



Annual Report

Full Life Care in 2016

An Annual Report to the Community



*Standing, from left: Jeff Idler, Nancy Worssam, Brian Thompson, Kathie Flood, Ron Wright, Jeff Nomi, Christopher Henderson
Sitting, from left: Barbara Isenhour, Frances Holtman, Maneesha Lall, Karen Lewis-Smith, Jesse Bond, Jane Pearson*

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Message from the Leadership

Dear Friends,

“We all need each other,” says Beatriz, a longtime participant in Full Life Care’s ElderFriends program. She and her volunteer companion, she elaborates, support and motivate each other as they enjoy activities together out in the community.

Beatriz embodies Full Life’s vision: a future where adults with serious illnesses or disabilities are supported in the community, rather than living in isolation or needing to resort to institutional care.

We took a closer look at our community in 2016, and a few of those snapshots appear on the following page. Our community is a tightly woven network of participants, staff, volunteers, and supporters like you. Their enthusiasm for our vision is key to the success of our adult day health and many other programs highlighted in this report.

On behalf of the Full Life Care community, thank you for helping us meet the needs of the thousands of individuals and families who rely on our programs.

Sincerely,



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

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.



Stan

ADULT DAY HEALTH

Health and Wellness Program
Participant

“Stan receives excellent care during the day while I’m at work. Adult day health is a life saver.”

– Lynne, Stan’s wife

ADULT DAY HEALTH provides essential respite for family caregivers.



Beatriz

ELDERFRIENDS

Participant

“We all need each other . . . it’s so easy to go downhill, but my volunteer and I motivate each other to go out and enjoy life!”

ELDERFRIENDS VOLUNTEERS provide over 6000 hours of friendly visits every year.



Erin

ADULT DAY HEALTH

Get Active Program
Participant

“Erin felt vulnerable because of her disability. Full Life empowered her to become a strong woman. Now I see her grow and thrive.”

– Larry, Erin’s father



Willie

SOLSTICE BEHAVIORAL HEALTH

Participant

“I want a nice life. I like structure and my counselor encourages me. It makes me want to try to do more things.”

SOLSTICE BEHAVIORAL HEALTH empowers adults toward wellness for mind, body and spirit.



Manny & Roger

GEORGETOWN BREWING COMPANY

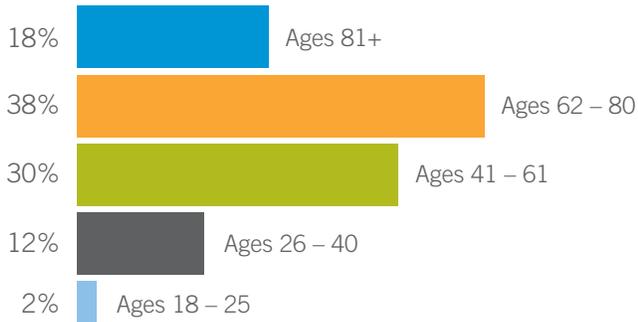
Founders

“We’re so happy to support Beer for a Cause all these years. Cheers to Full Life!”

COMMUNITY PARTNERS enable us to help elders and adults with disabilities live the fullest lives possible.

BY THE NUMBERS

WHO WE SERVE



ADULT DAY HEALTH

610 participants received 58,029 days of service provided at centers in King and Snohomish counties.

CARE CONSULTATION

Our care consultants worked with 75 families on issues related to eldercare and multiple sclerosis.

MEMORY CARE ASSISTED LIVING

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

SOLSTICE BEHAVIORAL HEALTH

Provided outpatient mental health services to 168 clients and behavioral health interventions to 50 Roads to Community Living clients all across King County.

VOLUNTEERS

450 individuals and groups contributed 14,894 hours of service valued at \$359,541.

18 full-time service members gave 14,252 hours of service valued at \$344,031.21.

FULL LIFE CARE

served more than 1,400 adults and their families each month.

HOME CARE

280,000 in-home hours were provided to 650 clients.

ROADS TO COMMUNITY LIVING

Our staff provided 10,480 hours to more than 440 low-income older adults, helping them transition from institutional settings into safe and stable housing.

SERVICE COORDINATION

1,836 hours of service coordination and case management supported more than 524 residents in low-income public housing.

GATHERING IN SUPPORT OF FULL LIFE



BEER FOR A CAUSE – APRIL 28, 2016

Happy hour meets bustling fundraiser. Thanks to hundreds of volunteer hours, many generous sponsors and dozens of raffle prize and beverage donations, we enjoyed another lively social mixer. We raised \$32,000, with half directly supporting our ElderFriends volunteer companionship program. Special thanks to the event committee and our presenting sponsors: Aston Manor, Georgetown Brewing Co., Slalom, and Cascade Game Foundry.



