

ANNUAL REPORT FY 18-19



A Message from LIFE ElderCare

Dear Friends,

If we had to choose a single word to summarize our experiences over the past year, it would be “transformation” – a word that applies equally to the lives of our clients and to LIFE ElderCare itself. Stories shared by LIFE clients often reveal a transformative movement: going from need to sufficiency, from desperation to hope, from isolation to connection.

If you are reading this, you probably already know that we are driven to feed those who are hungry, provide companionship to those who are lonely, coordinate transportation for those who cannot get to the doctor without help, help make homes safer for those at risk of harm, and so much more. We feel lucky to do this work because we are constantly inspired by examples of metamorphosis in the lives of homebound older adults who are enabled to thrive in body, mind, and spirit. We also have the great privilege of working side by side with volunteers who find transformative meaning in giving of their time, even when they otherwise have busy lives.

We want to share some of the frequent evidence of this life-changing power that we hear and read in feedback from members of the LIFE community – clients, family members, and volunteers alike. These are all actual quotes:

“Because of you, my life has become more manageable and less stressful. Many thanks and so much more.” ML

“What would I do without you? I say this many times and wish I could repay you. But for now, let me say a huge THANK YOU for devoting so much of your time delivering meals and caring.” PS

“My 90-year-old father...is fed daily with your diligent and reliable efforts. You have organized an amazing resource for the community, of which you should be proud. Without your kind help, he would not be able to live at home...and he loves being at home!” MD & SD



Dr. Joseph Pritchard
Board President



Patricia Osage
Executive Director

“During these very challenging times, the work you all do continues to bring LIGHT to the lives of the seniors and positive energy to the volunteers, so thank you for all you have done!” MQ & EQ

For 45 years, we have been working hard to optimize the opportunity for good health for homebound elders. While quality medical care is absolutely crucial, of course, it only accounts for 20% of our actual health status. Research now shows that 80% is directly connected to socioeconomic and environmental factors. In other words, exercise, loneliness, financial security, access to nutritious food and transportation, and more have a tremendous impact on health outcomes.

This is why, as an organization, LIFE has continued its own transformation from a provider of specific services in a limited geographic area, to more of a “one-door” agency offering coordinated support to elders throughout Alameda County. If an older adult has insufficient support, we can help them fill in the gaps.

By finding out what really matters to each person, we see the magic of ‘whole-person’ care. We help seniors reach their goals whether it is getting a daily meal delivered, finding ways to socialize despite being homebound, reducing the chance of a bad fall through making simple behavioral changes, or maybe just finding some free kitty litter. We help them get actual access to the resources that allow them the best shot at healthy aging at home

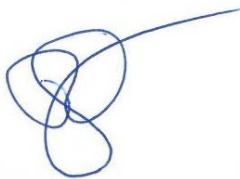
United by our concern for the well-being of the elderly in our neighborhoods and communities, each and every one of you is our partner. Every dollar you give increases our ability to serve. Every time you spread the word, more homebound seniors will find us. Every hour you volunteer brings more positive change to your city. And if you yourself need us, we are here for you.

We really do all need each other at some point in our lives. Here’s to an even more transformational 2020!

