

# Bulverde Spring Branch Activity Center

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## 2020 Annual Report



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**BULVERDE  
SPRING BRANCH**  
ACTIVITY CENTER  
SERVING ADULTS 50+



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## **“Growing old is Mandatory, Growing up is Optional”**

Our society is becoming increasingly mobile and frequently families are divided up over large geographical areas with potentially long distances between each residence. At the Bulverde Spring Branch Activity Center (BSBAC), we have found that oftentimes our members have lived in the community for a long time or relocated to this area to be closer to their family.

As we grow older, social networks are important for maintaining a better quality of life. It can be challenging to establish new friendships when the senior, or members of his/her close circle of friends, relocate. At the Activity Center, we offer a large variety of classes, fellowship and activities to assist members with finding common interests and subsequently remove some of the barriers for creating new relationships.

To learn more about the great things we accomplished in 2020, and to find out how you can help us grow further please continue reading. As always, since we do not receive federal, state or city funding, we ask that you keep us in mind for donations, fundraising, sponsorship and volunteering purposes.



## 2020

2020 will go down in history as the year of uncertainty, sadness and hope, all mixed into one. We started the year strong with many new members in January and a number of educational presentations. In the middle of March, we closed our doors for 10 weeks due to COVID-19. Social distancing, facemasks and temperature checks are now daily occurrences but we are willing to comply with all requirements if it means that seniors can venture out of their house. Social isolation can be detrimental, regardless of age, and we strive to reduce isolation and depression on a daily basis.

Detailed information on what we have offered throughout the year will be listed later in this report. However, we want to take the opportunity to thank everyone who helped us in any shape and form in 2020. We could not have served our community as well without your donations, volunteer hours and referrals. Many thanks to all who has been involved with the Bulverde Spring Branch Activity Center this past year!

### Snapshot

In 2020:

- We welcomed **138 new members** to the Activity Center
- Our incredible volunteers delivered **12,636 meals** to **85 homebound seniors**
- Members checked in to our **fitness classes 7,716 times**
- More than **500 older adults** enjoyed our center activities
- Members enjoyed more than **900 Bingo games**
- **267 runners** registered for the 21<sup>st</sup> Annual Run for the Hills
- **26 teams** showed off their BBQ skills in the 1<sup>st</sup> Annual Bulverde BBQ Battle
- Individuals and community groups **volunteered 2,111 hours** to help serve community seniors

## Educational Opportunities

“The good life is one inspired by love and guided by knowledge.”

- Bertrand Russell

The year kicked off with several interesting presentations where our members learned about financial management, hearing loss, heart health and smart retirement. We had to cancel our Active Aging Health Fair in September but we still organized educational seminars (in-person and virtual) during the Active Aging Week. A flu shot clinic by Spring Branch Pharmacy allowed many of our members to be vaccinated at the center.



**2020 ACTIVE AGING WEEK**  
SEPTEMBER 21ST - 26TH

### SCHEDULE OF EVENTS

**MONDAY, SEPT. 21**

- 9:00AM-12:30PM: Flu Shot Clinic provided by Spring Branch Pharmacy
- 11:30AM-12:00PM: Advance Directives Presentation by Hope Hospice
- 12:00PM-12:30PM: Estate Planning Presentation by Jason Rammel, P.C.

**TUESDAY, SEPT. 22**

- 10:00AM-11:00AM: Cooking Well with Diabetes by Jymann Davis, Texas AGM AgriLife
- 11:00AM-12:00PM: Blood Sugar Checks by Hope Hospice
- 11:00AM-12:00PM: Lunch Sponsored by Hope Hospice
- 12:00PM-1:00PM: Beyond the Meal Presentation by Danielle Hammond-Krueger, Texas AGM

**WEDNESDAY, SEPT. 23**

- 9:30AM-10:30AM: Bone Health Presented by Annette Gantz, So. TX Fracture Clinic
- 12:00PM-12:45PM: Humor in Aging Presented by Opal Umpiere
- 1:30PM-2:30PM: Memory Care by Amanda Kurtz, The Canyons of Stone Oak

**THURSDAY, SEPT. 24**

- 11:00PM-12:00PM, 1:00PM-4:00PM: Hearing Screenings provided by Altitude Audiology
- 12:00PM: Hearing Presentation presented by Mackenzie Thomas, Altitude Audiology (Lunch Provided by BSBAC)

**FRIDAY, SEPT. 25**

- 9:30AM-11:30AM: Blood Pressure Checks

**SATURDAY, SEPT. 26**

- 9:00AM-2:00PM: Blood Drive Provided by South Texas Blood & Tissue Center

(\*All Sessions and Clinics will require registration as space is limited, please call the Center at 830-438-3111 to register. Some sessions will be broadcast virtually via ZOOM)

## Health & Wellness

Increased physical activity leads to overall improved health. This is why we offer all gym and fitness free to members age 75+ and why we enjoyed watching members check in 7,716 times to gym and exercise classes. Throughout the year, we added new classes, such as Ballroom Dancing and Dancercise. A number of members, staff and community partners participated in our Walk Across Texas event and walked 3,468 miles over 8 weeks. Additionally, because of popularity and social distancing requirements, we increased the number of times we offer Balance & Strength, and members could take advantage of this free class five times a week.

