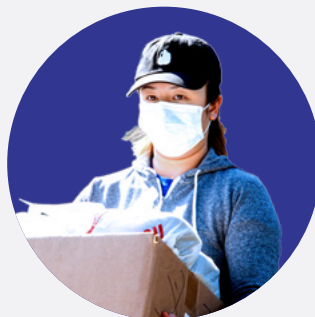




Self-Help for
the Elderly
安老自助處

ANNUAL REPORT

2019 • 2020



WWW.SELFHELPELDERLY.ORG

OUR MISSION

Self-Help for the Elderly promotes independence, well-being and dignity for older adults through culturally aligned services and programs in the San Francisco Bay Area.

We envision a world where all elders have the respect, care and support to lead dignified and vibrant lives. Every effort has been made to provide inclusive services along a continuum of care for seniors. These now include nine service departments specializing in Employment & Training, Social Services, Nutrition & Senior Centers, Adult Day Services, Home Health Care Program, Hospice Care Program, Senior Housing, Residential Care Facilities for the Elderly, and Health Insurance Counseling and Advocacy Program.

Founded in 1966, we empower and support the elders to make lifestyle choices that maintain their health, safety, and self-reliance. We serve over 40,000 seniors a year in San Francisco, San Mateo, Santa Clara, Alameda, and Contra Costa Counties.

This annual report highlights our accomplishments for Fiscal Year (FY) 2019 – 2020.

BOARD OF DIRECTORS

OFFICERS

May L. Wong
Chair

Jerry Lee, Esq.
Vice Chair

Nicholas Jay
Treasurer

Angel K. Chen
Secretary

PRESIDENT /CEO

Anni Chung

MEMBERS

Yat-Pang Au
Mary Chang
Tilly Chang
Leo K. Choy
Anne Hinton
Wendy Kwok
Dominic Li
Dr. Randall Low
Magdalen Mui
William Schulte
Linda Wang
Vicky M. Wong
Paul Zen

A MESSAGE FROM THE CHAIR OF THE BOARD OF DIRECTORS:

Self-Help for the Elderly just completed fifty-four (54) years of serving over 40,000 seniors in the Bay Area counties of San Francisco, San Mateo, Santa Clara, Alameda, and Contra Costa. For our Annual Report for fiscal year July 1, 2019 to June 30, 2020, Self-Help is pleased to report another successful year. This Annual Report highlights our nine major programs and services in serving the needs of the monolingual, limited English speaking and low income seniors.

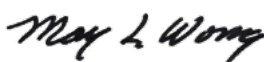


The years 2020 and 2021 will go down in history as the COVID-19 pandemic years and its impact around the world. The most vulnerable group impacted by the COVID-19 pandemic is the elderly and seniors due to their existing medical conditions, isolation, and frailty. Low income and fixed income seniors were hit the hardest with the pandemic. Self-Help's staff and volunteers "stepped up" to meet the challenges of this pandemic to ensure existing and new clients continue to receive the services and care offered by Self-Help to maintain their independence, dignity and self-worth.

During the height of the pandemic, from March when shelter-in-place was mandated until the end of June (fiscal year-end), Self-Help was able to deliver 300,000 emergency meals to homebound seniors by our Nutrition Department. Our Home Health Care, Hospice and Adult Day services remained open and clinicians were trained per the Centers for Disease Control and Prevention (CDC) guidelines and continued to make patient and/or telephone visits to ensure the safety and health of our seniors. Two affordable housing units for low income seniors, Lady Shaw with 75 residents and Autumn Glow Alzheimer's Home with 15 residents continued operation and management to provide high quality daily 24-hours of assisted living managed by our Housing Services unit. To address social isolation and other needs of our seniors during COVID-19, video conferencing and wellness calls were provided by our Social Services unit. Under COVID-19 guidelines, our Employment Training and Economic Development unit and our Health Insurance Counseling Programs in San Francisco and San Mateo counties made modifications to their training and counseling programs with the use of virtual tools (Zoom) and telephone and video conferencing calls. I am pleased to report that the well-being of our seniors is being cared for and with the utmost safety and compliance under the CDC's recommended COVID-19 guidelines during the pandemic and we will continue to do so.

