

1 July 2016: VINE awarded a 5-year federal grant to implement the Diabetes Prevention Project with a focus on people with mobility limitations.

2 November 2016: VINE selected to receive the NuStep Gold Pinnacle Award. Karen and Jen travel to Orlando, FL, to accept award.

3 January 2017: Inauguration of VINE's rural public transit program.

4 February 2017: VINE's Adult Day Program expands to include programming for refugee elders and a contract with the VA.

5 March 2017: VINE's outreach to veterans and their spouses is enhanced thanks to a grant from the V4V Trust.

6 April 2017: The very successful Over the Edge fundraiser nets \$81,400 with proceeds designated toward the completion of the 5th floor.

7 May 2017: Bethlehem Lutheran Church celebrates its 150th Anniversary and donates a new van to VINE.

8 June 2017: VINE's warm water exercise pool opens thanks to numerous grants and contributions.

### VINE STAFF

	Part-time	Full-time
<b>VINE &amp; VACC</b>	13	11
<b>Transportation</b>	6	4
<b>Thrift Store</b>	4	3
	<b>23</b>	<b>18</b>

**26 FTE**

“Words cannot express the gratitude I feel for VINE. You welcomed my dad with open arms. Your kindness, care and overall concern for his well-being was evident in every act and conversation. Mankato is lucky to have such a caring community.”  
-Daughter of carereceiver

“I enjoy coming to class because as a learning partner, I can share stories and help English Language Learners feel good about themselves as they better their conversation skills.”  
-VINE volunteer

“VINE heals the whole person.”  
-VACC member



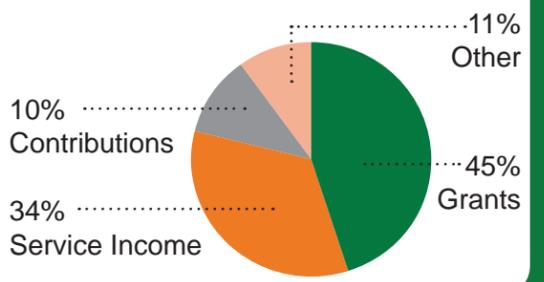
### FINANCIAL HIGHLIGHTS

#### FISCAL YEAR EXPENDITURES BY PROGRAM

	2017	2016
Aging Well at the VACC	371,604	303,004
Neighbors Helping Neighbors	621,175	529,045
Door2Door Non-Public Transportation	72,837	48,342
MnDOT Transportation	310,423	230,432
VINE Home Thrift Store	241,887	228,871
Administration	319,626	362,355
	<b>1,937,552</b>	<b>1,702,049</b>

#### REVENUES

2014	2,057,716
2015	2,273,241
2016	2,189,185
2017	2,630,405





## ORGANIZATIONAL IMPACT & DEMOGRAPHICS

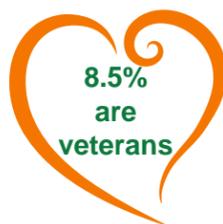
**1,581** people living in Blue Earth, Nicollet, and Le Sueur Counties benefited from one or more of VINE's services.

### Racial Heritage:

- White/Caucasian – 61%
- Black/African American – 11%
- Hispanic – 2%
- Asian - .9%
- American Indian/Alaska Native - .3%
- Multi-Racial/Other/Unknown – 25%

**Gender:** 66% female & 34% male

<b>Age:</b> <18 yrs.	8%
19-40 yrs.	16%
41-60 yrs.	19.5%
61-85 yrs.	43%
>86 yrs.	12.5%



### Income: 2017 Federal Poverty Guidelines

Household size	100% of Poverty Level	150% of Poverty Level	250% of Poverty Level
1	\$12,060	\$18,090	\$30,150
2	\$16,240	\$24,360	\$40,600
3	\$20,420	\$30,630	\$51,050
4	\$24,600	\$36,900	\$61,500

Based on medical assistance eligibility, we know that at least **38%** of VINE care receivers live at or below the federal poverty level. We conservatively estimate that **74%** of those we serve have low to moderate incomes. VINE's volunteer services are available to people without consideration of income; however, we ask care receivers who do not qualify for publically-funded programs to make equitable contributions.

## THE VINE HOME THRIFT STORE

The VINE Home Thrift Store completed another successful year. **27** volunteers contributed **3,452** hours helping the store staff raise funds to support VINE's programs and services. Through the referral program, VINE worked with agencies to provide needed furniture to low-income community members. Donations were received through store drop off or home pick up **2,234** times, with sales resulting in **\$112,914** net proceeds.

## VOLUNTEERS AT VINE

Number of new volunteers trained	74
Number of trained adult volunteers providing direct service to care receivers	517
Approximate number of youth and adult volunteers serving through special projects	700
Total number of volunteer hours provided	<b>37,105</b>

## HOT MEALS ON WHEELS

**208** older community members benefited from a hot weekday noon meal and personal safety check this year. **105** volunteers delivered **15,566** meals prepared by J. D. Truffles Catering to people living in Mankato, North Mankato, and Eagle Lake.

