

Eastside  
Friends  
f Seniors

**2013 Annual Report**



## Dear Friends of Seniors,

I'd like to thank all volunteers, staff, board members, and contributors for your involvement with Eastside Friends of Seniors.

Eastside Friends of Seniors helps seniors stay independent in their homes. This report highlights our demographics, support and revenue, congregations, grantors, donors, clients and volunteers. Everyone has contributed to the success of this year—our fifth year of independent operation.

Our many caring, generous volunteers carry out most of our agency's services: transportation, shopping and errands, housework and yard work, friendly visiting, and more. They respond to imperative that our partners in service all share: to love our neighbors, and to improve the world. For your helping hands and warm hearts, we thank you.

Eastside Friends of Seniors' staff supports the work of the volunteers that carry out the agency's services. Since the middle of 2008, I've led the agency's operations as Executive Director. Teresa Lalk is in her fourth year of service as our program assistant. Ramona Lawrence, with a background as a clinician and with a certificate in gerontology, after many years of service as a volunteer, is serving her second year as our client services coordinator. Dave Humphrey, another a long-time volunteer, has come on board at the beginning of 2014 as our volunteer coordinator. We are focused on our mission, and do our best to ensure that our work is professional and compassionate.

Our ability to thrive is a testament to the vision of the Board and the work of everyone in support of our mission. Volunteers, local businesses, community groups, congregations—everyone who stepped forward, stepped up, and gave their time, their talents, their resources – on the behalf of the elderly in our community, I thank you from the bottom of my heart.

Warm Regards,

 Claire Petersky, Executive Director

## Message from the Executive Director

*“Our ability to thrive and grow this year is a testament to the vision of the Board and the work of everyone in support of our mission”*



Claire Petersky,  
Executive Director

## Message from the President

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*"I was personally touched  
by how so many  
businesses and  
individuals came forward  
to support the agency's  
work with our  
community's frail  
elderly."*



Kim Jenkins, PhD  
Board President

## *Dear Friends of Seniors,*

We hope you find our 2013 Annual Report informative.

As you review the charts and information included in these pages, you'll clearly see that our fine volunteers, committed staff and faithful donors were able to do measureable good in the lives of the elderly in our community.

We held our second annual benefit luncheon this year. I was personally touched by how so many businesses and individuals came forward to support the agency's work with our community's frail elderly. This allied effort of board and staff, local businesses, and community was an overwhelming success, laying our financial foundation for our future.

As I look to the opportunities and challenges of 2014 and beyond, I want to be able to count on you. If you can volunteer, if you need help, if you know of opportunities for us to share our story, or if you are moved to give, please let us know. Call the office at (425) 369-9120, or email us at [caring@eastsidefriendsofseniors.org](mailto:caring@eastsidefriendsofseniors.org)

Thank you so much for sharing in our success—we can't do it without you!

Sincerely,

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*Kim Jenkins*

Kim Jenkins, President

2014  
Eastside Friends of Seniors' Board of Directors

**Kim Jenkins, PhD**

President

Global Senior Program Manager, Microsoft

**Tracy Fitzsimmons, Esq.,**

Vice President

Attorney at -law

**Tina Butt, PhD**

Vice President

Educational Consultant, TB Consulting

**Doug Eglington**

**Treasurer**

Community Volunteer

**Lon Lindo, Secretary**

Community Volunteer

**Dan Aznoff**

Head Writer, DA Journalist

**Dawn Baron**

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**Reverend Nolen Holcomb**

Community Volunteer

**Naomi Kennamer**

Regional Operations Manager, AmericanWest Bank

**John Rittenhouse**

Lead Program Manager, Microsoft

Making a  
Difference  
in the Lives  
of Seniors

## Dear Friends of Seniors,

Eastside Friends of Seniors has been a wonderful addition to my life. The organization was recommended to me by the Issaquah Fire Department after they had come to my home. I live alone after my wife died four years ago and I suffer with back and foot problems. I have difficulty vacuuming and changing linen needed help with weeding and trimming bushes outside my trailer home.

My volunteer is a young man who has helped tremendously. He cleans my kitchen and bathroom and helps dusting and vacuuming. I look forward to his bi-monthly visits. He has also painted my window sills and cleaned my porch and weeded and trimmed my bushes in the yard. I don't know what I would have done without his help.

