

FROM OUR CEO AND BOARD PRESIDENT

Dear Friends,

After four years of planning, fundraising, and development, we moved into our new Council on Aging Campus here in June of 2007. Our beautiful new 8,000 square foot office has a large conference room for meetings and educational presentations. We have a separate office for our legal services and a lovely reception area.

Our 10,000 square foot Meals on Wheels Kitchen has adjoining offices for our nutrition staff and five walk-in freezers and refrigerators. The kitchen has a back-up generator that will automatically kick-in should we lose power in a disaster. We are the first and only county Emergency Disaster Kitchen.

With the ability to make our own frozen meals for the weekend clients, we are saving money on meal production. The kitchen has the capacity to serve up to 3,000 meals per shift and we are currently producing about 1,100.

We also started serving vegetarian meals this last year thanks to a generous partnership with Amy's Kitchen. We continue to look for ways of expanding our program through food contracts with other nonprofits.

A three-year grant from the Vitamin Settlement litigation has allowed us to do more diabetes education, hire a registered dietician, provide supplements to seniors who need them, and design a special menu for seniors with renal disease.

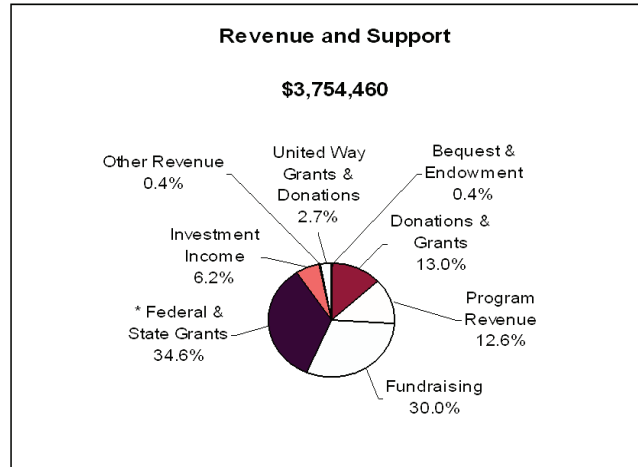
We are indebted to over 1,400 individual donors in the community and we would be remiss to not mention a few that made this all possible: Our Campaign Co-Chairs, Melody and John McNulty and Jenny and John Webley, and major donors, Robert and Shirley Harris, the G.K. Hardt Fund, the Finley Foundation, the Trione Family Foundation, the Kresge Foundation, the Episcopal Homes Foundation, the Schulz Fund and the Vadasz Foundation.

Sincerely,

Shirlee Zane
Chief Executive Officer

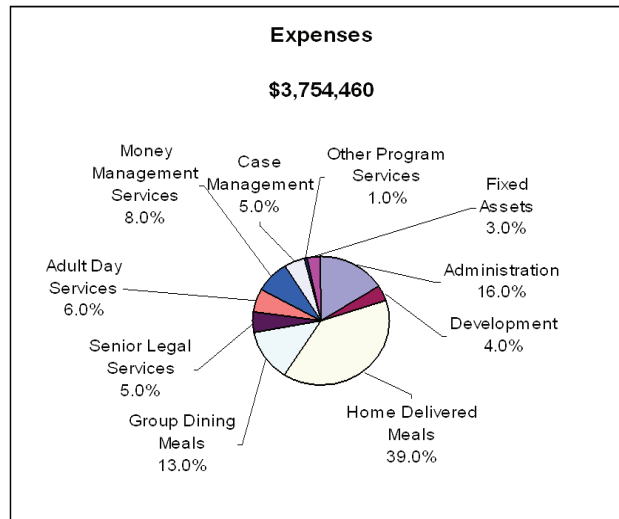
Corrine Lorenzen
Board President

FINANCIAL REPORT
July 1, 2007 to June 30, 2008



*Government funding includes:

Area Agency on Aging \$899,378	NSIP \$148,236
Santa Rosa Jr. College \$29,093	MSSP/APS \$11,594
Emergency Food & Shelter \$31,208	Mental Health \$105,999



COUNCIL ON AGING
SERVICES FOR SENIORS

ANNUAL REPORT
2007-2008



Council on Aging Services for Seniors is a 501(c)(3) non-profit public benefit corporation whose mission is to provide services that support the independence and well-being of older adults in Sonoma County, and to be a strong advocate for the quality of life of elders locally and nationally.

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PROGRAM & SERVICE IMPACT 2007-08

MEALS ON WHEELS

In the past year, Council on Aging's Meals on Wheels program delivered 231,543 hot, nutritious meals to 1,643 homebound seniors. Of these seniors, 96% said that the meals helped them remain independent and 79% told us their quality of life has improved because of Meals on Wheels. Also as part of the Meals on Wheels program, our nutrition assessor made 430 in-home visits to help make our clients aware of all the resources and services available in the community. Additionally, last year Meals on Wheels provided senior clients with 107 hours of in-home nutritional counseling by our registered dietician.

