#### **ISSUES FACED BY LGBTQ OLDER ADULTS**

2. Economic 1. Discrimination Insecurity 3. Social 4. Poorer Mental + Physical Health Isolation

## HOW DOES CENTER ON HALSTED ADDRESS **NEEDS THROUGH PROGRAMMING?**



Creating an inclusive, safe environment



Consistent, accessible and engaging staff, volunteers, and facilitators



Holistic program offerings that span and overlap several wellness categories



Community-born/led approach that involves seniors in planning, participation, facilitation and feedback

### GOALS

- o Engage diverse volunteer facilitators
- o Increase women's and trans-specific program offerings
- o Explore alternative methods for spiritual programming
- o Identify approaches to participant biases

# CONSCIOUS CULTIVATION

A Model for Inclusive, Interactive Programming

Authors: Britta Larson, Nina Orlowski, Amanda Vevers, Todd Williams

CENTER ON 3656 N. **HALSTED** 

CENTER ON 806 W. **ADDISON** 

#### **OBSTACLES**

- Marketing
- Attracting diverse volunteer pool
- o Funding/Budgetary constraints
- o Location

### % TYPES OF PROGRAMS

Constituent Advocacy

Cultural I

Physical

Emotional

Educational 12.5%

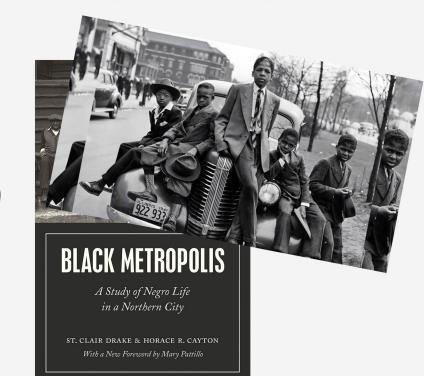
Congregate Dining 27%

29% Social

# SUCCESSFUL PROGRAM EXAMPLE

Black Metropolis Community-born/led approach

5-week course on Chicago history designed and facilitated by program participant, Donald M. Bell





Donald M. Bell

69 year old, African-American, gay, cisqender male, he/him

program participant, resident of Town Hall Apartments, expert in the field, community activist, public speaker, group facilitator

## PROGRAM STATISTICS (FISCAL YEAR 2018)





~70 events per month 4 996 unduplicated clients



1,746 hours of programming 5,537 meals served



- Majority of programs are 55+, 40+ when appropriate (Lunch is 60+)
- 99% of programming is FREE
- Session length ranges from 4-10 weeks
- Min. of 1x/month, some quarterly, but often weekly
- 1-1.5 hours per, 2 hours max