The above successful programs and services are due mainly to Self-Help's leadership by Anni Chung, President and CEO, and the dedicated and selfless staff and volunteers. They are Self-Help's Heroes!

Thank you to our funders, donors, grantors, volunteers and staff in helping Self-Help complete another successful year. Stay safe and well.



May L. Wong
Chair, Board of Directors

2019-2020 FUNDERS

- The Abe and Kathryn Selsky Foundation, Inc.
- API Council
- Asian Pacific Fund
- California Department of Aging
- California Department of Education
- California Public Utilities Commission
- The California Wellness Foundation
- Cathay Bank
- Chinese Community Health Care Association
- Comcast Corporation
- Crankstart Foundation
- Department of Aging and Adult Services
- Dignity Health
- Family Caregiver Alliance
- Humanity United
- Hurlbut-Johnson Fund
- Joseph L. Barbonchielli Foundation
- The Keith Campbell Foundation for the Environment Inc.
- Marin Community Foundation
- Metta Fund
- National Asian Pacific Center on Aging
- Office of Civic Engagement & Immigrant Affairs
- Pacific Gas and Electric Company
- Peninsula Health Care District
- Ray and Dagmar Dolby Family Fund
- Robert Joseph Louie Memorial Fund
- San Francisco Culinary/Bartenders & Services/Welfare Fund
- San Francisco Department of Building Inspection
- San Francisco Foundation
- San Francisco Human Services Agency
- San Francisco Mayor's Office of Housing
- San Francisco Office of Economic and Workforce Development
- San Francisco Office of Aging
- San Francisco Paratransit
- San Mateo County Department of Aging and Adult Services
- San Mateo County Strong Fund
- Santa Clara County Department of Human Relations
- Silicon Valley Community Foundation
- STUPSKI Foundation
- Sutter Health
- U.S. Department of Housing and Urban Development
- Wells Fargo Foundation
- 2nd Harvest Food Bank

1. ADULT DAY SERVICES



The mission of the **Adult Day Services (ADS)** department is to provide an alternative to premature institutionalization of frail and/or disabled adults and seniors, and those with Alzheimer's disease or other dementias. ADS assists by restoring or maintaining their optimal capacity for self-care in their own homes. We also aim to provide respite to the family.

ADS is a Medicaid-licensed facility that provides nursing and personal care services, rehabilitative therapies, recreational activities, and social services. Participants are still able to receive services and support from center during shelter-in-place. Our Participants are receiving Physical Therapist/Occupational Therapist door step visit, home exercise program, activities worksheets, COVID-19 wellness check/risk assessment, care coordination, community resources/referral, home delivered meals, COVID-19 education for participants and caregivers, emotional support/counseling from Social Worker, Registered Dietitian, Physical Therapist, Occupational Therapist and Registered Nurse counseling, caregiver support group, physical health/psychosocial monitoring, medication monitoring, family training, verbal cueing for Activities of Daily Living and Instrumental Activities of Daily Living, communicating with Primary Care Physician, delivering hygiene products and medical supplies if needed.



In FY 2019-2020, we served 118 participants in our three programs: Adult Day Care (ADC), Adult Day Health (ADHC), and Alzheimer's Day Care Resource Center (ADCRC). Our participants range from ages 61 to 101 with an average age of 85. 99% of our participants are Chinese with 85% being monolingual; 68.5% are female and 31.5% are male; 97% reside in San Francisco and 3% in San Mateo; 82% are Medi-Cal participants and 18% are private pay participants. We take pride in providing quality day services to seniors for 24 years

and will continue to provide respite to hundreds of families in the community. At Self-Help for the Elderly Adult Day Services, we strive to promote the independence, dignity, and self-worth of seniors.

2. AFFORDABLE HOUSING FOR INDEPENDENT SENIORS

The **Lady Shaw Senior Center (LSSC)** is a 6-story building located between Nob Hill and Chinatown in San Francisco. The senior center is conveniently located in an urban dwelling with easy access to grocery shopping, public transportation and medical services. There are a total of 70 units – 63 studios and 7 one-bedroom apartments, housing a total of 75 residents. Each unit is equipped with a private kitchen and bathroom.



