

2018 Annual Report



MISSION: to help seniors and individuals with disabilities maintain their independence and continue living in their homes.

helpatyourdoor.org

651-642-1892

Serving the seven-county Twin Cities area since 1984



WHO DID WE HELP **THIS YEAR?**

What do you do for someone who has spent forty-seven years taking patients' blood pressures, changing IVs, and administering medications? **You visit. You help her out by giving her a ride to the store.**

What do you do when you encounter a man in his seventies who has recently lost his vision and is learning how to adapt to a new world while maintaining his own independence? **You bring him some food, help him put it away, and ask him how he is doing.**

In 2018, we helped more than one thousand people who each have stories as unique as they are. There is the electrical engineer, Tom, in his eighties trying to navigate the complexities of the health care system with his wife who suffers from Parkinson's disease. There is the piano teacher, Marina, whose decades of playing Beethoven left her hands unable to open jars. There is Doris who celebrated her 103rd birthday this year and mentioned to us that her "daughter has really slowed down after turning 80."

Some of the people we have met are low income and are just thankful for a friendly visit and a bite to eat. Others are wise beyond their years, sharing with us how to live life after their children have died. There are contrarians who struggle with needing a hand. And there are seniors who accept help because they want to give their daughters and sons a break. Some of our clients need help because their families do not live nearby.

For many people, their home provides a sense of comfort and continuity when life becomes a little more difficult. In the next decade, more and more baby boomers will need a helpful hand to continue living in their homes. They will need more than a package on their doorstep or an app to get a ride. They will need the thoughtful help of a trusted, caring person – and since 1984, Help at Your Door has been there providing this type of help.

This past year, 594 people reached out to call someone, to be the voice of a friend, to assist an individual with ordering food online, to wait with them at a medical clinic, or to clean their windows. We have had to say goodbye to hundreds of people who have needed higher levels of care or who have passed away. And this year, we had to say goodbye to Marion whom we visited and brought food to every week for the last twenty-eight years. Just ask her volunteer, Nancy, who called her weekly for the past seven years, what a difference a phone call can make.



Executive Director's Note



Thirty-five years ago, Help At Your Door began as a grocery program to help seniors remain independent. Over time, the nonprofit has evolved to serve not only seniors, but also adults with disabilities, veterans of all ages, and caregivers. We expanded our programs to include transportation, in-home support, relationship-building opportunities, as well as continued our grocery service to help ensure food security.

The number of those who need these services continues to grow ever so quickly, while the resources that are available to meet the rising demand struggle to keep up. The task is enormous, and each day reinforces the need for support for the seniors who have come before us and served us so well.

While we continually work to use our resources to their utmost capacity, we need your help to make sure that our neighbors, friends, and loved ones have services available to maintain their independence and continue living in their homes.

I invite you to be our partner, to use your talents and time so that every senior has someone that they can count on.

Karen Cotch, Executive Director

30,453
Personal Interactions

11,595
Food Deliveries

369
Client Assessments

31
Personal Check-ins per Client

LET THAT PERSON BE **YOU**



Give a ride or offer to drop off food to a senior in your neighborhood.

With the number of individuals who are older than 85 expected to double between 2010 and 2030, your support could be the difference between an older adult remaining as part of your community or relocating to a more costly healthcare setting.

It's time to be the change. Help us make aging a positive experience for seniors in the Twin Cities.



Learn more about giving back. Visit:

helpatyourdoor.org

Our Partners & Supporters

3M Foundation	Land O'Lakes Foundation
AARP Foundation	Leonette M. and Fred T. Lanners Foundation
Allianz Life Insurance Company of North America	Macalester Plymouth United Church
Ameriprise	Maguire Agency
Best Buy	Mardag Foundation
Blue Cross Blue Shield of Minnesota	Medtronic
Burnsville Rotary	Metropolitan Area Agency on Aging
Cargill	MidWestOne Bank - Golden Valley
Catholic Community Foundation	Minnesota Department of Human Services
City of New Hope	Prime Therapeutics
Cub Foods	Richard M. Schulze Family Foundation
Eagles Club #3208	Simma Flottesmesch & Orenstein
Edina Morningside Rotary Foundation	SpaceNet Equities
Entegris Charitable Fund of The Minneapolis Foundation	St. Paul's Church Home, Inc.
Fairview Health Services	State of Minnesota
General Mills Foundation	Stevens Square Foundation
Grace Church	Target Corporation
Grace Of God Lutheran Church	The Minneapolis Foundation
H.B. Fuller Company	The Saint Paul Foundation
Hardenbergh Foundation	Thomson Reuters
Hiawatha Academy	Thrivent Financial Foundation
Holden Family Foundation	U.S. Bank Wealth Management
Holy Name of Jesus Church	UnitedHealth Group
Hugh J. Andersen Foundation	WCA Foundation
Hy-Vee	Wells Fargo Institutional Retirement & Trust
InFaith Community Foundation	Westwood Professional Services, Inc
James R. Thorpe Foundation	Wooddale Church
Katherine B. Andersen Fund of The Saint Paul Foundation	Xcel Energy
Kopp Family Foundation	

Board of Directors

OFFICERS

Karen Polzin, *Board Chair*
Retired Executive | Cargill

Geoff Pescheret, *Vice-chair*
Retired Vice President | General Mills

Emily Scheevel, *Treasurer*
Principal | CliftonLarsonAllen

Ginger Sisco, *Secretary*
Principal | Sisco Public Relations, Inc.

