MISSION: to help seniors and individuals with disabilities maintain their independence and continue living in their homes.
WHO DID WE HELP THIS YEAR?

What do you do for someone who has spent forty-seven years taking patients’ blood pressures, changing IV’s, 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

<table>
<thead>
<tr>
<th>Service</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Interactions</td>
<td>30,453</td>
</tr>
<tr>
<td>Food Deliveries</td>
<td>11,595</td>
</tr>
<tr>
<td>Client Assessments</td>
<td>369</td>
</tr>
<tr>
<td>Personal Check-ins per Client</td>
<td>31</td>
</tr>
</tbody>
</table>

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

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 Chams
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 Ojaia
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

Expenses

- Programs: $791,339
- Administrative: $82,048
- Fundraising: $67,540
- Total Expenses: $940,927*

*Includes funded depreciation of $80,593

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

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.

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.

"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

"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."

"These are people in the community who have a heart for helping others."

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

"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

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

"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

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

Learn more about our services. Visit: helpatyourdoor.org