A caring staff and dedicated Board of Directors committed to moving ElderHelp forward.

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City of San Diego

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HomeShare Coordinator

Kimberley Sloan
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CEO/Executive Director

Any Delacruz
Associate Executive Director
Serving as Board President for ElderHelp of San Diego has been an honor and a humbling experience over the past two years. Reflecting on the many highlights I’ve witnessed, I am struck by the beautiful relationships fostered by this organization – between volunteers and members, staff and our donors. Some have developed life-long friendships, others feel more like family. This commitment to caring about each other is what makes ElderHelp shine.

One of our members shared his story at our recent Open House at the Connections Center in Kearny Mesa where ElderHelp offices are located. After losing his wife of 40 years, Cliff opened his home to a stranger, knowing that he could trust ElderHelp to screen the applicants and make the perfect match. “I’m a big believer that whatever you do in love makes this world a better place. These people...these ElderHelp people are making the world a better place, and I thank them.”

In 2016, ElderHelp reached a new milestone by serving more than 7,400 seniors! In addition to our well-established HomeShare, Concierge Club and Seniors A Go Go programs, this year we launched two more crucial efforts. Our Employed Family Caregiver Support program will meet the needs of family caregivers in the workplace. Project CARE, a County program, is a collaborative project to support frail seniors at risk of social isolation, abuse and neglect. These innovative programs are not only a lifeline for seniors and their families, they put senior issues at the forefront in our community, shedding light on an often-overlooked population.

I am grateful to ElderHelp’s staff, hundreds of dedicated volunteers and many generous donors who demonstrate the mission of ElderHelp every day across San Diego County. Our new Board President, Russ Winslow, shares this sentiment. We are determined to expand our reach and continue our progress helping more seniors live with the respect and dignity they deserve.

Nicole Darling,
President, ElderHelp of San Diego
Board of Directors
Our Values Guide

**Our Mission**

*ElderHelp provides personalized services and information that help seniors remain independent and live with dignity in their own homes.*

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Anna is independent because she chose ElderHelp.

Living in a tiny North Park apartment, Anna suffers from a rare medical condition affecting her heart and lungs. When she was first diagnosed, she was barely able to get out of bed, but she carefully followed her doctor’s orders and regained her independent lifestyle. Still, getting to the doctor was a struggle, and she didn’t have the stamina to go grocery shopping. Her neighbor told her about ElderHelp, and Anna’s life immediately improved. Her volunteer, Evelyn, takes her to the doctor and does her grocery shopping. “Sometimes, though, we just go to the movies,” says Anna. “It’s more than just help…it’s been 8 years of friendship.”

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**Elderhelp Serves Over 7,400 Older Adults**

For the 5th year in a row, ElderHelp continues to help more older adults stay in their homes and communities, serving 7,412 individuals in FY16, a 32% increase. 

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**Reduce Hospitalizations**

- Decreased by 5%

**Increase Medical Advocacy**

- Increased by 67%

**Decrease Isolation**

- Increased by 36%

**Increase Access to Medical care**

- 66% of rides used for medical care

**Reduce need for Permanent Long-Term Care Placement**

- Decreased by 36%

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Bill & Nancy are aging with dignity. ElderHelp is making it happen.

Married for over 72 years, Bill and Nancy love to reminisce about their newlywed days spent ballroom dancing and traveling the country. But when Bill was diagnosed with Alzheimer’s, Nancy struggled to sort through the mail and care for Bill at the same time. She turned to ElderHelp. Nancy now looks forward to weekly visits from volunteer financial advocate, Tom. “He visits for a few hours, helps me pay my bills on time, and makes sure I’m sending checks to the right people. ElderHelp has enriched our lives. Our home is everything to us. We’ve lived here together for 40 years, and this is where we want to stay.”
Excellence
We strive for quality in all we do; we are responsive, innovative and efficient.

