

# Northshore Senior Center 2009 Annual Report



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



The Senior Center has been like a second home to me for 25 years.

It is amazing how an older person's world shrinks after their working years are over. At Northshore Senior Center, my world is expanding again. I make new friends, have new experiences, I feel useful and even learn a lot.



Thanks to what the Senior Center offers—I stay young in Heart, Mind, and Body!



The Senior Center is a hive of activity and gives us all hope!



I am a Vietnam Veteran and a caregiver to my wife. This Senior Center has been a lifesaver for my marriage and my own physical and mental health. There are not enough words to describe the feelings I have for this place.

# Financial Statement (year ended December 31, 2009)

2009 Unaudited Financial Statement for the year ended December 31, 2009

## 2009 Revenue

Contributions	\$ 208,073
Special Events	71,975
Government Grants	1,867,783
Membership Dues	71,803
Program Service Fees	437,647
Incidental Revenue	97,924
Sales to the Public	19,002
Senior Services / United Way	333,617
<b>Total Revenue</b>	<b>\$ 2,774,207</b>

## Board Reserves

Operating	\$ 471,925
Endowment	20,250
<b>Committed Funds</b>	
Health & Wellness Building Fund	18,148
Transportation Vans	13,375
CDBG Project (Doors/Curbs)	10,648
Computers	20,449
<b>Total Committed Funds</b>	<b>62,620</b>
<b>Total Board Reserves</b>	<b>\$ 492,175</b>

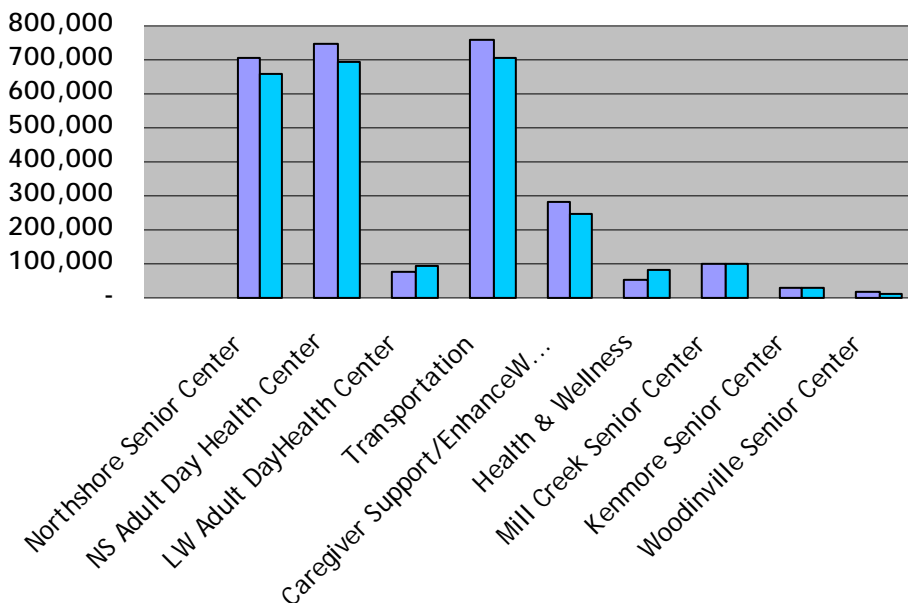
## 2009 Expenses

Personnel	\$ 1,863,804
Professional Services	128,657
Program/Other Supplies	132,879
Telephone	28,584
Postage & Shipping	8,094
Facilities	205,875
Printing	26,714
Transportation	184,265
Conferences & Meetings	2,221
Membership Dues	1,484
Liability Insurance	10,487
Miscellaneous Expense	15,620
Administrative Fee (13.21%)	348,669
Equipment Purchases	16,353
<b>Total Expenses</b>	<b>\$2,625,037</b>
<b>Excess (Deficit)</b>	<b>\$149,170</b>

## 2009 Highlights

Contributions	\$ 207,232
Gift Shop	\$ 18,719
Coffee Bar	\$ 23,370
Café	\$ 7,636
Ransacked Attic Sale	\$ 19,385
Other Special Events	\$ 35,322
Program Service Fees	\$ 437,647
Membership Dues	\$ 71,803

Revenue and Expenses By Program Area



# Who We Are

## In 2009

7,653 participants, including 3,582 members, visited the Senior Center 161,063 times

## Volunteers

523 volunteers contributed 46,289 hours of service

Age		Gender		Income	
Under 60	6%	Female	70%	Very-low	14%
60 - 74	45%	Male	30%	Low	28%
75 - 84	37%			Moderate	25%
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 7,653 seniors and adults with disabilities, including 931 at Mill Creek Senior Center, 755 at Kenmore Senior Center, and 522 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

