2023

Homage®
Well-being as we age

YOUR IMPACT REPORT

Celebrating your generosity and impact in the lives of seniors and people with disabilities.

ANNUAL REPORT

A Message from Homage's Board President

Dr. Brandon Savage
Board President
Homage Senior Services

Dear Homage Community,

As Board President of Homage, it is my honor to share the strides we have made in 2023, particularly in the areas of mental health and transportation. The past year has underscored the increasing need for our services as we emerge from the pandemic, and it has also presented new challenges, especially in securing the necessary funding to meet these needs.

Working to Fight Isolation and Loneliness

U.S. Surgeon General Dr. Vivek Murthy has declared isolation and loneliness as a new public health epidemic, with his report highlighting the profound effects on mental health and overall well-being. Loneliness can increase the risk of heart disease, stroke, and dementia by 50%, contributing to billions of dollars in healthcare costs.

Homage is working tirelessly to do our part to help combat this crisis in Snohomish County. As the only resource for free mental health services in the county, Homage has become a critical lifeline for older adults experiencing depression, anxiety, and grief.

Homage now provides free in-person mental health counseling services to older adults aged 60+ at twelve senior and community centers across Snohomish County, as well as mental health presentations at six Snohomish County YMCAs.

In addition to the need for critical mental health services, access to public transportation is crucial

for people to maintain their independence, dignity, health, and quality of life. Access to reliable public transportation disproportionately affects older adults, individuals with disabilities, and low-income households. Homage is dedicated to helping these populations. As a result our transportation programs also saw remarkable achievements this past year.

In 2023, Homage's Transportation Assistance Program (TAP) made 25,604 trips and covered

496,175 miles, which is equivalent to traveling 19 times around the earth!

Despite these wins, we face growing challenges.

While many funding sources have reduced their COVID-related contributions, the demand for our services has surpassed pre-pandemic levels. As the baby boomer generation ages out of the workforce and the high cost of living in our area continues to rise, the need for support is greater than ever.

When low-income adults and people with disabilities need assistance, they turn to Homage—and we, in turn, rely on your support.

Funding is urgently needed now more than ever.

Currently, we have the largest known waiting list for our Meals on Wheels program. More people than ever need help with minor home repairs to stay safely in their homes, with many having nowhere else to turn.

We are deeply grateful for your continued support, which allows us to provide these essential services to our community. Together, we can ensure that every older adult and person with a disability in Snohomish County has access to the care and support they need to live independently and with dignity.

Thank you for standing with us.

Sincerely,

Dr. Brandon Savage
Board President
Homage Senior Services

PEOPLE YOU HAVE HELPED

Your generosity has impacted a diverse community. The people you have helped span different stages of life, income levels, ethnicity, and locations. No matter the difference, they know they aren't alone because of you.

42%
live alone in their home

73%
Are more than 70 years old

40%
Have an income at or below the Federal Poverty Level

* The Federal Poverty Level for a single person in Snohomish County was $14,580 in 2023.

Client Vera and her dog Sapphire with MOW driver Shannon Prater

FINDING FOOD, TRANSPORTATION, AND SOCIALIZATION

83 year old Vera reports, "Homage has blessed me in so many ways. Homage has done great things for me when I couldn't access food and transportation. Homage has helped me and my dog survive in a humane way." Vera believes the volunteer driver program at Homage saved her life twice. Vera lives alone with her dog, Sapphire and lacks support. She has become friends with volunteer, David. She mentions that David lost his spouse shortly before they met and they both needed a friend at that time.

NUTRITION PROGRAMS

Non-perishable emergency meals are packed at Homage and distributed to seniors throughout Snohomish County.

Homage staff and volunteers preparing emergency food kits.

4,183
Total Clients Served

396,076
Total Meals Served

"Without people like you we would all be lost."

Meals on Wheels:

1,715
Clients Served

281,577
Meals Served

36
MOW Routes

Community Table Dining Program:

2,468
Clients Served

114,501
Meals Served

11
Dining Sites

Delicious, hearty meals are dished up throughout Snohomish County. In addition to enjoying a nutritious meal, participants get together with friends, participate in fun activities, and receive help finding needed services.

MINOR HOME REPAIR PROGRAM

Assisting low-to-moderate income older adults and people with disabilities who cannot perform or afford home health and safety repairs.

90%
of our clients report their well-being has improved as result of Minor Home Repair.

1,279
Jobs Completed

768
People Served

62%
are female head of household.

More than
53%
of people served live in manufactured home.

65% of those homes are more than 40 years old.

NO LONGER HOME BOUND, PROVIDING SAFE HOME ACCESS

Imagine, relying on an electric wheelchair to get you in and out of your home with a stairway at your door, and no one to help you safely achieve the task at hand. When our client, Jeff, attempted to exit his home, even with his best effort, the outcome left him with several broken ribs and a broken sternum from his fall down the stairs. All this pain and injury occurred due to him being unable to safely enter and exit his home.

