

# Annual Report to the Community For Fiscal Year 2017-2018 SUMMER 2019

## CONGRATULATIONS LIFESPAN MON VALLEY CENTER

LifeSpan provided participants with 3,848 visits through the Senior Companion Program between July 1, 2017 and June 30, 2018.



Mon Valley Senior Resource Center has been unanimously approved for accreditation by NCOA/NISC for 5 years. Successfully achieving accreditation status takes the work of many people both in the senior center and in the community. When these two groups work together, the rewards will be felt for many years to come. Mon Valley is on the list of more than 120 senior centers who meet the standards as developed by NCOA/NISC. These are centers that are held up as models for others to follow. Maureen O’Leary, NCOA/NISC Program Manager stated the organization demonstrates outstanding leadership and commitment to quality programs and services.



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### HIGHMARK WALK



On May 11, 2019, LifeSpan participated in the Highmark Walk. All funds raised by LifeSpan, go directly to LifeSpan. This year, LifeSpan raised \$7,978.00. Our goal was \$10,000.00. If you, your family, friends or neighbors have benefited from LifeSpan’s Programs and Resources for Seniors, please consider a donation. Donations can be made payable to LifeSpan, Inc. and sent to LifeSpan at 314 East 8th Avenue, Homestead, PA 15120.

Thank you to everyone who donated or participated. Your contribution is greatly appreciated.

### CASHTOBERFEST

Join us for a night out!

Friday, October 11, 2019  
5:00 pm to 10:00 pm  
Salvatore’s, Curry Road, Pittsburgh  
\$25.00 per ticket - 2 numbers on a ticket  
Drawings every 15 minutes  
10:00 pm drawing for \$2,000.00  
Only 500 tickets sold  
Cash winners need not be present  
Includes Dinner Buffet, Beer, Music and Dancing.  
Cash Bar - No outside alcohol is permitted.  
MUST BE 21 YEARS OLD.  
Doors open at 5:00 pm  
Dinner served from 6:00 to 7:00  
Call 412-464-1300 for tickets.



*The Dialogue* is an annual publication of LifeSpan, Inc. a private non-profit 501(c)(3) organization serving older adults and their families. Lifespan is funded in part by the Allegheny County Department of Human Services Area Agency on Aging. Questions, comments or suggestions should be directed to 412-464-1300 Ext. 102.



If you receive this Report to the Community through the U.S. Mail and would rather receive through email, simply send your request to:

[jasmonga@lifespanpa.org](mailto:jasmonga@lifespanpa.org)

and you will be added to our Electronic Mail List.

[www.alleghenycounty.us/dhs/aaa](http://www.alleghenycounty.us/dhs/aaa)

**AC/AAA Senior Line:**

**412-350-5460**

**or 412-350-4234**

## BOARD OF DIRECTORS 2018-2019

- Carolyn M. Hall**  
President, Executive Committee Chair
- Marygrace Reder**  
Vice-President, PR/Marketing Committee Chair
- Robert Doddato**  
Treasurer, Finance Committee Chair
- Gwen Ogle**  
Secretary/Nominating Committee Chair
- Ranjana Mandar Joshi**  
Personnel Services Committee Chair
- Robert M. Hodnik**  
Facilities Committee Chair

### At Large Members

- |                   |                     |
|-------------------|---------------------|
| Julie Brochetti   | Joan Cecelia Nelson |
| Roseann DeGrazia  | Arlene Peelor       |
| Lisa Dalena       | Alicia L. Scott     |
| Betty Karleski    | Johanna L. Sholder  |
| Christine McGuire |                     |

## EXECUTIVE MANAGEMENT TEAM

- |                                                            |                                                             |
|------------------------------------------------------------|-------------------------------------------------------------|
| <b>Virginia Jurofcik</b><br>Chief Executive Officer        | <b>Kim Rollinson</b><br>Center Services Operations Director |
| <b>Julia Huber</b><br>Fiscal Operations Director           | <b>Judy McCrum</b><br>Meals on Wheels Operations Director   |
| <b>Michael Dunn</b><br>Care Management Operations Director |                                                             |

**MISSION**—LifeSpan offers resources, programs and services that promote healthy and dignified aging.

**VISION**—LifeSpan advocates for and provides innovative community resources, programs and services for the changing needs of older adults and those who care for them.

