

THE **CENTER**
AT BELVEDERE



by 2030

ONE OUT OF FIVE PEOPLE
IN AMERICA WILL BE

over 65

Healthy Aging is a
Community Endeavor



thecenteratbelvedere.org

60,000
square foot

CENTER AT
BELVEDERE

“THE AGING OF THE U.S. POPULATION IS ONE OF THE MAJOR PUBLIC HEALTH CHALLENGES WE FACE IN THE 21ST CENTURY. ONE OF CDC’S HIGHEST PRIORITIES AS THE NATION’S HEALTH PROTECTION AGENCY IS TO INCREASE THE NUMBER OF OLDER ADULTS WHO LIVE LONGER, HIGH-QUALITY, PRODUCTIVE, AND INDEPENDENT LIVES.”

—Julie Louise Gerberding, MD, MPH,
Director, Centers for Disease Control and Prevention,
U.S. Department of Health and Human Services
The State of Aging and Health in America 2007

Like communities across the country, ours is changing—and aging.

Quick, name one of the major public health challenges we face in 21st-century America.

Was aging on your list? If not, it should be. Increasing the number of older adults who live high-quality, productive, and independent lives is an issue critical to communities across the country.

By 2030, one out of five people in America will be over 65.



In the greater Charlottesville region, the senior population is doubling—from 27,000 in 2000 to 56,000 in 2025.

Why should you care? Because local governments are not equipped to provide programs that respond to the needs and interests of area seniors and encourage their involvement with our community.

Think about the older people you know: family members, your former teachers, or the neighbors down the street. Are they active and engaged, able to do for themselves and others? What about you? How do you plan to stay healthy and independent?

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We need to be a community that understands and embraces the power of healthy aging to positively transform lives. A transformational center—The Center at Belvedere—is pivotal to getting us there.
.....

It's time to grow: The Center at Belvedere.

We live in a great community. We know it ourselves, and our position atop so many lifestyle lists broadcasts it to others. Since 1960, the Senior Center has played a vital role in supporting this high quality of life.

We are the area's most comprehensive and accessible resource for promoting healthy aging and independence. We are a role model for organizations across the country, winning the 2009 Pinnacle of Excellence Award as America's premier community center addressing all aspects of senior wellness. And, out of 12,000 senior centers, we are one of just 150 that are nationally accredited.

At the Center, people pursue lifelong learning, maintain physical wellness, explore creativity, stay socially connected through travel and recreation, and remain purposefully engaged through volunteering—everything science says we need to age well. Our mission doesn't stop with the individual, either; it supports families, helps other nonprofits, and relieves strained social services.

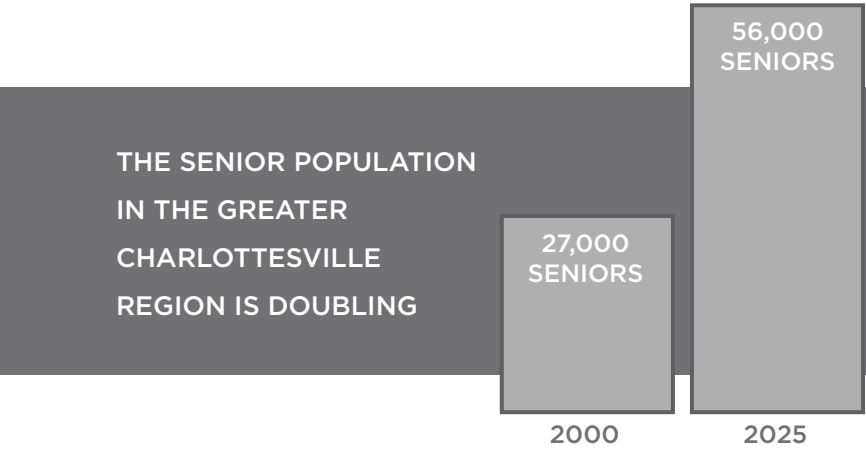
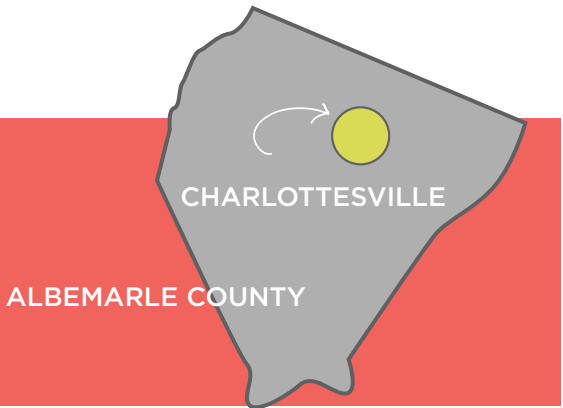


No one else does what we do. And we operate day to day without a single dollar of government funding.

