



# Annual Report FY 2015-2016

**Meals on Wheels • Friends  
Assisted Rides • Fall Prevention**



# LIFE ElderCare



**Patricia Osage**  
Executive Director



**Kim Agasaveeran**  
Board President

Around the world right now there is turmoil caused by conflicts and persecution. However, if you ever start to feel despair, come to the back parking lot of Fremont City Hall on a weekday at 10am and just watch. Over the space of 30 minutes, the lot fills with people. Every day you'll see a different group; they greet each other, talk and laugh, and then, as a team, they unload dozens of the blue coolers and get them sorted out and into the right cars. Then they're gone – out to deliver hundreds of hot meals to at-risk seniors in Newark, Fremont and Union City.

This sight is both basic and miraculous. It is a daily act of selfless service with no expectation of fame and >2 million Americans pitch in every day the same way across the country. THIS is what upholds us in tough times. The simple act of delivering a healthy midday meal, and a smile, to an elder who really needs both is making massive positive change. Here's what is known as fact: A senior can get Meals on Wheels for 1 YEAR for the same cost as 1 DAY in a hospital. And seniors who are nourished are significantly less likely to have unplanned hospitalizations. This stuff is important. It shows Meals on Wheels as a clear public-private partnership saving billions in tax dollars by keeping vulnerable elders out of costly healthcare settings.

But what the seniors know is different. They know someone still cares about them enough to bring a free well-balanced lunch if they are poor or frail. They know they feel better. In fact, 82% of them say Meals on Wheels makes them feel healthier and 90% say it also makes them feel safe and secure. They know that when someone is concerned enough to ask after their health, or helps them bring the meal to their kitchen table if they use a wheelchair or walker, that they have a safety net. They know they are not alone. **That is why LIFE ElderCare exists.**

It is why, in addition to Meals, we also provide Friendly Visitors to visit each week, Fall Prevention that really works, and rides with help at the destination for those who have no one else.

Many thanks to all who have taught us to believe through your kind support, your generous time and donations, and your love. Be well. And remember: when in doubt, just come over here and bear witness to the certitude that this world is, in fact, a good one.



Patricia Osage, *Executive Director*



Kim Agasaveeran, *Board President*

# WITH YOUR HELP, *see what we can do!*

## At LIFE ElderCare, we believe...

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



Therefore, we offer free, simple and important services for seniors who prefer to remain living at home.

LIFE connects people with each other and with basic services that solve complex, expensive problems. As the population ages, the need is growing and our goal is to meet that need fully. With all of your support – as donors, advocates, and volunteers – we are ready to go!

**LIFE ElderCare helps our elderly neighbors not only “age in place”  
but *flourish in place*, too.**



## MEALS ON WHEELS...

*because our elderly neighbors need to eat nutritious food to stay healthy.*

And it's always delivered right to their door with a smile. It's food PLUS a safety check PLUS a bit of caring, warm contact. And twice a year we do a more in-depth meeting and make linkages to other social services as needed. That way this vulnerable population never slips through the gaps.

LIFE volunteers delivered 108,006 meals in 2016, staving off hunger and loneliness for 763 of our Tri-City neighbors.



***"We eat healthier now than when I was cooking."***

*Sally and Pedro, Meals on Wheels clients*



# VIP RIDES...

*because everything is at stake when “I should see a doctor, but I’m afraid I’ll get lost” is the issue.*

**Our trained drivers bring frail and disabled residents to and from their appointment or shopping.** They provide destination assistance for those with vision, mobility, cognitive or other issues and who have no one else to help. It’s called “door-through-door” transportation.

In 2016, VIP Rides gave 6,973 rides to 683 elderly clients, getting them to doctors and grocery stores, and making their lives just that much easier.



*“Thank goodness for VIP Rides, or we wouldn’t make it to our doctor’s office.”*

Maria and Lazlo, VIP Rides clients

## FRIENDLY VISITORS...

*because loneliness leads to poor emotional health and physical health.*

### **We are the matchmakers for friendships.**

Compassionate volunteers and an elder spend one-on-one time together playing games, taking a walk, sharing stories, or talking on the phone. Lifetime friendships develop that are meaningful for both volunteer and senior. Our Friendly Visitor Program is also culturally sensitive for LGBTQ elders, who have even higher rates of isolation due to decades of discrimination.



In 2016, these good friends spent 7,255 hours together and talked on the phone 4,907 times.

***"Sam has become my family.  
I cherish our weekly visits."***

*Bobbie, Friendly Visitor client*



# Fall Prevention

## FALL PREVENTION...

*because falls are the #1 reason seniors end up in the ER.*

**Falling is not a natural part of aging, and our program helps prevent it.** Nursing students visit the senior's home, teaching exercises, reviewing medications, and suggesting basic home safety modifications such as removing rugs or installing bathroom grab bars. All together, these changes make an enormous difference in preventing falls.

Last year, 220 seniors decreased their risk of injury through falls, and now feel safer in their homes.

