

ANNUAL REPORT 2017



Message from Board Chair

Dear Friends,

It's been an exciting year of change and growth for LIFE ElderCare. We expanded our service area. We moved into new offices. We built new partnerships with donors and funders. And through it all, the budget stayed balanced.

Most importantly, our dedicated staff and volunteers helped improve the real quality of life for over 1,600 people in need. In addition to serving on LIFE's board, I volunteer as a driver in our VIP Rides program. One day, I was with one of my favorite riders, when she stopped right in the middle of her grocery shopping to tell me that our organization had headed off a potential crisis for her. I was pretty proud that nearby shoppers could overhear her speak of how she had given up driving - because she knew it was time - and we gave her a good alternative. *"In another community", she said, "the decision to stop driving might have meant having to move out of my home. Even though it's a struggle, I would have been tempted to keep driving in order to keep my independence."*

It was a trade-off she didn't have to make. When she found out our agency provides transportation and "through-the-door" help for essential errands, she put her car up for sale and continued "getting on with life!"

Our mission speaks of empowering the aging to live with independence AND interdependence. It's that word **interdependence** which resonates with such strength in this community. At LIFE Eldercare, we run on the power of thousands—our robust cadre of volunteers and the combined efforts of faith-based organizations, service clubs, city governments, legislators, health care providers, schoolchildren, colleges, the business community, fellow non-profits, individuals, families, and of course, the seniors themselves, who enrich our lives with their presence and love.

Thank you for all you do for LIFE ElderCare and the wonderful people we serve!

Jane Mueller



Jane Mueller, Board Chair
LIFE ElderCare

LIFE ElderCare's mission is:

Empower the aging to live with independence AND interdependence by nourishing mind, body, and spirit



People connect with LIFE to be balanced and strong

FALL PREVENTION

When you are a kid and you fall, you might skin your knee. But, when you are an older adult and fall, things can get bad quickly. So LIFE helps nourish mind, body, and spirit through its Fall Prevention program. We make your home safer and teach adaptive exercise and other simple tricks to avoid injuries and live with independence.



People connect with LIFE to go places

VIP RIDES – DOOR THROUGH DOOR TRANSPORTATION

At some point in our lives, we all may find that we are no longer able to drive ourselves to appointments and shopping, whether it's due to failing vision, dizziness from medications, or uneasiness on the road. This could mean missed doctor visits, no food in the house, and isolation. Or, it could mean a call to VIP Rides to have a volunteer pick you up at your home, assist as needed with shopping and appointments, and bring you safely back home.



People connect with LIFE to eat right MEALS ON WHEELS

Hard to imagine that in these neighborhoods, live older adults who are hungry. It's not just due to insufficient money caused by the skyrocketing cost of meds and housing- it's also frailty, arthritis, and loneliness.



People connect with LIFE to...connect!

FRIENDLY VISITORS

Yes, about that loneliness. Friends pass on, family lives far, we don't go outside except to check the mail. This is proven almost as harmful as smoking. We work to bring people together because we are at our core, social animals, and must have regular interaction with others.

What does LIFE mean?

Let's talk about Ada for a moment.

Ada eats mostly cereal, is lonely, and had a bad fall last year

Ada signs up for Meals on Wheels, VIP Rides, and Friendly Visitors

Ada gets a daily healthy meal, regular visits, & rides to her doctor

Ada signs up for Fall Prevention

Nursing students teach Ada ways to increase her balance

Ada now keeps her doctor appts, she is stronger, well fed, and connected to many other caring people

Ada and volunteers, staff, students, and other community members worked side by side in the nourishment of Ada's mind, body and spirit. And in doing so they nourished their *own* mind, body, and spirit.



2017 Year in Review

Meals on Wheels



112,669

meals delivered

87%

are low income



Meals on Wheels participants say it:

93%

Improves my health

90%

Makes me feel better

96%

Helps me stay living at home

VIP Rides



6725

door-through-door rides given

VIP Riders:

95%

Love their rides to important appointments



57%

Are ages 80-103

83%

Would not have been able to make trip without VIP

Friendly Visitors



145

new friendships
created



5181
hours
of enjoyable
visits

4050
reassuring
phone calls



Fall Prevention



259

at-risk seniors learned
ways to prevent falls



96

homes modified to make
them safer for aging



176

people improved strength
and balance

Humans of LIFE

People. That's the bottom line – people being with other people who may just happen to be older than us. And they sure have interesting stories to share about their past and their present.

