

AGING AHEAD

1973-2023

50



Annual Report FY23





Message From Chief Executive Officer, Lisa Knoll

The last 50 years have ushered in many changes in our world, but Aging Ahead's mission to support individuals through the journey of aging and our vision for all individuals to have opportunities to age with honor and dignity have remained the same. While we realize that the needs of today's aging cohort are in many ways different from years past, we also know that the true constant is the need for a trusted source for guidance through the maze of service options available to older adult and caregivers.

Even after 50 years, Aging Ahead continues to celebrate all things aging and is committed to providing the best possible services to a growing and evolving population, as well as inclusive opportunities for all. Those organizational goals are detailed in this report.

What the next years will bring can only be imagined, but one thing is certain – the service priorities at Aging Ahead will continue to reflect the needs and diversity of our service area, with a specific emphasis on those with the greatest social and economic need. We will continue to lead advocacy efforts aimed at supporting our most vulnerable, and to creating a culture where all are valued and where quality of life is paramount.

Many heartfelt thanks to our amazing staff, boards and volunteers. Our aspirations would not be possible without you.



Lisa M. Knoll
Chief Executive Officer

Our Mission...

Supporting individuals through the journey of aging

Our Vision...

For all individuals to have opportunities to age with honor and dignity



50 Years Supporting

As Americans continue to redefine what it means to be “aging,” we are committed to reimagining our purpose and role in that landscape, challenging ourselves and our partners to evolve with intention and innovation.



Aging Ahead is 1 of 10 Area Agencies on Aging in Missouri



Services provided to 4 counties: St. Louis, Franklin, St. Charles, Jefferson since 1973



15 community locations provide programs, meals, and aging assistance



26% of Missouri's 60+ residents live in our service area

As the number of older Americans has continued to grow over the last 50 years, Aging Ahead has been there to respond to the needs of an aging population.

AAA's Core Services under the Older Americans Act: Along with the Core Services, many AAA's, including Aging Ahead, offer dozens of additional services to support the needs and interests of local communities like Caregiver Assistance, Nutrition, Health & Wellness, and Supportive Services and Elder Abuse Prevention.



Aging Ahead's Senior Nutrition Programs have served **millions** of meals to help ensure older adults live a nourished life.



Volunteers with Aging Ahead's Meals on Wheels program have delivered not only nutritious meals to homebound older adults, but also caring concern and attention to their welfare for 50 years.



Aging Ahead provides critical connection to programs and services to help avoid premature or unnecessary hospitalization and institutionalization.

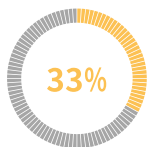


Aging Ahead offers a plethora of socialization opportunities for older adults to stay connected with their communities and each other to help combat loneliness and isolation.



Aging Ahead has the vision and structure to channel challenges into positive action through innovative responses and community partnerships to meet the ever-changing needs of the population they serve.

Countless Journeys



Since 1973, Aging Ahead has seen a **33%** growth of individuals 60 and older in our service area.

In 2023, Aging Ahead celebrated its 50th anniversary, commemorating five decades of supporting individuals through the journey of aging. Throughout the year, we hosted a series of engaging events to honor this significant milestone.

50th Anniversary Celebration

Aging Ahead celebrated with an Open House for staff, volunteers and community partners. Lieutenant Governor, Mike Kehoe, sent a special video message and declaration recognizing Aging Ahead for an outstanding 50 years of service. The Volunteer of the Year award went to Mary Evens a dedicated Meals on Wheels and front desk volunteer for over 20 years at the St. Peters center.

Still Groovin' 50th Anniversary Trivia Night

Aging Ahead and the Foundation Board hosted a trivia night to raise funds for our Meals on Wheels program. Thank you to our 8 sponsors, volunteers, and 200 participants for making this a successful event raising nearly \$15,000 to support older adults.

Centers Celebrating

Our Senior Centers offered a wide variety of events and activities to celebrate the 50th Anniversary. Parties, declarations, trivia games, 70s music and decorations and much more helped promote recognition and appreciation throughout our communities.

Fall Festival

To wrap up our 50th anniversary celebrations, Aging Ahead past and present staff and volunteers celebrated at an outdoor venue with family. It was a nice time to gather and share agency stories and memories about the impact we have in the community.



In 1973...