### PROGRAMS AND SERVICES

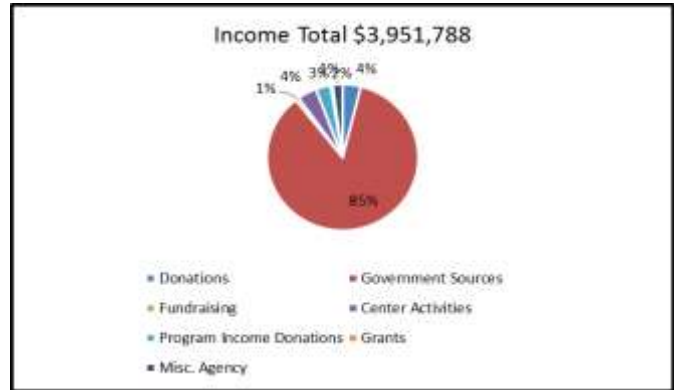
- Care Management ~ Center Services ~ Information and Assistance ~ Family Caregiver Support Program ~ Senior Companion Program ~ Community Outreach ~ Volunteer Program ~ Meals on Wheels/Home Delivered Meals ~ Options Program

**Visit us on the web at [www.lifespanpa.org](http://www.lifespanpa.org) or call your local center.**

**LIFESPAN FINANCIAL HIGHLIGHTS JULY 1, 2017—JUNE 30, 2018**  
**AUDITED FIGURES BY MAHER DUESSEL CERTIFIED PUBLIC ACCOUNTANTS**

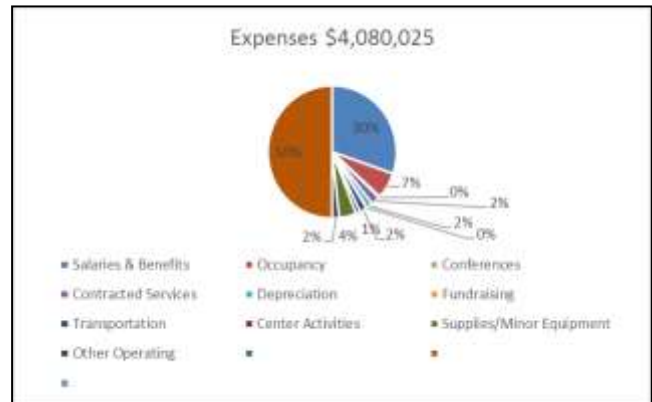
**INCOME**

|                          |                     |
|--------------------------|---------------------|
| Donations                | \$ 153,919          |
| Government Sources       | \$3,377,002         |
| Fundraising              | \$ 32,645           |
| Center Activities        | \$ 160,673          |
| Program Income Donations | \$ 126,121          |
| Grants                   | \$ 19,633           |
| Misc. Agency             | <u>\$ 81,795</u>    |
| <b>TOTAL</b>             | <b>\$ 3,951,788</b> |



**EXPENSES**

|                            |                    |
|----------------------------|--------------------|
| Salaries & Benefits        | \$2,474,619        |
| Center Activities          | \$ 91,128          |
| Conferences                | \$ 23,555          |
| Contracted Services        | \$ 184,921         |
| Depreciation               | \$ 127,528         |
| Fundraising                | \$ 14,003          |
| Occupancy                  | \$ 524,587         |
| Other Operating            | \$ 142,066         |
| Supplies & Minor Equipment | \$ 349,272         |
| Transportation             | <u>\$ 148,346</u>  |
| <b>TOTAL</b>               | <b>\$4,080,025</b> |



## CARE MANAGEMENT PROGRAM—Successes

### SUCCESSSES

- Care Management (CM) staff successfully coordinated an escort and transportation for a consumer to undergo out-patient surgery. This consumer had no support system or other means of securing assistance.
- CM staff completed a home visit with a consumer who was experiencing anxiety. CM staff assisted the consumer with contacting her therapist to help with resolving the present situation and to schedule an appointment for the next day. The CM staff stayed with the consumer until the symptoms improved.
- CM staff coordinated the purchase and delivery of a new hospital bed for a consumer. The care manager worked with the consumer, the out-of-town caregiver, physician, and medical equipment provider.
- CM Staff assisted a consumer with a referral to the Center for Victims of Violence and Crime and the police. The consumer had discovered that her friend made numerous unauthorized charges on the consumer’s account and was not paying the bills. The care manager also referred the consumer to Ursuline Senior Services to set up bill payment assistance.
- Multiple CM staff members provided security checks on vulnerable consumers during extreme heat and cold to ensure their safety and comfort.