Additionally since I live on a limited income, I was not sure how I would celebrate the holidays. Eastside Friends of Seniors, was able to arrange for a hot Thanksgiving Meal to be delivered to me and found volunteers to put up my Christmas decorations. They delivered a Christmas box and bag of groceries along with a gift card which I could use to purchase fresh food items or other needed items. I even received a hand knitted lap robe. I have felt like I was not forgotten over the holidays—that was so wonderful!! Your volunteers even came to help me put the decorations away.

I also received an emergency back pack complete with a hand knit scarf. When I asked another volunteer to hem some pants, she said no problem.

Your organization has become like a second family to me. They help me clean my home, do yard work, celebrate the holidays and accomplish tasks like mending that I am unable to do. Knowing that they are ready to help has done a lot to reassure me that I can remain living independently and that someone cares for my well being. I can't thank them enough and am so grateful for everything that they have done for me.

Sincerely,

*Clarence Norman* Clarence Norman



Clarence Norman,  
Client

## Number and Profile of Clients Served

Our community’s seniors too often struggle to travel to a doctor’s appointment, or to keep their homes clean and safe, or can not shop for groceries. Many cannot pay for help or are unable to access services. Too often our elders lose their independence and are prematurely placed in more supportive settings. Eastside Friends of Seniors provide free services to these seniors.

In 2013, Eastside Friends of Seniors provided assistance to 432 frail and disabled elderly people and their families. Of those, 330 received services as clients.

**Mobility Disability:** Of the 330 clients we served, 23% use a cane, 22% use a walker, and 4% use a wheelchair or motorized scooter.

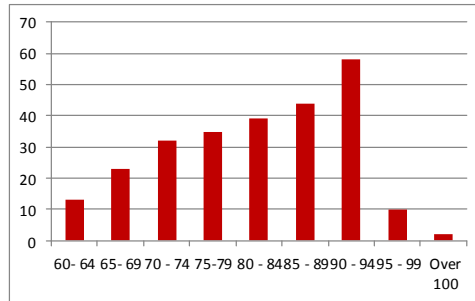
**Sensory Disability:** 27% of our clients are deaf or severely hearing impaired; 28% are blind or severely visually impaired.

**Income:** 92% percent of the clients are classified as low income in accordance with the US Department of Housing and Urban Development’s standards; 74% are classified as very low income.

**Sex:** Reflecting women’s greater longevity in our society, 78% of our clients are women; 22% are men.

**Age:** The median age of our clients is 83. The largest age group of clients are those age 90 to 95.

**Location:** 59% of our clients live in Issaquah; 22% live in Sammamish—a number that grows every year; 5% live in the

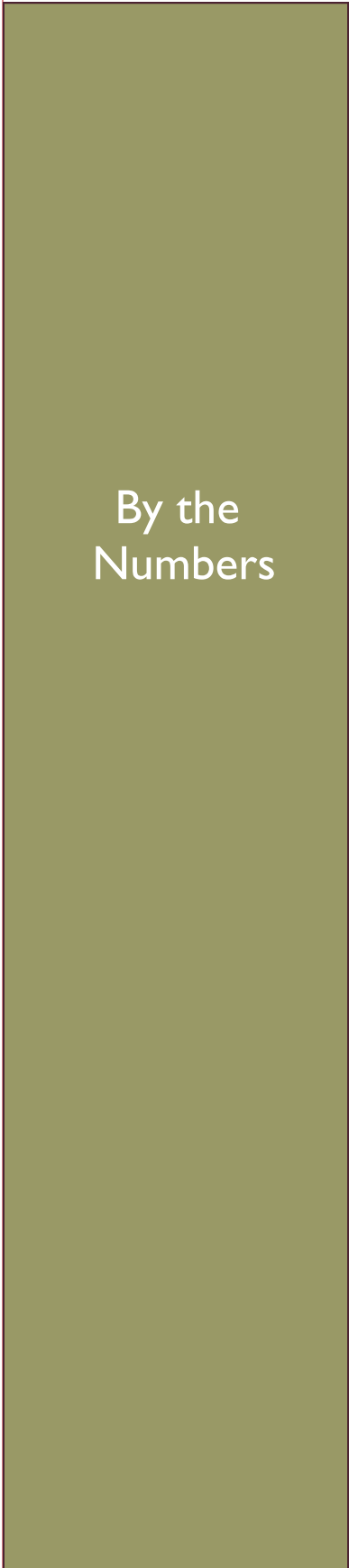


Clients by Age Group

Snoqualmie Valley; and 13% are in our new program in Bellevue.

