SERVING THE DIVERSE SENIORS OF OUR COMMUNITY
Our Information

5545 Center Street
Omaha, NE 68106

- (402) 444-6529

- www.interculturalseniорcenter.org
Our Mission

Our mission is to improve the dignity, quality of life and physical well-being of seniors from around the world through advocacy, education, access to social services, and cultural enrichment activities that benefit the entire community.
The Reason for Our Work

◦ Many seniors in our community, in particular immigrant and refugee seniors, have medical, educational, emotional, and human service needs that go unmet and are underserved.

◦ These aging populations are often times isolated by poverty, language and cultural barriers, and few transportation options.
Our History

◦ The Intercultural Senior Center was founded in 2009 by Carolina Padilla with the goal of providing services to elderly Latino immigrants in the community.

◦ In 2013, we started welcoming refugee seniors from Sudan, Somalia, Bhutan, Nepal, and Burma (Karen population) as well as native English speakers as well.
Where Our Seniors Are From

- Mexico
- Guatemala
- El Salvador
- Honduras
- Peru
- Colombia
- Puerto Rico
- Myanmar (Buma)
- Thailand
- Bhutan
- Nepal
- Sudan
- Iraq
- Plus MANY MORE!
What We Do

- ISC offers a full schedule every weekday from 8:00am – 2:00pm.

- Our seniors rely on daily ISC van transportation in the mornings and afternoons.

- While at the center, our seniors have a full day with all the many different activities they can take part in.
Services We Offer

- Door-to-Door transportation
- Meals
- Social Services
- Educational Programs
- Wellness Programs
- Other Activities
Social Services

- **Case Management**
  - Intake applications for new members
  - Applying for government benefits or programs
    - Medicaid/Medicare, Food Stamps, etc.
    - Medical Appointments

- **Monthly Food Pantry**

- **Weekly Saving Grace Donation**
Educational Programs

- English as a Second Language Classes
  - Literacy, Basic ESL, and Conversational English

- Citizenship Courses

- Basic Computer/Technology Courses
Wellness Programs

- Daily Exercise
  - Tai-Chi, Zumba, Salsa, Body Strength and Stability with Free Weights
- Mental Health Support Groups
- Grandparents Support
- Nutrition Classes
- Disease Awareness Presentations
- Foot Care Clinic
- Hand Care/Spa
- Nurse Visits
  - Blood Pressure, Weight, and Glucose Checks
Other Activities

- Sewing
- Arts and Crafts
- Gardening
- Music and Dancing
  - Folkloric Dancing
- Cultural Events and Holiday Celebrations
- Community Trips and Visits
Insert Calendar Image here
Join Our Family

◦ We actively welcome seniors from every corner of the globe to join our family.

◦ We ensure that seniors from around the world can participate fully in our programs regardless of language ability, income, and/or physical mobility.
How Can You Help?

- There are many ways you can give a helping hand to our seniors:

  - **Contribute:**
    - Monetary donations to ISC are 100% tax deductible and help provide services such as transportation, educations, and arts. Donations can be made on our website or mailed directly to our address.
Your tax-deductible donation makes seniors' lives more vibrant by providing:

$10  Healthy snacks for one senior for one month

$25  One case management session with a licensed social worker

$50  One senior's daily transportation contribution for a month

$100 One month of wellness checks for one senior to monitor chronic health conditions, such as diabetes or high blood pressure

$500 One month of daily Zumba and Tai-Chi classes for all seniors at ISC

*The Intercultural Senior Center is a 501(c)3 public charity (tax ID #27-2460810)*
How Can You Help?

- **Volunteer:**
  - Positively change seniors’ lives by coming and helping with a class, serving meals, or simply spending time with our seniors.
Our Everyday Needs List

Throughout the year we gratefully accept the following items:

**Nutritious, shelf-stable foods for our food pantry**
- Dried beans, rice, soups, and canned fruits and vegetables

**Toiletries**
- Shampoo, soap, lotion, toothpaste, and toothbrushes

**Notebooks, pens, and pencils**

**Books and magazines**
- All reading levels

**Arts and crafts materials**
- Especially fabric and sewing supplies
Remember...

Getting old is the present for some, but the future for ALL!