Maria and Laszlo



Our volunteers are always happy to deliver meals and give rides to Maria and Laszlo, two of the cheeriest octogenarian and nonagenarians around. This positive attitude pulled them through hardships earlier in their lives.

With the Russians establishing a Communist regime in Hungary in the late 1950's, Maria and Laszlo escaped in the dead of night into Austria. While in a refugee camp in Salzburg, Maria and Laszlo married and applied for entry into the U.S. Maria remembers clearly the fear and

excitement when boarding the U.S. military plane that would take them to the U.S. and freedom. Upon arrival in the U.S., they stayed at a New Jersey refugee camp for a few weeks before moving across the country to Berkeley. Maria found work babysitting, while Laszlo would do anything for money-- paint, mow lawns, or wash clothes. Throughout this time they practiced learning English to become US citizens. When they did, Maria began working with special need high school students and continued this career for 33 years.

Despite struggling with long-term health issues, Maria is cheerful, helpful, and loves her life. Maria has some advice to share: Set a goal and work for it, because nothing comes for free. Don't wait for something to be handed to you, and don't look for shortcuts. Married for 60 years, Maria and Laszlo agree that the secret to a happy marriage is to trust each other and tell each other everything.

Maria and Laszlo have been receiving Meals on Wheels since 2011, and Maria tells us "I think we eat healthier now than when I was cooking!" They also use VIP Rides to get to their doctors' appointments and to the grocery store since Laszlo stopped driving a few years ago. "We rely so much on cars, especially in Fremont. The volunteers are so wonderful. I can't express enough how grateful we are."

Don

Don has been well fed with Meals on Wheels since January 2004. Legally blind for most of his adult life, Don courageously adapted to a life without sight. Like many of our clients, he has interesting stories to share about his life.

Don faintly remembers that as a ten-year-old he heard a distant swishing sound. Not knowing what it was, he wasn't scared despite the fact that the Japanese were bombing Pearl Harbor about 25 miles away from his family's home.

Don's family moved around quite a bit when he was young, and he attended many different schools. He recalls one teacher who taught the class how to spell 'laugh' by laughing "l-a- u-g-h."

Born with a pretty bad left eye, by fifth grade his right eye also starting getting "funky" and he needed to wear glasses. Don worked as a butcher for many years after grade school, but had to quit because his eyesight became too poor. Eventually diagnosed with progressive myopia, he had to quit driving when he was 50, and by the age of 60 he was legally blind.

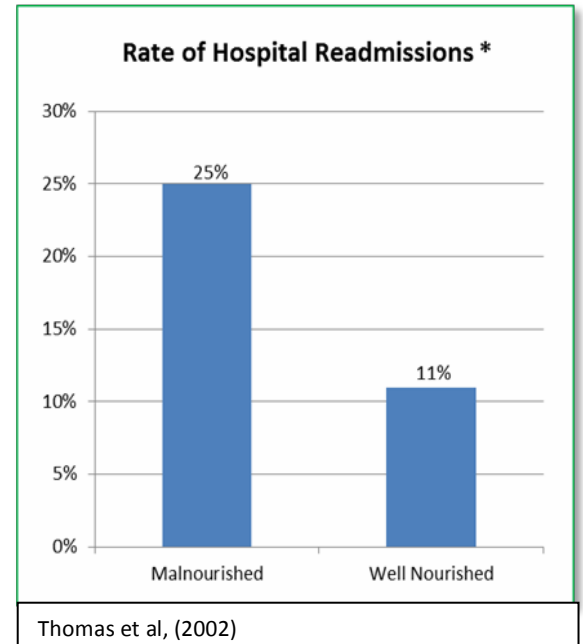
Determined to not let his blindness stop him, he enrolled at the Orientation Center for the Blind in Albany. In the mobility class Don learned how to walk on the street by walking parallel with traffic so one ear hears the oncoming traffic. He learned how to cross the street with a signal, as well as how to catch the bus or BART.

For Don, going from sighted to blind wasn't too hard as he adapts easily. To this day, he thoroughly enjoys woodshop, crafting and doing things with his hands. He has a passion for music and enjoys playing his guitar. Don even has his own website where he has written over 147 articles. Don is an inspiration to not let anything stop you from enjoying all of the perks of life.



