



A Report to the Community 2009

Aging Services Foundation
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www.agingfoundation.org



AGING SERVICES FOUNDATION

MISSION STATEMENT

To raise and distribute funds for services that promote the health and well-being of older adults and caregiving families.

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Letter from the President

Fall 2010

Dear Friends:

First and foremost, the Board of the Aging Services Foundation wishes to utilize this issue of its Report to the Community for 2009 to thank the individuals and organizations which contributed funds, in-kind gifts, and volunteer time. These gifts made it possible for the Foundation to continue to support vital programs and services for older adults and family caregivers. It is our hope that the work of the Foundation now and in the future will merit increasing support from the community as it is certain that the needs in Boulder County are on a steep rise.

The Foundation believes a major thrust of its work is in aiding older adults and their caregiving families in helping themselves. For example, Project Hope is an effective program that, through the cooperative efforts of several agencies allows frail and needy elderly people to live independently rather than be placed in expensive assisted living or nursing home facilities. The Caregiver Initiative program provides support to those caring for family or friends. Respite Services provides much needed breaks for caregivers. You get the point! This is helping people help themselves in pursuit of a better quality of life. Those who make gifts or contribute time to our Foundation are making this possible for fellow citizens in this county.

Before closing let me make an appeal for volunteer help. The Foundation needs individuals to join its Board to enhance fund raising activities and other volunteers to work on fund raising events. I'm sure it will bring you joy to do so. Simply call me at 303/678-2908 to discuss your interest. Log onto www.agingfoundation.org to learn more about the Foundation.

Cordially,

Dean G. Newman, President

A Report to the Community 2009

The year 2009 was a good year for Aging Services Foundation. ASF was able to help support older adults and caregivers who were experiencing financial hardship, isolation, and health issues. The Board believes that the more we all support programs and services that help keep older adults healthy, engaged, and supported, the better it is for our community as a whole.

FUNDRAISING

The Bucket List

In 2009, the Board embarked on a new adventure in fundraising! They created an event, called The Bucket List, and offered potential donors exciting, once-in-a-lifetime fun experiences. It was a fun event and the 94 guests learned of all of the programs ASF supports as well!

AGING SERVICES FOUNDATION PRESENTS:
"THE BOULDER COUNTY BUCKET LIST"
Come enjoy Dessert, Coffee and Tea along with fine company and bid on experiences of a lifetime!
Bid on experiences of a lifetime and support Boulder County's Aging Services' programs.

STAR GAZING
LEARN BALLOON DANCING
MYSTERY BLIND DATE
HOT AIR BALLOON RIDE
and MORE!

JUNE 11TH, 6:00PM - 9:00PM
THE ACADEMY
970 AURORA AVE, BOULDER

\$20/person
Desserts, Coffee and Tea
Auction begins at 6:30pm

AGING SERVICES FOUNDATION
of Boulder County

For Reservations: www.agingfoundation.org or 303.441.1547

RECOGNIZING SERVICES

Keeping Hope Alive

In October, 102 people attended the sixth annual Keeping Hope Alive fundraiser. The ASF Board honored Jeremy Bloom with the 2009 Keeping Hope Alive award for the Jeremy Bloom Wish of Lifetime Foundation. This foundation's core program is to make wishes come true for low-income senior citizens.



Fundraising partnership with Boulder Meals on Wheels in December

A Dickens Village collection was generously donated for fundraising purposes to benefit ASF programs. It was auctioned at a Boulder Meals on wheels event.

Elderberry Award

In 2009, The ASF Board honored the RSVP (now CareConnect) Fix-it Program for their extraordinary efforts to assist older adults in the digital conversion of television signals.

HIGHLIGHTS OF SERVICES FUNDED

Project HOPE

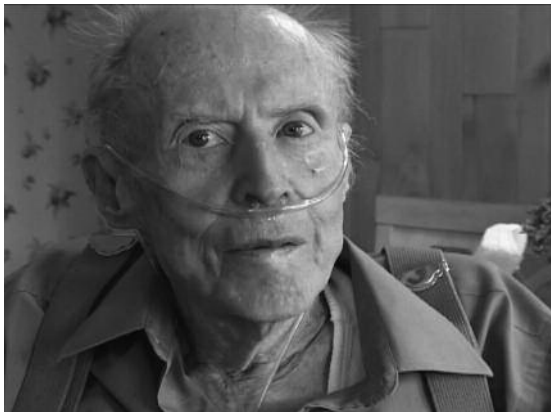
Project HOPE provides a unique bundling of options to support low income, frail/disabled older residents of Boulder County. Building upon the strengths of the individual participants. Project HOPE assistance - including rent, nutrition services, homemaking and personal care, medical alert systems, transportation and care coordination, has enabled older Boulder County residents, at risk for premature long-term care/nursing home placement, to remain engaged in their own communities, residing in safe and secure independent living settings.

