

Northshore Senior Center 2008 Annual Report



Promoting positive aging in Bothell, Woodinville, Kenmore, Mill Creek and Kirkland



It was the first place that gave me any hope when I didn't have any.

Someone getting older would be wise to explore what the Center has to offer. You are missing a tremendous opportunity if you pass it up—not only opportunities but also great people.

Northshore Senior Center is in a class by itself. If this is not the best senior center in the country, it has to be at the top. The quality of the facilities, the breadth of programs and the caliber of staff is remarkable.. They are professional, supportive and caring. It's such a pleasant place to be!



The Senior Center is a miracle as far as I'm concerned.



The NSC is a lifeline to us. Since we are no longer able to travel we find the Center a safe and friendly place to spend quality time. With many activities to enjoy and many opportunities to volunteer, we can feel needed and useful.

Financial Statement (year ended December 31, 2008)

2008 Unaudited Financial Statement for the year ended December 31, 2008

2008 Revenue

Contributions	\$ 101,086
Special Events	103,226
Government Grants	1,902,025
Membership Dues	60,726
Program Service Fees	378,904
Incidental Revenue	113,308
Sales to the Public	19,118
Senior Services / United Way	268,069
Total Revenue	\$ 2,946,462

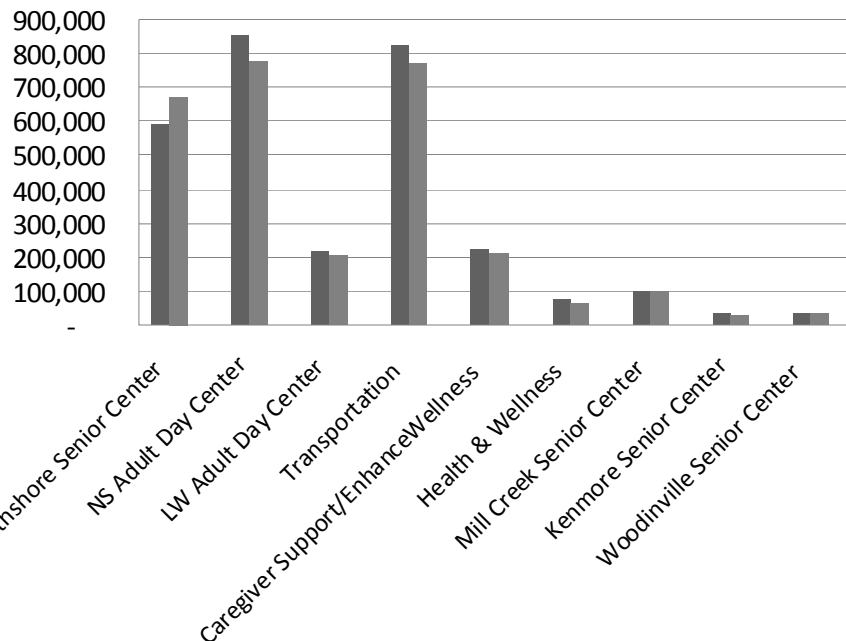
Board Reserves

Operating	\$ 288,445
Endowment	19,663
Committed Funds	
Health & Wellness Building Fund	46,256
Transportation Vans	71,400
Total Committed Funds	117,656
Total Board Reserves	\$ 425,765

2008 Expenses

Personnel	\$ 1,768,791
Professional Services	124,555
Program/Other Supplies	112,612
Telephone	33,051
Postage & Shipping	15,310
Facilities	198,466
Printing	31,449
Transportation	190,289
Conferences & Meetings	4,635
Membership Dues	3,105
Liability Insurance	11,072
Miscellaneous Expense	23,773
Administrative Fee (13.21%)	337,673
Equipment Purchases	12,400
Total Expenses	\$ 2,867,181
Excess (Deficit)	\$ 79,280

Revenue and Expenses By Program Area



2008 Highlights

Contributions	\$ 101,086
Gift Shop	\$ 18,425
Coffee Bar	\$ 24,754
Ransacked Attic Sale	\$ 19,400
Auction	\$ 43,914
Other Special Events	\$ 39,912
Program Service Fees	\$ 378,904
Membership Dues	\$ 60,726

Who We Are

In 2008

7,470 participants, including 3,603 members, visited the Senior Center 172,166 times

Volunteers

523 volunteers contributed 46,289 hours of service

Age		Gender		Income	
Under 60	7%	Female	73%	Very-low	18%
60 - 74	44%	Male	27%	Low	26%
75 - 84	37%			Moderate	23%
85 and older	12%			Above moderate	33%

Programs and Services

NSC is innovative and adaptive in our programming – *creating programs that do not exist to meet needs that do.*

Senior Centers

Community gathering places focused on positive aging, providing a broad spectrum of services. Overall the four senior centers served 7,470 seniors and adults with disabilities, including 864 at Mill Creek Senior Center, 575 at Kenmore Senior Center, and 466 at Woodinville Senior Center. Each quarter over 250 programs, trips, activities and services are offered, including trips, tours, fitness programs, support groups, arts, dance, discussion groups, financial seminars, writing, language classes, special events, cards, games, music, theatre, lifelong learning, computer classes, Employment Program and more!

