



Council on Aging

for Henderson County

Providing and coordinating services to keep older adults of Henderson County living independently since 1969.

ANNUAL REPORT 2015



*“To care for those who once cared for us is one of the highest honors.”
~ Tia Walker*

“As a society, we tend to view aging as a crisis, as a loss of vitality, but I think that people getting older is not a crisis; it’s a blessing. It’s a chance to live longer, connect longer, teach longer, and love longer.” ~ Ai Jen Poo

Over 40 years ago, a group of concerned community members made a decision that would forever impact the citizens of Henderson County. Fast forward to today and the Council on Aging provides over 50,000 meals a year and hundreds of at-risk older adults receive intensive services.

With the intended population growth of adults over 60, it will take the same resolve that once started with such humble beginnings to ensure that our elders have the needed resources to continue to live independently.

We cannot thank the citizens of Henderson County enough for their unwavering support. It most certainly takes a village.

We hope you find the information in this annual report informative and inspiring.



Trina Stokes, Executive Director

Our Board

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Every day, our society grows older, but having our grandparents and elders in our lives longer and having them as a part of our community brings so much wisdom and depth. Every day, it costs more to live and to be

healthy. Every day, we work harder to make our own ends meet and hopefully to make a positive mark on the world around us. In this swirl of daily activity, let’s be mindful of how we got here, how our community became what it is and remember how important our elders are to us.

Let’s be sure that our community’s elders are independent as long as they can be, that they aren’t hungry, that they have a safe place to live, and that they have access to the health care that they need.

Join us at the Council on Aging for Henderson County – we will work to keep our elders a priority together!



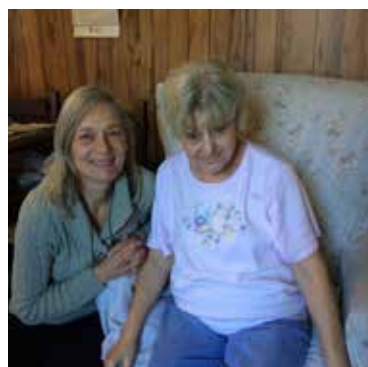
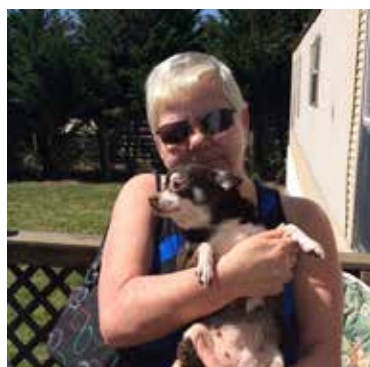
Milton Butterworth, Chairman



“We have all known the long loneliness and we have learned that the only solution is love and that love comes with community.” ~ Dorothy Day

Anonymous Donor Provides Funds for Widows

In 2015 an anonymous donor from the community walked into the Council on Aging office with a cash donation specifically for widows. When asked if this was something she was familiar with personally, she said no. She had been reading scripture that referenced caring for widows and felt compelled to reach out to our agency. She didn't want a receipt. She didn't want recognition. She just wanted to give. Below are a handful of stories from the widows these funds have helped.



One of our clients recently passed and left behind his wife Evelyn. Furman Bennison was a veteran and a loving husband, and his wife wanted a way to remember him and their time together.

When social worker Lisa Greene reached out and started talking with Evelyn, she learned they'd been married for 62 years. They decided on a rose bush as a way to honor her years shared with Furman.

Through the gift of our anonymous donor, Furman will continue to give Evelyn roses every year.

In fall of 2015, Terry was waiting for her dog, Baby Girl, to have puppies. When she went into labor, social worker Megan Murphy could see right away something wasn't right. The dog was struggling and in a great deal of distress.

With some help from Brother Wolf Animal Rescue (BWAR) in Asheville, Megan got Baby Girl to the vet just in time: the puppies were born. With assistance from BWAR Founder Denise Bitz and the Widow's Fund, Baby Girl & her three puppies are now healthy and Terry couldn't be happier.

“You know, you try your best to be prepared for everything, but sometimes things happen you could never have predicted,” said Mary J., a Partnership for Independent Living client.