The staff at LSSC strives to provide a safe, healthy and affordable living environment to low-income seniors aged 62 and above, as well as providing support for people with disabilities. Our goal is to enable seniors to live happily and independently in their golden years.

3. RESIDENTIAL CARE FACILITIES FOR THE ELDERLY

The **Autumn Glow Alzheimer's Care Home** in San Francisco is a 15-bed facility which provides 24/7 care and supervision to seniors afflicted with Alzheimer's, Parkinson's or other Multi-Infarct Dementia diseases. Services include board and care, meals, personal care, housekeeping, medication management and daily mild physical activities. We strive to ensure our residents live happily with dignity and respect. Our goal is to provide high quality 24-hour care and supervision to frail seniors in a safe and comfortable environment.

4. HOME HEALTH CARE PROGRAM

Self-Help for the Elderly's **Home Health Care Program** provides culturally sensitive supportive care and education in the home by licensed healthcare

professionals. We are the only nonprofit home health agency specializing in serving the needs of the monolingual and limited English-speaking Chinese communities in the Bay Area. Home Health services help seniors who are recovering after a hospital, rehabilitation center or other health care facility stay, or who need additional support to remain safely at home and avoid unnecessary hospitalization. These Medicare certified services include short-term nursing, and rehabilitative and therapeutic care by registered nurses, physical therapists, occupational therapists, speech therapists, home health aides and medical social workers.

The Home Health program's commitment to providing quality care is reflected in the long-term clinical experience and tenure of our clinical staff. During the past year, Home Health Staff made **4,998** home health visits to **274** patients residing in San Francisco and Northern San Mateo Counties. While home health care is available for all ages that qualify, the majority of our patients were between the ages of 30 to 100 years old.

5. HOSPICE CARE PROGRAM

Self-Help for the Elderly's **Hospice Care Program** provides culturally sensitive supportive care and education in the home by licensed homecare professionals. We are the only nonprofit hospice agency specializing in serving the needs of the monolingual and limited English-speaking Chinese communities in the Bay Area. Hospice services help terminally ill patients accept their prognosis and live comfortably in the privacy of their homes and in harmony with their families. These Medicare-centered services include primary care by registered nurses, home health aides, and medical social workers, and secondary care by physical therapists, occupational therapists and speech therapists.

During the past year, the Hospice program made **1,927** home and facility visits to **26** patients residing in San Francisco and Northern San Mateo Counties.

6. EMPLOYMENT TRAINING & ECONOMIC DEVELOPMENT

Employment Training & Economic Development (ETED) department provides quality workforce services to job seekers and employers and develops business services that employ skilled workers and support economic self-sufficiency.

ETED provides the following services:



1. The Chinatown Neighborhood Access Point (CNAP) provides job search assistance, career planning, job placement, and case management.
2. Vocational skills training in custodial, food preparation and production, home health aide, caregiver and healthcare career preparation.
3. Business services including housekeeping, gardening, home health aide, commercial cleaning and bill pay services for: PG&E, AT&T, Comcast, and Clipper Card.
4. The Senior Community Service Employment Program (SCSEP) provides community service and work-based, paid job training for older workers in Alameda, Contra Costa, San Mateo, San Francisco and Santa Clara Counties.
5. The Light Duty Community Service Program (LDCS) provides job readiness training and work opportunities to welfare recipients who have some work limitations.
6. The Seismic Safety Outreach Program (SSOP) provides free-of-charge seismic safety outreach to San Francisco's multi-lingual communities to educate them on emergency preparedness and response.
7. The Bilingual Job Readiness Service Program provides workplace job readiness training to limited English job seekers.
8. The Greater Chinatown Corridor Manager Program provides integrated services to local businesses and promotes economic development in the Chinatown Commercial Corridor.
9. The Language Access Community Grants Program provides outreach and education on the Language Access Ordinance.
10. The Census grant allows us to educate and increase the response rate in vulnerable communities in Alameda, San Mateo, San Francisco and Santa Clara Counties.