Essence of Life Awards & Charity Auction
It was a glorious day on March 20th as ElderHelp celebrated 43 years of supporting seniors living independently and with dignity in their homes. Recognized as Inspirational Senior, George Mitrovich, City Club President, shared the importance of civic responsibility. Robert and Gaye Dingeman were highlighted as cherished members, and Judith Wenker was honored as an outstanding Ambassador for ElderHelp. Accepting the Community Partner Award was Debbie Ruane from the San Diego Housing Commission, and Sandra Sherman & Mary Haller represented Southwestern Yacht Club as they were honored as Corporate Partner Spotlighted for extraordinary devotion a a volunteer was Belen Ybarrondo. Congressman Scott Peters expressed appreciation to ElderHelp for providing vital services to seniors in San Diego and recognized each honoree with a Congressional certificate.

A New Home for ElderHelp
In a strategic partnership with 2-1-1 San Diego, ElderHelp relocated to the Connections Center in Kearny Mesa. This contemporary building with advanced technology, modern work stations and expanded meeting space, provides the perfect opportunity for both agencies to better serve San Diego. With enhanced facilities, we’re able to successfully host member activities, volunteer orientations, community workshops.

Holiday Angels
Volunteers, families and friends gathered on December 5th to support ElderHelp’s Holiday Angels. In its 12th year of partnership with UPS, ElderHelp’s Holiday Angels delivered festive poinsettias and gift cards to over 300 isolated seniors. A delivery kickoff took place in the ElderHelp parking lot, set up as a Winter Wonderland complete with Santa, a stilt-walker, face painting and live entertainment. The crowd looked on as the traditional first gift was presented by a young UPS volunteer to our Concierge Club member, Ken. She even included a special treat for Tango, Ken’s four-legged companion. After the kickoff festivities, over 100 volunteers deployed into the community to deliver plants and visit with seniors. For many seniors, this is their only holiday gift or visit. Other sponsors included Mission Federal Credit Union and Lowe’s Mission Valley.

Ruby Award
ElderHelp’s Amber Fedosh was recognized with the San Diego Housing Federation’s Ruby Award for Outstanding service to Residents in the Special Needs Population. Presented at the University of San Diego, the award highlighted Amber’s unique ability to meet the personal care needs of seniors living in a residential low-income residence.
Accountability

To our mission and stakeholders, we are dependable and responsible. We are fiscally sound, and will be sustainable for generations to come.

FINANCIAL SUMMARY

Revenue

<table>
<thead>
<tr>
<th>Description</th>
<th>FY16</th>
<th>FY15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government Grants &amp; Contract</td>
<td>345,108</td>
<td>262,646</td>
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<tr>
<td>Contributions</td>
<td>887,217</td>
<td>728,154</td>
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<td>Contributions, In-Kind GAAP</td>
<td>13,113</td>
<td>8,044</td>
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<td>Program Service Fees</td>
<td>28,995</td>
<td>30,270</td>
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<tr>
<td>Special Events, Net</td>
<td>44,507</td>
<td>31,461</td>
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<tr>
<td>Investment Income, Net</td>
<td>5,237</td>
<td>19,461</td>
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<tr>
<td>Loss of Disposal on Equipment</td>
<td>-4,433</td>
<td>0</td>
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<tr>
<td>Total Income</td>
<td>1,319,744</td>
<td>1,080,036</td>
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<tr>
<td>Contributions, In-Kind Other</td>
<td>291,000</td>
<td>297,000</td>
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Expenses

<table>
<thead>
<tr>
<th>Description</th>
<th>FY16</th>
<th>FY15</th>
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</thead>
<tbody>
<tr>
<td>Concierge Club</td>
<td>482,843</td>
<td>379,905</td>
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<tr>
<td>HomeShare</td>
<td>199,573</td>
<td>179,741</td>
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<tr>
<td>Seniors A Go Go Transportation</td>
<td>170,430</td>
<td>162,691</td>
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<tr>
<td>Administration</td>
<td>97,917</td>
<td>94,325</td>
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<tr>
<td>Development</td>
<td>149,906</td>
<td>121,956</td>
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<tr>
<td>Total Expense</td>
<td>1,100,669</td>
<td>938,618</td>
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</tbody>
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Net Income                                | 219,075| 141,418|
As you’ll see throughout our Annual Report, 2016 was a year of tremendous growth for ElderHelp. However, there is nothing more validating of the work we do than the stories from those impacted most by our services. It reminds me daily why our work is so vitally important.