**Household arrangement:** 60% of our clients live alone. 28% of all our clients live with a spouse. The rest live with other family or with friends.

**Relationship to volunteers:** 58 clients were matched with a volunteers for regular services in an on-going relationship, such as housekeeping, shopping, chores, or regular transportation to destinations such as a kidney dialysis center or for cancer treatment. An additional 18 are waiting for a match. The remaining are “will-call” for services, such as for transportation, handyman services, or yardwork.



By the Numbers

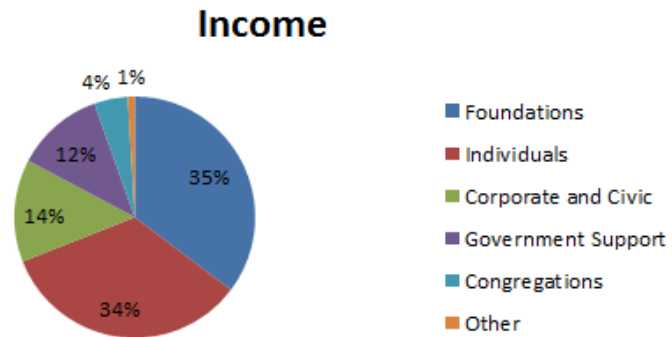
By the Numbers

## 2013 Income and Expenses

2013 saw our organization build individual contributions and corporate sponsorship through our signature fundraising event, *Gathering for Seniors*.

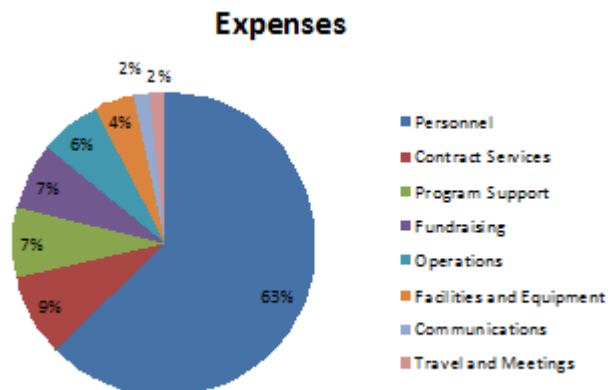
### Income

Eastside Friends of Seniors had an income of \$134,647 in 2013. We received a larger percentage of our income in foundation support for the first time since independence. Gifts from individuals ran a close second. Our support from companies came from sponsorships at *Gathering for Seniors*. The Cities of Issaquah and Sammamish also provided funding.



### Expenses

In 2013, Eastside Friends of Seniors spent \$144,320. Most of this money was for staff to support our program. Our fundraising costs were covered by company sponsorships. Direct program costs, such as volunteer screening and recognition, make up 7% of the budget. The remaining expenses pay for essential items and services, such as rent, telecommunications, and supplies.





# Volunteer Hours and Services Performed

Eastside Friends of Seniors volunteers performed all client services (except referrals and client assessments, which were performed by staff). **All of Eastside Friends of Seniors' services are free of charge.**

Eastside Friends of Seniors had 278 total volunteers in 2013

Of that entire corps, 120 volunteers were trained and screened, and deployed in the community, helping seniors on a regular basis. An additional 85 volunteers provided assistance in one-time projects, typically volunteering with their congregation, workplace, school, or service club. These volunteers provided 4393 hours of service to seniors.

An additional 79 provided 1283 hours of service to the agency, helping with technology, fundraising, around the office, market research, and more.

Transportation for medical appointments and other essential destinations remains one of our key services, with volunteers driving 20,666 miles this year.

Volunteers also drove clients an additional 6954 miles to do shopping and errands. Shopping services may include store navigation, reading labels on potentially purchased items, and putting away shopping items when returning home.

