

## ADMINISTRATION

John B. Clark  
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Laura Garrett  
Executive Vice President

Rosa B. Sakalarios  
Vice President, Human Resources

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Director, Marketing  
Communications

Suzanne Jackson  
Director, Social Services

Craig Shumaker  
Director, Community Services

Jessica Ayers  
Director, Adult Day Care  
(The Retreat)

Alesia Ross  
Director, Foster Grandparent/Senior  
Companion/RELIEF Programs

Tricia Dixon  
Manager, Volunteer Program

Lauren Meadors  
Coordinator, Development

## CONTINUED SUCCESSSES:

### 2019 RAT PACK REUNION

More than 350 individuals attended the ninth annual Rat Pack Reunion on Oct.25 at Skopelos at New World, in support of Council on Aging of West Florida and its programs. At the event, four local business leaders - Ashton Hayward, Michael Murdoch, Michael Riesberg, and Brenda Vigodsky- were honored for their leadership and service to the community.

This year's Rat Pack Reunion raised over \$200,000 for Council on Aging.



### COA AMONG "BEST OF THE COAST"

Council on Aging was honored for a fifth year in the 2019 Best of the Coast competition by Independent News.

Best Boss  
John B. Clark

Runner-Up Best Non-Profit



### COA HELPS SENIORS CHILL OUT

With the help of Sue Straughn, local media, Lowe's Home Improvement stores, our wonderful sponsors, and the community, we brought back the Senior Chill Out to provide cooling assistance to seniors in need. Because of our generous community, we were able to collect more than 348 AC units, 463 fans, and over \$20,674 in monetary donations for local seniors in just one day.

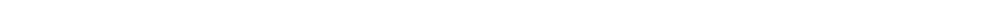


COMBINED STATEMENT OF ACTIVITIES	
Year Ended December 31, 2018	
Total Revenues.....	\$5,831,803
Program Service Expenses.....	\$5,493,797
Support Service Expenses	
Administrative Support.....	\$266,504
Fundraising Support.....	\$258,431
Total Expenses.....	\$6,018,732
Change in Net Assets.....	-\$186,929
Net Assets at Beginning of Year.....	\$2,009,513
Net Assets at End of Year.....	\$1,822,584

Please visit [www.coawfla.org](http://www.coawfla.org) to view our most recently audited financial statements and tax returns.

Location: 875 Royce Street • Mailing Address: P.O. Box 17066 • Pensacola, FL 32522-7066  
(850) 432-1475 • [info@coawfla.org](mailto:info@coawfla.org) • [www.coawfla.org](http://www.coawfla.org)

As an Accredited Charity, we have passed all 20 of the BBB Wise Giving Alliance's Standards for Charity Accountability. The BBB Wise Giving Alliance helps donors make informed decisions and advances high standards of conduct among organizations that solicit contributions from the public.



# ANNUAL REPORT 2019



# BOARD OF DIRECTORS 2019

## OFFICERS

Kathleen Logan  
Chair

Lois Lepp  
First Vice Chair

Malcolm Ballinger  
Second Vice Chair

Councilmember P.C. Wu  
Secretary

J.M. "Mick" Novota  
Treasurer

Sonya Daniel  
Immediate Past Chair

## BOARD MEMBERS

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Sonya Daniel  
DeeDee Davis  
Tammy Hardy-Fauber  
Rabbi Joel Fleekop  
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Lois B. Lepp, P.A.  
Escambia County  
Commissioner Lumon May

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Chaplain Larry Mosley  
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Jan Pacenta  
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Sue Straughn  
Edgar M. Turner  
Dona Usry  
Marie K. Young

## MEMBERS EMERITI

Joe Black  
John Brick  
Zola Lett  
Charles H. Overman, III  
Malcolm Parker

## PRESIDENT/CEO

John B. Clark

# MESSAGE FROM THE BOARD CHAIR



"It takes a village to raise a child" is a concept we are all familiar with, but it applies to some of our community's elders, as well. And there are so many people and ways that we can help them.

It is useful to know that social isolation is increasing so significantly that AARP considers it "a growing health epidemic." It is costly both psychologically and health-wise, with researchers concluding that loneliness is equal to or greater than such risk factors as obesity and smoking. Low income people are

particularly at risk, as are caregivers who may become increasingly isolated by their responsibilities.

Council on Aging helps ameliorate loneliness in myriad ways, with dining sites in Escambia (14) and Santa Rosa (6) counties which provide opportunities for socialization and activities as well as hot lunches; case management services; caregiving support and training; and senior centers in rural areas. The Retreat is a day care center which offers a stimulating and engaging environment for seniors, and respite for their caregivers.

You'll probably be surprised to learn that happiness dips and loneliness increases in middle age; as people get older, happiness increases again and loneliness decreases. Thus, the Foster Grandparent and Senior Companion Programs are a win-win for both age groups. The people who volunteer to provide these services not only receive a small stipend for their efforts, they are essentially helping themselves, too, as the relationships they form counteract their own susceptibility to loneliness. Helping others is one of the best ways to avoid the problem!