With love,



Dr. Joseph Pritchard



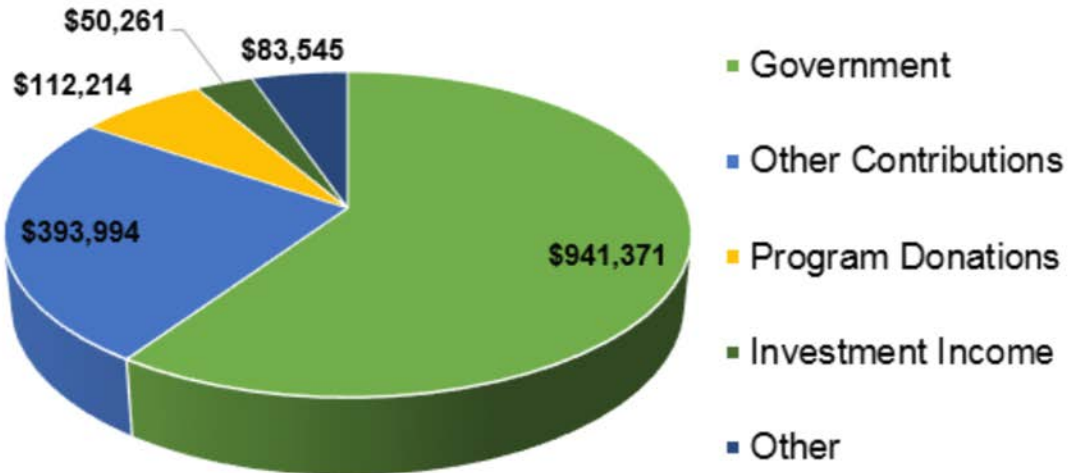
Patricia Osage

LIFE Financial Summary

July 1, 2018 – June 30, 2019

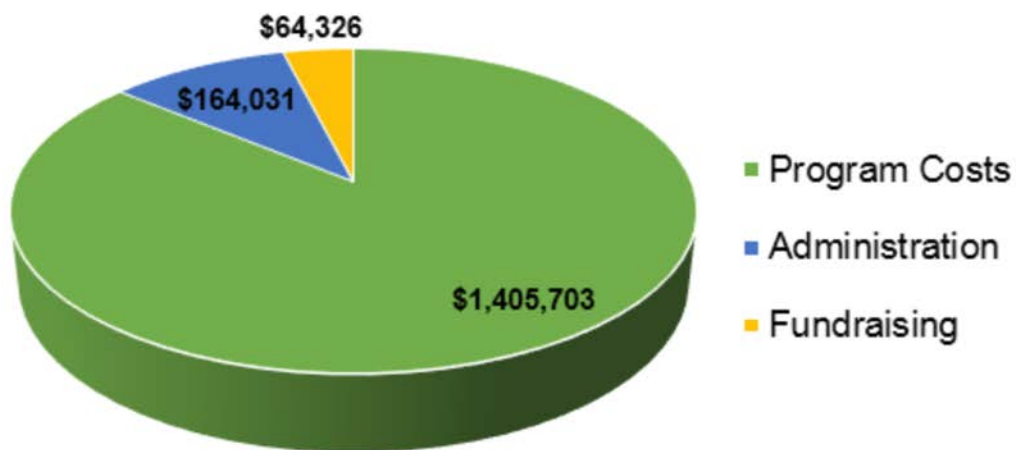
FY 18-19: Revenue by Source

Total Revenue: \$1,581,385



FY 18-19: Expenses by Type

Total Expenses: \$1,634,060



LIFE ElderCare Program Highlights

Every client comes to us with unique needs. LIFE ElderCare's "one-door" approach enables us to identify how we can best help them reach their goals and optimize their health & connection as they age. Here's what we provide:

NUTRITIOUS FOOD: *Meals on Wheels*

Malnutrition severely impacts our ability to fight illness and infection.

- Nearly 5.5 million adults 60+ are food insecure or experiencing hunger
- Malnourished seniors have higher rates of diabetes (50%+), congestive heart failure (60%+), and other illnesses
- Each year, ~\$130 billion in health care expenses are attributable to elder hunger¹



Meals on Wheels provides a healthy meal, friendly smile, and a daily safety check for the most vulnerable homebound seniors. Last year, 234 volunteers delivered 104,799 meals to 636 older adults and disabled residents of Fremont, Union City, and Newark.

¹ <https://www.aarp.org/politics-society/advocacy/info-2019/older-americans-food-insecure.html>

TRANSPORTATION: *Assisted Rides*

Without a steady arm, visual guidance, or other basic assistance, many elders are unable to go to the doctor or shop.

According to a recent survey of LIFE clients:

- 90% said “Finding friends or family to help is difficult”
- 89% said “Public transportation is hard to use”
- 73% said they “Probably wouldn’t have taken the trips without LIFE ElderCare’s Transportation services”



Our compassionate, trained drivers provide “door-through-door” transportation to help seniors complete essential errands safely. Last year, 87 drivers provided 7,809 rides to 558 clients.

