



Northshore
Senior Center



2018
Annual Report

2018--The Year In Review

We had a lot to be proud of in 2018. Below are just a few highlights from the year.

- In May of 2018 we re-opened the Mill Creek Senior Center in our new location at Vintage of Mill Creek. If you haven't yet visited, please stop by and check it out!
- Thanks to funding provided through the King County Vets, Seniors and Human Services levy, we secured funding to improve our Bothell and Kenmore facilities, to improve our community outreach, and to ensure we are prepared for emergencies.
- With over 61% of our members being low-income or extremely low-income, we prioritized the establishment of a small food pantry at our Bothell location, helping reduce hunger amongst our senior population.
- Rock Steady Boxing, an evidence-based program focused on alleviating the symptoms of Parkinson's Disease, was expanded, allowing more individuals access into this impactful program.
- We prioritized making our senior centers a welcoming community for all, and focused on engaging under-served communities. This work continues daily, but in 2018 we were thrilled to welcome new programs and groups focused on meeting the needs of LGBTQ seniors.
- Thanks to our partners at EvergreenHealth and King County, we expanded our Social Services team to include a Mental Health Professional and a new Community Resource Specialist focused on helping seniors access benefits and maintain housing.

We are excited for what the future holds. We look forward to further improving our facilities, building up our financial reserves and ensuring we are staying innovative and responsive to the ever-changing needs of our community.

You are a valued part of Northshore Senior Center. Whether you visit Mill Creek, Kenmore, Bothell, ride our buses, or donate to our cause, we are all One Northshore.

Our Mission

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

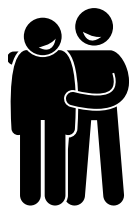


Our Vision

We envision a community where everyone leads full, healthy, and inspired lives.

2018 Impact Statement

As a result of our Senior Centers....



95.1% of seniors say that they have made new friends



90.2% of seniors say they are happier



83.1% of seniors say they get out more often



74.2% of seniors say they have tried new activities



61.3% of seniors say their overall health has improved



64.3% of seniors say they are better able to manage their health

DID YOU KNOW....?

In 2018, our oldest participant was 104 years old, and our youngest was 7!



85.5% of seniors say they feel less isolated and more involved



46.2% of seniors say they are eating meals that are better for them

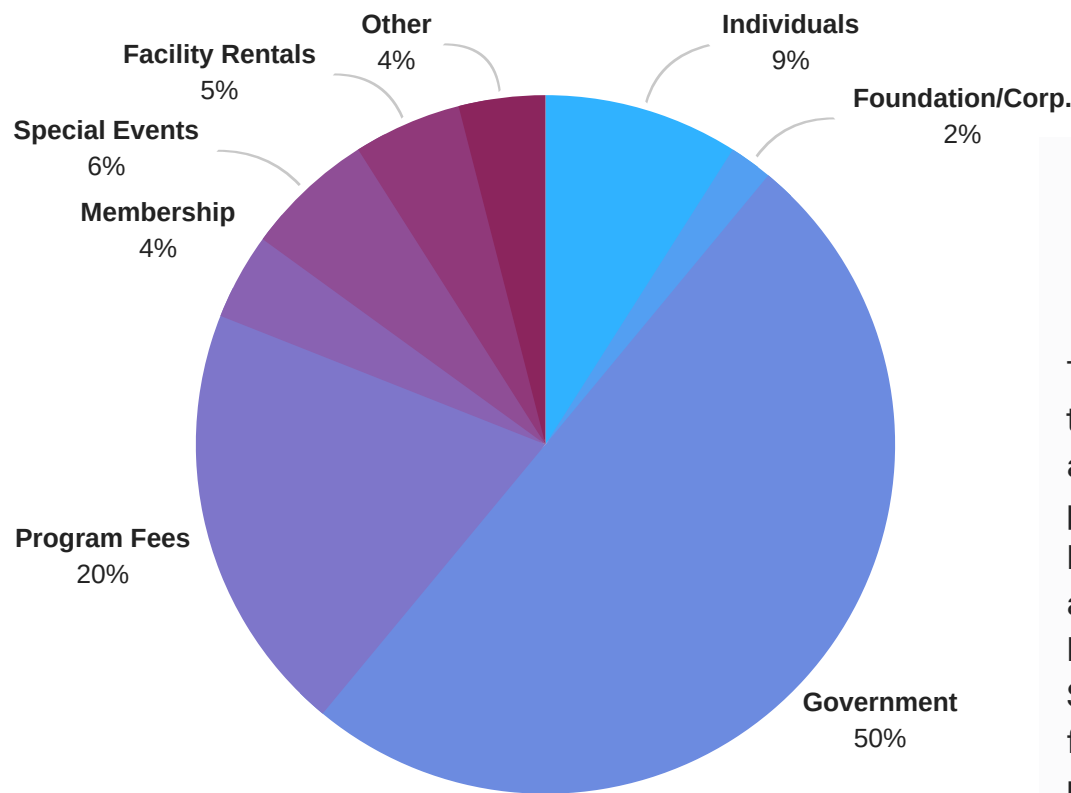


63% of seniors say they are more able to stay independent

2018 Financials

Total Budget: \$2.77 Million

Where does the money come from?