The work we do is important

1. A 2002 study¹ shows that 25% of older adults that were malnourished during and after their hospital stay, were admitted right back in to the hospital within 30 days of leaving. We also know that Meals on Wheels nourishes older adults so simply by not having it, the hospital can become a revolving door for an older adult.



2. Last year an experimental program run by the Centers for Medicaid and Medicare (CMS), cited in a white paper² by PurFoods gave free meals to older adults for a month after they were discharged from a hospital stay plus one home visit. Guess what? Their hospital readmissions dropped from 23% to 3%! That's good for their overall quality of life of course, but it's also very good for every single taxpayer in the country. A day in the hospital costs \approx \$3,500. A month of meals plus a home visit costs us \approx \$350. **See why we love our jobs?**

¹Thomas DR, Zdrowski CD, Wilson MM, Conright KC, Lewis C, Tariq S, Morley JE. (2002) Malnutrition in subacute care. Am J Clin Nutr. 75(2):308-13.

²Beattie, Sam, and Beth Burrough. "Reducing Readmissions with Nutrition Management." PurFoods, www.purfoods.com/pdfs/White Paper Reducing Readmissions with Nutrition Management.pdf.

The work we do is necessary

“Aging in place works best as part of a comprehensive and holistic approach to the support needs of an aging individual and an aging community.”

Joint Center for Housing Studies of Harvard University Neighborhood Reinvestment Corporation

An AARP study found that approximately 90% of seniors intend to continue living in their current homes for the next 10 years. Doing this, however, comes with a unique set of challenges for low- to moderate-income seniors, the study showed:

- 72% of low- to moderate-income seniors have at least 1 chronic health condition
- Nearly half of these seniors are not confident that their incomes will be sufficient to meet their monthly expenses over the next 5-10 years.

This means that community based organizations like LIFE are truly critical right now. We continue to explore ways to scale to serve the rapidly growing number of older adults in need. And we do so with the combined approach of highest efficiency and closest connection between people on a feet-on-the-ground basis. These are two concepts rarely sought together but the experiences of LIFE have shown us the possibilities are real and long lasting.

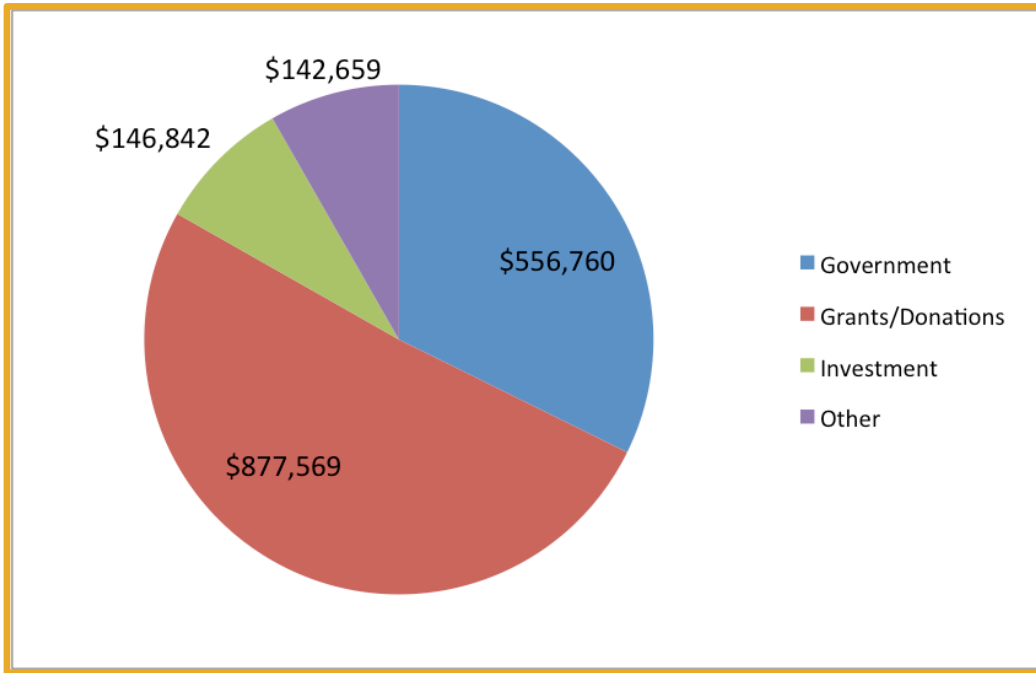
“Social innovators must address the issues facing this population for reasons beyond demographic coverage. The state of the elderly will actually determine the fate of our entire social innovation field.”

