

# Age Well. Live Well.

2019 ANNUAL REPORT

# ACCA

ATHENS COMMUNITY COUNCIL ON AGING



# AGE WELL

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Dear Friends,

What an incredible year we've had at ACCA! Our dedicated and talented staff served more than 16,000 people across 27 Northeast and East Georgia counties. With support from our community, we were able to provide MORE meals, health and wellness offerings and caregiver support to older adults. This year, we achieved some exciting milestones, including clearing our Meals on Wheels waiting list for the first time in over 30 years!

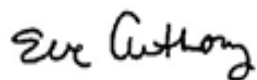
Through a grant with the Piedmont Foundation, we increased access to healthcare for local older adults by providing more than 20,000 rides to healthcare providers and other supportive services. Our partnership with the Internal Medicine Residency programs of both Piedmont and St. Mary's hospitals expanded, providing in-home physician visits to our community's most at-risk seniors—those served in our Meals on Wheels program.

For more than 52 years, ACCA has planned, designed and implemented innovative services which meet basic needs, such as food and transportation and offer opportunities for meaningful engagement. Older adults are the fastest growing segment of our population. Transportation, social isolation, and access to healthcare and healthy food are issues facing seniors in our community today. Whether it is receiving Medicare advice, a friendly visit from a volunteer with a nutritious meal, assistance finding employment or participation in a fitness class, ACCA is ensuring that needs are heard and met.

In the coming pages, you'll find more exciting news about our successes this year and we will introduce you to some of the amazing people who make ACCA such a special place.

From the bottom of our hearts, we thank YOU for being a part of ACCA and helping us ensure that everyone in our community ages well.

Eve Anthony  
CEO



Laurie Douglas  
Board Chair



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# OUR MISSION

Athens Community Council on Aging's mission is to promote a lifetime of wellness through engagement, advocacy, education and support.



# OUR CORE VALUES

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## IMAGINATION & INNOVATION

We embrace change and always find new and creative ways to increase our value to the community we serve.

## KINDNESS & RESPECT

We always act with genuine care and concern for each other, the people we serve and the organization.

## QUALITY & COMMITMENT

We exceed expectations.

## GENEROSITY & GRATITUDE

We believe in the power of generosity to change lives and are grateful for the time and resources given of others.

## LEARNING & SHARING

We are committed to life-long growth and discovery and are passionate about sharing our stories and experiences with others.

## Health & Wellness

### Senior Community Service Employment Program

Under and unemployed older adults participate in on-the job training programs, gaining the new skills and knowledge needed to enter the workforce. Local employers receive the benefit of hosting reliable, mature older workers.

### Long Term Care Ombudsman

Long term care residents of nursing and personal care homes, and assisted living facilities are supported by representatives who advocate for their rights, investigate and resolve complaints, and provide education to facility staff.

### Adult Day Health

Members engage in therapeutic activities and socialization while receiving assistance with medical and health related needs in a safe, engaging environment. Designed for medically frail adults and individuals with Alzheimer's disease and related dementias the program also provides caregivers with much needed respite.

## Meals

### Meals on Wheels

Home bound older adults and adults with disabilities receive a nutritious meal and friendly visit from dedicated volunteers, but it's more than that. Volunteers also deliver pet food, fans, blankets, library books, and holiday gifts, bringing the community to those who need it the most.

### Senior Hunger

Raising awareness of senior hunger, coalition members provide supplemental food to help meet the basic needs of food insecure individuals in the community. This partnership ensures that all served by ACCA are food secure with a commitment to serve all older adults within our community.

## Caregiver Support

### Grandparents Raising Grandchildren

Relative caregivers are supported through a robust case management program that addresses the needs of both the grandparent and the grandchild in their care. Services include support groups, parent education, family activities and nursing care.

### Geriatric Care Management

With the support of a Care Manager, older adults and their caregivers navigate the road map of decisions and tasks related to their care and needs. Working with families, our care manager's expertise provides the answers at a time of uncertainty, and can assist with relocation, health care coordination, safety evaluation, crisis intervention, caregiver respite.