Brett Anderson
President | St. Croix Advisors

Thomas Bailey
General Counsel | Minnesota
Public Utilities Corporation

Chris Chambs
Vice President, Finance |
Allianz Life

Catherine Gump
Retired Executive | Cargill

Deb Cross
Human Resource Leader |
Delta Air Lines

Brad Johnson
Owner | Oasis Senior Advisors

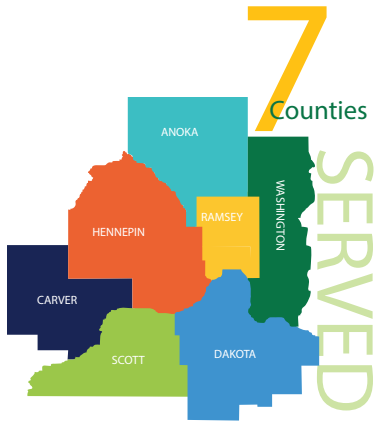
Kristin Ojala
Senior Manager, Global Travel &
Employee Services | General Mills

Erika Schuld
Director, Senior Health Care
Navigation | Allina

Sonja Simonsen
Senior Vice President |
Minnesota Bank & Trust

Brian Warnert
Retired Executive | General Mills

WHO WE HELP



1,000⁺
clients served

33%



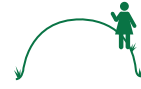
have incomes
below
\$12,000 annually

80%



live
alone

55%



are over the
age of 75

76%



have incomes
within federal
poverty levels

HOW IT'S POSSIBLE

594
volunteers gave

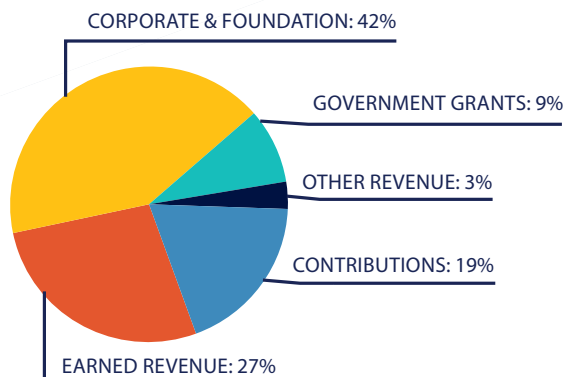
18,182
hours of their time



FINANCIALS

Revenue

Corporate & Foundation: \$386,200
Earned Revenue: \$251,406
Contributions: \$173,832
Government Grants: \$81,557
Other Revenue: \$29,402
Total Revenue: \$922,397



Source: independent audit of financial statements for year ending in September 30, 2018.
Conducted by Olsen Thielson & Co., Ltd.

Expenses

Programs: \$791,339
Administrative: \$82,048
Fundraising: \$67,540
Total Expenses: \$940,927*
*Includes funded depreciation of \$80,593

651-642-1892 | helpatyourdoor.org



How We Help

"I could not shop on my own at my age. You are doing good works for the community and providing a much-needed, excellent service in such a happy way. Thank you!" - Helen, 80



OUR SERVICES

Help At Your Door works to treat the whole person by providing services designed to enhance the quality of life, improve health outcomes, and meet the diverse needs of our clients, their families and caregivers. The relationships formed with clients through regular contact allow us to know if something is amiss or if additional support is needed.

GROCERY ASSISTANCE

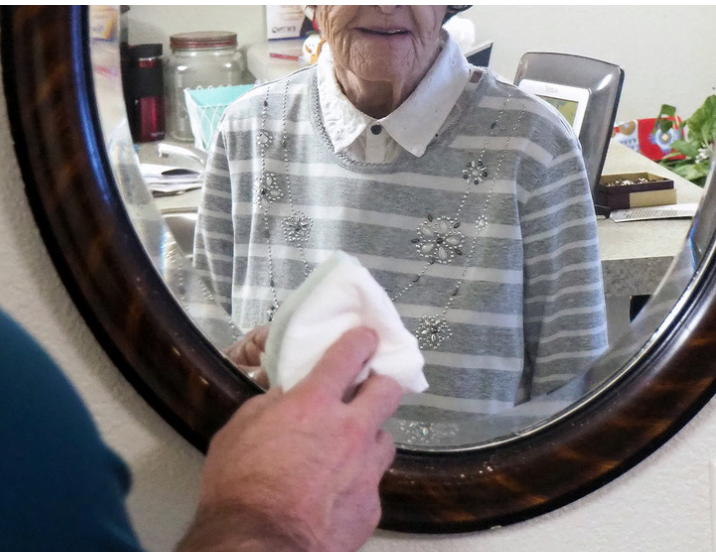
We believe in empowering our clients with choice while making sure that they do not go hungry. With the help of regular check-in calls from our Client Service Advocates, seniors select grocery and personal care items. Orders are placed online, shopped, brought to their kitchen and put away.

TRANSPORTATION

We help older adults maintain their life-long routines and remain connected to their communities when driving become too difficult or is no longer an option. Our drivers provide assistance getting into and out of vehicles and are also available to wait for clients while they complete their to-do lists or attend health appointments.



"Going out and meeting a stranger in this world is not easy to do, but with Help At Your Door, I felt safe and confident." - Mary, 70



HOME SUPPORT

Keeping an orderly home can be difficult for older adults, especially for individuals with limited mobility or who may be experiencing a decline in their vision. Our service includes both housekeeping and light home repair, enabling our clients to age in place safely and with dignity. We perform a variety of indoor and outdoor tasks, which can include anything from hanging pictures to washing windows.



Learn more about
our services. Visit:

helpatyourdoor.org



"These are people in the community who have a heart for helping others." - Betty, 86