

2025 COMMUNITY IMPACT REPORT



Keeping Central Oregon seniors
safe, fed, and connected.



OUR COMMUNITY, OUR COMMITMENT

For five decades, the Council on Aging of Central Oregon has recognized that aging independently requires more than a single service. Our wraparound approach ensures that older adults in the tri-county region are safe, fed, and connected. This year, we deepened our commitment to this comprehensive care, evolving alongside the growing needs of our community.

A cornerstone of our work in 2025 was the launch of Oregon Project Independence-Medicaid (OPI-M), which provides essential in-home care at no cost to qualified individuals. The demand was immediate. Since its launch last March, more than 200 participants have received support through our team. These services create a vital balance: they enable older adults to remain safely in their own homes while providing family caregivers with the stability and relief they need to sustain their essential roles.

OPI-M works in tandem with our diverse programs to provide a comprehensive safety net. Whether demystifying Medicare through our Senior Health Insurance Benefits Assistance program (SHIBA) or accessing resources via our Help Desk, we facilitate the expert coordination that ensures no one is left to navigate a complex system alone.

In 2025, Cassie became Chair of O4AD (Oregon Association of Area Agencies on Aging and Disabilities), representing Oregon's aging organizations to state officials, advocating nationally, and shaping statewide programs.

While this need for support is growing at an accelerated pace, our programs face unprecedented pressure. Unpredictable funding and a shifting grant landscape have complicated long-term planning, even as the demand for our services reaches new heights. Consequently, our reliance on community advocacy and local giving has never been more critical.

Despite these headwinds, this report is a testament to our collective impact. It is only through the dedication of our staff, volunteers, partners, and donors that the Council on Aging can reach thousands of seniors each year, providing the essential connections that safeguard their independence.

Thank you for being part of this journey and for making this impact possible.

Cassie Regimbal

Cassie Regimbal, LMSW
Executive Director



A HALF CENTURY OF CONNECTION

In 2025, the Council on Aging of Central Oregon marked 50 years of service across Crook, Deschutes, Jefferson, and North Klamath counties. Since our grassroots beginnings in 1975, we have grown into a regional cornerstone with a singular purpose: ensuring every Central Oregonian can age well, wherever and however they choose. By empowering, advocating for, and providing essential services to older adults, we remain committed to helping them stay safe, fed, and connected today and for the next fifty years.

To honor this milestone, we brought the community together with celebrations throughout the region. Highlights included a 200-person anniversary party in Bend with live music, food, and a resource fair; a summer barbecue with our La Pine Activity Center partner; and special anniversary lunches, happy hours, and gatherings in Sisters, Redmond, and Prineville. These events allowed us to reflect on our history and thank the supporters who have helped shape our work.

This anniversary was more than a tribute to the past; it was a commitment to the future. As we look toward the next fifty years, we remain steadfast in evolving alongside our community and strengthening the bonds that make Central Oregon home.





EXPANDING INDEPENDENCE

In 2025, in partnership with the Oregon Department of Human Services (DHS), we launched Oregon Project Independence-Medicaid (OPI-M) to help older and physically disabled adults live independently at home. We have been administering the original Oregon Project Independence for over 50 years. The Medicaid version expands support through increased in-home care hours and community services, such as meal delivery and home safety modifications, all provided at no cost and without Medicaid estate recovery.

Rolling out OPI-M was challenging, from coordinating with the state around eligibility and reporting requirements to organizing services, but the need was immediate. Since last March, more than 200 participants have been supported, and new case managers have been hired to meet this demand. This launch highlights the high need for in-home services and the power of local-state collaboration.



Clients Served by Case Managers:

1,100

Up 25% from 2024

Family Caregiver Respite Hours:

2,739

in the last biennium* Up 13% from the previous biennium

*Family caregiver funding occurs on a 2-year cycle from July 1 - June 30th



Help Desk Calls:

7,382

Up 11% from 2024

NEED HELP? START HERE

Our Help Desk, which is Central Oregon's Aging and Disability Resource Center, connects people to programs and community services, offering expert guidance and support to meet their unique needs. Call (541) 678-5483 to get in touch with us today.



A husband called our Help Desk, exhausted from caring for his wife and unsure how they could afford the help she needed. We connected him to local support groups, short-term respite, and in-home assistance through OPI-M. With reliable help in place, he can rest and occasionally join us for community dining. These services and resources make it possible for him to continue caring for her at home.

