

DISCOVER SENIOR COASTSIDERS



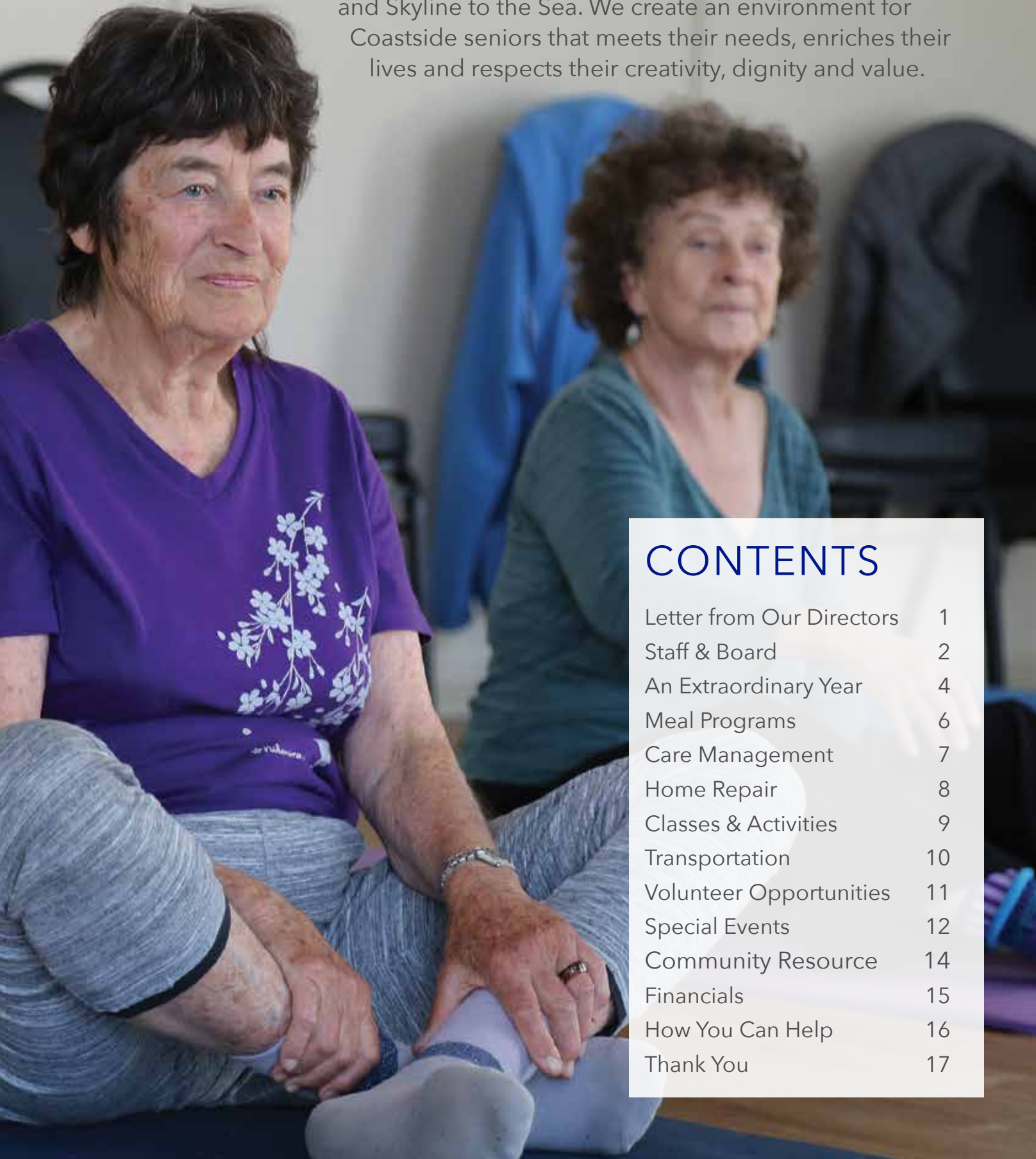
Senior
Coastsiders

ANNUAL REPORT

July 1, 2019 - June 30, 2020

OUR MISSION

Founded in 1977, Senior Coastsiders promotes healthy aging by providing opportunities, support and resources for older adults from Montara to Pescadero and Skyline to the Sea. We create an environment for Coastside seniors that meets their needs, enriches their lives and respects their creativity, dignity and value.