Chang, Curtis. “Elderly Care and the Future of Social Innovation (SSIR).” Stanford Social Innovation Review, 27 Aug. 2012, ssir.org/articles/entry/elderly_care_and_the_future_of_social_innovation.

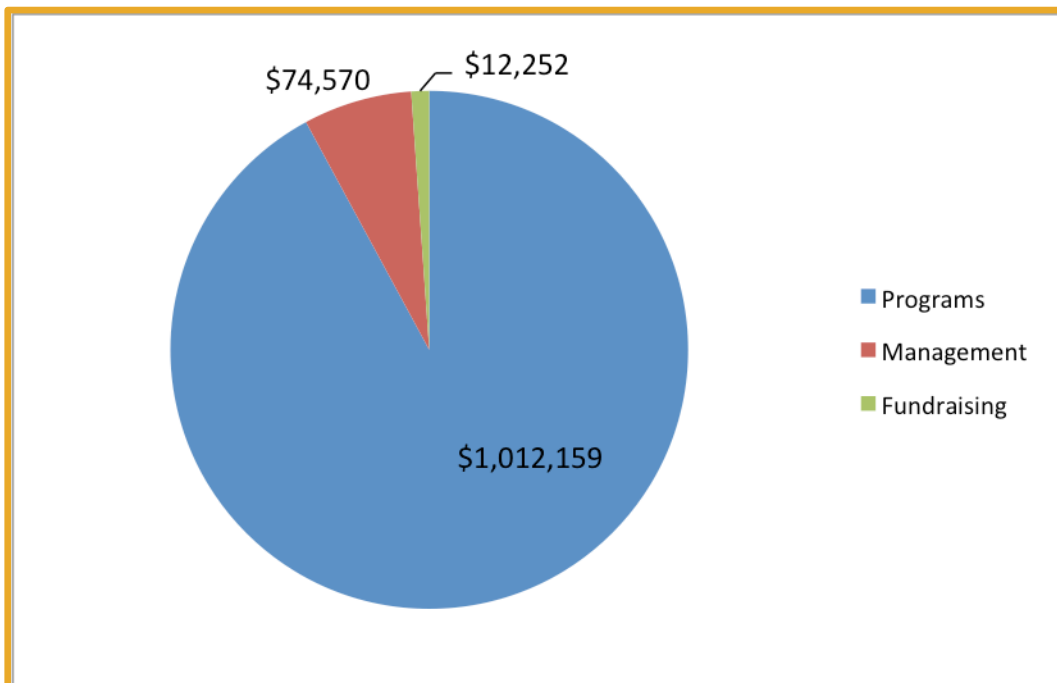
Financial Statement

July 1, 2016 – June 30, 2017

Revenue Sources



Expenses



Looking Forward

The coming year will bring lots of exciting new things to LIFE.

1) We will be piloting a ride program across Alameda County called **VIP Zip** that has been funded by CSAA Insurance Group, a AAA Insurer. It's designed for the older adult who wants on-demand rides more affordable than a cab, but does not have a smartphone to use Lyft or Uber. Now they just have to call LIFE and we'll directly arrange a quick pick up. We can let them know when and who will be arriving and can monitor the ride's progress throughout the trip.



CSAA Insurance Group,
a AAA Insurer



Patricia Osage
Executive Director

2) Our special in-home fall prevention program, **HomeLIFE** will be offered in more locations throughout Alameda County. Know somebody who doesn't want to fall and break a bone and end up in rehab for months? Oh, yes...everyone! We help make homes safer (most bad falls happen right there) and teach exercise that can be embedded in daily routines to increase strength and balance. Be hip, don't break one.

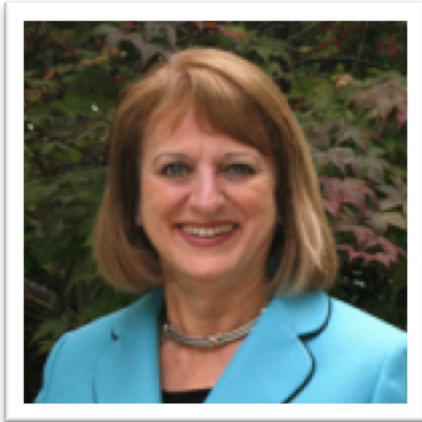
3) The once-little **VIP Rides** program, which covered the Tri-City starting in '04, and added Hayward, San Leandro, and Castro Valley in 2014, is now headed to Oakland. And that's because there are older adults everywhere who need help grocery shopping or need someone to be in the waiting room when they finish their doc visit, but they don't have that someone. The result is that often they just skip those medical appointments, or just don't shop what they need. That's where VIP Rides comes in. A lucky bonus is the big, healthy helping of socialization that happens at the same time.