There's just one problem. We're out of space.

While the Senior Center provides essential programs now, it was built primarily to accommodate social and recreational activity, before the impact of longer life spans and aging baby boomers was fully understood.

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Our community deserves a Center with the capacity to meet the aging issue head on. We can't afford to wait.



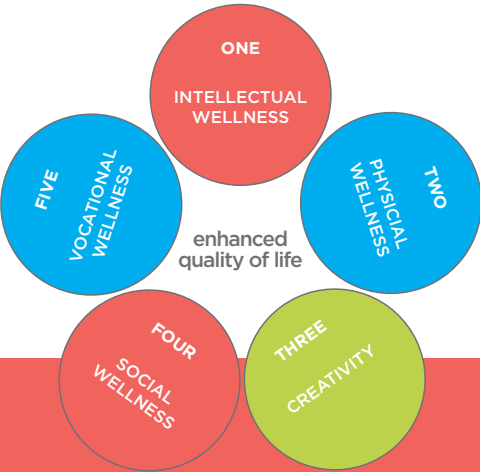
OUR MISSION DOESN'T STOP WITH THE INDIVIDUAL; IT SUPPORTS FAMILIES, HELPS OTHER NONPROFITS, AND RELIEVES STRAINED SOCIAL SERVICES.

A one-of-a-kind center for a one-of-a-kind community.

Research has firmly established the major benefits of senior center participation.

For individuals, physical and mental health, independence, and enhanced quality of life.

For communities, long-term economic and societal benefits from reduced pressures on the nation's health care system, caregivers, and society.



More and more of our friends, family, and neighbors need access to the healthy aging resources the Senior Center provides—programs that effectively promote independence and cost-effectively support community health.

.....
Today almost 8,000 people use the Center every year. Not only will the 60,000-square-foot Center at Belvedere make more programs available to more people, it will appeal to participants of all ages in ways the current Center simply can't.
.....



THE CENTER AT BELVEDERE:
EFFECTIVE FOR INDIVIDUALS AND
COST-EFFECTIVE FOR OUR COMMUNITY.

PARTICIPATION IN GROUPS LIKE THE KINGFISHERS PROMOTES
HEALTHY AGING... AND A LITTLE HEALTHY EXAGGERATION WHEN
DISCUSSING “THE ONE THAT GOT AWAY.”

ONE
[Intellectual
Wellness]

A Smarter Approach to Aging.

Mental decline is not an inevitable consequence of getting old. Scientists now know the brain can continually rewire and adapt itself, as long as it is used. Lifelong learning is an element neuroscientists and gerontologists have deemed vital for healthy aging—and it's not limited to traditional classroom learning.

All sorts of activities can engage the brain, such as book or current events discussion groups, volunteer activities, travel, ballroom dance, tracking the stock market, learning new band music, or playing bridge. These activities, like so many others, provide additional opportunities for expanding social networks and finding meaning and purpose relevant to one's stage of life.

The Center at Belvedere will enhance lifelong learning pursuits of every kind through increased capacity and technology and acoustics tailored to this purpose. Flexible-use classrooms for up to 150 people, a technology center, and seminar and conference rooms will accommodate collaborative programming with U.Va.'s Osher Lifelong Learning Institute and provide space for partnering with other organizations to meet broader community need.



Classrooms and technology
will strengthen collaborative programming.

Barbara Cage, Member Since 1998

Saying “senior center” to anyone unfamiliar with our Center will likely conjure up images of frail old souls no longer engaged with the world around them. Introduce someone to Barbara Cage and they will at once recognize an accomplished, educated woman who exudes energy and curiosity. Typical Senior Center member? Absolutely.

