



Tulalip Charitable Contributions Funds Distribution Report

NAME OF AGENCY: Senior Services

ADDRESS: 2208 Second Avenue, Seattle, WA 98121

CONTACT: (206) 727-6229

GENERAL GOALS: Funding to Senior Services keeps elders in King County physically and emotionally healthy, socially engaged, well-informed and economically stable.

SPECIFIC USE FOR THIS AWARD:

Your contributions to Senior Services are leveraged with other funders and a community of donors. In 2012, our programs supported 61,406 seniors.

Service Snapshot

The following is a one-year comparison of the clients we serve.

	2012	2011
How Many Clients Served:	61,406	59,691

Who We Served:

Female	73%	61%
Male	27%	39%
People of Color	30%	29%
Low Income	65%	71%



For more information regarding the specific uses of the award, see the following pages from Senior Services.

2012 Impact Report

Our Commitment

Senior Services is passionate about positive aging and remains committed to older adults. We serve the needs of seniors from the frail elder who requires support in daily living to the healthy, active senior seeking volunteer and leadership opportunities. Funding to Senior Services keeps elders in King County physically and emotionally healthy, socially engaged, well-informed and economically stable.

Senior Services' employees and its many collaborative partners are highly experienced in the field of aging including elder law, accessible transportation and health and wellness. The board of directors has 21 members.

Many of Senior Services' programs are acclaimed as best practices and have won national awards because they have set the standard for other programs in the field. A thought leader in the field of aging, Senior Services leads in incorporating culturally competent, anti-racism principles and practices into all of its work.

According to King County statistics, seniors will number over 371,000 people in King County by 2015 and nearly one-quarter of all adults by 2025. King County is home to an increasingly diverse aging population, and our services are evaluated constantly so we can address emerging needs.



Senior Services was established in 1967. Today we serve over 61,000 individuals a year. More than 3,384 volunteers together with 250 employees make our mission and vision a reality:

We promote the emotional, social and physical well-being of older adults through a network of community connections and services.

We envision a just society where aging adults and those who care about them can live their best lives.

Aging Trends

Thanks to improvements in education, medicine, and general living standards of the last century, our older population is increasing. The dramatic increase in life expectancy - from 49 years in 1900 to 78 years in 2008 - is one of the main factors, contributing to the increase in the number of older adults in the country. Between 2000 and 2010, the 60+ population of King County increased by more than 72,000 residents, reaching 312,624 in 2010. According to census estimates, King County surpasses both the state and the nation in its aging demographics.¹

This startling trend will only intensify as the Baby Boomers continue to retire. While the number of 60+ residents is expected to see the most dramatic increase, the number of 85+ residents, the group with the highest rate of debilitating medical conditions, is also climbing fast. It is expected, that by 2025 the number of seniors in King County will double, representing about 25% of King County's total population.²

¹ Congressional Research Service Report for Congress; U.S. Census Bureau

² Area Agency for Aging for Seattle and King County

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In addition, seniors continue to be one of our most vulnerable populations. Finding solutions to assist the elderly is especially critical for the risk groups of seniors, such as those living with chronic health problems, mental health conditions, disabilities and functional limitations; seniors living below the poverty line, and seniors from ethnic minorities. In King County, some of the main risk factors, contributing to the need for subsidized services for the elderly are:

- 31% of the King County residents 65 and up **live alone**
- The rate of **poverty** among King County elders has increased from 7% in 2000 to 9.4% in 2009. 29% of Senior Services' clients **live on low income** (30-49% median) and 42% **live on very low income** (<30%median).
- 81,250 of King County's adults 65 or older **live with disabilities**.
- 19% of King County's 60+ residents **live in fair or poor health**.

The boom in the senior population and the economic challenges in the country bring new and unique demands on the region's infrastructure, resources, and services. Our organization has been directly impacted by these trends and the need for our services is rapidly growing.

Mission in Action

Senior Services is the largest provider of comprehensive services for elders and their loved ones in the state of Washington. Ada's story below is just one example of our mission in action.

At age 70, Ada was an active member of the Ballard Community, where she had lived for 50 years. She loved volunteering at a local grade school and was known by her neighbors as "the flower lady." She took great pride in her flower garden and would be found throughout the summer delivering fresh bouquets of flowers and herbs to her friends.

Two days after her 72nd birthday, Ada tripped over a coiled hose, breaking her hip. She found herself depressed unable to many of the things she used to. After a series of hospitalizations following a hip replacement and a chronic infection resulted in severe weight loss and depression. She was reluctant to call upon neighbors or friends because she couldn't imagine burdening people with her special needs.

Although a daughter lived in Bellingham, her own family demands kept her from helping her mother as much as she would have liked. She felt guilty and helpless in providing the support her mother needed to help her heal and to regain her positive outlook on life.

During her final hospitalization, the Social Worker convinced Ada to try Meals on Wheels. She was given a menu, which she looked over in her hospital bed, and gave the social worker permission to contact Meals on Wheels on her behalf.

Today, Ada can be found on a sunny day back in her garden. For Ada, Senior Services is the blessing that continues to make it possible for her to remain in the home she loves – where she raised her children, and where her garden grows.

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Our Programs

Meals on Wheels is just one of many programs that support elders like Ada. We deliver a system of integrated programs and services that all work to strengthen the lives of senior adults so they can have a positive aging experience. In 2012, we operated seven affiliated senior centers throughout King County. The Centers offer a place for cultural enrichment, socializing, taking exercise and wellness classes, participating in support groups, congregate meals, lifelong learning and more.