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CHALLENGE & OPPORTUNITY

Dear Senior Coastsiders Supporters,

We are delighted to share this report that highlights the activities and accomplishments at Senior Coastsiders during the fiscal year ending June 30, 2020. And what a year it has been! Our staff and volunteers have done an outstanding job continuing and expanding our normal operations, while turning the many challenges we experienced into opportunities to serve our community.

In the latter part of 2019, Senior Coastsiders was buzzing with activity, including:

- Grandparents Lunch in partnership with Sea Crest School
- Tea Dancing Afternoon with live music
- 41st (and most successful!) Pumpkin Run
- Climate Action & Adaptation Plan developed with the City of Half Moon Bay
- Halloween, Thanksgiving and year-end holiday celebrations



Sandra Winter

We stayed open during both of the October Public Service Power Shutoffs (PSPS). While staff focused on providing a safe haven and addressing requests for assistance, our kitchen team cooked meals on our gas burners which were served to over 100 seniors each PSPS day.

Little did we know that this adaptability would be so important in our response to the coronavirus pandemic. We shifted all our meals for seniors to home delivery, and our volunteers and staff met the challenge with unflagging commitment and good spirits. In addition to meals, we've been delivering letters, information, flowers, plants, books and treats. Many seniors are participating in social support groups, as well as exercise, creative writing and drawing classes, all hosted by our wonderful instructors.



Carol Joyce

Our Board of Directors completed a comprehensive update of our organizational policies and procedures. They've also crafted a robust strategic plan that will guide our internal operations, external relationships and fund development.

We are thankful to the individuals and foundations who continue to support us financially. Compared to the same period last year, we almost doubled the number of new and active donors and number of gifts received. Although Senior Coastsiders ended the fiscal year with a growing endowment and reserves, we are aware that these unprecedented times may impact our traditional sources of income. We will be vigilant to conserve our existing resources and explore new resources to ensure we continue to provide opportunities, support and resources for older adults and adults with disabilities living on the Coastside. We are grateful we can count on your continued support.

Thanks to our wonderful community of older adults, donors and partners, Senior Coastsiders has been able to respond to the ever-changing demands of the pandemic, while continuing to fulfill our mission.

Wishing you health and safety,

Sandra Winter, PhD, MHA
Executive Director

Carol Joyce, PhD
President, Board of Directors

BOARD



Charmion Donegan



Jill Jacobson



Carol Joyce



Robin Kirby



Angela Niemann



Bob Salera



Robert Zadek

Serving as a board-member for Senior Coastsiders is both an honor and a gift. We are humbled to stand on the shoulders of past members and directors, who for over 43 years, have made certain that seniors and their families and caregivers here on the San Mateo Coast are well supported. And, like many other volunteers at Senior Coastsiders, we are consistently rewarded by having the opportunity to make a difference in our community. It is a responsibility that each of us prizes and takes seriously.

Our mission is built around a straightforward notion: successful aging. Part of being a “successful senior” requires a structure of family and community engagement, a structure that can weather the storms of change and become stronger for future generations. The current pandemic is a mega-storm, especially perilous for older adults. Senior Coastsiders has become a lifeline to our most vulnerable, those who often have nowhere else to turn.

The importance of connections between seniors, their families and the larger community is more evident now than ever—which makes every member of our board grateful for the chance to serve.

Robert Zadek
Board of Directors

STAFF



FRONT: Edna Martinez, Judy Matienzo, Manny Orozco, Sandra Winter, Kim Olivares, Tracey Gould, Hope Atmore REAR: Casey McClung, Dale Salazar