LifeSpan Care Management provided services to 3,199 consumers between July 1, 2017 and June 30, 2018. At the time LifeSpan’s Care Management staff included 4 Supervisors, 26 Care Managers and 2 support staff.

### Caregiver Support Program (CSP)

A multitude of help was offered to CSP Caregivers by LSI’s Care Managers including but not limited to:

- Providing information on caregiving for someone with dementia.
- Assisted with utility assistance due to “red tagged” furnace.
- Provided resource information on mental health services and relaxation techniques.
- Referrals for use of Senior Companion Program as a respite alternative for caregivers.

## Your Donations Go a Long Way - No Amount is Too Small



Contributions to LifeSpan from community groups and individuals are greatly appreciated. Donations, which are tax-deductible to the extent allowed by the law, support programs and services offered to older adults living in the community. Consider a donation to LifeSpan in lieu of flowers for bereavement or “In Memory of a Loved One”. These donations are separated from funding received by the Allegheny County Area Agency on Aging. If you wish to make a donation, please designate the program where you wish to apply your donation. Name and address information strictly optional:

Name: \_\_\_\_\_ Address: \_\_\_\_\_

In Memory of \_\_\_\_\_

\_\_\_\_ Care Management \_\_\_\_ Center Services \_\_\_\_ General Agency \_\_\_\_ Meals on Wheels/Home Delivered Meals

A copy of the official registration and financial information of LifeSpan may be obtained from the Pennsylvania Department of State by calling toll free within PA—1-800-732-0999

**CENTER SERVICES—Community Partners**

*Our sincere thanks for the activities/speakers/resources provided throughout the year.*

- |                                             |                                             |
|---------------------------------------------|---------------------------------------------|
| 412 Food Rescue                             | Gallagher Home Health Care                  |
| Allegheny County District Attorney’s Office | Giant Eagle                                 |
| Allegheny Intermediate Unit                 | Greater Pittsburgh Literacy Council         |
| Amedysis                                    | Highmark                                    |
| Arrowood @ Southwestern                     | Home Instead Senior Care                    |
| Asbury Heights                              | Locust Grove Senior Living                  |
| Atria Senior Living                         | North Fayette Township                      |
| Baldwin Paramedic Rescue                    | Northern Area Multi Services                |
| Baptist Homes Society                       | Panera                                      |
| Brentwood Library                           | Pittsburgh Cultural Trust                   |
| Broadmore Senior Living                     | Promise Hospice                             |
| Carnegie Library—Knoxville                  | Sandin Home Health Services                 |
| Carnegie Library—McKeesport                 | South Hills Community Connect Group         |
| CLO                                         | The Greater Pittsburgh Food Bank            |
| Community College of Allegheny County       | The Pines of Mt. Lebanon                    |
| Country Meadows                             | Three Rivers Hospice                        |
| Dr. Hughes, Podiatrist                      | University of Pittsburgh                    |
| Duquesne University                         | UPMC—Living-At-Home/Staying-At-Home Program |
| Frick Art & Historical Center               |                                             |



To our numerous center volunteers who show up day after day and help in our centers. Our Volunteers don’t miss a beat—taking lunch orders, helping with special events, serving lunches, cleaning up, offering programs for the participants, calling bingo, folding brochures, preparing Outreach bags, conducting tours of our facilities...this list just goes on and on. LifeSpan is very fortunate to have a great group of volunteers. We can’t thank you enough.

