



UNIVERSITY OF NEBRASKA AT OMAHA GERONTOLOGY

Do You Have The Cour**AGE** to Care?



The Intercultural Senior Center has moved!

Their new address is:

5545 Center Street
Omaha, NE 68106
Phone: 402-444-6529

www.interculturalseniorcenter.org

Our Purpose

At the Intercultural Senior Center, we believe that elders deserve dignity, wellness, and the opportunity to share their talents and wisdom with others.

Many seniors in our community, in particular immigrant and refugee seniors, have physical and mental health, education, emotional, and legal needs that go unmet. They are isolated by poverty, language and cultural barriers, and few transportation options. ISC actively welcomes seniors from around the world with culturally-appropriate, high-quality services and programs.

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.

We envision an Omaha that values the wisdom and experience of our diverse elders and creates opportunities for them to embrace and enhance their community.

Our History

The Intercultural Senior Center was founded in 2009 by Carolina Padilla. She brought together a group of twelve women with the goal of providing services to elderly immigrants in the community. At the beginning ISC served mainly Latino seniors, and in 2013 we started welcoming refugee seniors from Sudan, Somalia, Bhutan, Nepal, and Burma (Karen population) and native English speakers as well.

With bilingual English/Spanish staff members, interpreters for the languages of the refugees, and door-to-door transportation by van, we ensure that everyone can participate fully in our programs regardless of language ability, income, or physical mobility.

Programs and Services

At ISC, our programs and services promote overall well-being for all seniors. We provide door-to-door transportation, a light breakfast, and a nutritious lunch every day, in addition to the following life-enhancing programs.

Health & Wellness

- Daily exercise classes (Tai-Chi, Zumba, and strength training with hand weights)
- Lunch served daily
- Wellness checks, including periodic blood pressure and diabetes checks
- Health presentations on topics such as nutrition, dementia, and disease prevention
- Gardening
- Foot care clinic
- Monthly food pantry through a partnership with Heart Ministry Center

Social Services

- Case management with a licensed social worker
- Legal assistance with establishing medical power of attorney
- Grandparent Support Group
- Mental Health and Grief Support Groups
- Caregiver Support Group

Life-Long Learning

- English classes
- Basic literacy classes
- Beginning Spanish classes
- Computer/smart phone classes
- Citizenship classes
- Arts
- Games and crafts
- Music
- Sewing

Community Engagement

- Civic activities and holiday celebrations
- Field trips
- Cultural performances in the community
- Intergenerational activities

Transportation

ISC offers van transportation to clients depending on availability, location in the city, and other factors. Transportation options are discussed during the intake process. Please contact ISC for more information.

How You Can Help at ISC click [here](#).

Check out ISC's new [home](#).

Check out ISC's [Facebook](#) page.

Senior Testimonials

We recently asked our Seniors what they liked best about visiting the Intercultural Senior Center. Here are a few of their responses (translated, in some cases, with the help of ISC interpreters). We encourage you to stop in and check out the center for yourself!

“Now, I can write my name! I can sign my name and don’t have to just put X.”

“It has helped me learn a lot about English.”

“I see improvement in my health by doing exercises.”

“Now, I can do my own shopping at store by myself.”

“It has helped me get friends and not spend all day at home.”

“I used to feel very depressed and now coming to the Center I feel very happy.”

“I improve my health, and I receive foods and help.”

“I have a connection with friends who came from different place, different culture.”

“I can see my improvement in my English, and now I am more confident to go around my community and talk with my relatives and friends.”

I used to feel very sad at home lonely and now coming to ISC has improved the way I feel. I am more free and I have friends and feel empower.

“I enjoy every activities and it make me happy.”