AN EXTRAORDINARY YEAR

OF GROWTH AND CHANGE

24,764

Meals
Delivered



34

Homes
Repaired



5,871

Volunteer
Hours
Worked



33

Assistive
Devices Loaned



1,433

Rides
Given



SSS



7,761

Hot Lunches
Served

in the dining room

1,410

Classes &
Activities
Offered

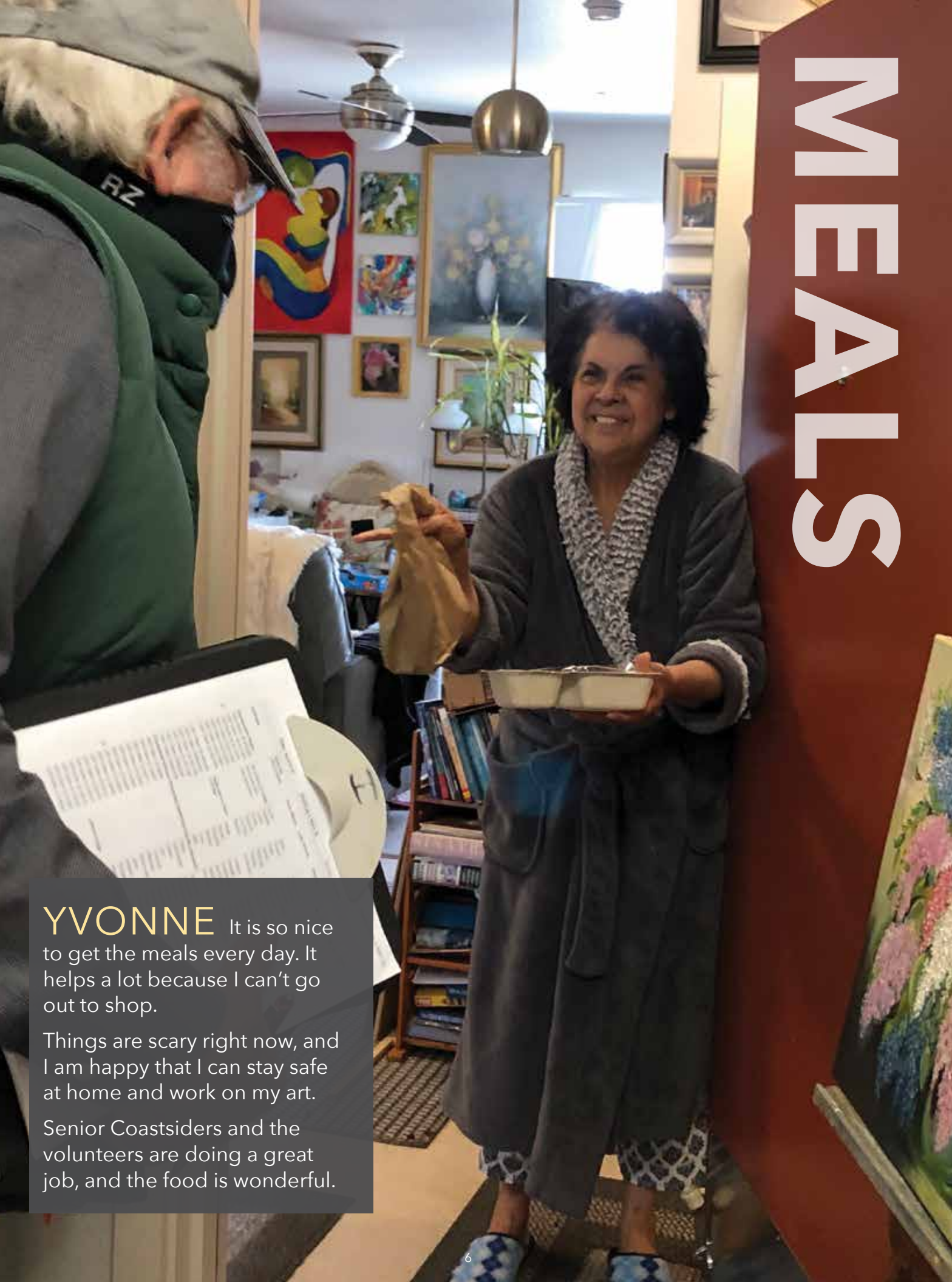
in person & online



8,000

Care
Services
Delivered





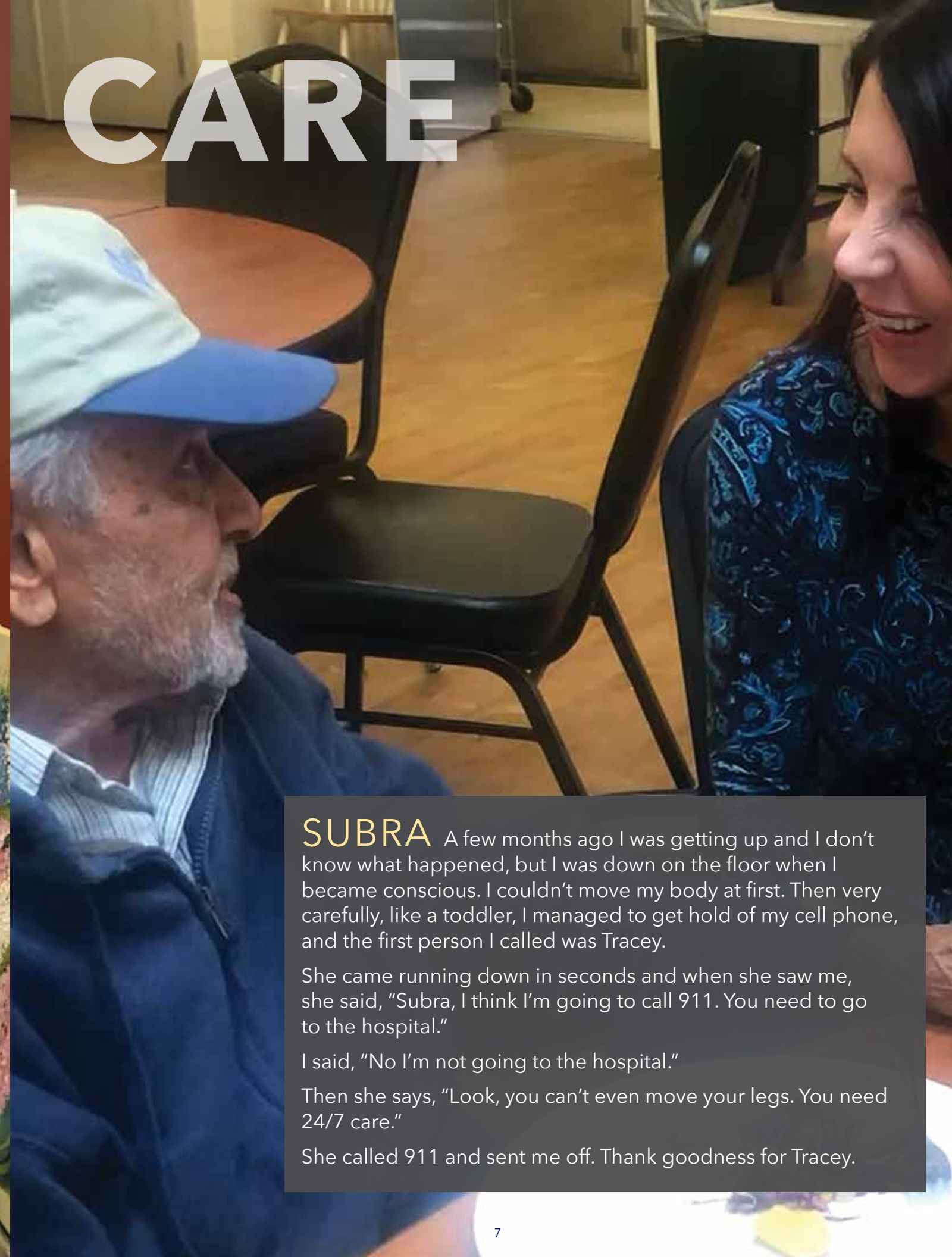
MEALS

YVONNE It is so nice to get the meals every day. It helps a lot because I can't go out to shop.

Things are scary right now, and I am happy that I can stay safe at home and work on my art.

Senior Coastsiders and the volunteers are doing a great job, and the food is wonderful.

CARE



SUBRA A few months ago I was getting up and I don't know what happened, but I was down on the floor when I became conscious. I couldn't move my body at first. Then very carefully, like a toddler, I managed to get hold of my cell phone, and the first person I called was Tracey.

She came running down in seconds and when she saw me, she said, "Subra, I think I'm going to call 911. You need to go to the hospital."

I said, "No I'm not going to the hospital."

Then she says, "Look, you can't even move your legs. You need 24/7 care."

She called 911 and sent me off. Thank goodness for Tracey.