SOCIALIZATION: *Friendly Visitors*

Without meaningful human connection and regular contact with others, our physical, mental, and emotional well-being suffers.

- 43% of seniors feel lonely on a regular basis
- There is a 45% increased risk of mortality in seniors who report feeling lonely
- Loneliness is as damaging to health as smoking 15 cigarettes a day and *more* damaging than obesity²



A weekly visitor makes all the difference. Last year, 138 homebound elders met with caring volunteers for 4,729 hours. 1,533 friendly phone calls were also made.

² <https://www.hrsa.gov/enews/past-issues/2019/january-17/loneliness-epidemic>

STRENGTH & SAFETY: *Fall Prevention*

Frailty, mobility issues, or illness can increase an elder's risk of injury due to a fall; but falling is NOT a normal part of aging.

- 1 in 4 seniors 65+ falls each year – but less than half of them tell their doctor
- Every 11 seconds, a senior is treated in the ER due to a fall; one dies of a fall every 19 minutes
- The total cost of fall injuries may reach \$67.7 billion by 2020³



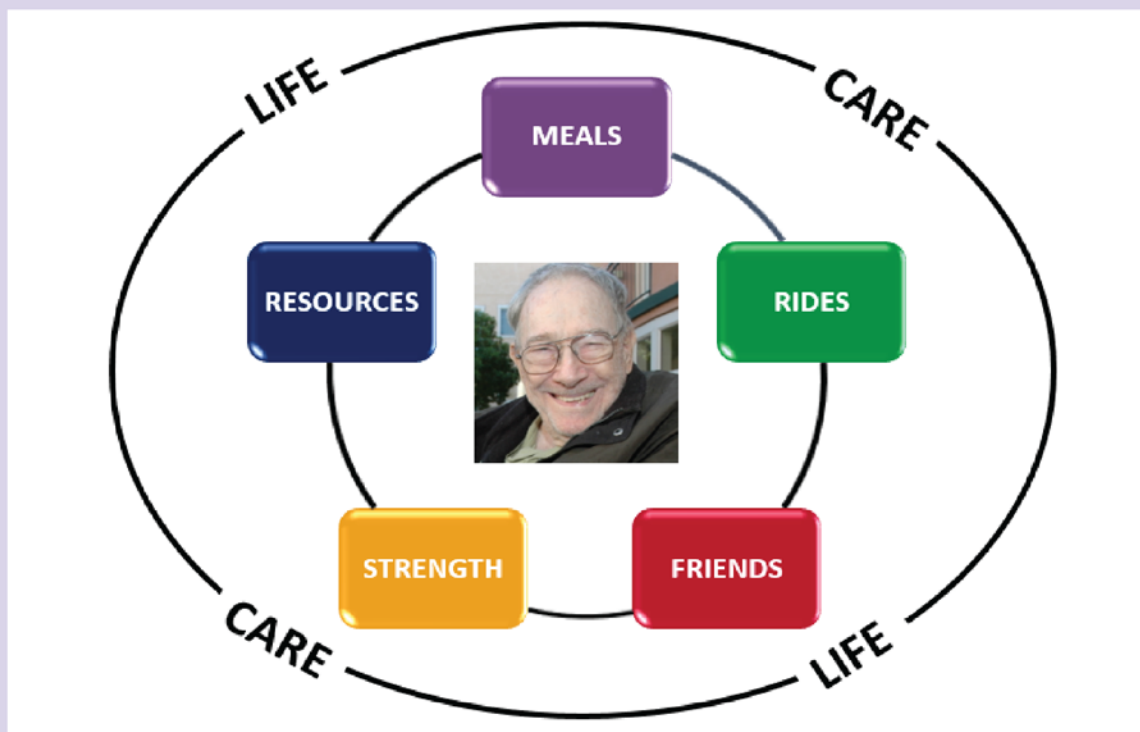
Our fully evidence-based program uniquely provides fall prevention services *at home*. Last year, we were able to provide 442 at-risk elders with exercise, medication reviews, minor home modifications, and education.

