



Compassionate Options
for Progressive Eldercare

2010

Volume 3, Issue 1

Mission Statement:

COPE Eldercare provides seniors, individuals of all ages and their families compassionate care to promote independence, safety, and quality of life.

COPE Eldercare is a nonprofit 501 (c)(3) organization.



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COPE Eldercare Courier

Annual Report

Despite the economic, 2009 was a solid year for COPE Eldercare. While we saw an increase in client needs we also saw an increase in the number of clients unable to pay for care. A total of 117 seniors and their families were helped by COPE Eldercare in 2009 for a total of 450 service hours. Of the 117 families helped, 96 were new clients in 2009. A total of \$15,810 in services were donated to families who could not afford care.

2009 Total Revenues		
Government Grants	\$7,500	11%
Corporate Contributions	\$10,000	14%
Individual Donations	\$19,230.21	28%
Care Management Fees	\$31,163.28	45%
Pet Therapy Fees	\$1,300	2%
Total Revenues	\$64,193.49	100%

2009 Total Expenditures		
Administration & Fundraising	\$10,938	21%
Advocacy & Awareness	\$5,550	10%
Care Management	\$33,449	63%
Pet Therapy	\$2,886	6%
Total Expenditures	\$53,343	100%

Today we stand at a crossroads. The Wake County Planning Department projects that the population of 55 and older citizens will increase by 62% by the end of this year and 161% by 2020 relative to year 2000 Census data. Many elderly persons are on a fixed income. Even if local elderly are living in their own home, living on a fixed income can make it difficult to afford necessary repairs or afford additional expenses, especially medical care, prescriptions, food, and transportation. The services that COPE provides directly benefit local citizens no matter the ability to pay. Over the next year, COPE Eldercare will be looking for ways to expand our services and do more with less. Our goal is to grow our financial support in order to hire an additional care manager to serve more families in our community.

Memorable Moments from Pet Therapy

Woof woof – My name is Struffi Ling-Ling Mozart (Struffi for short) and I am a Senior. I am an 11 ½ years young ShiTzu who has been a Pet Therapy dog at Carolina House for the past 3½ years. I am named after a festive and fun Italian cookie (Struffala – Struffi for short). I'd like to share some of Memorable Moments at Carolina House that me and my pet therapy friends and teammates have observed during our 4th Sunday of the month visits at Carolina House in Cary.



Memorable Moments:

Struffi - Visiting a resident who was 96 years young and was blind. It was very touching to have the lady touch my face. She felt my (Struffi's) face and I calmly and contently let her see what I looked like through touch.

Gabby – (Age 4 - Labrador Retriever) Visiting the memory unit and spending time with a male resident one Sunday that brought back stories of childhood. Gabby reminded him of his favorite dog.

Baxter – (Age 6, 150 pound Newfoundland, often mistaken for a giant teddy bear). A resident said she could saddle Baxter up and ride to her doctor visits.

Cooper – (Age 3 ½, Westie). Cooper met a woman who was staring at her television and not allowing pet therapy visits. Suddenly, she agreed to a visit and Cooper joined her on her wheelchair and they watched TV.

Elby – (Age 3, Brindle greyhound). Visiting the residents who recognize he is a greyhound, had one in the past or have children who now have greyhounds.

Stormy – (3 ½ year old golden retriever named after the Carolina Hurricanes mascot). Having her ears scratched while hanging out with the residents.

Raley – (Age 3, Lab mix). While being patted by a resident, Raley made a best friend because this resident had tennis balls on the feet of his walker!

Written by: Lisa A. Wilder-Cappoli, M.Sc., Certified Personal Trainer and Professional Fitness Instructor. Owner of therapy dog Struffi Ling-Ling Mozart.

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Celebrity Paws for COPE

The first annual Celebrity Paws for COPE was held this past fall at Lake Lynn Community Center to benefit COPE Eldercare and COPE Enrichment. Over 250 participants and 30 volunteers participated in a paw-filled, family friendly event celebrating the service and support of our canine companions. Demonstrations and dog celebrity appearances helped raise over \$1,300 for COPE programs.

Celebrity Paws for COPE is an annual event that celebrates the service of therapy and service dogs through demonstrations, music, and art. Held at a local park, the event adopts a daytime, outdoor and interactive event format. Live performing canines are featured throughout the morning in strategically located areas of the park, and vendors including canine-friendly artists, trainers, eldercare service organizations, line the pathways.

