

# 2024 Annual Report

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## Message From Chief Executive Officer, Lisa Knoll

Fully supporting aging with honor and dignity has long been the North Star for Aging Ahead. Often, how that takes shape in real time evolves with changes in the local, State, and Federal landscape and challenges and opportunities we encounter as a result.

Even with the various shifts that now feel somewhat commonplace, our commitment to these key principles does not waiver:

- Providing Inclusive and welcoming services that address the diverse needs of those most vulnerable in our service area,
- Being a leader and trusted source for guidance and support in the communities we serve,
- Finding innovative ways to meet current needs while addressing and expanding service gaps that continue to arise.

The above commitments can only become reality through the dedication and work of many that we continue to be grateful for, including:

- Community partners that amplify our core services and support a culture of innovation.
- Hundreds of dedicated volunteers who greatly enhance and extend our service reach.
- Participants and families that provide us with invaluable support and feedback for those things that matter most to them.
- Staff who persevere and thrive, even in the midst of great uncertainty.
- Many staunch advocates sharing our incredible stories of strength and hope.

While only a snapshot, the result of that collective energy is reflected in the pages that follow.



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



As the number of older Americans has continued to rapidly grow over the last 50+ years, Aging Ahead has been there to respond to the needs of an aging population. Core Services provided under the Older Americans Act support the needs and interests of local older adults and include Caregiver Assistance, Nutrition, Health & Wellness, Transportation, Socialization, Supportive Services and Elder Abuse Prevention.



We are 1 of 10 Area Agencies on Aging in Missouri



We serve 4 counties:  
St. Louis, Franklin,  
St. Charles, Jefferson



Community locations provide programs, meals, activities, and aging assistance.



Per the Older Americans Act, we serve individuals 60 years of age and older. Over 26% of Missouri's 60+ residents live in our service area

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



### **Master Plan on Aging –Town Halls**

Aging with Dignity: Missouri's Master Plan on Aging is a multi-sector initiative aimed at countering age and disability discrimination, dismantling barriers to graceful aging, and fostering dignity among Missouri's aging citizens. The overarching goal of the Master Plan on Aging (MPA) is that all Missourians, regardless of age or ability, will have access to person-centered programs and services necessary to help them age in their environment of choice and in a safe and healthy manner.



Aging Ahead hosted a Town Hall meeting on March 5 at the Maryland Heights Community Center. Hundreds of individuals and professionals from the aging network attended to provide feedback about issues and needs in their communities. The meeting was open to anyone who wants to influence the direction of the state when it comes to aging in Missouri.



Results of our Town Hall and others held throughout the State will be incorporated into the development of Missouri's Master Plan on Aging.





### 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.



**9,437**  
individuals received  
**45,087** units of support



**1,461**  
caregivers were supported



**Veterans Directed Home & Community Based Services:**  
**255** veterans received support to remain in their homes

### Community Locations

Aging Ahead continues to support older adults through our senior centers and community focal points, which are located in St. Louis, St. Charles, Franklin, and Jefferson counties. Locations offer participants a shared lunch while participating in an array of activities like art classes, dancing, bingo, and much more. Meals on Wheels are provided to homebound individuals who are unable to prepare a nutritionally balanced meal for themselves and are unable to attend a center or focal point location.



**887,720**  
Meals on Wheels delivered



**50+**  
Sponsors supporting centers



**87,592**  
Congregate meals in centers

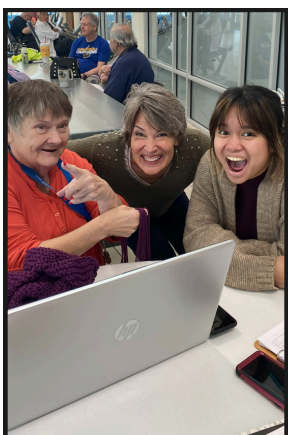


**23**  
Adopt-A-Route Companies



### CHOICE

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



**115**  
presentations

#### Popular CHOICE Presentations

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



**1,133**  
participants

#### CHOICE Locations

Edward Jones YMCA, Lindenwood University, St. Louis County Libraries



**66,300**  
meals served

#### CHOICE Virtual Senior Center

An online program with a meal bringing center services directly to the homes of **748** participants.



### Always Aging Ahead Podcast

Always Aging Ahead was streamed **421** times across Apple Podcasts and Spotify. Episodes range in topics about the programs and services that Aging Ahead offers. We reached **1,740** listeners since 2022.



**3**  
episodes



**62.8%**  
listeners  
in MO



### 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



**232,038**  
website page views

**24,048**

newsletter & activity sheets



**46,426 +**

reached through social  
media

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.



*I was at a place in my life where I  
needed connections and a purpose.  
Aging Ahead provided both!*



**35,598**  
volunteer hours



**625**  
volunteers



### Volunteer Opportunities

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



The **Delivering a Difference  
Volunteer Of the Year** Award  
was given to Rick and Sharon  
Tick from Wentzville.

