



Annual Report 2009

Dear Friends,

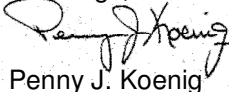
HELP Adult Services is pleased to have been able to weather the financial recession of the year 2009. A small amount of reserves were needed to assist where funding decreased (foundations and individual donors), but the strength and stability of the organization has sustained. We continue to be fiscally conservative by applying .93¢ of every \$1 to services.

The focus of 2009 was to continue to strengthen and prepare the organization to serve the increased needs of the community. A strategic analysis was conducted to determine the needs of the community compared with the services being provided by the organization. Rising health care costs for families were determined to be the prominent issue. Hence, continuing to provide relief to families through health supportive services such as respite care and loaning of health and medical equipment would address these community issues.


Starting the second-half of 2009, we began strengthening and rebuilding our programs and services that have been the foundation of the organization. These efforts resulted in a 12% increase of individuals served from time of implementation. As a part of our initiative, we have focused on the value our volunteers bring to the services and community families. In addition, strategies were developed to enhance collaborations with community partner organizations to further volunteer management and to improve services. These efforts all adhere to the core mission of HELP Adult Services.

As we have begun 2010, the organization continues its focus to increase awareness in the community and strengthen programs to be able to accommodate for the increasing needs of service.

Blessings,



Penny J. Koenig
Executive Director



Dr. Gary S. Eller
Board of Directors President

HELP Adult Services

Board of Directors - 2010

President	Dr. Gary Eller
Vice President	Scott Dye
Treasurer	Michael LaCroix
Secretary	Siobhan Champ-Blackwell

Members:

Pat Callone	Vicky McHugh
Marilyn Erickson	Betty Sender
Pat Gates	Charlene Weyand
Kevin Keaton	Joy Doll - Ex-Officio

Economic Impact on the Community

HELP Adult Services programs provide direct cost savings to everyone in the community, whether or not they use our services, by containing the ever-rising costs of health care in our community.

- By providing low-cost health and medical equipment, the program alleviates high out-of-pocket expenses for individuals and expensive medical claims for private insurance. These cost savings have a significant impact on health care costs for everyone. Considering 61% of the program participants are over age 64 and 71% are at or below poverty guidelines, reducing the amount of claims and the cost for Medicare and Medicaid also provides tremendous cost containment for all taxpayers.
- By providing respite care for caregivers in need of support, the program prolongs the amount of time the care-recipient remains at home, in turn, prolonging the need for costly skilled-nursing facilities. In the U.S., the national average cost for a nursing home stay is \$219/day. Having served over 7,900 hours in 2009, with 68% of the participants over the age of 64, our program provided a significant cost savings to Medicare and Medicaid programs, which positively impacts all taxpayers. This translates to a savings of over \$100,000 each year by families not utilizing government benefits for caregiving.

Respite Services

Studies have shown that 65% of older persons with long-term care needs rely exclusively on family and friends for caregiving assistance. Many caregivers are aging themselves, yet find themselves caring for others and often neglect their own health concerns. To help counter the stress and strain on caregivers, HELP Adult Services provides respite services and resources to homebound adults and caregivers of chronically ill and frail adults.

The Respite Mission

- To help families continue caring for homebound loved-ones
- To improve the quality of life for both the homebound individual and the caregivers.
- To provide resources that will help families attain a greater level of independence

"I feel perfectly at ease leaving Mom with her Respite Care Provider. It doesn't seem like such an endless chore to take care of Mom. I think I am doing a better job by having a break now and then."

Who is Served

- Over 7,900 hours of respite in 2009
- 68% served are over the age of 64
- 51% reported an income under \$20,000

Respite Care Provides for the Homebound Adult

- Conversation and companionship
- Recreation and activities
- Help with mobility & stimulate mental awareness

Health & medical Equipment Loan Program (HELP)

The Health and medical Equipment Loan Program (HELP) began loaning medical equipment because everybody needs access to bath chairs, crutches, wheel chairs, hospital beds...at some time in their lives. The problem is that not everyone can afford it. For those who have little in the way of money, and too little—or no—insurance, yet do not qualify for Medicare or Medicaid, just figuring out how to pay medical bills is overwhelming. HELP assists many individuals to obtain these items of comfort and necessity at a level they can afford.

Because the majority of our clients are already facing financial struggles due to being un- or under-insured, having no job that supplies insurance, and being recently released from a medical facility, locating and acquiring a piece of affordable medical equipment is frequently one more hurdle for them. Finding what is needed without having to pay top dollar for a brand new item is, as one client recently explained, "the only good thing that has happened".