*including older adults of all backgrounds and abilities, adults with disabilities and family caregivers.*

## Senior Corps

**Volunteers** age 55 and up remain active and engaged by providing meaningful service to their community. Through three Senior Corps programs, volunteers enrich the lives of children, older adults and themselves.

## Center for Active Living

Members enjoy a diverse mix of educational seminars, social and cultural programming, travel, opportunities for fellowship, and health-related classes designed for older adults.

## GeorgiaCares

Medicare beneficiaries receive unbiased information and assistance to make informed decisions about their health care benefit options.

## Transportation

Older commuters whose transportation needs are not met by traditional services ride with trained drivers who assist them at every step of the trip. This service allows the riders access to essential resources needed to remain living and thriving in their community.

## CAL+

Members enjoy a morning of diverse activities, including cooking demonstrations, health talks and screenings, gardening, bingo, outings, and more. The program includes a delicious lunch, as well as connection to additional resources and support.

## Alzheimer's Caregiver Support Group

Caregivers supporting individuals living with dementia have the opportunity to fellowship, participate in educational programs, and gain connections to additional supportive resources.

**31,390** hours of support to school age children were provided by the Foster Grandparent Senior Corps program. Teachers report 86% of students receiving extra help from FGP volunteers achieve their learning goals.

**17** Senior Community Service Employment Program participants transitioned to unsubsidized permanent employment.

**20,179** rides to medical appointments, grocery stores, pharmacies and other community resources.

**96%** of riders reported increased access to healthcare and other services.

**38%** decrease in food insecurity among enrolled ACCA members.

**1,620** routine visits were conducted by the LTCO representatives to monitor conditions and quality of care for long-term care residents.

# IMPACT

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**99%**

Say ACCA has helped them maintain or improve their health

**93%**

Say ACCA has allowed them to remain living at home

**88%**

Say ACCA has connected them with additional resources

**92%**

Say ACCA has increased their social opportunities

No artificial flavors  
No artificial sweeteners  
No artificial preservatives  
No bleached or bromated flour  
No antibiotics or synthetic growth hormones in our fresh meat or dairy



# STORIES OF US

The following stories are a glimpse into ACCA and our impact on those we serve. They represent who we are and who we serve. Behind every story, there are countless players who made it come to be. Whether you're an older adult that we serve, a volunteer, a donor, a board or staff member, each of you has a role.

Each story is a story of all of US.



OD has been with ACCA's Meals on Wheels program for a few years. A former competitive weightlifter with a heart of gold, OD enjoys his daily visits from our volunteers delivering his meals, but the benefits he receives as a part of ACCA are so much more than a meal.

Through ACCA's partnership with The Augusta University/UGA Medical Partnership first year medical students and third year medical residents make home visits with some of the homebound older adults served by Meals on Wheels. These visits, supervised by geriatrician Dr. Don Scott, give real world experience while also providing basic health and safety checks to our members. During the students' visit with OD they noticed he didn't have a bed and was sleeping on the floor. They brought this to Dr. Scott's attention, and he worked with ACCA and our volunteers to get a new hospital bed for OD.

Dr. Scott also brought in medical residents to meet with OD about an undiagnosed medical condition that was causing him pain and limiting his mobility. ACCA worked with OD's physician to get him the care he needed and made sure he had transportation to get to his appointments.

But OD's story doesn't end there. While talking with the med students OD had mentioned how much he enjoyed and missed playing chess. In response a student who also enjoys the game has been visiting OD for regular matches. OD says, "ACCA has been the brightest part of my life. I'm still 5 feet up instead of 6 feet under because of ACCA."

# Carol



Carol came to the Senior Community Service Employment Program with a desire to enter the workforce for the first time. "I just turned 62 and until March 26th had never worked before in a public job. I was my mother's caregiver for about 25 years. I realized I had to find a way to take care of myself as well as my three fur kids." Michael, the program's coordinator, learned about her passion for animals, and reached out to the Athens Area Humane Society, knowing it would be the "purrfect" place for her.