Not long ago, Sally, who handles our daily RUOK calls, noticed that one of our members wasn’t speaking the same way he usually does every morning. She immediately dispatched his emergency contacts to the home and was able to get him transported to the hospital in time to prevent a major stroke. He is now back home and is expected to make a full recovery due to Sally’s intervention. If Sally hadn’t noticed his speech changes, or if we had been using a robo-calling system, this story might have had a different ending.

I recently listened to an older couple, who had lived in their mobile home for many years, tell me the story of how they were faced with a sizable rent increase they couldn’t afford along with mandates to re-landscape, repaint and make external repairs or risk losing their home. Fortunately, they were directed to ElderHelp. Our Home & Garden team immediately took over, redoing the yard, fixing ramps, stairs and improving the overall look and maintenance of the home. We worked with property management to reduce the rent increase and got them enrolled in Medi-Cal to reduce their medical expenses, all of which allowed them to remain in their home. When they told me their story, they finished it by adding, “I don’t know what we would have done without ElderHelp. There’s no way to ever thank you.”

This last story is about the power of connection to overcome isolation. When a member who was estranged from his family found ElderHelp, we were able to provide some grocery shopping, rides and companionship. He had always wanted to visit the Midway Museum, so we arranged a ride and field trip with our amazing volunteer driver, Richard. This member was so excited about visiting the U.S.S. Midway that he called Richard more than once to reconfirm. Sadly, the member passed away the day before the outing. Knowing something was wrong, we made several attempts to reach him only to eventually have one of his daughters answer the phone. She inquired who we were, shared the news of her father’s passing and also learned that ElderHelp had been there for him for the remainder of his days. The adult children were relieved their father had not been alone and also deeply grateful for our care and support. Unexpectedly, both daughters showed up at our Open House later that month and asked to meet the ElderHelp Care Coordinator who had taken care of their father and whom they had spoken to on the phone. As fate would have it, Richard was also present at the Open House that day. We introduced him to the daughters and he shared with them that he had two voice mails from their Dad on his phone, would they like to hear them? They said yes. We found a quiet corner in our office and Richard played their Dad’s messages for them. The looks on their faces said it all - relief, sadness, poignancy, and joy for their father’s happiness before passing. It’s something I will not forget.

For those of you who are familiar with our nomadic journey over the last five years, we were fortunate this year to move into new office space at the 2-1-1 Connections Center. Our new space continues our tradition of being centrally located while also allowing us access to all the nonprofits, local government agencies and local political officials who are invested in the success of our mission to help seniors affordably remain in their homes and stay active in their communities. I do hope you’ll take me up on my personal invitation for a tour of our beautiful facility and a chance to get to know each other better.

With warmest appreciation and gratitude for your support,

[Signature]

Deb’s Report
We passionately pursue our mission, emphasize collaboration, strive for productive communication and seek to cultivate goodwill.

We are grateful for the generous support of our community partners.

$10,000-$24,999
- City of Encinitas
- Charles A. Frueauff Foundation Inc
- City of El Cajon CDBG
- Ellen Browning Scripps Foundation
- Eugene and Joan Foster Fund at the San Diego Foundation
- Gary and Mary West Foundation
- JCFSD-Weingart Grants Program Fund
- SDG&E-Sempra Energy Utility
- UPS Foundation
- Walter J. and Betty C. Zable Foundation
- The Wells Fargo Foundation
- Greatcall Inc.
- HD Supply
- Info Line of San Diego County
- Lion’s Club of San Diego
- Robbins Geller Rudman & Dowd
- Smart & Final Charitable Foundation
- Sycuan Resort & Casino
- The Rancho Bernardo Community Foundation
- The Sundt Foundation
- The Thursday Club
- Sharon Turner
- US Bank
- Helmstetter Family Foundation
- Keepsake Companions
- Chadwick Krogf
- Deborah Martin & Linda Barner
- Mission Beach Women’s Club Foundation
- Mission Federal Credit Union
- Estate of Nancy Myk
- Pratt Memorial Fund
- R. D. Olson Construction
- San Diego County Council on Aging, Inc.
- David & Stacey Schmolke
- The Cushman Foundation
- Richard Tiefenbach
- Tomlinson Foundation
- United Way of San Diego County
- San Diego Foundation
- WD-40 Company Foundation
- Roberta Westdal
- Craig and Carol Whitwer

