

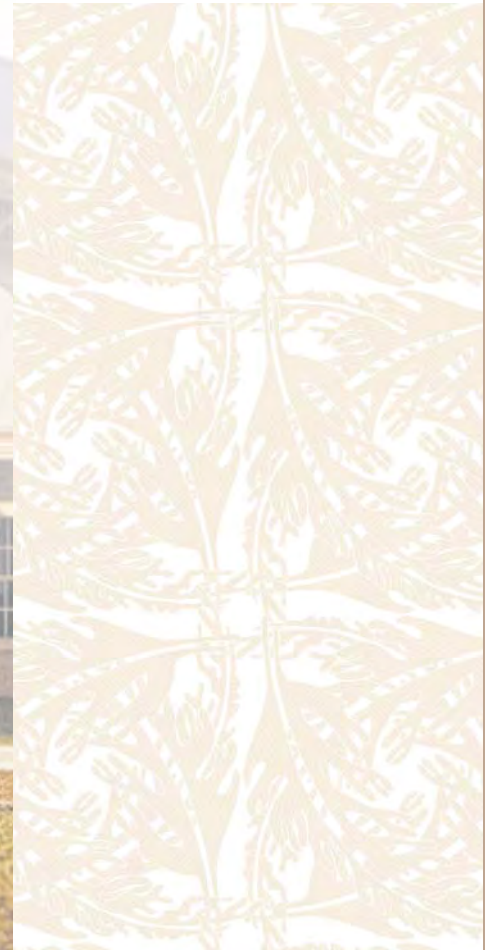


COUNCIL *on* AGING
Martin County

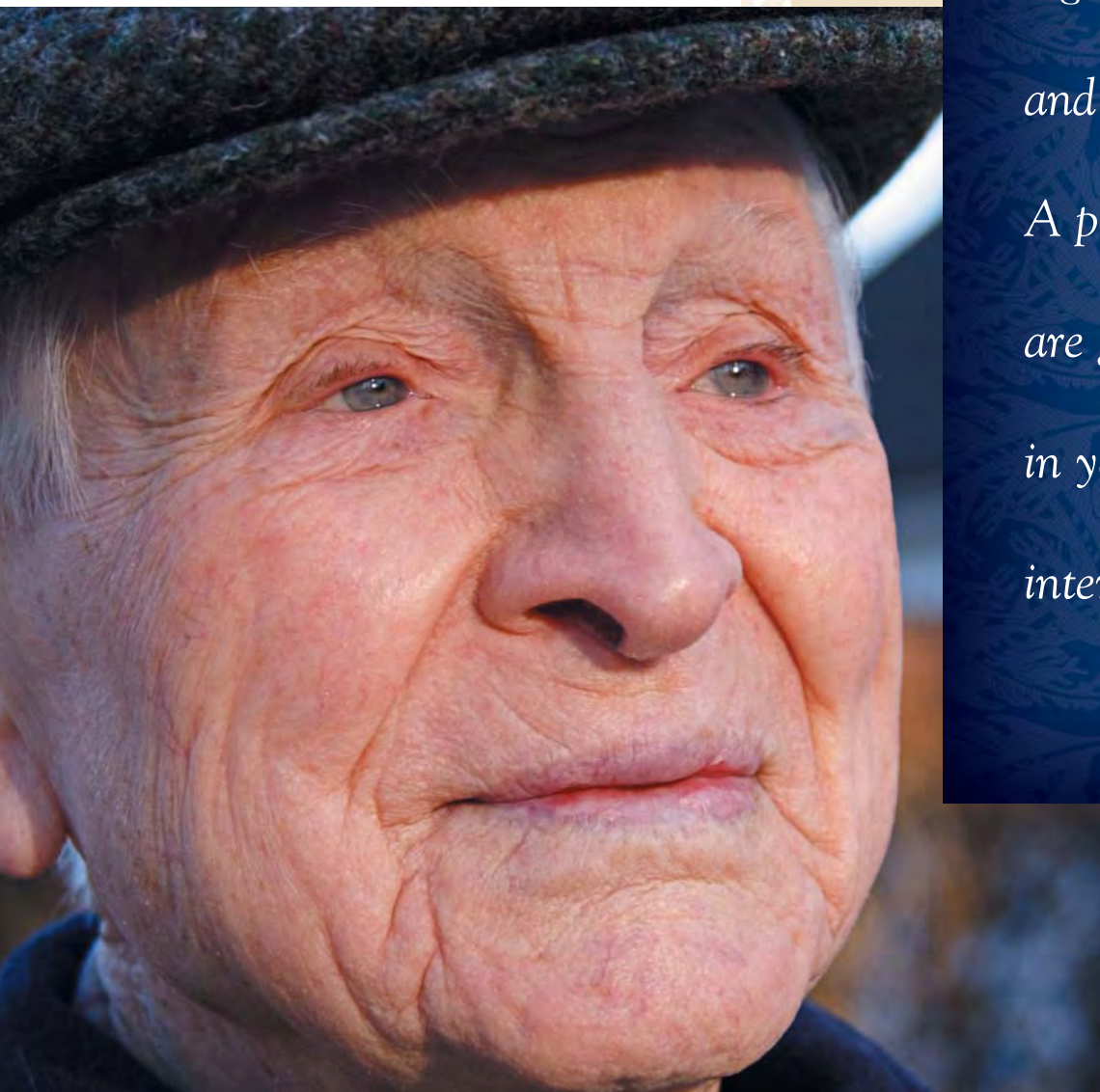
THE CHARLES
AND
RAE KANE

Senior Center

CAPITAL CAMPAIGN



CLOSE YOUR EYES
and dream...



*of a kind smile,
a gentle touch, a warm meal,
and a special place to go.
A place where people
are genuinely interested
in you, and are
interested in caring for you.*

Dream of a place where you are not alone,

where you feel like you fit in . . . so when your memory fails you, you share laughter not tears. A place where your slow, unsteady gait is met, not with annoyance, but with kindness and patience. A place where you're not afraid to be your age — to bring your friends and make new ones. This is a place where you don't feel invisible any more. This is a place that can help and guide you without draining you and your family — emotionally and financially. This is a place that enables a new way of aging . . . with dignity and prolonged good health. This is a place conceived by a caring community to embrace the seniors of Martin County.

Indeed, the precious gifts of good health and independence are diminished as we approach our senior years. It's a fact of living. It's a fact of aging. It's also a fact that more than one out of every three Martin County residents are seniors — and that many thousands of them become prematurely frail and unhealthy from poor nutrition and loss of muscle and bone strength due to idleness. They become isolated from their friends, depressed, and debilitated before anyone realizes it . . . years earlier than they would have, had they remained active and involved. This is aging alone . . . and it's preventable.



“Alone we can do so little; together we can do so much.”

– Helen Keller

Our community can help seniors live longer, healthier lives

with the dignity they deserve, by not allowing them to age alone. We can decrease their disability, improve their mental health, and lower health care costs simply by reducing three primary risks to their health and well-being: isolation, lack of physical activity, and unhealthy weight related to poor nutrition. Accomplishing these things has enormous emotional and financial implications for seniors, their families, our local health care system, and our communities by reducing the need for expensive hospital and nursing home care for frail seniors.