SENIOR DINING

Council on Aging now operates nine senior dining cafes throughout Sonoma County that provide seniors with food, fun, and friendship and an opportunity to remain connected to the greater community. This past year, 50,719 hot, nutritious meals were served to seniors at these sites. In addition, 1,514 nutritional outreach contacts were made, and 53 nutrition education presentations were made at the dining sites.

ADULT DAY SERVICES AND SONOMA VALLEY RESPITE

Adult Day Services is a two- to three-day a week program at three state-licensed sites in Sonoma, Sebastopol, and Healdsburg, and is designed for seniors who enjoy group activities. In the past year, 86 seniors received 19,068 hours of companionship, recreation, social, and physical activities that enhance their quality of life. In addition, these seniors received a hot, nutritious meal each day. Clients with Alzheimer's disease and other forms of dementia attend a special one-day-a-week program in Sonoma. In 2007-08, this program provided over 1,700 hours of respite service for the family members of the 16 seniors who participated weekly in the five hours of adult recreational and social activities. Staff and volunteers provide one-on-one care for these seniors, who also receive a hot, nutritious meal.

FRIENDLY VISITORS

This volunteer program is designed for seniors who benefit from weekly visits from someone who will talk with them, read to them or lend friendly support. This past year, 30 volunteer Friendly Visitors from the community were recruited and matched with isolated seniors who reside in Sonoma County. Our Friendly Visitors receive on-going support and supervision from our Director of Volunteers.

SENIOR PEER SUPPORTERS

Sponsored by the Sonoma County Department of Mental Health, this volunteer program is designed for seniors who are suffering from various mental health issues. Over 40 volunteers have been recruited and trained to help clients help themselves. Twelve to twenty-four weeks of assistance are provided to each client. Volunteers are trained and supervised by a licensed, clinical social worker.

SENIOR LEGAL SERVICES

Council on Aging offers legal services and advice, which contributes to a seniors' sense of well-being and security. Services include advocacy and negotiation of consumer debt, identity theft and fraud issues, housing and income advocacy, limited representation advocacy with social security and Medical reconsiderations and appeals, and preparation of simple wills, advance directives, and powers of attorney.

In the past year, 1,011 seniors had access to legal counseling through 2,981 hours of advocacy and assistance. Through our 48 hours of community outreach programs, seniors were reached regarding their legal rights and assistance available to them, including preventing becoming a victim of fraud or elder abuse.

SOCIAL AND FINANCIAL SERVICES

Council on Aging's Social and Financial Services department provides bonded and insured employees to assist seniors with financial management. Our case managers can write and deposit checks, organize and track expenses, income and financial records, maintain bank accounts, educate seniors on financial matters, especially consumer fraud, and assist with budgeting. In 2007-2008, 174 seniors, many of whom are low income, were able to successfully maintain their independence because of the services provided. We were appointed "Representative Payee" by Social Security for approximately 10% of the clients. Nearly 23% of the clients appointed Council on Aging as their durable power of attorney for finances. Adult Protective Services (APS) hired us to provide services for 36 clients who were victims and/or at-risk of financial elder abuse. Overall, 30% of the clients now being served by Financial Services were referred by APS, law enforcement agencies, and other County programs.

CASE MANAGEMENT

Council on Aging case managers visit clients in their homes for a confidential assessment of the challenges they face in living independently and together, create a care plan. In 2007-2008, 750 seniors were assisted with 3,377 hours of service provided by our case managers. Referrals to other senior services and programs, follow-up and on-going assessments were provided to these clients to help maintain their independence and quality of life.

INFORMATION AND ASSISTANCE

Last year, Council on Aging assisted 23,908 seniors and their families with information on community agencies and services that assist seniors.

SENIOR HELPERS LIST

Council on Aging maintains a list of in-home workers who have been interviewed by trained staff, screened by the DMV, had criminal background checks and reference clearances. We then refer these pre-screened applicants to seniors and their families who wish to hire in-home help. Last year, many seniors were able to remain in their homes because they were able to secure safe, pre-screened in-home support.



COUNCIL ON AGING
SERVICES FOR SENIORS

BOARD OF DIRECTORS 2007-2008

Corrine Lorenzen, President; Bonnie Burrell, Vice President; Michael Randolph, Treasurer; Jeffrey Beeson, Secretary; John Reyes, Past President; Lee Cachola, Margaret Clift, Carroll Estes, Ph. D., Jeffrey Madura, Terry Moore, Komron Shahhosseini.

Council on Aging's Board of Directors meet on the fourth Tuesday of each month at 5:30 p.m. Meetings are generally held at the Council offices, 30 Kawana Springs Road, Santa Rosa, California 95404.

Board members serve three-year terms, which are staggered so that, as nearly as possible, one-third of the members stand for election at the annual meeting. Board members are assigned to five standing committees: Executive, Finance, Fund Development/Endowment, Nominating, and Education. These committees meet regularly and provide reports at the monthly board meetings.