



ELDERHEALTH
N O R T H W E S T

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ANNUAL REPORT



ElderHealth Northwest in 2008
An annual report to the community

MISSION

ElderHealth Northwest is dedicated to enhancing the quality of life for frail elders and people with chronic or terminal illnesses and disabilities. We respect the dignity of our participants and provide for them with care and compassion.

We are committed, through our program of health and social services, to the independence and well-being of all participants and to providing respite for caregivers.

Vision

ElderHealth Northwest is working toward a future where adults with serious illnesses or disabilities can be supported in the community rather than living in isolation or needing to resort to institutional care.

ElderHealth Northwest started in 1976 as a grassroots organization responding to the real need in the community for care options for frail elders. We've helped thousands of people live healthier and fuller lives.

ElderHealth is recognized nationally as an innovative leader in adult day health care and supported living homes. We've received accolades from **The Robert Wood Johnson Foundation**, the **National Adult Day Services Association**, and the **Washington State Housing Finance Commission**, to name a few.

Over the past 10 years, we've launched specialized adult day health programs for persons with memory loss, acquired brain injury or developmental disabilities. We've opened nationally-acclaimed supported living homes for persons with Alzheimer's, grown our in-home services and volunteer companionship programs, and launched a community mental health program.

ElderHealth is registered with the State of Washington as a non-profit with 501(c)(3) status.

Message from the Leadership

In 2008, ElderHealth Northwest continued its mission of enabling small miracles to happen. We made great progress toward a future where adults with serious illnesses or disabilities can be supported in the community rather than living in isolation or needing institutional care.

We expanded adult day health programs for underserved populations—including people with an acquired brain injury and those with developmental disabilities and reached more elders and individuals in rural areas, such as northern Snohomish County.

Our homecare program continued its steady growth, as did ElderFriends, our volunteer companionship program for isolated elders. Gaffney House and Buchanan Place, our two supported living residences, continue to gain recognition—locally and nationally—as humane, attractive and efficacious care models for supporting people with dementia.

ElderHealth's expansion during these troubled economic times is the result of our dedicated staff and broad base of community support. This year the Taproot Foundation selected us to receive a grant, and assembled a panel of experts to help us examine and focus our core values and mission. We learned much about ourselves and what we share, including:

- **PERSEVERANCE:** Never give up on people.
- **IDEALISM:** Believe it is possible for everyone to find joy in life.
- **AWARENESS:** We recognize that sometimes every small achievement is a small miracle.
- **HOLISM:** We understand the mind, body and soul equation and how it is core to our mission.

As 2008 came to a close, our values were put to the test when Governor Gregoire's proposed budget attempted to eliminate State funding for all adult day health programs throughout the state. We rallied and lobbied our legislative bodies, successfully avoiding a complete elimination of funding, and then, through the courts, had services reinstated.

Recognizing our resolve, our supporters turned out in record numbers to fundraise and volunteer in our programs. This is no small achievement and is certainly a small miracle.

We know we can't do it without you, and we are eternally grateful for your dedication to our mission.



Joshua Brower
President, Board of Directors



Nora Gibson
Executive Director

PROGRAMS



ADULT DAY HEALTH AND DAYBREAK SENIOR RESPITE

Provided 87,144 days of service, a slight increase over 2007.

ELDERFRIENDS

Volunteer companions made 2,040 visits to isolated elders in their homes and contributed over 4,000 hours of service.

GAFFNEY HOUSE AND BUCHANAN PLACE

These supported living homes provided specialized dementia care to more than 26 long- and short-term residents.

ELDERHEALTH AT HOME

Every month, over 11,000 hours of in-home services were provided to over 175 clients.

AS PART OF THE KING COUNTY DEMENTIA PARTNERSHIP PROJECT,

ElderHealth provides *Memory Care and Wellness Services* (enhanced day care for persons with dementia) at our South Seattle adult day health center. The project links ElderHealth with Evergreen Mental Health and the Alzheimer's Association for caregiver counseling and care consultation.

GET ACTIVE PROGRAM

Serves hundreds of developmentally-disabled adults throughout King and Snohomish Counties. A spin-off program, Therapy, Integration, Mobility and Education (TIME), provides individualized activities for participants less able to work in a group setting.



HEADS UP PROGRAM

Adults with acquired brain injury attend specialized adult day health programs in King and Snohomish Counties. We strive to foster independence, responsibility and integration into community life.



WHO WE SERVE



1,400 individuals served last year

HEALTH STATUS

On average, three diagnoses per client

- 100% Chronically or terminally ill or disabled
- 25% Alzheimer's
- 35% Mental illnesses
- 45% Stroke, brain injury or developmental disability
- 30% Other chronic or terminal conditions

AGE

Range from 19 to 104. Median age 65.

INCOME

97% Low-income

ETHNICITY

- 71% Caucasian
- 17% African American
- 7% Asian or Pacific Islander
- 2% Hispanic or Latino
- 1% Native American
- 2% Other

VOLUNTEERS



Volunteers donated nearly 26,000 hours valued at \$525,000, including invaluable contributions from the Lutheran Volunteer Corps, Jesuit Volunteer Corps, AmeriCorps and AmeriCorps*VISTA.

Volunteers help with group activities, lead exercise groups, clean, sew clothing protectors, represent us at health fairs, deliver holiday meals, provide companionship, advocate for elders and much, much more.

