ABOUT US
MISSION & VISION OF FULL LIFE CARE

MISSION
Full Life is dedicated to enhancing the quality of life for frail elders and people with chronic or terminal illnesses and disabilities. We respect the dignity of our participants and provide for them with care and compassion.

We are committed, through our program of health and social services, to the independence and well-being of all participants and to providing respite for caregivers.

VISION
Full Life is working toward a future where adults with serious illnesses or disabilities can be supported in the community rather than living in isolation or needing to resort to institutional care.

BOARD OF DIRECTORS
Chair: John Iwanski
Vice Chair: Scott Lumsden
Jesse Bond
Vincent Driano
Torsten Hirche
Jim Melhorn
Karin Miller
James Rand
Mary Wagner

BOARD EMERITUS
Mike Brandeberry
Joe and Terri Gaffney
Nancy Hooyman
Barbara Isenhour
Diane Kenny
Jeff Nomi
Betty Sanders
Mike Scott
Brian Wong

About us
MISSION & VISION OF FULL LIFE CARE

MISSION
Full Life is dedicated to enhancing the quality of life for frail elders and people with chronic or terminal illnesses and disabilities. We respect the dignity of our participants and provide for them with care and compassion.

We are committed, through our program of health and social services, to the independence and well-being of all participants and to providing respite for caregivers.

VISION
Full Life is working toward a future where adults with serious illnesses or disabilities can be supported in the community rather than living in isolation or needing to resort to institutional care.

BOARD OF DIRECTORS
Chair: John Iwanski
Vice Chair: Scott Lumsden
Jesse Bond
Vincent Driano
Torsten Hirche
Jim Melhorn
Karin Miller
James Rand
Mary Wagner

BOARD EMERITUS
Mike Brandeberry
Joe and Terri Gaffney
Nancy Hooyman
Barbara Isenhour
Diane Kenny
Jeff Nomi
Betty Sanders
Mike Scott
Brian Wong

FULL LIFE CARE
800 Jefferson Street
Suite 620
Seattle, WA 98104

DONATIONS
206.224.3749

PROGRAMS
206.528.5315

FULLLIFECARE.ORG

Full Life Care is an affiliate of

Full Life Care is an affiliate of
Dear Friends,

Transition and growth were abundant at Full Life Care in 2018.

We marked one year of affiliation with Transforming Age. As partners stronger together, Full Life Care, along with Transforming Age and its affiliates, discerns how best to live our mission and bring the greatest benefits to a growing number of people.

Many transitions have been on the business side, including new software and adjusted reporting structures. The majority of these changes don’t directly affect how we serve clients, yet new efficiencies allow us to broaden our reach—we expanded some programs and launched new services in 2018. Learn more in the pages ahead.

A notable change: Full Life Care transitioned our fiscal year to start October 1 rather than January 1. Thus, this 2018 Annual Report represents only a nine-month period, from January 1 through September 30, 2018. Our strongest quarter for charitable donations, which tend to come most generously in October and December, will be part of the 12-month period of our 2019 fiscal year.

The most valuable transitions of all are those made to improve the lives of the people we serve. More than 500 employees provide care to more than 4,000 individuals each year. That’s a 30% increase in clients compared to just two years ago!

Dedicated staff work with clients no matter where they are: in homes, public housing, homeless shelters or in pitch-tent encampments. Full Life provides a dozen programs to help people transition through life’s changes.

We do what needs to be done, and go where we are needed, so adults of all ages—no matter their income—can live their fullest life.

Your support brings care to so many. Your continued investment in this mission allows individuals and families to rely on Full Life Care during their times of transition. Thank you for your generous support.
Full Life Care offers four adult day health locations in King and Snohomish counties. It is a place to go for a few hours a day to receive nursing care, exercise, rehabilitative therapy and a hot meal, as well as a sense of friendship and community. Programs focus on supporting the independence of older adults and people with chronic illnesses and physical or developmental disabilities who wish to continue living in the community.

Adult day health challenges minds, keeps bodies moving and lifts the spirits of each participant while providing respite for caregivers.

“I love coming here. It gets me physically active and keeps my mind working. There’s a big social aspect, as well as physical and emotional. It helps my heart.”

