

# A Breakfast to Benefit Full Life Care

THURSDAY

October 11, 2012

7:30 a.m.

Seattle Sheraton, Downtown

To receive an invitation, please contact Meggie LaValley at **206.224.3749** or [MeggieL@FullLifecare.org](mailto:MeggieL@FullLifecare.org).

CHAIR  
Jesse Bond

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Karen Lewis-Smith



**Full Life**

**SAVE!**  
THE DATE

Featured Speaker:  
**Rick Steves**

We are proud to welcome back **Rick Steves** as our guest speaker after a sold-out appearance in 2009.

This will be a particularly meaningful event as Rick will be sharing stories about his mother, June Steves, whom he calls his “first travel partner.” She was a participant in Full Life’s DayBreak Senior Respite program in Snohomish County for nearly three years, until she ended her journey with Alzheimer’s disease in December, 2011.



Full Life



Annual Report  
Full Life Care in 2011



## MISSION

Full Life Care 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.

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## Full Life Care

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**[www.fulllifecare.org](http://www.fulllifecare.org)**

## Message from the Leadership

Last year marked a change in the demographic landscape of our country, foreshadowing the increasing need for Full Life Care's services. On January 1, 2011, the oldest members of the baby boom generation turned 65, and 10,000 Americans reach that milestone every day.

These demographics are transforming our state. As people live longer, over the next two decades Washington will see a projected 71% increase in residents over the age of 85. Nearly half of people that age have Alzheimer's disease or other dementia, and they are mostly cared for at home, by family, friends and care partners like Full Life Care.

Even during this Great Recession, our legislators in Olympia found a way to come through and fund adult day health. This essential service supports frail elders and adults with disabilities, allowing them to live in their own homes, and delaying (or preventing) costly nursing home care.

As state and federal budgets seek to control costs, we know that our prevention-based approach will be a critical part of the evolving models of community-based long-term care. The Washington State Department of Social and Health Services reports a per capita health cost savings of 63% after only six months of participation in Full Life's adult day health programs.

And we are continually refining our programs: our new medical director is augmenting our fall prevention program and improving care coordination, helping prevent expensive hospitalizations and emergency room visits.

Full Life Care saves taxpayers' money while providing essential services to a growing population seeking non-institutional care, most of whom have very limited resources. Donations from supporters like you enable us to help the thousands of families who rely on us and make our work worthwhile. Thank you for your support.



*Mike Brandeberry*

**Mike Brandeberry**  
President, Board of Directors



*Nora Gibson*

**Nora Gibson**  
Executive Director



## BY THE NUMBERS

### Adult Day Health

83,414 days of service provided at our Adult Day Health and DayBreak Senior Respite programs.

### Care Consultation

1875 hours of care consultation provided to 74 families, including older adults with multiple sclerosis or a traumatic brain injury.

### Home Care

200,000 in-home hours were provided to 250 clients.

### Solstice Mental Health

Expanded staffing helped Solstice provide services to 250 clients, including Seattle Housing Authority residents who are at risk of losing their housing.

### Memory Care Homes

Buchanan Place and Gaffney House provided compassionate care to 37 persons with Alzheimer's disease or other dementia.

### Volunteers

Over 450 individuals, 31 groups, and six full time volunteers gave 30,883 hours of service, valued at \$679,000 support to Full Life Care.

*In a fall media campaign, Lynne Hendrix and her husband, Full Life participant Stan Shockey, sat down to deliver a sobering message about adult day health: "If these services go away, it's not about changing your lifestyle or tightening your belt. We're talking life and death here."*

*A broad coalition of individuals and agencies successfully rallied support to keep funding for adult day health in the state budget.*



## WHO WE SERVE

Demographics for our  
Adult Day Health Programs

### Age

Full Life serves  
adults of all ages

60 Average Age

### Gender

55% Female

45% Male

### Income

98% Low Income

### Ethnicity

71% Caucasian

18% African American

6% Hispanic or Latino

4% Asian or Pacific Islander

1% Native American

# SUPPORTERS COMING TOGETHER FOR OUR 2011 EVENTS



## BETTER WITH AGE — MAY 14

The 3rd Annual Better with Age wine tasting and silent auction benefit brought over 150 supporters out to REI. The event raised over \$14,000 to support ElderFriends' efforts to combat the effects of social isolation by pairing older adults with friendly volunteer visitors. Special thanks to presenting sponsors Alzheimer's Association, REI and Ravenna Bloom.



## NOMI BEACH PARTY — JULY 23

Guests gathered at Gwen and Russ Nomi's home on the shores of Lake Sammamish to enjoy a Hawaiian-style buffet, wine bar, live music and good cheer – and raised \$25,000! Full Life Board Member Jeff Nomi emceed, and guests learned about our programs directly from family members. Huge thanks to the Nomis for hosting such a fabulous party and their extremely generous guests!