In FY 2019 - 2020, ETED provided employment training to 653 low-income adults, dislocated workers, and

older workers. The Chinatown Neighborhood Access Point received **4,844** visits from job seekers citywide and continues to provide employment services to the community.



This year's major achievements include successful renewal of the Commission on Accreditation of Rehabilitation Facilities (CARF) accreditation for our workforce services and five grants awarded for Census 2020 outreach programs in four Bay Area Counties.

During COVID period, we were able to reopen in June 2020 to serve people who do not have access to digital devices and assist over **650** individuals applying for unemployment insurance. All of our services are also available virtually; disinfection and sanitation training has been implemented to address the community needs.

7. NUTRITION & SENIOR CENTERS

The Department of Nutrition and Senior Centers aims to promote active and healthy aging for the seniors at our 12 locations in San Francisco, San Mateo, Millbrae, and Sunnyvale. Participants attending our centers enjoy nutritious congregate meals and a wide range of social, educational, and recreational activities. Our center's services are constantly growing to adapt to the ever-changing needs of the senior population. Our client rate progressively increases every year. For FY 2019 - 2020, we served a total of **664,191** meals in San Francisco, San Mateo, Millbrae and Sunnyvale.

Our congregate meals program aims to promote better physical and mental health for seniors through the provision of nutritious meals and opportunities for social contact. Unfortunately, the Congregate Meals program was suspended on March 17 due to COVID-19 pandemic. All activity centers needed to close momentarily. However, the seniors needed and relied on our services. Rapidly, we modified the congregate meal service to the Emergency Meal-Delivery services which delivered 7 meals per week to seniors to keep them healthy at home. During the first 100-days of the pandemic, a total of 300,000 meals were delivered. The Home-Delivered Meals (HDM) program is vital because it provides hot meals

to home-bound seniors and people with disabilities who have no other means of obtaining healthy food. During the COVID-19 pandemic, the HDM program in San Mateo County grew by 86%. In FY 2019 – 2020, prior to when the stay-at-home order became effective, the Nutrition Department provided **174,761** congregate meals at all sites; 29,196 meals at our three Choosing Healthy Appetizing Meal Plan Solution for Seniors (CHAMPSS) partner restaurants; and 140,269 home-delivered meals for seniors and young adults with disabilities.



To promote Healthy Eating, Active Living lifestyle, our Community Services Program launched a series of new and engaging activities which is including Tai Chi activity, Walk with Ease (WWE) and Bingocize. These three activities are evidence-based health programs designed to help the participants reduce the pain of arthritis, other diseases, and improve overall health.

For FY 2019 - 2020, although all activity centers were closed during the pandemic, Tai Chi program was still able to provide 22 classes, WWE completed **112** classes and Bingocize completed 8 classes. While COVID-19 pandemic is ongoing, all center activities were efficiently transformed to online classes effective July 2020, as to continue keeping seniors healthy and active while staying at home.

The innovative CHAMPSS program continues to grow steadily, offering the participants a dietitian approved menu and dine-in opportunities at the partner restaurants. There were **5,867** clients for the past year.

In November, the Nutrition Department collaborated with Fund Development to host the Annual Thanksgiving Luncheon. 2020 has been a challenging year due to the COVID-19 pandemic. On Thanksgiving Day, we provided meals pickup at three locations: Portsmouth Square Club House, Jackie Chan Activity Center, and South Sunset Activity Center. **1,800** turkey meals were picked up at these three locations. Meanwhile, in collaboration with the San Francisco Police Department, San Francisco Fire Department, and San Francisco Sheriff's Department, our delivery team brought over 800 meals to homebound seniors.

8. SOCIAL SERVICES

The mission of the **Social Services Department** is to enable seniors and adults with disabilities to remain independent while living in their own homes and communities by providing quality social services and support.



Despite this unprecedented year, Social Services Department remained strong and focused in serving the vulnerable members of the community. Outlined below is the department's various program efforts in FY 2019 - 2020:

The Case Management program reached the annual goal and served 281 clients. While the shelter-in-place order became effective, the Social Services staff continued home visits, face-to-face visits or provided virtual services to care for the monolingual and isolated seniors and individuals with disabilities.