4) We will finally have our very own.... LIFE **Case Manager!** (Thank you, Thomas J. Long Foundation). This has been on our wish for years as we see so much need, especially in the Central part of the county. Now when our rides coordinator or friendly visitors come across someone with complex issues, we will have the resources to help them get set up with all the services needed to help them regain a high quality of life.

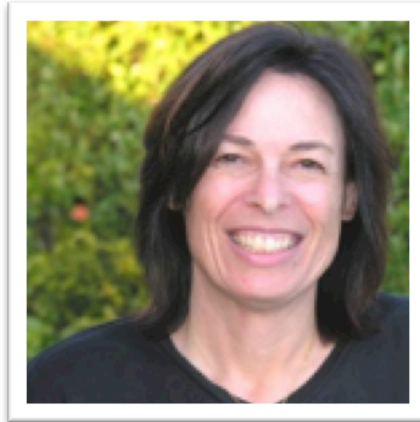
So stick around, everyone! Many of you are already part of this work in one way or another and that's what keeps our community strong. Together, we will keep each other, ourselves, and the older adults around us, nourished in mind, body, and spirit.

Leadership

Our success and growth is due in large part to a dedicated team of Board of Directors, staff, and volunteers.



Jane Mueller
Board of Directors, President



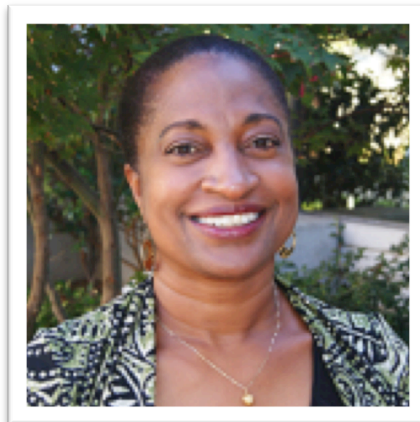
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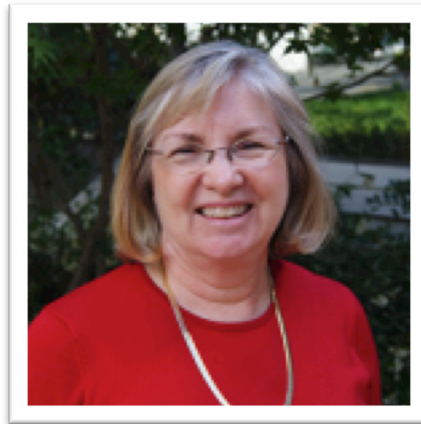


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Board of Directors





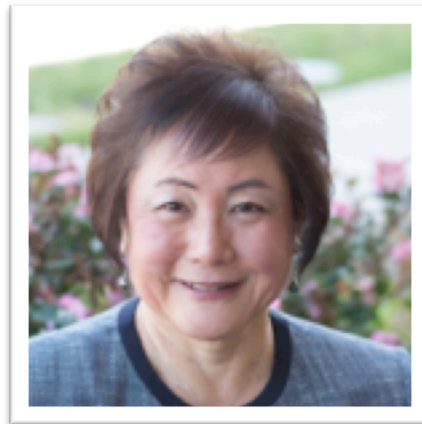
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Board of Directors



