



*Christian
Senior
Services*

*Solutions for seniors
and their caregivers*

2012
annual
report

Christian Senior Services (CSS) is a non-profit, nonsectarian 501(c)(3) organization founded by both St. John's Lutheran and Grace Lutheran Church in 1977. Our mission is to promote the dignity and independence of seniors who are in need of nutritious meals, companionship, and Alzheimer's care. Please read about how we care for our elderly neighbors.



Meals on Wheels
OF SAN ANTONIO

Meals on Wheels prepares and delivers over 3,600 meals each weekday to homebound seniors living in Bexar County. These meals are often the only source of healthy nutrition available to them. In addition, the meal deliveries offer personal contact, help combat loneliness, and provide opportunities to intervene in life threatening situations.

A Meals on Wheels story.

Initially, Tracy walked on her lunch hour for the exercise. In time, she decided to add more meaning to her routine. Tracy started delivering Meals on Wheels to clients near her downtown office at HVHC Inc. She soon inspired co-workers to join her and a corporate route of meals *without* wheels was born. The HVHC Inc. volunteers alternate walking the 40 minute route each weekday. They have come to know and care about the MOW clients on their route. If the weather's good, Tony is likely to greet the volunteers from his motorized scooter in the parking lot. Tony, aged 72, lives alone, suffers from diabetes, and cannot prepare meals himself. On the top floor lives Maria, also 72, who depends on oxygen therapy 24/7, suffers from diabetes and severe arthritis. The last on the route is Charles, a disabled Vietnam veteran. Charles says these volunteers are the only people he talks to and they bring comfort to his otherwise solitary days. Tony, Maria and Charles are only three of thousands who benefit from this service.

The Meals on Wheels impact.

- 940,928 meals were provided to seniors in Bexar County.
- Of those, 896,694 meals were delivered directly to the homes of frail and disabled older adults.
- 57% of these clients subsist at or below the poverty threshold and 44% live alone.
- 94% of MOW clients reported feeling less isolated since being in the program.
- 87% of MOW clients maintained or improved their nutritional health since being in the program.



The Senior Companion Program engages low income older adults in community service, fostering independence and providing companionship to homebound seniors, and respite to their caregivers. Senior Companions receive stipends for their volunteer service which help them meet basic financial needs.

Senior Companion program

A Senior Companion Program story.

When she married 93 year-old Walter, a WWII veteran who was legally blind, Sandy thought she understood what marrying a man in his 90s would entail. However, she quickly found herself overwhelmed, never able to leave Walter alone for fear of his falling. Routine errands became physically demanding ordeals for them; something had to change. Enter Robert, a retired electrician who missed his workplace contacts and struggled to make ends meet. After hearing about the Senior Companion Program from a friend, Robert was quick to sign up. Robert now spends four hours with Walter each weekday. They love to talk about the “good old days” and watch movies together. This provides Sandy valuable time to go to the grocery store and take care of necessary chores while her husband is safe and in good company. Robert’s companionship helps Walter feel connected to the world. Robert enjoys his small stipend and has a newfound purpose to his days. Sandy, Walter, Robert, and many others rely upon the Senior Companion Program because it builds lasting friendships for a vulnerable senior population and provides a meaningful volunteer experience.

The Senior Companion Program impact.

- 120 Senior Companion volunteers provided 73,453 hours of companionship and minor personal assistance to 241 homebound and isolated older adults.
- 98% of older adults serving as companion volunteers reported that they experienced improved mental outlook, greater financial security, and increased activity levels.
- 89% of homebound seniors reported an improved mental outlook, improved eating and sleeping habits, and help with activities of daily living.



With funding from the Baptist Health Foundation, CSS established a second companionship program, Elder Friends, that engages volunteers over the age of 21 without income criteria or stipends. Elder Friends offers the same benefits to isolated seniors as the Senior Companion Program without federal government funding or restrictions.



Grace Place serves as San Antonio's only non-profit licensed adult activity center exclusively for seniors suffering from Alzheimer's disease and other types of dementia. Grace Place offers caregivers a secure and nurturing environment where clients engage in a wide-range of activities that focus on abilities and help foster self-confidence and personal interaction.

A Grace Place story.

Debbie and Howard just celebrated their 24th Anniversary. Life was great until the day Howard suffered a debilitating stroke. Neurosurgeons predicted that he would never walk again and the impairments to his vision and memory would be permanent. Then they delivered the most devastating news: Howard would require round-the-clock care for the rest of his life. Debbie took a three month leave of absence to help in her husband's recovery. Although Howard learned to use a walker, the neurological damage was permanent and robbed him of his short-term memory, impulse control and ultimately, his independence.

Faced with caretaking and career demands, Debbie found the help she so desperately needed at Grace Place. After touring the center, she felt confident that here, Howard would be safe and make friends. "It's the consistency of the daily routine that helps Howard the most," she says. "He enjoys playing dominos, bingo and the fun exercises that strengthen his motor skills. He's always been a reader and they allow him time for that, too. In the evenings, he's about as worn out as I am after a long day's work." Debbie feels confident she'll be enjoying many more anniversaries with Howard and gives much of the credit to Grace Place.

The Grace Place impact.

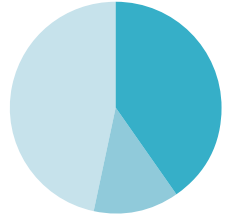
- 22,463 days of care were provided for 228 individuals afflicted with Alzheimer's or dementia.
- 92% have been able to stabilize their daily routine through engaging in activities that also help them sleep at night.
- 89% of caregivers reported that they were able to get needed rest, return to work, or receive helpful resources and information about Alzheimer's.



Financial Statements Year Ended June 30, 2012

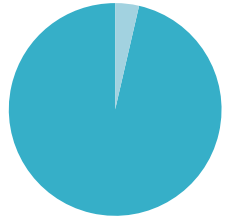
ASSETS

■ Cash	3,035,597
■ Other Current Assets	965,319
■ Other Non-Current Assets	3,490,082
Total Assets	\$7,490,998



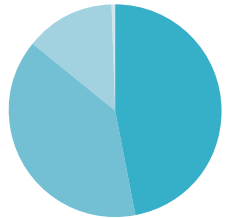
LIABILITIES AND NET ASSETS

■ Current Liabilities	283,031
■ Net Assets	7,207,967
Total Liabilities and Net Assets	\$7,490,998



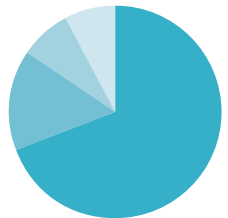
REVENUE

■ Public Support	3,156,734
■ Fees from Government Agencies	2,602,115
■ Program Revenue	919,251
■ Miscellaneous	20,199
Total Revenue	\$6,698,299



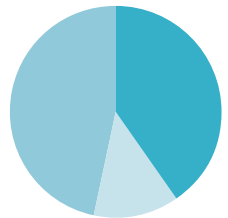
EXPENSES

■ Meals on Wheels	4,235,750
■ Grace Place	930,094
■ Senior Companion & Elder Friends	463,867
■ Mgmt, General and Fundraising	470,888
Total Expenses	\$6,100,599



Percentage of Clients by Age

■ Over 85	23%
■ 60 to 84	71%
■ Under 60	6%



Christian Senior Services Supporters

We offer special thanks to the following donors for donating \$500 or more in support of the programs of Christian Senior Services between July 1, 2011 and June 30, 2012. A complete list of all donors can be found on our web site:

www.christianseniorservices.org

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