

CITY OF LAKE OSWEGO

**Parks & Recreation**  
ADULT COMMUNITY CENTER  
**2015 ANNUAL REPORT**



DISCOVERING  
THE  
**Fun**  
FUNDAMENTALS  
OF WELLNESS



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*The Lake Oswego Adult Community Center is a community focal point that celebrates aging through creative, inspiring and exciting opportunities that promote independence and whole wellness.*



**Lake Oswego Parks  
& Recreation Adult  
Community Center**

505 G Avenue  
**Contact:**  
503-635-3758



## ABOUT THE LOACC

**The Lake Oswego Adult Community Center** (LOACC), a division of the Parks and Recreation Department, is a nonprofit service and advocacy organization located in the First Addition Neighborhood in Lake Oswego.

The LOACC is a nationally accredited, multi-purpose facility serving the needs of older adults, their families, neighbors and loved ones with fun recreational opportunities, fitness and cultural classes, human services, caregiver services, home visits and so much more.

*Generations of citizens in our community come to the LOACC to have welcoming and transformational experiences. We enrich and excite adults with programs and classes that meet their needs. Our staff creates positive experiences for all.*

## Our Values

We are stewards of the community caring for people and the environment, we inspire connectivity through building community and we foster creative engagement to enrich lives. We deliver these values with honesty, compassion, creativity and safety.

## Our Programs

We serve and support the 50+ community of LO through a variety of programs focused around Self Care, Caregiving, Human Services, Recreation and Whole Wellness. Some of our activities and programs include:

- Meals on Wheels
- Stressbusting for Family Caregivers
- Day Respite
- Fitness Center
- Health and Wellness Chats
- Home Visits
- Support Groups
- Respite
- Day'cations' Day Trips
- National Senior Health and Fitness Day
- 50+ Mingle Events
- Diabetes Prevention and Care

## LEADERSHIP

**LOACC is operated by** a team of dedicated, patient, caring staff who thrive under the leadership of Center Manager, Ann Adrian. They are able to deliver their mission, meeting the needs of aging adults thanks to the support of generous donors and partners, and wonderful and compassionate volunteers.

### LOACC STAFF:

**Ann Adrian**, Center Manager  
**Berta Derman**, Human Services Supervisor  
**Pam Montoya**, Administrative Assistant  
**Ruth Berberich**, Meal Program Manager  
**Maria Bigelow**, Administrative Support  
**Jim Liu**, Transportation Coordinator  
**Dana Tassos**, Client Services Coordinator

### RESPITE CARE:

**Carolyn McMath**, Respite Lead  
**Peggy Berger**, Respite Assistant

### KITCHEN STAFF:

**Sara Schrader**, Head Chef  
**Kathy Roberts**, Chef's Assistant

### 50+ ADVISORY BOARD:

**Ron Matthews**, Board Chair  
**Teresa Schader**, Vice Chair  
**Charles Collins**, City Council Liaison  
**Gene Arnold**  
**Robert F. Dwyer Jr.**  
**Joanne Haynes**  
**Marcia Robertson**

## MESSAGE FROM OUR DIRECTOR



*As we celebrate the LOACC's 45th anniversary,* I view the dynamic landscape and shifting demographics of our Center with gratitude. It brings into sharp focus our continued drive toward delivering on the FUNdamentals of Wellness with high quality services that are creative, cost-effective and engaging for the ranging generations of citizens we serve and seek to serve.

I am fortunate to face this landscape with the support of compassionate and thoughtful community members, volunteers and staff who aid in the delivery of excellent service. With this support, we have offered these FUNdamentals by researching best practices, pursuing evidence based programs, offering training to staff and volunteers, and by continually evaluating and assessing our position in the community.

Our annual highlights reflect this focus:

- VIP Program (Very Important Partnership) launch
- Received National Council on Aging recognition
- Received a national nomination for our Caregiver series
- Expanded Meals on Wheels board member support and contributions
- Enhanced our Mission, Vision and Values, and 2017-19 Strategic Plan
- A 30% increase in the number of partnering businesses, agencies, faith-based community
- Cross-generational events like our "Fly Me to the Moon Prom" powered by LO Youth Action Council

Next year watch for more fun activities, new ways to look at wellness, adding intergenerational programs, new Aging Mastery Program modules, and intellectually challenging talks.

Thank you for the opportunity to serve this wonderful community.

*Ann Adrian*  
*Lake Oswego Adult Community Center Manager*

## VOLUNTEERS: ESSENTIAL PIECE

*In 2015, LOACC volunteers  
contributed more than  
12,000 hours of service.  
That's worth over \$200,000!*

### **And our volunteers do it all!**

*Kitchen prep • Respite Care • Medical Escort  
Shuttle Bus Drivers • Meals on Wheels • Project Alert  
Farmers Market Volunteers • Conduct group activities  
Raise veggies at Luscher Farm • Movie Series  
Donate flowers, and more...*

### **ALL ACC ACTIVITY GROUPS ARE VOLUNTEER LED:**

*Adult Center Academy • Bridge • Pinochle  
Computer and Tech Users • Mah Jongg  
Knitting • Jottings • Weekly Walkers  
Special Interest Investment Group • Slow Jam  
Creative Hands • Learning and Technology Group  
Scrabble • 50+ Single Mingle • Quilters*



**Living Well in LO** Powered by Parks & Recreation is the overarching initiative demonstrating public health awareness in the City of Lake Oswego.

