

2025 Annual Report





Message From Chief Executive Officer, Christine Hustedde

As I reflect on the past year, I am both inspired and humbled by the unwavering support of our community. Our dedicated staff, compassionate volunteers, trusted partners, and generous donors come together each day to serve older adults with the greatest needs. Even amid ongoing challenges and uncertainty, our commitment to supporting each individual's journey of aging has remained steadfast.

Throughout the year, we have worked intentionally to meet the growing demand for services, guided by strategic insight and a spirit of innovation. Through strong collaboration with community partners and fellow aging services providers, we are building a more connected network of care that advances equity, access, and opportunity for all older adults.

At the heart of our work is a commitment to listening. The voices and experiences of those we serve continue to shape our approach, ensuring we remain responsive, relevant, and responsible stewards of the resources entrusted to us. Our dedication to transparency, accountability, and high-quality, person-centered service informs every decision we make.

In the pages that follow, you will find stories and data that reflect the impact of this work. Behind every number is a person, a neighbor, friend, or family member, who relies on these services to live safely and independently. We are honored to share these stories with you and grateful for your role in making them possible.

With sincere appreciation,

A handwritten signature in blue ink that reads "Christine K. Hustedde".

Christine K. Hustedde
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 grown rapidly over the past five decades, Aging Ahead has remained a trusted resource, responding to the evolving needs of an aging population. Core services provided under the Older Americans Act support the health, independence, and well-being of older adults in our community. These services include caregiver assistance, nutrition, health and 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 22% 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.



2024 MA4 Show Me Summit

Aging Ahead was proud to join more than 400 attendees for a dynamic conference focused on learning, connection, and innovation in aging services. Participants engaged with inspiring speakers, attended forward-thinking workshops, and built meaningful connections with others dedicated to improving the lives of older adults. Together, we are working to redefine the narrative on aging and demonstrate what the "Age of Opportunity" truly means in Missouri.

Aging Ahead also played a leadership role in shaping the conference experience, contributing to presentations and helping create a meaningful and impactful event. Highlights included:

- **Dynamic programming:** In-depth exploration of innovative models that empower older adults to thrive
- **Expert speakers:** Insights from national and regional leaders in aging services
- **Innovative solutions:** Advancements in health, wellness, and technology
- **Inclusion and accessibility:** Strategies to ensure all Missourians have access to the resources and support they need to age well
- **Networking opportunities:** Connections with colleagues across Missouri to share ideas and best practices
- **Advocacy for an age-friendly Missouri:** Promoting communities where older adults feel valued, respected, and engaged



Community Options and Services

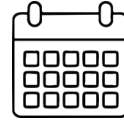
Aging Ahead's Community Options Specialists serve as a trusted and valued source supporting older adults, their families and caregivers by sharing information, resources, and access to programs and services.



7,387
individuals received
19,864 units of support



863
caregivers
were supported



1,200
assistance calls
per month



Veterans Directed Home & Community Based Services

198 veterans received support to remain in their homes

Community Locations

Aging Ahead continues to support older adults through our senior centers and community locations, 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 community location.



928,880
Meals on Wheels delivered



46
Sponsors supporting centers



80,912
Congregate meals in centers



10
Adopt-A-Route Companies



CHOICE

The CHOICE program provides an additional way to support older adults in the community beyond traditional senior centers.



194
presentations



942
participants



55,110
meals served

Popular CHOICE Presentations

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

CHOICE Locations

Edward Jones YMCA, House Springs, Jefferson College - Arnold, Lindenwood University, St. Louis County Libraries, Sullivan, University City

CHOICE Virtual Senior Center

An online program with a meal bringing center services directly to the homes of **365** participants.



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.



56,903
reached
through email



185,016
website page
views



2,500
reached on
podcasts

34,262

newsletter & activity sheets



55,919 +
reached through
social media

Volunteers

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.



The 2025 Delivering a Difference Volunteer of the Year is Allen Serfas. For nearly 15 years, Allen has been a constant and passionate force behind Aging Ahead's mission. His leadership has spanned both the Board of Directors and the Aging Ahead Foundation Board, where he currently serves as Chair. In every role, Allen has led with generosity, vision, and a deep belief in the importance of supporting individuals through the journey of aging.

Allen is more than a volunteer. He is a true champion for Aging Ahead and for the older adults we serve. His commitment is reflected not only in his leadership, but in the way he shows up for our organization time and time again, advocating for our programs, uplifting our work, and helping expand our impact in meaningful ways. His service is a powerful reminder of the difference one person can make.



Volunteer Opportunities

Meals on Wheels, Friendly Caller, Silver Haired Legislature, Ambassador & Support Committee.



39,859
volunteer hours



714
volunteers

**"Volunteering makes me feel good.
I can be a tiny ray of sunshine for
someone so isolated."**

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.