“Mary could not afford the routine maintenance on her furnace,” said social worker Marina. The Widow's Fund helped cover the cost. During the maintenance visit, a major water leak was found under her home. Not only was this a detriment to her home, but it was also a major health risk. With additional help from the Fund, Mary was able to have all of these issues addressed.

Ms. Annith has had issues with her feet for years due to a medical condition. Finding good, comfortable shoes is difficult. She and her social worker, Sarah Stone, had previously discussed the one pair of SAS shoes that she had from some time ago and how perfect they were. After a meeting with Executive Director Trina Stokes, Sarah had great news for Ms. Annith.

With the help of the Widow's Fund, she was able to get a new pair. “These are the most comfortable shoes in the world. I love that these are shiny!”

"An ounce of prevention is worth a pound of cure."

~ Benjamin Franklin

Meals on Wheels Clients Get Prepared

Making sure our clients are prepared is another step we take to help insure their independence. When inclement weather or an unforeseen emergency strikes, everyone needs to have the bare necessities.

Emergency Preparedness Kits

The Henderson County Department of Public Health was selected as a Bright Ideas \$10,000 grant recipient from the NC Public Health Preparedness Branch. With the funding, the Health Department partnered with the Council on Aging for Henderson County to provide 175 senior

"This is the nicest gift anyone has ever given me. I love everything in it."

~ Mr. Jones, Meals on Wheels client

emergency kits for our highest risk homebound clients. Supplies included a flashlight, AM/FM radio, fleece blanket, emergency water and food, and a first aid kit. Seniors were encouraged to add personal items like medications, phone numbers, and important papers. "We created senior-friendly by choosing items that they were familiar with and that are easy to use," said Terri Arrington, preparedness coordinator. "For example, the radio we chose is battery operated with only a few functions. Some newer emergency radios are hand cranked and can be difficult to work for those with limited physical abilities."

Upon receiving one of these kits, our client Mr. Jones called to say "This is the nicest gift anyone has ever given me. I love everything in it."

Emergency Meal Kits

With a \$750 grant from Meals on Wheels of America, we created 250 emergency meal kits for our Meals on Wheels clients. Each kit contained two shelf-stable meals with an entree, snack, dessert, and a beverage. All meal kits were distributed by January 11, 2016 by Meals on Wheels volunteers while on their routes.

After hearing about our need for emergency meals, funds were made available through the Charles & Eleanora Meloun Charitable Fund by way of Community Foundation of Henderson County. This gift enables us to continue this effort for years to come!

Emergency Preparedness Kits



Among the items included in the Emergency Preparedness Kits are a fleece sleeping bag, water, and a radio.

Emergency Meal Kits



Each Emergency Meal Kit contains two, shelf-stable meals for use in case of inclement weather.

"Kindness can transform someone's dark moment with a blaze of light. "

~ Amy Leigh Mecree

Lunch at the Sammy



"I love working with this group of people. They inspire me, make me smile, and I learn something from them every time I am with them."

~ Barbara Rhicard, Balance Instructor

"Lunch at the Sammy" is our Congregate Nutrition Program, held Monday through Friday from 9AM - 1PM at the Sammy Williams Center for Active Living. Just like Meals on Wheels, this program is as much about socializing as it is about nutrition. In addition to the meal served at 11:45 AM, there are plenty of programs to keep our members active.

One of those programs is our Fall Prevention Balance class. Barbara Rhicard, the facilitator of this program said, "When we started this class, none of the members could stand without holding their chair; we've seen 100% improvement! I love working with this group of people. They inspire me, make me smile, and I learn something from them every time I am with them." Ed Smith, who has been in the class from the beginning, was touting how much it had helped him, "I've lost 16 pounds since I started and I feel steadier on my feet!"

Caregiver Respite

On November 27 Joe and Wilma celebrated their wedding anniversary. They have been married nearly 60 years. They met in 8th grade and were high school sweethearts. Like any great partnership, it's been a long road full of bumps and beautiful moments.