The campaign demonstrates how parks and recreation can benefit community wellness and address the six elements of wellness: Physical, Intellectual, Spiritual, Environmental, Social and Emotional. The LOACC is the backbone of the community in provision of health and wellness activities and services and has done so in LO since 1970.

Launched in 2015, the LOACC also unveiled the **VIP Program (Very Important Partners)** as a new way for citizens to show support for the important health and wellness services the LOACC provides to the Lake Oswego community.

The VIP Program was created in order to develop more sustainable opportunities for donation and fundraising efforts, and engage a more diverse and inter-generational audience of supporters for the LOACC and its services.

Open to all ages, residents, non-residents alike, VIPs enjoy perks and fun swag for enrolling as a yearly contributor. There are various levels to choose from ranging from \$50-\$500 with respective rewards and benefits. No matter which level, each donor helps to ensure that the LOACC can continue to provide their important human services, wellness activities and caregiving support. Donation funds provided by the VIP program helps LOACC deliver more value to a growing community.

Thanks to the support of local partners, The Springs at Carman Oaks and Lakewood Rehearsal Theater, the VIP Program provides exciting value with fun and creative perks and a wonderful way for LOACC to continue to deliver important programs and services to our community.



**IN LESS THAN 1 YEAR, LOACC HAS...**

**400**  
VIP'S

**& \$25,000**  
IN DONATIONS

**THANKS TO THE VIP PROGRAM**

## OUR PROGRAMS

**CAREGIVER CSI (COMFORT, SUPPORT, INSPIRATION):**  
WELLNESS JUST FOR CAREGIVERS  
Our Human Services Staff has created a variety of services to support people who care for older adults.

These services are focused around self care, education and emotional support.

- Fitness & Recreational Classes
- Stressbusting Classes
- Day Respite Services
- Massage
- Skin Care
- Support Groups

*“I am taking control of my life as a caregiver... Using strategies, breathing, music, visualization”*

-Attendee of Stressbusting for Family Caregiver Program

*90% of caregivers surveyed agreed these programs gave them a more positive view of their role of providing care.*

## LOACC HUMAN SERVICES

SUPPORTING INDEPENDENCE AND STAYING AT HOME



SERVING/DELIVERING MEALS

*“I consider Meals on Wheels one of the most essential pieces of our lives.”*



OUTREACH/ASSESSMENT



SHUTTLE BUS TRANSPORTATION  
7102 HOURS



SHOPPING SERVICE



HOURS AT THE FARMER'S MARKET

108 HOURS  
108 PERSONS  
PROJECT ALERT

Support Groups:

120 HOURS CAREGIVER  
117 HOURS WIDOWED PERSONS  
112 HOURS ARTHRITIS

Medicare  
26 HOURS  
56 PARTICIPANTS



MEDICAL ESCORT FOR  
56 PARTICIPANTS

186 HOURS  
INCOME TAX ASSISTANCE

Respite Service  
2104 HOURS  
OF SERVICE TO CLIENTS

## RECREATION AND ACTIVITIES\*:

- Technology and Computer Classes
- Bridge
- Knitting
- In Stitches Quilters
- Pinochle
- Mah Jongg
- Scrabble
- Friday Night Flicks
- Lunch Entertainment
- Trips

## SEMINARS AND WORKSHOPS:

- Downsizing! "Don't Be a Patsy"
- Dog Savvy
- Shared Housing
- Helping LO Businesses Serve Older Customers
- Conversations about Dementia
- How to Pay for Long Term Care
- National Senior Health and Fitness Day
- Senior Advocacy for Generational Equality
- Brain Health!

\*Sampling of 2015 offerings. Quarterly report with full listing available by request



AMP Participants Learn About Good Sleep Habits

## AGING MASTERY PROGRAM® (AMP)

### SMALL STEPS, BIG REWARDS

This program developed by The National Council of Aging is designed to help millions of baby boomers and older adults take critical steps to improve their wellbeing, add stability to their lives, and strengthen their ties to communities.

The ten week series explores how to repurpose and support the "Bonus Years" that many Boomers and Seniors will enjoy. Includes lectures, expert speakers, surprises, sharing and creating the kind of life you want as you age.

*"I wasn't even that interested in the topic (medication management) but the speaker was wonderful – she shared info that triggered questions I didn't even know I had."*

*– Aging Mastery Program Participant*

## LAKE OSWEGO MEALS ON WHEELS

LOCAL NON-PROFIT VOLUNTEER BOARD THAT SUPPORTS OUR LOCAL MEALS PROGRAM!

18,000+

MEALS SERVED & DELIVERED IN 2015.

1 in 4

RECIPIENTS COULD NOT AFFORD TO DONATE TOWARD THE COST OF THEIR MEAL.