Special Events

Antique Appraisal Day, Boeing Holiday Pops, Caregiver Forum, Craft and Jewelry Sale; David Troxel Presentation, Fine Arts Show, Oktoberfest, Pancake Breakfasts, Holiday Marketplace, Savvy Seniors Resource Fair, Senior Fall Prevention Day, Veteran's Day Concert, Harvest Happenings, Holiday Light Festival, Heritage Skills Workshops, Seattle Shakespeare Theatre, Grandparents Day Picnic, Winter Music & Spaghetti Lunch Program; Valentine's Day/Kenmore Birthday Party, The Great Blue Heron Watch, Seniors Making Art, Chinese Spectacular, and many more!

Caregiver Support

300 caregivers and 50 care receivers served; 70 caregiver support and early stage memory loss groups and 3 caregiver training and informational presentations offered; 6 caregivers/care receivers received PEARLS (depression intervention); Innovative Brain Fitness Club for seniors with early stage memory loss offered with the Northshore Adult Day Center.

Adult Day Health

261 participants, ages 21–106 participated in one of our two Adult Day Centers in Bothell and Kirkland. 88% improved or maintained overall in the areas of physical functioning, cognitive/behavioral issues and activities of daily living.

Transportation

Over 34,092 rides provided to 2,703 older adults and people with disabilities. Rides were primarily for people attending programs at Senior Centers, and our two Adult Day Centers.

Health & Wellness

An average of 500 visits to the Fitness Center each month; 15,371 sessions of EnhanceFitness; 16 Dental Clinics served 72 low-income seniors and adults with disabilities; 280 enrolled in Evergreen EnhanceWellness (EEW), with 85% maintaining or improved on their selected health goal; Dozens of seniors participated in Matter of Balance fall prevention classes; Tootsie's Parlor offered massage, hair styling, blood pressure checks and foot care to hundreds of people.

Nutrition

Meals on Wheels volunteers delivered 7,364 meals to 64 home bound seniors; Community Dining staff and volunteers served 10,373 lunches to 406 participants.

Social Services

Employment Referral Program volunteers worked 1,756 hours matching working seniors with seniors needing help, resulting in 3,714 jobs completed; Pet screenings and pet food distributed to low-income seniors; Support groups; Scheduling of tax preparation appointments; Health insurance counseling; Eyeglass adjustments and hearing aid cleaning services; Medical equipment loans; and yes, much more!

Mission

Promoting the emotional, social, and physical well-being of older adults

Vision

A community where older adults and those who love them are empowered to choose and develop ever more joyful, healthful and meaningful lives.

Locations

Northshore Senior Center, Bothell
Kenmore Senior Center
Woodinville Senior Center
Mill Creek Senior Center
Northshore Adult Day Center, Bothell
Lake Washington Adult Day Center, Kirkland
Health and Wellness Center, Bothell
Peter Kirk Community Center, Kirkland (in partnership with the City of Kirkland)

Contact information

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2008 Board of Directors

Elected Members

Joan Appleby
Carolyn Boucher, Vice President
Marlene Burdue
Ron Cuddy
Louise Ellis
Emily Fleming
Malka Fricks
Barry Holt
Kathleen Manley
Bob Matthews
Sharon McCain
Ashok Singh, President
Lillian Tomlin

Board Appointed Members

George Behrend, Woodinville Branch
Rev. Stephen Knowles, Emmanuel Presbyterian Church
Nancy Marshall, Northshore Adult Day Center
Lyn Neuhardt, Mill Creek Branch (Jan–Oct)
Bill Flanagan, Mill Creek Branch (Nov–Dec)
Cheryl Porter, Treasurer, Cheryl Porter C.P.A.
Chris Serold, Chateau Retirement Communities
Fran Smith, Foundation House
Bob Spurlock, Secretary, Kenmore Branch



Northshore Senior Center is affiliated with Senior Services

NSC is a regional senior center, with boundaries that span both King and Snohomish Counties and the cities of Bothell, Kenmore, Woodinville, Mill Creek, Kirkland and unincorporated areas to our south, east and west.

The Senior Center is open to anyone and everyone that would like to utilize services, regardless of age, location of residence, or income. In 2008, 44% of participants identified their income level as very low-income or low-income. If a participant cannot afford the cost of membership or a class, a scholarship will be provided for reduced cost or no cost and all of our social services are provided at no cost. Additional programs and services for seniors who identify as low-income include: Meals on Wheels, daily community dining lunch program, tax-preparation assistance, pet food distribution, access to transportation, medical equipment loans, mobile dental clinic, Information & Assistance (through Senior Services), and legal consultation. The Senior Center has an employment referral program that connects low-income seniors who need work with seniors who want to hire them.

Beyond the expected explosion in the senior population, Northshore is working to adapt to the rapidly changing demographics of King and Snohomish Counties. While we have always strived to serve all members of our community, we know that our existing systems are not adapting to the increasingly diverse cultural and language needs of our community. We are strategically working to create alliances and extend our network of friends and partners in underserved communities. We know there are seniors that we can help, and we want to provide them with all the care and support that they need and deserve. It is our responsibility to build the necessary organizational structures and relationships to reach out to them.