Most elderly folks want to stay in their homes as long as they can, but that, too, can cause isolation as they lose their ability to get places. Meals on Wheels are delivered by dozens of volunteers who also interact with recipients.

Then there are the hundreds of volunteers who build wheelchair ramps, help at our annual Senior Chill Out to collect fans and air conditioners, "hole sit" at the Panhandle Charitable Open (looking diligently for someone to make a hole-in-one). Military folks, bless them, also unloaded the hundreds of fans and air conditioners at the COA offices. Our staff were very grateful. And, lucky me, I was escorted to my table at the Rat Pack Reunion by a young Marine in flight school who said he was happy to be of service.

Not everyone can be physically involved, of course, so I also appreciate the many who donate money to us whether through our Circle of Friends, "Raise the Paddle" at the Rat Pack Reunion or other appeals. They trust that we will use the funds wisely for those who need our assistance.

On reflection, it does indeed take a village. Together, we raise our whole community. My thanks to all of you.



Sincerely, Kathleen Logan



# PRIMARY SERVICES

## Adult Day Care (The Retreat)

A protective, stimulating environment for seniors and much needed respite for caregivers. Meals and activities are supervised by specially-trained staff.  
**State of Florida Agency for Health Care Administration License #9051**

## Case Management

A link for clients and community resources to make independent living possible for seniors.

## Senior Dining Sites and Recreational Activities

Hot, nutritious, balanced lunches are served to seniors 60 and older at numerous locations, which also offer recreational activities and socialization opportunities.

## Foster Grandparent Program

Income-eligible seniors 55 and older are given the opportunity to earn tax-free stipends and other benefits while working with children in schools and other facilities.

## Meals on Wheels

Balanced meals are delivered to homes of seniors requiring nutritional assistance.

## Caregiver Support and Training

Training and support groups are designed to reduce stress, increase coping skills and enable caregivers to effectively manage caregiving tasks.

## Senior Center

To serve the needs of seniors in rural areas, we operate senior centers that provide recreational, educational and socialization opportunities.

## Senior Companion Program

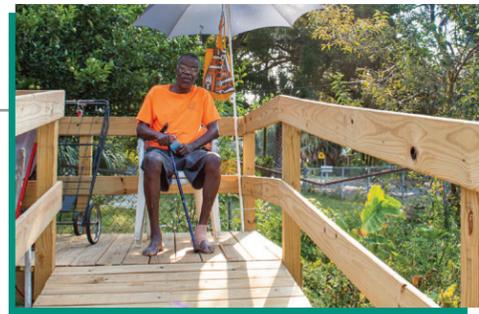
Income-eligible seniors 55 and older are given the opportunity to earn tax-free stipends and other benefits while helping their peers remain in their own homes and giving respite to caregivers.

## In Home Services

Assist eligible seniors 60 and older with activities of daily living through services such as personal care, homemaker, companionship and respite, which increases their ability to function independently in their own homes.

# WHAT ELSE DO WE DO?

- Every year during the heat of the summer and the cold of the winter, we host a weatherization campaign aimed at providing comfort and safety to our most vulnerable senior clients in the form of air conditioners and heaters. In the summer, we host our Senior Chill Out in conjunction with WEAR-ABC 3 and Lowe's Home Improvement stores. In the winter we solicit donations of space heaters to distribute.
- Board members and staff are also committed to advocating for elder adults through all levels of government and educating seniors in the community about the issues that matter to them, such as awareness around scams and fraud, abuse, services available and more.
- Our team of hundreds of volunteers give their time freely to build wheelchair ramps, clean yards, install assistive home devices, deliver meals and so much more.



- Throughout the year, thanks to donations from organizations and individuals, we operate a Community Care Closet which distributes vital supplies such as incontinent supplies, Ensure, walkers, rollators and more.
- During Christmas, we give out nearly \$30,000 worth of holiday gifts to lonely elders.
- Whenever Council on Aging is faced with a challenge we cannot solve, our social work department works to find an agency or opportunity that can meet their need. We enjoy great relationships with the Area Agency on Aging, the Center for Independent Living, both county governments, United Way of West Florida, etc.

# FACTS AT A GLANCE

## Meals on Wheels

Participants Served: 427  
Meals Served: 115,730

## Senior Dining

Participants Served: 1,184  
Meals Served: 83,821

## Adult Day Care (The Retreat)

Participants Served: 111

## Community Outreach

Total Reached: ~22,796  
(includes health fairs, senior expos, public speaking opportunities, television show etc.)

## Foster Grandparent Program

Foster Grandparents: 56  
Students Mentored: 168  
Hours Served: 65,973

## Senior Companion Program and RELIEF Program

Senior Companions: 56  
Peers Served: 66  
Hours Served: 48,929

## Caregiver Programs

(Support and Training)  
Caregivers Served: 186

## Social Services

Total Served: 1,605  
(includes case management services, case aide service, screening and assessment for services and information and referral)

## Volunteer Program

Volunteers: 566  
Hours Served: 21,023

## In Home Services

Persons Served: 256  
(assistance with personal care needs, homemaking, respite and companionship)

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