Drawn to the Center by its vast array of programs, Barbara has, over the years, hiked, tapped, volunteered, socialized, and attended many a dance. The programs that really pique her interest, though, are the thought-provoking ones.

“I love Socrates Café and Current Affairs because I learn so much and am intrigued by

other perspectives. I enjoy meaningful, intellectually stimulating discussions like those at Senior Statesmen of Virginia,” she explains, citing one of the Center’s community partners.

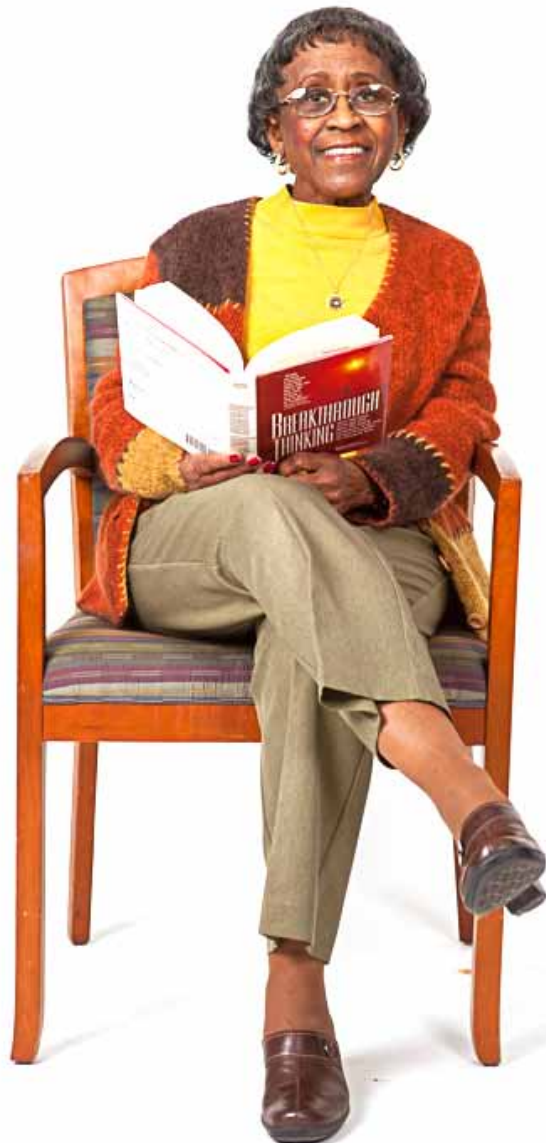
Barbara pursues plenty of activities beyond Center—she attends a local gym, enjoys the theater, travels, volunteers at her church and in the community, reads voraciously ... we could go on and on. With such a range of interests, some might wonder why she keeps coming back.

Because, Barbara insists, “I need it. It fills a void. Having the Center in our community—we are blessed!”



BARBARA AND THOUSANDS OF OTHERS
WILL REMAIN INTELLECTUALLY ENGAGED
THROUGH EXPANDED OPPORTUNITIES FOR
LIFELONG LEARNING.

“I LOVE SOCRATES CAFÉ AND CURRENT AFFAIRS BECAUSE I LEARN
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TWO
[Physical
Wellness]

The Active Life.

Research proves that seniors who exercise—even if they start as late as age 85—increase their likelihood of staying functionally independent. And neuroscientists have found that physical activity promotes more than mobility: it bolsters the brain.

Something that helps ward off chronic disease, prevent falls, and maintain mobility? That promotes social interaction and emotional and cognitive health? It's true. The only catch is getting people to start moving and keep moving. The Center at Belvedere will be the ideal inducement, perfectly equipped, with an atmosphere and instructors tailored for its audience.

A gymnasium to host sports activities for all ages will also house an elevated walking track. There will be a fully equipped fitness room with stretching and free weight areas as well as cardio and resistance machines; two exercise studios with appropriate flooring for fitness, mind-body, and dance classes; and locker rooms with showers. A health room for screenings and fitness assessments and a massage/physical therapy room will allow for added services and affiliations with community health specialists. Daily access and extended hours will ensure convenience for everyone in our community.



*** A gymnasium** with
elevated walking track will promote
activity for all ages.

Helen Destrempes, Member Since 2010

"I like being active and growing mentally, physically, and spiritually," says Helen Destrempes, "which is why I like the Center.