Homage was notified of Jeff's situation and his great need of a ramp. What truly makes this, and so many stories, so exciting is that due to our grants and donations, we were able to install the 20' ramp with a 5' x 5' platform at zero cost to the client. After it was installed, Jeff told the technicians **"this ramp is life changing"!** Excited about the ramp, Jeff set up a couple of lawn chairs and a small table on the platform. With a non-stop smile the next day, he told the techs, who stopped by to finish cleaning up the job site, that the first thing he did that morning was to go out on "his deck", sip his coffee, and play his ukulele. A technician then took a video of him rolling up and down the ramp, doing circles on the platform, and then stopping his wheelchair with two big "thumbs up" and a huge grin.

TAP PROGRAM

Provides safe and reliable transportation for older adults and people with disabilities who live outside the DART service area.

Homage staff and client accepting a donation check presented by Representative Suzan DelBene.

358,981
Miles

17,059
Trips

12
Vehicles in service

NEW D'Arling Route

Offering ridership services between Darrington and Arlington three times a day Monday - Friday, and two times a day Saturday and Suday.

474
trips

30,841
Miles driven

were provided between July and December

PARA-TRANSPORT OPTIONS BRING ESSENTIAL SERVICES TO LOCAL DISABLED ADULT INDIVIDUALS

Jon Howe and Alan Gossett, Rural Northwest Snohomish County Residents
Jon Howe has been confined to his home for the past several months due to the lack of available paratransit options in his rural northwest Snohomish County community.
His slow-progressing variant of Amyotrophic Lateral Sclerosis (ALS) called PLS (Primary Lateral Sclerosis), coupled with an inherited immune condition and advanced diabetes, makes him non-ambulatory.
Howe resides with his husband, Alan Gossett, in an area southwest of Lake Goodwin where there are no public disability-accessible transportation options for residents.

"I am Jon's full-time unpaid caregiver," said Alan Gossett. "Many families caring for disabled loved ones, such as mine, often subsist on extremely limited incomes. This, coupled with the increasing cost of housing, is forcing many disabled persons out of the cities and into rural areas of Snohomish County that are not served by either of the two urban bus systems." This spring, Gossett reached out to Homage when he learned that our Transportation Assistance Program (TAP) was the only paratransit option providing services beyond medical appointments in rural Snohomish County.". For $1.75 per ride, TAP provides curbside pick-up and delivers older adults and people living with disabilities to essential services, including healthcare, congregate meal sites, shopping, reliable transport to maintain employment, and more. In case of any additional connections, TAP also maintains connections various transportation networks such as DART, Everett Paratransit, or ACCESS.

SOCIAL SERVICES PROGRAM

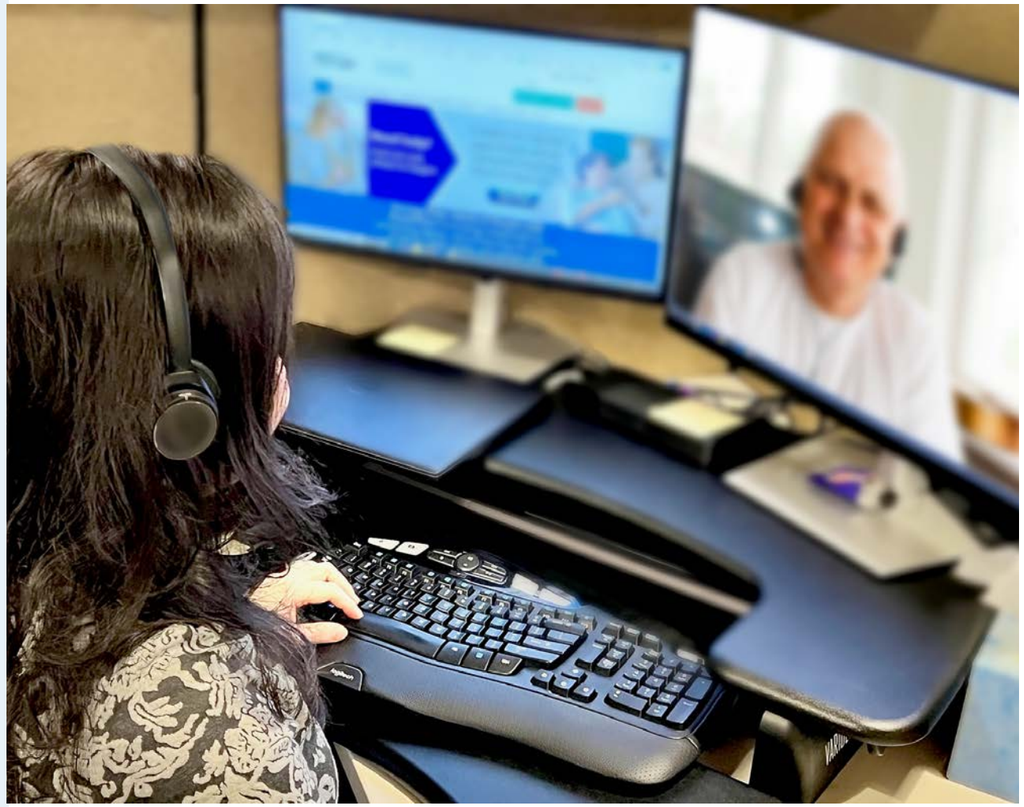
Our social services programs help people find the right service through conversations with caring staff and assistance navigating external resources.