HOME REPAIR

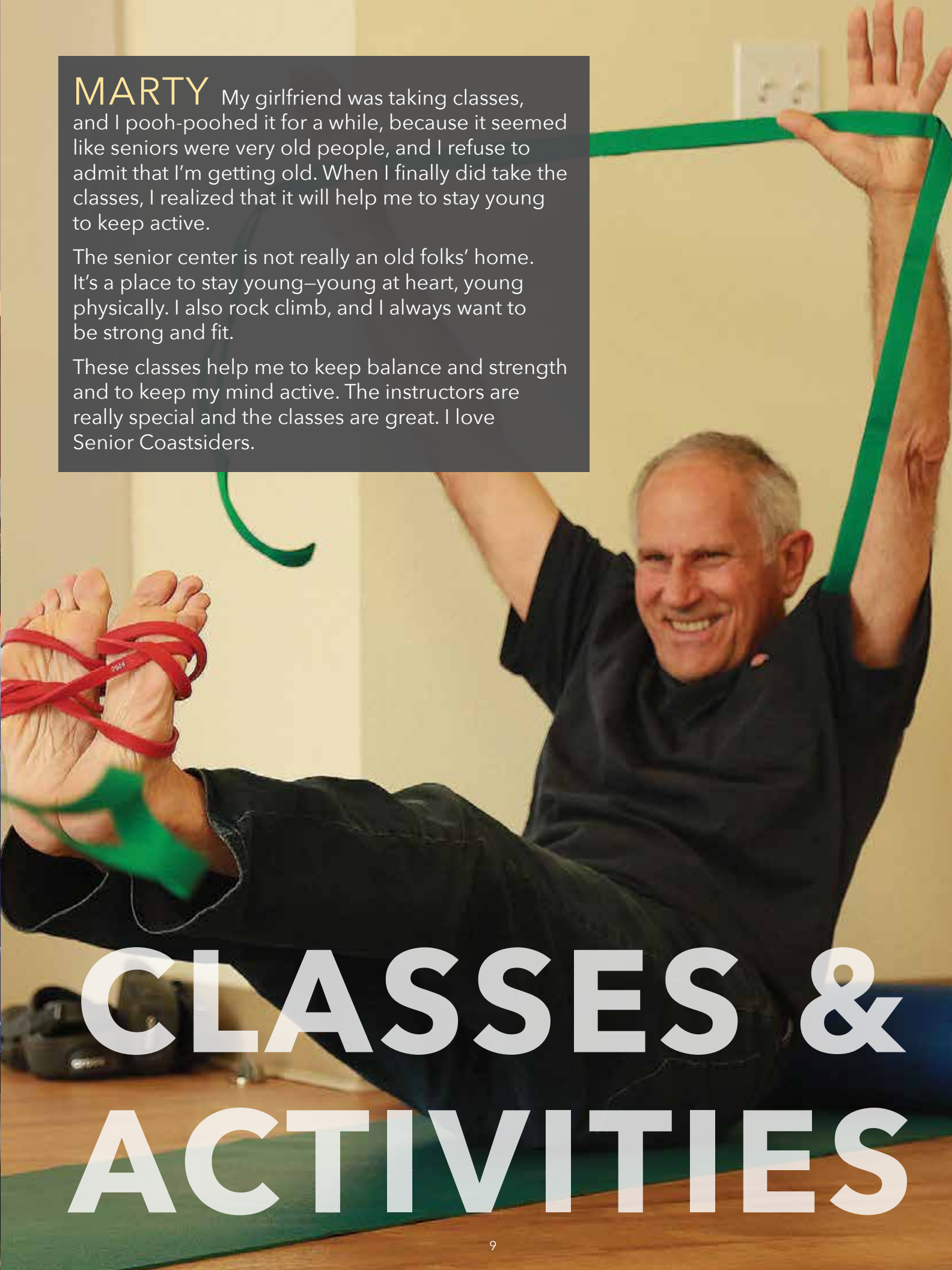


JOYCE They are from all walks of life: construction workers, painters, plumbers, scientists, teachers, administrators, technologists, and more. They are busy people who come each year to serve seniors in need of help. Some meet first thing in the morning around my kitchen table laden with coffee and all sorts of goodies. We introduce ourselves, exchange information, and share in some laughter—which, I might add, I hear throughout the day. It's then that the day really begins. I hold my breath when I see someone on top of my roof, so far, no injuries. The day is filled with hard work, sweat, free of tears and weeds, ending in satisfaction and appreciation for jobs well done. (Sometimes followed by tears of gratitude.) These givers, servers of others, are engraved in my mind. They will not be forgotten.