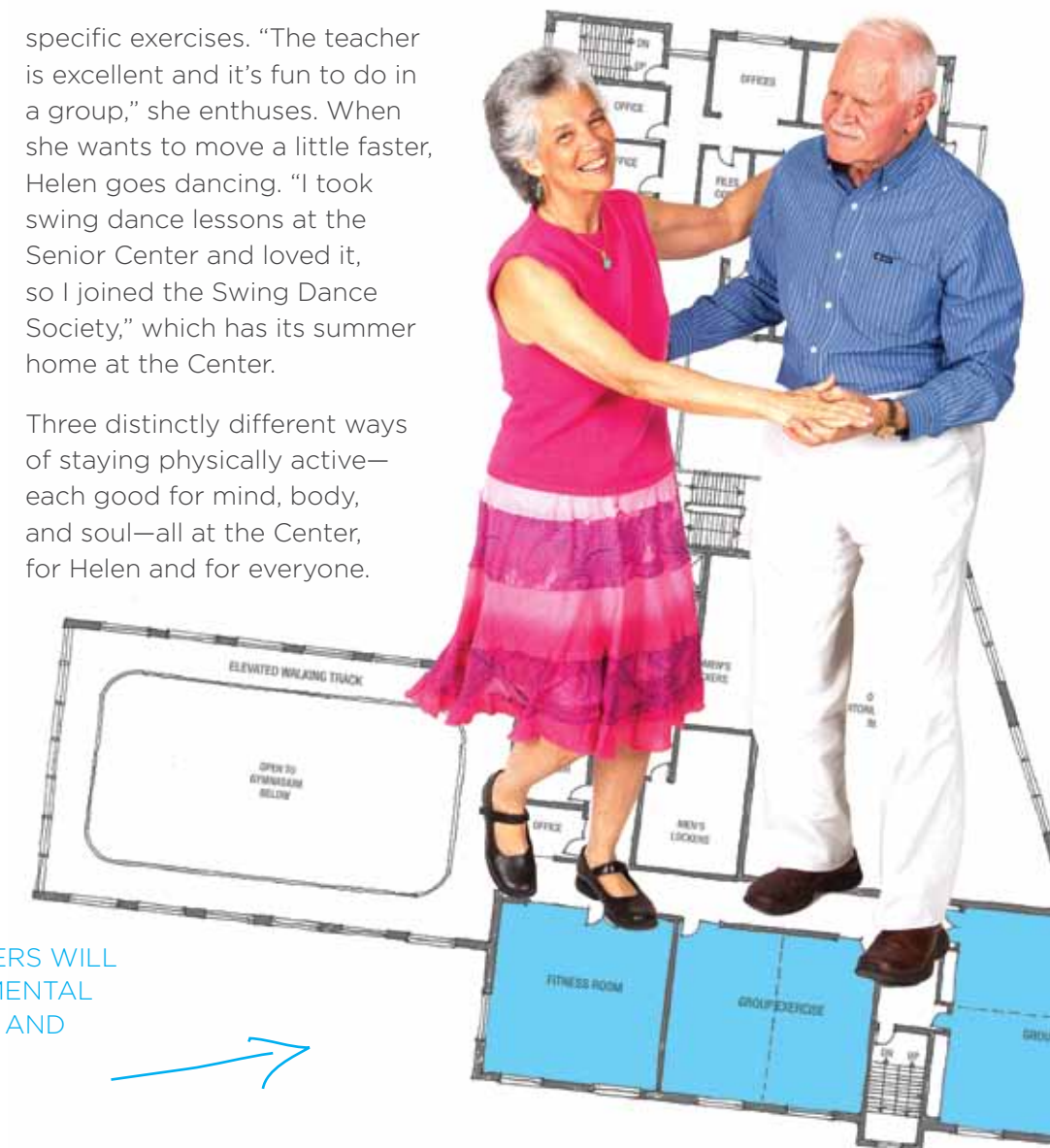
"I discovered the Kingfishers at a Senior Center orientation. Listening to the program leader describe their activities, I immediately wanted to try fishing. I enjoy being outdoors and we fish all year long, weather permitting. I've learned a lot and can catch and cook my own dinner! It's so serene being in the woods by a river or pond."

