



Annual Report

Full Life in 2014
An Annual Report to the Community



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MISSION

Full Life Care is dedicated to enhancing the quality of life for frail elders and people with chronic or terminal illnesses and disabilities. We respect the dignity of our participants and provide for them with care and compassion.

We are committed, through our program of health and social services, to the independence and well-being of all participants and to providing respite for caregivers.

VISION

Full Life is working toward a future where adults with serious illnesses or disabilities can be supported in the community rather than living in isolation or needing to resort to institutional care.

Message from the Leadership

We are several years out of the Great Recession, but as any non-profit will tell you, the recession's effects have lingered for quite some time. Unflinching support from constituents like you and Barb Claitman – whose bequest has been a model for our ongoing planned giving campaign – has proven to be key to our success in 2014.

The need for Full Life Care's unique community-based care programs is increasing, and we are now planning for sustained growth in both revenue and impact. In the meantime, we are also taking time to reflect on the joy and gratitude we feel in our day-to-day at Full Life Care.

We hear it in the voices of our residents living with Alzheimer's at our assisted living homes while they enjoy the personalized music therapy known as Music and Memory™.

We see it in the quality work of our home care aides as they perform an array of essential tasks for our clients while they grow as professionals, with support from the Training Partnership's peer mentorship program.

We read it in an email from a neighbor who lives across the street from our North Seattle adult day health center. She was working at home one day, looked out her window, and sent us her observation: "The staff just took the elderly clients out for some exercise and air in the park and I was just really struck by how the staff are with them, so attentive and engaging. They are doing an amazing job."

Yes, amazing. Your kind words reaffirm our purpose and commitment to our mission.

We are extremely grateful for your ongoing support.



A handwritten signature in black ink that reads "Jesse Bond".

Jesse Bond
President, Board of Directors



A handwritten signature in black ink that reads "Nora Gibson".

Nora Gibson
Executive Director

JOIN ANN HEDREEN FOR BREAKFAST ON OCTOBER 22, 2015



Photo: Rustin Thompson

Full Life Care is excited to welcome documentary filmmaker and author Ann Hedreen as our featured guest at our annual benefit breakfast.

Ann will be sharing the latest news on her national advocacy for Alzheimer's research and prevention as well as personal stories from her memoir "Her Beautiful Brain" about her journey caring for a mother with early onset Alzheimer's. We're also proud to feature a new video of Full Life participants and their family members. See back cover for event details.

It's not too late to reserve your seat or table. Please RSVP to Alexandra Farrell at alex@fulllifecare.org or 206.224.3749.

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WSECU

BY THE NUMBERS

WHO WE SERVE

66%	Caucasian	57%	Older Adults (62+ years)
19%	African American	42%	Adults (25-61 years)
8%	Asian or Pacific Islander	1%	Younger Adults (18-24 years)
6%	Hispanic or Latino		
1%	Native American		

ADULT DAY HEALTH

700 participants received 60,076 days of service provided at centers in King and Snohomish counties.

CARE CONSULTATION

Our care consultants worked with 50 families on issues related to eldercare and multiple sclerosis.

MEMORY CARE HOMES

35 persons living with Alzheimer's disease or other dementia resided at our assisted living homes, Gaffney House and Buchanan Place.

SOLSTICE BEHAVIORAL HEALTH

Solstice provided mental health services to 400 clients and training services to 100 Roads to Community Living clients.

VOLUNTEERS

587 individuals and groups contributed 18,308 hours valued at \$422,366.

21 full-time service members gave 15,282.5 hours of service valued at \$352,567.

HOME CARE

250,000 in-home hours were provided to 450 clients.

ROADS TO COMMUNITY LIVING

Our staff provided 5,000 hours to more than 350 low-income older adults, helping them transition from skilled nursing facilities into the community.

SERVICE COORDINATION

7,500 hours of service coordination and case management supported more than 500 Seattle Housing Authority residents.

PEER MENTORSHIP

provided 2,400 hours of training to more than 200 home care workers.

SUPPORTERS COMING TOGETHER FOR OUR 2014 EVENTS



BEER FOR A CAUSE—APRIL 24, 2014

Over 500 Full Life supporters gathered at World Sports Grille for Beer for a Cause. Guests enjoyed cold beer, fine wine and won prizes including Alaska Airline tickets and a weekend getaway to the Oregon coast. Event Co-Chairs Frances Holtman and Anne Moore helped ensure the success of this event, which raised \$34,000 in support of Full Life Care's programs. Special thanks to our MC Brian Osborn and all of the sponsors, especially Slalom Consulting and Georgetown Brewing Company.



