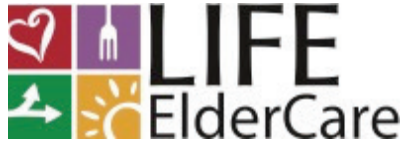


**Meals on Wheels. Friends.
Assisted Rides. Fall Prevention.**



Annual Report FY 2014-2015

Dear Friends,

Free and accessible elder care for those who need it is part of a strong social justice system, and so we are honored to be part of an organization that does just that. Most of those we serve have worked hard their whole lives. They shouldn't have to scrimp on medicine now in order to pay their rent. They shouldn't have to eat dry cereal because arthritis in their hands makes it painful to cook, or skip doctor visits because they have no family left to help them.

LIFE connects people with each other. And LIFE connects people with basic services that prevent and solve complex, expensive problems. The need is growing tremendously as our demographic ages. Our goal is to scale up as much as necessary to meet that need head-on with the same high quality, warm, personal approach we've been using for 41 years.

Making sure our neighborhoods are healthy means assuring that all older adults, regardless of income, stay nourished and safe. It means assuring they can easily get help going grocery shopping or to a medical appointment. And it means that older adults are genuinely connected to - and nested within - our community.

Because of the LIFE army of volunteers, its committed staff, and people like you, South and Central Alameda County are far healthier places in which to grow old.

If you haven't yet, join us in this good work in whatever way you can: Donate, volunteer, give an elderly neighbor our phone number, or become an ambassador for the mission.

Thank you for making our neighborhoods places where we can feel good about aging!

With gratitude and hope,
Patricia Osage, Executive Director



Kim Agasaveeran, Board President



What a wonderful LIFE

So what is LIFE all about? A mighty question indeed. We're about serving the frail elders – and some disabled non-seniors - who live alone or simply don't have the help they need to thrive at home.

A recent AARP study showed *most people want to age at home* where they feel most comfortable. There's nothing inherently wrong with a skilled nursing facility, but you usually can't bring your cat or your favorite couch and you definitely can't bring the wonderful sense of familiarity that comes with years of waking up in your own space.

LIFE ElderCare makes sure they not only can “age in place” but flourish in place, too.

New in 2014

This year we proudly welcomed Lavender Seniors to the family of LIFE ElderCare programs. Since 1994, this much-needed program has fostered a sense of belonging for all LGBTQ older adults throughout Alameda County.





Meals on Wheels... because our elderly neighbors need to eat nutritious food to stay healthy.



We make it easier by bringing healthy food right to their home. Just as important, a volunteer makes sure they're doing ok, and... the homebound get at least one friendly face to see that day. It's nutrition PLUS – food and an in-home psychosocial evaluation twice a year, so nobody falls through the cracks.

LIFE volunteers delivered 102,439 meals in 2015, staving off hunger and loneliness for 998 of our Tri-City neighbors.

“How do we look so great at 98 and 95? It's the healthy food from Meals on Wheels!” – Nick and Beverly



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 volunteers bring the frail and disabled to and from their appointment or shopping, and along the way provide assistance such as getting into the car, finding the office, filling out paperwork, and reaching items on the top shelf.

In 2015, VIP Rides gave 5,326 rides to our elderly clients, getting them to doctors and grocery stores, and on the way to better health.



“I don’t know what I would do without Rides. That would be just awful! I would be stuck at home and couldn’t get to the doctor.”

Doris, VIP Rides client



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



We matched 155 new friends in 2015, and witnessed many previously lonely elders blossom. Compassionate volunteers and an elder spend one-on-one time together playing games, taking a walk, or sharing stories.

We added a culturally sensitive Visitor Program for LGBTQ elders, who have even higher rates of isolation due to decades of discrimination.



"Seeing Mohini be more and more lively is so wonderful." Pooja, Friendly Visitor volunteer for Mohini



Fall Prevention ... because falls are the #1 reason seniors end up in the ER and in nursing homes.

Falling is *not* an inevitable part of aging, and our in-home program helps prevent it. Simple things like exercise, medication review and basic home safety modifications such as better lighting or grab bars - installed professionally - make an enormous difference in preventing falls.

