

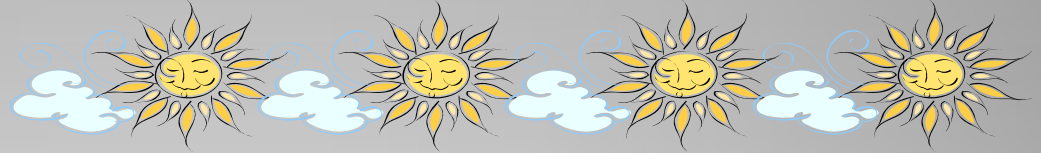


Annual Report 2017

Our Mission

To help create a healthy community where older adults and adults with disabilities want to live and be a vital part of the community.

Our Vision



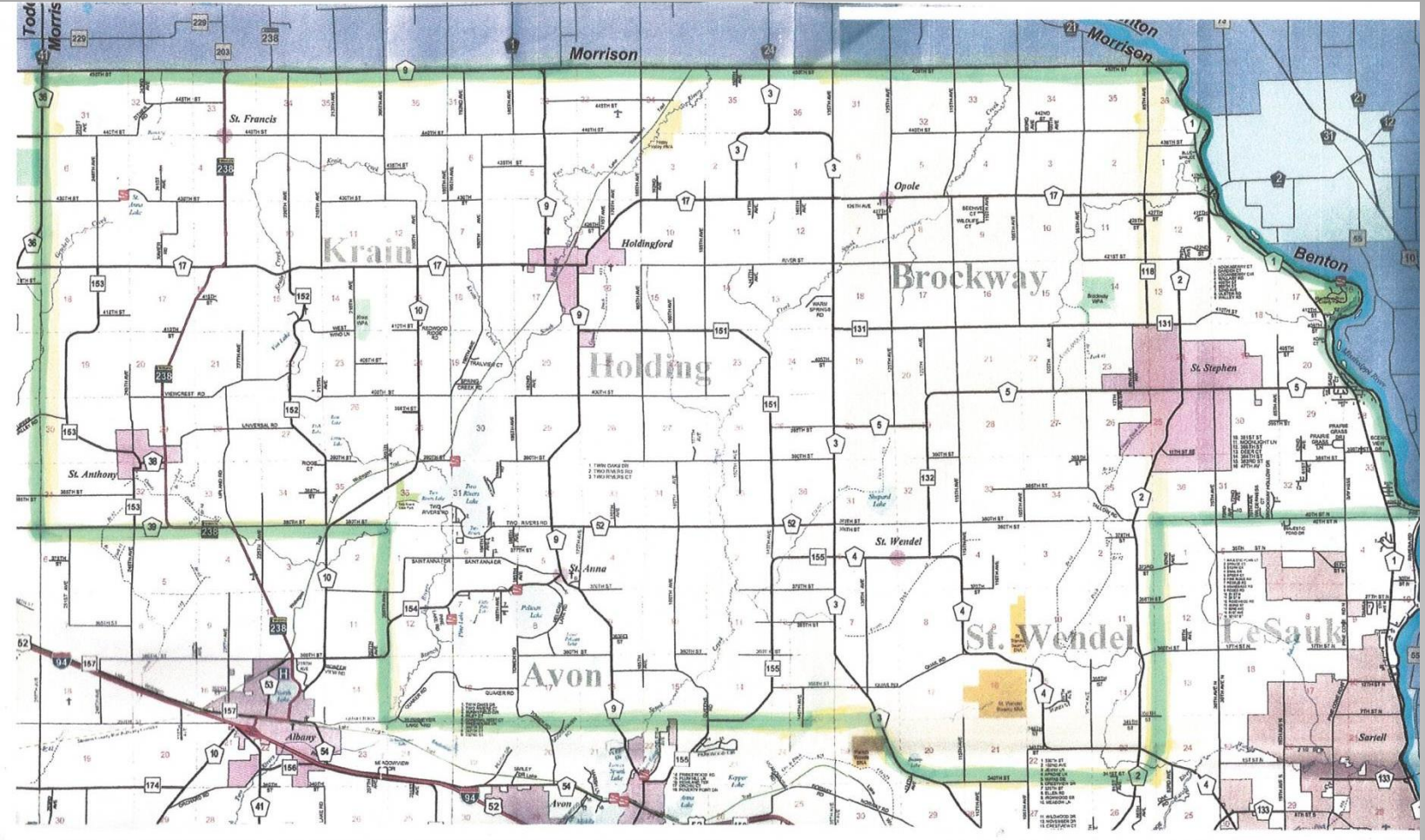
- *A community where adults know their gifts and contribute to the community and its individuals, making it a healthy place to live.*
- *A community where neighbors are aware of their neighbor's needs and step forward to help.*

Building Relationships

- *We are not a social service agency with staff going out and doing all the helping. Helping Hands is about **neighbors helping neighbors.***
- *We had 158 volunteers provide an estimated 3,801 hours of service.*
- *We connect neighbors who care to neighbors with a need.*

Where do we do this?