The Aging and Disability Resource Centers (ADRC) operated at two locations in San Francisco Chinatown and provided services in translation, information, referral, aid and follow-up services to connect seniors and adults with disabilities to necessary services. Serving over 5,000 clients, ADRC surpassed the program goal by 10% and the assistance and information referrals exceeded 30%.

The Emergency In-Home Support Services program provided personal care, chore and housekeeping services to **180** San Francisco seniors over 60 years of age who needed home care services, within a 48-hour response time during the pandemic.

The Family Caregiver Support Services program offered information, assistance, and support services to improve the physical and mental health of informal caregivers and enable them to maintain their caregiving role and reduce stress and depression. The program assisted over **140** clients.

The Housing Subsidies program assisted **116** clients who were already linked to one of our supportive services such as case management, money management, housing application and counseling, credit repair, landlord mediation or financial assistance to address their housing needs.

The Housing Services Program helped **819** clients with assistance in completing 800 housing applications; **647** received housing counseling for affordable housing search. We provided assistance in navigating online housing search, eviction prevention, landlord mediation, tenants' rights, legal representation referrals, fair housing act and reasonable accommodation.

The activities division at **Lincoln Court Senior Apartment** in Oakland provided free daily activities to seniors who live in the community. We served 100 seniors through health and fitness classes, computer classes and various educational workshops. During the pandemic, we provided wellness calls and social services case management to seniors as well.

The Social Services department also assisted over **550** hotel workers' families who applied for **Elder Care benefits** through virtual application interview, so they could sustain their families while employed in the hospitality workforce.

Social Services promoted **CalFresh Program**, the Supplemental Nutrition Assistance Program, and filled out over **500** CalFresh applications.

The Naturalization Program offered ESL/citizenship classes throughout San Francisco and provided support services such as completing naturalization applications and making inquiries and legal service referrals. The program served **749** unduplicated clients; a total of **1,731** clients received one-on-one assistance in the citizenship process with **588** students benefiting from the classes. In addition, **511** naturalization applications were completed through the San Francisco Pathways to Citizenship Initiative.

Since March, the Social Services staff expanded the **virtual classes and services** to provide uninterrupted care and support for the dependent community members as the stay-at-home order remained in place. Staff provided one-on-one assistance to seniors for technology support. Monthly virtual workshops on housing services, community resources from ADRC and technology classes were implemented and continue to be offered.

9. HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

The HICAP program provides free and unbiased information about Medicare and related insurance products to individuals imminent of Medicare, existing beneficiaries enrolled in Medicare and representatives seeking help with their clients or family members health coverage.

HICAP is the same program as the State Health Insurance Assistance Program (SHIP) and is administered by Centers for Medicare and Medicaid (CMS), Administration of Community Living (ACL), California Department of Aging (CDA) and Agencies on Aging (AAA).

Self-Help for the Elderly is the contractor for HICAP programs in both San Francisco and San Mateo Counties. SHE has held the program contract for HICAP of San Mateo County since 1994 and it speaks volumes of the agency because it is not an easy program to administer due to the complexity of Medicare. Both programs serve diverse ethnicities with different income levels and ages, from young adults to seniors.

HICAP offers one-on-one counseling sessions with trained HICAP Counselors who are volunteers registered with California Department of Aging (CDA). Our HICAP Counselors provide the beneficiaries with assistance in navigating the federal insurance health program. HICAP counselors assist clients with the following Medicare topics: 1) basics of Medicare; 2) Medicare billing issues; 3) long-term care insurance policies; 4) application assistance to reduce your Medicare costs; and 5) how to lower your prescriptions drug costs.

HICAP also provides free community education to the public about Medicare and related topics facilitated by trained Community Educators (volunteers) registered with CDA.

The HICAP programs in San Francisco and San Mateo served over **2,913** beneficiaries in FY 2019 - 2020 and saved beneficiaries \$5,600,321.00 on their Medicare costs. Both programs reached over **6,993** people with their outreach efforts at health fairs, presentations, social media and newspaper advertisements.