$5,000-$9,999
- The Auen Foundation
- Charles and Ruth Billingsley Foundation
- The DeFalco Family Foundation
- Dr. Seuss Foundation
- The Heller Foundation
- Cindi Hill
- Qualcomm Foundation
- Gerald and Christa Reynolds
- Samuel and Katherine French Fund
- Turk Family Foundation
- Judith Wenker
- Nikki Baumgartner
- Center for Creative Leadership
- Chevron Humankind Matching Gift Program
- Community Service Association
- F.V. Tex Cornwell
- Clara Marie Daniel
- Eric Ehrenfeld
- Bill Effert & Leslie Hodge
- Finance of America Reverse LLC
- Hahn Loeser & Parks LLP

$2,500-$4,999
- Anonymous Fund at The San Diego Foundation
- City of Santee CDBG
- Yale and Judy Combs
- Nicole and Blake Darling
- The Samuel I. & Henry Fox Foundation
- Jean Anderson
- AT&T Pioneers, De Anza Chapter
- Barney & Barney LLC
- Bridgepoint Education, Inc.
- Brinig Taylor Zimmer, Inc.
- Barbara Brown
$250-$499
- Aetna Foundation, Inc.
- Donald & Diana Ambrose
- Peter Burns
- Lenore Cantor
- Margie & Roger Coats
- Danny Covarrubio
- Lynne Eddy
- Steve & Sharon Elggren
- Reginald & Linda Frank
- Mary Lou and C.E. Gayman
- Bob Gordon
- May Gould
- Roland Gray
- Sherran Heitmann
- Brent Holland
- Paul & Melissa Hsu
- Dom & Toni Ingrassia
- Conny Jamison
- Jana Harris Painting Inc.
- Warren Johnson
- Jennifer Kooone
- Virginia Dolan Kuhle
- La Jolla Cove Bridge Club, Inc.
- Robb & Diane Lane
- Suzette LaSalle
- Paul Lecoq
- Linda Mattrey
- Dr. William & Barbara McColl
- Marianne & Mike Murray
- Robert Paashaus
- Kelli Ann & Douglas Politoske
- Donald Powell
- Qualcomm Matching Grant Program
- Quality Loan Service Corporation
- Nancy Sasaki
- James Schalin
- Mary Jo Schritt
- Tracy B. Shaw
- Barbara Sklar
- Lisa Smith
- Kerrie-Ann Stidum
- Paula Tallal
- Place Tegland
- University Mechanical & Engineering Contractors
- Robert Wallace
- Robert & Patricia Woodard
- World Vision