Almost Home Workshop, Chinese New Year, Boeing Holiday Pops, Caregiver Forum, Craft and Jewelry Sale, Casino Night, Fine Arts Show, Oktoberfest, Pancake Breakfasts, Holiday Marketplace, Microsoft Symphony Orchestra, Mill Creek Senior Center Open House, Helen Thayer's "Three Among the Wolves", Veteran's Day Concert, Shape Up!, St. Patrick's Day, Courtyard Concert Series, Heritage Skills Workshops, Potato Bake, Kenmore Birthday Party, The Great Blue Heron Watch, Seniors Making Art, Northshore Adult Day Health 25th Anniversary, and many more!

### Caregiver Support

350 caregivers and 40 care receivers served; 76 caregiver support and early stage memory loss groups and 8 caregiver training and informational presentations offered; 16 caregivers enrolled in Evergreen EnhanceWellness & 5 caregivers received PEARLS (depression intervention); Innovative Brain Fitness Club for seniors with early stage memory loss offered with the Northshore Adult Day Center (2 groups weekly).

### Adult Day Health

207 participants, ages 21–107 participated in one of our Adult Day Centers in Bothell and for the first 5 months in Kirkland. The Lake Washington site fiscally closed June 30, however participants moved to the Bothell site in May. There was a participant drop of Medicaid funded participants in July & Aug, with a resumption in service mid-September.

### Transportation

Over 34,674 rides provided to 3,840 older adults and people with disabilities. Rides were primarily for people attending programs at our Senior Centers, and our two Adult Day Centers.

### Health & Wellness

An average of 645 visits to the Fitness Center each month; 14,042 sessions of EnhanceFitness; 12 Dental Clinics served 41 low-income seniors and adults with disabilities; 265 enrolled in Evergreen EnhanceWellness, with 89.75% maintaining or improving on their selected health goal; 84 seniors participated in Matter of Balance fall prevention classes, and 53 in Powerful Tools; Tootsie's Parlor offered massage, hair styling, blood pressure checks and foot care to hundreds of people.

### Nutrition

Meals on Wheels volunteers delivered 6,439 meals to 59 home bound seniors; Community Dining staff and volunteers served 9,278 lunches to 460 participants.

### Social Services

Employment Referral Program volunteers worked 1,771 hours matching working seniors with seniors needing help; 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

Northshore Senior Center promotes healthy aging and well-being in our community through programs, services, resources, and civic engagement.

## Vision

We envision a community where everyone leads full, healthy, and inspired 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 (closed 6/30/09)  
Health and Wellness Center, Bothell  
Peter Kirk Community Center, Kirkland (in partnership with the City of Kirkland)

## Contact information

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## 2009 Board of Directors

### Elected Members

Joan Appleby  
Marlene Burdue  
Gloria Campbell  
Ron Cuddy, President  
Louise Ellis  
Geoff Ethelston  
Kathleen Manley, Secretary  
Bob Matthews  
Sharon McCain  
Ashok Singh, Vice President  
Lillian Tomlin  
Jacque Wallace

### Board Appointed Members

George Behrend, Woodinville Branch  
Bill Flanagan, Mill Creek Branch  
Rose Graeber, Kenmore Branch  
Rev. Stephen Knowles, Emmanuel Presbyterian Church  
Nancy Marshall, Northshore Adult Day Center  
Pat Parkhurst, Rec/Park Director, City of Bothell  
(Sept-Dec)  
Cheryl Porter, Treasurer, Cheryl Porter C.P.A.  
Chris Serold, Chateau Retirement Communities  
Fran Smith, Foundation House



Northshore Senior Center is affiliated with Senior Services

Northshore Senior Center 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. 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.

In 2009, 41% of participants identified their income level as very low-income or low-income. 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.

Northshore is working to adapt to the rapidly changing demographics of King and Snohomish Counties. We are strategically working to create alliances and extend our network of friends and partners in underserved communities. We are also working hard to attract more of those seniors, sometimes called baby boomers, in the months ahead through designing events that appeal to them and better access to evening and weekend classes and programs which are already increasing. We will need to appeal to the leadership qualities of the new generation and to their innovative and creative minds as well as their organizational and technical skills so they will feel empowered to be a new force at NSC. It is our responsibility to build the necessary organizational structures and relationships to reach out to them. Our goal is to enhance our image across the generational bridge and attract the more diverse membership which the Center needs to move successfully into an exciting future.