

# Annual Report 2015 (July 1, 2014-June 30, 2015)



## Vintage, Inc. Founded in 1973

### Dear Friends of Vintage,

It's no exaggeration to say this past fiscal year – July 2014 through June 2015 – was one of the most exciting times in the history of Vintage. As you've no doubt heard, 2015 saw the finalization of our affiliation with Familylinks, Inc., one of our region's largest and most respected providers of human services. We also underwent renovations at our senior center that helped to improve comfort and usability for all, and our Better Choices, Better Health program had a banner year.

As a result of our renovations, Vintage now has brighter, more comfortable spaces for members to spend time; computers for members to use for work or fun; and a gym area with machines that members can use to stay in shape.

In fiscal year 2014-15, Vintage expanded the number of individuals served as compared with the previous two years. As we continue to grow and serve Allegheny County, our new affiliation with Familylinks allows us to use our resources more wisely, and focus on what's most important to us: **our mission to improve and influence the experience of aging in our community.**

The work we've done this past year has prepared us for what's ahead: In 2015-16, we anticipate big strides, like our accreditation by the National Council on Aging. We continue to work at the things that set us apart. And the generous support of our individual, corporate and foundation donors helps us to continue to achieve and exceed our goals.

Thank you for your support this year, and for helping us craft a bright future for Vintage!

Sincerely,

Two handwritten signatures in blue ink. The first signature is 'Ann Truxell' and the second is 'Kate Freed'.

Ann Truxell, Executive Director

Kate Freed, Board Chair



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## Fiscal Summary

### Support & Revenue

Public Support (36%)	\$360,800
Donations	\$33,903
United Way Grant	\$257,897
Foundation Grants	\$69,000
Government (20%)	\$200,770
Gain on Sale of Building (11%)	\$108,303
Property Fund Transfer (12%)	\$117,550
Government In Kind (6%)	\$59,122
Board Designated Fund (2%)	\$23,000
Operating Revenue (13%)	\$130,350

**TOTAL SUPPORT AND REVENUE** **\$999,895**

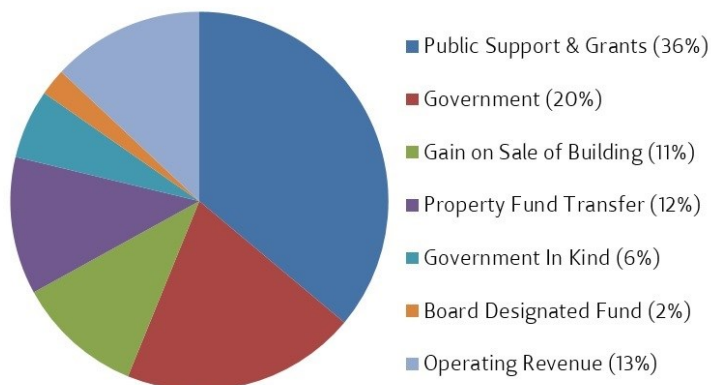
### Expenses

Personnel (45%)	\$467,763
Occupancy (15%)	\$150,789
Program Supplies (6%)	\$67,137
General Operating (6%)	\$64,392
Professional Fees (10%)	\$103,591
Better Choices, Better Health (12%)	\$129,912
In Kind (6%)	\$59,122

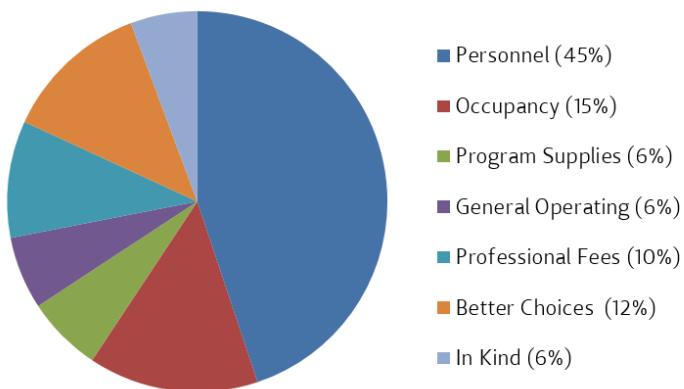
**TOTAL EXPENSES** **\$1,042,706**

**SURPLUS** **(\$42,811)**

### Support & Revenue



### Expenses



### Service Statistics

Unduplicated Persons — Senior Center	973
Average Daily Attendance — Senior Center	126
Information & Assistance Contacts	1,292
Female	73%
Male	27%
Living Alone	50%
Black/African-American	78%
White/Non-Minority	20%
Other	2%
Under Age 60	6%
Age 60-69	35%
Age 70-79	32%
Age 80-84	15%
Age 85+	12%

### ***“If you don’t have any chronic health issues, you can’t possibly understand”***

Marylou is a volunteer Peer Leader with the Better Choices, Better Health program – and she has dealt with chronic health issues herself. That’s been key to helping her help others.

“Some days, just getting out of bed is a challenge,” she says. “I have arthritis ... sometimes the muscles in my polio leg don’t want to work.”

Marylou went through the Better Choices program years ago, and that’s what inspired her to help out. “Taking that course, it really changed my life.”

As someone living with Post-Polio Syndrome, and the effects of encephalitis, she’s able to empathize with the people who come to learn about managing chronic health issues. She teaches everyday approaches, like eating well and getting exercise.

And it’s helped her: She says she pushes herself to do better, because she knows she’s an example for others. “I’ve had people come up to me in the grocery store and let me know how the program has helped them!” she notes. “It’s a wonderful program.”



