

If home is where the heart is, we are lucky to call Central Oregon home. In this beautiful part of the Cascades, with our community of supporters, staff, clients, donors, and friends, we are building a more resilient place for older adults to age at home and for their loved ones to help them navigate the challenges that come with growing older.

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Make an impact by volunteering or providing financial support. Join us in creating a Central Oregon that grows older better, together.

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COUNCIL ON AGING
OF CENTRAL OREGON



Home is
Where the
Heart Is

Keeping Seniors Fed,
Safe, and Connected

COMMUNITY IMPACT 2022



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The 2021 AARP Home and Community Preference survey found that 77% of adults 50 and older want to remain in their homes as they age.

Home.

It's hard to define, yet so full of meaning.

For some, it's simply the roof overhead and a place to crash. For others, it's where friends and family eagerly gather for boisterous celebrations or to find gentle support in times of sorrow. For me, it's the dog-filled retreat returned to at the end of a full day. I have friends who feel "at home in the world" as they galivant the globe. And I know quite a few people whose illnesses and movement, vision, isolation, and transportation challenges have caused home to become their whole world.

Aging in Place

For the older adults we serve, home is the place where they want to live out

their later life. The industry term is "aging in place." And that outcome is core to the work we do at the Council on Aging of Central Oregon. Our team of 30 staff members and 450+ volunteers develop and execute a powerful range of programs and services that make it possible for older adults in Crook, Deschutes, and Jefferson Counties to stay at home fed, safe, and connected to the broader community. And that's been no small task in this last year as we've continued to live through a waning COVID-19 pandemic, an increase in our older adult population, some extraordinary weather events, supply chain delays, and concerns for policy changes that effect safety nets. I'm proud of the team's heartfelt hard work and commitment to making and keeping aging at home a reality for our clients.

Creating a New Space

I am also deeply grateful for the extraordinary generosity on the part of our donors, especially those who met our capital needs in the 2021/2022 fiscal year. Their gifts allowed us to continue the renovation of the new Senior Services Center at 1036 NE 5th Street in Bend. Our new home puts in place under one roof an expanded set of services and provides Central Oregon seniors, their loved ones, and caregivers with "one-stop" access to information and referral services, case management, nutrition programming, caregiver support, Medicare counseling, social connection, volunteer opportunities, and many other resources that make aging at home possible today and in the future. This work gives us meaning and satisfaction.

With deep appreciation for your support in building a community in Central Oregon that grows older better, together.

Susan M. Rotella
Executive Director

Community Impact

July 1, 2021, through June 30, 2022



Nutrition

- 90,195 **Meals on Wheels** deliveries
- 47,620 **Grab-N-Go** lunches
- 688 hours of nutrition education



Information & Referral

- 20,000 copies of **Directions** senior resource guide
- 749 hours of **Medicare** counseling
- 135 hours of legal assistance



Volunteers

- 18,899 hours of volunteer support



Caregiving Services & Support

- 7,734 hours of home/personal care
- 1,275 hours of paid respite support
- 2,182 hours of case management services for 786 clients



Social Engagement

- 1,233 calls made by 55 **Caring Connections** volunteers
- 95 pets owned by 68 housebound seniors fed in **Pet Pals** program



Health & Fitness

- 3,424 sessions of fitness and fall prevention classes

There's No Place Like our new Home



The Council on Aging recently opened our new Senior Services Center, in Bend's Central District. This 8,750 square foot facility is the first and only building in Central Oregon dedicated to providing a full suite of client-facing services that make it easier to age at home. Now, under one roof, older adults, their loved ones, and caregivers can access a range of offerings for sound nutrition, improved safety, decreased loneliness, increased well-being, and expert guidance that address the challenges of growing older.

Information and Referral (I&R)

This team helps older adults and their loved ones connect with local, state, and federal agencies and needed resources.

Case Management

Case managers perform assessments and identify appropriate and cost-effective ways to support seniors as they deal with aging-related challenges.



Nutrition Programming



Community dining, Grab-N-Go lunches, and Meals on Wheels food programs bolster senior well-being.

Pet Pals

An expansion of Meals on Wheels, this program provides free food and veterinary services for clients' fur babies, who are often their only companions.



Caring Connections



In this program, volunteers are matched with older adults to socialize, build friendships, and combat isolation.

Medicare Counseling

Our trained volunteers reduce the complexity for first-time Medicare enrollees and provide guidance as coverage needs change.

Family Caregiver Support

Respite care, support groups, and referral services deliver needed support for unpaid caregivers looking after an older loved one.



Health & Wellness Education

The Council on Aging subsidizes Tai Chi, Diabetes Prevention, and other classes.