$100-$249
- Molly Abner
- Anonymous
- James Barner
- Pam & Clay Barner
- Erica Bell
- Hubert Berner
- Barbara Black
- Linda Bonomo
- Linda Brawley
- Kathy Breedlove
- Mona Brehm
- Juliana Bunim
- Dr. Edgar Canada
- Debbie Case
- Christina Casgar
- Kristen & Henri Chazaud
- Jacqueline Coleman
- Pauline & Daniel Condrick
- Patti Cooke
- Patricia Crowley
- Barbara & Greg Darling
- Dawn & Jose Delacruz
- Kathleen Dye
- Tony and Tera Eftekhari
- Kathy Eusepi
- Linda Fallert
- George & Katarina Farrand
- JJ Fetter
- Jeffrey & Martha Filippi
- Albert & Gladys Folkman
- Michael Fontaine
- Madeline Foster
- Herbert & Vicki Friedman
- Linda Gillett
- Ashlee Gora
- David Gray & Sarah White
- Richard Green
- Angela Hecht
- Higgs, Fletcher & Mack, LLP
- Capt. Francis M. Highly
- Ann Hoeppner
- Andrew Holmes
- William & Barbara Holmes
- Richard Ingrassia
- Tom & Jen Ingrassia
- Alfonso & Lori Allen Johnson
- Jennifer Johnson
- Lisa Jones
- Linda Kane
- Kimberly Kear
- James Kennel
- Ellen & Jerry King
- Ethel Kirtley
- Elizabeth Kuhn
- Thomas & Beth LaHay
- S. Joy Liao
- Crystal and Drake Little
- Manufacturer’s Direct Services, Inc.
- Marianne Masterson
- Faith Maybury
- Joseph McQuaide
- Robert Wallace
- Todd & Jennifer Miller
- Justi Miller & Barb Smith
- Charles & Martha Moffett
- Katherine Mooney
- Michael Mooradian
- Donald & Geraldine Morrison
- Virginia Napierskie
- Jeannine Newhouse
- Joanne O’Kane
- Linda Oliver
- Alisha Ortiz
- Janay Osantowski
- Larry Oviatt
- Terri Parsons
- Phyllis Pascoe & Andrew Castiglione
- Stewart Peck
- Richard & Barbara Ingrassia
Under $100

• Burton Benjamin
• Jennifer Bennett
• Elizabeth Bereit
• Sean Bidding
• Fred and Phyllis Blumenthal
• Nancy Bond
• Michele Bosic Folta
• Daryll & Claire Bourret
• Denise Boychuk
• DeAndrea and Jeff Brazel
• Ryan Bricker
• John Buell
• Kay Bullock
• Richard Burhenn
• Joanna Canepari
• Donna Carr
• Fran Carroll
• Clifton & Margaret Carswell
• E. R. Carter
• Diane Castleton
• Susanne & Sherry Cater
• Laurie Catron
• Jessica Chen
• Sue Chenoweth
• Misha Cheung
• Susan Christison
• Thomas Clark
• Suzanne Coates
• Mark Conolly
• Carley Croom
• Halbert Crow
• Donna Crowley
• Dawn Culbertson
• Casey Curley
• Fran Darling
• Renee Davis
• Joyce Davis
• Shari Dawson Shearer & Robert Shearer
• Dorothey Dean
• Anya Delacruz
• Joyce DiCicco
• Dolores Dickstein
• Ron & Arlene Dixon
• Jeanine Dodman
• Natalie Doerner
• Janelle Doll
• Armando Domínguez
• John & Alice Dryden
• Alix Dumka
• Robert & Lila Mae Edwards

• William & Earnestine Edwards
• Dianne Egan
• Gail Eldridge
• Deborah Ellis
• Amber & Robert Fedosh
• Candy Ferguson
• Barbara Filner
• Harold & Ingrid Fischer
• Sheila Fleming
• Frank & Genevieve Fogg
• Michael & Pamela Foley
• Kelly Ford
• Ann Fowler
• Rochelle Frantz
• Lynn Freeman
• Tiffany Frowiss
• Anthony Gallier
• Nicole Gardner
• Alexandra Garmon
• Theresa George & Kelly Davidson
• Susan Gionet
• Stuart Glickman
• MarySue Glynn
• Suzi Gold
• Robert & Ruth Goldman
• Ryan Gomes
• Marcia Gwin
• Julie Hafemann
• Lyn Hall
• Caryn Harris
• Susan Hartman
• Talin Hartouinian
• George Hasbun
• Paul & Tammi Hedtke
• Adrienne Heinzelman
• Lorene Hernandez
• Patricia Herring
• Jack E. Hieshetter
• Robin Hochstadt
• Michelle Horst
• Gerald & Jody Hudec
• Lynsey Hunter
• Brendan Hutchison
• Dominick Ingrassia
• Kyle Jadrnicek
• Teri and Martin Jaureguy
• Drew Jensen
• Ronald Juricek
• Marcy Kallusch
• Diane Kalt