In 2000, Wilma had a stroke which they believe was a catalyst for the Alzheimer's she developed. It's been a relatively slow progression, and as Wilma's only caregiver for 13 years, Joe happily took care of everything for his wife. As a disease like Alzheimer's progresses, caregivers take on more and more tasks. In 2013, Joe reached out to the Council on Aging for Henderson County: "I realized I was at the end of my rope, and I needed help," said Joe. "Leaving the house had just become nearly impossible and dangerous for her."

Through our Caregiver Respite program—provided by a grant from the Land of Sky Regional Council—Joe now receives a small amount of financial assistance to help pay for Wilma's secondary caregiver, Tracey. Being able to rely on Tracey gives Joe the much needed freedom to take care of errands and his own appointments. Self-care is one of the first things to go in the life of a caregiver, and it's important to take personal time to help prevent the "caregiver burnout."

When we asked Joe what advice he could offer to other caregivers, or those with the role in their future, he said "Be patient and kind and remember that they're in there somewhere; spend as much time with them as you can, because one day you won't be able to."



Joe, Wilma, caregiver Tracey, and Wilma's fourlegged companions.

"The best way to find yourself is to lose yourself in the service of others."

~ Gandhi

Thank You, Volunteers!

HOURS IN DOLLARS

\$717,945

We could not do what we do without the help of our volunteers! According to IndependentSector.org, the current national value of volunteer time is \$23 per hour. Council on Aging volunteers contributed over 31,215 hours during the 2015 fiscal year, that's a value of \$717,945 in one year!

VOLUNTEER HOURS BY OPPORTUNITY

Location	Number of Volunteers	Total Hours
Etowah & Hendersonville Thrift Stores	43	11,870
Meals on Wheels	206	16,610
Lunch at the Sammy	16	2,735
Totals	265	31,215



"Lunch at the Sammy" volunteers Lisa Kauffman and Christine Martin agree that nutritious meals and socialization are both important for healthy aging.



Volunteers at our Etowah Thrift Store get together for quarterly luncheons. Good food, fellowship, and big hearts!



"Many of these people don't see a single soul most days. I get to be that soul at the door."

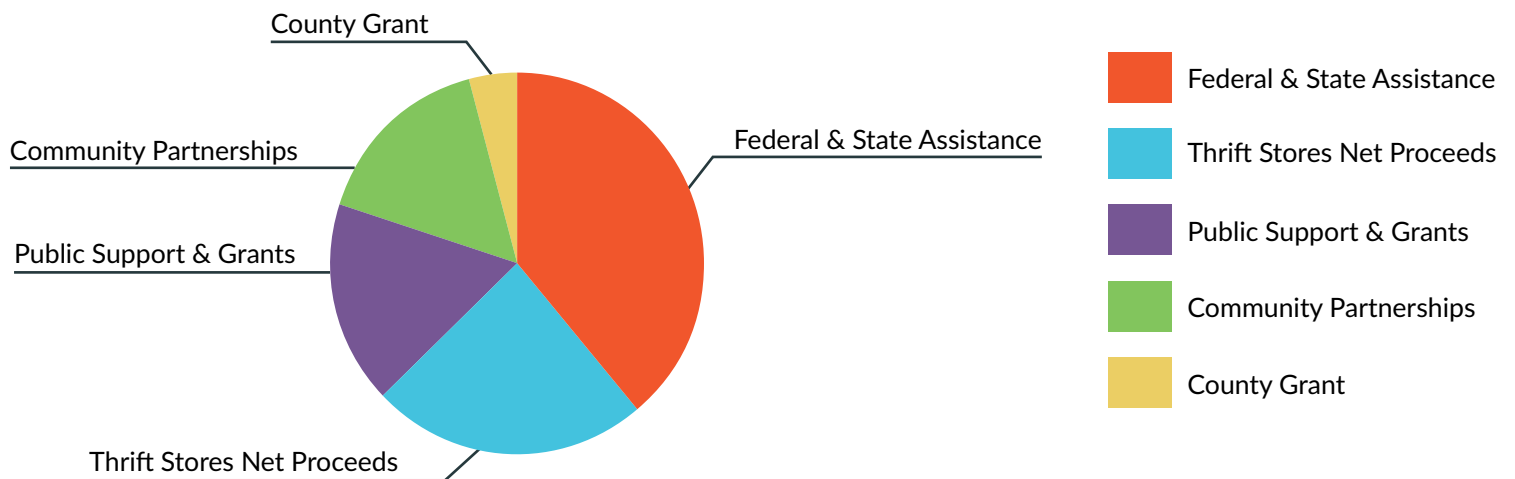
~ Jon Sherrill
Meals on Wheels volunteer

“No one need wait a single moment to improve the world.”

