



## Mid-Year Report BSBAC 2021

These first six months of 2021 have been wonderfully busy! We started the year with a conservative soft opening, waiting for our members to receive the vaccine and feel comfortable to venture out again. In March and April, we collaborated with two organizations, Spring Branch Pharmacy and Comal County Public Health Department, to provide on-site vaccinations to 300+ older adults. As vaccinations became increasingly available, we noticed a surge in our participation rates and the amount of members (current and new) coming through the doors. When we determined that the majority of our member base had an opportunity to receive the vaccine, and in line with CDC's guidelines, on May 17, we made facemasks optional.

### **Health & Wellness**

We have had an exciting fitness addition in 2021; at the end of January, we invested in ten pieces of EGYM equipment (nine strength machines and a FitnessHub). These strength machines have memory seats and settings. They also determine which weight you should lift/push and how many repetitions you should complete. The FitnessHub uses a 3D camera to measure your lateral, neck and hip flexibility. These past few months, we have seen an upswing in the numbers of users in the gym. Before we received the equipment, we had on average 50 check-ins for the gym each month. Between February and June, we had an average of 662 check-ins per month! If you have not yet seen or tried our equipment, stop by so we can get you set up or at least show you how easy it can be to tone your muscles and improve strength and balance.

### **Meals on Wheels**

Our Meals on Wheels (MOW) program continues to provide homebound seniors with so much more than just a hot meal. The daily visits offer face-to-face interactions and well checks, and we send out supplemental groceries and other supplies, as needed. During February's snow chaos, we delivered shelf stable items and water to those in need. Between January and June, over 80 amazing volunteers delivered close to 7,000 meals to 83 homebound seniors. With the help of Shane Carter and his organization Project 10:23, some of our MOW clients were able to travel on the bus to Walmart and go out for lunch. We feel fortunate to be able to not only serve older, homebound, adults but, through our Pets on Wheels program, also provide food and some supplies to their companion pets.

### **In-Center Activities**

An astonishing 707 older adults checked in 14,765 times during the first half of the year! While taking COVID precautions, we restarted our popular group trips and now bring seniors on local excursions twice a month. We also returned to a pre-COVID agenda with a packed activity schedule that includes Bunco, Bingo, Poker, Mah Jong, Arts & Crafts classes and more. We are seeing an upswing in the number of new members coming in to the center. In the entire year of 2019, we had 167 new members and in 2020, we welcomed 138 older adults to the center. So far

this year, we have welcomed 156 new members to the Activity Center! We hope that they will enjoy it as much as we do.

### **Volunteers**

Aside from the 80+ Meals on Wheels volunteers, we receive assistance from other helpful individuals. During the first half of the year, close to 60 community residents volunteered their time to assist with maintenance, administrative tasks, and by leading activities. Our volunteers logged a total of 4,189 hours between January and June, and we could not do what we do without them.

### **Events**

Although a large event, the Bulverde BBQ Battle is held outdoors and we felt that, it was safe to organize our 2<sup>nd</sup> annual cook-off. This year we almost doubled in team registrations and ended up with 46 teams that competed over who could cook the best steak, chicken, brisket, beans, etc. Even kids were able to show off their cooking skills (some of their dishes rivaled the adults'). Unfortunately, we will not be able to organize our 3<sup>rd</sup> Annual Bulverde BBQ Battle on the same field where it has been held for the past 2 years. We are currently looking for someone local to lend us a large area (approximately 10 acres) where we can host our next cook-off. We ask that you keep your eyes and ears open for us.

The 23<sup>rd</sup> Annual Run for the Hills had another great, albeit very wet, year with 361 runners. This year we were able to invite vendors to the event and were excited to see so many runners and vendors despite the adverse weather conditions.

### **Challenges and Successes**

No year is without its own challenges and if COVID was not challenge enough, February's freeze really tested our adaptability. We reached out to members and MOW clients who did not have any family nearby and who could help or assist with food and water. Despite the adverse weather conditions, some of our pick-up truck driving volunteers were able to deliver supplies and food. You learn something new with every challenge and we are proud to know that we successfully have made it through both a pandemic and a major freeze, even growing our membership base during such a time. Tomorrow is another day and we may have to, once again, adapt to a dynamic situation. Nonetheless, we know that with the support of our volunteers, members and other stakeholders, we can make it through anything.

Thank you for supporting the Bulverde Spring Branch Activity Center and for assisting us in our mission of enhancing the quality of life for older adults in our communities!

*p.s. Do not forget to check out the **snapshot page** with graphs and quick facts.*