

A Message from the Executive Director

In 2003, when I was honored to be selected to serve as the Executive Director of Center in the Park, I remember saying to the Board, Staff, and Members that “in 15 years the Center will turn 50 and now is the time we have to envision together what the Center will look like!”

Seems like that was yesterday and now it is here . . . so, **Happy Birthday, Center in the Park – I think you look 50 and Fabulous!** Recognized nationally as a center for healthy aging, the Center remains focused on recognizing and unleashing the tremendous talent, experience and wisdom of its older adult participants!

So, please join me as we enter 2018 in continuing to support Center in the Park and envision what the Center will look like over the **next** 50 years! With your support, it will continue to shine as a “Gem in Germantown!”

50 Ways to Support Your Center and Healthy Aging!

1. Use the touch screen at the front desk every time you visit CIP
2. Renew your CIP Partnership Annually
3. Tell friends and family about the Center
4. Bring a friend
5. Ask your friends to buy a Partnership to enhance their basic membership
6. Be a buddy to a new member
7. Support the annual member campaign – your contribution is tax deductible
8. Consider giving a monthly recurring gift rather than one annual gift
9. Give a gift in honor of or in memory of a friend or family member
10. Volunteer – opportunities abound!
11. Attend a class or new activity
12. Visit our Website – www.centerinthepark.org
13. Like us on Facebook - <https://www.facebook.com/CenterInThePark>
14. Travel on a CIP Trip
15. Serve on the Advisory Council
16. Support CIP’s special events and fundraisers
17. Support CIP’s Annual Music From the Heart Jazz Concert
18. Participate in General Membership Meetings
19. Share positive feedback and ideas in the Suggestion Box
20. Attend a Brain Health Workshop
21. Participate in Brain Health Game Day(s)
22. Meet somebody new or have a kind word with someone
23. Bring in a holiday gift for a homebound older adult
24. Bring in a non-perishable food item for the Center’s pantry for emergency assistance
25. Let your light shine – share your talents as a volunteer instructor

26. Take an art or pottery class or both
27. Exercise, exercise, exercise
28. Join the Fitness Center
29. Tell sick or shut-in members at your church about the Center's In Home Support Program
30. Tell someone who needs help with utilities about CIP's Neighborhood Energy Center
31. Tell someone who needs help with housing about CIP's Housing Counseling Program
32. Tell a resident of long term care in NW or NE Philadelphia that CIP's Ombudsman Program can help them advocate for their rights
33. Encourage a member who may need to talk with someone to make a confidential appointment with our Center Counselor
34. Attend a new member orientation for a refresher
35. Attend a free workshop on weatherization or conservation
36. Attend a free housing education workshop
37. Read the newsletter from cover to cover – ask a local business you frequent to purchase an ad in the CIP newsletter
38. If you don't get the newsletter – pick up a weekly schedule at the front desk and flyers from the racks
39. Engage in random acts of kindness
40. Attend a health promotion class, like Harvest Health or Pain or Diabetes Self-Management
41. Attend a Healthy Steps falls prevention workshop
42. Schedule a massage
43. Attend a special performance – a Songsters Concert
44. Sit in on Poetry or the Best Day of My Life (So Far) story writing group
45. Support Advisory Council fundraisers
46. Make reservations for Lunch and cancel when you've made one and can't come
47. Rent the Auditorium for a private party or event
48. Share your time, talent and treasure with CIP – A Gem in Germantown!
49. Sign Up for the NCOA's Aging Mastery Program at Center in the Park
50. Advocate – let your voices be heard on issues impacting our community and stamp out ageism by debunking stereotypes about aging and speaking up and out about how much older adults have to contribute!

Happy New Year, Everyone and Happy Birthday, CIP – 50 and Fabulous!

Sincerely,

Lynn Fields Harris