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- University of Washington
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- Wales Fellowship program

Work Opportunities

SERVICE PROJECT PROVIDERS

- The Boeing Company
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- Happy Campers
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- Starbucks, University Way
- TeaHouse Kuan Yin
- Trophy Cupcakes
- Many Generous Individuals

VOLUNTEERS



Amy, a volunteer with ElderFriends, knew right away that something was wrong when she called her elder friend Frances to discuss plans for the weekend. Normally quick-witted and conversational, Frances described feeling terrified but could not explain why. After visits from Amy that night and the following morning, Frances agreed to go to the hospital where she was told she had suffered a recent stroke. Because of the relationship formed through ElderFriends, Frances received urgently needed medical care and had a trusted friend advocating for her in the emergency room and during her hospital stay. Now back at home, Frances is looking forward to her continuing recovery.

“Elderhealth Northwest has been one of our strongest community partners over the years. Seattle University students have provided blood pressure screenings, redesigned space and developed blue prints for new space plans, learned to advocate for elders and adult day health, documented the clients and staff at ElderHealth through pictures, and the list goes on. Our students, faculty, and staff understand the need for this vital work.”

—Victoria Rucker

Associate Director
Seattle University
Center for Service
& Community Engagement

ElderFriends volunteer companions made over 2040 visits to 150 isolated elders and delivered 60 Thanksgiving dinners and 65 Valentine's Day treats.



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TINA, JOHN & ANTHONY PIZZANO
Beverly Pizzano

IDA RABB
Glynn M. Sewer

BUNNY REILLY
Kathy & Tim Reilly

BEN ROBEL
Lisa Bergstrom & Rush Green
Celeste Hoyt
John Hoyt

SUSAN ELIZABETH ROGERS
Linda Rogers

PATRICK HENRY RYAN
Shelia R. Morrison

RUTH SATTERBERG
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Beatrice Wanichek

FRANK WARD
Wedgwood Cooperative Preschool

NICHOLAS WARD
Jeanne Hall
Melissa Leyva-Brown
Linda McKennon
Jean Ward

HARRY W. WATSON
Sylvia A. Watson

Our holistic approach and exceptionally dedicated staff allow us to deliver extremely efficient care, which means your donation helps more people stay in their homes (and out of institutions and hospitals) while maintaining their dignity.

We have attempted to create a complete and accurate list of the individuals, organizations and companies who support ElderHealth Northwest. To correct omissions or other errors, please contact Rosemary J. Coleman at (206) 467-7033, rosemaryc@elderhealth.org.

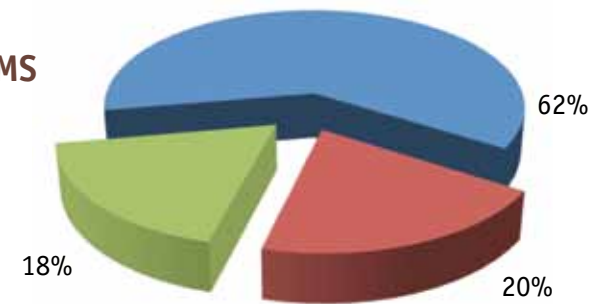
FINANCIALS

ElderHealth Northwest ended 2008 with expenses exceeding revenue by \$311,011. Expenses reflect 90 cents out of every dollar going directly to programs and services.

Our audited financial statement is available upon request.

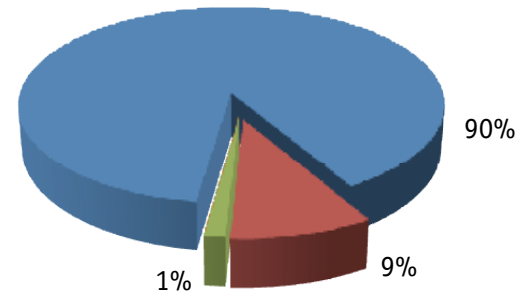
REVENUE \$9,098,960 EXPENSES \$9,409,971

EXPENSES BY PROGRAMS



■ Adult Day Services ■ Supported Living ■ Homecare & ElderFriends

FUNCTIONAL EXPENDITURES



■ Program Services ■ Management General ■ Fundraising

ElderHealth provides fiscally prudent solutions to long-term care needs for the most vulnerable members of our community: those who are frail and low-income.

RECOGNITION

The Washington Association of Housing and Services for the Aging (WAHSA) granted ElderHealth Northwest its **Excellence in Practice** Award in recognition of our “superior achievement throughout the continuum of aging services.”

WAHSA also awarded ElderHealth Board member Joshua Brower the **Trustee of the Year Award** for his significant contribution to the well being of the elderly and outstanding leadership to ElderHealth and the community at large.



Joshua Brower

The **Taproot Foundation** awarded ElderHealth Northwest a *Key Messages & Brand Strategy* service grant (\$55,000 value). Some of the key messages developed by the pro bono team can be found within this annual report.



Tiffany Hammer

Photo: Tom Reese

Seattle University alum Tiffany Hammer came to ElderHealth Northwest as an AmeriCorps*VISTA volunteer and was subsequently featured in *Seattle University Magazine*. The article “Changing Lives” explores the institution’s tradition of public service. ElderHealth is grateful to Seattle University students

and staff for their ongoing contribution of community service.

A **StoryCorps** team recorded interviews with a dozen participants at our adult day health centers. Some of the interviews are catalogued at the American Folklife Center of the Library of Congress.

The Associated Press ran the story: **“Adult day care gives caregivers a break: Services range from providing medical care to recreational activities.”** The story features ElderHealth and was picked up nationally by media outlets such as MSNBC.

“Lasting love isn’t easy” is the title of a February 2008 story in Everett’s *Herald*. The article features Chester and Arlene Grimm, participants at one of ElderHealth’s adult day health centers, who would soon be celebrating their 50th anniversary. At the time, four octogenarian couples were attending the center. Chester and Arlene are featured on the cover of this annual report.

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and 211
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employees.