To do this, we must give seniors a place of their own — to keep them active and involved — a place where talented, caring, intuitive professionals “navigate” for them when they need guidance — identifying issues before they become serious problems. That place is the Charles and Rae Kane Senior Center, a multipurpose center that will be a focal point for older adults to come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement with the Center and the community.



*Absence of occupation
is not rest.*

*A mind quite vacant
is a mind distressed.*

– Cowper

The Center's services will range in scope from social, physical, educational, cultural, health and nutritional programs. It will engage age 60+ active seniors in primary medical care, adult day care, nutritional and in-home services specifically designed to prolong and improve the ability of frail seniors to continue to live safely at home, as well as support their caregivers. Through local and state partnerships, organizations and businesses will co-locate in this facility to create a true one-stop, Town Center of services for seniors.

A PUBLIC/PRIVATE PARTNERSHIP

Named for a local couple who have spent years supporting senior issues, the Charles and Rae Kane Senior Center is unique because it is a multifaceted public/private partnership with one-third of the funding, \$5 million, already committed by the Florida Legislature through the efforts of Representative Joe Negron. This commitment stems from an understanding that this model facility will ultimately reduce the tax-load of paying for nursing home care by engaging seniors earlier in the aging process and preventing or delaying institutionalization of frail seniors through specialized services designed to sustain their independence. Although the center will be located in south Martin County where there is a high concentration of elders in need, it will serve *all* seniors in Martin County. It will also serve as a special needs shelter for seniors, their caregivers and their pets in the event of a hurricane.