Top: Board Member Brian Thompson and Committee Member Kimberlee Burfiend enjoy the games at World Sports Grille. Bottom: A Keg Boss enjoys a cold beer with friends. • Event Chair Frances Holtman and husband Eric hard at work selling raffle tickets • Event MC Brian Osborn poses with the lucky winner of the brewery tour and Roger from Georgetown Brewery

BENEFIT BREAKFAST—OCTOBER 9, 2014

Full Life hosted 625 people at our annual benefit breakfast. Their support helped us raise over \$230,000 to provide essential services for frail elders and persons living with chronic and terminal illnesses. John Keister entertained the audience with many humorous anecdotes, including stories about the shenanigans at his 40 year high school reunion and what it's like to be a member of the caregiving sandwich generation. Special thanks to the family members who shared their story with us in our video, to our event chairs Karen Lewis-Smith and Maneesha Lall, and all of our event sponsors.



Clockwise from top left: Breakfast Co-Chair Maneesha Lall, Advisory Board Member Joe Gaffney, Executive Director Nora Gibson, and Breakfast Chair Karen Lewis-Smith • Past and Current Board Presidents Mike Brandeberry and Jesse Bond • John Keister and Dick Foley pose for a photo with their fans • Farmer/Cargo family, featured in our video that premiered at the event.

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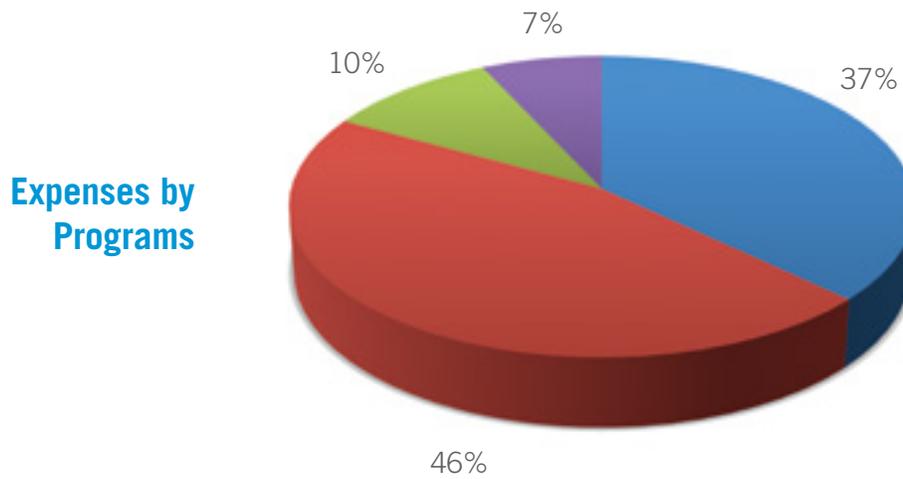
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Expenses reflect 91 cents out of every dollar going directly to programs and services.

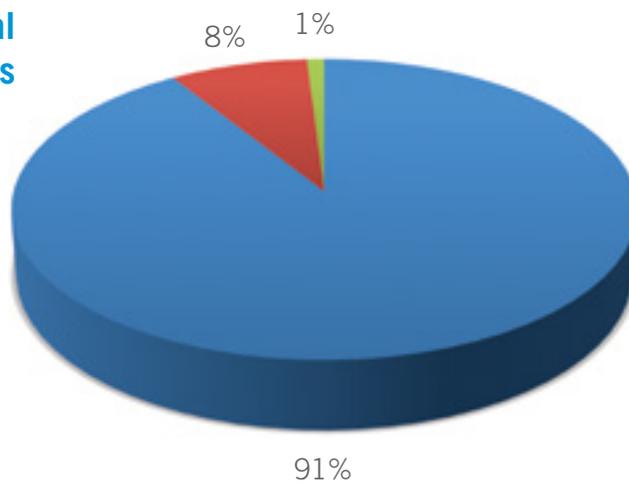
Our audited financial statement is available upon request.

REVENUE \$15,924,248

EXPENSES \$13,414,409



Functional expenditures



Full Life provides fiscally-sound solutions to the long-term care needs of the most vulnerable members of our community: those who are frail and low-income.





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