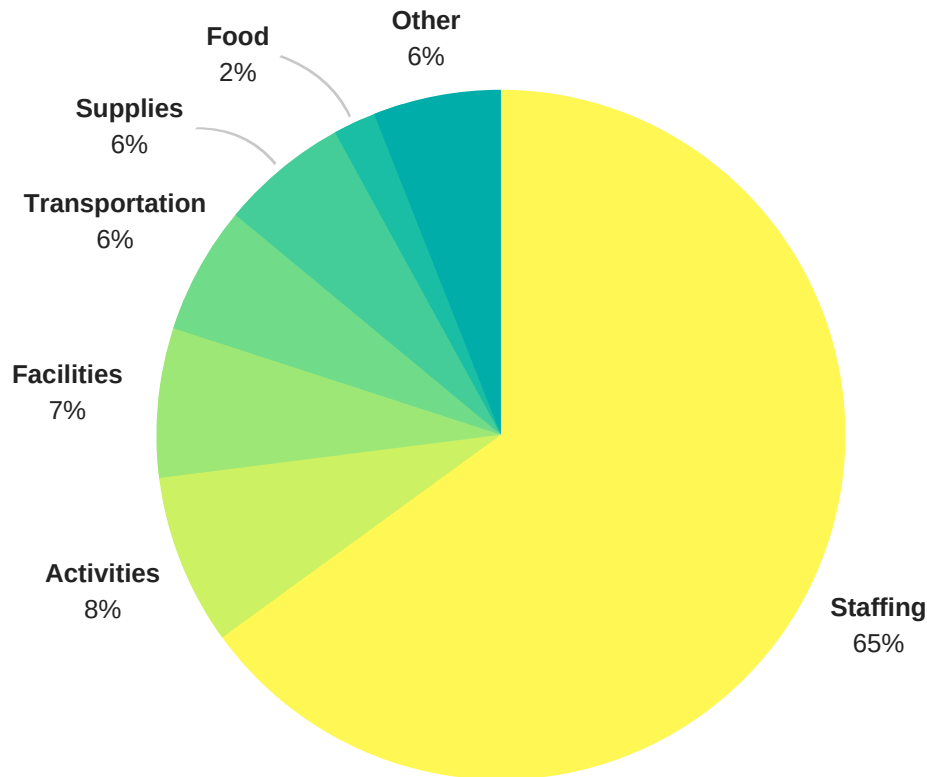
Spotlight on New Funding

Thanks to funding provided by the King County Vets, Seniors and Human Services levy passed by voters in 2016, Northshore Senior Center was able to hire a Community Resource Specialist, Gul Subaykan, to help seniors and family caregivers access public benefits they may be eligible for so that they can stretch their limited financial resources, and remain stably housed.

Since starting this program in September of 2018, we have served nearly 200 seniors, helping them access utility discount programs, VA benefits, property tax alleviation programs, and much more.

As a result of this program, several seniors who were homeless were able to move into stable housing, and many more were helped to maintain their housing.

Where does the money go?



Corporate and Foundation Support

\$10,000+

Chateau at Bothell Landing
Norcliffe Foundation
Suskin Charitable Foundation Trust
The Yeti Family

\$5,000-\$9,999

Community Foundation Snohomish County
Everett Clinic
Kaiser Permanente

\$1,000-\$4,999

Banner Bank
Boeing Matching Gifts
Edward Jones
EvergreenHealth Home Care
Heather Dolin, Windermere Real Estate
Fred Meyer/Kroger
First Financial Northwest Bank
Kenmore Smiles, DDS
Liberty Mutual
Madison House
Mill Creek Rotary
Puget Sound Energy
Schoenfeld-Gardner Foundation
Tulalip Cares
Vineyard Park
Woodinville Running Company

\$500-\$999

Bank of America Matching Gifts
Companion Care, Inc.
Ebay Foundation
Knoff and Fettig
Misita Enterprises
Northshore YMCA
Provail
Union Bank

\$100-\$499

Bank of America Matching Gifts
Bowie Electric Service & Supplies
Bridge Ministries for Disability
Home Court NW
Knights of Columbus
Northwest Trophy
The Colleen E. Swift Schafer Trust
Union Bank
United Way of King County
Woodinville Classic Cruisers

Government Funders

City of Bothell
City of Kenmore
City of Kirkland
City of Mill Creek
City of Seattle
City of Woodinville
Dept. of Veterans Affairs
EvergreenHealth Hospital District
King County
King County Metro Transit
Snohomish County
WSDOT



We Love Our Volunteers!

Founded by volunteers in 1972, volunteers remain the lifeblood of our organization. With 496 volunteers in 2018, volunteers outnumber staff 10 times over! We rely on volunteers for nearly every aspect of what we do.

For more information on our current volunteer opportunities, please email us at volunteer@mynorthshore.org.

Board of Directors (2018)

Liz Aspen

Carolyn Barton

Randy Busch

Terry Busch

Joy Dise

John Dolin

Suzanne Greathouse

Betty Hayes

Brent Korte

Sandeep Krishnamurthy

Samuel Rodriguez

Bing Teng

Nora Todd



**\$164,000 raised
through volunteer
led events and
activities!!**

**53,955
hours of volunteer
time donated!**

**59% of
volunteers are
members.**





Northshore

Senior Center

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