

## Fulton County Council on Aging

A Community Center for Everyone

The mission and purpose of the Fulton County Council on Aging is: "To provide services and programs that enable and encourage senior citizens, low income individuals, and disadvantaged persons to maintain independent lifestyles as long as possible. We strive to add life enrichment programs and activities that will appeal to the senior population and benefit their lives physically, emotionally, or socially."

They put this mission into practice at the Community Center, and provide services that are recommended by local physicians, caregivers and family. They offer something for everyone, and love to have the seniors volunteer not only at the Center, but around the community too.

Formed in 1974, the Council on Aging first provided services out of the basement of the old Rochester High School. They broke ground on their current building in 1993 and moved in a year later. Another major addition came in 2012 with the construction of an expanded transportation garage and office space.

The Council on Aging has eighteen employees, and ten volunteers that help out at the front desk each week. The facility also houses a number of charitable organizations, making it a convenient starting place for people in need of services. Senior activities, United Ministries, Fulton County Transpo, offering public transportation to all Fulton County residents, the community food pantry, and the R.S.V.P. (Retired and Senior Volunteer Program) are all here, making the complex a true, full service "Community Center".

They offer many activities and services that keep the older Fulton County population healthy, active and vibrant. From daily exercise and various technology classes, to day trips, movies and community gardening, the extensive list of programs strengthens minds and bodies. By offering



medical equipment, blood pressure monitoring and other health related services, the Council also helps address the overall health needs of the seniors.

The Fulton County Community Foundation has supported the Council with over \$53,000 in grants from Community Funds, Donor Advised Funds, and most recently a 2014 Sustainability Award. This permanent endowment helps ensure the sustainability of the Council into the



future, and makes it easy for people who feel passionate about the organization to give with confidence that their gift will continue to support the agency now and forever.

Grants given through the Community Foundation's Community Funds include: Support for Fulton County Transpo including the purchase of vehicles, a new copier for printing monthly newsletters, and a substantial Impact Grant. This \$25,000 Impact Grant was awarded to bring their public restrooms into compliance with ADA standards, and make much needed updates to the kitchen. The Council on Aging kitchen offers hot meals every weekday, and is available to those who rent the facility for receptions, meetings and other gatherings.

Those seniors who use the Community Center bring knowledge, compassion and vitality to the day-to-day operations. When you take time and listen, you learn from them. They have a lot of history and experience to share. The seniors are like family. They celebrate holidays and birthdays together. And the seniors look out for one another, just like family.

Learn more about the Fulton County Council on Aging at: [fultoncountycommunitycenter.com](http://fultoncountycommunitycenter.com)