³ <https://www.ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts/>

HELP FINDING SERVICES: *Care Coordination*

Many seniors struggle with complex challenges that can impact their physical and emotional well-being but don't know where to turn.

LIFE ElderCare's whole-person approach addresses all aspects of support. Our Care Coordinators connect clients with additional resources or initiate a "warm hand-off" to partner agencies. **Last year, our case managers spent 1,939 hours helping 183 clients.**



Profiles of LIFE – Transforming a Client’s Outlook

What impact do LIFE ElderCare services have on the seniors we serve? We’d like to share the story of Ms. T, a Mandarin-speaking client who was desperately in need of support.

When our team first met her, 85 yo Ms. T was so depressed and isolated she told the nursing students that she was just waiting to die. Even though she had a walker, it was difficult for her to move around her house, and she would actually crawl in and out of her tub because she was so afraid of falling.

But Ms. T initially did not want our help and asked the team not to return. Luckily, we were able to persuade her otherwise. On the 2nd visit, one of the students played a song on her piano and she brightened. Turns out Ms. T used to be a piano teacher and this connection helped her start opening up.

On the 3rd visit, Ms. T played the piano for them. She also allowed us to install a grab bar, transfer bench, and elevated toilet seat with handrails to reduce her risk of falling in the bathroom.

When she opened the door on the 4th visit, Ms. T was a changed person. She was clean and had dressed up and put on make-up. She



welcomed the students with a big smile, telling them that they had brought her much joy. She was now willing to receive additional support so we matched her with a Friendly Visitor who has continued to meet with her regularly.

LIFE services truly helped transform Ms. T's life. The Fall Prevention team took the time to listen and establish trust, and as a result, Ms. T is now happier, more engaged, and much safer in her home.

Profiles of LIFE – Grateful Client Turns Volunteer

When John returned to his home after undergoing foot surgery, his mobility was severely impacted. He realized that he would not be able to take care of himself without support and reached out to LIFE ElderCare. We were able to enroll him in Meals on Wheels that very day. When we stopped by to deliver a meal, we realized that John needed other services too. So we signed him up for twice-weekly assisted rides that allowed him to get to his follow up appointments and therapy sessions.

Our services enabled John to focus on his recovery. He so appreciated the help we provided – and the fact that we didn't charge anything for it – that he vowed to become a LIFE ElderCare volunteer when he was feeling better.

John made good on that promise and became one of our most dependable volunteers. He's always ready with a smile and steady arm to assist clients that need a little bit of help to get their errands done.



Leadership – Our Board of Directors

We are truly grateful for the guidance and support of our Board of Directors, staff, and volunteers. Our growth and success is a reflection of their dedication to charting a path forward as LIFE ElderCare becomes a one-door service provider for older adults in need throughout Alameda County.



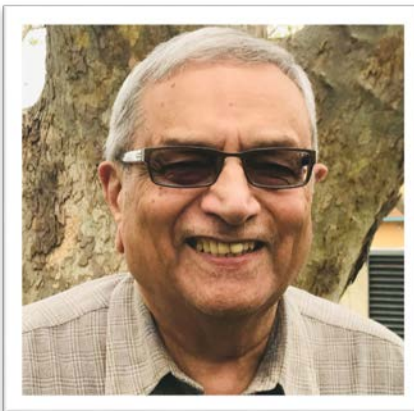
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Board of Directors
President



Beth Hoffman
Board of Directors
Vice-President



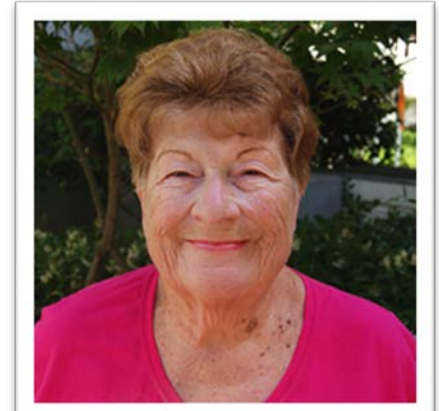
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Board of Directors
Treasurer