Our Service Area



Roughly 200 sq. miles in the NE corner of Stearns County, MN

We Are Organized

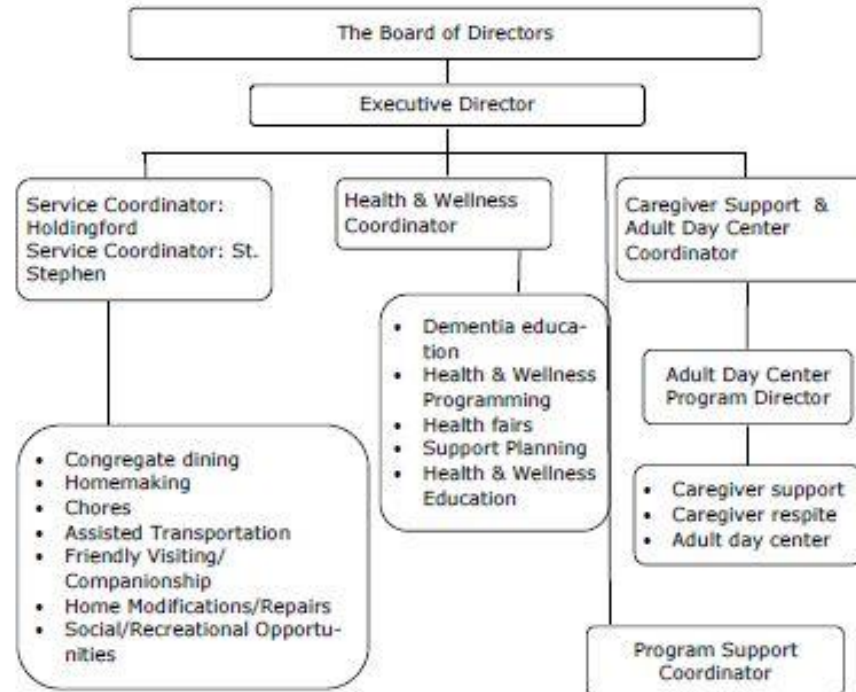
- *We are a Minnesota nonprofit corporation (Chapter 317A).*
- *Recognized as a tax-exempt 501(c)(3) organization by the IRS.*
- *We are licensed in the state as a "home and community-based service" (HCBS) provider of services.*

How do we serve?

- *We connect with as many older adults, adults with disabilities and their families as we are able.*
- *We build trusted and hopefully lasting friendships with them.*
- *We listen to them to learn any ways that they may need support and then connect them to the resources of the community.*



ORGANIZATION CHART



Helping Hands Outreach
101 Plymouth St., PO Box 293, Holdingford, MN 56340-0293
320-746-9960
info@holdingfordhelpinghands.org

We Have 3 Program Areas

- *Direct Volunteer & Professional Services*
- *Education & Training*
- *Caregiver Support*





Services that Help Create a Healthy Community Where Older Adults and Adults with Disabilities Want to Live and Be a Vital Part of the Community

Trusting Relationships with Persons in Need, Their Families and Caregivers, and the Community

Direct Individual Services

Assisted Transportation
Homemaking
Chore Service
Home Modifications & Repairs
Healthy Visits & Companionship
In-Home Respite
Assist with Insurance or other Paperwork
Social Opportunities
Exercise Groups
Lunch & Learn Program
Congregate Dining

Caregiver Support

Individual Consultation
In-Home Respite
"Powerful Tools for Caregivers" Classes
Family Meetings

Education & Training

Health & Wellness Classes -
"Matter of Balance" (Fall Prevention)
"Living A Healthy Life with Chronic Conditions" Program
Individual Wellness Consultation
Health Speakers
Health Fairs/Senior Health Clinics
Activity Clubs
Newsletter
Tai Ji Exercise Program