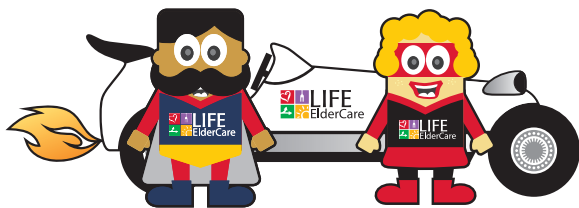


***"Look how much stronger I am since I started exercising."***

*Seema, Fall Prevention client*

# OUR VOLUNTEERS *love what they do!*

**LIFE ElderCare** is proud that our work is powered by hundreds of community volunteers. They are a dedicated bunch, and are our Superheroes.



563 super community volunteers spent 37,577 hours delivering meals with a smile, driving to appointments, and happily visiting a new friend. This equals \$1,109,297!!







# BE PART OF LIFE!



***Volunteer***

***Donate***

***Connect***

**Tell your  
elderly  
neighbors!**



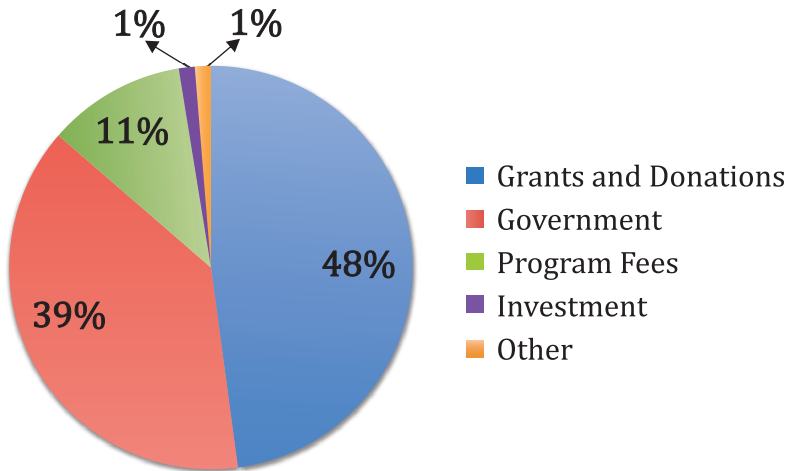


# FINANCIALS

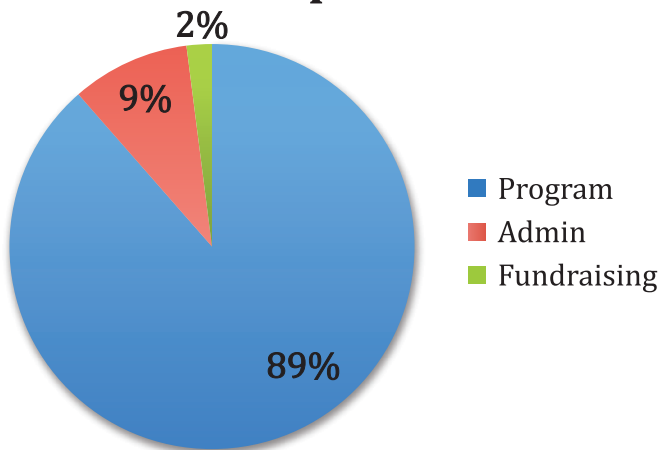
(July 1, 2015 - June 30, 2016)

**Budget**  
**\$1,074,155**

## Income



## Expenses



# THANK YOU *to our Donors*

We are thankful beyond words for each and every individual, business, government agency, and organization that recognizes the value of caring for the seniors in our communities. More than 670 supporters kindly donated to LIFE ElderCare in FY2015-16, allowing thousands of elders to age with more health and happiness, and with less worry about loneliness, rides, falling, and where their next meal will come from.

## Angel Donors:

Ron Adamson	May & Stanley Smith Charitable Trust
Alameda County Area Agency on Aging	Meals On Wheels Alameda County
Alpine Heating & Air Conditioning, Inc.	Mean Well USA
Coree Burnett	Niles Rotary Foundation
Cargill Salt	Nonprofit Suite
City Of Fremont	One Church
City of Hayward	Pacific Gas and Electric Company
City of Newark	Premier Auto
City Of Union City	Elizabeth Quintal
East Bay Foundation on Aging	Kollivakkam Rahavan
William Fidelholtz	Rising Phoenix, Inc./Fridaze Clothing
Doug Ford	Robson Homes
Lisa Fraga-Ramos	Kathleen Russell
Joe and Marty Fraga	Jayadevi Santhanagopalan
Dora Glover	Norma Schmitz
Edgar and Inger Hansen	Lily Shih
Keith and Toby Harter	Shirdi Sai Parivaar
Horizons Foundation	Temple Sinai
Indo-Americans for Better Community	The Thomas J. Long Foundation
Shu-hui Jeng	George Tidmarsh
Kaiser Permanente Foundation	Robert Walter
King Family Foundation	William G. Gilmore Foundation
Ruth Liu	Lisa Witt
Dr. Dianne Martin	Natalie Zarchin

**Special THANKS to our dedicated, committed, and hard-working Board of Directors. You truly make a difference in our community.**

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