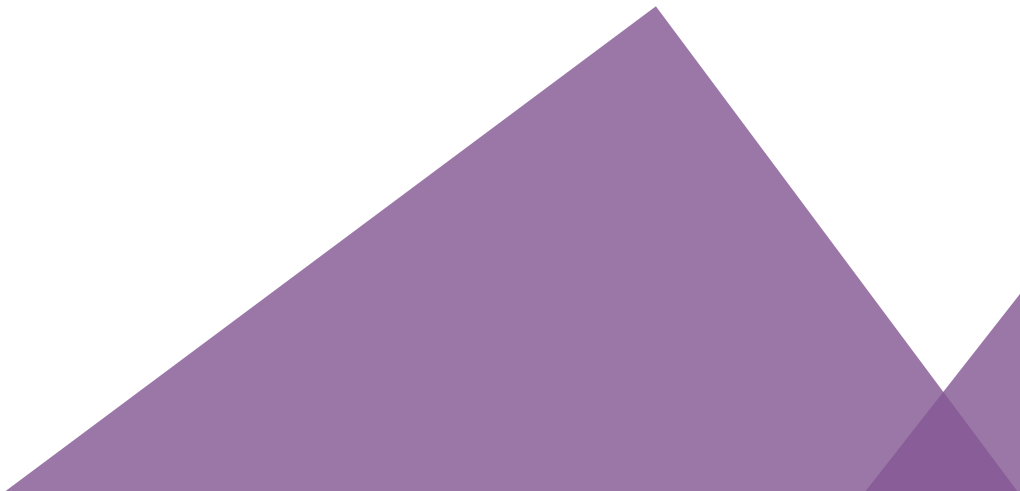
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Board of Directors



Anu Natarajan
Board of Directors



Debra Watanuki
Board of Directors



Be a Part of LIFE

Impressed with all that we do? Then please join us in bringing meals, rides, friends, and strength to our aging neighbors.

Every Dollar Matters

Be assured that all monetary donations are spent wisely and put to good use.

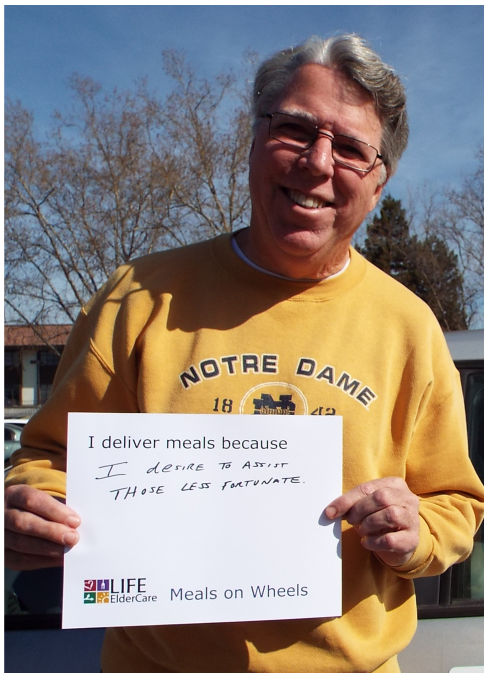
Will you donate today and make life better for homebound seniors?

Donate securely online (one-time or recurring monthly/quarterly/yearly)

or send a check (payable to LIFE ElderCare) by mail:

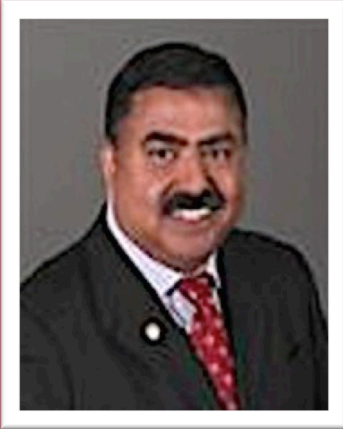
*LIFE ElderCare
3300 Capitol Ave.
Fremont CA 94538*

Volunteers Drive our Work (literally...and figuratively speaking)



Did you know that volunteering will bring you much happiness and help you live longer? It's true -- so come and deliver meals a couple times a month, take someone like Ada to the grocery store, or become friends with someone who has lived a fascinating long life. We will work with your schedule and interests to find the perfect volunteer role for you.

And our hundreds of volunteers, such as Jeboy, LOVE what they do!



LIFE ElderCare volunteers serve elderly within our communities. Many of them pretty much spend most of their time at home. LIFE ElderCare volunteers are the only person often they meet in a day. Without VOLUNTEERS these programs will never materialize. LIFE ElderCare as a non-profit organization demonstrates top notch accountability to volunteers and donors which is very important. And, that is why I am a volunteer as well as a donor.

Jeboy Koshy

Yes! I want to volunteer to Be a Part of LIFE

- Volunteer with Meals on Wheels
- Volunteer to give a ride
- Volunteer in a different way: _____

Please visit our website LifeElderCare.org to learn more, or send in to:

3300 Capitol Avenue, Fremont, CA 94538

Name: _____ Phone: _____

Email: _____

Address: _____

LIFE ElderCare volunteers – we applaud your magical powers. You truly bring magic to so many people.