Ashok Desai
Board of Directors
Secretary



Roland Chow
Board of Directors



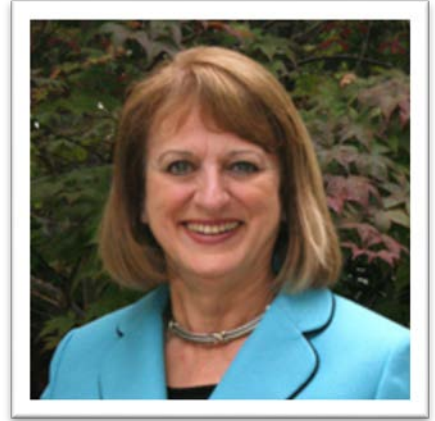
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Ruth Liu
Board of Directors



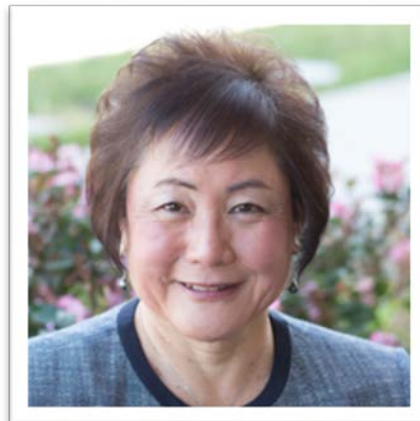
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Debra Watanuki
Board of Directors



John Zubiena
Board of Directors

Advisory Board

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- Dr. Ray Grimm
- Anu Natarajan
- Kerrilyn J. Ely

We Love Our Volunteers



LIFE could not run without our amazing team of volunteers.

We are grateful for the time they contribute to make life better for older adults. Whether they are delivering meals, providing assisted rides, or visiting, our volunteers inspire us time and time again.

Last year, LIFE volunteers donated a total of **26,662** hours – the equivalent of almost a million dollars! Yet truly, the value of these people is priceless, a compelling illustration of just how much we can accomplish when we work together.

Looking for a meaningful and flexible volunteer opportunity? Join us to bring joy to an older adult.

Please visit LifeElderCare.org/volunteer to learn more & sign up.

Help Us Help Older Adults in Your Community

LIFE ElderCare's mission is to empower the aging to live with independence *and* interdependence by nourishing mind, body, and spirit.

We believe:

- No senior should go hungry, suffer from loneliness, or lack transportation assistance;
- Falls, and their often tragic consequences, are preventable;
- Community members enrich their own lives when they join us in fulfilling our mission;
- Every senior should have access to quality health and human services;
- Every senior has the right to thrive and age in the place they call home.

Our work brings **joy** and **comfort** to elderly neighbors who may be struggling with health issues, limited mobility, and isolation – and it has the power to fundamentally transform the lives of those we serve.

Be part of this transformation! The need is increasing every day and every dollar matters. Help us continue the work we do by partnering with us – your support makes all the difference.

[Donate securely online](#) one-time or recurring

OR send a check to:

**LIFE ElderCare
39055 Hastings Street, #208
Fremont, CA 94538**

In Recognition of Our Generous Donors

We are moved and humbled by the tremendous support that pours in from the community in service of homebound seniors throughout Alameda County. They depend on us for support just as we depend on you.

We would like to recognize the following organizations and individuals for their contributions to LIFE ElderCare made between July 1, 2018 and June 30, 2019. Thank you for your continued partnership:

