



A Little Help 2023 Impact Report



CELEBRATING 18 YEARS!

As the need for older adult services continues to rise across Colorado, A Little Help (ALH) is continuing to step up in big ways. In fact, 2023 brought in record numbers for older adult membership sign-ups along with the highest rates of volunteer engagement across its service regions in Colorado.

2023 NUMBERS AT A GLANCE

ALH is excited to share the immense impact its services had on communities across Colorado in the past year.

937+

new older adult members

2,800+

older adults served (55+)

500+

newly onboarded volunteers

3,400

local Helpers engaged

9,400+

services provided

83%

service requests fulfilled

2023 ANNUAL SURVEY RESULTS

Based on feedback and responses from older adult members across Colorado, ALH achieved the following outcomes in 2023:

→ **85% of older adults reported satisfaction with the services they received from ALH.**

→ **82% of older adults reported they are more able to remain in their homes independently with ALH's services.**

→ **81% of older adults reported that their quality of life has improved with ALH's services.**

IMPACT STORIES

More than numbers, ALH believes that its impact is best shown through the stories and experiences of those served. Here are a few recent impact stories shared by ALH volunteers:

The night before an older adult member's birthday, one of ALH's volunteers installed a "Happy Birthday" yard sign on behalf of ALH. The next day, the volunteer followed up with a phone call full of birthday wishes, and the older adult member talked about the ripple caused by the sign, resulting in neighbors delivering birthday cakes and a birthday message written on a package by the UPS driver. She shared that so many of ALH's older adults just appreciate knowing that someone cares.

A volunteer shared when helped a member remove the cover from his air conditioner and was then repeatedly called by the member with multiple items "to fix." The volunteer quickly discovered that the member was taking apart items just so the volunteer would come and visit him because he was lonely and enjoyed spending time with him. ALH's amazing volunteer let him know that he doesn't need to break things for him to come visit, he's happy to stop by anytime!

A volunteer shared her experience taking a 97-year-old member to an eye appointment that lasted about three hours. The volunteer expressed that there was no way they were going to provide "uber" style transportation and waited with the member from beginning to end. The member couldn't stop expressing her heartfelt gratitude to her volunteer for providing such delightful companionship as she really misses her husband who passed away several years ago as well as their pet dog.



MEMBER FEEDBACK

"My experiences have warmed my heart in my hour of need. They have gone above and beyond each one's sincere giving and caring nature, and that came through upon the first hello!"

"I have to pick up the phone and call in my BIG, BIG thank you and gratitude. It was wonderful to have that boost and willing help. We had the nicest time chatting, things got done, and my yard looks so much better. I'm very appreciative."

"[ALH volunteer name] was my Good Samaritan for 2 years during Covid - She became a good friend as she spent 15 minutes or longer visiting with me at the front step of my front porch each time she made a delivery. It was a lifeline for me as I was caring for my invalid husband."

"[ALH volunteer name] has lifted my heart and soul as I had been struggling with some trauma in my life. What she has done for me, and my pet, has lifted me beyond words."



EVENTS & FUNDRAISING

THE BIG BASH 2023

ALH hosted its spring fundraiser event in April to celebrate its community impact and toast to the organization's recent accomplishments. The event brought together community members of all generations with delicious food, drinks, and a silent auction. **ALH successfully raised \$65,000 to support its older adult services programming!**

2023 SPRING SERVICE SATURDAY

ALH hosted its service launch for older adults located in Windsor, Johnstown, and Milliken in May of 2023. Volunteers helped with tasks around an older adult home such as raking leaves, planting, gardens maintenance, pulling weeds, washing windows, moving yard furniture into place for the season, seasonal cleaning & organizing, gutter cleaning and more! **ALH successfully gathered 40+ volunteers to provide services for more than a dozen older adults.**

LITTLE TALKS & VIRTUAL EVENTS

ALH hosted several Little Talks for older adults, with topics including:

- Hobbies & Their Importance to Health
- Ten Health Benefits Of Spring Cleaning
- Six Benefits Of The Great Outdoors
- Summer Self-Care in Colorado
- Improving & Maintaining Brain Health
- Fraud Prevention

ALH hosted 15 organization-wide virtual events with 200+ attendees.

PICKLEBALL, PINTS & PIES

ALH hosted a unique pickleball fundraising event in Northern Colorado, including a pickleball clinic, tournament, and party for an entire day event in Loveland. All skill levels were welcomed and encouraged to bring their families/friends to join in the fun. **ALH gathered 50 older adults, family members, and pickleball players, many of whom were new to the organization, to support services and program throughout Northern Colorado.**

2023 FALL SERVICE SATURDAYS

ALH hosted it's annual Service Saturdays in October! ALH achieved the following:

Metro Denver: 87 older adults served with the support of **227 volunteers**

Jefferson County: 38 older adults served with the support of **50 volunteers**

Loveland and Berthoud: 38 older adults served with the support of **114 volunteers**