Aging Ahead Priorities & Strategic Objectives

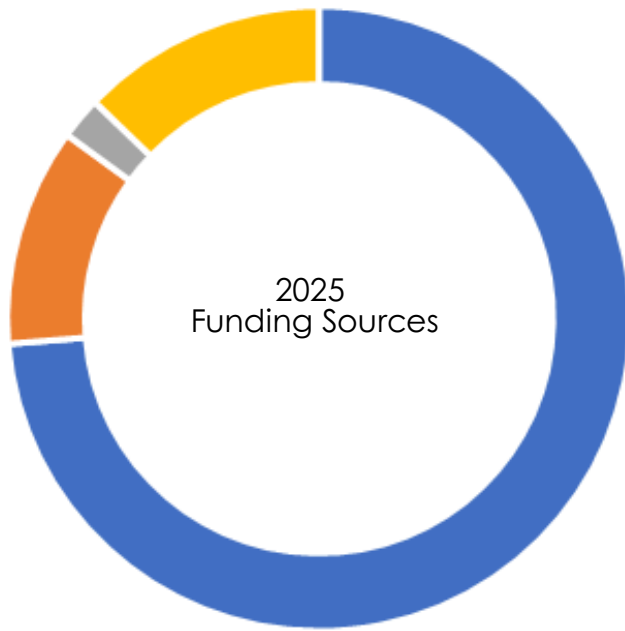
- Continued focus on programs to reduce social isolation, including virtual programming, Telephone Reassurance, and the Friendly Caller program.
- Maintain level of services for homebound clients through home delivered meals services in underserved areas of the agency's service area.
- Enhance programming and client engagement at senior centers and community locations, including provision of Evidence-Based Programs like falls prevention and chronic disease self-management.
- Increase and Improve awareness of the importance of participant contributions.
- Increase and improve awareness of the importance of community partnerships.
- Increase options for services through the creation of consumer-directed programs.
- Increase access to technology for isolated homebound individuals and caregivers.
- Enhanced fundraising efforts to support increased need for services.
- Targeted outreach efforts in underserved areas of PSA.



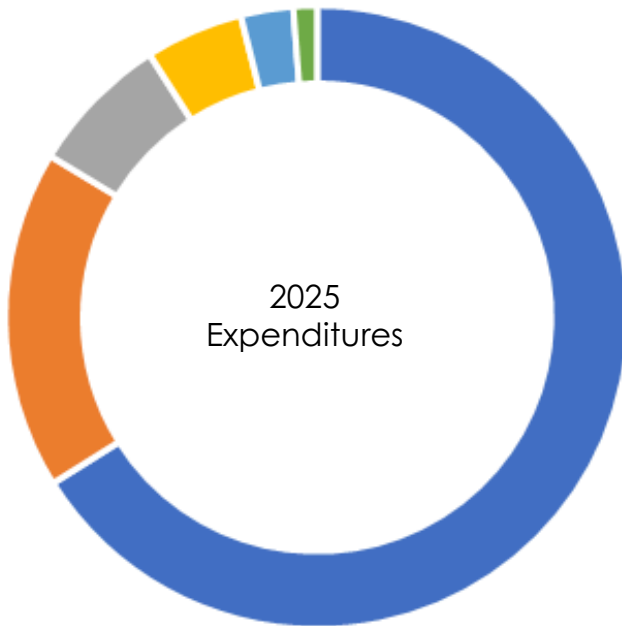
Partners on the Journey

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.





■ Contracted Services \$2,097,794 11.3%	■ Federal/State \$13,681,152 73.7%
■ Program Income \$406,484 2.2%	■ Other \$2,372,758 12.8%



■ Administration \$491,284 2.7%	■ Family Caregiver \$916,805 5.1%	■ Nutrition \$11,926,735 66.1%
■ Supportive Services \$3,176,459 17.6%	■ Special Programs \$1,318,824 7.3%	■ Other \$221,006 1.2%

Nutrition: Senior Centers
66.1% of Budget Actual--includes

Congregate Meals	21.2%
Home-Delivered Meals	78.8%

Supportive Services
17.6% of Total Budget--includes

Adult Day Care	3.6%
Case Management	7.4%
Consumables	15.0%
Health Promotion Non-EB	0.1%
Homemaker	1.7%
Information & Assistance	18.7%
In-Home Respite	1.1%
Legal Assistance	2.8%
Minor Home Modifications	2.9%
Other	1.2%
Personal Care	1.5%
Public Info & Education	8.3%
Telephone Reassurance	0.7%
Transportation	35.0%

Special Programs
7.3% of Total Actual--includes

Aging Ahead @ Home	4.7%
Benefits Enrollment Center	1.3%
Other	1.8%
SHIP/Claim Grant	1.0%
Silver Haired Legislature	1.2%
Veterans Directed Care	89.3%
Whisker on Wheels	0.7%

Family Caregiver
5.1% of Total Actual--includes

Case Management	22.0%
Durable Medical Equipment	0.6%
Durable Medial Supplies	2.6%
Information & Assistance	30.8%
In-Home Respite	33.8%
Minor Home Modification	2.9%
Nutritional Supplies	3.8%
Pubic Info & Education	1.8%
Public Info & Education - CHOICE	0.3%
Voice Connect	1.4%

Adminstration
2.7% of Total Budget

Other
1.2% of Total Actuals--includes

Disease Prevention	25.7%
Ombudsman	74.3%

The monetary figures reflected are based on actual FY2025 cash-based funds and expenditures.

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