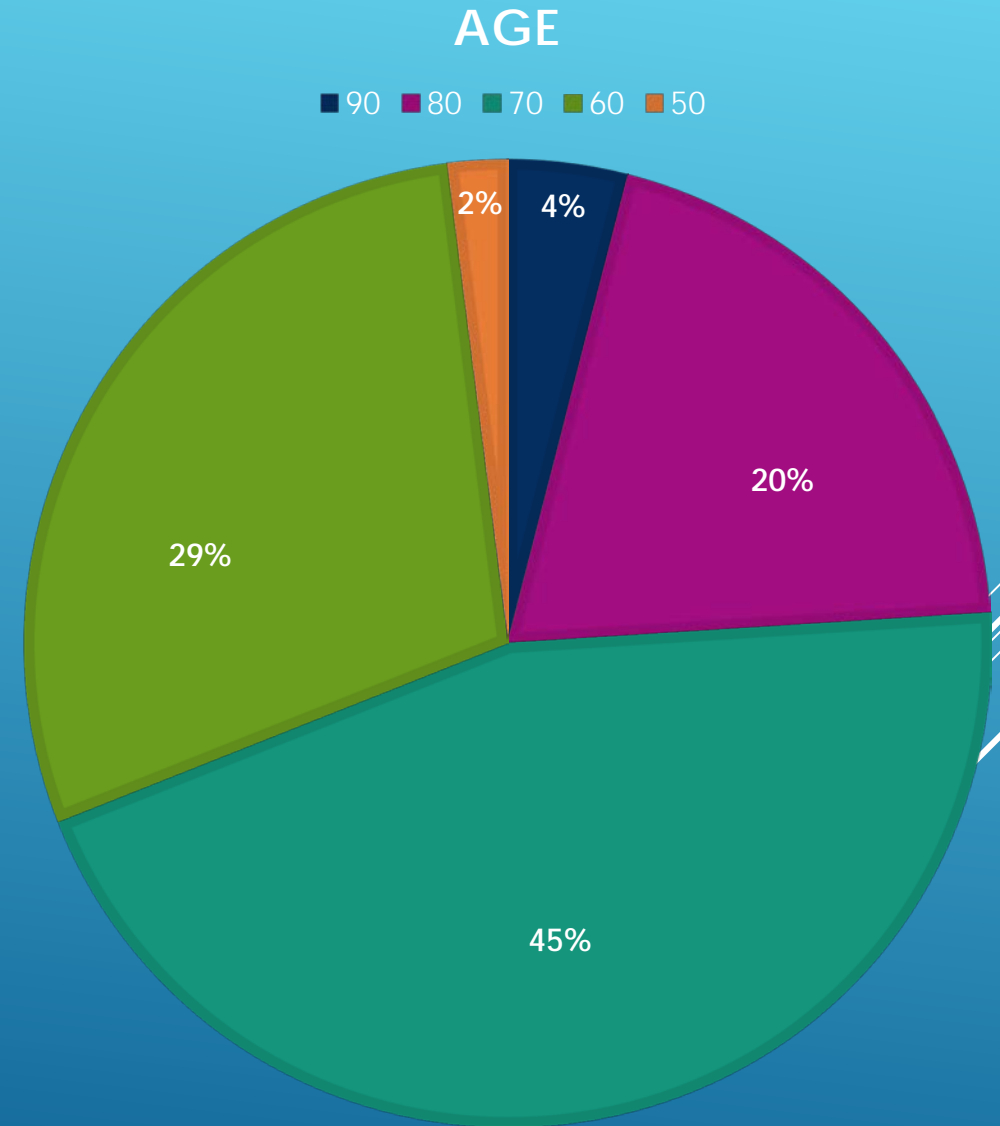
Our Mission:

The Nessler Staff is dedicated to designing, promoting, and implementing programs and services that will enrich, educate and enhance the lives of older adults.



SENIOR CITIZENS WHO ARE THEY?

A senior is defined as an elderly or retired person, this term generally refers to someone who is at least 60 years or older. This is the age when you become eligible for assistance programs.



CONGREGATE MEAL PROGRAM

The Congregate Meal Program offers seniors 60 years or over the opportunity to enjoy a well-balanced nutritious meal in a social setting five days a week. The program is funded through Houston Galveston Area Agency on Aging.

