

2023 Annual Report



The Year in Numbers
127 persons served
14,377 days of service
31,991 meals served

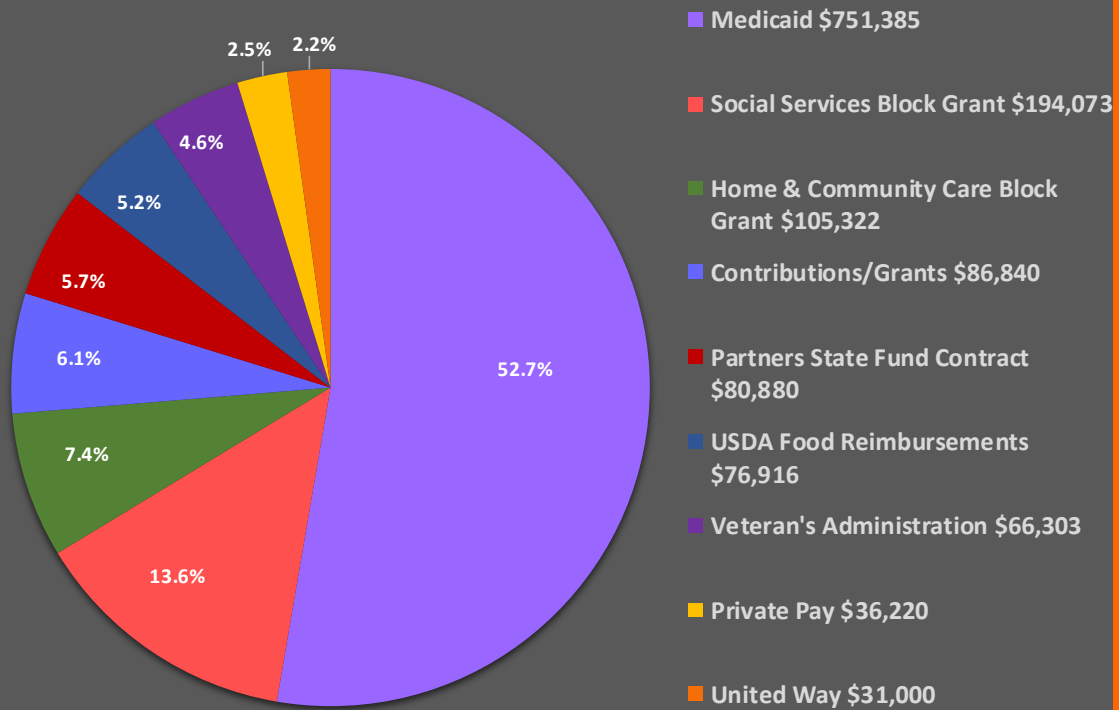


- ◆ **88%** of caregivers reported better health and less stress for themselves
- ◆ **97%** of elderly and disabled adults reported an increased quality of life
- ◆ **87%** of caregivers did not have to terminate employment due to caregiving duties
- ◆ **90%** of disabled and elderly adults maintained their independence and avoided or delayed long-term care or institutionalization.