## BEER FOR A CAUSE — MARCH 2 & AUGUST 15

Full Life supporters gathered at the Red Door in Fremont for the second and third editions of Beer for a Cause. Nearly 300 guests enjoyed cool beverages on the sunny deck and won prizes including dinner at Canlis, an Xbox 360 and an autographed UW helmet. Combined, these two events raised over \$16,000 to support Full Life programs and participants. Special thanks to event chair Victor Morassi and event sponsor Georgetown Brewery.



## BENEFIT BREAKFAST — OCTOBER 18

Full Life raised over \$160,000 at its most successful fundraising event to date. Over 600 benefactors turned out to the Washington State Convention Center in support of our mission. Thanks to breakfast chair Jesse Bond and our 60 hardworking table captains, the room was full with barely an empty seat. William H. Gates, Sr. and Nancy Hooyman, Ph.D. had a conversation about aging, care giving and a vision for a healthy community. Visit our website to watch our video that premiered at the event. Thank you to everyone who made this event a resounding success!





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Allison Nackel  
Nan Trees Services  
Julia Nelson  
Kimberly Nicholas  
Evangelyn Nkwopara  
Rena Norrie  
Elizabeth O'Brien  
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Connie Parsons  
Dallas and Ann Pasley  
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Trudy Pearson  
Suzanne Pedersen  
Rebecca Penkala & Matt Whitfield  
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Claire Petersky  
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Huda Piruz  
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ACT Theatre  
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Anthony's Restaurants  
Argosy Cruises  
At the Core Pilates  
Bainbridge Performing Arts  
Bike Works  
Bill Speidel's  
Underground Tour  
Brundage Bone  
Concrete Pumping  
Canlis  
Cascade Bicycle Club  
Cedar Grove  
Composting  
Central Co-Op Madison Market  
Columbia Tower Club  
Columbia Winery  
Costco  
Dimitriou's Jazz Alley  
Diva Espresso  
Duke's Chowder House  
Andrew Dzedzic  
Eleven Winery  
Elysian Brewing Company  
Emerald Downs  
Fairmeadow Nursery  
Fitness Choices  
Garage Billiards  
Georgetown Brewing Company  
Vince Hampton  
Idol Salon  
Ivar's  
JL Racing  
John Howie Restaurants  
Ronda Jones  
Jones Barbeque  
Kathlene Marden/  
Scentsy  
KC's Flowers  
LTD Bar and Grill  
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Christine Cordell  
Christine Chu and Doug Denny  
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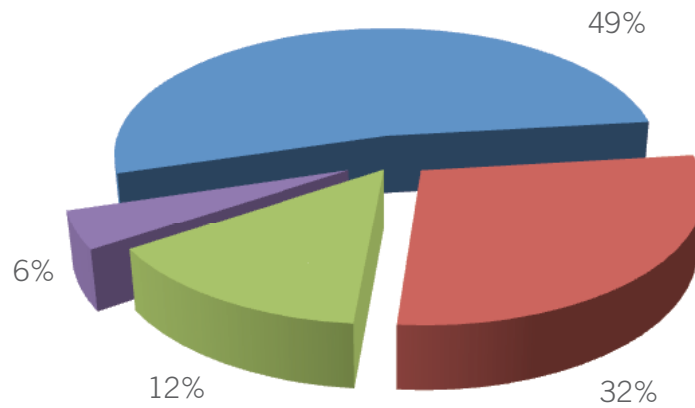
Expenses reflect 90 cents out of every dollar going directly to programs and services.

Our audited financial statement is available upon request.

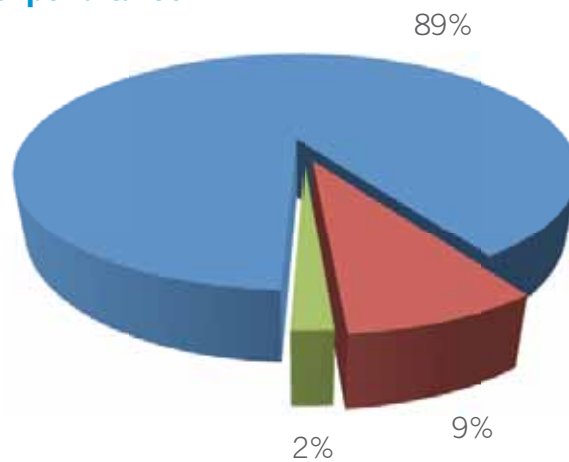
REVENUE \$11,892,245

EXPENSES \$12,189,531

**Expenses by Programs**



**Functional expenditures**



Full Life provides fiscally-sound solutions to the long-term care needs of the most vulnerable members of our community: those who are frail and low-income.