MARTY My girlfriend was taking classes, and I pooh-poohed it for a while, because it seemed like seniors were very old people, and I refuse to admit that I'm getting old. When I finally did take the classes, I realized that it will help me to stay young to keep active.

The senior center is not really an old folks' home. It's a place to stay young—young at heart, young physically. I also rock climb, and I always want to be strong and fit.

These classes help me to keep balance and strength and to keep my mind active. The instructors are really special and the classes are great. I love Senior Coastsiders.



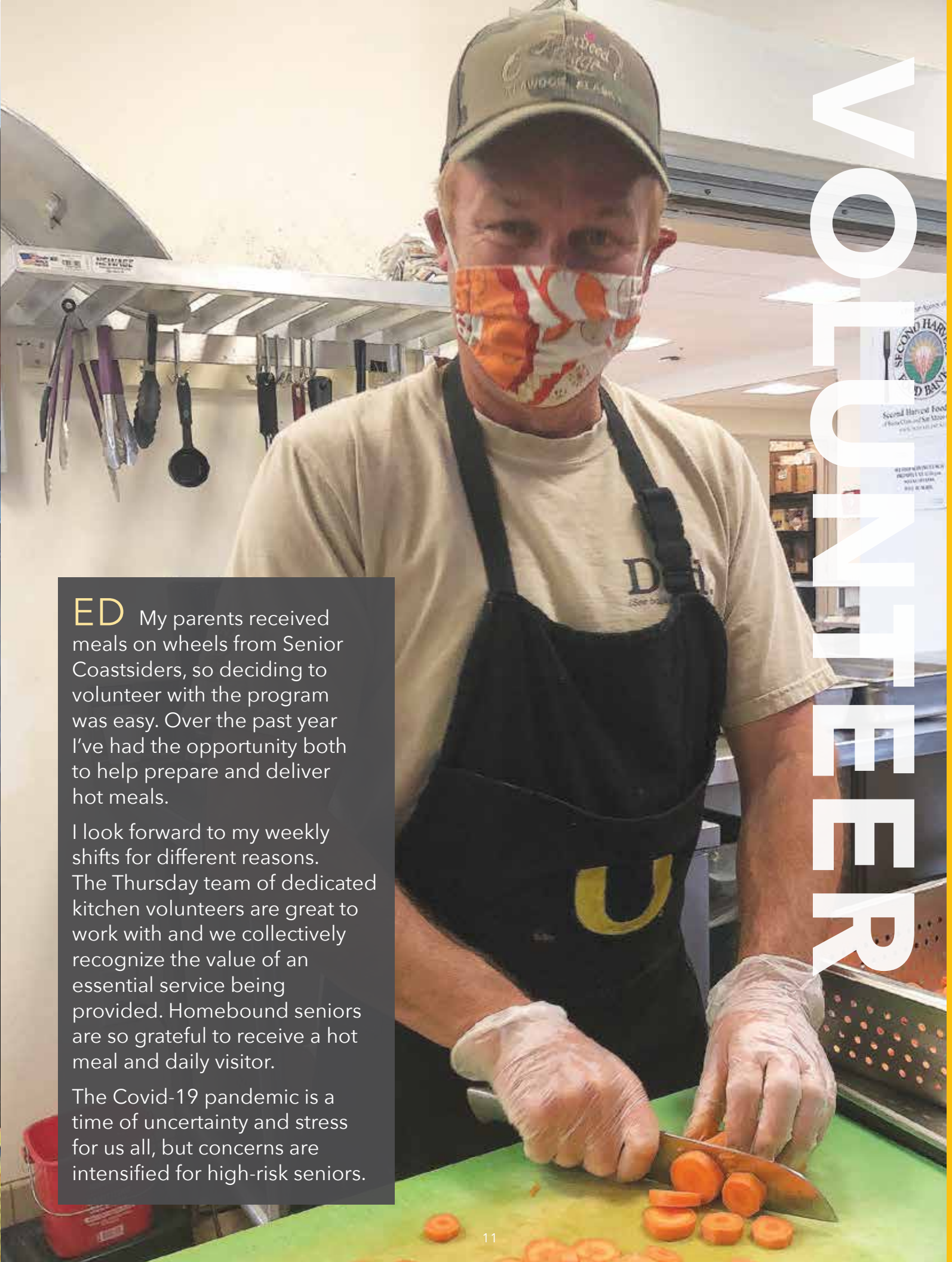
CLASSES & ACTIVITIES

TRANSPORT



STEPHANIE Another thoughtful convenience provided by Senior Coastsiders is the Friday shopping bus. This is extremely helpful for those of us who no longer drive. You can shop for groceries, bank or run errands. It's a good way to catch up with your neighbors or meet new residents as well. I enjoy the door-to-door service. All this is provided by a friendly driver with a smile. It makes for a delightful Friday afternoon.

VOLUNTEER



ED My parents received meals on wheels from Senior Coastsiders, so deciding to volunteer with the program was easy. Over the past year I've had the opportunity both to help prepare and deliver hot meals.