MORE THAN A MATCH

This past year, Caring Connections continued to build on its foundation of regular friendly calls and visits while expanding into more group events and gatherings. This growth is a direct response to the positive feedback we've received from volunteers and participants alike.

The impact of our gatherings was clear at the holiday event in December. 82 participants and volunteers gathered at Aspen Hall in Bend for a celebration filled with warmth and camaraderie. Volunteers provided 18 rides to ensure everyone could attend. Our event brought everyone together around a shared meal and a roaring fire, where they built deeper friendships and forged new connections while funders saw our impact in action.

These gatherings are more than events, they are reminders of the power of human connection. In the year ahead, Caring Connections will bring more and varied events to rural communities, ensuring older adults and volunteers have regular opportunities to engage.

"The holiday event was great for us and it really showed how broad the reach of the program is."

– Caring Connections Volunteer

Struggling with isolation and physical limitations, one Caring Connections participant found a lifeline through the program. We coordinated his Dial-A-Ride access and matched him with a fellow Marine Corps veteran. This deep bond restored his social confidence. His VA psychologist noted this was "by far the most effective intervention yet," as he now enjoys regular social interactions and attends community events with his volunteer.



Number of Caring Connections Matches:

64

Up 8% from 2024

Number of Interactions:

2,137

Up 20% from 2024



A YEAR OF PARTNERSHIPS

Our work is powered by a robust network of partners who share our commitment to senior wellness. Together with regional senior centers, we cooked, served, and delivered 198,874 meals last year through Meals on Wheels and Community Dining. These programs were transformed by over \$25,000 in fresh produce donations from Seed to Table and Well Rooted Farms. By prioritizing these farm-fresh ingredients, we ensure our seniors have access to the nutrient-dense, whole foods that serve as the foundation of healthy aging.

Our collaborations also address the dual challenges of food insecurity and social isolation. Through our partnership with the High Desert Food & Farm Alliance, we provided 7,360 individual meal servings to homebound seniors in La Pine, Madras, Redmond, and Sisters. These Fresh Harvest Kits, containing locally grown vegetables, pantry staples, and seasoning, offer ready-to-make nutritious meals.

Additionally, our partnership with NeighborImpact brings their mobile pantry directly to our Bend Senior Service Center monthly, making supplemental groceries and healthy food options more accessible to older adults in our community.

“It helps to stretch my food budget so I can buy other needed groceries I seldom can afford otherwise.”

– Meals on Wheels and Fresh Harvest Kit Recipient, Redmond



7,360

individual meal servings through Fresh Harvest Kits



1,763

pounds of donated fresh produce



3,652

pounds of donated fresh produce



A NETWORK OF CARE

Our ability to serve the tri-county area depends on strong partnerships with the La Pine Activity Center, Jefferson County Senior Center, Prineville Senior Center Charitable Trust, and Redmond Senior Center. These collaborations allow us to bring Meals on Wheels and Community Dining to cities throughout Central Oregon. We are proud to work alongside their dedicated teams, whose commitment ensures every older adult has access to a nutritious meal, a welcoming environment, and connection.

EMERGENCY MEALS

2,000 shelf-stable meals were distributed last year, helping Meals on Wheels clients stay fed when emergencies arise.

Initially struggling with severe weight loss, one client found that the consistent nutrition of Meals on Wheels was the key to her recovery. Through the stability of daily, balanced meals, she successfully reached her goal weight of 120 pounds. Believing she was finally healthy enough to leave the program, she offered her spot to others. However, our staff recognized that this progress required ongoing support to be sustained. We convinced her to stay on Meals on Wheels, ensuring her hard-won health became a lasting foundation for her independence.



Meals on Wheels
Delivered:

153,409

Up 7% from 2024

Community Dining
Meals Served:

45,465

Down 1% from 2024

Hours of Nutrition
Education:

902

Up 6% from 2024



Our Pet Pals client Ron and his dog Bleau were featured in a Meals on Wheels national marketing campaign.



A HOLISTIC APPROACH: BEYOND THE BASICS

Aging well is rarely about a single solution; it's about a comprehensive network of care that evolves with our clients. We provide more than just meals. We offer a coordinated wraparound system that keeps Central Oregon seniors safe, fed, and connected.

