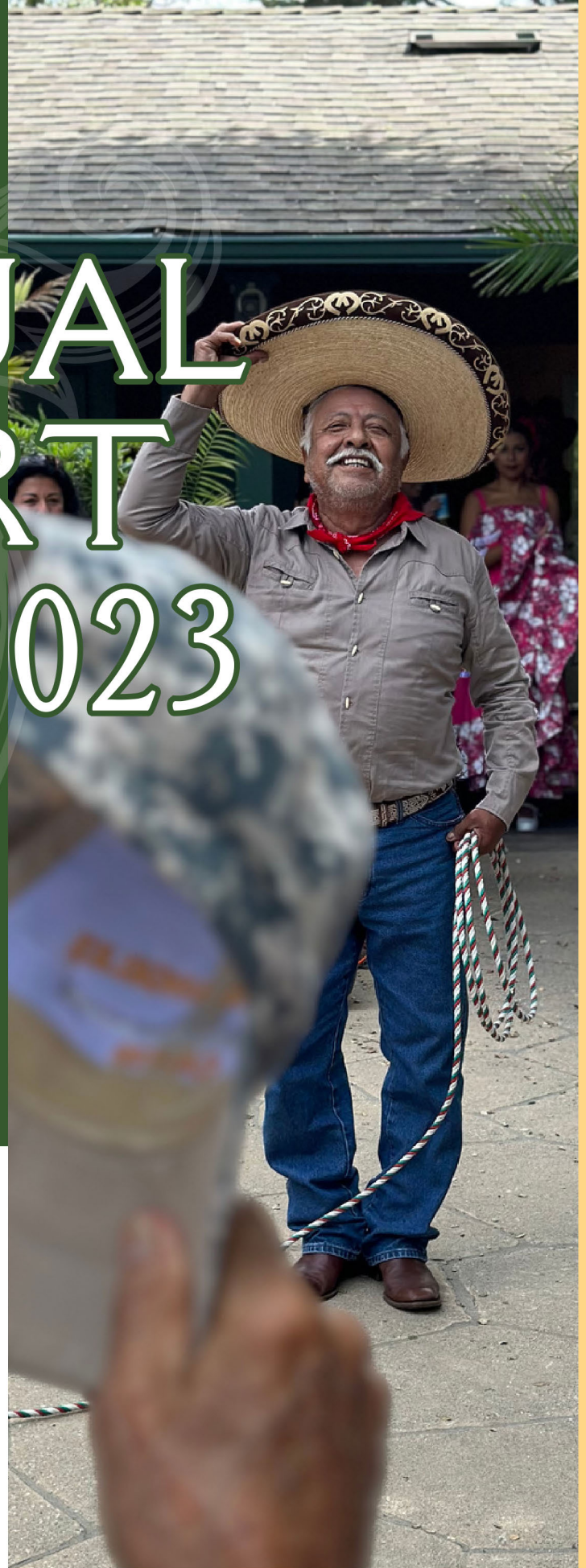


ANNUAL REPORT 2022 - 2023





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Special Thanks to Our Volunteers

We could not provide such a dynamic program without our wonderful volunteers.

Thank you in particular to our volunteer group partners from Santa Barbara City College, Westmont College, Santa Barbara Middle School, Cycling Without Age, Richie's Barbershop, Rosewood Miramar Beach, and Sahagún Dance Studio.

WHAT FRIENDSHIP CENTER DOES

At Friendship Center, we foster a warm community space where older and dependent adults find social connection, companionship, and joy—essential elements often overlooked in this chapter of their lives.