This year's event will take place on Saturday, September 11, 2010 from 9:00 AM - 12:00 noon. The event is free and open to the public. Contact Tom Arnold at 919-783-5633 to donate items for the silent auction, volunteer, or help sponsor the event.



Help us welcome three new board members



Marcia Jarrell

Marcia is the executive director and co-owner of SarahCare at Lake Boone Trail, Adult Day Care Center. Marcia and her husband, John opened the center in May 2008. She received her bachelor's degree from Ithaca College, Ithaca, NY in 1993 with a major in health care administration and a minor in Gerontology and began her career in 1985 as a Radiological Technologist and later entered the business profession as a sales and marketing representative for a variety of healthcare companies. During her years calling on nursing homes and hospitals, she realized her true passion was working with the senior population. She was determined to work in eldercare and wanted to be in a position to make a difference in the quality of life for those in need of care. She returned to college to complete her degree and then became a licensed nursing home administrator. Marcia spent 16 years working in the nursing home profession before opening the first SarahCare adult day care center franchise in North Carolina.



Jay Hamre

As a person who has always taken pride in helping others, I feel honored to have the opportunity to help so many families. Coming from a military family background, I feel great pride knowing that I am able to make a positive contribution to the quality of the life of our seniors and their families. I know how stressful and emotional the decision process can be. It is very rewarding to me to help families have the peace of mind that comes from knowing they have made a loving, educated, and caring decision. Jay comes from a sales and marketing background and has always had a strong desire to help others. He has been active in his Cary, North Carolina community for over 20 years. He enjoys knowing that he is able to make a difference by working at "A Place for Mom" by helping you find the best possible living environments for your loved ones.



Martha Grove Hipskind

Martha Grove Hipskind, MSPH, is a gerontologist based in Raleigh, North Carolina. She has served as a consultant for issues related to aging, provided care management services to families, educated and trained in a wide variety of community and professional settings, and provided organizational consulting to healthcare systems, senior living providers, and faith communities. In her present position as director of senior living for Kane Realty Corporation, Martha oversees development of The Cardinal at North Hills, a full service continuing care retirement community. Martha Grove holds a Bachelor of Science degree in gerontology from the University of North Texas, and a master's degree in health policy from The University of North Carolina at Chapel Hill. She is a member of the Board of Directors of Resources for Seniors, and serves on the GOLD Coalition, a collaborative committee with oversight responsibility for the master aging plan for Wake County.

Calendar of Events

May 1st	Belk Charity Day Sale at all Belk Stores. Tickets available through COPE Eldercare. Call the COPE Office at 919-481-0410 for more information or for tickets.
May 8th	The next COPE Enrichment Pet Therapy class begins. Classes run from May 8th to June 15th at the Carolina House of Cary. Call 481-0410 for more information.
May 22nd	Mark your calendars for the first annual COPE Eldercare Dance Fundraiser. Call the COPE Office at 919-481-0410 for more information or for tickets.
June 22	Triangle Caregivers Conference at the McKimmon Center in Raleigh. Go to http://trianglecaregiversconference.com/index.html for more information and to register.
September 11	2nd Annual Celebrity Paws for COPE
2nd Mondays	FTD Support Group meets at the Carolina House in Cary on the second Monday of each month. Contact Brandi at 919-966-8172 for more information and location details.



Vision Statement:
To advocate and provide compassionate, affordable care solutions to seniors and individuals with aging disabilities & their families

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www.copeeldercare.com

Family Reflections:

“Thanks for your help, support, and advocacy for my mother. Your organization is an inspiration to me-it is truly social work at its finest.”

Carlton, family member
Louisiana

How You Can Help Others

- I am interested in volunteering at COPE Eldercare
 - I am interested in donating an initial consultation to a friend in need.
 - I'd like to make a tax deductible donation of \$_____ to be designated for the following purpose(s):
- Memorial: _____ Honorarium: _____
Respite Care: _____ Other: _____

Please make checks payable to COPE Eldercare

Please Print:

Name: _____
Address: _____
Address: _____
City: _____
State: _____ Zip: _____ Phone: _____
Email: _____

Please mail or fax to:
COPE Eldercare
P.O. Box 5825
Cary, NC 27512
Fax: 919-481-2961