

March: VINE's ability to assist Hispanic elders increased with the addition of Lourdes Menjivar, a bilingual community outreach worker.

March: Mary O'Sullivan retired as the Education Coordinator and Helen Jaeb resigned as the Literacy Center Coordinator.

March: With the delivery of four new buses, VINE's TRUE Transit became fully operational.

May: VINE's second annual Over the Edge fundraiser netted \$78,715 designated towards finishing the 5th floor.

August: With a \$20,000 grant from the Mardag Foundation, VINE launched the Good Neighbor Project to address social isolation.

November: After learning a long-time Department of Human Services grant was not reviewed due to a small technical error in submission, the community was very generous in their support and affirmation of VINE's volunteer caregiving programs. A total of \$284,000 was contributed by December 31.

December: Construction began on the 5th floor of VINE to add additional room for exercise, programming, and rental.

### VINE STAFF

	Part-time	Full-time
VINE & VACC	16	13
Transportation	8	3
Thrift Store	5	2
	29	18



“I'm so appreciative of the meals being delivered and all the friendly volunteers who come to my door each day. Sometimes they are the only people I see that day”

- Carereceiver

“I appreciate all that you do. You make such a difference in my parent's ability to remain living independently in their own home.”

- Care Recipient's Daughter

“I couldn't ask for a better volunteer.”

- Caring Connection Recipient

“The VACC gives me purpose and routine.”

- VACC Member

# 2018 Annual Report

Promoting quality of life and a culture of caring, sustained by volunteerism, community engagement and support for neighbors in need.



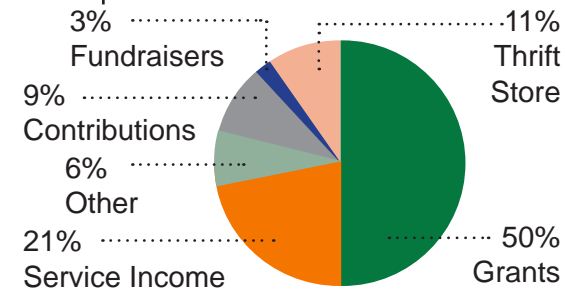
### FINANCIAL HIGHLIGHTS

#### FISCAL YEAR EXPENDITURES BY PROGRAM

	2017	2018
Aging Well at the VACC	479,793	682,168
Neighbors Helping Neighbors	641,031	671,254
Door2Door Non-Public Transportation	82,649	154,580
MnDOT Transportation	312,027	426,350
VINE Home Thrift Store	258,695	267,213
Administration & Fundraising	515,497	485,368
	<b>2,289,692</b>	<b>2,686,933</b>

#### REVENUES

2014	2,057,716
2015	2,273,241
2016	2,189,185
2017	2,603,964
2018	3,127,967



Greater Mankato Area  
United Way  
Community Partner







## ORGANIZATIONAL IMPACT & DEMOGRAPHICS

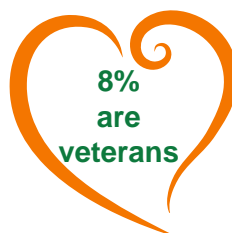
**1,636** people living in Blue Earth, Nicollet, and Le Sueur Counties benefited from one or more of VINE's services.

### Racial Heritage:

- White/Caucasian – 56%
- Black/African American – 10%
- Hispanic – 2%
- Asian - 1%
- American Indian/Alaska Native - .2%
- Multi-Racial/Other/Unknown – 31%

**Gender:** 67% female & 33% male

<b>Age:</b> <18 yrs.	7%
19-40 yrs.	15%
41-60 yrs.	20%
61-85 yrs.	46%
>86 yrs.	12%



### Income: 2017 Federal Poverty Guidelines

Household size	100% of Poverty Level	150% of Poverty Level	250% of Poverty Level
1	\$12,140	\$18,210	\$30,350
2	\$16,460	\$24,690	\$41,150
3	\$20,780	\$31,170	\$51,950
4	\$25,100	\$37,650	\$61,500

Based on medical assistance eligibility, we know that at least **39%** of VINE care receivers live at or below the federal poverty level. We conservatively estimate that **83%** 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. **36** volunteers contributed **2,862** 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 **2,424** times.

## VOLUNTEERS AT VINE

Number of new volunteers trained	86
Number of trained adult volunteers providing direct service to care receivers	606
Approximate number of youth and adult volunteers serving through special projects	700
Total number of volunteer hours provided	<b>47,803</b>

## HOT MEALS ON WHEELS

**181** older community members benefited from a hot weekday noon meal and personal safety check this year. **101** volunteers delivered **16,005** 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 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.

**844** people received **18,247** rides from VINE this past year. **53%** of the rides provided were for people under the age of 60. **77** low-income community members received rides to work and daycare through VINE's People to Jobs Program. **122** volunteer drivers contributed **8,624** 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 and Mapleton. They spent hundreds of hours coaching families on how to best support aging loved ones. Based on attendance records, **352** 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. **44** volunteers contributed **2,529** hours sharing fun and friendship with **38** older participants this year.

## CHORES

**142** older adults benefited from VINE's chore program in 2018. 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. **62** volunteer groups raked **160** homes last November as part of VINE's annual Rake the Town service project. Volunteers contributed about **4,200** hours of service.

## CARING CONNECTION

**62** older adults benefited from the regular visits and companionship offered by their Caring Connection volunteer. **56** trained volunteers shared **2,903** hours with other older adults who are isolated or challenged by their physical, situational or emotional life circumstances. In 2017 we learned that a long-time federal grant that supported Caring Connection would not be re-funded, but demand continues.

## SERVICES TO REFUGEE ELDER

VINE positively impacted the lives of **97** older refugees from **21** countries. **67** volunteers contributed **2,812** 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 offers 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. **306** volunteers shared **11,595** hours in 2018 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 **100,000** visits in 2018. As of Dec. 31, 2018, the VACC had **1,650** members with **1,583** trained to use the fitness machines. During the first four years they recorded progress averaging **75%** in core strength, **63%** in leg strength, and **57%** in upper body strength. Fitness activities now account for **90%** of the visits.

Water Exercise	11,873
Group Fitness Classes	23,983
Walking Track	24,925
Fitness Center	29,094
	<b>89,875</b>

## EVIDENCE-BASED PROGRAMS

VINE staff and volunteers coordinated a wide array of research-backed health classes. **135** older adults participated in Matter of Balance, Diabetes Prevention Program, Living a Healthy Life with Chronic Conditions, Enhance Fitness (PALS) and Tai Chi.

## AARP TAX-AIDE PROGRAM

During the 2018 tax season, the VACC's 5th floor served as the home of the AARP Tax-Aide Program. **15** 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.