



## Celebrating 10 YEARS

*Helping seniors stay active and engaged in our community  
and assisting with aging in place*

Dear Friend,

*I am home. This is my community. I want to age in place.* This is something we hear all the time. Evaluating the needs of a community is an essential first step in planning for the future. CRIS answered a community cry almost 10 years ago to help provide seniors (age 55 +) with services that were determined to be strongly needed in our Greater Cazenovia Area. A professional needs assessment/survey found that transportation and affordable senior housing were sorely lacking in our community. As CRIS enters its 10<sup>th</sup> year, we are grateful that with the support of our local government and neighbors, we have been able to start addressing these concerns.

The assessment of the community has led to many other programs being offered in order to make living at home more doable and sustainable over time. One of our most popular and successful programs, CRIS-CAT (Cazenovia Area Transportation) has ensured that many seniors who no longer drive or have family nearby who can help, have the choice to remain in their home and community. Our volunteer drivers have **driven over 107,000 miles** since its inception in 2010. We provide a door to door service incomparable to most other driving services without charging a fee. However, maintaining a free program such as this does cost money.

### **Where will your transportation come from in the future?**

A community TimeBank was also established to help seniors age in place. A “pay it forward program”, requests are made and services are offered between **more than 100 TimeBank members** (age 21 +). In addition to people receiving as well as giving, new friendships often develop building a stronger community, eliminating more isolation particularly for seniors.

### **Will you need help around the house, assistance with gardening or other services in the future?**

Our efforts these past 10 years have led to a new community partnership with Housing Visions, a not for profit company with a stellar reputation. We are focused on a proposal for affordable, high quality and accessible housing for seniors. We are hopeful this will come to fruition in 2020 fulfilling one of our survey findings for the need for senior housing.

### **Will you be able to stay in your home and community if you need to downsize?**

With your help we will be able to continue to offer other programs that have evolved to provide needed services such as; Lend A Hand weekend, Vital Conversations with expert speakers, an annual Aging in Place Expo, intergenerational programs with the summer recreation program and Cazenovia College, local support groups and educational presentations related to aging.

As we all know our aging population is growing. We ask for your help now so we can continue to provide services for our seniors in the future. If you want to live out the dream of staying in your home and community please support CRIS with a donation by returning the enclosed envelope or donating on our website at [www.cris-caz.com](http://www.cris-caz.com)

Sincerely,

*Karisha Solomon*

*Jean Shirley*

Karisha Solomon

Jean Shirley

**Executive Director**

**President**

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*The best way to predict your future is to create it—Abraham Lincoln*