



ANNUAL REPORT

JULY 2022 – JUNE 2023

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Executive Director
President

Stamford Senior Center
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Stamford, CT 06901

203-977-5151
stamfordseniorcenter@stamfordct.gov
www.stamfordseniorctr.org

 @StamfordSC

 @StamfordSenCtr

Dear Friends,

We are pleased to present the annual report for the Stamford Senior Center (SSC) for the fiscal year ending June 30, 2023. This report highlights the significant achievements and impact we have made in serving older adults throughout the greater Stamford community.

The SSC serves over 100 individuals a day who come to the Center for a nutritious affordable meal, fitness classes, arts, lifelong learning and enrichment programs. But perhaps the most important of all is the fostering of friendships and social connections that reduce the risks of social isolation, loneliness and depression. We want to share with you a letter written by one of our members, Virginia, in honor of National Senior Center month this past September.

We extend our heartfelt gratitude to our donors, volunteers, staff and the community for your unwavering support. Together, we will continue to positively impact the lives of older adults and nourish their minds, bodies and spirits.

We are excited for the year ahead and the new opportunities and partnerships that we will form. Thank you for being an essential part of our efforts and we hope we can continue to count on your support in the coming year. Warmest wishes for a Healthy, Peaceful and Prosperous New Year!

Kindest regards,

Christina Crain, MSW
President/Executive Director

Laurie Pensiero
Chairperson of the Board

Rescued by the Stamford Senior Center

by Virginia, SSC member



I am a retired RN who first joined the Stamford Senior Center in 2016. However, I had not been to the center in almost three years due to the COVID pandemic and then a major medical crisis in December of 2022.

After a lengthy hospital and rehab stay, I returned home. The days were long, lonely and boring. I felt isolated with very little human interaction. As hard as I was working to get better, I found myself wondering "what for?" There was no quality to my life. I had gone from being very independent to completely dependent on others. I was crying all the time and very depressed. As Occupational Therapy began preparing me for discharge from homecare services, I remained depressed, isolated and alone. I was encouraged by the OT to reconnect with the Senior Center to begin attending exercise classes again and to reconnect with others.

It has been three months since my return to the SSC and I am now doing daily activities, be it riding the NuStep bike, attending various exercise classes and lectures and making new friends. Thanks to the daily support of the staff and the many wonderful friends I have made at the Center, I now wake up every morning happy, excited and enlivened to have a 2nd home where I can once again enjoy life at the age of 80. My physical and mental health has never been better. I was truly saved by the Stamford Senior Center.

SPREADING OUR Wings



"The SSC is my second home. I feel so energized I come daily and enjoy learning new things and sharing my knowledge with others."
- Len

"The Senior Center is my antidepressant."
- Genie

"I'm forever grateful for the love I feel everyday. You've shown me how it feels when goodness, kindness and caring are present."
- Hilda

"I did not have many opportunities to make new friends, but this all changed when I joined the SSC. Bless them!"
- Carolyn

"The SSC has become my new way of life after I retired. I love it - everyone should come and try it."
- Teddi

IN THE PAST YEAR, THE SSC PROVIDED:

9,433
hours of
fitness classes

5,200
meals
served

1,145
hours of lifelong
learning programs

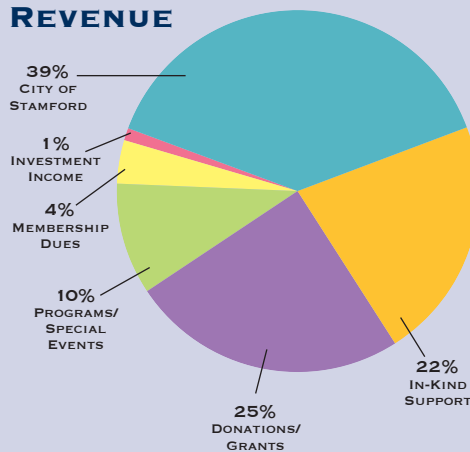
2,753
hours of
multi-cultural programs

FINANCIAL SNAPSHOT

REVENUE

City of Stamford	\$279,500
In-Kind Support	\$161,894
Donations/Grants	\$171,096
Membership Contributions	\$29,185
Program Revenue	\$70,305
Total Assets	\$652,729
Total Liabilities	\$85,196
Net Assets	\$567,533

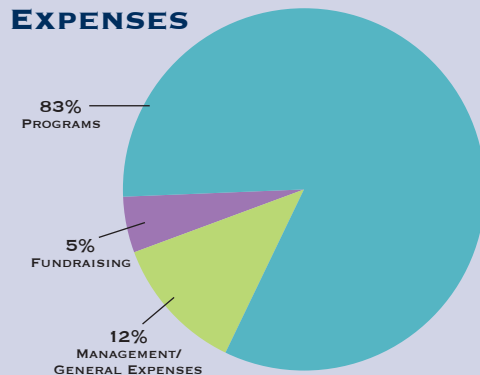
REVENUE



EXPENSES

Total Expenses	\$698,361
Programs	\$578,894
Management & General	\$82,729
Fundraising	\$36,736

