



Funds Distribution Report

Recipient Organization:
Eastside Friends of Seniors

Address:
22818 SE 8th St
Sammamish, WA 98074

Contact:
(425) 369-9120
<https://www.eastsidefriendsofseniors.org>

Organization's General Goals:
We partner with the community to help older adults live independently and stay socially connected.

Date of Award:	Level:
2022 Q4	\$500 to \$2,500

For more information, please read the attached report from Eastside Friends of Seniors.

8802 27th Ave NE
Tulalip, WA 98271
TulalipCares.org

Final Report to Tulalip Tribes Charitable Contributions

Thank you for your generous [REDACTED] grant awarded in March 2023! Grant funds supported Eastside Friends of Seniors to provide services that enabled 195 Issaquah and Sammamish, Washington, seniors ages 60+ to remain living in their homes as long as possible in 2023.

Grant Activities:

We supported 195 Issaquah and Sammamish seniors ages 60+ in 2023. 97% of clients live alone, 60% are low- or very low-income, and nearly 80% are living with disabilities.

A team of 215 Eastside Friends of Seniors community volunteers provided the following critical supports to our clients in 2023:

- door to door transportation—accompanying clients to medical appointments, shopping, and other destinations;
- light house cleaning and organizing;
- yard work and small repairs;
- grocery delivery;
- technology assistance; and
- referrals to resources.

Not only were the services our volunteers provided essential to seniors' ability to age in place in their homes, we found that the close and long-lasting relationships formed between our clients and volunteers were critical in reducing our clients' feelings of loneliness and social isolation.

Clients reported that services provided by our corps of volunteers had a significant impact on their ability to continue living independently (95%), their quality of life (95%), and reducing their sense of loneliness (93%).

Impact:

We met our goals for the year through achieving the following impacts:

In 2023,

- Eastside Friends of Seniors supported 195 seniors.
- 215 community volunteers provided 6,008 hours of volunteer support for our clients.
- We conducted outreach to recruit 68 new volunteers to maintain a robust and active corps of volunteers.



Eastside Friends of Seniors Client 8

Here are a few testimonials from our clients demonstrating the impact of Eastside Friends of Seniors' work:

- *"Thank you for the very fine help you have provided, which has made it possible for me to get along in my own home. It would be very easy for me (at age 88) to find myself in a panic if I didn't have your fine help. You can't imagine what a boost it is to my morale."*
- *"When someone all of a sudden has a stroke and cannot do the things they normally do, your help is just a dream come true."*

Thank you again for your generous support! Please don't hesitate to contact Eastside Friends of Seniors Executive Director Kristin Webb at kristinw@eastsidefriendsofseniors.org if we can provide any additional information about our grant project.