1st United Methodist Church	Guadalupe Arroyo	Breianna Bowen
Shelley Abbate	Artistry Salon	Stephen Bratt
Victoria Abele	Sally Askin	Dr. Syed Waseem and
Joelyn & Frank Ackerman	AT&T Employee Giving	Shehnaz Brelvi
Tami Adams	Albert & Marsha Badella	Kathleen Briscoe
Pushpa Agarwal	Nina Bainer	William & Diana Briscoe
Kim Agasaveeran	Tarsem & Harinder Bains	Cheryl Bryan
Josephine Agbowo	Kelly Baker	Roberta & Lynn Bryant
Agcaoili, Arnaldo	Nayak Balakrishna	Erwin Budiman
Jose & Leticia Aguirre	Rita Balcorta	Phillip & Jenny Buehler
Alameda County Area Agency	Donna Baldwin	Maria Buffum
on Aging (AAA)	Darlene Balugo	Nonna Bundac
Alameda County Health Care	Bibi, Kazemi & Mohammed	Larry Bunn
Services Agency	Banie	Elaine Burris
Alameda County	Bank of America Matching Gift	CA Department of
Transportation Commission *	Sharon Barowsky	Transportation
Alameda County Water	Stacey Barrie	CSEA Retiree Council 5031
District	Kay Bauer	Ida Cabrera
Richard & Donna Alexander	BD	David Caeton
Salvador Alonso	Sandra Bell	CalTrans / Section 5310
Alpine Heating & Air	Benevity Community Impact	Veronica Calzada-Vazquez
Conditioning, Inc.	Fund	Teri Campbell
Alternative Mortgage Sources	Carol Benson	Pamela Caneva
Jitendra & Ranjana Amin	Sarah Bentley	Lolita Capiral
Ruqaiya & Huma Amir	Marilyn Berens	Alanna Carbis
Janice & Roger Anderman	Mahendra & Varsha Bhakta	Cargill Salt
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Irene Andersen	Denise Billings	Joseph Carrick
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Gloria & Carlos Arce	Goldie Margaret Bond	Jagjivan Champaneri
Savitri Arora	Donna Boomershine	Alfred & Mei Chan

Margaret Chan	Alvin & Caryl Dockter	Fremont Morning Rotary
K.B. Chaudhri	Michelle Doherty	Foundation
Donald & Linchuan Cheung	Steve & Margie Dolim	Walter Fritz
Shuk Ying Cheung	Dominican Sisters of Mission	Gloria Gaisford
Steve Cheung	San Jose	Douglas Galloway
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Michael Citta	Lucrecia & Marciano Duterte	Barbara & Pete Goodier
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City of Hayward *	Daniel Eberle	Google Inc
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City Of Union City	Kal Elia & Gini Gustafson	Mary Grade
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Harriet Commons	Epsilon Sigma Master Chapter	Ajit Gujar
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Marian Cresta	James & Sharon Filippi	John Hatten & P. Kay Hille-
John & Linda Croft	Creeda Fischer	Hatten
CSAA Insurance Services Inc	Philip & Janet Flanner	Joan Henry
Elaine Culverwell	Rose Fletcher	Jean Hernandez
Vinh Dang	Kym Flores	Ofelia Herrera
Jo Ann Dankwardt	Jeffrey & Paula Floro	Hewlett Packard Enterprise
Margie Davis	Alicia Forbes	Lynette Hiebert
Linda De Launay	Elbert & Christine Ford	Vance & Clarice Hill
Michael De Unamuno	Wallace & Valerie Ford	Nancy Hinh
Monique Demartini	Aileen Fox	Maria Ho
Valerie Dews & Kathie	Marty & Joseph Fraga	Nan Ho & Gary Miner
Spencer	Lisa Fraga-Ramos	Rainer Hochhalter & Ronald
Ashwani & Sunita Dhar	Joan Fragus	Pummer
Joan Dible	David & Mellicent Fraticelli	Don & Alice Hohl
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 Jovita Yim
 Zenith Insurance Company
 Ellen Zhou
 Gilbert & Cecilia Zucker

*We apologize for any name
 inadvertently left off of this list.
 Please contact us so we can
 update our records.*

* Measure B/BB Funding

** Measure A Funding

***“LIFE ElderCare is a shining
 light in a tough world and a true
 inspiration in the community.”***

**June 2019: LIFE recognized as an “Inspirational
 Luminary Caregiver” by Masonic Homes of CA**



FY 18-19 Annual Report



Connect With Us!

(510) 894-0370

info@LifeElderCare.org

www.LifeElderCare.org