9,140

calls answered every day by Aging and Disability Resource Specialists, connecting people to resources, services, and programs.

15

Languages Spoken



YOU HELPED AMALIA CARE FOR HER FATHER

Since 2015, Amalia cared for her father, Robert, who suffered a stroke on top of other serious health issues. Robert, who was always active and independent, was forced to leave his home and move in with his daughter. Being wheelchair bound, Robert required assistance with doing evenpreviously simple tasks such as getting dressed. Working a full-time job while caring for her father's basic needs left Amalia physically exhausted and mentally drained.

Hope for Amalia was just a phone call away. She was connected to a caring specialist through the Family Caregiver Support Program who gave her real solutions. She discovered that they qualified for many services and resources including Meals on Wheels for Robert. Robert now enjoys choosing a tasty meal for himself each day.

The support you provided Amalia has been life changing for them both. She shared that her father feels more self-sufficient and can prepare some meals for himself. After so many years of navigating the difficult task of being a caregiver alone, Amalia has the help she needs. Amalia was set up with much needed respite care. She now has time to meet a friend for coffee or to take a walk after work. She also receives therapeutic massage services to help alleviate her back pain due to lifting Robert.

MENTAL HEALTH PROGRAM

Providing non-judgmental and compassionate counseling and support to those in need.

566

People Served by our mental health programs in 2023

1,069

Mental Health Resources were provided to clients

271

Depression Screens Completed

-112 of those provided to minority and/or ESL clients

Nancy Brosemer (left) and client at the Carl Gipson Center.

BATTLING ISOLATION AND DEPRESSION ONE SESSION AT A TIME

With the rise in isolation and depression among Snohomish County older adults, mental health services are vital. Nancy Brosemer and her team have increased the presence of Homage's mental health team in local senior centers. Their efforts have lead to a 90% increase in Homage's "on-site" counseling services since 2022. The Older Adult Access phone line allows the mental health team to assess client needs through health and depression screenings. This screening process allows our team to find the best program available for each client. Homage's Mental Health Program include free, individual Mental Health Counseling via phone, video or in-person, Senior Peer Counseling, Intensive Case Management, Senior Drug Education, and assistance locating counselors for those in need of long-term mental health counseling.

VOLUNTEER PROGRAM

Thank You to Corporate Participation from Beresford Law Group, Unity in Lynnwood, Liberty Mutual, Boeing, the Merry Makers Card Group and Homeward Pet for their time of 1674 hours.

534
Emergency Food Boxes Distributed

539
Total Volunteers

47,989
Total Volunteer Hours

$1,526,053
In-kind Value

119
Volunteers helped with 517 hours prepping, calling and delivering meals on Thanksgiving Day.

Above: Kim delivering Adopt A Senior gifts

Above: Thanksgiving meal delivery

Barbara and Nancy at a work party for Santa for Seniors

Dottie & Alan V with daughter and Adelheid, FGP Coordinator

2023 VOLUNTEERS HELPED PROVIDE

- Multicultural luncheons and groups events at our Center for Healthy Living
- Administrative assistance
- Service on our Board of Directors
- Assistance with Minor Home Repair projects
- Packed and delivered meals to our Meals on Wheels clients
- Mentoring as Foster Grandparents in our public schools and community settings
- Companionship to those needing extra connections in our Senior Companion Program
- Listening ears in our Senior Peer Counseling Program
- Volunteer drivers to get our older adults to necessary medical appointments (who made 421 round-trips.)
- Multiple program work parties

We were lucky to partner with Senior Community Service Employment Program (SCSEP) and Service Alternatives job skill training program, Seattle Pacific Uninversity for our Nutrition Program. They helped provide close to **2000 hours of intern assistance during 2023.**

THANK YOU

Your support is what enables these stories of success. You've helped Jon and Alan, Jackie, Alice, Stacy and so many more folks find hope, safety, and well-being.
Thank you for your inspiring generosity.

2023 Financials

JANUARY 1, 2023 - DECEMBER 31, 2023

CONTRIBUTIONS	$ 2,175,650
PROFESSIONAL FEES	56,276
GOVERNMENT GRANTS AND CONTRACTS	9,071,598
SALES, SPECIAL EVENTS, ADVERTISING, & OTHER	1,205,374
	12,508,898

SOCIAL & WELLNESS SERVICES	$ 2,813,889
NUTRITION SERVICES	3,464,804
TRANSPORTATION SERVICES	1,438,540
MINOR HOME REPAIR	1,409,321
ADMINISTRATION	2,622,679
FUNDRAISING AND PUBLIC RELATIONS	720,811
	12,470,044

Audited financial statements prepared by Clark Nuber P.S.
and are available for review at Homage's office or at homage.org.

Homage

Well-being as we age

5026 196TH ST SW, LYNNWOOD WA, 98036

WWW.HOMAGE.ORG | 425.355.1112