PROJECT SUMMARY

Building – All Associated Costs	\$10,851,000
Endowment	\$3,000,000
Campaign Budget	\$500,000
Contingency	\$649,000
Total	\$15,000,000



UNPARALLELED LEADERSHIP

Planning, design, and construction of the Center are under the capable leadership of the Council on Aging of Martin County, the area's only comprehensive senior service agency. As a 501 (c) (3) charity, the Council is also leading the "private partnership" effort with a three year capital campaign to secure the remaining \$10 million in private gifts and grants from the community for construction costs and an endowment for the upkeep of the much-needed, comprehensive 33,000 square foot facility.

*He who has health
has hope,
and he who has hope
has everything.*

– Arabian Proverb

Since 1974, the Council has successfully helped Martin County seniors and their families "navigate" complex issues and choices by mapping out a plan, providing guidance and needed support, and offering very specific services designed to prolong and improve a senior's ability to continue to live safely and comfortably at home. In recent years, the Council has assisted over 4,200 seniors through 24 different services including: food for the homebound through Meals on Wheels, care for the frail through adult day care, access to in-home services through geriatric care management, and classes, seminars and planned social activities.



COUNCIL on AGING
Martin County



Based upon completion of a strategic review of the demand versus the supply of senior services, the Council's Board of Directors has determined that the construction of the Charles and Rae Kane Senior Center will better meet the needs of the area's growing senior population, enrich the lives of seniors, and make life manageable for their care-giving families. Without question, the Council's services are more in demand than ever. With more than one-third of Martin County's population 60 years or older, and three out of every four families faced with caring for a dependent grandparent, parent, or, when the time comes, an elder spouse, the Council must expand to meet the rapidly growing, aging population of Martin County.

WHAT THE CENTER WILL MEAN TO OUR COMMUNITY

The Charles and Rae Kane Senior Center has been thoughtfully and smartly designed with a dual purpose — to serve seniors year round and provide a place for special needs members of our community during major storms. Specifically, the Center will reduce the emotional and financial costs of hospitalization and nursing home care by:

- Facilitating the health and wellness, nutritional needs, continuing education, socialization and community involvement of active elders contributing to fully-engaging, positive aging.
- Allowing the expansion of “aging in place” services designed to divert or delay nursing home placement.
- Increasing support programs for caregivers and families with dependent elders.
- Providing a “one-stop shop” facility for all elder consumers seeking information and assistance.



- Providing a special needs shelter for the community in the event of a hurricane that will be built to hurricane resistant specifications. It will have back-up power generators and is designed to accommodate the special needs of seniors seeking the safety of a shelter from hurricanes. Facilities will also be available for seniors' pets.

WHAT THE CENTER WILL MEAN TO SENIORS

Improve Well-Being for Healthier Aging

From active to frail seniors in our community, the new Charles and Rae Kane Senior Center will enrich the lives of Martin County seniors in many ways including:

- Promoting a feeling of self-worth and dignity through self-expression and individual achievement.
- Preventing loneliness and isolation through participation in activities that respond to their interests and stimulate growth.
- Delaying or preventing institutionalization by enhancing their physical, social and emotional well-being.
- Allowing seniors to maintain a high level of mental and physical functioning through a variety of educational, leisure and fitness activities.
- Maximizing active engagement with life through social interactions, support networks and sustaining friendships.



*Our care should not be
so much to live long
as to live well.*

– Seneca



Expand Life-Sustaining Services

The new Charles and Rae Kane Senior Center facility will allow the Council on Aging to expand its life-sustaining services to thousands of elders in Martin County — many of them receiving several or all of the services the Council provides. Using its unmatched expertise, the Council will prescribe the most effective combination of services to keep seniors living safely at home and engaged in their family and community. The Council will become a part of their extended family so that living at home can continue without experiencing incapacitating personal and financial hardships. Some of the services which will be expanded include:

Meals on Wheels — more than 205,000 hot, noontime meals delivered by volunteers to elders who can no longer safely cook.

On-Site Adult Day Care — more than 44,300 hours provided by compassionate RNs and CNAs up to five days per week to frail seniors who might otherwise have been placed in nursing homes. This care includes physical, speech and art therapy.

In-Home Services — more than 18,300 hours of *personal care, homemaker chores, and respite care* to homebound seniors.

Geriatric Care Management — more than 4,300 hours for seniors and their families, including: a comprehensive assessment; a customized, individual care plan; and counseling and support for the entire family.

