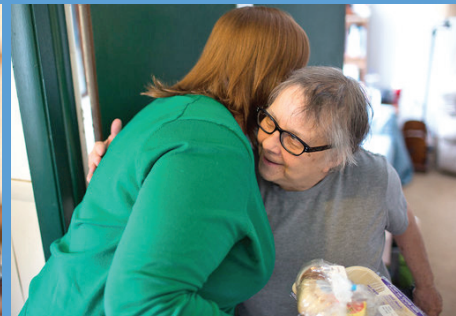


Senior Life Resources

NORTHWEST



2015 ANNUAL REPORT



Preserve and enhance the quality of life at home, with dignity and care

PROGRAMS OFFERED IN OUR COMMUNITIES



HOME CARE SERVICES

Provides trained and licensed staff that help with personal care, transportation, errands, homemaking, medication reminders, and respite for family caregivers. This service is integral to helping people to remain independent and in their own homes as long as possible. Our service area includes Yakima, Kittitas, Benton, Franklin, Columbia Garfield, Asotin and Walla Walla counties. We also serve the Yakama Indian Nation and Nez Perce county in Idaho.

A Home Care story:

“IN AUGUST MY KIDNEYS STARTED TO FAIL, in September I had to start Dialysis. The next May I had to get my right leg amputated, and that September I broke my hip. If it wasn't for Home Care Services my house would be in shambles. I can't do what I used to do and probably never will. I give thanks every day for my caregiver. If we didn't have caregivers we elderly people would not be able to live at home.”



MID-COLUMBIA MEALS ON WHEELS

Offers home delivered meals and a daily wellness check to individuals who are homebound and have no one who prepares meals at home. Meals are also served in 7 senior dining centers to those who are not homebound. Our service area is Benton and Franklin counties. We rely on the service of volunteers to serve, package, and deliver meals.

A Meals on Wheels story:

“I'M REAL HAPPY TO HAVE MEALS ON WHEELS. It's too much for my family to take care of all my needs. I'm almost 90, and family is getting older, too. I don't see well enough to cook at all, so I am so grateful to have the nicest people in the world bringing meals and conversation to me every day.”

MID-COLUMBIA MEALS ON WHEELS FACTS:

100% of those we serve report the meals help them remain in their own home

97% report they consume a better variety of food since being on the meal program

50% say they now worry less about having enough to eat



2015 HIGHLIGHTS

- In October of 2015 Senior Life Resources breaks ground for the Fowler Street campus for the office building and the Meals on Wheels Central Kitchen.
- March of 2015 the new Executive Director begins work. Grant Baynes, the former Fire Chief for Richland City, takes on the challenge of building 2 buildings and brings positive and creative energy to the agency.
- Country Gentleman catering, knowing how important the meals are in our community, steps in and helps Meals on Wheels continue to provide meals when they were asked to move from their current kitchen.



BOARD OF DIRECTORS 2015

Nancy Aldrich
President

Michael Saran
Vice-President

Michelle Wright
Treasurer/Secretary

Members

Betty Sherman

Rich Burklin

Marty Gardner

Tom Seim

Marian Deluca

Kevin Husted



See us on Facebook at Mid-Columbia Meals on Wheels or Senior Life Resources Northwest

2015 AT A GLANCE



Senior Life Resources Financial Report*

Revenues	\$15,163,273
Expenditures	\$14,910,065
Total Employees	559

Home Care Services

Service offices	6
Clients	894
Hours of Care provided	582,708
Home Care providers	500

Sources of funding:

- Medicaid/COPEs state funds
- Veterans Assistance funds
- Yakama Nation
- Private Pay
- Aging and Long Term Care

New Research Findings:

Malnutrition: An Older-Adult Crisis

- **Up to 1 out of 2 older adults** are at risk for malnutrition
- **Up to 60%** of hospitalized older adults may be malnourished
- **4 to 6 days** is how long malnutrition increases length of hospital stay
- **300%** is the increase in healthcare costs that can be attributed to poor nutritional status
- **Malnutrition leads to** more complications, falls, and readmissions to the hospital

Senior Life Resources NW, Mid-Columbia Meals on Wheels are funded by Aging and Long Term Care of SE WA, United Way, Prosser UGN, Kennewick and Richland CDBG, Three Rivers Community Foundations, and your donations.

