The Central Maine Area Agency on Aging
Aging & Disability Resource Center

William S. Cohen Community Center

22 Town Farm Road, P. O. Box 272, Hallowell, ME 04347

Dedicated on October 12, 1995

Goals/Objectives/Purpose

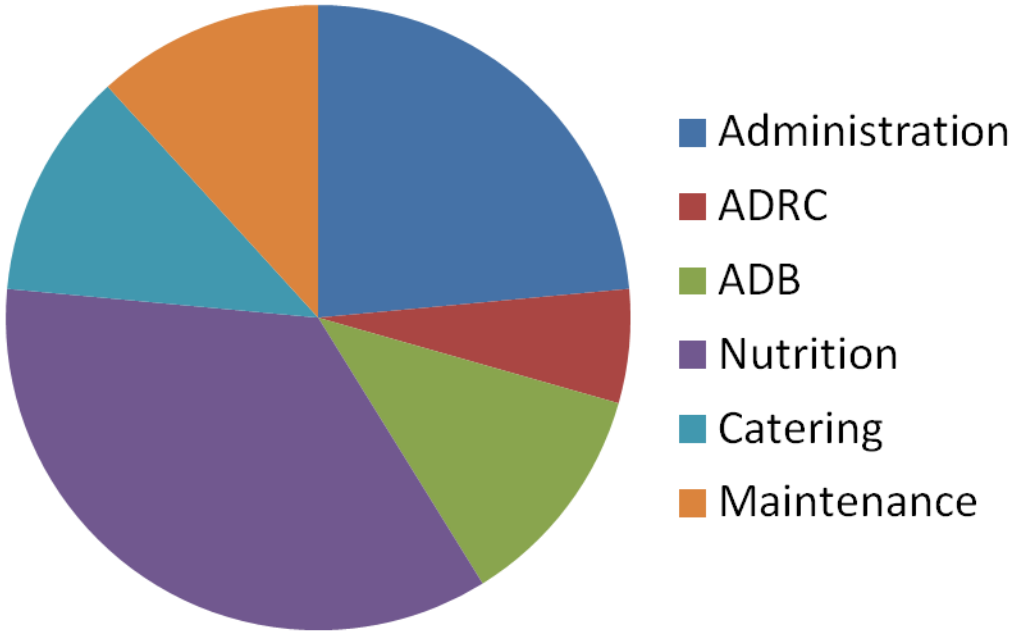
- Promoting life-long learning, health, wellness, nutrition, community engagement, and the social well-being of all older and disabled adults.

- We are an Aging Resource & Disability Resource Center with information and referrals

We help people live a more healthy and well life.

Cohen Center Manpower

The Cohen Center Operates with 20 Staff and 213 Volunteers



Program	Full Time	Part Time
Administration	2	0
ADRC	.5	0
ADB	1	1
Nutrition	3	2
Catering	1	4
Maintenance	1	0

A dedicated group of professionals all working for the same cause…we listen, we care, we understand.

Cohen Center Programs & Services

Card Games and More

Senior Expos

Adventure

Fitness

Center Activities and Special Events

- Our Community Center offers life-long learning opportunities, classes on healthy living and an ever changing calendar of fun recreational activities for all generations.

