

BUILDING
**COMMUNITY
CONNECTION**

THE 2017 ANNUAL REPORT OF MYSTIC VALLEY ELDER SERVICES

YOUR NEIGHBORS KEEP MYSTIC VALLEY
CONNECTED TO YOUR COMMUNITY
BY SERVING ON OUR GOVERNING BODIES

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2016-2017

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Dear Friends,

As we reflect on the past year, we are proud of—and *humbled by*—the support you have given us. **Because of you**, we continue to build connections within our communities, linking individuals with the information and services they need to live the way they want.

This year, you helped us connect older adults and adults living with disabilities with essential home care services, giving each person the opportunity to keep living independently in the community. Your support made it possible to deliver nutritious meals every weekday to those who have difficulty leaving their homes.

And your friends, neighbors and caregivers were able to easily and effectively access the information and advice necessary to make decisions about planning for their own future or caring for loved ones.

Each day, through our work, we get to see the impact of your generosity in action.

As you read our stories about the lives you've changed, **we hope you'll consider becoming even more deeply involved with Mystic Valley Elder Services**, by:

- referring someone who needs our assistance,
- subscribing to our newsletter to stay informed,
- joining our dedicated team of volunteers, or
- calling us if you or a loved one need compassionate, expert services like those we provide.

Together, we will continue to fulfill our mission: supporting the right of older adults and adults living with disabilities to live independently and with dignity, and to connect them and their caregivers to the resources they need and deserve.

Sincerely,



Daniel J. O'Leary
Executive Director



Mary Prenney
President, Board of Directors

Mystic Valley Elder Services | 300 Commercial St. #19, Malden, MA 02148
mves.org | 781-324-7705 | info@mves.org

*Rick served as a dedicated member of the Board of Directors until he passed away in March 2017



Léonore and her mother Helen share a two-family house in Medford, and have loved every minute of being neighbors. A few months ago, Helen began showing signs of dementia and Léonore was beside herself. She was overwhelmed with concern and a feeling of powerlessness.

“I went from endless sleepless nights to being able to enjoy the time I have with my mother, knowing I am giving her what she needs.”

With expert guidance from Mystic Valley, Léonore could explore her options and make an informed decision about her mother’s care. No longer as overwhelmed as she was, Léonore can now find moments of joy and relief.

16,448 community members called for free, unbiased, and expert guidance . . . and got the answers they needed.