- From the top:** Beer for a Cause Volunteers
- Stewart Moore sells raffle tickets
 - Nick Anderson with Jenni and Hans Anderson



BENEFIT BREAKFAST – OCTOBER 27, 2016

Thank you to all who attended and donated through this event! Our annual benefit reflects on the people and mission of Full Life Care, while raising a critical portion of the funds we need to fulfill that mission. In 2016, this event focused on community and how life gets better. We enjoyed Emcee Enrique Cerna, and his dialogue with Executive Director Nora Gibson. Mayor Ed Murray praised our partnership with Seattle, an age-friendly city; and two directors on Full Life’s board, Jay Riffkin and Frances Holtman, moved us to smiles and tears with their personal stories and profound advocacy for community-based care. Special thanks to Event Chair Frances Holtman, our sponsors and table captains. View the film premiered at the event at [youtube.com/fulllifecare](https://www.youtube.com/fulllifecare).



***Clockwise from top:** Enrique Cerna and Nora Gibson • Marsha Paprowicz shares her gratitude as an ElderFriends participant • Jay and Courtney Riffkin with Debbie DiJulio • Frances Holtman with dozens of Slalom colleagues*

LOOKING AHEAD AT LUNCH – OCTOBER 5, 2017

Have you heard? Our annual benefit this year will be a luncheon, no longer an early-morning affair. So sleep in, and join us from **Noon – 1:30pm** on **Thursday, October 5, 2017**.



Wendy Lustbader, MSW, nationally renowned in the field of aging, will share her signature wit and wisdom as our featured speaker. Due to a brief illness, we missed her at the 2016 event and are doubly excited to see her this year.

Please RSVP as a sponsor, table captain or guest to Erin Rohan at erin@fulllifecare.org or 206.224.3749. Learn more on the back cover or at [fulllifecare.org/lunch](https://www.fulllifecare.org/lunch).

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FINANCIALS

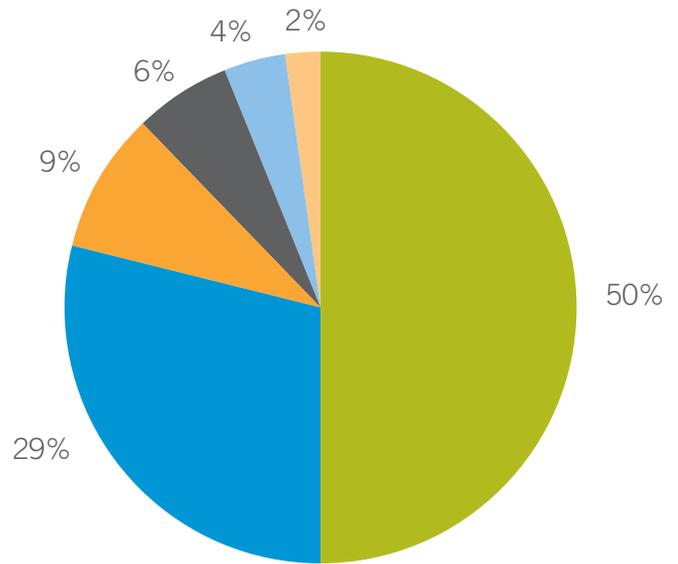
Expenses reflect 90 cents out of every dollar going directly to programs and services.

Our audited financial statements are available upon request.

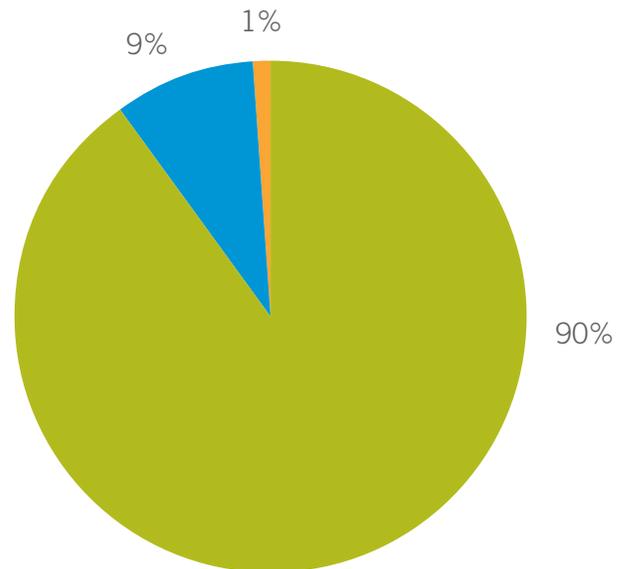
REVENUE \$15,050,714

EXPENSES \$15,008,574

EXPENSES BY PROGRAMS



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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Benefit Luncheon

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SHERATON SEATTLE HOTEL | 1400 6TH AVE, SEATTLE, WA 98101
GUEST SPEAKER: WENDY LUSTBADER, MSW

FULLLIFECARE.ORG/LUNCH

To sponsor Full Life Care or attend an event, please contact
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Full Life works 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.