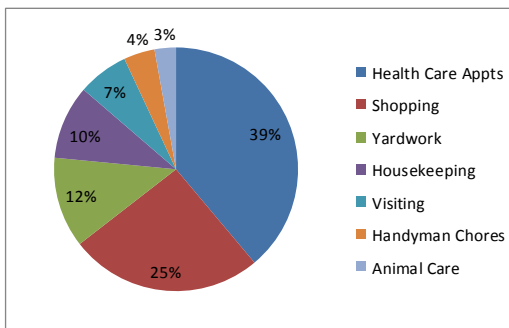
All of our transportation services are not curb to curb, or even door-to-door. Instead, they are door-through-the door, providing a personal escort to the seniors' destinations. All of our transportation services provided by our

volunteers in 2013 totals 2230 one-way trips.

Housekeeping continues to be a high-demand service, with volunteers providing 403 hours of housework. Volunteers provided 494 hours of yard work and 169 hours of handyman and minor home repair services. These home services are focused on maintaining a clean and safe living environment. Chores such as “de-sliming” decks, repairing steps, installing grab bars—even replacing light bulbs—help reduce the risk of falling and keep seniors safe.

Friendly visiting, computer help, and fun projects such as holiday decorating made up an additional 276 hours of service. These services help combat social isolation and keep seniors connected with their community. For the first time, we had enthusiastic volunteers providing pet care, adding an additional 117 hours of service

## By the Numbers



**Volunteer Service Hours  
2013**

## Our Donors

### Caring Hearts Giving Society

Tina Butt  
 Damian and Susan Evans  
 Kim Jenkins, PhD, and Laurent Coulon

#### \$10,000 or more

City of Sammamish  
 RealNetworks Foundation

#### \$5,000—\$9,999

Microsoft Matching Gifts Program  
 City of Issaquah  
 Khaki Foundation  
 IM Satterberg Foundation  
 Elizabeth Lynn Foundation  
 The Norcliffe Foundation

#### \$2,000—\$4,999

American West Bank  
 Fred & Gretel Biel Charitable Trust  
 Kawabe Memorial Fund  
 Opus Community Foundation  
 Claire Petersky and David Levine  
 Sammamish Presbyterian Church  
 John Rittenhouse  
 Wilkins Charitable Foundation

#### \$1,000—\$2,000

Anonymous  
 A.M. Turner Foundation  
 Accounting Professionals, Inc.  
 E.R. & A.M. Turner Foundation  
 Tracy & Michael Fitzsimmons  
 John Jetter  
 King County Public Hospital  
 Mary Queen of Peace Parish  
 Pine Lake Covenant Church  
 Swedish Medical Center  
 The Whitaker Foundation  
 United Way of King County

#### \$500—\$999

Anonymous  
 Anonymous  
 Alice & Peter Chang  
 Lee Chumbley  
 Carol & Monte Clodt  
 Sue Detwiller  
 Emeritus Corp  
 Employees Community Fund of  
     Boeing  
 Flintoff Services  
 Reverend Nolen Holcomb & Reverend

Suzi Robertson  
 Michael & Priscilla Kaufmann  
 Kiwanis Club of Providence Pt  
 Ramona and Douglas Lawrence  
 Carol Lycete  
 Margaret Mechaley  
 Erica and Jeff Pearl  
 Mary Powell  
 The Ridge Womens Golf Club  
 RPM Systems Corp  
 Sammamish Kiwanis Foundation  
 Troy & Angela Schmeil  
 Spiritwood Senior Living

#### \$250—\$499

Anonymous  
 Gail Abplanalp  
 Marguerite & John Altree  
 Lesley Austin  
 Dan & Susan Aznoff  
 Mary Jo & Tim Bellflower  
 The Boeing Company  
 Lisa Bialek  
 Douglas & Lori Birrell  
 Doreen Booth  
 Pat Caiarelli  
 Lynn & David Chesnut  
 Kelly Costello  
 Jane Crum  
 Bob & Miriam Culwell  
 Linda Day  
 Leeann Eckert  
 Fidelity Charitable Gift Fund  
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 Allie Henninger  
 Jenny Hepperle  
 John & Shelley Holmes  
 George Hulett  
 Naomi & William Kenamer  
 Marion & Ronald Krueger  
 Teresa Lalk  
 Ivan & Diane Lee  
 Peggy Mellman Loshin  
 Chris Lutgen  
 Sara Mathy  
 Dan McCabe  
 Terri McHenry  
 Richard J. Mitchell  
 Margaret R. Moore  
 Northwest Washington Synod Evangelical Lutheran Churches of America  
 Ruth & Millard Petersky  
 Traci Pierce