Gas was 40 cents a gallon



Average home cost \$32,500



Secretariat won the Triple Crown



"The Sting" won an Oscar for Best Picture



Providing Countless



Community Options and Services

Aging Ahead's Community Options Specialists serve as a trusted and valued source supporting older adults, their families and caregivers by sharing information, resources, and access to programs and services.



13,804

individuals and caregivers supported via phone



29,995

one way transportation trips



Veterans Directed Home & Community Based Services:

227 veterans received support to remain in their homes



Adult Protective Services:

78 clients were referred to us via the Elder Abuse Hotline



Caregiving Support:

1725 caregivers were supported

“My brother's life has changed forever! His health, his depression, his mood are all uplifted knowing that his home no longer has bedbugs.”



778,327

Meals on Wheels delivered



63,698

Congregate meals in centers



1000+

Monthly activities in 4 counties



86

Sponsors supporting 15 centers

Community Locations

The reopening of all 15 centers across four counties after the pandemic has brought on the reunion of old friends and the forging of new connections. Participants shared lunch while also participating in an array of activities like art classes, dancing, bingo, and much more.

Whiskers on Wheels supports those in need with pet food delivery, helping to keep our humans and furry friends safe at home.



serving **52** households



67 dogs & **31** cats



I don't know what I'd do without my little dogs. I live alone, and they keep me from feeling so lonely. This program has helped me out so much.



Connections



CHOICE

CHOICE programs provide an additional way to support older adults in the community beyond traditional senior centers.



193
presentations

Popular CHOICE Presentations

Balance Barre, Self Care & Mindfulness and Yoga, Dementia Friends, and Fall Prevention



300
participants

CHOICE Locations

Brentwood Community Center, Edward Jones YMCA, Lindenwood University, St. Louis County Libraries



1,664
Meals Served



Cyber Seniors

Older adults worked with students from Lindenwood University and Pacific High School to learn more about technology. Cyber Seniors bridges the gap between generations while enriching the lives of both students and older adults.



57 older adults



71 students

“

Working with my student was invaluable. I was scared of technology before, and now look how capable I am!

”



Public Education & Outreach

Presentations, information tables, newsletters, social media and our website are all used to educate the community about the programs and services Aging Ahead provides.



80,000
reached through email distribution



114,965
website page views

Always Aging Ahead Podcast

Launched in 2022, Always Aging Ahead can be streamed on Apple Podcasts and Spotify. Episodes range in topics about the programs and services that Aging Ahead offers. Listeners come from 10 different states and 8 countries.



14
episodes



86%
listeners in MO



Volunteering

The past, present, and continued successes of Aging Ahead are due in large part to our passionate, reliable, caring, and dedicated volunteers. Volunteers help provide greatly-needed meals, programs, and resources to our communities' older adults.

“ Volunteering with Aging Ahead has helped me find another purpose in my life. ”



25,208
volunteer hours



507
volunteers



Volunteer Opportunities
Meals on Wheels, Friendly Caller, Activity Instructor, Silver Haired Legislature, Ambassador and Support Committee.



The inaugural Delivering a Difference Volunteer Of the Year Award was given to Mary Evans of St. Peters.

Foundation Board

As a 501(c)(3), the Foundation provides support for the programs and services offered through the Agency by direct financial support, serving as connectors to community partners, and Agency engagement.

Silver Haired Legislature

Our SHL is made up of dedicated volunteers who advocate on behalf of older Missourians. Thanks to their hard work, many critical issues receive attention at the local and state level.

Advisory Council

Provides valuable information, guidance, advice, and support to Agency leadership and the Board in order to help plan, develop, review, coordinate, and administer services to older persons.



Spire Partnership
Spire employees volunteer as part of their Day of Good initiative to deliver food to homebound individuals, ensuring that they receive nourishment and a friendly smile.



19
volunteers in
FY 2023



26
people received
commodity boxes

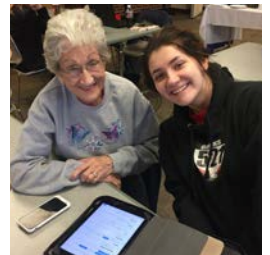
The Path Ahead



Priorities and Strategic Objectives

Aging Ahead's strategic plans are aligned with the state of Missouri's Plan on Aging goals for 2020-2023 to ensure development and support of a comprehensive community system of services for older persons.