*"The program is invaluable to allowing me to live in my own home."*

*– A Meals on Wheels recipient*

## FITNESS FOR 50+

#3 IN TOP 10 NATIONAL FITNESS TRENDS.

The brainchild of the City's 50+ Advisory Board, the City's first Fitspot location features machines geared to older adults. Fitspot opened spring of 2015 at West Waluga Park.

Classes, like *Boomer Boot Camp*, accommodate all fitness levels and use the Fitspot equipment.

*"Getting ready for Boot Camp in the morning is like getting ready as a child to play with friends outside."*

*– A Boomer Boot Camp participant*

## NEW EVENTS LAUNCHED IN 2015:

- "Fly Me to the Moon" Prom conducted by our Youth Action Council
- National Senior Health and Fitness Day directed by the Recreation and Cultural Division
- West Waluga Fit Spot championed by the 50+ Advisory Board.



## FINANCES FY 14/15\*



	Revenue /Budgeted	Actual
Beginning Balance	84,000	63,264
Federal Grants	43,000	58,483
Other Grants		21,428
Respite Fees	22,000	15,684
Trip Fees	6,000	8,767
Misc Revenue	16,000	7,103
Meals on Wheels Board Donation	40,000	44,000
Meal Donations (Participants)	59,000	64,915
Donations	68,000	39,898
General Revenue	839,000	839,000
Transfers	70,000	70,000
<b>Totals</b>	<b>1,247,000</b>	<b>1,232,542</b>

Expenses	Budgeted	Actual
Management Personnel Services	390,000	385,797
Management Materials and Services	452,000	323,046
Social Services Personnel Services	311,000	347,283
Social Services Materials and Services	94,000	106,581
<b>Totals</b>	<b>1,247,000</b>	<b>1,162,707</b>

\*Visit the City of Lake Oswego's website dashboard for up to the moment budget information for FY15/16

<http://www.ci.oswego.or.us/budget/#/>

\*The City of Lake Oswego has a biennial, fiscal year budget. The reporting period reflected here is for July 2014-June 2015. For the most up to date information please visit the City of Lake Oswego's web based dashboard.

## TOP 10 WAYS YOU CAN SUPPORT THE LOACC

**As a non-profit service** designed to support the local community, The LOACC needs YOUR help to continue to thrive and provide the necessary services to our aging adult community.

How can you support the LOACC? Here are our favorite ways to support our work!

- 1. VISIT THE LOACC** and see what we are all about! We are located under the trees in the First Addition neighborhood on G avenue. Our facility features a Fitness Room, reading area and several classrooms.
- 2. CONTRIBUTE** to the LOACC. While numerous services are offered free of charge, we rely upon and appreciate your donations to off-set the services and program costs. This system allows the Center to continue to offer low or no cost services to our community. Your donation to the Center is tax deductible and a receipt can be provided upon request.
- 3. BECOME A VIP.** As a VIP (Very Important Partner) you can enjoy fun swag and perks in exchange for supporting our programs and facility. Our VIP program offers free gifts, passes to the fitness center and the pool at The Spring at Caraman Oaks and so much more!
- 4. ATTEND OUR ACTIVITIES AND PROGRAMS.** By attending an event you provide much needed warmth, energy, engagement and community that help all of us thrive. From our yearly National Senior Fitness Day festivities to monthly First Friday Flicks with Frank there are several events that are great at any age.
- 5. LIKE US** on Facebook to stay up-to-date with our latest news and programs. Share and invite your LO friends to engage with us in person and online.

**6. DONATE TO MEALS ON WHEELS** through an online donation at <http://lakeoswegomealsonwheels.org>. This essential community service provides a hot, delicious, well-balanced meal delivered by volunteers to housebound adults (age 60 and older) and to those who are disabled (of any age).

**7. ENJOY A MEAL!** What's for lunch? The LOACC provides lunch on Monday, Wednesday and Friday at noon. Eat in, take-out or Meals-On-Wheels service. Everything made from scratch and reviewed and approved for nutritional content. Please call 503-635-3758 or visit our website at [www.loacc.info](http://www.loacc.info) for a listing of the delicious choices and menus.

**8. VOLUNTEER.** The Lake Oswego Adult Community Center relies on a consistent and established volunteer workforce to successfully operate the multitude of programs and services offered to the 50+ community. From making phone calls, to driving, grocery shopping, tax preparation, hostessing/serving or trip chaperon, there are a variety of big and small tasks to help out with while socializing and engaging with our vibrant community.

**9. READ AND SHARE OUR MOST RECENT NEWS.** We publish a bi-monthly newsletter outlining our programs and services that is distributed inside the HelloLO city publication.

**10. TAKE A TRIP WITH US** and enjoy a new view without the worry of driving! Meet new friends who enjoy an adventure too. Trips like Day Trippers, Lunch with Kat and Solo Dinner entices escapades and quests into new culinary experiences and exciting local sites. Plus, an added bonus of exotic and overnight tours has been added to this year's offerings. Come with the LOACC and journey with ease.



**Lake Oswego Parks and Recreation  
Adult Community Center**

505 G Avenue  
General Information  
503-635-3758

**Office Hours**

M-F 8a-4:30p

**Building Hours**

M-F 8a-8p