Gary & Margaret Rosenow  
 Helen Routon  
 Sammamish Rotary Foundation  
 Seattle Foundation  
 Brenda & Brian Shea  
 Sight Connection  
 Doug and Christine Watson  
 University House - Issaquah  
 Brian Urban  
 Mitzi Vaughn  
 Nancy Whitaker

#### \$100-249

Anonymous  
 Andy & Michelle Allred  
 Jill Anderson  
 Thomas & Michelle Bartell  
 Starlene Beahan  
 Bellewood Senior Living  
 Don Bennum  
 William Bergstrom  
 Timothy & Carine Bieseimer  
 Acar Bill  
 Pamela Bingen  
 Janet Bradshaw  
 Roger Braeutigam  
 Ann Brashear  
 Therese Brasino  
 Eve Brown  
 Dennis Butler  
 Linda Calbom  
 Joan Campbell  
 Jonathan Campbell  
 Pankaj Chhabra  
 Amanda & Christopher Chin  
 Chubby Chipmunk  
 Sandra Cobel  
 Garry & Ethel Crosser  
 Laverta Dauterman  
 Steven & Margaret Dehaven  
 Barbara deMichele  
 Cokey Deweese  
 Abby Durr  
 Douglas & Shari Eglington  
 Sally Farrell  
 Matt Ford  
 Joe Forkner  
 Kim Garland  
 Robert George  
 Ruby Godfrey  
 Barbara Goldhammer  
 Grainger Corporation  
 Michael Green  
 Sandra Hayes

Sandra Haynes	<b>Under \$100</b>	Linda Liaw
Geoff Hazel	Yolanda Acosta	Dorothy Lindo-Britton
Beatrice Hecht	Staci Adams	Kathy Lindquist
Carolyn Holeski	Dan Anderson	Nora A. Mangold
Charlotte Jacobs	Roberta Anderson	Rose Massoth
Virginia Johnson	Suzanne Ashton	Mary Francis Masters
Kathie Jorgensen	Erna Atkerson	Elizabeth Matthews
Vicky Joslin	Beeta Baker	Catherine Melfi
Robert & Shannin Keller	Charlotte & Ronald Baker	William & Colleen
William & Angela Kennedy	Janet Barry	Merriman
Marie A. Kerner	Ethel Bauer	George Moynihan
Carol Laskowski	Bradley & Tina Bauman	Joyce & Jane Nelson
Kathy Diane Lee	Carol & Gary Bergan	Anne Norton
Nora Lindberg	Libby Bigger	Cheryl O'Neill
Lon & Teresa Lindo	Matthew Bott	Les & Joan Osborn
Stephen Love	Claire Brady	Nancy Peterson
Ann Lowry	Kim Brady	June & Robert Pierce
Lily Luh	M M & R E Brown	Tami Rabin
Betty Macko	Erik & Kristine Buskirk	Sherrie Reed
Veronica Mart	Jeremy & Karen Butler	Anna Ricci
Kathy Mastromonica	Arlene Carter	Ann Richards
Pamela Mauk	Lynn Chapman	Karen & Stephen Ridlon
Teresa McAuliffe	Carol Cosgrove	Ivan & Gertrude Risdon
Jill McCune	Lilly De Castro	Barry Rose
Estrellita Merza	Melanie DePaoli	Gloria Rose
Brenda Michaels	Herman Dinken	Kathleen Rowley
Mary Morgan	Reverend Kevin X. F.	Karolina Sarnowksa-Upton
Mel Morgan	Duggan	Rose Schwartz
Joseph & Sharon Moynihan	Ilene Dye	Ginger Seybold
Steven Muhlestein	John & Grace Easley	Rich Shively
Sherrill Parsons	Eastside Knitters Guild	Silver Age LLC
Mary Payne	John & Barbara Eimer	Helen Smart
Dianne & Roger Peterson	Virginia Ellis	Karen Stapleton
Providence Health System	David Emmick	Robert Stauffer
Patricia Randall	Bill Fenner	Kendra Steiner
Jeff Renner	Phyllis Ferrara	William Stewart
Clara Robinson	Antero & Marie Freitas	Velta Svinis
Lynne Robinson	Laura Beth Gilbert	Roxane Taylor
Douglas & Allison Romano	Janet Gomez	Kathleen Trader
Karen Rose	Jennifer Grohs	Harriet Twitchell
Dr. John Rossi	Karen Hauser	Bryce Ulrich
Neeraja Sahay	Wilma Hill	Joe & Mary Vidos
David & Claudia Schach	Gloria Hollis	Margaret Watt
Michael & Maria Silvers	Barbara Howe	Joseph & Jean Waytime
Suzanne Soong	Jane Isenberg	Jerry & Judy Weiser
Jane Stephenson	Gwen Jackson	Pamela Whittington
Marilyn Taylor	Zachary Jones	Davis Youzhong Chen
Jeri Tolstedt	Alice Kalso	Rita & Paul Zohav
David & Sarah Waggoner	Glenn & Kathy Kearney	
Margaret Waldron	Paul & Karen King	
Mary Watkins	Carole Kogan	
Barbara Weber	Laura Konen	
Rochelle & Scott Wyatt	Peter Kraetsch	
	Michelle Kumar	
	Beverly Lewis	