# The Path Ahead

## Priorities and Strategic Objectives

- 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 psa.
- Continue to expand the Telephone Reassurance program and further develop the Friendly Caller program.
- Increase and Improve awareness of 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 virtual and community locations.
- Increase access to technology for isolated homebound individuals and caregivers.
- Apply for grants and fund raise to support program services.



## **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.

## **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.

## **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.

## Partners on the Journey

Aging Ahead is grateful to all of those who help us support individuals on the journey of aging. We could not meet our mission without their time, resources, generosity, collaboration, and leadership

alzheimer's  association®

LINDENWOOD  
UNIVERSITY



St. Louis County Library

spire 



WashU

Cumulus

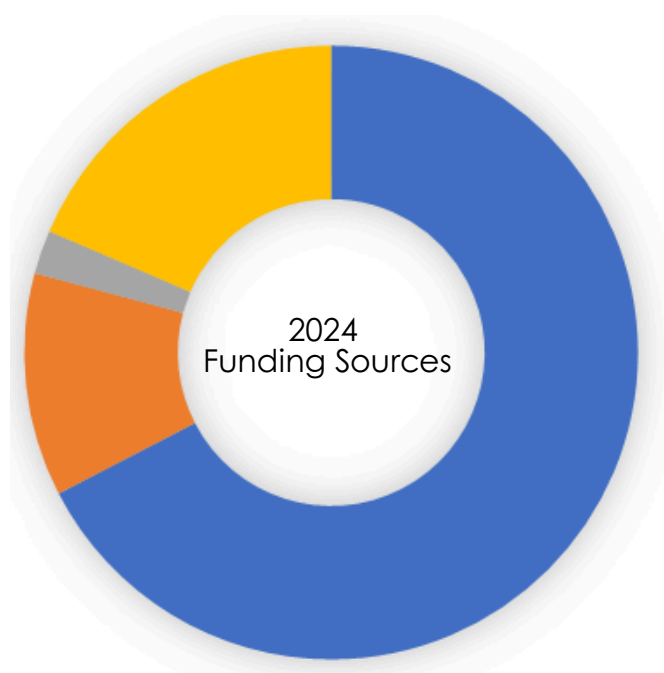


Leaders in  
Aging Well  
at Home



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**





Contracted Services	\$2,215,933	11.8%
Federal/State	\$12,685,241	67.4%
Program Income	\$431,883	2.3%
Other	\$3,488,764	18.5%

#### Nutrition: Senior Centers 61.5% of Budget Actual

Congregate Meals	20.7%
Home-Delivered Meals	79.3%

#### 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

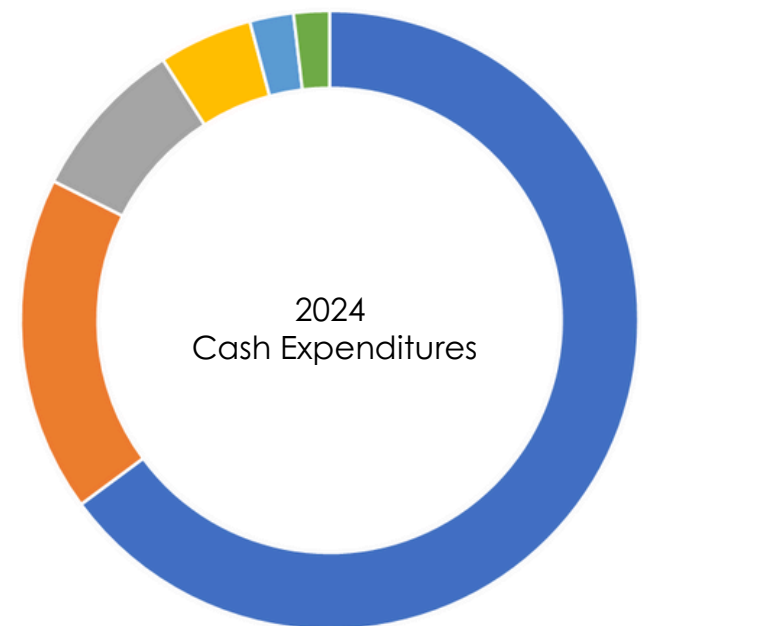
#### Family Caregiver 5.3% of Total Actual--includes

Adult Day Care	10.9%
Case Management	19.5%
Durable Medical Equipment	0.9%
Durable Medical 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	7.3%
Other Special Programs	6.3%
Resources to Your Door	4.0%
Vaccine Programs	12.1%
Veterans Program	70.3%

Other	1.4% of Total Actuals--includes
Disease Prevention	26.4%
Ombudsman	73.6%



Administration	\$422,915	2.3%
Family Caregiver	\$904,006	4.9%
Nutrition	\$11,959,969	64.9%
Supportive Services	\$3,235,869	17.6%
Special Programs	\$1,568,646	8.5%
Other	\$344,552	1.9%

**The monetary figures reflected are based on actual FY2024 funds and expenditures.**



## Contact Us

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