I look forward to my weekly shifts for different reasons. The Thursday team of dedicated kitchen volunteers are great to work with and we collectively recognize the value of an essential service being provided. Homebound seniors are so grateful to receive a hot meal and daily visitor.

The Covid-19 pandemic is a time of uncertainty and stress for us all, but concerns are intensified for high-risk seniors.

SPECIAL EVENTS



Pumpkin Run



Virtual Reality
Climate Change Event



First Responders Lunch



Taste of the Coast



Craft
Fair



Seniors Night Out

A COMMUNITY RESOURCE

Our building's commercial kitchen, large multi-purpose/dining area and meeting rooms enable us to extend our community reach and impact. Here is a sampling of how the building is used by us and the community for meals, activities and events.

THE KITCHEN

Senior Coastsiders for home-delivered meals, senior congregate dining and Coastsides Adult Day Health Center

Table of Plenty for Thursday Dinners

No Strings Attached for Saturday Breakfasts

Various Local Organizations for special events

MEETING ROOMS & MULTI-PURPOSE/DINING ROOM

Support Groups

Grief Support, Parkinsons

Exercise Classes

Yoga, Pilates, Parkinsons Exercise, Rosen Movement, Zumba Gold, and more

Health/Wellness

Acupressure, Chi Gong, Reiki, Blood Pressure & Glucose Testing, Flu Shot clinics

Groups/Clubs

Creative Writing, Crafts, Painting, Mah Jong, Bridge, Book clubs, Computer Tutoring

Meetings

AA, Church for Spanish speakers, Coastsides Land Trust, Midpeninsula Regional Open Space District, Village of the Coastsides