• K. E. Kane
• Sally King
• Diane King
• Evelyn Kingsland
• Allan R. Kosup
• Lauren Krase
• Kroger
• Valerie Kwiatkowski
• Cory LaShell
• B. G. Leal
• Carole Leavengood
• Mary Lemmon
• Let’s Talk Hook-up, Inc
• Darren Litt
• Jesse Lozano
• Alyson Luciano
• Michael & Karen Lynch
• Kate MacWilliamson
• Phyllis Marion
• Alex Marks
• Amber Marks
• Karla Martinez
• Cynthia (Cindy) May
• Jennifer McBride
• Marilyn M. McCaskey
• Carrie McClellan
• Brittany McGarity
• Joseph & Ruth McKane
• Joe “Cliff” McReynolds
• Alison Meltzer
• Tracy Michael
• David Miller
• Dorothy Miller
• Dawn Moeller
• Jane Munce
• Elsa Munroe
• George Murphy
• Lynn Murray
• Jorge Navarro
Our Legacy Partners

We recognize ElderHelp’s Legacy Partners—individuals, couples and families who have remembered ElderHelp in their estate plans. This dedicated group of people have made the commitment to support ElderHelp perpetually. The foresight of our Legacy Partners secures ElderHelp’s services for future generations of seniors and their families.

• Lucille Alari
• Mary T. Anderson
• Elizabeth Arnold
• Natalie Blackburn
• Bob Brush
• Marjorie Cheek
• Maida Cooper
• Ina Daugherty
• Hazel Hall
• Cynthia Hansen
• Peggy Majomut
• Catherine ‘Kay’ Jattros Miller
• Hilda L. Seyboth
• Walter Seymour
• Miriam Stevens
• Samuel Trozzo
Compassion

We are supportive, caring and empathetic—we strengthen lives.

PROGRAM REPORT

Information & Referral
- Includes benefits counseling, calls, one-time home and garden services
- 3,532 calls from all over the nation were fielded by ElderHelp
- 28% increase from last year
- 13% increase in calls coming into the main office
- Calls to Poway nearly tripled

Concierge Club & Seniors A Go Go
- Enrolled 123 new members, an 11% increase
- Served a total of 388 members
- 36% fewer members moved into assisted living or other long-term care facilities
- Provided 6,614 rides—a 10% increase
- 66% of rides were for medical appointments

HomeShare San Diego, Poway & Encinitas
- 3,211 housing consultations, a 34% increase
- 34 new matches connected home seekers with those who had a home to share
- 49 ongoing connections were maintained for seniors residing in San Diego, Poway & Encinitas
- Length of average match is just over 2 years
- 77 new home seekers, a 50% increase

Volunteer Services
- 444 Direct Service Volunteers at the
- 11,118 hours of service valued at $317,550
- 102 new volunteers were vetted and enrolled
- 90% of those attending volunteer orientations became volunteers

ElderHelp served 7,412 individuals through all programs and services in Fiscal Year ‘16.
Concierge Club

In Fiscal Year 2016 ElderHelp provided Concierge club services to 388 seniors. Member Care Coordinators provided three times as much medical advocacy helping seniors understand their prescriptions, doctors’ orders and other important medical information. We strengthen health outcomes for seniors by reducing falls, providing care transitions and ensuring seniors receive the services and support they need after hospitalization. This is attributed to the support of volunteers as well as the careful coordination of services provided by ElderHelp’s Care Coordinators.

Seniors A Go Go

Seniors A Go Go provides escorted, door-through-door transportation. Our biggest request from seniors is transportation.

Although medical appointments are critical to a senior’s well-being, Seniors A Go Go provides transportation opportunities for social engagement, which helps reduce social isolation among our members and keeps them engaged in their community.

This year members enjoyed visits to the Veterans Museum, holiday parties and birthday celebrations, hosted ElderHelp’s offices.