EXPENSES



Programs Itemized:

Exercise Classes	\$118,780
Skill Development	\$87,181
Cultural/Social Events	\$138,403
Outreach & Information and Assistance	\$114,402
Hispanic Program	\$120,128



THANK YOU

to our generous donors

\$10,000 & ABOVE

City of Stamford
Southwestern CT Agency
on Aging
Piper 522 Fund at
Fairfield County
Community Foundation

\$1,000 – \$9,999

AJM Real Estate Services
Assisted Living Locators
(Mimi Santry)
Atria Senior Living
Cassena Care
Corcoran Centric Realty
Roberta Eichler
Field Point Private
Finkelstein Foundation
First County Bank
First County Bank
Foundation
Mary Flume
Herman Goldman
Foundation
Clare & Robert Kretzman
Margie Lanier
Diane & Tony Matteis
Judy Motta
Oasis Senior Living
Advisors (Paul & Susan
Doyle)
Osborn HomeCare
Over 60 Club
PepsiCo.
Pitney Bowes
Saint John Community
Foundation
Douglas Sharp
Sovereign Financial
Group, Inc.
Stamford Health

Totilo & Company, LLC
Susan Van Riper
Waterstone on High
Ridge Road
Women's Club
of Stamford

\$500 – \$999

A. Preferred
Construction
Ark Healthcare and
Rehabilitation
Marie Allen
Cheryl Busby
Coleman Clark
Lawrence Cryer
Peter & Michelle Ebstein
Edgehill Senior Living
Eric Ferraris
Steven & Arlene Fischer
Richard & Rosalea Fisher
Lee Goldina
Jack & Diane Halpert
Kristi Hardin
Ellen Isidro
Carole & Ken Kirk
Andrea and Spencer
Klein
Robie Livingstone
Mary Maarbjerg
New Wave Seafood
Cathy & Rich Ostuw
Laurie & Don Pensiero
Jeanie Ricci
Inger Ruffels
Tooher-Ferraris Insurance
Group, Eric Ferraris
Union Memorial Church
Joseph Vasta
Jane Waugh

\$10 – \$499

Susy Abraham
Carmen Albarran
Alladin Services, LLC
Becca Allen
Anonymous Donor
Eileen Ascher
Evelyn Avoglia
Fernando Barahona
Kelly & Paul Barletta
Julia Bartholemew
Carol Battin
Marian Bauer
Connie & Dimitri Begetis
Jairo Bejarano
Tatiana Belykh & Rodion
Emelyan
Roseann Benedict
Elena Beneitez-Whiteside
Ricardo Benitez
Roseline Bernier
Shilpa Bhakta
Coleen Bocuzzo
Josephine Bocuzzo
Clare Bolduc
Marianne Bonura
John Borsey
Kathleen Bordelon
Leslie Bourdony
Bouvier Insurance
Cynthia Bowser
Marcia Braunstein
Brightview Senior Living
Ellen Bromley
Candice Bryan
Rouja Brzozowski
Janis Burke
Laura Burwick
Michael & Maureen
Cacace
Nancy Calderon
Anthony Capolupo
A.J. Caporino
Pasquale Cardone
John Carriero
Angela Cartwright
George Castro
Seraphina Chan
Lana Chen
Mary Childs
Raiford Cockfield
Collaborative HomeCare

Brenda Colon
Rhea Comen
Gina Compolarro
Connecticut
Community Bank
Lila Croen
Carole Cortese
Christina Crain
John Cullen
Angeles Dam
Kelly Dawn
Wendy Day
Frances DeAngelis
Silvano
Dela Cruz
Anita Dembiczak
Deborah DeNardo
Judith Dickson
Elizabeth DiMaio
DiMare Pastry Shop
Ken Dolan
Carmen Domonkos
Mary Donnelly
Helga Downing
Marion Drexler
Barbara Drotman
Rebecca Ebstein
Aurea Elgarico
Paris Elizabeth
Joseph Epstein
Nabor Dario Espinal
FAF Contracting
Services, LLC
Charles Failla
Deborah Fasoli
Stephanie Feinland
Doris Feinland
First Light Homecare
Therese Fix
William Fortini
Jay Fountain
Carol Frattaroli
April Fraulo
Nancy Furnas
Maria Gaitan
Thomas & Peggy Gale
Gary Gepner
Joann Gerace
Arline Gewanter
Virginia Gilbert
Sabine Goering
Olga & Ron Goldstein