-DAPHNE, PARTICIPANT OF SOUTH SEATTLE ADULT DAY HEALTH

**HIGHLIGHTS**

**JOINED POST-ACUTE CARE (PAC) NETWORK** of providers, which reduces hospitalizations.

**AWARDED** the Administration for Community Living grant for training and education in service of individuals living with dementia.
HOME CARE

LOVE, DIGNITY AND RESPECT

Full Life Care employs caregivers from many different backgrounds—men and women devoted to caring for vulnerable adults in the community, allowing their clients to continue living as independently as possible. Home Care Aides travel to clients’ homes and help with personal care, cooking, laundry, housekeeping, shopping and more.

Our reliable, trained caregivers provide vital in-home support for elders and adults with disabilities who live alone or with family members.

“BEFORE THIS; I WAS LEFT ALONE. IT WAS NOT GOOD. I DIDN’T HAVE ANYONE TO HELP ME. NOW, IT’S LIKE A NORMAL LIFE.”
-JAI, HOME CARE CLIENT

“OUR CAREGIVERS SEE THE GOOD IN SOMEONE WHO IS AT THEIR WORST AND THEN TREAT THEM WITH LOVE, DIGNITY AND RESPECT.”
-STEPHANIE, HOME CARE COMPLIANCE OFFICER

HIGHLIGHTS

943 CLIENTS SERVED

450 ACTIVE HOME CARE AIDES

28,000 AVERAGE CAREGIVING HOURS PER MONTH
Solstice Behavioral Health is a small, community-based mental health program, operating in King County. Professional counselors use a team approach to help clients with mental and behavioral health challenges, using evidence-based methods for holistic healing. We specialize in geriatric mental health, developmental disabilities and brain injury.

Clients enrolled in mental health counseling may also participate in our Art and Wellness Studios, which provides collaborative art therapy and wellness education to guide participants toward joyful living.

**HIGHLIGHTS**

- **7 MASTER-LEVEL CLINICIANS**
- **4 GRADUATE-LEVEL INTERNS**
- **2,700+ HOURS** of Client Services Provided
- **4 LOCATIONS**
  - Where Counseling Services Are Offered

*In addition to dozens of individuals’ homes*

**MIND, BODY, SPIRIT AT THE BUS STOP**

Participants of the Art Studio at Solstice Behavioral Health worked as a group to create a colorful upbeat mural displayed in six panels at a nearby Seattle city bus stop. It depicts the ideals that staff and clients agree are quintessential to the program: mind, body and spirit.
Full Life Care helps individuals find and retain stable housing via three programs: Community Transitions provides short-term intensive housing support; Foundational Community Supports helps individuals find and maintain independent housing; and the SHA Outreach Program coordinates services, wellness workshops and social events for Seattle Housing Authority residents.

Our teams help individuals whose housing may be in jeopardy, or who are experiencing homelessness. Some may need help with life skills that enable them to maintain their housing.

“DURING A WELLNESS CHECK, OUR REGISTERED NURSE FOUND THAT AN ELDER RESIDENT HAD DANGEROUSLY HIGH BLOOD-SUGAR LEVELS. THE RN WORKED WITH THE SERVICE COORDINATOR TO CONNECT THE RESIDENT WITH A PHYSICIAN TO MANAGE THE DIABETES.”

—TIMOTHY, SHA OUTREACH PROGRAM MANAGER
HEALTH HOME

WHATEVER IT TAKES

Health Home is a program for Medicaid beneficiaries who live with chronic health conditions. Full Life Care is both a Lead Health Home agency and a care coordinating agency. Clients experience dramatic improvements to quality of life while the system sees significant health care cost savings.

Full Life Care provides person-centered and comprehensive long-term support to address the social determinants of one’s health. Our care coordinators meet clients where they are, often in emergency rooms, skilled nursing facilities, homeless shelters or adult family homes. We help clients develop a health action plan around personal goals.

“HEALTH HOME

HEALTH

HOME

Whatever it takes

He needed dialysis to live, but couldn’t take his dog into the clinic. So I took care of the dog while he got his treatments. We do what it takes. Eventually we got him—and his dog—in a home.”

—ERIN, HEALTH HOME CARE COORDINATOR

HIGHLIGHTS

555 CLIENTS
in Full Life Care’s Health Home Network

318 HEALTH-RELATED GOALS ACCOMPLISHED

Goals included:
• Obtain housing
• Get a working wheelchair
• Attend an outdoor concert
• Have enough food
• Lose weight
Our volunteer companionship program connects elders experiencing loneliness with trained volunteers for regular visits and occasional social gatherings.