Fort Collins: 32 older adults served with the support of **131 volunteers**

Grand Junction: 11 older adults served with the support of **21 volunteers**

TECH COACH TRAININGS

ALH provided monthly sessions, in partnership with DOROT, to train volunteers for dealing with technology challenges with older adult members. Sessions presented how-to's on using technology with an older adult as well as going over useful tech guides. **In 2023, ALH onboarded 12 new tech coaches and successfully fulfilled 112 tech help requests from older adult members. In total, 84 older adults received tech help at least once from a trained tech coach in 2023.**



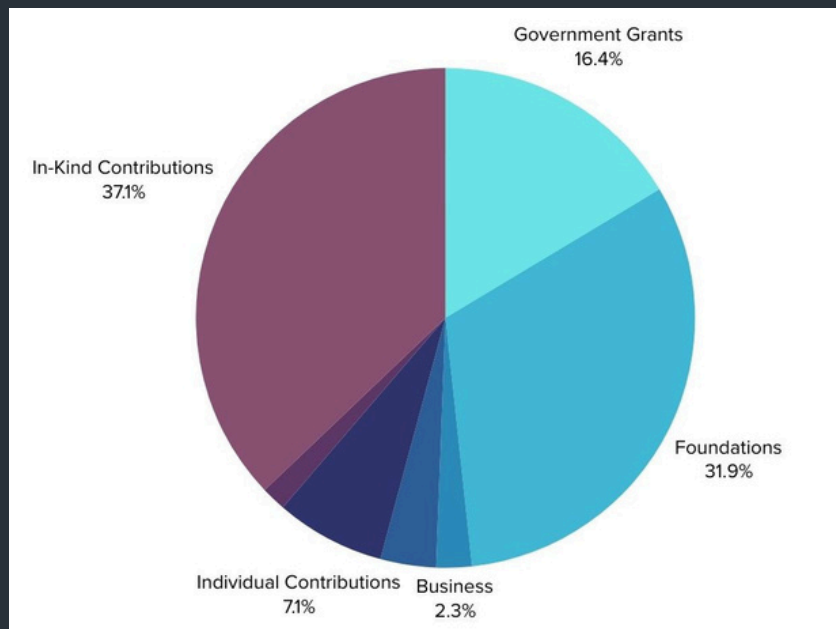
FINANCIAL HIGHLIGHTS

TOTAL REVENUE

\$1,302,260

Individual Contributions - 7.1%
Fundraising Events - 3.6%
Foundation Grants - 31.9%
Government Grants - 16.4%
Business/Corporate - 2.3%
Member Contributions - 1.6%
In-Kind Contributions - 37.1%

Note: In-Kind totals not included in Total Revenue



THANK YOU TO OUR TOP 2023 FUNDERS

Anschutz Family Foundation

Consumer Technology Association

Aspen Community Foundation

AV Hunter Trust

Benefits in Action

Caring for Denver

CDPHE Office of Health Equity - CO SB181

City of Fort Collins

Colorado Gives Foundation

Colorado Grand

Colorado Housing and Finance Authority Foundation

Community Foundation of Northern Colorado

Daniels Fund

The Denver Foundation - Comprecare

Denver Women in Business for Good

Easterseals Colorado

GroupGives

Denver Regional Council of Governments (DRCOG)

DRCOG / CDOT 5310

John G. Duncan Charitable Trust

NoCo Cares

Rock Harbor Foundation

The Virginia W. Hill Foundation

The Weld Trust



THE VILLAGE MOVEMENT

ALH began in 2005, when a group of neighbors joined together as Washington Park Cares to help older adults in their community age well at home. This model is based on the national **Village Movement**, which began as a grassroots experiment in Boston's Beacon Hill neighborhood over two decades ago. Susan McWhinney-Morse invited a group of neighbors to her home, encouraging them to put their heads together and figure out how to take control of their own futures so that they might remain rooted in their own neighborhoods and homes, rather than moving away as they aged.

In 2007, ALH was incorporated as a 501(c)(3) with the vision of neighbors connected across generations, creating strong communities and inspired by the **Village Movement** model. Since then, ALH's network has continuously innovated upon the model to help older adults thrive in their homes and communities across Colorado. While engaging community members of all ages, ALH prioritizes intergenerational activities and events into its programming. The organization also created Service Saturdays!™ to support older neighbors with seasonal yard and home chores by engaging the whole community. In 2023, ALH made significant strides in its service delivery through enhancing its database infrastructure with its software partner, Cividesk, and implementing hyper local weekly volunteer emails to prompt volunteers to pick up more urgent requests. ALH has also been preparing to build a mobile application to increase volunteer engagement, decrease manual staff processes, and better serve older adults, including in the rural areas across the state.

As the organization has learned and continued to expand its work, ALH's experiences are rippling throughout the **Village Movement**. Hilary Simmons, ALH's Executive Director, serves as Vice President of the Board of Directors of the Village to Village Network, the national nonprofit organization connecting villages and resources across the country. In this capacity, Hilary shares ALH's successes and challenges with peer organizations, helping them to reimagine the strength of the village model so that more older adults can thrive with the support of their neighbors and age well in place.

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To all of our friends,

Thank you