Service Locations of Self-Help for the Elderly 2019-2020

ADULT DAY SERVICES

Adult Day Services (ADS)
415-677-7556
408 22nd Avenue
San Francisco, CA 94121

RESIDENTIAL CARE FACILITIES FOR THE ELDERLY

Autumn Glow Alzheimer's Care Home
415-934-1622
654 Grove Street
San Francisco, CA 94102

AFFORDABLE HOUSING FOR SENIORS

Lady Shaw Senior Housing
415-677-7572
1483 Mason Street
San Francisco, CA 94133

Lincoln Court Senior Apartments
510-336-1952
2400 MacArthur Boulevard
Oakland, CA 94602

COMMUNITY & SENIOR ACTIVITY CENTERS

Santa Clara

• **South Bay / 408-873-1183**
6345 Janary Way
San Jose, CA 95129

San Francisco

• **Southeast Asia / 415-885-2274**
315 Turk Street
San Francisco, CA 94102

• **Woolf House / 415-495-0931**
801 Howard Street
San Francisco, CA 94103

• **Mendelsohn House / 415-243-9018**
737 Folsom Street
San Francisco, CA 94107

• **Manilatown / 415-398-3250**
848 Kearny Street #306
San Francisco, CA 94108

• **Geen Mun / 415-391-3843**
777 Stockton Street
San Francisco, CA 94108

• **South Sunset / 415-566-2845**
2601 40th Avenue
San Francisco, CA 94116

• **Jackie Chan / 415-677-7571**
5757 Geary Boulevard
San Francisco, CA 94121

• **West Portal Playground Clubhouse / 415-650-9796**
131 Lenox Way
San Francisco, CA 94127

• **Lady Shaw / 415-677-7581**
1483 Mason Street
San Francisco, CA 94133

• **John King / 415-239-9919**
500 Raymond Avenue
San Francisco, CA 94134

San Mateo

• **San Mateo / 650-342-0822**
50 E. 5th Avenue
San Mateo, CA 94401

Millbrae

• **Millbrae Senior Lunch Program**
415-319-4115 to leave a message
450 Poplar Avenue
Millbrae, CA 94030

SOCIAL SERVICES

Services include:

- Case Management / 415-677-7589
- Citizenship / 415-677-7590
- Elder Abuse Prevention & Intervention
- Emergency Short Term In-Home Support
- Family Caregiver Support
- Housing Services Program
- Information & Assistance (I&A)

Social Services Dept.
415-677-7585

601 Jackson Street, Basement
San Francisco, CA 94133

Geen Mun Center
415-773-2060 / 415-438-9804
777 Stockton Street
San Francisco, CA 94108

South Sunset Center
415-566-2845

2601 40th Avenue
San Francisco, CA 94116

Lincoln Court / 510-336-0144
2400 MacArthur Boulevard
Oakland, CA 94602

CITIZENSHIP, CIVICS & ESL CLASSES

415-677-7585 / 415-677-7592

- 733 Kearny Street
San Francisco, CA 94108
- 5757 Geary Boulevard
San Francisco, CA 94121
- 1490 Mason Street
San Francisco, CA 94133
- 500 Raymond Avenue
San Francisco, CA 94134

HOME HEALTH CARE & HOSPICE CARE

t: 415-677-7629
f: 415-398-5903
731 Sansome Street, Suite 100
San Francisco, CA 94111

CHINATOWN NEIGHBORHOOD ACCESS POINT (CNAP)

CNAP Center / 415-677-7500
(One-Stop Career Link Center)
601 Jackson Street, Ground Floor
San Francisco, CA 94133

ETED Business Services
415-677-7618

601 Jackson Street, 2nd Floor
San Francisco, CA 94133

Senior Community Service Employment Program (SCSEP)
415-677-7500 / 415-624-9530

- 601 Jackson Street, 2nd Floor
San Francisco, CA 94133
- 4071 Port Chicago Hwy Ste 250,
Concord, CA 94520
- 330 25th Street,
Richmond, CA 94804

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

San Francisco HICAP 415-677-7520
601 Jackson Street, 2nd Floor
San Francisco, CA 94133