On June 20<sup>th</sup>, we organized the 21<sup>st</sup> Annual Run for the Hills. Despite COVID-19 restrictions and the need for social distancing, 267 runners signed up and we were able to run a successful and fun event!



## Social Activities & Events

Before COVID-19 caused us to close our doors, we were able to organize group trips to the Empty Cross in Kerrville, the Aquarium in San Antonio and the Thrift Store in Bulverde/Spring Branch. In the fall, a few of our seniors went on the bus to Spring Creek Gardens in Spring Branch.

Our first ever Bulverde BBQ Battle was a big hit with close to 30 teams registered. One of the most enjoyable features of that weekend (aside from tasting all the delicious meats, beans, salsas, margaritas, etc.) was to see how much of the public came out to support the event! Although the annual Style Show was cancelled due to COVID-19, we organized two successful events in November and December; the 11<sup>th</sup> Annual Craft Show and the 2<sup>nd</sup> Annual Festival of Trees.

In the center, members enjoyed Bingo, Bunco, Mah Jong and a variety of card games. They show off their creative side in our arts & crafts classes and enjoy a movie with popcorn on a Wednesday afternoon. As a result of the pandemic, we had to stop serving our congregate meals. Instead, we began to offer a Thursday meal for pickup. This Plate Pickup is still popular and we have since added a second day where members can enjoy a meal in the center.





## Community Outreach

Volunteerism is always an important part of a nonprofit. Despite the importance, it is often difficult to find volunteers to help serve older adults. However, in 2020, the Bulverde/Spring Branch community rose to the occasion! We enjoyed meeting and engaging volunteers from local churches (for example St. Paul's Lutheran Church and CBC Bulverde) and other community groups.

We are truly grateful for the many individuals who offered their help this year but one person in particular will be mentioned by name. Edna Lugo, a longtime BSBAC volunteer, raised thousands of dollars for our organization by making and selling facemasks. Edna spent numerous hours creating, delivering and marketing the masks, and all proceeds went to the Activity Center.

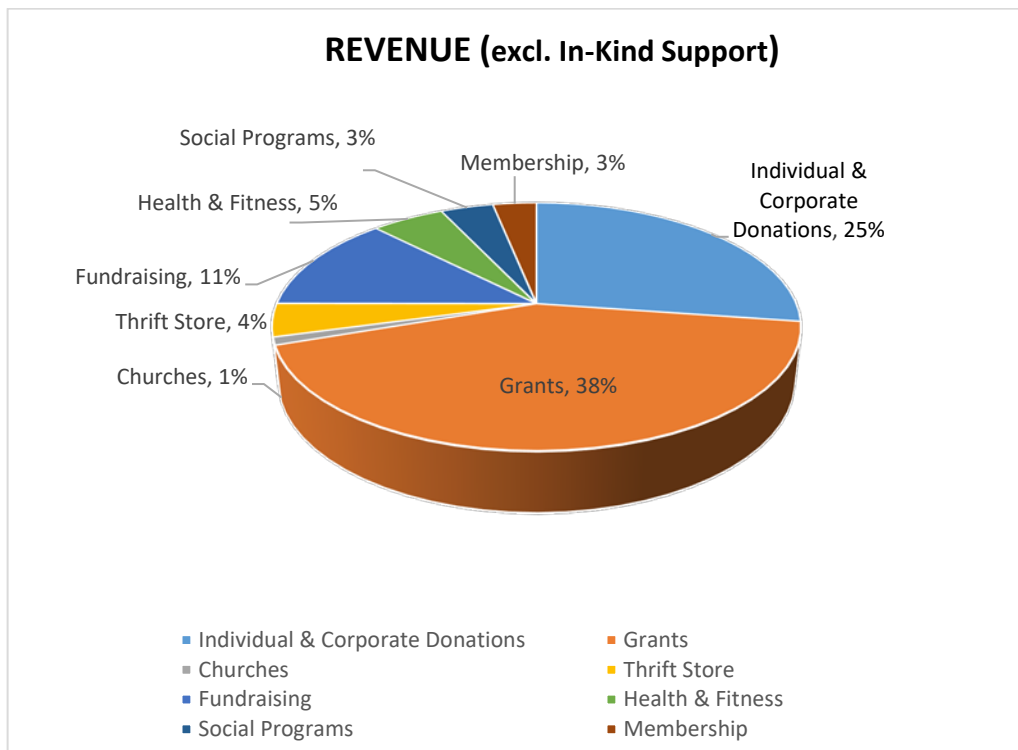
In 2020, we delivered 12,636 meals on 85 homebound seniors. We were also able to drive them to important appointments, assist with home maintenance and their pets. Because of generous grants from the GVTC Foundation and the San Antonio Area Foundation, we offered supplemental groceries and supplies (such as toilet paper!) to seniors in need. Petco and the Bulverde Animal Humane Society assisted with pet food donations to make sure our members' pet companions did not eat the food intended for their humans.