**ElderFriends**

**Friends Become Family**

“IT’S MORE THAN VOLUNTEERING. LUCIA IS LIKE A SISTER, MORE THAN A FRIEND, SHE’S FAMILY.”

-LYDIA, ELDER PARTICIPANT OF ELDERFRIENDS

**CARE MANAGEMENT**

**Navigating Options**

The Care Management team helps individuals and families determine what they need, how to best navigate the long-term care system, and ways to fund care options. With a combined work history of a half-century, if they don’t know the answer you can trust they know where to find it.

**Highlights**

90 ElderFriends Active Pairs

30 Clients Served

"WE HELP OUR CLIENTS Recognize that it’s okay to seek and to accept help.”

-NORA GIBSON, CARE MANAGER AND FORMER EXECUTIVE DIRECTOR
As Georgetown Brewing Company staff served their darn tasty beer, friends and donors of Full Life Care made the most of the adjacent tasting room. In April 2018, more than 250 people gathered for the cause—to ensure quality care for older adults and adults with disabilities, especially for those who have low incomes.

This ninth-annual fundraiser donned a new name—Peers & Beers for a Cause—adding “Peers” to better recognize the people who make all the difference. A committee of dedicated volunteers planned the whole event. Dozens more volunteered that day, and all attendees added to the fun and generosity. Emcee Julian Reisenthal welcomed the crowd with spirited charm and firsthand testimony of how Full Life Care helps adults in need.

Special thanks to Georgetown Brewing Company whose sponsorship made it possible. We raised nearly double per guest over previous years!

Thank you to all who contributed generously through this event. All donations of money, time, products and services directly support care for adults who both desire and deserve to live their fullest life possible.

Please note: Full Life Care’s 2018 Benefit Luncheon will be reflected in the 2019 annual report.
Our audited financial statements are available upon request. Full Life Care provides fiscally sound solutions to the long-term care needs of adults at home and in the community.
THANK YOU

*Thank you to the generous donors who gave January 1 through September 30, 2018.

GIFTS OF $100 OR MORE allow us to sustain our mission.*

$10,000+
Estate of Carmel H. Pope
The Glaser Foundation

$5,000 - $9,999
Jesse Bond
Moccasin Lake Foundation
Sustainable Housing for Ageless Generations (SHAG)

$2,500 - $4,999
Bank of America Foundation
Katharyn A. Gerlich
Enzo and Janet Guarda

$1,000 - $2,499
Anonymous
Irene Bryant
James Degel and Jeanne E. Berwick
Ernest R. and Audrey M. Turner Foundation
Frances Holtman and Eric Peterson
Barbara Isenhour and John Strait
Jane and Peter Lamb
John J. Leary
Microsoft Employee Giving Program
Jeanie Miller
Margie and Jeff Nomi
SEIU 775
Cheryl and Tim Swartz
Nancy Worssam and Bill Seach

$500 - $999
Mohamed Aboubakr
Acrowood Corporation
Hans Anderson
Catherine and Ronald Ayers
Jack Bautsch
Jay and Loui Bond
CFC of North Puget Sound
Patrick Ford
Ireta Graube
Regina Haslam
Lindsey Ismailova
Larry Jin
Bruce and Joanne Jones
King County Employee Giving Program
Kathy and Mike Kirwan
Patricia Kravey
Lyn Piel
Christina Reip
Marilyn Ring-Nelson
Katherine Timar
Sandra Timmer
Dr. Kathryn Treit
Barry Wong

$200 - $499
AIG Matching Grants Program
Maria Balajadia
Lisa Bergstrom and Rush Green
Boeing Employees Community Fund
Mike and Susan Brandeberry
Dave Budd
Kathleen Cunningham
DA Davidson & Co.
DA Martensen Construction
Nancy Dapper
Gail de Hoog
Jennifer Fairbanks
Nora Gibson
Emma Hughes
Carmen Jones
Mari Karlstad
Miles Logsdon
Chris Nosko and Erin Rohan
Kent Opheim and Anne Marie Lynn
Rodney Mowrey
April Musick
Valerie Nelson
Jacob Oshins
Dallas and Ann Pasley
Kelley and Kent Phillips
Ruben Rivera-Jackman
Susan Roe and James Shaker
John and Kathy Rohan
Betty Sanders and Bruce Carter
Scott Slater
Nancy Slote
Natalie Spangenberg
Gordon and Mary Starkebaum
Steve Tadelis
Alicia Taff
Jennifer Tice
David van Der Werff
Vimly Benefit Solutions