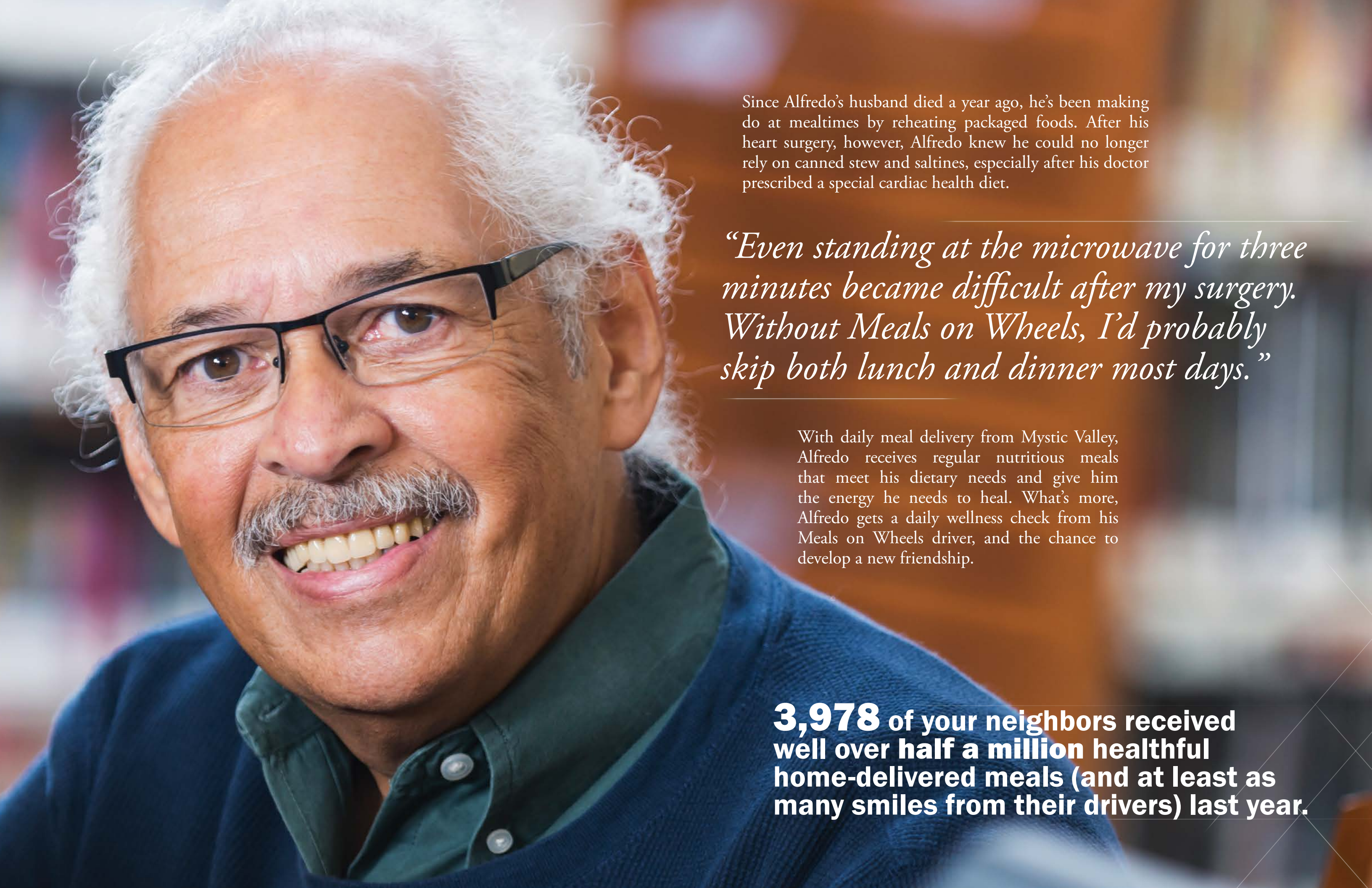


Tana has been taking care of herself since she left home at sixteen. She's worked as a telephone operator, a riveter, a civics teacher, and a museum docent. She has built a strong, intergenerational community and she has no intention of leaving her apartment for a nursing home just because she's "ninety-eight years young."

"I've spent decades making my home into a place of welcome, comfort, and retreat, and I cherish each additional year I spend here."

With a little daily assistance from Mystic Valley Elder Services, such as help with dressing and personal care to get ready for the day, assistance with grocery shopping, and transportation to medical appointments, Tana stays independent and happy in her Stoneham home. She even hosts her grandniece for sleepovers once a month, a special treat for them both that wouldn't be possible if Tana lived in a nursing home.

7,709 of your neighbors connected with compassionate and skilled home care workers last year . . . and remained at home and engaged in your shared community.



Since Alfredo's husband died a year ago, he's been making do at mealtimes by reheating packaged foods. After his heart surgery, however, Alfredo knew he could no longer rely on canned stew and saltines, especially after his doctor prescribed a special cardiac health diet.

“Even standing at the microwave for three minutes became difficult after my surgery. Without Meals on Wheels, I’d probably skip both lunch and dinner most days.”

With daily meal delivery from Mystic Valley, Alfredo receives regular nutritious meals that meet his dietary needs and give him the energy he needs to heal. What's more, Alfredo gets a daily wellness check from his Meals on Wheels driver, and the chance to develop a new friendship.

3,978 of your neighbors received well over half a million healthful home-delivered meals (and at least as many smiles from their drivers) last year.

ASSETS

Cash	\$5,944,206
Accounts Receivable	\$11,785,442
Fixed Assets	\$918,308
Other Assets	\$242,917
Total Assets	\$18,890,873

LIABILITIES & Net Assets

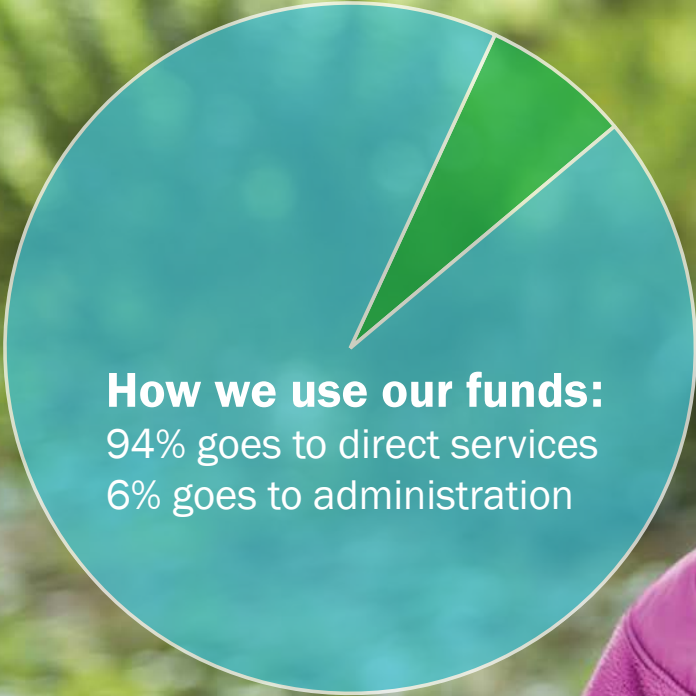
Current Liabilities	\$9,076,567
Unrestricted Net Assets	\$4,229,833
Board Designated Fund	\$5,584,473
Total Liabilities & Net Assets	\$18,890,873

