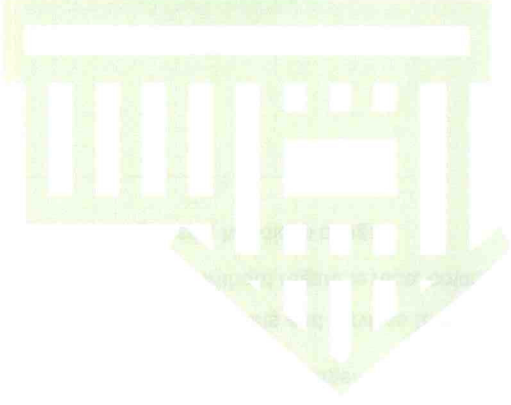


DALLAS COUNTY



SOUTHWEST
ARKANSAS
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COUNCIL, INC

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FORDYCE, AR 71763

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CENTER COORDINATOR

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CAMDEN SENIOR CENTER

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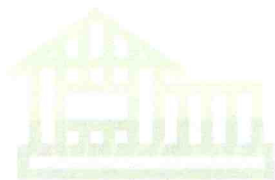
COUNTY DIRECTOR

INTRODUCTION

Southwest Arkansas Development Council is a private non-profit organization that has served Southwest Arkansas since 1965. The Council began operations in April of that year under the Equal Opportunity Act of 1964. SWADC offers services in a twelve county area.

The agency's central office is located at 3902 Sanderson Lane in Texarkana, Arkansas. The Executive Director is Ricky Pondester. There is a board of fifteen members representing three areas of the community; business, local government and the community at large.

SWADC provides benefits and services to all qualified persons without regard to race, color, national origin, sex, handicap or age.



SENIOR CITIZEN CENTER

The Senior Citizen Center in Dallas county is a vital part of the Fordyce community. The Fordyce center is open Monday-Friday. The center is open to any individual 60 years of age or older. There are no income guidelines or restrictions to participate.

Congregate meals are held daily at the center to provide a nutritionally balanced noon lunch for all participants. Transportation is provided daily at Fordyce (within a limited area) for rides to and from the center, shopping, doctor appointments and prescription pick-up.

Daily recreational activities are a major part of the center focus. This includes group singing, moderate exercise, word puzzles, bingo, crafts and games. Special activities are often planned for Holidays. Socialization for many of the participants contributes to their mental well-being. The Center gives every senior a chance to visit, laugh and enjoy each others company.

Home delivered meals are prepared daily from Fordyce for homebound clients that do not have assistance with meals preparation. The van drivers deliver the hot meals right to the front door of each client.

SWADC also serves as an information and referral source to the center's participants. Special events and speakers are brought in to inform the seniors on impor-

tant issues such as healthcare, diet, etc. SWADC nurses are available for free blood pressure checks periodically

Dallas county SWADC is proud to serve these vital member of the community.