After a few short months in her training, Carol had become an expert in all things cats. "The happiness and fulfillment I feel caring for these animals; knowing I am helping them find happy and loving homes far surpasses anything else." Quickly, Carol became a natural and expanded her role to become a valued member of the Humane Society team.

After several months in training Carol was officially hired by the Humane Society for a permanent position. She will now be working as an adoption counselor and technician. When asked what she is most proud of, Carol told us "I had people telling me I couldn't, that my age was an obstacle. I realized age didn't matter. I proved that I can do anything I want to. I can be independent, and I am fully capable."

After her mother passed away, Nattie found herself searching for a place of comfort. Reflecting on a visit to ACCA years earlier, she remembered the solace she felt in the community garden and thought to herself, "I must find that place".

Thirty minutes later, she walked into the garden at ACCA and knew this was it. "I'll never forget. It was a Thursday. I signed up for the Center for Active Living right then. It brings me good feelings that even though I was sad, I found my comfort place." While participating in classes and trips with ACCA, she's made new friends and even though everyone has a different background and story, she realized everyone was here for one another. Being engaged and active has not only improved her social life, but her health as well. "I now see more of my friends here (at ACCA) than I do my doctors," she laughs.

Nattie enjoys the trips, the community, the art classes, the dancing and the coffee. She has so much fun even her grandchildren have begged her to let them come. Her granddaughter told her recently, "I know why you go there. You want to be a kid again!" Nattie replied, "That's exactly it. Just an older kid."



# Tim



From Monday morning to Friday afternoon, we can guarantee you'll see Tim around the ACCA campus and that he'll greet you with a friendly "How're you?"

Since 2009, Tim has been a member of ACCA's Adult Day Health program and over the years, he's become family. Tim lives alone and relies on ACCA for day to day support and companionship. One of the most thoughtful people you'll meet, Tim comes to the center not with the mindset of receiving help but giving it.

Tim is considered a team member at ACCA. Most days you'll see him wearing his ACCA shirt and Adult Day Health name badge. Tim finds meaning in his days by helping staff, caring for others, and performing his personal versions of famous hymns and American classics each morning in Adult Day Health's 'Morning Show'. Tim isn't interested in spending the day sitting. He's constantly on the move, delivering special notes, birthday wishes, and checking in on your family and friends.

When asked why he spends his days giving back, he says, "I enjoy everyone. They're as sweet as they can be. All of 'em."

Ms. Strien Barnett sits in a quiet corner of the classroom, a young student snuggled in her lap with a tablet. As she helps him navigate through an educational puzzle, they both smile when he gets the correct answer. For the past five years Ms. Barnett has been a fixture in Dr. Renee Power's first grade classroom, providing this special one-on-one assistance to students through ACCA's Foster Grandparent Program.

"Her service has been invaluable to the students assigned to her as well as to me," says Dr. Powers. "Her commitment to helping students is evident everyday as she comes in and helps those who are struggling with reading, writing and math." The extra help Ms. Barnett and her fellow Foster Grandparent volunteers provide is making a difference. Last year 86% of students served by these volunteers achieved their learning goals, and 93% of the teachers they work with said having a volunteer allowed their classroom to function more effectively.

As a Foster Grandparent Ms. Barnett receives a small stipend for her service which she says has been very helpful, but what keeps her coming back to the classroom each year is the connection she feels to Dr. Powers and the students. "I enjoy working with the kids and learning how to help them," Ms. Barnett says. "I'm learning all the time. Each year I do this program, the more I learn. I have also met new people and really enjoyed interacting with the kids. I've been with this program for 5 years, with different children each year. It's always a new experience and everyone should try it at least for a year!"