San Mateo HICAP 650-627-9350
1710 S. Amphlett Boulevard, #100
San Mateo, CA 94402

TECHNOLOGY & INFORMATION EMPOWERMENT (TIE) CENTER

San Francisco TIE Center
415-677-7500
601 Jackson Street, 2nd Floor
San Francisco, CA 94133

HEADQUARTER OFFICE

731 Sansome Street, Suite 100
San Francisco, CA 94111
t: 415-677-7600 f: 415-296-0313
e: info@selfhelpelderly.org

SUPPORT OUR SENIORS

Fund Development
415-677-7668 / 415-677-7670

Self-Help for the Elderly is a non-profit organization with 501(c)(3) tax exemption status. Federal Tax ID# 94-1750717.

SELF-HELP FOR THE ELDERLY AND SUBSIDIARIES
SUPPLEMENTARY INFORMATION FOR
SELF-HELP FOR THE ELDERLY ONLY

SCHEDULES OF FINANCIAL POSITION

June 30, 2020 and 2019

ASSETS	2020	2019
CURRENT ASSETS		
Cash and cash equivalents	\$ 4,009,679	\$ 3,107,966
Short-term investments	2,367,043	2,233,164
Grants receivable	5,036,459	2,395,589
Accounts receivable, net	751,254	593,771
Contributions receivables	7,500	193,520
Other accounts receivable	65,305	41,403
Prepaid expenses	149,592	202,469
Deposits	73,696	80,760
Total current assets	12,460,528	8,848,642
PROPERTY AND EQUIPMENT, net	2,856,697	2,963,745
OTHER ASSETS		
Related-party receivables	491,604	478,349
Total assets	<u>\$ 15,808,829</u>	<u>\$ 12,290,736</u>
LIABILITIES AND NET ASSETS		
CURRENT LIABILITIES		
Accounts payable	\$ 1,670,844	\$ 1,790,047
Accrued liabilities	1,865,832	1,649,701
Advance collections	2,344,800	863,501
Interest payable	7,116	7,278
Notes payable, current portion	42,887	40,644
Total current liabilities	5,931,479	4,351,171
LONG-TERM LIABILITIES		
Customer deposits	236,392	231,667
Notes payable, less current portion and unamortized debt issuance costs	1,745,832	1,787,612
Total liabilities	7,913,703	6,370,450
NET ASSETS		
Without donor restrictions	5,441,490	4,486,781
With donor restrictions	2,453,636	1,433,505
Total net assets	7,895,126	5,920,286
Total liabilities and net assets	<u>\$ 15,808,829</u>	<u>\$ 12,290,736</u>

SELF-HELP FOR THE ELDERLY AND SUBSIDIARIES
SUPPLEMENTARY INFORMATION FOR
SELF-HELP FOR THE ELDERLY ONLY

SCHEDULES OF ACTIVITIES

Years Ended June 30, 2020 and 2019

	2020	2019
Changes in net assets without donor restrictions:		
SUPPORT AND REVENUE		
Government grants and awards	\$ 17,901,541	\$ 14,841,317
Program income	3,914,139	4,917,376
Contributions	1,366,680	1,172,852
Foundation grants	358,598	400,279
Special events	592,153	848,661
Medi-Cal and Medicare	2,777,269	2,273,317
Investment return	116,580	291,074
Miscellaneous income	148,351	18,792
Net assets released from restrictions	21,282	61,444
Total support and revenue	27,196,593	24,825,112
EXPENSES		
Program services		
Housing	402,650	452,434
Social services	5,936,594	6,247,201
In-home supportive services	96,530	89,980
Employment and training	4,541,553	4,629,352
Home health care	1,246,483	1,376,534
Board and care	817,806	697,771
Adult day services	1,807,479	2,115,225
Meals and activities	7,445,675	5,292,246
Hospice	741,884	683,507
Total program services	23,036,654	21,584,250
Management and general	2,552,292	1,823,394
Costs of direct benefits to donors	106,847	89,467
Fundraising	446,091	439,868
Total expenses	26,141,884	23,936,979
Change in net assets without donor restrictions	1,054,709	888,133