Helen also finds relaxation through Falun Gong, an ancient Chinese practice of channeling energy through

specific exercises. "The teacher is excellent and it's fun to do in a group," she enthuses. When she wants to move a little faster, Helen goes dancing. "I took swing dance lessons at the Senior Center and loved it, so I joined the Swing Dance Society," which has its summer home at the Center.

Three distinctly different ways of staying physically active—each good for mind, body, and soul—all at the Center, for Helen and for everyone.

*** HELEN AND SO MANY OTHERS WILL PRACTICE PHYSICAL AND MENTAL HEALTH IN GROUP FITNESS AND MIND-BODY STUDIOS.**



"I LIKE BEING ACTIVE AND GROWING MENTALLY, PHYSICALLY, AND SPIRITUALLY WHICH IS WHY I LIKE THE CENTER."

THREE [Creativity]

Art for Heart's Sake.

Singing, dancing, painting, writing, acting, playing a musical instrument—our programs are fun, but not just for fun. The U.S. Department of Health and Human Services says that as demographics change, opportunities for creative engagement and lifelong learning in the arts are likely to prove critical for greater health and well-being.

Landmark studies link arts participation with positive cognitive, social, and behavioral outcomes in individuals of every age. Benefits to older adults include better overall physical health, fewer doctor visits, less medication use, fewer falls, fewer health problems, better morale, and less loneliness. Now that's something to sing about.

At Belvedere, an auditorium and reception area will house a 1200-square-foot stage with wing and storage space. A catering kitchen will allow for special events. There will be rehearsal space for performing arts and studio space for fine arts. And with practice and performance space always at a premium, making these venues available to local arts groups is one more way we'll enhance quality of life in our community.

***Performance and rehearsal space** will enhance arts participation, a proven health promotion strategy.

Mike McEuen, Member Since 2011

Retired chemist and R&D executive Mike McEuen learned about the Center through word of mouth and came over "to see what was what." (Very scientific.) Once here, Mike liked what he saw. Or perhaps more accurately, what he heard.

The Still Sharp Singers is a coed chorus that launched a year ago. Group singing is something that Mike "got into for fun" with some high school pals. Now, 50 years later, he's still having fun. "I've read some of those articles," he says, when asked about the reported health benefits of arts participation. "I don't doubt it's true. But what we're seeing with this group—and we just picked up four more guys—is that they're coming because it's fun."

*** MIKE AND FELLOW PERFORMERS WILL BENEFIT FROM VENUES THAT COMMUNITY GROUPS CAN SHARE.**

It's a bit like the spoonful of sugar theory, enjoying an activity so much you don't even notice the seriously good side effects. And those effects can affect others. When the Still Sharp Singers perform in the community, the audiences' appreciation is apparent. "Words and melodies stick with you," Mike notes. "I see people start smiling and singing along to songs they haven't heard for ages."



"WORDS AND MELODIES STICK WITH YOU. I SEE PEOPLE START SMILING AND SINGING ALONG TO SONGS THEY HAVEN'T HEARD FOR AGES."

FOUR [Social Wellness]

The Social Network.

Social isolation has become a pervasive problem for many older adults, causing cognitive decline, increased risk for heart disease and stroke, and quality-of-life issues. Happily, though, research shows that social networking reduces seniors' risk of developing depression and dementia and fuels their ability to ward off and recover faster from illness.

At a time when we've become increasingly disconnected from family, friends, neighbors, and civic structures, The Center at Belvedere will be a powerful force for helping us reconnect. It will have a larger café and spaces throughout to encourage social interaction, plenty of room for recreation, and green space for outdoor activities. Located in a walking-friendly, multigenerational neighborhood, it will foster our role as a true community center.

* Inside and out,
spaces at the Center at Belvedere
will foster essential social interaction.

Lyra Viegas, Member Since 2012

Lyra Viegas lived in Bethesda, Md., for more than 40 years. When she moved to Charlottesville in 2012, it meant leaving behind everything she knew to start a new life at age 75. Major life transitions—in Lyra's case, the death of a spouse followed by a major relocation—often leave older adults socially isolated. Even if they move in with family, the lack of a peer group can be devastating.