## Our Donors

## Our Volunteers

John Abercrombie	David Brewerski	*Dick Drumm	Robert Hickey
Ian Achzenick	Patricia Bringardner	Gabriel Dunatov	Bobbie Hinckley
Amy Adams	Paul Brynes	Patricia Durand	*Nolen Holcomb
George Adams	Garrett Buck	Stephanie Eggers	Joyce Holloway
Karen Adams	Brittany Butsch	Douglas Eglington	Dennis Hopkins
Brian Ainsworth	Tina Butt	Alex Elevathingal	Jennifer Hopkins
Kristina Ainsworth	Susan Calabro	Tony Elevathingal	David Humphrey
Danielle Allen	Bill Carper	Parak Eshetu	Mark Husby
Rachel Allen	Carla Carvalho	Magdalena Espelien	Nathan Hutchison
Bhanu Aluru	Bhavya Chabra	Damian Evans	Sonia Izquierdo
Addison Amadeck	Jonathan Chang	*Janell Falletto	Tahmina Jahan
Bridgett Amadeck	Danxia Chen	Carol Fare	Josh Jancola
Dorothy Amidei	Amulya Cherala	Barbara Fears	*Kim Jenkins
Irene Andersen	Prasanna Cherala	Cambie Ferguson	Shu Jing
Ronald Andresen	Jon Cherian	Eduardo Fernandes	Diane Johnson
Pierre Antoine	Raman Chikkamaga-	Tracy Fitzsimmons	Elsbeth Johnson
Ariel Atwood	lur	Randy Fougere	Linda Johnson
Fatima Aviquivil	Shirley Choi-Grugan	Mitzi Fritz	Ron Johnson
Dan Aznoff	Helen Christian	Robert Fritz	Kathie Jorgensen
Daniel Bailey	Larry Christianson	Victoria Fuflygina	Hanna Junus
Ron Barnum	Margaret Christian-	Paulina Gama Leos	Austin Keck
Dawn Baron	son	Stephanie Garbacik	David Keith
Nora Barragan	Lee Chumbley	Scott Gardiner	Kim Keith
Patricia Batt	Mila Ciobanu	Krystal Garvin	Patrick Kelly
Carter Bechtel	Sarah Clark	Kyle Garvin	Naomi Kennamer
Christopher Bechtel	Betty Cobel	Olivia Gaughran	Marie Kerner
Clifford Bechtel	Sandy Cobel	Brianne Gernaey	Heather Keyser
Connor Bechtel	Samantha Coe	Kendra Gernaey	Noriko Kilambi
Cody Behymer	Dion Cole	Daenna Gidwani	Lauren King
Nick Behymer	Jack Cook	Laura Beth Gilbert	Vivekanand Kiruba-
Kim Bentler	Ryan Cornwall	Madison Gilbert	nandan
Marie Bentler	Melody Correia	Ann Ginther	Andrew Kotowski
Carol Bergan	Margaret Costello	Ashley Glennon	Marie Krack
Lisa Bialek	Anne Cruzan	Rachael Goodwin	Richard Krock
Paul Bialek	Frederick Cruzan	Rajasekhar Gopalan	Shelley Krock
Michael Bigsby	Susan Cruzan	Cheryl Gorder	*Marion Krueger
Michael Birdsall	Karen Cummings	James Gorringer	Nannette Krueger
Carol Blankenship	Sharon Dahl	Debra Gottschalk	Radhika Kuchibhatla
Janis Blodnick	Kim Daly	Brian Grospe	Gomathi Kumar
John Blodnick	Ryan Dantzler	Elizabeth Guthridge	*Michelle Kumar
Kristin Bogh-Flores	Rachel Davis	Anne Hall	Tjoen Kusardi
John Bonner	Anna M. DeMoss	Joyce Holloway	Teresa Lalk
Tom Borowiecki	Melanie DePaoli	Li Hao	Aven LaMere
Charles Bovenzi	Steve Detwiller	Yuling Hao	Tom LaPaze
Janet Bradshaw	Susan Detwiller	Sandra Haynes	Doug Lawrence
Kim Brady	Chloethiel	Geoffrey Hazel	*Ramona Lawrence
Al Brewer	DeWeese	Evelyn Heaton	Amy Lazenby
Betsy Brewer	Maribel Doss	Ron Heinrichs	Summer Lazenby
Beata Brewerska	Bill Drazil	*Allie C. Henninger	Eun Jin Lee
Elena Brewerska	Maggie Drazil	Saharla Hershi	Man Jae Lee