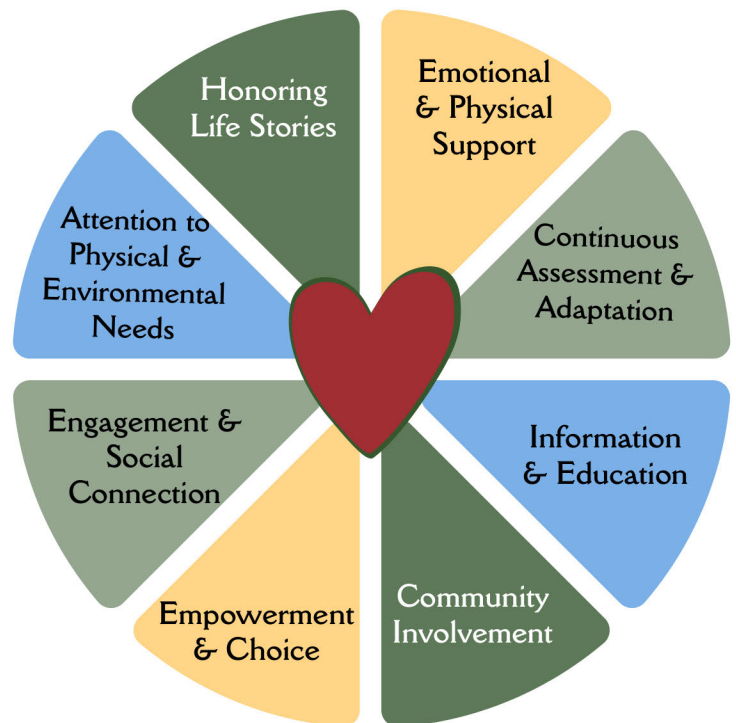
Aging gracefully with us means prolonging the necessity of costly residential care or full-time in-home support, allowing families to stay united. Our unique, non-medical, social model day program empowers seniors to age in place, maintaining a sense of purpose and cherished connections with the people and the community they call home.

Our team of professional and compassionate care providers build profound relationships with our members, facilitating open communication with families about their loved one's evolving needs, ensuring a collaborative approach in addressing mental and physical health needs.

Research affirms the benefits of adult day programs, positioning them as the future of care, especially in light of the imminent shortage in geriatric specialists and trained dementia caregivers.

As we navigate this future, Friendship Center stands as an essential resource, urging benefactors, volunteers, and supporters to join our cause, acknowledging the invaluable impact we make in preserving the well-being of our seniors and their families.

Friendship Center's Approach to Person-Centered Care



MESSAGE FROM HEIDI HOLLY

A Legacy of Growth, Resilience, and New Beginnings



Heidi Holly

FRIENDSHIP CENTER'S
EXECUTIVE DIRECTOR
1985 - JULY 2023

When I joined the Friendship Center crew in 1985, I truly didn't realize how much my life would change, and how I would be inspired by a mission so compelling that it would propel me for the next 38 years!

We've gone from providing outdoor activities in a parking lot to a secured and beautiful landscaped courtyard. We've created innovative programs embracing person centered care, and have been instrumental in serving those individuals with mild cognitive challenges.

I've been blessed to have had the opportunity and enthusiastic commitment to lead this wonderful organization, which has a legacy of providing outstanding care for our aging community, and much needed respite for their caregivers.

I am happy to share with the utmost confidence that our new executive director, Kathryn Westland, has the same commitment to carry on with this legacy!

Her leadership skills, sophisticated confidence, and most importantly her passionate heart for the work we do will propel us into the future. Rest assured we are in good hands!

I want to express my profound gratitude to the people we serve, our supporters, community partners, volunteers, and the incredible board and staff. I am amazed with your unwavering commitment and dedication and continuous support to make Friendship Center the best it can be.

The fond memories will remain in my heart always and I'm excited for what's next to come for this very special organization.