In 2009, Project HOPE served 43 participants throughout Boulder County, ranging in age from 64 to 92, with over half age 80 or older. With 75% living alone, over 50% experiencing a hospitalization, and over 25% experiencing a health crisis requiring a stay in a skilled care or rehabilitation facility, these older adults were indeed at high risk for long-term care/nursing home institutionalization.

“Project HOPE has been a blessing to me. It has eased my worries.”

Rainbow Elders

Education and information such as Share the Care model, Estate Planning for the LGBT population, and Stereotypes of Older Gays and Lesbians were presented. Together, Rainbow Elders bowled, attended lunches, and went to the Boulder Film Festival. In November, at a wonderful tea party, 85 older adults came to celebrate and to wish the LGBT services coordinator a goodbye and happy retirement.



Project Visibility

In 2009, 30 Project Visibility trainings were presented to a total number of 654 service providers, including trainings at the national conferences for Home and Community Based Services (HCBS), the LGBT Task Force Creating Change, and Lambda Legal. Fourteen organizations in the US and Canada purchased Project Visibility materials.

“Excellent course; we all need to be aware of the issues. As caregivers, we need to be open to all of our patients needs and wants.”

Nutrition Services

The ASF Board strongly supported the event called Sabroso y Saludable, or Healthy and Tasty, which featured a diabetes-friendly restaurant competition during which attendees were given the opportunity to taste and vote for their favorite diabetes-friendly recipes from participating restaurants. In addition to sampling the restaurant creations, attendees watched and participated in presentations on the importance of nutrition and exercise for diabetes prevention and management. A community resource fair offered information on resources available from various health and human services organizations throughout the county.

The Latino Community was the target audience for Sabroso y Saludable because that population is disproportionately affected by diabetes. Latinos are 1.7 times more likely to develop diabetes than non-Latino white Americans. Nearly 25-30% of Latinos over 50 have diagnosed or undiagnosed diabetes, compared to 14.3% of non-Hispanic whites.

The celebration and event was held in November with an attendance of over 180.

Here are some outcomes based on the event survey:

- Two-thirds of the survey respondents were age 60 or older and half to two-thirds had personal experience with diabetes.
- More than two-thirds of the respondents wrote about the importance of healthy eating.
- Approximately a fourth of respondents wrote that they had learned something about diabetes or about taking care of their health or about the importance of exercise.
- The majority of survey respondents each year answered an open-ended question about dietary changes they planned to make by writing down specific changes such as eat less salt, less fat, less sugar, fewer carbohydrates, and more fruits and vegetables.

Caregiver Initiative

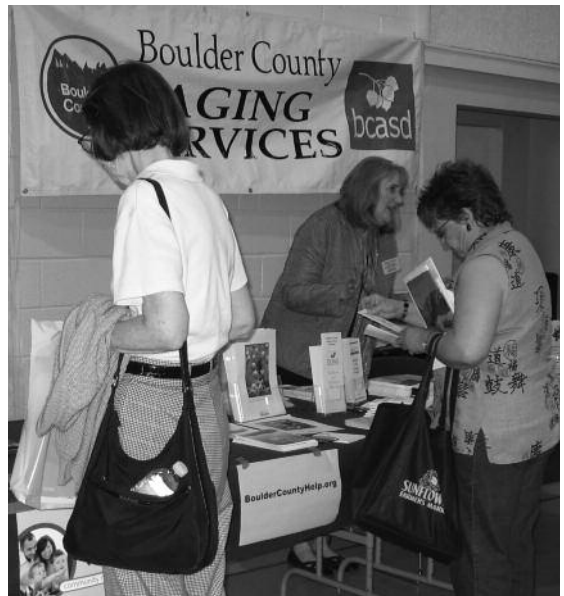
The Caregiver Initiative provides education and support to family caregivers. Services for family caregivers include events, a lending library of resources, newsletter, training, funding of support groups, and information and referral.

“Care Connections,” a free bi-monthly newsletter mailed to 2,100 subscribers and delivered to 170 sites throughout the county, is filled with resource information and encouraging articles written by Aging Services staff, local professionals, and family caregivers themselves. It offers caregivers a convenient and much appreciated “support group in the mail.” An annual Spanish version of the newsletter is distributed to dozens of sites throughout the county.