REVENUE

	Program Services	Administration & Management	Fundraising	TOTALS
Federal & state funding	\$56,493,555	\$0	\$0	\$56,493,555
Contributions from program participants	\$1,060,077	\$0	\$0	\$1,060,077
Donor contributions and grants	\$596,587	\$0	\$159,608	\$756,195
Other income	\$7,067,056	\$0	\$0	\$7,067,056
Investment income	\$0	\$6,669	\$359,528	\$366,197
	Total revenue: \$65,217,275	Total revenue: \$6,669	Total revenue: \$519,136	Total revenue: \$65,743,080

EXPENSES

	Program Services	Administration & Management	Fundraising	TOTALS
Client services expenditures	\$48,185,440	\$0	\$0	\$48,185,440
Employee compensation	\$13,169,761	\$1,744,279	\$131,545	\$15,045,585
Other costs	\$1,519,997	\$785,959	\$43,388	\$2,349,344
	Total expenses: \$62,875,198	Total expenses: \$2,530,238	Total expenses: \$174,933	Total expenses: \$65,580,369
				Surplus: \$162,711



STEWARDS

Gifts \$5,000+

- ABC Home Healthcare Professionals
- The Adelaide Breed Bayrd Foundation
- Agero, Inc.
- Anonymous (2)
- Associated Home Care, an Amedisys Company
- BNY Mellon/Herbert H. Fletcher Trust
- Bushrod H. Campbell and Adah F. Hall Charity Fund
- Charles F. Bacon Trust, Bank of America, N.A., Trustee
- Charles H. Farnsworth Trust, Bank of America, N.A., Trustee
- Connected Home Care LLC
- Eagle Bank
- Eastern Bank Charitable Foundation
- The Ella Fitzgerald Charitable Foundation
- Everett Foundation for Aged Persons, Inc.
- Everett Small Cities Grant
- The Howard C. Connor Charitable Foundation
- Intercity Home Care
- Katharine C. Pierce Trust, Bank of America, N.A., Co-Trustee
- Malden Redevelopment Authority
- Martin C. Stanger Trust
- Massachusetts Department of Transportation
- Medford Community Development Block Grant
- Multicultural Home Care, Inc.
- Northern Bank & Trust Company
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- The Piccolo Family Charitable Foundation, Inc.
- Preotle, Lane & Associates Ltd.
- The Preston S. Johnson Revocable Trust
- Reading Cooperative Bank Charitable Foundation
- Revere Community Development Office
- Francis Ruane & Lucy Grant Ruane/Quarters Hardware, Inc.
- StonehamBank
- Supportive Care, Inc.

PARTNERS

- All Care Resources, Inc.
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- Jeanne Benoit
- Best Home Care N' More, Inc.
- Joseph & Marlene Bonasera
- Brookline Bank
- Butlers & Bars
- Claire and Bernard Schechter Memorial Fund
- Comcast, Dispatch Team of Malden
- Commonwealth Care Alliance
- Andrew & Mary Dolben
- Lisa Downing
- East Boston Charitable Foundation, Inc.
- East Cambridge Savings Bank
- Everett Co-operative Bank
- Exelon Power Corporation
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- Foundation for Metrowest/ Youth in Philanthropy
- Give with Liberty/Liberty Mutual
- Good Shepherd United Methodist Church of Malden
- Harvest Catering, Inc.
- William J. Hecht, Sr. & Olive Hecht
- Helping Hands of America
- The John Donnelly Trust
- Junior Aid Association of Malden
- Kathy Kratz
- Lindley Food Service Corporation
- Malden Trans, Inc.
- Anne Mark

- Market Basket
- Marriott International Sales Office of the North East
- Meals on Wheels America
- Alexander & Rosemary Melanson
- Melrose Bank
- Midtown Home Health Services, Inc.
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- The Thursday Fortnightly Club
- TSB Charitable Foundation, Inc.
- Tufts University, Advancement Division
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- Natalie Winterle
- Zonta Club of Malden