EXPANDING RURAL VET CARE

For many seniors, a pet is their most essential source of comfort. This past year, we expanded our partnership with the Humane Society of Central Oregon (HSCO) to ensure our Meals on Wheels clients don't have to choose between their own health and their pet's well-being.

We also want to extend a special thank you to Mini Pet Mart for their steadfast support. Their donation of over \$23,300 in products last year was instrumental in keeping our program running.



Pet Pals Clients:

177

Up 36% from 2024

Pets Enrolled
in Pet Pals:

265

Up 36% from 2024

By joining forces with HSCO, we launched direct, in-home veterinary care for rural clients in Madras and Prineville and coordinated wellness and spay/neuter services at mobile clinics across Central Oregon. We also continue to serve clients in Bend, La Pine, and Sisters through our valued partnerships with FIXBend and Wickiup Animal Hospital.

For one Pet Pals client, facing cancer is a grueling journey, but she doesn't do it alone. To protect her life-saving bond with her dog, Charley, Pet Pals and HSCO bring vital veterinary care and essential supplies directly to her door in Madras, removing the heavy burden of travel during her difficult treatments. By keeping Charley fed and healthy, we ensure that she can focus on recovery with her best friend by her side.



NAVIGATING A CHANGING MEDICARE LANDSCAPE

When nearly every carrier in Central Oregon dropped their Medicare Advantage plans last year, our Senior Health Insurance Benefits Assistance program (SHIBA) became a critical resource. Our team of eight Medicare “wizards” guided the community through these changes, supporting 1,418 clients, which is a 29% increase over last year.

CULTIVATING COMMUNITY WELLNESS

Our health classes continue to provide essential tools for active aging. A highlight this year was our collaboration with the Confederated Tribes of Warm Springs. After consulting with tribal elders and staff, we provided jackets as participation incentives to encourage consistent engagement within the tribal community.

TEAMING UP FOR TAX ASSISTANCE

We continued to expand and deepen our partnership with the volunteer-run AARP Foundation Tax-Aide Program. For 10 weeks, volunteer tax preparers turned our Senior Services Center into a hub of financial advocacy, helping 383 local seniors recover \$253,054 in refunds.

ACCESSING LEGAL SUPPORT

Navigating matters like estate planning, powers of attorney, and wills can be stressful and overwhelming. Through our Senior Law Project partnership with Legal Aid Services of Oregon, we provided a clear path forward with free legal advice. Last year, 62 clients met with lawyers in Bend, Redmond, Madras, and Prineville, a 22% increase in demand that underscores the growing need for these accessible resources in our community.





SUSTAINING OUR COMMUNITY

Meeting the growing needs of Central Oregon's older adults has never been more challenging. The steady increase in demand for meals and social services is outpacing our available funding, while rising costs further strain our resources. Your support sustains the vital work that helps our older neighbors maintain their independence and sense of community. Together, we are investing in a future where every older adult can thrive, regardless of the challenges ahead.

INVESTING IN OUR SHARED FUTURE

While financial support provides the foundation, our volunteers bring the hands and heart of our mission. From delivering Meals on Wheels to making friendly phone calls, every volunteer, whether serving weekly or daily, is essential to meeting the region's rising needs and building a more connected community. Simply put, we could not do this work without them.



Volunteer Hours:

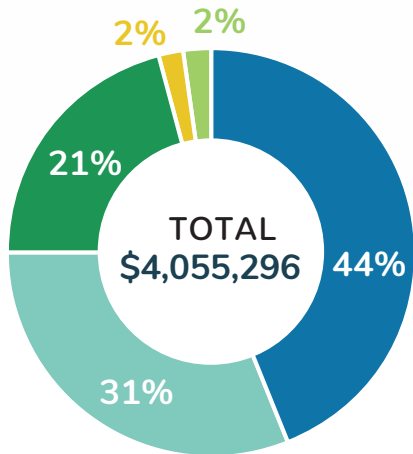
38,523

Up 13% from 2024



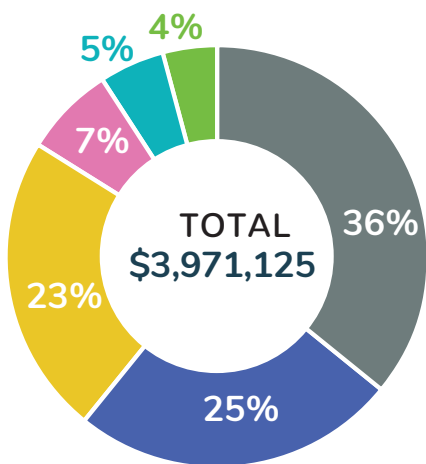
For nearly a decade, one Meals on Wheels volunteer in Sisters has been far more than a delivery driver; he is a vital lifeline for neighbors navigating complex personal and physical hardships. For one client, his persistence has been life-changing. He has advocated for her through family hurdles and a challenging home life to ensure she received essential services. Whether sharing his love of astronomy or listening to her share about their day, he never rushes. Tomorrow, he'll be there again, as dedicated as ever.

2025 REVENUE & EXPENDITURES



REVENUES:

- Federal Grants
- State Grants
- Donation & Gifts
- Local Government Grants
- Program Income & Other



EXPENDITURES:

- Nutrition Programs
- Advocacy & Administration
- Case Management
- Information, Resource & Reassurance
- Counseling & Other Services
- In-Home Services

GRANTORS AND SPONSORS THAT MADE A DIFFERENCE

Grant Funders and Business Supporters listed below are from 2025.

Deschutes County
Harvest Foundation
JTMF Foundation
Oregon Wellness Network
PacificSource Health Plans
Ronald W. Naito MD Foundation
The Reser Family Foundation
The Roundhouse Foundation

100 Women Who Care Central Oregon
100 Women Who Care Sisters
Association of Oregon Community Mental Health Programs
Les Schwab Tire Centers
Maybelle Clark Macdonald Fund
Margaret Thiele Petit Foundation
Marinus Newhouse Charitable Fund
Meals on Wheels of America
Oregon Health Authority
OnPoint Community Credit Union
Oregon Community Foundation
St. Charles Health System
TC Energy

AgWest Farm Credit
Brooks Resources Corporation
Cascades East Association of REALTORS®
Cascade Natural Gas
Clabough Foundation
Costco Wholesale
Hunger Prevention Coalition
New Horizons In Home Care
PacificCorp Foundation
Schulze Family Foundation
Sunriver Women's Club
SunWest Builders
Touchmark Bend
WaFd Bank Foundation

We are grateful to the residents and staff at Touchmark at Mount Bachelor Village for their robust bottle and can recycling initiative, which generates significant revenue that directly sustains our programs.

Our work is also made possible by our individual donors. These personal contributions provide the vital lifeline that allows us to reach every older adult who needs our support.

BOARD OF DIRECTORS AND ADVISORY COUNCIL

Our Board of Directors and Advisory Council are chosen for their integrity, capability and knowledge of issues that impact older adults in Central Oregon. They provide governance and leadership to the Council on Aging and have the responsibility to ensure the agency is managed in an efficient and compassionate way. They share our goals of changing perceptions of aging and building a Central Oregon that values and supports people as they age.

Board of Directors

Jennifer Neahring, MD, President
Emily Salmon, Vice President
Peter Lekki, Treasurer
Jane Ann Pighin, Secretary
Jeff Ashley
Rya Fennewald
Carmencita Madrid
Jim Noel
Cathy Schroth
Andrea Sigetich
Zak Sundsten
Esther Reed, Advisory Council Representative

Thank you to past Board Members for their service:

Louis Capozzi
Sally Jacobson
Elizabeth Johnson
Ray Miao

Advisory Council

Esther Reed, Chair (La Pine)
Simeon Rose, Vice Chair (Redmond)
Joelle Blanchard (Powell Butte)
Sharon Marvel (Madras)
Jim Moran (Bend)
Casey Munck (At Large)
Josefina Nury Riggs (Redmond)
Ken Scholz (At Large)
Keri Turner (Bend)

Thank you to past Advisory Council members for their service:

Jan Coffey
Maureen Dooley
Donna Tewksbury
Kathy Withey

YOUR SUPPORT CHANGES LIVES

Every gift to the Council on Aging stays right here in Central Oregon. From serving hot meals to providing life changing resources, your generosity ensures our older neighbors can age with dignity, health, and independence. Donate today at www.councilonaging.org/donate



COUNCIL ON AGING
OF CENTRAL OREGON

1036 NE 5th Street, Bend, OR 97701 | (541) 678-5483