Deborah and Mike Walters
Bryce Whitehurst
Marjorie and Bob Wooten

$100 - $199
Ria Abelon
Amazon Smiles
Anonymous
Kelly Barnebey
Sybil Barney
Ryan Barrett
Vincent Beatty
Jane Brem
Madison and Paul Buxton
Caregiver Help
Phyllis Christianson
Christina Coulter
James Cox
Mary Crivell
Tamara Cunitz
Mallory Dorman
Judith and Gist Farr
Rena Ferretti
Anthony Floyd and Susie Wu
Justine Guarda
Kathi Hand
Doug Harkness and Alison Mandaville
Carrie Hayes
Julia Hecht and Kenneth Walkky
Ann Hedreen and Rustin Thompson
Cheri and Brett Herzer
Wendy Holman
Ali Hooks
Jimmy Horn
Beverly Hunter
William Huntington
Austin Kellogg
Deborah Kerdeman and David Tarshes
Ashu and Sara Keto
Melanie King
Laura Kinman
Justin Kirk
Tek Kuong
Jennifer Kychakoff and Mathias Ricken
Kristine Lau
Emily Lazar
Patricia Lemus
David Lion
Caron and Richard McCune
Sarah McDonald
Ross McDorman
Irene McDowell

Mark W Mead
Kevin Mehlhaff
Nancy and Michael Merrill
Anne and Stewart Moore
Tegenu and Meti Negi
Andrew Nordi
Butch and Julie Nosko
Megan Ochoa
Matthew Parker
Rachel Parks
William Pharr
Mike Pollack and Mike Hendrix
Megan Posey
Jim Pullen
Bryan C. Purkis
Jeffrey Reidhead
Julie Ritter
Carolyn and Philip Rogers
Diane Rose
Peggy Schlesinger
Ginger Seybold
Elaine and Brad Shapiro
Holly Snell
Carla Stevens
Carol Vogt
Ryan Walsh
Garret Wilkerson and Elisabeth Lindley
Wise Patient Internal Medicine
THANK YOU

IN-KIND GIFTS of good and services enhance our programs and fundraising.*

Janet Abel
ACT Theatre
Mark Anderson
Anonymous
Anthony's Restaurants
AT&T
Avalon Glassworks
The Beer Junction
Blaine Memorial United Methodist Church
The Canlis Family
Capitol Cider
Ryan Davis
DSquared Company
Edmonds Center for the Arts
Cricket Farr
Fran’s Chocolates
Fremont Brewing Co.
Georgetown Brewing Company
Bill and Teri Hensen
Indeed.com
Jones Soda
Alicia Kerlee
Luna Park Cafe

Madison Kitchen
Marriott Hotels, Seattle Southcenter Courtyard
Museum of Pop Culture
Puzzle Break
Redbird Transmutation Services
Salty’s Seafood Grills
Seattle Bouldering Project
Seattle Mariners, Community Relations
Seattle Rep
Seattle Shakespeare Company
Squirrel Chops
Timothy Stephens
Cheryl and Tim Swartz
Third Place Books Ravenna
Thriftway
University Bookstore
University of Washington Athletics Department
University Presbyterian Church Sewing Group
Priscilla Wayne
Whittaker Outdoors
Charles Wolfe
Yi-fen Yang

*Thank you to the generous donors who gave January 1 through September 30, 2018.
We honor and remember these special people and occasions for whom donors gave in tribute January 1 through September 30, 2018.

**IN HONOR OF**
- ElderFriends participants and volunteers
- Nora Gibson
- Robert and Helen Harvey
- Kurt Horn
- Chris Nosko and Erin Rohan
- Roger
- Danielle Rogers
- Betty Sanders
- Shirley, Buchanan Place resident
- Robert Timar

**IN MEMORY OF**
- Nancy Alvord
- Janet Andeson
- Karen Anne Bliesner
- Joan and Bill Gibson
- Alicia Lemus
- Dorothy Otis
- John Sagafi
- Virginia Solseng
- Jim Truitt
- P Alonzo Truitt
- Harry Williams

We strive for a complete and accurate list of individuals, organizations and companies who support Full Life Care. To correct any errors, please contact Erin Rohan at 206.224.3749 or erinr@fulllifecare.org.
STAY IN TOUCH

SIGN UP FOR OUR ENEWS
fulllifecare.org/news-signup

FOLLOW US ON SOCIAL MEDIA
@FullLifeCare

DONATE TODAY
fulllifecare.org/donate