Meals Served:

Oct. 2019 – Oct. 2020 **6,067**

Oct. 2020 – May 2020 **2,786**

Benefits of the Meal Program

- ✓ Provides an opportunity for older individuals to live their years in dignity by providing healthy, appealing meals.
- ✓ Promotes health and preventing disease
- ✓ Reduces malnutrition risk and improving nutritional status
- ✓ Reduces social isolation and increases social interaction

TRANSPORTATION SERVICES

Transportation is provided to all active members in the program. United Way provides funding to help provide one on one services to seniors.

- To and From the center
- Medical Appointments
- Pharmacy
- Post Office
- Bank
- Tax office
- Shopping
- Trips/Outings



Kemah – Lighthouse Buffet



Great Day Houston



Transportation Enrichment Program

Transportation Enrichment Program:
This program aims to enhance outings for groups of older adults 55 and over to enjoy scenic/adventurous day trips within 150 mile radius.

Programs/Activities

- ✓ Socialization
- ✓ Recreation
- ✓ Volunteer Opportunities
- ✓ Crafts
- ✓ Intergenerational Programs
- ✓ Community Projects
- ✓ Special Outings & More



Virtual Bingo



Sock Drop



Arts & Crafts



Game Day



UTMB Nursing Students

Outreach Programs

The Pandemic has caused the program to operate in a different manner. Staff and seniors had to adjust to the changes of the program. The pandemic has made us stronger as we continued to provide programs and services.

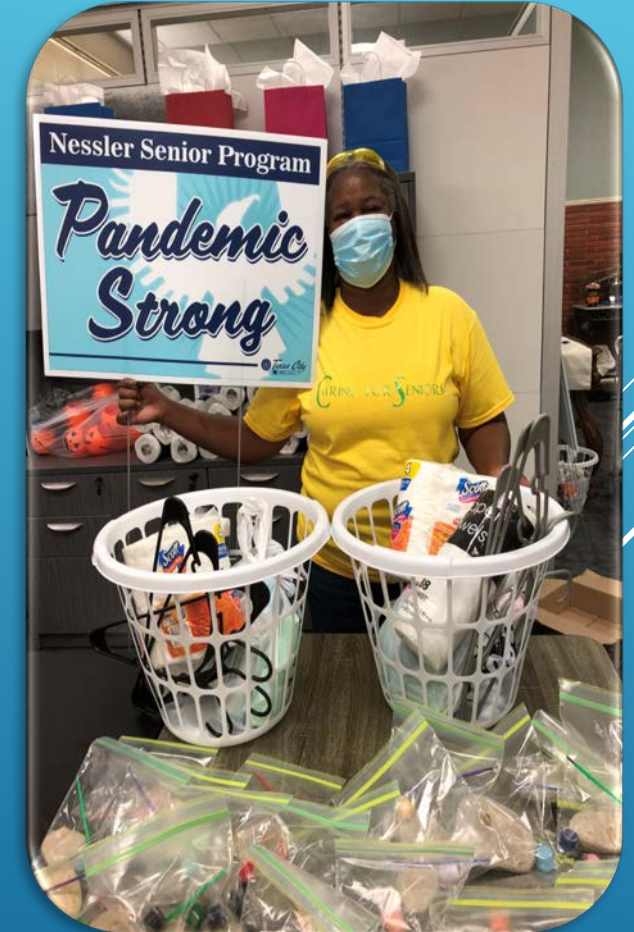
- ✓ Distributed Weekly Meals
- ✓ Distributed Outreach Materials
- ✓ Virtual Programs
- ✓ Projects/Activities for Seniors to stay active



Rock Project



Fish Dinners



Household Supplies

- ✓ Referrals
- ✓ Monthly Celebrations
- ✓ Older Americans Month
(National Health & Fitness Day)

- ✓ Health Information & Awareness
- ✓ Scavenger Hunts, Etc.



Christmas Celebration



National Senior Health & Fitness Day



Breast Cancer Awareness Month



Maintain No Gain Program

Re-Opening of the Center

Phase 1:

June 1st – June 30th

- Open at 50% capacity (24 persons) 8 tables (3 persons to a table)
- 2 days a week: Tuesday and Thursday
- No transportation will be provided.



Phase 2:

July 1st – July 30th

- Open at 75% capacity (32 persons) 8 tables (4 person to a table)
- 3 days a week: Tuesday/Wednesday/Thursday
- Transportation will be provided. (6 people) to each bus.



Phase 3:

August 2nd

- Open 100% capacity (48 persons)