- Food support, including Meals on Wheels and Community Dining.
- Transportation (shuttles to community meal programs, rides to medical appointments with individual escorts and neighborhood vans for errands such as grocery shopping, banking or visiting friends).

- Wellness and evidence-based physical activity programs designed for seniors.
- Community outreach.
- Access to information and assistance on anything related to elders or adults with disabilities.
- Financial, legal, and insurance Counseling.
- Caregiver support.
- Minor home repairs.

2012 Affiliated Senior Centers

Ballard
Central
Northshore
Shoreline
Sno-Valley
Southeast
West Seattle

Senior Services also developed and franchised *Project Enhance*, an award-winning, evidence-based program based on comprehensive knowledge of the factors that contribute to the health of older adults.

Project Enhance offers two nationally recognized evidence-based programs:

Enhance Fitness - aerobic exercise and strength training designed for older adults with evidence-based results that help seniors stay healthier longer.

Enhance Wellness - a behavioral change intervention program to help people manage chronic conditions.

Project Enhance is delivered at over 40 sites in King County and 500 sites nationally. Senior Services developed Project Enhance in collaboration with University of Washington researchers.

Program Accomplishments

Your contributions to Senior Services are leveraged with other funders and a community of donors. In 2012, our programs supported 61,406 seniors. Following is a summary of accomplishments.

Meals on Wheels provides nutritious home-delivered meals to homebound seniors and disabled adults. Goals are to: provide food security for at-risk elders, improve nutritional uptake and increase levels of health and physical functioning. **We delivered 367,066 meals to 1,945 clients.**

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Mobile Market is a home-delivered grocery service for seniors who can still cook for themselves but find it difficult to get to the grocery store. This program is integrated with Meals on Wheels. Clients receive liquid supplements and staples like canned goods, rice, legumes and bread as well cleaning and personal hygiene items. During the summer months, Mobile Market supplements clients with a free weekly basket of fresh produce from local farmers. **We made 4,440 grocery deliveries and 601 market baskets of fresh produce to 603 clients.**



Community Dining meets the nutritional and social needs of seniors. Dining sites are located throughout the area. The program strengthens the physical health of elders as well as their emotional well-being. **We served 109,864 meals to 2,983 clients.**

Senior Information & Assistance helps elders find community resources such as assistance paying utilities, rent or finding health care and makes referrals to other community services. Trained volunteer advocates help clients find the best solution for their situation. **Through our Senior Information Line (206-448-3110 or 888-435-3377), we received 43,671 information contacts and served 5,746 clients. A total of 2,582 people participated in events such as free face-to-face legal consultations on elder law issues.**

Transportation Program takes seniors where they need to go. For elderly and disabled persons who can't drive because of physical limitations, getting to and from various places or running errands can become nearly impossible. Our free transportation services provide shuttles to community meal programs and senior centers, rides to medical appointments with individual escorts and neighborhood vans for errands such as grocery shopping, banking or visiting friends. **Senior Transportation provided 6,059 clients with essential rides that totaled 924,345 miles.**

Minor Home Repair ensures that seniors' homes are accessible and safe, and that small repair problems don't develop into serious ones that could damage the home or endanger the homeowner. Skilled, professional technicians make minor plumbing, carpentry and electrical repairs and install wheelchair ramps, grab bars and handrails. Through the Water Conservation Project, clients can receive free water-saving toilets installed at no charge. **This program served 892 clients with 2,663 repair jobs. A total of 619 water-saving devices were installed for 367 Water Conservation Project clients.**

Senior Rights Assistance (SRA) helps seniors and their families with legal and consumer issues, such as Social Security problems, questions about Powers of Attorney and Advance Directives and homeowner and tenant concerns. **We helped 798 clients with 971 assistance cases. SRA Information Line: 206-448-5720.**

Caregiver Outreach and Support helps navigate caregivers through the array of community resources and secure necessary services. Caregivers include anyone caring for a person 60 or older or anyone over 60 who is caring for a child under the age of 19. This program had the following: **205 clients, 1,361 assistance units, 3,057 information contacts 1,393 workshop participants.**

Community Information and Assistance helped people with general information and important health initiatives such breast and cervical screenings. This program had the following: **347 clients, 139 breast and cervical screenings, 480 assistance units, 381 information contacts.**

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Statewide Health Insurance Benefits Advisors (SHIBA) helps seniors and their families with Medicare and other health insurance questions. SHIBA Helpline: 800-562-6900. **The program totaled 4,857 assistance cases to 4,367 clients.**

Adult Day Health Centers provide safe, comforting care for frail adults experiencing physical, mental and social challenges associated with stroke, dementia or memory loss. **Last year, two (2) Centers provided 12,485 days of service to 224 participants.**

Project Enhance provides low-cost, accessible health promotion through our nationally-recognized *EnhanceFitness* exercise classes and *EnhanceWellness* health management program. **This program had the following: 17,680 clients, 11,500 EnhanceFitness classes, 254 EnhanceWellness classes, 5,926 Matter of Balance classes.**

Senior Services' affiliated Senior Centers are located throughout King County and provide a vital environment for seniors to learn new skills, expand their social networks, take classes and volunteer to help others. **Last year, 19,046 participants made 431,633 visits to the Centers.**

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For more information about Senior Services' programs, visit our website at www.seniorservices.org.