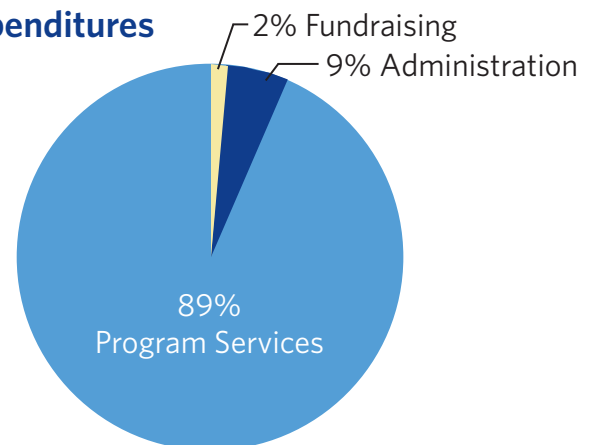
Mid-Columbia Meals on Wheels

Clients served	1,748
Meals Served	157,074
Dining Centers	7
Volunteers	325
Volunteer Hours	24,207
Volunteer Miles Driven	84,413

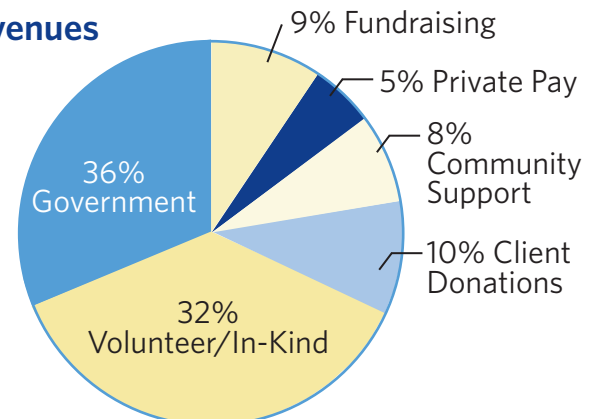
Other Services Provided:

- Nutrition Education
- Farmers Market Vouchers
- Critical Staples
- Food Bank Deliveries
- Healthy Pets Pet Food

Expenditures



Revenues



*Unaudited financials



Senior Life Resources

N O R T H W E S T

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OUR MISSION:

Preserve and enhance the quality of life at home, with dignity and care

OUR VALUES:

Quality, Excellence, Dignity and Integrity

SAVE THE DATES! 1834 Fowler St. Richland

MAY 21st Wide Open House: 9 am to 12 noon

9:00 to 10:00 am Volunteer Recognition and Sneak Previews and private tours

10:00 to 12:00 Community Block Party

SEPTEMBER 17th Grand Opening for the SLR offices and the Meals on Wheels kitchen



WHAT OUR CLIENTS AND THEIR FAMILIES are saying:

“ I WANT TO GIVE A GREAT BIG THANKS to the staff at Home Care for the care that they gave my husband before he passed. We had one caregiver that would go the extra mile by doing all she could to keep him healthy. She was always willing to take a lot of the load off of me by making sure all of his supplies were ordered, his doctors appointments were made, and he was taken to them. She has been with us for the past 2 1/2 years. Those two were a perfect fit. Thanks to everyone at the Walla Walla Home Care office. ”

“ JUST KNOWING THAT SOMEONE IS COMING EVERYDAY TO CHECK ON MY MOM IS A HUGE RELIEF. I live out of town only able to visit mom a couple times per month. I worried about mom eating balanced meals before she started Meals on Wheels but not any longer. Mom has so much more variety now. Meals have really made a difference. She is not as tired as before. She loves the warm meals, it makes such a difference in her life. The emotional connection and socialization with the drivers is so important. ”