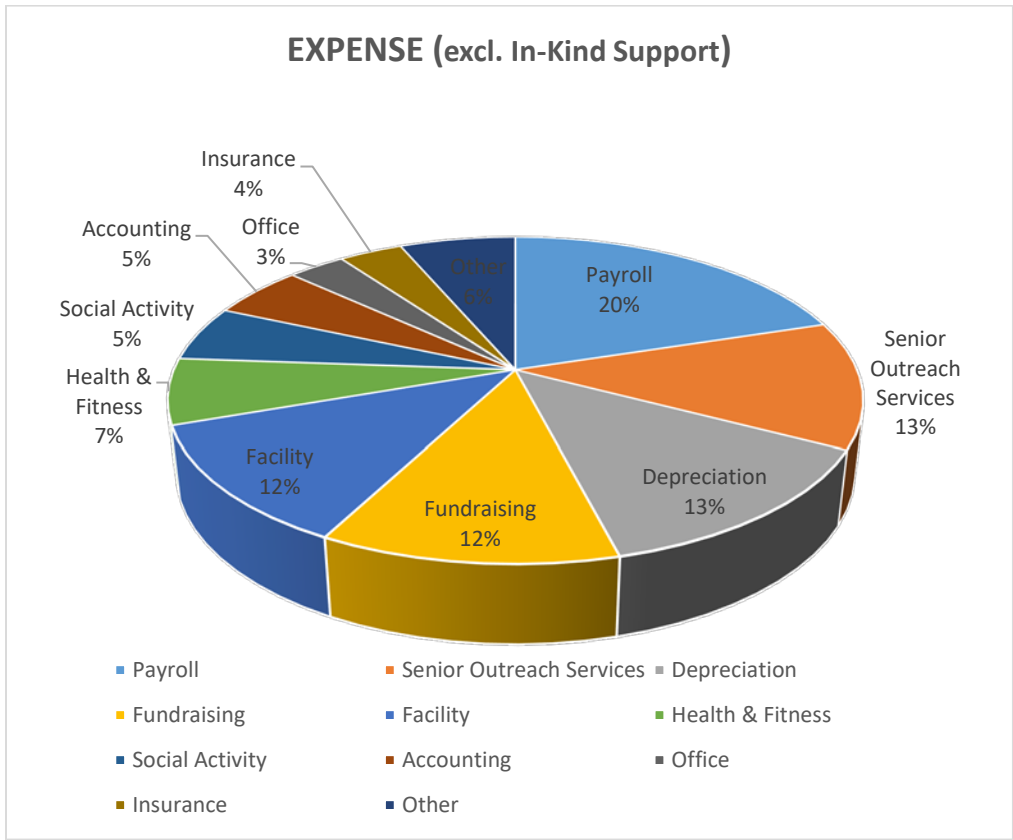
Throughout the year, we have lent out numerous walkers, wheelchairs and other medical equipment. Although we offer a variety of services, we cannot do everything and we are grateful for our community partners who can provide additional support and services for area seniors.



## Financials

Since we had to close for 10 weeks at the beginning of the pandemic, and never fully returned to pre-pandemic scheduling, 2020 was definitely an uncertain and frightening year when it came to finances. Nonetheless, we had incredible grant foundations, individual donors and corporations that came to our rescue and we ended the year on a good note. We were also able to receive money from the Paycheck Protection Program, which helped with payroll and ensured the continued employment of all staff members and instructors. Volunteerism is very important to our organization and in 2020, volunteer hours added up to a value of \$97,265. Total revenue for the year was \$504,633 and net income after depreciation was \$30,535. Allocation for expenses and revenue (excluding in-kind support) are shown in below graphs.







## Thank You!

The activity center's staff members and volunteers continuously strive to facilitate the center's mission, and we appreciate your assistance in raising awareness of our programs and services. As community awareness increases, so does the request for our services, and we could not successfully serve community seniors without your help and funding. We are grateful to have incredible community partners whose contribution makes a big impact on our community.

We hope to see you soon at the Bulverde Spring Branch Activity Center

*Where age is just a number and growing up is optional!*