## TRANSPORTATION

VINE's transportation program experienced significant growth this year with the addition of TRUE Transit. Funded by MnDOT and Blue Earth, Nicollet, and Le Sueur Counties, VINE's new public transit service offers personal mobility for people of all ages and walks of life. Citizens living in rural communities will benefit from affordable rides to shop, see the doctor, get to work, and visit family and friends. Visit [truetransit.org](http://truetransit.org) to learn more.

**736** people received **16,849** rides from VINE this past year. **55%** of the rides provided were for people under the age of 60. **86** low-income community members received rides to work and daycare through VINE's People to Jobs Program. **126** volunteer drivers contributed **8,776** hours helping people without access to personal transportation get to their appointments.

## SUPPORT FOR CAREGIVERS

VINE's professional staff taught educational seminars and facilitated support groups in Mankato, St. Peter, and Mapleton. They spent hundreds of hours coaching families on how to best support aging loved ones. Based on attendance records, **523** caregivers benefited from one or more of VINE's supportive services.

## RESPIRE CARE

VINE's Adult Respite Center serves an important purpose for both family caregivers needing a break and for their loved ones requiring supervised care. Professional staff and volunteers enjoy spending time with aging adults who have progressive illnesses like dementia or Parkinson's disease or those who benefit from social and intellectual stimulation. Through an arrangement with the VA, qualifying veterans are eligible to participate several times a week at no charge. **45** volunteers contributed **2,283** hours sharing fun and friendship with **43** older participants this year.

## CHORES

**322** older adults benefited from VINE's chore program in FY17. Staff and volunteers mowed, shoveled, helped with home repairs, installed grab bars, delivered and set up hospital beds, and assisted with many other large and small projects that helped older friends maintain their homes and personal independence. **63** volunteer groups raked **171** homes last November as part of VINE's annual Rake the Town service project. Volunteers contributed about **4,200** hours of service.

## CARING CONNECTION

**42** older adults benefited from the regular visits and companionship offered by their Caring Connection volunteer. **41** trained volunteers shared **1,510** hours with other older adults who are isolated or challenged by their physical, situational or emotional life circumstances. Although demand for caring connections is increasing, we recently learned that a long-time federal grant that supported Caring Connection will not be re-funded.

## SERVICES TO REFUGEE ELDER

VINE positively impacted the lives of **88** older refugees from **19** countries. **67** volunteers contributed **2,252** hours providing rides, visiting, and tutoring in the Adult Literacy Center. Staff helped elders with housing, medical advocacy, paperwork, and learning English. The Kindred Gathering Day Program was developed and will offer isolated elders more opportunities to socialize with peers and be engaged.

## VINE ADULT COMMUNITY CENTER

The VACC functions much like a student union for aging adults and offers hundreds of opportunities for people in mid-life and beyond to improve physical health, socialize with peers, volunteer to help others, and access needed services. Programming is based on the Seven Dimensions of Wellness Model promoted by the International Council on Active Aging.

VINE Faith in Action has been recognized by many organizations for its commitment to successful aging. In 2017, VINE was awarded the coveted NuStep Gold Pinnacle Award for supporting and empowering older adults to take a step toward healthy aging. **258** volunteers shared **9,354** hours in FY17 helping out at the VACC. They willingly serve as receptionists, fitness center monitors, trip escorts, class instructors, gardeners, and office assistants.

## MEMBERSHIPS

Since opening in mid-2014, the VINE Adult Community Center has experienced rapid growth. Experienced adults have embraced whole-person wellness and participation has skyrocketed from **26,000** visits in FY14 to **83,000** visits in FY17. As of June 30, 2017, the VACC had **1,253** members with **1,004** trained to use the fitness machines. During the first three years they recorded progress averaging **80%** in core strength, **88%** in leg strength, and **56%** in upper body strength. Fitness activities now account for **80%** of the visits.

Group Fitness Classes	19,093
Walking Track	19,363
Fitness Center	25,697
	<b>64,113</b>

## EVIDENCE-BASED PROGRAMS

VINE staff and volunteers coordinated a wide array of research-backed health classes. **210** older adults participated in Matter of Balance, Diabetes Prevention Project, Living a Healthy Life with Chronic Conditions, Enhance Fitness (PALS) and Tai Chi for Health.

## AARP TAX-AIDE PROGRAM

During the 2016 tax season, the VACC's 5th floor served as the home of the AARP Tax-Aide Program. **21** highly trained volunteers prepared **1,750** federal tax returns and **1,350** rent and property tax rebates. Preparers estimate that at least **65%** of those served were female; most of whom were either single mothers or widowed elderly women living exclusively on social security and, perhaps, a small pension.