***Volunteers don't get paid, not because they're worthless, but because they're priceless. ~Sherry Anderson***

## CENTER SERVICES

- **Mon Valley Resource Center** received National Accreditation from the National Council on Aging in December 2018. This honor has only been bestowed on fewer than 150 Centers in the United States. This accreditation recognizes the quality of services provided at the Mon Valley Center. Along with this honor, Mon Valley has also received the Pennsylvania Senior Center Employee of the Year to Michelle Craven which was presented to her in October of 2018 at the State conference in State College, PA.
- **The Primary Colors Art Guild and LifeSpan’s Chartiers Center** holds their Spring Exhibit & Sale every year in May. The group has been meeting at the Chartiers Senior Community Center. Artists of all ages who perform at all skill levels are welcome to join. The mission of the guild is to provide personal growth, enrichment and education to the arts by providing opportunities and experiences through classes, exhibits, programs and demonstrations.
- **Pennsylvania Department of Aging Senior Center Grant Award** - LifeSpan Center Services was awarded a \$54,300.00 grant to provide new computers and instruction for the entire Center Services Department. This grant also included the purchase of 2 Public Address Systems and a Remote Communication System.
- In March 2019, **Century III Senior Resource Center** was closed due to Century III Mall being deemed as an unsafe & uninhabitable structure. As a result, Center Services is now operating 7 Centers (Bethel Park, Mon Valley, Chartiers, Imperial, Knoxville, Clairton and Homestead).



Diane Cole, Michelle Craven, Marcy Wasilko with the plaque received from the National Council on Aging for the Mon Valley Center National Accreditation.



PA Dept. of Aging Secretary Osborne and Michelle Craven at the State conference in State College, PA. Michelle received the Pennsylvania Senior Center Employee of the Year award.

LifeSpan Center Services operated 8 Community Resource Centers and 3 program extensions serving 3,561 individuals. The Centers served 43,671 congregate meals and provided over 134,165 units of Information and Assistance through their AIRS Certified Specialists and 124 Community Outreach events between July 1, 2017 and June 30, 2018.

## Meals on Wheels—Home Delivered Meals

Meals on Wheels (MOW) is a state and federally funded program that provides healthy meals as well as face-to-face health and safety monitoring checks to 2,500 homebound adults in Allegheny County. LifeSpan has 4 kitchens to service the South Western part of Allegheny County, Homestead, Clairton, Knoxville and Imperial.

Eligible recipients are adults that are sixty (60) years of age or older, a resident of Allegheny County, homebound and unable to shop or to prepare their own meals.

A suggested donation is requested from the participant to help pay for the packaging and delivery of the meals to the home.

To start your meals, contact the Area Agency on Aging Senior Line to determine your eligibility and get your meals started, 412-350-5460 or 412-350-4235 for after hours, weekends and holidays. This is your single point of entry. Be prepared to complete a short assessment over the phone. Third party/Private pay for individuals not meeting eligibility criteria may be arranged by calling 412-464-1300 ext. 133.

LifeSpan Home Delivered Meals Program operates 4 kitchens and served a total of 173,485 meals to 1,001 individuals between July 1, 2017 and June 30, 2018. Two meals are delivered on Mondays and Wednesdays and one meal on Fridays, unless more are indicated in an individual's plan.

### 2018 Sweet Wishes Cookie Campaign



Each year, LifeSpan accepts donations of baked goods to distribute to our Meals on Wheels participants. It has become a tradition which many really look forward to. This year, with your help, we collected and distributed over 6,300 cookies. Each of our 709 participants received a half dozen of cookies (1051 1/2 dozen) for a total of 525 dozen cookies.



Resources and Services for Seniors

314 East Eighth Avenue  
Homestead, PA 15120  
Phone: 412-464-1300

Fax: 412-461-7118  
TTY: 412-461-0769

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Twitter @LifeSpanSvsPA

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## Senior Resource Centers

Bethel Park Senior Resource Center  
5151 Park Avenue  
Bethel Park, PA 15102  
412-831-7111  
bethelpark@lifespansa.org

Chartiers Senior Resource Center  
300 Lincoln Avenue  
Carnegie, PA 15106  
412-276-5056  
chartiers@lifespansa.org

Heritage House Senior Resource Center  
308 E. 8th Avenue  
Homestead, PA 15120  
412-464-1300 x121  
hhouse@lifespansa.org

Imperial Senior Resource Center  
540 Penn Lincoln Drive  
Imperial, PA 15126  
724-218-1669  
imperial@lifespansa.org

Knoxville Senior Resource Center  
320 Brownsville Road  
Pittsburgh, PA 15210  
412-381-6900  
knoxville@lifespansa.org

Mon-Valley Senior Resource Center  
4313 Walnut Street, Suite 3  
McKeesport, PA 15132  
412-664-5434  
monvalley@lifespansa.org

Steel Valley Senior Resource Center  
530 Miller Avenue  
Clairton, PA 15025  
412-233-4847  
clairton@lifespansa.org

WE'RE ON THE WEB

[www.lifespansa.org](http://www.lifespansa.org)



United Way  
Contributor  
#118