Transportation — more than 150,000 life-sustaining trips to doctors' offices, pharmacies, dialysis centers, and grocery stores for 12,000+ riders on Community Coach.

Provide Special Facilities

The comprehensive 33,000 square foot Charles and Rae Kane Senior Center will provide much needed space for social, educational, and wellness activities including:

A **Town Center** will provide a gathering place for seniors and their caregivers, and will offer senior-related organizations storefront space to co-locate on the campus — providing a “one-stop” venue to ensure a continuum of care.

The **auditorium** will be a venue for theater productions, concerts, public forums, educational programs, health fairs, dances and parties.

Multipurpose rooms will be open to elders and senior service organizations for meetings, and small group activities such as card tournaments, art classes, craft instruction and more.

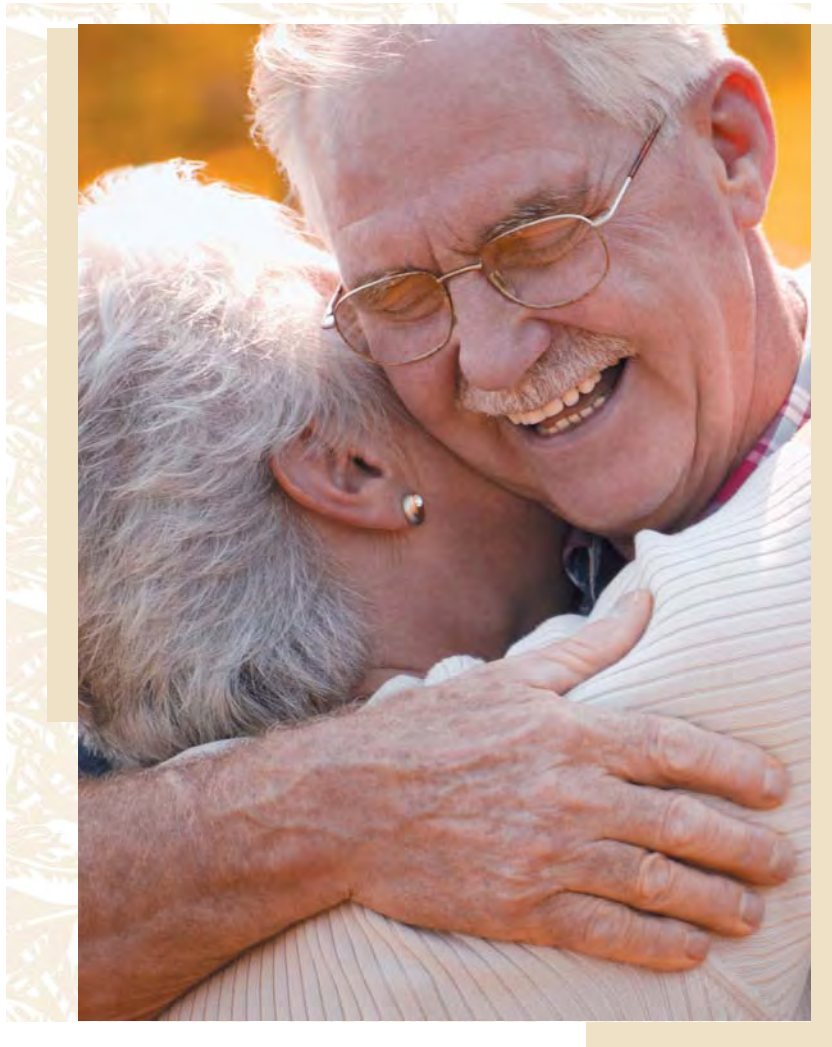
A **Wellness Center** will feature fitness programs such as yoga, Pilates, strength training, and light aerobics.

A **commercial kitchen** can provide 400 meals per day.

Care Management Counseling rooms are available for staff members to administer and manage these services for seniors and their families.



To accomplish great things, we must act as well as dream.



NOW NEVER WAITS

Our community has a time-limited “window of opportunity” to use the \$5 million state appropriation together with \$10 million in private funds to build the Charles and Rae Kane Senior Center to help seniors live longer, healthier lives with dignity and the knowledge that they are not alone. By being involved in their aging, we can reduce the emotional and financial burden for them, their families, our local health care system, and our community. As individuals, corporations, foundations and special groups who care deeply about our seniors, please help us reach the “private partnership” portion of our public/private goal to make the Charles and Rae Kane Senior Center a reality for the seniors of Martin County.

– Together we can do so much.