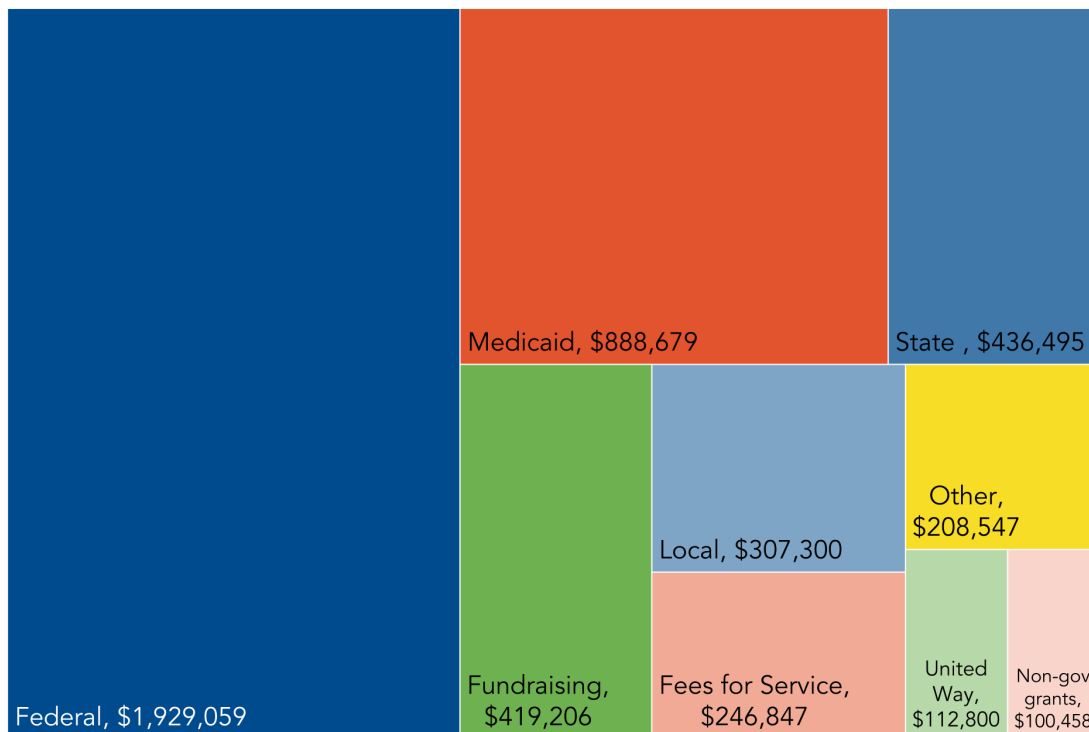


Ms. Barnett

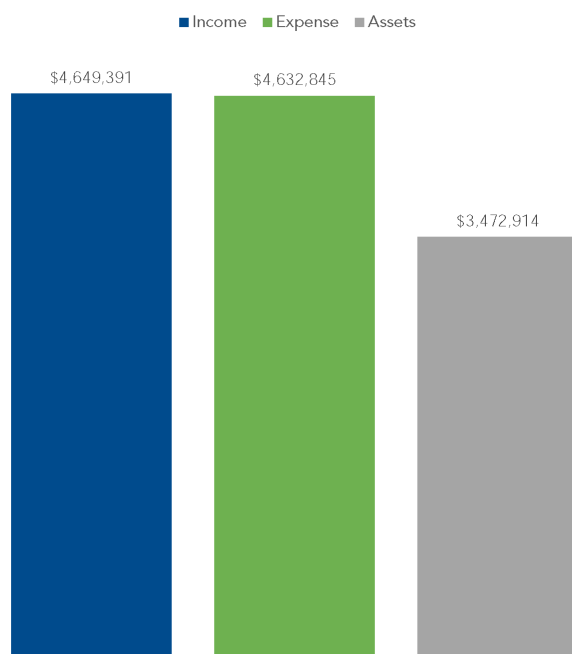
# FINANCIALS

ACCA is grateful for the continuing support of our donors and funders. We are steadfast in our commitment to act as good stewards of the investments made in our agency by efficiently providing exceptional service to our members and our community.