David Levine	Libby Phillips	Nancy Tochko
Thea Levkovitz	Katrina Pierce	Anna Tono
Qingmo Li	Bruce Portzer	Katy Trader
Rath Lim	*Mary Powell	Catherine Ullakko
*Lon Lindo	Anycia Prukop	Sinan Ussakli
Hiroko Lindsey	Ashlyn Prukop	Mary Vance
Erin Linscott	Harold Prukop	Carole Vosmer
Stuart Linscott	Justin Prukop	Margaret Waldron
Peggy Loshin	Sofia Ramirez	Zandra Walker
Stuart Lower	Kris Redwood	Luke Wall
Stephen Lussier	Allison Reid	Madeline Wall
Silvia Macias	Gloria Renner	Judy Weiser
Jennifer Mack	John Rittenhouse	Colton West
Maurice Mack IV	Patrick Ritter	Norma Wilcox
Betty Macko	*Herbert Roberts	Daniel Wilke
DeeAnn Maher	Jaegger Roedel	Marilyn Wilke
Alex Mahhai	Karen Rose	Cliff Wilson
Sara Mathy	Gary Rosenow	Edgar Wind
Gina Mazzaferro	Margaret Rosenow	Vince Wong
David McKinlay	Renee Rossi	Andrew Wood
Emily Meade	Pradeep Runjunny	Wendy Woodward
Christina Mellin	Ewa Sack	Grace Wu
Adarsh Mital	Neel Sahay	Vincent Wu
John Mizenko	Neeraja Sahay	Rochelle Wyatt
Deborah Morgan	Soheil Sahraei	Scott Wyatt
Melvin Morgan	Matthew Salus	Helen Yantus
Marilyn Morrow	Meryl Seah	Amy Young
Amy Mowry	Kevin Selkowitz	Alexandro
Bruno Mueller	Ginger Seybold	Zambrano
Kelly Munn	Brenda Shea	Shujing Zhang
Mike Nakamura	Jaelyn Shorter	Alona Zimmerman
Yogesh Nath	Jennifer Shute	
Giao Nguyen	Maria Silvers	
Michael O'Connell	John Silvey	
Sarah O'Keefe	Kathleen Sneden-	
Shean O'Keefe	Cook	
Sheri O'Neel	Wen Song	
Jason Orr	Beatriz Sousa	
Gary T. Padeken	Ashly Starnes	
Jennifer Paquay	John Staudt	
Stanley Pasin	Jenny Story	
Mercy Pathiyamoola	Garrett Strand	
Mark Payne	Jennifer Stratton	
Erica Pearl	Daryl Stromswold	
Alan Peksa	Padma Sukumar	
Claire Petersky	Lisa Supinski	
Mary Peterson	Joann Swanson	
	Lynne Tennant	
	Hank Thomas	
	Steve Thues	

\*Volunteered 100  
hours or more in  
2013

## Our Volunteers