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## Donor Report

Thanks to the generosity of our donors, Vintage is able to achieve our mission to *improve and influence the experience of aging in our community*. We are honored to thank these individuals, corporations and foundations who, together with the United Way of Allegheny County, made donations and grant awards.

### Individuals & Families

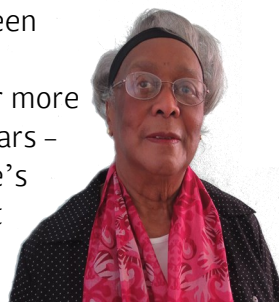
Anonymous  
Kathleen Bashline  
N. Beaumont Beard  
Melinda Beard  
Dotti Bechtol  
Charles & Shelley Bitzer  
John Bitzer, Jr.  
Judith Black  
Joseph Bonner  
Thomas J. Bouch  
Teri Bridgett  
John Brown  
Peter T. Brown  
Betty Burgess  
Darlene Burlazzi  
Arlene Coles  
Jennifer Collins  
Carol Dalcanton  
Suzanne Davis  
Rosemary DePhillips  
Patricia Denson  
Frank Distazio  
Richard & Rhoda Dorfzaun  
Doris Frazier  
Connie Finseth  
Robert Follette  
Kate Freed  
Jo-Ann Garofolo  
James & Carolyn Goins  
Ruth Greenlee  
Charles & Kitty Gross  
Anne Handler  
Joan Heckel  
Janet Herbert  
David & Marguerite Hills  
William Holtz  
Ava Lynn Hom  
Lindley Reed Hunter  
Emmett Carter Jones  
Paula Kearney  
Leonard and Peggy Kisslinger  
John & Mary Lou Lehoczy  
Edward Lesoon, Jr.  
Ronny & Carolyn Lewis

Peter Licastro  
Richard A. Lockyer  
Kathleen Maguire  
Brent Massar  
Kenneth Matthews  
Abby Middleton  
Patricia Miller  
Roberta Milyak  
Linda Moore  
Erik G. Mosley  
Barbara C. Murphy  
Carol Nelkin  
L. Theodore Neighbors  
Beth Nolan  
Roberta Odell  
Vic Papale  
John & Joan Pasteris  
Joyce Pearl  
Melissa Polachek  
Sandra Preuhs  
Evelyn Robinson  
James and Louisa Rudolph  
Dorothy Sabbio  
Judith Scanlon  
Cheryl Schell  
Jeffrey Shaffer  
Donald Sherwood  
Michael Smith  
Robert Smith  
Dick and Ellen Spangler  
Thomas & Janet Sturgill  
Matthew Tremaine  
Ann Truxell & Robert Nelkin  
Greg Voss  
Sharon Washington  
Virginia Wellman  
Ellen Whyte

Vintage is a contracted provider  
for the Allegheny County  
Department of Human Services'  
**Area Agency on Aging.**

### ***“They just made me feel like I had a purpose”***

Vicy has been involved at Vintage for more than 20 years – though she’s quick to let you know that she is,



in fact, only 36. The Penn Hills resident (actually preparing for her 80th birthday in 2016) has learned to dance, gone on trips to the theater – and, more importantly, learned about herself via Vintage.

She was convinced to join the talent show even though “I didn’t even know I had a talent!” It turns out she’s a fine stand-up comic.

Most importantly, Vintage helped Vicy to stay active and social after her husband, who was also a Vintage member, passed. “If it hadn’t been for Vintage, I don’t know what would have happened to me!” she says.

“The days I don’t get to come [to Vintage], I think, ‘This is a bad day!’”

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## Corporate & Foundation Support • Staff & Board



Allegheny County Medical Society Foundation  
Andrew R. and Dorothy L. Cochrane Foundation  
Jack Buncher Foundation  
Giant Eagle Foundation  
Highmark  
Jendoco Construction Corporation  
Milton G. Hulme Charitable Foundation  
Pennsylvania Department of Aging Senior Community Center Grant  
William B. McLaughlin Charitable Trust  
United Way of Allegheny County Maurice Falk Fund  
Kevin R. and Tracy Ann Walsh Fund of the Pittsburgh Foundation  
The Forbes Funds



### Better Choices, Better Health®

Funding from Highmark, the Allegheny County Medical Society Foundation, and the United Way of Allegheny County supports the *Better Choices, Better Health*® program, an evidence-based program designed by Stanford University to promote self-management skills for older adults with chronic conditions.

During fiscal year 2015, Vintage conducted **32 workshops** with a total of **354 graduates**, exceeding our goals for the year. Of those who enrolled in workshops, 83% graduated, which is above the national average of 72%. We also trained and certified **47 volunteer peer leaders** in FY 2015, exceeding our goal of 25.



### Employees

Ann Truxell  
Executive Director

Tom Sturgill  
Center Director

Jennifer Collins  
Business Manager

Cheryl Schell  
Information & Assistance Specialist

Linda Moore  
Activities Coordinator

Ken Matthews  
Custodian

Janet Sturgill  
Receptionist

Rosemary DePhillips  
Trip/Volunteer Coordinator

Michael Smith  
Grant Coordinator

Teri Bridgett  
Grant Assistant

### Board of Directors

Kate Freed  
*Chair*

Bill Holtz  
*Treasurer*

Dotti Bechtol  
*Secretary*

Beth Nolan

John Brown

Edward J. Lesoon, Jr.

Jeffrey Shaffer

Judy Black, M.D.

Gregg Voss