"Extremely helpful; I don't know what we would do or who we would have turned to if not for your organization."

"I was able to keep my husband home with me in the last two years of his life."

Who is Served

- Over 5,700 served in 2009
- 61% served are over the age of 64
- 38% reported an income under \$10,000
- 71% reported an income less than \$20,000

The Impact

- 85% were able to remain independent in their home
- 92% were relieved from financial stress
- 76% increased their mobility in their home
- 34% were actually released from the hospital sooner.

"This program greatly impacted my life! I broke my lower leg and ankle and had major surgery. With the needed equipment, I was able to go home!"

Christmas Stockings

HELP Adult Services has been giving this small gift of a Christmas stocking to the incarcerated since 1983. Some have kept every single stocking and hang them on the walls of their cells. Many have lost contact with the outside, so this small act of kindness has a large impact.

The women's groups of the Presbyterian Churches sew thousands of stockings and donate funds to help fill the stockings every year. Some of the volunteers have been sewing these stockings for 27 years.

Volunteers from many of the Presbyterian churches gather on one day to stuff the stockings. In 2009, again, over 3,000 stockings were provided to over 12 facilities in southwestern Iowa and eastern Nebraska.

Community Partners

Creighton University School of Pharmacy,
Occupational Therapy and Physical Therapy
Grace University
Iowa Western Community College
College of St Mary's Occupational Therapy
Methodist College of Nursing
Nebraska Skilled Nursing
University of Nebraska Medical Center
University of Nebraska at Omaha
Alegent Health Systems
Methodist Hospital and affiliates
Immanuel Hospital and affiliates
Jennie Edmundson Hospital and affiliates
Mercy Hospital
Veterans Administration Hospital
Beatrice Community Hospital
Key Physical Therapy
Go Physical Therapy
Nebraska Orthopedic Hospital
Boystown
OneWorld Community Health Centers
Charles Drew Health Center
Council Bluffs Community Health Center
Douglas County Health Department
Iowa Dept of Health & Human Services
NE Dept of Health & Human Services
Visiting Nurses Association
ALS Association/ Keith Worthington Chapter
ALS in the Heartland
Alzheimer's Association
Arthritis Foundation
League of Human Dignity
American Cancer Society
Heartland Family Services
National Network of Library Medicine
Hope Haven
Neighborhood Associations
Siena Francis House
Open Door Mission
Franciscan Adult Day Center
Enduracare
Alegent Home & Hospice Care

AseraCare Hospice
Care Consultants for the Aging
Southwest 8 Senior Services
West Central Community Action
United Way of the Midlands
Omaha Community Foundation
National Safety Council
Eastern Nebraska Office on Aging (ENOA)
AIM Institute
Non-profit Association of the Midlands
League of Human Dignity
Latino Center of the Midlands
Municipal Public Housing Agency
Council Bluffs Senior Center
Rose Blumkin Jewish Home
Kohll's Pharmacy
Kubat Pharmacy
Keystone Pharmacy
Lincare
Physicians Mutual
Presbytery of the Missouri River Valley & the
Presbyterian churches
Churches of many faiths and denominations
Royale Oaks Living Facilities
St. Joseph Villa
Fox Run Assisted Living
Brookstone Meadows Assisted Living
Maplecrest Nursing Center
Quality Living Home Health
Regal Towers
Crowne Point Retirement Community
Swanson Towers
Northcrest Living
Brighton Gardens
Paradigm Gardens
Hillcrest Center
Risen Son
Montclair Nursing Home & Rehab
New Cassel Retirement Center
Tabor Manor
Papillion Manor
Skyline Retirement

Statement of Activities

Support and Revenue

Contributions & Grants	\$ 117,707
Program Income	\$ 86,054
Special Events	\$ -
Local/Federal Government	\$ 47,287
United Way	\$ 28,790
All Other Income	<u>\$ 1,200</u>
Unrealized Investment Gains	<u>\$ 4,045</u>
	\$ 285,083
In-Kind Services & Equipment	\$ 334,588

Expenses

HELP Program	\$ 146,675
Senior Services	\$ 124,669
Projects	\$ 1,547
Management & General	\$ 19,972
Fundraising	\$ -
	\$ 292,863
Increase (Decrease) in net assets	\$ (7,780)
Net assets, Beginning of Year	\$ 64,975
Net assets at End of Year	<u>\$ 57,195</u>