For Lyra, the Senior Center was an ideal way to meet people, engage in activities, and find new friends. "The very first day I joined the Center, one of the volunteers in the travel office handed me information about a trip to southern Spain," says Lyra. "I was very excited and decided to go. The Center has a travel agent

on staff, so I knew the trip would be well planned. It's something I wouldn't have done on my own and I thoroughly enjoyed the company of 18 friends, which made the trip a most memorable one!"

Center members like Lyra find group travel—whether overseas, overnight, or on a day trip—a way to enrich their lives, stay active, and connect with others.



LYRA AND HER FRIENDS WILL WELCOME THE LARGER CAFÉ AND GREEN SPACES FOR OUTDOOR ACTIVITIES.



"THE CENTER HAS A TRAVEL AGENT ON STAFF, SO I KNEW THE TRIP WOULD BE WELL PLANNED. IT'S SOMETHING I WOULDN'T HAVE DONE ON MY OWN ..."

FIVE
[Vocational
Wellness]

With Good Reason.

Seniors who lead more purposeful lives—participating in meaningful activities like volunteering—are less likely to develop mild cognitive impairment and have a slower rate of cognitive decline. New studies also show that volunteering in later life may be more health producing than other types of social participation. It's the epitome of win-win: providing social value to society and personal benefit to older adults.

More than 500 Senior Center members annually contribute more than 50,000 hours of volunteer service at the Center and at scores of other area nonprofits such as the Emergency Food Bank, JABA, and MACAA, making a positive difference for people of all ages. A dedicated volunteer resource center at Belvedere will engage more participants, significantly increasing the \$1.2 million value of service that members donate to our community each year.

*** A volunteer center**
will bolster civic involvement and
community nonprofits.

Larry Stremikis, Member Since 2006

Larry Stremikis gets things done. He's low-key and passionate at the same time, making him a particularly effective volunteer leader, ostensibly as head of The Retreads. Charlottesville's senior softball team is a prime example of partner programming, not only in the obvious way—the Center collaborates with Charlottesville Parks and Rec—but in more profound ways that Larry effects.

Not all of The Retreads are Senior Center members, but most of them volunteer here. "These are good people who

understand that we're not just softball players—we're participating members of this community. Giving back to it by helping with yard sales and special events that support the Center is just part of what makes us a team," Larry says.

Under Larry's leadership, the players find a sense of meaning and purpose that is every bit as necessary to healthy aging as the physical activity they get from playing softball.

*** LARRY AND HIS TEAM WILL HAVE THE NECESSARY RESOURCES FOR THE WIN-WIN OF VOLUNTEERING—BETTER HEALTH FOR THEMSELVES AND ALL KINDS OF HELP FOR OTHERS.**



"... WE'RE NOT JUST SOFTBALL PLAYERS—WE'RE PARTICIPATING MEMBERS OF THIS COMMUNITY. GIVING BACK TO IT BY HELPING THE CENTER AND OTHER GROUPS ... IS JUST PART OF WHAT MAKES US A TEAM."

MAKE AN IMPACT—HELP US BUILD THE CENTER AT BELVEDERE. THANKS TO GENEROUS DONORS, WE CLOSED ON THE SIX-ACRE BELVEDERE PARCEL IN SPRING 2012. LOCAL ARCHITECTS AND A NATIONALLY-RECOGNIZED LEADER IN SENIOR CENTER PLANNING HAVE HELPED US PUT ON PAPER THE FACILITY WE NEED. THE PROPERTY IS OURS. THE DESIGN IS IN PLACE. NOW WE NEED YOU.

Healthy aging is a community endeavor, and it will take full community vision and support to raise the \$18 million needed to build The Center at Belvedere. Partner with us to create a one-of-a-kind Center indispensable to this one-of-a-kind place.



thecenteratbelvedere.org

THREE
story interior

CENTER AT
BELVEDERE



thecenteratbelvedere.org

THE CENTER AT BELVEDERE IS DEDICATED TO POSITIVELY IMPACTING OUR COMMUNITY BY CREATING OPPORTUNITIES FOR HEALTHY AGING THROUGH SOCIAL ENGAGEMENT, PHYSICAL WELL-BEING, CIVIC INVOLVEMENT, CREATIVITY, AND LIFELONG LEARNING.