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New Initiatives

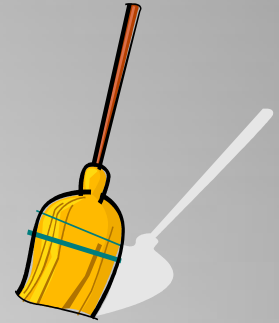
- ***Dementia disease education***
- ***Community and Adult Day Center***
- ***Food Access:***
 - ***Free grocery delivery***
 - ***St. Stephen weekly lunch***

Direct Services to Individuals



Transportation

Homemaking



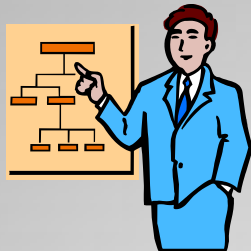
Chore Services

Socialization programs



Direct Services to Individuals

Congregate dining



Food access



Outings



Foot Clinic

The Numbers: 8,253 hours to 278 persons

Education and Training

*Health & Wellness Classes:
Chronic Disease Training
Fall Prevention*



*Individual Wellness
Consultation*

*Health Fairs &
Health Screenings*



Tai Ji & Exercise Classes

The Numbers: 716 hours to 132 persons served

Caregiver Support

Individual Caregiver Consultation



In-Home Respite



"Powerful Tools for Caregivers" Classes

The Numbers: 242 hours to 25 persons

2016-17 Accomplishments

- *Community & Adult Day Center construction completed*
- *Food Access Programs: served 186 people with 1,702 meals*
- *Dementia programming: educated 54 community members, 17 community leaders and indirectly reached 3,000+ through local media*



Starting in 2017-18

- **Adult Day Center** – a safe, active place where older adults needing supervision can stay during the day.
 - Is a growing movement in the state as Minnesota “boomers” age
 - Remodeled property on Main Street Holdingford and our license is pending.
 - Opening in July 2017.

2017-18 Focus & Opportunities

- **"Healthy, Active Aging"**: continued focus on ways to encourage healthy aging including health education, social programs, active living opportunities.
- **Adult Day Center**: opportunities having our own building provides us for future programming.



Our Finances



- *Our volunteers donate their services, but it takes paid staff to organize the volunteers and also provide the caregiver support and evidence-based wellness activities.*
- *We have fixed costs like telephone, office equipment, supplies, electricity, insurance, promotional materials.*

Cost to Provide the Services . . .

- Total current program expenditures for the last fiscal year are projected to be \$190,849.*
- A total of 333 persons were served with over 4,028 hours of service logged.*
- We're spending \$573 per year or just \$47 per month to help keep one older adult in his/her home.*

We are accomplishing our mission of helping older adults and adults with disabilities remain safe at home and in their community at a very affordable cost.

Funding our programs



- *Public (federal & state) funding continues to be important to us.*
- *Foundations support us: requires time and is unpredictable year-to-year.*
- *Local support from individuals and businesses is primary foundation.*
- *Our communities see the impact of our work!*

Taking Responsibility

- *We communicate bi-monthly to over **3,000** households through our newsletter.*
- *Annual appeal to top supporters and businesses, twice a year to everyone.*
- *Adult Day Center financial projections for profitability are strong.*

Our Most Current IRS 990 Form Fiscal Year 2015

Part III, Statement of Program Service Accomplishments (Pg 2)

4a We provided director volunteer & professional services like homemaking, chores assisted transportation, errands, congregate dining, friendly visiting & companionship support to 227 older adults and adults with disabilities.

Cost of program: \$65,707

*Part III, Statement of Program Service
Accomplishments (Pg 2)*

4b Education & Training, health fairs, wellness training, exercise classes, chronic disease self-management classes, fall prevention classes, caregiver education classes, health information talks and personal health planning sessions were provided to 207 older adults and adults with disabilities and monthly newsletter information on healthy aging was provided to over 3,000 persons.

Cost of program: \$39,079

Our Current IRS 990 Form (*distribute*)

Part III, *Statement of Program Service Accomplishments* (Pg 2)

4c Caregiver support, individual consultation with caregivers to help them reduce their stress and strengthen their capacity to care for their loved ones, caregiver education to better equip caregivers with tools that will help them in their caregiving, and in-home caregiver respite so that they can have a break from their caregiving were provided to 43 caregivers.

Cost of program: \$55,047

Part VII Compensation of Officers, Directors (Pg 7)

We have 16 board members (2016-17) who do not receive any compensation.

They are: Jenna Barhorst, Chris Bernard, Rose Blasczick, Lenore Dawson, Joyce Ebnet, Ramona Fedor, Charmaine Hanson, Rodney Harren, Joyce Hess, Carlena Johnson, Doug Legatt, Maurice Meyer, Sue Marstein, Irene Schmidt, Mary Stalberger and Roseanne Voss.