Heidi Holly



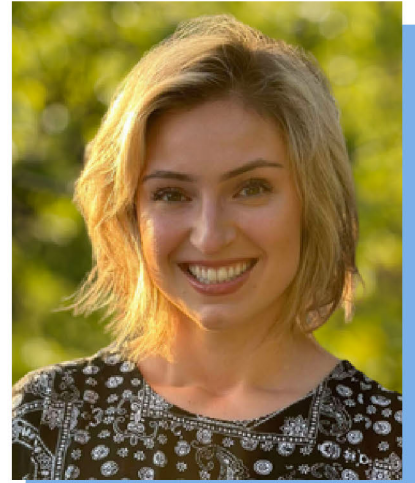


MESSAGE

FROM OUR EXECUTIVE LEADERSHIP

Returning to Friendship Center in July has been a true homecoming for me, and I couldn't be more thrilled to lead this very special place into its next chapter. I'm most excited about strengthening our community ties, expanding our reach, and fostering an exceptional team of compassionate professionals who care for and respect our members as if they were family.

This work is deeply personal for me having had many cherished friends attend and "graduate" from Friendship Center. I've seen an evolution in the characteristics of both our members and caregivers and know that there is even more change on the horizon. I take great pride in representing our community's greatest resource for eldercare and am confident that we will be successful in responding to the wave of change with the utmost dignity, compassion and joy!



Kathryn Westland
EXECUTIVE DIRECTOR
Kathryn Westland



Cynder Sinclair
BOARD PRESIDENT
Cynder Sinclair

Looking back at 2023, we are both amazed at our positive response to the challenges of the pandemic and excited about our future growth. The past two years truly revealed how creative and responsive Friendship Center is to adversity, and the lessons learned from this time have only enhanced our good work. This year, we celebrated Heidi's incredible 38-years of building Friendship Center into a strong and viable organization. We wish her the best in retirement, although we know she will always be our cheerleader.

I am deeply thankful to the board of directors for quickly jumping into the work of finding a new executive director. And what a success we had! Our new leader, Kathryn Westland, is leading us into the next chapter with high energy and wise counsel. I am optimistic about Friendship Center's trajectory and the potential for even greater impact in the coming years.

All in all, we look forward to working in partnership with our community, our board and our staff to build a more robust program to serve our seniors and their caregivers. Thank you for your continued faithful support of our essential work.



2022/2023

WHO YOU HELPED



130 Adult & Senior Friends

Program attendees, ranging in age from 32-102, visited Friendship Center a combined 584 times this year.



653 Care Consultations

Caregivers receive guidance on navigating their loved one's needs, as well as their own, and are connected to local resources, such as the VA.



27,707 Hours of Respite

In the 245 days we were open this year, members spent a significant amount of combined time enjoying our program while also providing their caregiver's respite.



\$426,148 in Savings for Families

By attending our program, members & their families saved nearly half a million dollars in in-home care costs, based on the current avg cost in SB County.



1,750+ Meals Served

We combat food insecurity among our members by providing nutritious, hearty meals specifically designed for seniors.

Who attends Friendship Center?

