



2017

**EPPSON CENTER FOR SENIORS**

# **ANNUAL REPORT**



*Dear Community Members:*



*It is a pleasure to write this letter to accompany our Annual Report as 2017 has been a great year at the Eppson Center for Seniors. We have been blessed with an increased number of patrons attending activities, eating meals in the Center, participating in exercise groups, and partaking in artistic classes and groups. We continue to focus on outreach to the community and have a group of dedicated staff and board members who are tasked with preserving our wonderful Center and with increasing the number of patrons we serve.*

*Our mission - "Dedicated to providing life-long support for independent living" calls us all to duty and enlists us to use our resources carefully while providing service to Laramie and Albany County's older adults. Without the help of Federal, State and local (city, county, United Way) funds, the Center could not exist. We rely on these funds to provide a portion of operating costs, administration and maintenance. Since we are grant recipients we are required to provide matching funds for those grants. That is where private community support comes in and we need your help!*

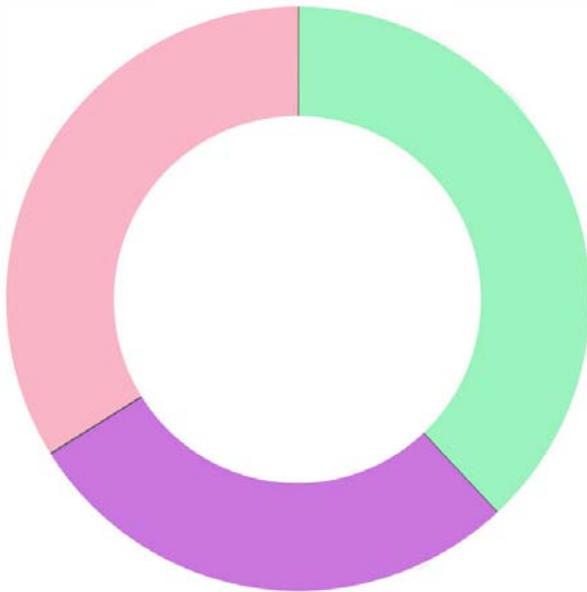
*Our goal for the coming year will be to increase our services in all areas and bring more people into the Eppson Center who take part in those services. With your help, we can continue to provide these necessary services for our community's seniors and to keep our community healthy and happy as we age. We would love for you to come by, see what we have to offer and stay for a meal or some entertainment. We are here for Laramie and all of Albany County and want to be part of your life!*

*Looking forward to seeing you,*

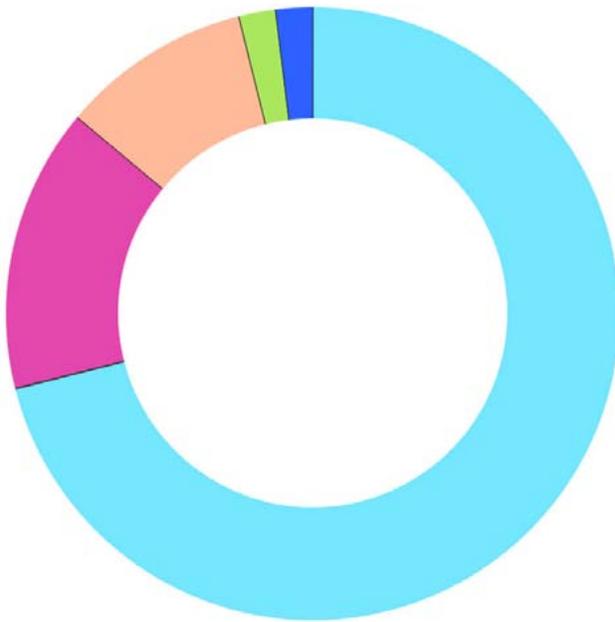
A handwritten signature in blue ink that reads "Tammy J. Comer". The signature is written in a cursive, flowing style.