After completing our Fall Prevention program, 94% of the participants reported that they learned how exercise, their medication, home environment and general well-being contributes to decreasing their risk of injury through falls.

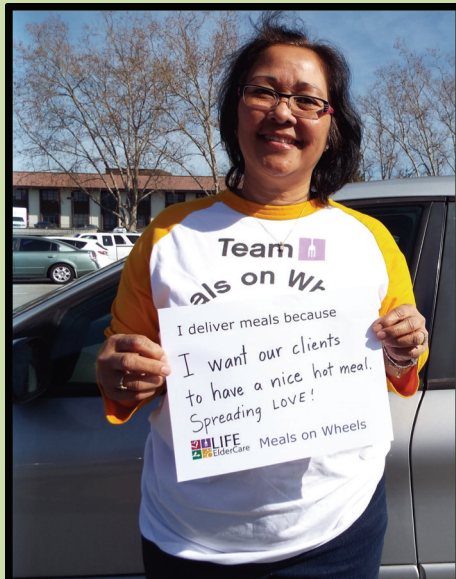


"I'm not afraid of falling anymore."
Samina, 78-year old Fall Prevention client

It's the most joyful work around!

LIFE ElderCare is proud that our work gets done with the power of hundreds of community volunteers. In a way, the volunteer aspect is like another LIFE ElderCare program; in fact, volunteers seem to get almost as many health benefits as the clients!

510 wonderful community volunteers spent **31,681** hours delivering meals with a smile, driving to appointments with care, and visiting a new friend with gratitude.



Be Part of LIFE

Volunteer

Donate

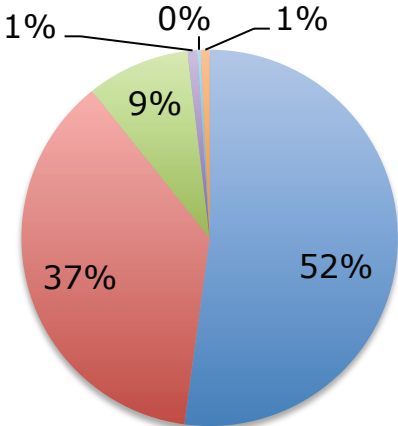
Tell your elderly neighbor



Financials

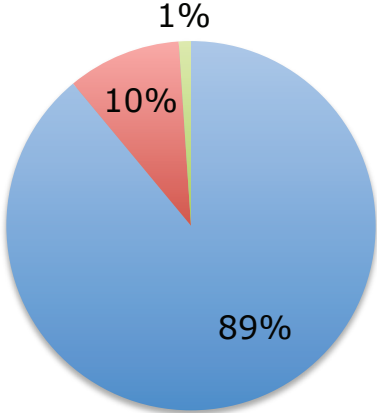
(June 1, 2014 – July 30, 2015)

Income



Budget
\$1,023,757

Expenses



- Foundations/Corporations/Individuals
- Government
- Fundraising
- Program fees
- Investment
- Other

- Programs
- Admin
- Fundraising

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 550 supporters kindly donated to LIFE ElderCare in FY2014-15, 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:

Alameda County Area Agency on Aging
Acacia Creek
Alpine Heating and Air Conditioning
Bay East Association of Realtors Foundation
Beardsley Engineering
Bears of San Francisco
California Wellness Foundation
Cargill Salt
City Of Fremont
City of Newark
City Of Union City
Community Transportation Association
William Fidelholtz
Doug Ford
Fremont Elks Lodge No 2121
Fremont Warm Springs Sunrise Rotary Foundation
Garden of Eden/STRM, LLC
Edgar and Inger Hansen
Horizon's Foundation
Indo-Americans for Better Community
Shu-hui Jeng
Kaiser Permanente Foundation

Suzie Ly
May & Stanley Smith Charitable Trust
Meals On Wheels of Alameda County
Mean Well USA
Jane Mueller
Niles Rotary Club
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Lily Shih
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Valley Oak Partners LLC
William G. Gilmore Foundation
Pamela Yi

A complete list of donors is on our website www.LifeElderCare.org

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

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