Helping Seniors Stay Active and Engaged

Cohen Center Programs & Services

Nutrition Program

- Meals on Wheels

- Community Dining

- AniMeals

We Sustain Maine

From the fields of Maine farmers to the plates of Maine seniors

- We Sustain Maine

- U S D A Food Banks

…So No Senior Goes Hungry

Cohen Center Programs & Services

- **Adult DayBreak Services**

- **Family Caregiver Services**

- **ADRC**
  Aging & Disability Resource Center

- **Catering Program**

- **Volunteers**

One Building…Many Services

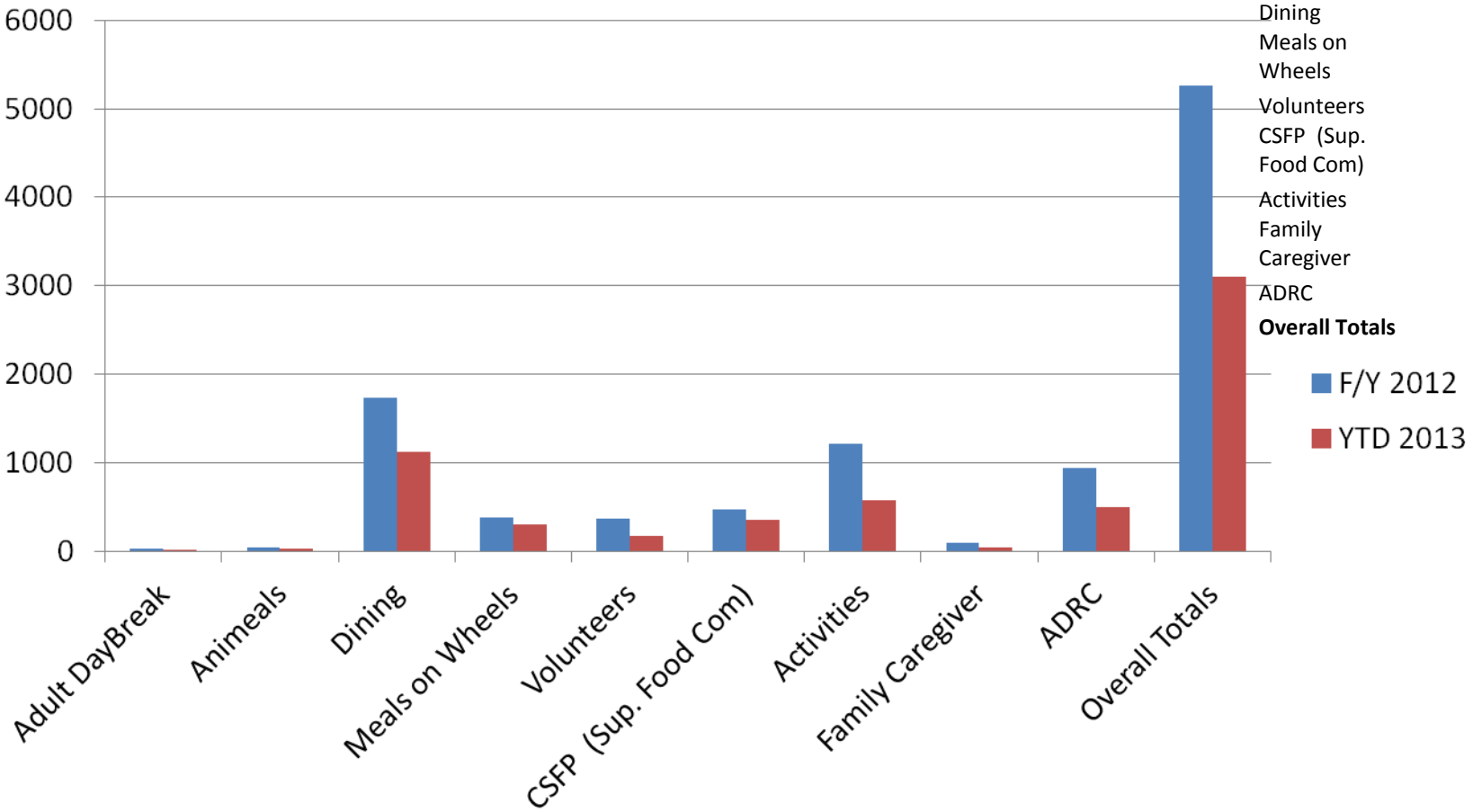
Program Relationships

- Nutrition Program offers community dining and Meals on Wheels and is the gateway to an array of other services & programs.
- Adult DayBreak offers a safe and compassionate program and is the affordable alternative to assisted living and allows participants to live at home longer.
- Aging & Disability Resource Center (ADRC) is available to offer referrals and assistance on a variety of topics including health insurances, housing and state and federal programs.
- Evidence Based Wellness Programs promote healthy lifestyles.
- Family Caregiver meets monthly at Cohen and offers several caregiver trainings yearly.
- Center Recreation helps seniors stay active & engaged and gives opportunity to make new friends and develop new relationships.

Teams working together for our community

Consumers Served by Program

	F/Y 2012	YTD 2013
Adult DayBreak	29	14
Animeals	45	33
Dining	1732	1115
Meals on Wheels	378	298
Volunteers	364	169
CSFP (Sup. Food Com)	475	350
Activities	1206	580
Family Caregiver	87	37
ADRC	945	498
Overall Totals	**5261**	**3094**



Serving our community one program at a time.

Accomplishments & Goals

Recent Accomplishments

- We Sustain Maine Nutrition program
- Cohen Kitchen Renovations
- Expanded Catering Program
- New Roof in Fall of 2012
- Growing and Active Local Advisory Council
- Successful Healthy Aging Expos
- Volunteer Coverage on Reception Desk

Future Goals

- Attract more volunteers
- Offer night & weekend events
- Reduce overhead costs utilizing by increasing consumer awareness and participation
- Increase building rentals
- Install outside storage unit
- Install fans in dining room
- Install 2nd handicap rail on upper parking lot

Working toward the best community center for all seniors.