

PRESS RELEASE

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Senior Center Without Limits brings connection to seniors in their homes

New program fights isolation and stimulates healthy aging

WATSONVILLE, CA –Senior Center Without Limits is a new and innovative program available to all people over age 60 in Santa Cruz County. The program overcomes the digital divide to connect seniors to their community, engage in activities to improve cognitive processes and combat isolation. Seniors can participate in over 15 classes each week, such as yoga, tai chi, art and music. Support groups and computer classes are also available. All residents over the age of 60 living in Santa Cruz County are encouraged to participate in this free program.

“We are thrilled to announce the launch of the Senior Center Without Limits program that allows seniors that have been sheltering at home for months to connect with peers, to move their bodies and use their creativity,” states Lois Sones, Program Director at Elderday Adult Day Health Care (a program of Community Bridges). “We have seen many of our participants experience cognitive and physical regression since they have not been able to interact with others. Seniors who are socially connected have better physical, mental and emotional health and the Senior Center Without Limits is the conduit to get them there.”

To join in the classes seniors must have access to internet and an internet enabled device (computer, smartphone or tablet). If seniors do not have a device, they may qualify to receive a free Amazon Fire tablet, while supplies last. To qualify they must be over the age of 60 and a low income resident of the City of Santa Cruz or City of Watsonville. Note that priority is given to people with disabilities.

For more information on the program, a dynamic calendar of classes and to apply to receive a tablet, please go to www.communitybridges.org/SCWOL.

In order that this program is accessible to all, donations of additional tablets are needed. To supply a tablet to a senior please go to www.communitybridges.org/donate.

The Senior Center Without Limits is sponsored by Community Bridges, the City of Santa Cruz, and the City of Watsonville with financial support from private donors, Twin Lakes Church, the Ardea Foundation, and CDBG funding grant from the City of Santa Cruz.

About Elderday

Elderday is an adult day health care center that empowers elders to live at home with independence and dignity. At Elderday participants benefit from nursing care, physical and occupational therapies, referral to resources, therapeutic activities, healthy meals and access to onsite mental health and nutrition services. Week-day hours make it possible for participants to stay independent and in their own homes for as long as possible, while offering family remembers and caregivers well-deserved respite. Elderday is free for those

eligible for Medi-Cal. Costs can also be covered by the Veteran's Administration, long-term care insurance, or private pay on a sliding scale. Transportation to the center is also provided.

ABOUT COMMUNITY BRIDGES

Community Bridges envisions a thriving community where every person has the opportunity to unleash their full potential. Together, our family of programs delivers essential services, provides equitable access to resources, and advocates for health and dignity across every stage of life. To learn more, please visit www.communitybridges.org.

The Community Bridges family of programs includes the Child & Adult Care Food Program, Child Development Division, Women, Infants and Children (WIC), La Manzanita Community Resources, Live Oak Community Resources, Mountain Community Resources, Nueva Vista Community Resources, Elderday Adult Day Health Care, Lift Line and Meals on Wheels for Santa Cruz County.