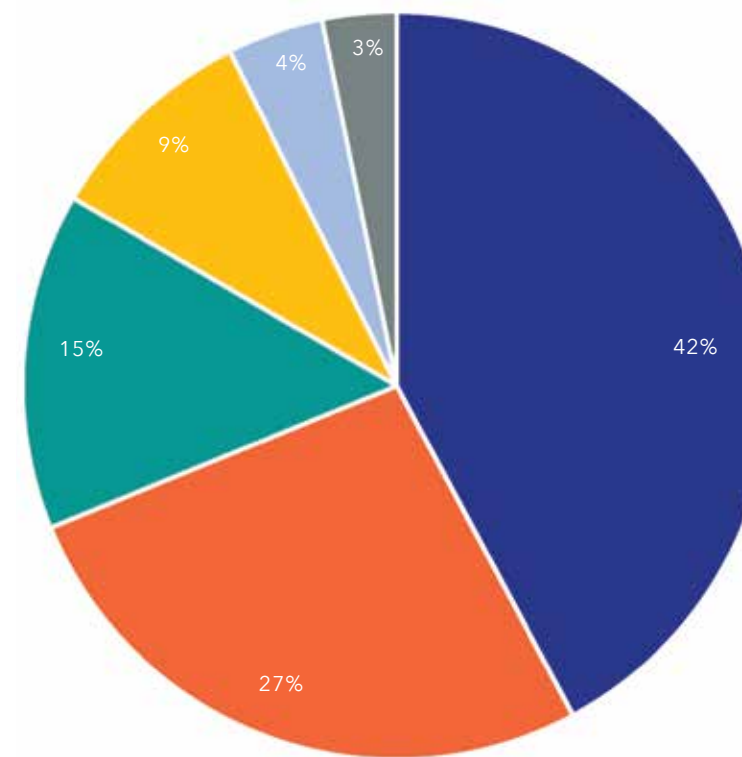
Events

Monthly screenings of feature films and documentaries, opera performances via video along with live lectures, Senior Fair, Senior Coastsiders Craft Fair, Tea Dancing, Holiday Cookie Making



FINANCIAL OVERVIEW

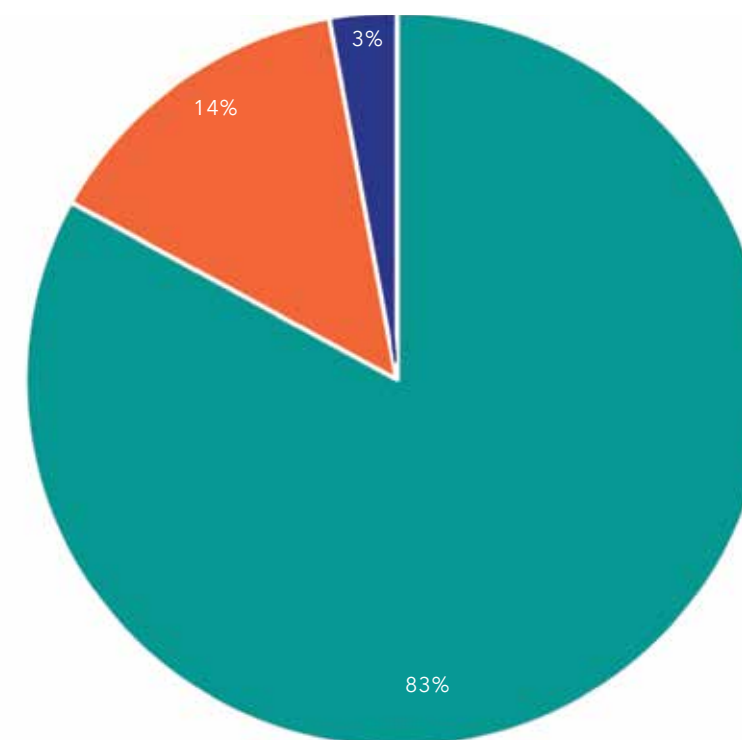
SUPPORT & REVENUE



Contributions	\$386,230
Government contracts and grants	\$243,954
Building rental, program income and other	\$133,224
Foundation grants	\$85,000
Investment income	\$38,001
Special events	\$29,362

\$915,771

EXPENSES



Programs	\$797,256
Management	\$135,227
Marketing and fundraising	\$28,084

\$960,567

These figures use unaudited financial data as of June 30, 2020. For complete audited information, please visit seniorcoastsiders.org/financials.

HOW YOU CAN HELP

Make a Donation

Donating funds helps to support our daily operations or can be directed specifically towards our programs that benefit Coastside seniors.

Leave a Lasting Legacy with Planned Giving

Leaving a legacy through planned giving offers valuable estate advantages and allows you to create a lasting impact for the public good. We encourage you to work with your estate planning professional or tax advisor to determine the most favorable income tax benefits and the giving options that allow you to fulfill your wishes and benefit your favorite causes.

Your planned gift left to Senior Coastsiders can also enable us to direct funds toward our most critical needs.

Donate Stock

Giving stock will not only enable you to have a positive impact on the lives of community seniors, but you can also avoid paying costly capital gains tax. We are ready to help you through the process.

Volunteer Your Time, Talent & Heart

We depend on volunteers. You can help by preparing and serving senior lunches, delivering Meals on Wheels, teaching a class (such as bridge, guitar, exercise, computers), helping with fundraising events (Pumpkin Run, Taste of the Coast, Seniors' Night Out), doing minor home repairs or assisting with special requests (such as grocery shopping or reading).

Volunteer opportunities for individuals—and for some businesses—are available in most areas of our services and programs.

THANK YOU!



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