- Expand programming virtually at senior centers and CHOICE locations to address social isolation.
- Expand home delivered meals services in underserved areas of the agency's service area.
- Continue to expand the Telephone Reassurance program and further develop the Friendly Caller program.
- Increase and improve awareness of the importance of participant contributions.
- Increase and improve awareness of the importance of community partnerships and focal points.
- Increase door-to-door and consumer-directed transportation through community collaboratives with less reliance on traditional, fixed route, group transportation.
- Increase evidence-based exercise and informational programs at the senior centers, CHOICE events, I and community locations.
- Increase access to technology for isolated homebound individuals and caregivers.
- Apply for grants and increase fundraising efforts to support program services



Partners on the Journey

Aging Ahead has demonstrated our role as leaders in the aging network as we support older adults, people with disabilities, and their caregivers.





Our Funding

Nutrition: Senior Centers 61.5% of Budget Actual

Congregate Meals	11.7%
Home-Delivered Meals	88.3%

Supportive Services 18.3% of Total Budget--includes

Adult Day Care	0.3%
Case Management	10.5%
Homemaker	2.2%
Information & Assistance	18.1%
In-Home Respite	1.4%
Legal Assistance	4.4%
Personal Care	0.6%
Public Info & Education	6.4%
Silver-hair Legislature	1.0%
Telephone Reassurance	4.0%
Transportation	51.1%

Administration 3.3% of Total Actual

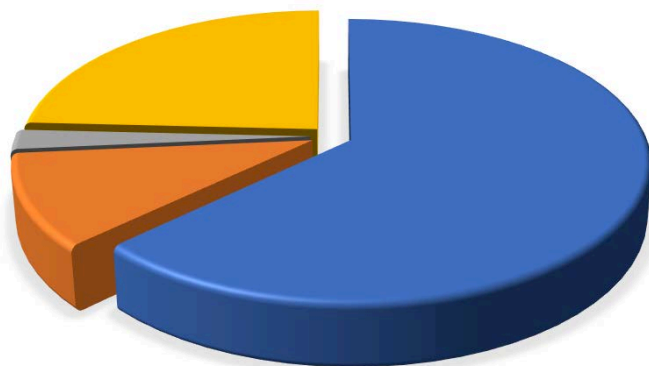
Family Caregiver 5.3% of Total Actual--includes

Adult Day Care	10.9%
Case Management	19.5%
Durable Medical Equipment	0.9%
Durable Medial Supplies	6.0%
Information & Assistance	34.5%
In-Home Respite	16.1%
Minor Home Modification	1.9%
Nutritional Supplies	3.9%
Pubic Info & Education	0.5%
Public Info & Education - CHOICE	1.8%
Voice Connect	4.2%

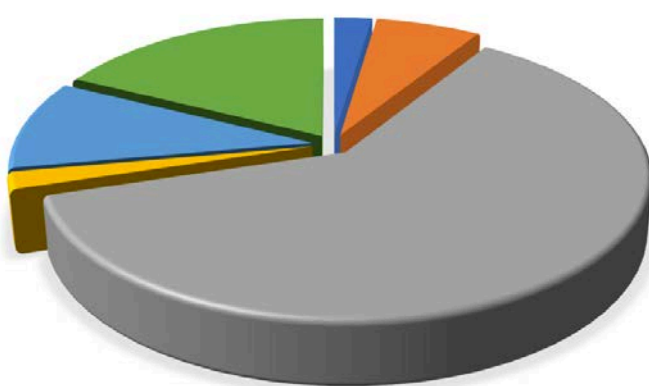
Special Programs 10.2% of Total Actual--includes

MO APS Collaboration	13.0%
Other Special Programs	4.9%
Resources to Your Door	3.9%
Vaccine Programs	6.2%
Veterans Program	72.0%

Other	1.4%
1.4% of Total Actuals--includes	19.1%
Disease Prevention	100.0%
Ombudsman	



■ Contracted Services
 \$1,742,560 10.6%
 ■ Federal/State
 \$10,323,780 62.9%
 ■ Program Income
 \$367,439 2.2%
 ■ Other
 \$3,973,071 24.2%



■ Administration
 \$478,739 3.3%
 ■ Family Caregiver
 \$759,783 5.3%
 ■ Nutrition
 \$8,820,632 61.5%
 ■ Supportive Services
 \$2,618,082 18.3%
 ■ Special Programs
 \$1,455,386 10.2%
 ■ Other
 \$203,057 1.4%

The monetary figures reflected are based on actual FY2023 funds and expenditures.



Supporting journeys for another 50 years

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