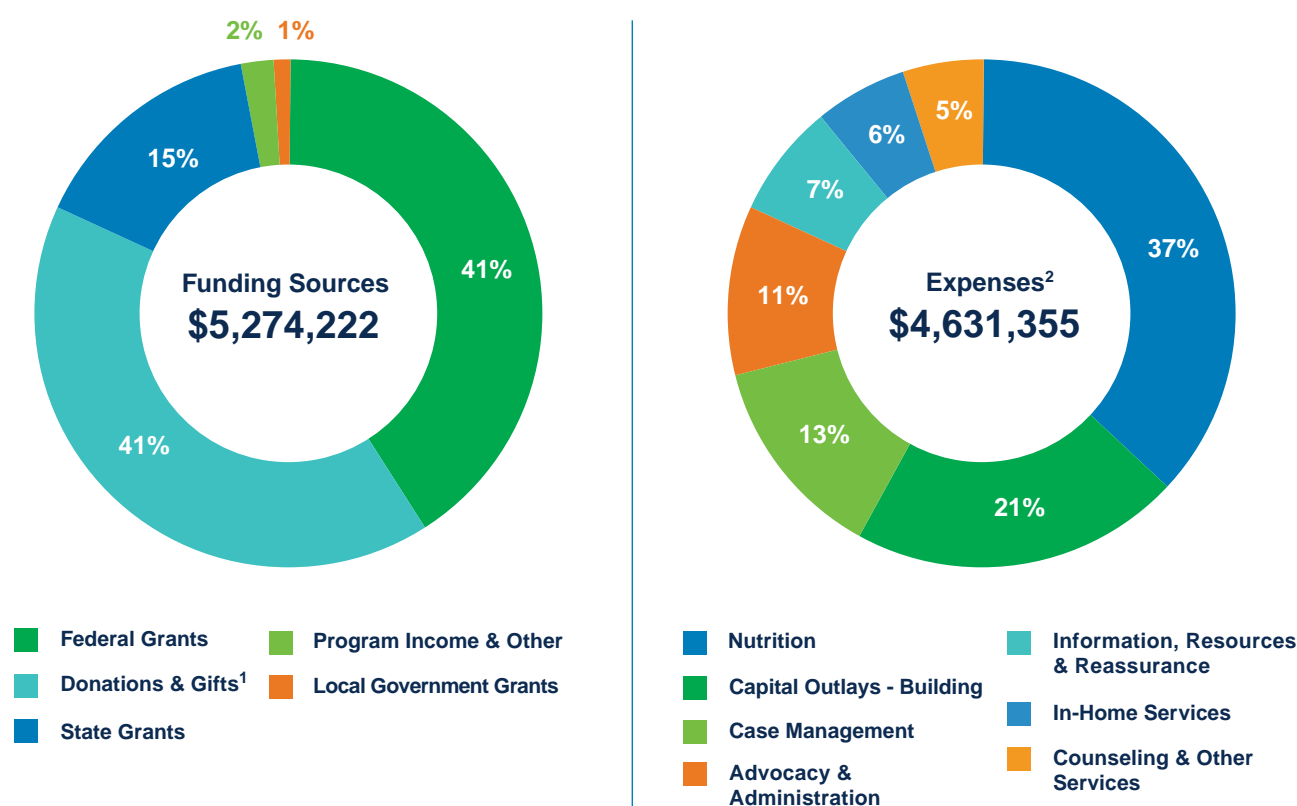
Volunteer Opportunities



A variety of volunteer positions in our Meals on Wheels, senior dining, Pet Pals, and Caring Connections programs provide purpose and meaning.

Even as we address the needs of today's older adults, the new Senior Services Center is providing a hub for the development of essential programming that will allow Central Oregon seniors of the future to better age at home.

Revenue & Expenditures July 1, 2021, through June 30, 2022



¹ Donations & Gifts included \$1.8 million in non-recurring capital campaign contributions.

² Expenses included \$1.0 million in non-recurring capital outlays for building construction.

Our team of volunteers, which numbered more than 450 in FY 2022, donated 18,899 hours of service that were essential to our operations in all three of Central Oregon’s counties. The estimated hourly value of each volunteer is \$29.95, so as a whole, they contributed \$566,025 in value, which is not reflected in the Revenue & Expenditures data. We recognize their support with the deepest of gratitude.

Making an Impact in Our Community

The generous financial support of the following contributors enables the Council on Aging to work with Central Oregon seniors and their loved ones as they navigate the challenges of aging at home:

- Autzen Foundation
- Barbara Emily Knudson Foundation
- Bend Foundation
- Brooks Resources Corporation
- Central Oregon Association of Realtors
- Central Oregon Health Council
- City of Bend
- Deschutes County
- First Interstate Bank
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