In fact, this year you brought **29,529** hours worth of magic – valued at **\$857,600.89!!!** That's a whole lot of abracadabras and magic wands.



What's magic is not only the friendship we give to the lonely, but the friendship we receive. It is not only the meals we serve, but the smiles we receive.

We thank each and every volunteer for each and every hour you give. This is true community.

Thank You to All of Our Donors

Thank you for your kindheartedness and compassion, and for caring about the elderly in your neighborhood. You allow us to do our good work, and we are extremely grateful. The following organizations and individuals made grants or donations to LIFE ElderCare between July 1, 2016 and June 30, 2017.

Grants

Alameda County Area
Agency on Aging
Alameda County
Transportation Commission
Cargill Foundation
City Of Fremont
City of Hayward
City Of Union City
Fremont Bank Foundation
May and Stanley Smith
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Meals On Wheels Alameda
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Meals on Wheels America
Niles Rotary Foundation
Pacific Gas and Electric
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The San Francisco
Foundation
Section 5310 Transportation
for Seniors and Disabled
Thomas J. Long Foundation
William G. Gilmore
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An extra special thank you to Dr. George
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John and Cynthia Reak
Joan and Alexander Rendon
Daniel and Suzanne
Rhoades
Vivian and Alexander Rhone
Rising Phoenix, Inc./Fridaze
Clothing
Donald Roach
Robson Homes
Sharon Rodrigues
Vickie Rogers
Martha Rosales
Beverly Rose
Bruce and Purita Roy
Charlotte Rubio
Nancy Ruskin
Mary Ann Russell
Ganesh Sadasivan
Marie Sage
Dipak Saggi
Anne Sales
Hoori Samsami
San Jose Mercury News
Wish Book Fund
San Miguel's Home for the
Elderly
Aimee Olivera Sanchez
Darrell Sandeford
Jayadevi Santhanagopalan
Andrea Schacter
Ida Schafer
Pat Schaffarczyk
Robert Schmidt
Norma Schmitz
Robert Schneider
Mary Jane Schuler
Mary Scott
Betty Seith
Bijendra Sewak

Carol Shadd
Vardhini Shankar
Kathleen Shaw
The Shed Shop
Patricia Sheehan
Antonette and Jay Shellen
Barry Shibuya
Lily Shih
Joginder Sidhu
Suzanne Siegfried
Sea Siew
Mark Silvera
Mary Margaret Sims
Anita Singh
Pedro and Chita Sinon
Marie Smith
Marilyn Smith
Michael Smith
Rose Smith
Cynthia and Douglas
Sojourner
Ramesh and Vijay Soni
Lally Soriano
Jay and Dolores Southard
Mike and Kathie Spencer
Jean Spikes
Sabrina Srader
Mary Steel
Cameron Steele
Jean Steele
Michael Steen
Valerie Stewart
Vijay Syal
Symantec Corporation
Synopsis Employee
Engagement Fund
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Krisana Tantivitoon
Chia Tao
Ann Taylor
Royce Taylor
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Dr. George Tidmarsh
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Richard and Drolene
Tognetti

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Ruth Traylor
Tom Treverton
Evan Trout
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TSG Foundation
Tulasi Sivanesan Tulasidas
Angellica Tulio
Gayle Tupper
Susanne Turner
Bernardita Ubando
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Women
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Carol Vernaci
Beatrice Vieira
Maria Vieira
Vintage Catering
James Wagoner
Robert Walter
Vernon and Cecilia Ward
Linda Wasserman
Cynthia Wasson
Diane and James Watson
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John Weber
Rose Weng
Doris Westbrook
Karen and Eugene Wheatley
Harriet Whitney
Joyce Widya
Eugene Wieckowski
Sharon Wilhelmi
Andrew Wilson
Jacqueline Wilson
James and Bonnie Wilson
Laura Winter
Erica Wise
Lisa Witt
Anny Wong
Arthur Wong
Jack Wong
Pausang Wong

Allison Wood
Workday, Inc.
Maurice Wu
Mabel Xavier
Melvin Yamamoto
Donna and Al Yap
Sirisha Yenigalla
Jovita Yim
Patrick and Irene Yin
Simon and Phylomena Yin
Krystle Zamora
Janet Zook
Gilbert and Cecilia Zucker

(Our apologies for any name inadvertently left off this list. Please contact us so we can update our records).

2017

Annual Report



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(510) 894-0370 | info@LifeElderCare.org