Peter Gordon
Stanley & Linda Gratt
Greens at Greenwich
Oliva Grube
Hagendoorn & Edmund
Insurance Inc.
Arlene Hall
Joan Hall
Pamela Hall
JoMarie Halsey
Ines Hamlin
Sally Harris
Ingrid Haughton
Joanne Havemeyer
Peter Healy
Randi Jean Hedin
Catherine Hess
Patricia Holmes
Elma Homer
David Hoskins
Mary Howansky
Eden Huang
Misa Huang
Lorraine Iacovetta
Patricia Iurato
Ajit Jadhav
Rani Jadhav
Isaura Jiron
Shannon Jordan
Paul Jordanopoulos
Mary Margaret Karlin
Anita Katz
Randie Katz
Steven Katz
(Sterling HomeCare)





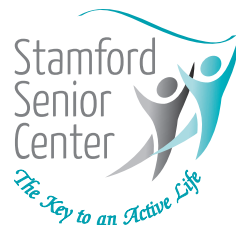
Dawn Kelly
 Mary Kelly
 Cheryl Kendall
 Gwen Ketchum
 Toni Khan
 Nancy Kitay
 Barry & Eloise Klayman
 Christine Kocot
 Pamela Koutroubis
 Peter Koutroubis
 Joan Krieg
 Margaret Kung-Pang
 Roni Lang
 Marianne Lassalandra
 Lillian Lester
 Andrea & Martin Levine
 Raymond Leyden
 Marion Lim
 Alan Lipset
 Frank & Maria Lovello
 Theodora Lowenthal
 Daniel MacDougall
 Stuart & Joan Madison
 Lisa Magoun
 Bill & Elaine Malgieri
 Grace Mall
 Gloria Mallozzi
 Martha Manjuck
 Theresa Marino
 Grace Markovits
 Hortense Martin
 David Martin
 Margaret Mason
 Betty Mathews
 Kathleen Mathews
 Theresa McCoy
 Anne McGuire
 Betty McOsker
 Elizabeth Mercede
 Mezzepelle & Associates
 Renee Migdal

Urszula Mikolajczak
 Maria Millan
 Lindsey Miller
 Deborah Miller
 Misa Misa
 Israel Morales
 Sheryl Morrison
 Joel D. Muhlbaum
 Anthony & Caroline Murray
 Ann Murray
 Elizabeth Musa
 Fusun Naci
 Karen Neems
 Edith Neidle
 Patricia Obermuller
 Lawrence O'Brien
 Grace Oliver
 Lillian O'Neil
 Vincent Palumbo
 Therese Papadopoulus
 Elizabeth Paris
 Sherrie Pellini
 Maria Pensiero
 Pensiero Refuse, Inc.
 Susan Pfister
 Karen Pierce
 Camille Pirilli
 Julio Poma
 Yvonne Powell
 Ann Preston
 Theresa Putz
 Patricia Quis
 Joy Ramsay
 Rand Insurance
 Emilienne Regan
 Residence at Selleck Woods
 Residence at Westport
 Yolanda Restrepo
 Pamela Riley
 Lula (Lu) Robinson

Barbara Romans
 Julia Rosa
 Wendy Rosenblum
 Victor Rubell
 Nicol & Vince Rupolo
 RVNA Health
 Sharon Sabia
 Ann Marie Santoro
 Helen Scheffer
 Ann Scheps
 Len Schwartz
 Peter Sebastian

Christine Seymore
 Elaine Shalach
 Marty Shapiro
 Beverleigh Shaylor
 Madeline Shepherd
 SilverSource Inc.
 Ellen Slavin
 Elliot Sloyer
 Marie Smith
 Anne Smith-Young
 Millie Sobel
 Patrick Soldano
 Karen Sopkin
 Rene Soto
 Sound Federal Credit Union
 Angela Spanakos
 Donna & Martin Spellman
 Jessica Sprague
 Cheryl Stallworth
 Virginia Standburry
 Robin Staver
 Doris Steedley
 Katz Steven
 Liz Sue Bagels
 Sunrise – Brighton Gardens Senior Living
 Kelly Symons
 Marilyn Tague

Esperanza Teasdale
 Michele Thomas
 Jocelyne Thomasset
 Zoila Tirado Aguilera
 Kathy & Michael Totilo
 Carol Townsend-Ross
 Glenda Treadway
 UAW Local 2377
 Roxana Valdivia
 Gilberto Vasconez
 Thomas Verraastro
 Marta Vigil
 Visiting Angels, Parent Care LLC, DBA
 Linda Vlahakis
 Cheryl Vukelic
 June Walker
 Courtney Webb
 Alma Weinberg
 Ruth Weinstein
 Westy Self Storage
 Francisca Widyono
 Sheila Williams-Brown
 Mary Anne Wittenberg
 Kay Woodard
 Hilda Woodson
 Susan Wruble
 Altie Zelniker
 Annette Ziboulis



MISSION

To provide affordable opportunities for older adults in the greater Stamford area to be active and healthy in mind and body and remain connected to the community in a welcoming, safe and diverse environment.

The Stamford Senior Center is a not-for-profit 501(c)3 organization.