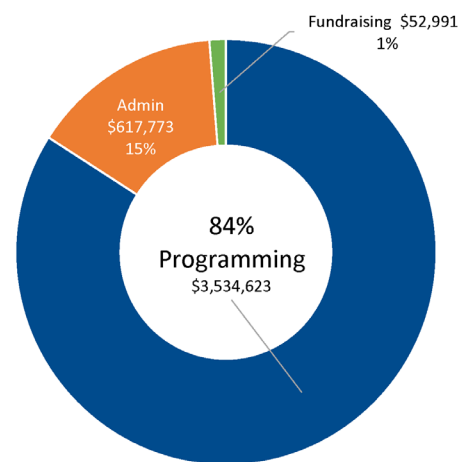
ACCA Fiscal Year 2019 Funding



ACCA Fiscal Year 2019 Revenue vs. Expense



ACCA Fiscal Year 2019 Expense Breakdown



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MBA Fellows, Dixie Cao and Megan Ann Grandin

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## AWARDS

For the seventh consecutive year, recognized by Georgia Trend and UGA Public Service and Outreach, Four for the Future Award highlights four communities for their efforts to improve residents' lives through collaborations. This year, the collaboration between ACCA and The Campus Kitchen at UGA was recognized for our partnership in reducing food insecurity for older adults in our community.



On behalf of the work at ACCA, Eve Anthony, CEO/President received the 2019 Service Award at the Georgia Department of Human Services ADRC Healthy Communities Summit. This award recognizes innovation and success in providing services to older adults through the aging network.

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Thank you  
for helping  
others  
**AGE  
WELL.**

## DONOR SPOTLIGHT



With seven rescue dogs, Brian and Donna Seagraves' passion for animals is no mystery. Lucky for us, they share this love through Will's Pet Pantry. Will's Pet Pantry is named in memory of their son, Will, who shared a deep love and connection with animals. Through this program, ACCA is able to provide food and supplies for the pets of local seniors, which can often be a financial and physical challenge.

"We wanted to help people and animals at the same time. Will was full of life and had a huge love for animals. We thought it was the best way to honor him," Donna shared. After three years of being involved with ACCA, the Seagraves family has grown from friend to family.

"I cannot imagine a better experience working with ACCA. Everything is perfect. We know exactly where our money is going and that it's where

it needs to go. We really appreciate how you all stay in touch with us. We don't feel like we're just writing a check every month. We feel connected," Donna shared. "You can trust that ACCA is going to put the money where the needs are. They have all the systems in place to make sure they've identified the correct needs."

Last year, ACCA, through Will's Pet Pantry, provided 1,371 pounds of food and other related goods and services to 47 pets. Will's Pet Pantry is supported by generous donations from the Seagraves family, Meals on Wheels America and other private donors.

## COMMUNITY PARTNERS

Thank you to all the amazing supporters and community partners. You've helped make our year incredible.



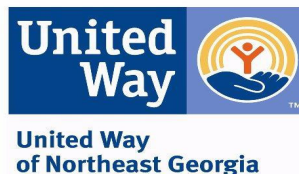
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# WAYS TO GET INVOLVED

Together, we can do so much more.  
You can help our community age well and live well.

**VISIT.** Stop by the ACCA, let us show you around, introduce you to our amazing staff and see our work in action!

**VOLUNTEER.** We're always looking for amazing community members to support our work. There's a wide range of opportunities to help out. From delivering a meal, to teaching a class or providing transportation to a doctor's appointment, we'll make sure to find the right place for your skills.

**DONATE.** With your help, it's possible for ACCA to continue fighting senior hunger and social isolation, offer health and wellness activities, support to caregivers, provide vital trips into the community for homebound older adults, engage older adults in job training and so much more!

**SPONSOR.** Your local business or community group can invest in our mission and be a part of our impact on older adults in our community. We'll recognize your support year-long at our events and fundraisers and through our communication platforms.

**PARTNER.** We know we can do more for less when we partner with others in our community who share our mission. If you think you can help, let us know!

**FOLLOW.** Like us on Facebook and Instagram. Stay posted on all of the amazing things ACCA has going on. Become our friend!

For more ways to get involved call us at 706-549-4850



ATHENS COMMUNITY COUNCIL ON AGING

Age Well. Live Well.