Employed Family Caregiver Support

We’re offering valuable resources to employed family caregivers and local corporations. By building awareness, we’re easing their burden through education and resources to improve the physical, emotional and financial health of those caring for aging loved ones.

- Corporate Lunch & Learns
- Resource Fairs
- One-to-one Networking Opportunities
- Group Volunteer Activities

HomeShare

Our unique roommate matching service also provides consultations for those in dire need of affordable housing options. HomeShare matches seniors who want to remain in their homes with adults of all ages. Often seniors need financial support, help around the home or companionship.

Hotel Sandford

In partnership with the San Diego Housing Commission, we deliver daily support to 130 low income seniors at Hotel Sandford—a single occupancy residence. Cooking classes, fitness workshops, computer training and social activities improve the health and well-being of these downtown neighbors.

Yadira’s Story

Yadira has been a resident at Hotel Sandford for just over two years. She’s known for her spunky personality and enthusiasm for all of ElderHelp’s programs—especially those that include charming pets like Chablis, the playful guinea pig. Yadira and other Sandford residents rely on ElderHelp for assistance in understanding Medicare/Medi-Cal benefits, finding options for nutritious meals, and engaging in social activities. We foster a sense of community and belonging, reducing isolation and providing vital resources to keep these seniors healthy and active.
Integrity
We do the right thing even when no one is looking; we remain focused on those we serve, and we are trustworthy and honest.

Our volunteers form lasting, meaningful relationships that go beyond the service they provide.

- Michael Abadir
- Judith Abbott
- Trina Abbott
- Crystal Abraham
- Yvonne Aguilar
- Sinan Akrawi
- Thomas Alexander
- Gheety Allahi
- Al Alvarez
- Alexandra Ambriz
- Jean Anderson
- Naedean Anderson
- Michael Appelman
- Fred Arnold
- Suzanne Aschinger
- Thomas Aschinger
- Samka Aslan
- Patricia Atkins
- Samantha Atlas
- Joseph Augustine
- Pamela Auterson
- Glenda Avance
- Walter Avila
- Brittany Bachmann
- Monica Bae
- Anna Baker
- Jennifer Baker
- Lisa Baker
- Teresa Barker
- Brenda Barr
- Ana Barroso
- Jennifer Batt
- David Beaubouef
- Lynda Becksmith
- Stacey Bengston
- Avril Benstead
- Jennifer Bergstrom
- Robert Berry
- Tierra Best
- Aparna Bharati
- Ava Bhavsar
- Shannon Biggs
- Kienan Bjorklund
- Dan Blair
- Hilary Blake
- Michael Boden-Baumann
- Chelly (Barchelle) Bolger Wathen
- Barry Bongers
- Linda Bonomo
- Barb Bowman
- Kim Bozart
- Lori Brown
- Rebecca Brudnak
- Amber Bunch
- Alina Burgi
- Anita Burns
- Barbara Bush
- Maria Caccavo
- Cyril Cajalao
- Rick Campbell
- Frank Candelaria
- Lyn Cape
- Sally Caperton
- Judy Carol
- Leah Carpentier
- Fran Carroll
- Janed Casady
- Gary Catalano
- Andrew Cheskay
- Lynn Clemens
- Anne Clifford
- Crysta Clifford
- Mary Jo Coit
- Ann Cole
- Robert Colleran
- Ross Cooling
- Joan Cooney
- James Cooper
- Carmen Coverdale
- Patrick Coyle
- Debbie Creasey
- Colleen Cruz
- Ann Cummings
- Aric Curtis
- Lora Daines
- Nicole Darling
- Ana Davis
- Michael Davis
- Steve Dawson
- Betty de Leeuw
- Robert Deiss
- Ashley Delgado
- Tara Della Rocca
- Suzi Deller
- Paul DiFebbo
- La Vonna Dixie
- Arlene Dixon
- Armando Dominguez
- Rachyl Drennen
- Carmela Duke
- Kathleen Dye
- Katherine Dzierzek
- Ruth Eastwood
- Dorte Eichhorst
- Bill Effert
- Tasha Engstrom
- Erin Eskens
- Stephanie Essman
- Angela Euth
- Lu Anne Evenson
- Nicole Farrar
- Bethany Farrelly
- Solveig Fauskanger
- Patricia Fernon
- Rich Flammer
- Guerline Fleurent
- Pedro Flores
- Vincent Fontimayor
- Ruth Franger
- Linda Frank
- Vicki Friedman
- Jonelle Garzanelli
- Mary Gettys
- Ruth Gezachew
- Nina Ghatan
- Melina Gianni
- Mary Gibson
- Jan Gillespie
- Shana Glasheen
- Mary Sue Glenn
- Steve Goldman
- Valerie Gordon
- Rosalba Gottschalk
- Carly Graber
- Alicia Graff
- Teresa Graves
- Angelica Gudino
- Yesenia Guidry
- Charlie Gunderson
- Ally Guo
- Bryce Guthrie
- David Gwin
- Marcia Gwin
- James Halverson
- Kenneth (Tom) Hamlin
- Patricia Harding
- Christina Harmes
- Colleen Harmon
- Randall Harrelson
- Brian Harrison
- Hilary Harrison
- Cristina Harvey
- Jill Harvey
- Bernadette Heavey
- Carla Heringer
- Aimee Herweck
- Marsha Hickey
- David Higgs
- Samuel High
- Jaimie Hilton
- Wesley Hilton
- Corinne Hirt
- John Hodik
- Lois Hodik
- Christopher Holguin
- Elizabeth Holman
- Katy Holt
- Victoria Hook
- Daniel Horan
- Ana Hubbell
- Mary Hughes
- Pamela Humes
- Beth Ilanan
- Catherine Ingrassia
- Ramona Irwin
- Nicholas Jackson
- Alexandra Jacobo-Mares
- Lindsay Jacobs
- Natasha Jacobs
- Ruth Japtok
- Arlene Jarvis
- Rebeca Jimenez
- Denise Johnson
- Jennifer Johnson
- Karen Jorgenson
- Jim Kalb
- Daniel Kalenov
- Michelle Kalenov
- Kelsey Kammeraad
- Zlata Karas
- Catherine Keeley
- Emily Keeney
- Lauri Keller
- Ryan Kelly
- Richard Kessler
Thank you to all of our dedicated volunteers. We truly appreciate everything you do for San Diego seniors.
Respect
We honor the process of aging; we listen and acknowledge others’ ideas, are considerate, and value diversity.