Part VIII Statement of Revenue (Pg 9)

Government Grants	\$ 69,763
Local Gifts/Contributions	\$109,152
Investment Income (CDs)	\$574
Income from Fundraising Events	<u>\$ 11,567</u>
Total Revenue	\$191,056

Part IX, *Statement of Functional Expenses*
(Pg 10)

Program Service Expenses	\$159,833
Mgmt. & General Expenses	\$8,881
Fundraising Expenses	<u>\$8,876</u>
Total Functional Expenses	\$177,590

Part X, Balance Sheet (Pg 11)

	Beginning of Year	End of year
Cash	\$ 9,235	\$28,709
Savings	\$61,965	\$50,179
Equipment	\$ 6,597	\$4,453
<u>TOTAL ASSETS</u>	<u>\$77,797</u>	<u>\$83,341</u>
<u>TOTAL LIABILITIES</u>	<u>\$6,135</u>	<u>\$0</u>
Equipment Fund	\$4,258	\$ 4,258
Retained Earnings	\$67,404	\$79,083
Total Net Assets	\$71,662	\$83,341
Total Liability/Net Asset Balance	\$77,797	\$83,341

- *Our sustainability or funding plan is to continue to grow and cultivate our local donor base, create relations with like-minded private foundations and work with state/federal agencies.*



2016-17 Government and Foundation Support

- Benton Telecommunications Foundation
- CentraCare Health Foundation
- Central Minnesota Arts Board
- Central Minnesota Board on Aging
- Central Minnesota United Way
- Medica Foundation
- Minnesota Board On Aging
- Live Well at Home/Department of Human Services
- Norm Skaliky Foundation (Stearns Bank)
- Otto Bremer Foundation
- Stearns Electric Operation Round Up
- The Initiative Foundation
- The Mardag Foundation
- US Bank Foundation
- Women's Fund of Central Minnesota

- *Our local support from individuals and businesses continues to be strong. Many are regular contributors.*
- *Our new adult day center business plan shows the potential to grow into an impactful community service and a sustainable funding source.*
- *Our volunteers are primarily Baby Boomers who appreciate and support our programming and understand that someday they may benefit from services.*

- *In reality our community owns Helping Hands. We exist to benefit the community. The sustainability of Helping Hands is in the hands of the community.*
- *We are trusting that as we express our financial need, the financial support will remain strong.*
- *We continue to be financially stable and expect to remain so for future generations.*



GAAP

(Generally Accepted Accounting Principles)

- *We follow GAAP and the widely accepted Principles and Practices for Nonprofit Excellence.*
- *We have met all standards of the Minnesota Charities Review Council since 2006.*
- *We have an outside accounting firm review our books every year and prepare our 990 form for the IRS.*



Compliant

- We are fully compliant with all requirements of the Minnesota Secretary of State and Attorney General regarding charities.



Form 990 Return of Organization Exempt From Income Tax

Under section 501(c)(3) or 501(c)(29) of the Internal Revenue Code (except for a trust that is not a charitable trust)

2008

Name of the organization: **HELPING HANDS OUTREACH TO ELDERLY, INC.**

Employer identification number: **01-0697213**

Address: **200 4th Ave. NE, Suite 300, Minneapolis, MN 55412**

City: **MINNEAPOLIS** State: **MN** ZIP: **55412**

Section 501(c)(3) or 501(c)(29) organization: **Yes**

Preparer: **DEBRA ANN WALLINGS, Ltd.**

Date: **11/15/09**

Form 990 (2008)

Our annual IRS 990 filing is available for review at Guidestar.org

Our Staff is Ready to Serve

- *Frank Haynes, Executive Director*
- *Diane Koehn, Service Coordinator*
- *Stephanie Ritter, Health & Wellness Coordinator*
- *Denise Leahy, Caregiver Support & Activity Center Director*
- *Karen Skaj, Service Coordinator & ADC Activity Director*
- *Laura Klein: Program Support Coordinator*

- *We continue to explore the best ways to help our people age actively and meaningfully.*
- *We continue to participate in the community to share the vision of Helping Hands Outreach to encourage their support and participation.*
- *We want to unlock the gifts of people in our community to make this a great place to live. What is good for the community is good for Helping Hands.*



Making It Happen!

- *Helping Hands is making a significant impact in the area.*
- *Helping Hands is well-known and respected regionally and statewide as a provider of excellent home and community-based provider of services.*
- *We are making a difference!*