A US Airforce nurse
turned accomplished
women's rights activist

A two-time
Olympic Gold
medalist

A MATH TEACHER

AN
ADOPTIVE
PARENT



A beloved wife &
mother of 7 who
immigrated from
Mexico

A Harvard
graduate

A
veterinarian



A proud Texan
who keeps up
with his high
school's
current
football team's
record

A
LIVERPUDLIAN
/ SCouser
WHO CAME
TO AMERICA
WITH HER US
MARINE
HUSBAND

a
pediatrician

A
COMEDIAN



A LAKERS FAN WHO GREW UP IN INDIA AND WAS ONCE KNOWN
AS "THE FUTON KING" OF THE CENTRAL COAST

A fire
captain

A
UCSB
GAUCHO

A loving father of 13
who loves hearing
people around him

MANY HUSBANDS,
WIVES, MOMS,
DADS, GRANDMAS,
GRANDPAS, AUNTS,
UNCLES, BROTHERS,
SISTERS AND
BELOVED FRIENDS

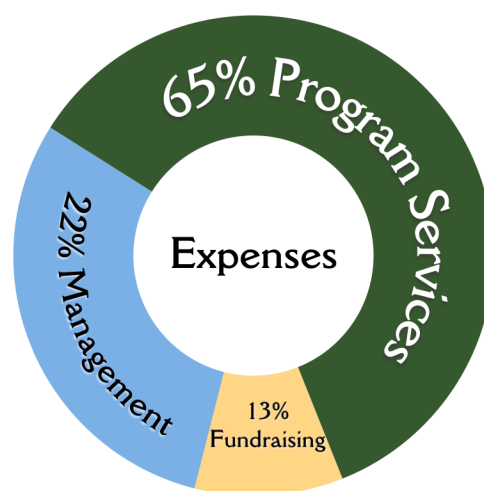
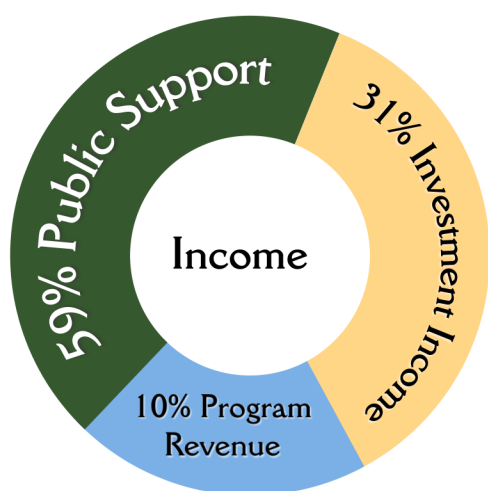


2022/2023

HOW YOU HELPED

In the last year, Friendship Center expanded hours to provide extra support for individuals in our community in need of support and connection. We're committed to helping aging members of our community thrive, providing an inclusive and welcoming environment for all.

With your ongoing support, we can continue to grow and evolve, responding to the changing needs of our community and expanding our reach to help even more people. Thank you for being a part of the FRIENDSHIP CENTER family.



Program Revenue	\$ 296,639
Investment Income	\$ 528,498
Other Public Support	\$ 647,051

Fundraising	\$ 120,245
Management	\$ 356,387
Program Services	\$ 729,386

Through the generous support of our community through foundation & government grants, individual gifts & bequests, fundraising event participation & sponsorships, and ongoing donations, we were able to keep our membership fees to families to a fraction of any other supportive resource, including in-home or residential care, in our area.

These fees are based on a sliding scale, determined by the family's ability to contribute. Thank you for helping us stay true to our commitment to **never turning someone away due to inability to pay.**

MANNY'S STORY

“—

My father, Manny Vasta, has been attending the Friendship Center for 4+ years. As his Alzheimer's has progressed even more in the last 6 months with confusion and memory loss, his experience at the Center poses a very different and positive dynamic. Every morning,

Manny is aware that he will be visiting the Center, and looks forward to it. The Center offers him the two most important things in his life: to be social and to be helpful. He arrives with a smile and leaves with a smile, and his positive experience is a credit to the staff. On certain days he commands the dance floor and wears out the members and the staff. Heaven for him! The fact that he remembers that he goes to the Friendship Center and attends willingly is quite remarkable, and is a statement as to the quality of the daily life that the Center offers to members like my Father.



THANK YOU TO ALL OUR CONTRIBUTORS



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DID YOU KNOW?

83% of the help provided to older adults in the US comes from family, friends or other unpaid caregivers

48% of unpaid caregivers for older adults are caring for someone with a form of dementia

Two-thirds of unpaid dementia caregivers are women

Over half of unpaid dementia caregivers are caring for their parent or in-law

Source: Alzheimer's Disease Facts and Figures Report, ©2023 Alzheimer's Association



**FRIENDSHIP
CENTER**

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SANTA BARBARA, CA 93108



25th Annual Festival of Hearts

**Saturday, Feb. 3rd, 2024
Rosewood Miramar Beach**



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resident, you or someone you
know has been or will be
supported by Friendship Center.**