On the Front Cover...An Intergenerational Story

Barbara and Katie are not related, but they are an ElderHelp “family.” This happens quite often with our members and the volunteers who step in when resources are in short supply. It’s not by chance that these connections are so solid. We take great care to match personalities and interests of our members and volunteers to foster compatible relationships that often lead to deep friendships. Such is the case with Barbara and Katie.

In the eight months that Barbara, our ElderHelp member, and her volunteer grocery shopper, Katie, have been paired, the two have formed a special bond. “If I were to have a granddaughter, I would want it to be Katie,” Barbara declares. Their visits go way beyond an occasional trip to the store. After shopping at Walmart and Dollar Tree, Barbara and Katie stop to eat at Burger King, where Katie first introduced Barbara to chicken nuggets. Though they both lost the battle of technology with the new electronic drink dispensers, this intergenerational duo have fun together nonetheless.

Barbara first became acquainted with ElderHelp because her late mother was also a member. She appreciated the vital services her mother received and is grateful we were there to support her. Now, as a member herself, Barbara relies on us for transportation and companionship. She reflects on a day not too long ago when she took the bus to visit her friend, Irene, who lives 20 miles away. It took hours of travel for a 90 minute visit before needing to catch the returning bus back to her home. Irene is also an ElderHelp member. When Katie heard this story, she immediately exclaimed, “Double date,” and plans are in the works for Katie and Barbara to meet up with Irene and her volunteer for lunch.

Barbara draws energy from Katie’s youthfulness, and Katie is inspired by Barbara’s optimism. They’re enriching each other’s lives in immeasurable ways—all because they are ElderHelp family.