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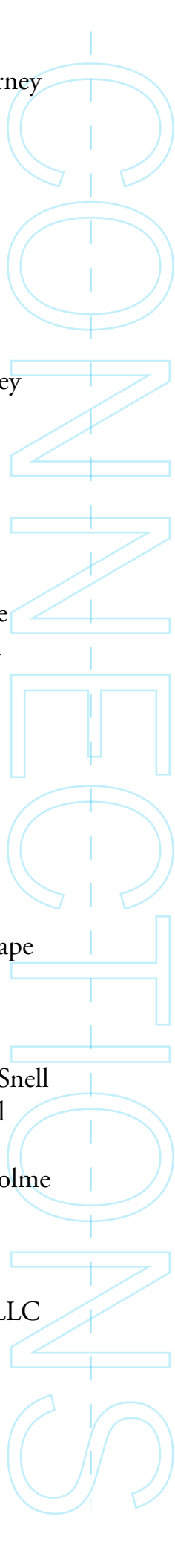
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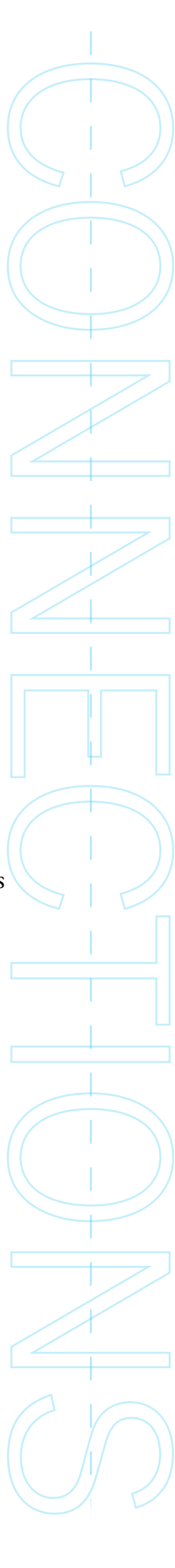
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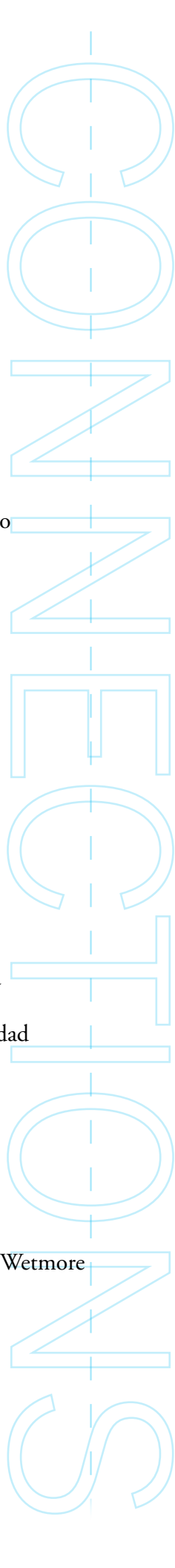
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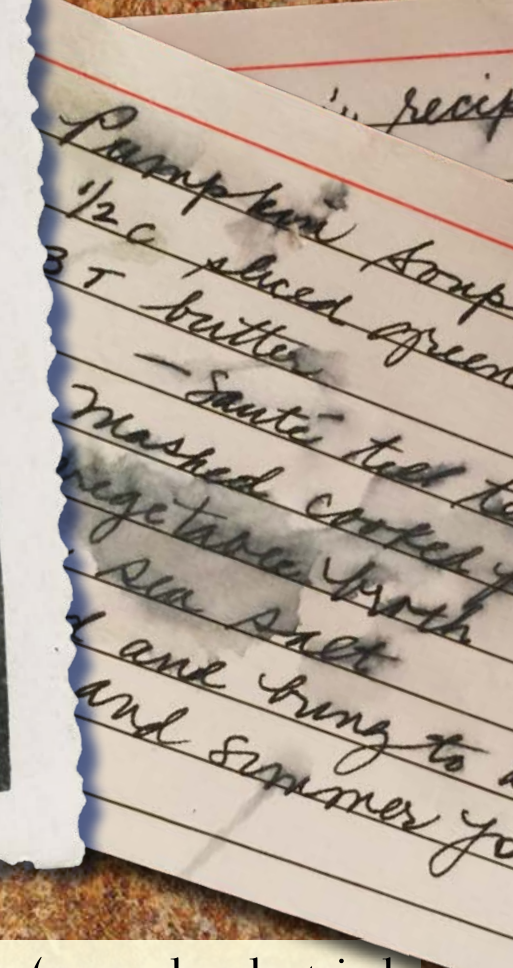
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Mathilde's joys in life:



- ✓ fishing in Quarter Mile Pond with her brother Jorge (even when he tried to take credit for her catch); and
- ✓ making elaborate meals to feed the people she loved (she had so much fun cooking that she gave in and let Jorge take credit for the fish).

Mathilde lived a happy and bountiful life until she passed on in 2012.

Last week, she provided lunch to fifty people at the Stoneham Senior Center.

Mathilde's commitment to cooking as an act of love lives on. Her bequest to Mystic Valley Elder Services provides joy and nourishment to hundreds of older adults each week.

What will your legacy be?

Ready to talk to your estate attorney and name Mystic Valley Elder Services in your will?
Let us help. Call the development office at 781-324-7705.



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CALENDAR *Girls*



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A special performance to benefit older adults without resources.