The Caregiving Symposium, a large educational event for family caregivers and others interested in caregiving issues, is held annually in the spring. It features a resource fair of service providers, educational materials, multiple workshops on key caregiving topics, and consultations with staff. More than 280 caregivers and others benefited from this event in 2009.

“I felt all alone in the process of caregiving, but your Care Connections really helped to bolster me and give me support and the knowledge that there are many services and caring people. I really appreciate you all!”

“It was a terrific event. I would have attended all the workshops if I could. It was wonderful to have so many resources available in one place.”



The National Caregiver Training Program started in 2009, with three seven-week courses attended by 25 family caregivers. The course, taught by a registered nurse, helps caregivers acquire the skills needed to provide safe, confident home care for frail older loved ones. It is now offered four times per year in communities throughout the county.

Caregiver Wellness Days, in honor of National Family Caregivers Month, celebrate family caregivers with massage and other wellness therapies, lunch, keynote speech, gifts and prizes, resource information and visits with staff, and sharing with others on the caregiving journey. In 2009, 155 caregivers enjoyed these special events held in Longmont and Lafayette. A similar event is held in the summer to celebrate mountain caregivers.

“This was a wonderful, peaceful day. You brought me lots of sunshine! Today helped me realize the importance of taking more time to care for myself.”



Throughout the year, Caregiver Initiative staff support family caregivers by listening to their concerns, informing them about local resources, and referring them to others who can help.

“Thank you for the wonderful support you have given me during the last several years. Boulder County families are extremely fortunate to have (the Caregiver Initiative) to provide care and assistance during the challenging journey of taking care of loved ones...”



Short Term Assistance

The Short-Term Assistance Program (STA) provides one-time financial assistance for a wide range of services and essential goods to adults 60+ in Boulder County. Typically these funds are used to meet urgent needs in an emergency situation and/or as a funding source of last resort where other funding sources do not exist or are not sufficient. Among the services/goods fully or partially funded through STA are: dentures, dental work, hearing aids, eyeglasses, rent or deposit, home modification and repairs, utilities, transportation, eliminating clutter, caregiver support services, blizzard aftermath work such as snow removal, roof repairs and more. Other types of services may be approved on a case-by-case basis.

In 2009 STA provided financial assistance to 185 Boulder County residents. Basic needs such as rent, deposit, and utilities made almost half of all the 2009 STA requests: (33% rent/deposit) (11% utilities). The second most requested category were a dental services and dentures (22%).

“To you wonderful people who saved me from being evicted. I am simply overwhelmed at your kindness and generosity.”

Wellness Services

In March of 2009, ASF supported the Hope Coalition’s Annual Gatekeeper Conference on Depression Awareness and Suicide Prevention, Older adult mental health issues were addressed at the conference of over 200 attendees.

Evidence-Based Programs and Health Promotion

Evidence-based programs (EBPs) are interventions proven to help older adults live longer lives, reduce disabilities, improve mental health, and lower health care costs.

ASF supports two of the most widely implemented evidence-based wellness programs: Healthier Living Colorado and A Matter of Balance. Both of these workshops are offered in Spanish and English with emphasis on reaching low-income and minority audiences.

Healthier Living Colorado or the Chronic Disease Self-Management Program (CDSMP) was designed by Stanford University to help older adults manage and control their chronic conditions. Chronic diseases are the leading cause of illness and disability among older Americans. Eighty percent of adults’ ages 65 and older have at least one chronic condition and 62 percent have two or more, according to the Centers for Disease Control and Prevention.

A Matter of Balance was designed by Boston University to decrease fear of falling and increase activity levels among older adults. This is essential because 1 in 3 older adults fall each year and falls are the leading cause of hospitalization, injury and death among older adults. The program has been well received and one of the take-home lessons from the program is that, despite being labeled “accidents,” many unintentional injuries and deaths are actually predictable and preventable.

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For Wellness Services

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Whether as an individual donor or corporate partner, you can make a difference in the lives of older adults and caregiving families.

Make an unrestricted, tax-deductible gift to Aging Services Foundation. We will put your gift to immediate use where it is most needed.

Make a tax-deductible contribution

In Honor Of

Or

In Memory Of

someone who has made a difference in your life or in the community.

Aging Services Foundation

To live in a community in which we all *age well*.



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Boulder, Colorado 80306