*Tammy J. Comer  
Executive Director*

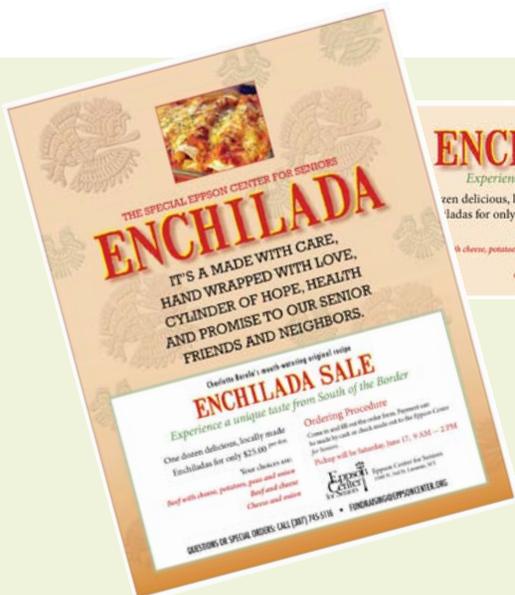
# FINANCIAL OVERVIEW



- Federal Grants: 38%
- State Grants: 28%
- Local Grants, Program Income and Donations: 34%



- Salaries: 71%
- Nutrition: 15%
- Utilities/Supplies/Miscellaneous: 10%
- Maintenance: 2%
- Contract Services: 2%



## ENCHILADA FUNDRAISER

In 2017, the Eppson Center took over the annual Enchilada sale formerly sponsored by St. Laurence School.

The Center plans to make this an annual fund raising event.

# A YEAR IN REVIEW

*“Eppson Center has kept me young and active.”*



## TRANSPORTATION

12,336 Rides Provided

Affordable and convenient rides to and from medical appointments, a variety of local stores and businesses, and the Eppson Center are just a phone call away for our patrons. A vital part of the Center's service, the transportation program supports independent living and the peace of mind that comes with a safe and reliable alternative to driving.

## TRIPS AND PROGRAMS

74 Patrons Participated in 151 Trips and Programs

Educational and culturally rich opportunities abound in the Laramie region. The Eppson Center embraces these activities by providing group transportation to a wide variety of events, museums and performances. Social outings with friends - old and new - enhances quality of life and affords opportunities for life-long learning.

*“Older people live longer with more social contact and we certainly get that at the Center.”*



## WELLNESS

179 Patrons Served in the Center.  
64 Patrons Served in Their Homes.

The Whitney Health and Wellness Center offers in-home assistance to help patrons stay at home instead of going to a facility. We offer foot and hand care to help patrons stay active, maintain balance and prevent falls. Additional services such as blood pressure screenings, massage therapy, acupuncture, flu shot clinics are available. Educational presentations are offered to help patrons access

programs such as Medicare and other services all with the goal of supporting wellness.



# A YEAR IN REVIEW

*"I enjoy the Monday night dinners with old friends and new friends."*



## NUTRITION

11,544 Meals Served in the Center Dining Room

Eppson Center patrons benefit from companionship and conversation while enjoying hot and nutritious meals at the Center every weekday, year-round. With an emphasis on fresh, flavorful and made-from-scratch entrees and sides, the nutrition program serves Wyoming State Dietician approved menus to meet a critical need for hundreds of elderly Albany County residents.

## HOME DELIVERED MEALS

20,500 Meals Delivered to Patrons by 54 Volunteers

The Eppson Center's nutrition program is also available to our neighbors who are home bound or are more comfortable dining at home. As Laramie's only home delivered meal option, Eppson Center volunteers also bring a warm smile and casual assessment of any additional needs or services that may benefit these patrons.

*"I am so thankful for the Eppson Center because of all the activities here in which seniors can participate."*



## ACTIVITIES

65 Different Classes and Activities Offered Annually

From a wide range of group exercise classes, to dozens of activities that strengthen the mind and spirit, to regularly scheduled trips and outdoor adventures that broaden horizons, the Eppson Center offers activities that enrich life, expand social networks and to appeal to a range of interests.

*"I participate in two exercise classes and feel stronger than before!"*





## INVESTING IN OUR INFRASTRUCTURE

The Eppson Center building was last renovated in 1993 and just like our homes need periodic updating, so does the Center. During the coming year, we plan to invest in our facility to make sure the Center remains warm and inviting in winter and cool and refreshing in summer.



The Eppson Center provides lifelong support for independent living through programs that enhance seniors' quality of life. The Center offers low cost opportunities to improve social integration, creativity, nutrition, physical well-being, and provides transportation, information, and in-home services.

We would sincerely like to thank and recognize our primary sponsors, friends and donors.



United Way of Southwest Wyoming



Wyoming Department of Health

The Guthrie Family Foundation



ITNAmerica®



First Interstate Bank



PREMIER Bone & Joint Centers

If you would like to be a sponsor of the Eppson Center for Seniors please let us know. Call us at 307. 745. 5116

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1560 N 3rd St, Laramie WY 82072

**307 745-5116**

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