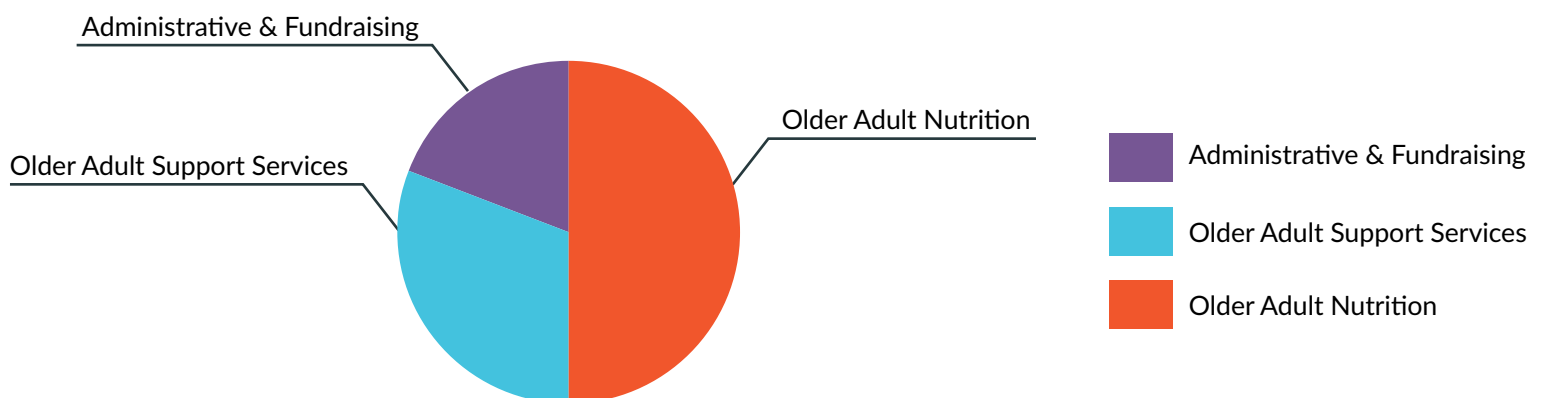
~ Anne Frank

In the 2015 fiscal year, the Council on Aging for Henderson County provided 8% more meals and reduced overhead expenditures by \$21,000 while receiving \$56,000 less income than in the previous year.

Funding Sources	Funding Source	Amount	Percentage
	Federal & State Assistance	341,246	39%
	Thrift Stores Net Proceeds	209,994	24%
	Public Support & Grants	148,628	17%
	Community Partnerships	142,979	16%
	County Grant	36,075	4%
Total Funding		878,922	100%



Dollars Spent	Outflows	Amount	Percentage
	Older Adult Nutrition	435,562	50%
	Older Adult Support Services	272,704	31%
	Administrative & Fundraising	164,958	19%
Total Outflows		873,224	100%



For a digital copy of this report, please visit <http://coahc.org/AR15.pdf>



**Council
on Aging**

for Henderson County
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*Helping older
adults continue to
live independently
with dignity!*



"Working in news, I've been in a lot of houses. There are older adults who just can't do things for themselves. This is the most direct way I can give back." ~ Larry Blunt, WLOS News Anchor

Council on Aging for Henderson County 2015 Impact Numbers at a Glance

1,519 Older Adults Served

Partnership for Independent Living, Meals on Wheels, Lunch at the Sammy, Information & Assistance, Caregiver Respite



31,215 Volunteer Hours

Partnership for Independent Living, Meals on Wheels, Lunch at the Sammy, Thrift Stores



53,120 Meals Provided

Meals on Wheels, Lunch at the Sammy