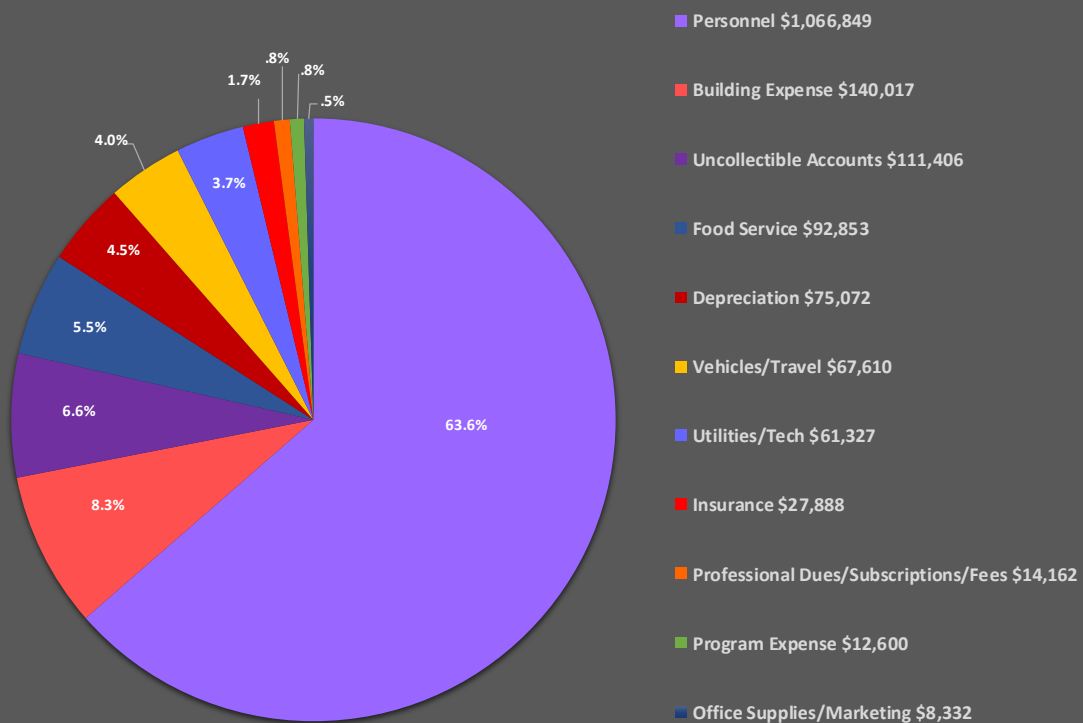
- Adult Life Programs provided services to people living in Alexander, Burke, Caldwell, Catawba, and Lincoln Counties.
- Adult Life Programs provided internship opportunities to students through Lenoir-Rhyne University and Appalachian State University in the areas of Social Work, Human Services, and Occupational Therapy.
- Adult Life Programs is supported by a 14-member Board of Directors, all of whom volunteer their time and service, representing such industries as: Occupational Therapy, Nursing, Public Health, Social Work, Banking, Business, Information Technology, and Aging Services.



FYE June 2023 Annual Revenue \$1,429,865



FYE June 2023 Annual Expenses \$1,678,115





2023 DONORS

Gifts are reported from

January 1, 2023—December 31, 2023



Thank You to the many individuals, businesses, churches, and organizations for their generous charitable gifts, grants, and contributions! Your support is crucial to our ability to provide services to our community.

~ **Catawba County United Way** ~

~ **Trinity Reformed United Church of Christ Foundation** ~

~ **The Bolick Foundation ~ Cathy Smith** ~

~ **First Presbyterian Church of Hickory** ~

~ **St. Aloysius Catholic Church** ~

~ **Alex Lee George Foundation** ~

Rev. David & Sharon Noyes - Lynn Matthews - David Willingham

Fredrick & Donna Whitt - Jeffrey Bronnenberg

First United Methodist Church of Conover

Thomas Skidmore - Kevin & Lisa Clark - Elizabeth Arsenault

Ann Edmonds - Knedlik Family Charitable Fund - Karin McDaniel



Our Mission:

To enhance the vitality of participants' lives and support their caregivers by providing quality adult day services designed to keep them connected to and involved in the community.

FYE 2023-2024

Board of Directors

Tony Cothren
Board Chair

Sue Friguglietti
*Past Board Chair/
Emeritus*

Deb Hill
Vice Chair/Secretary

Nicholas Walden
Treasurer

Will Arant

Alice Layne

Donna Whitt

Denise Albano

Miriam Davis
Former

Sandra Foster
Former

Ex-Officio

Kendra Hendren

Chandra Henson

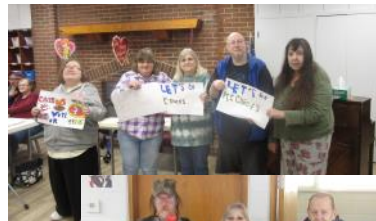
Julie Byrd

Tina Miller

Marcheta Campbell
Former



Conover Center continues to provide Psychosocial Rehabilitation and facilitate life skill development with an active calendar. They continue to engage in their community through volunteer opportunities such as Meals on Wheels. We look forward to adding a new Program Manager in the future.



With the year 2023, Adult Life Programs celebrated 40 years of service! In September we hosted a celebration at the Hickory Center that included live music, food trucks, games and raffles. Participants and staff alike took pride in sharing all the good we do with the community!

Maiden Center continues to capture lots of community interest with a growing enrollment rate. Participants enjoy community outings to nearby attractions like Riverbend Creamery and spending time out in the rural fresh air. We are excited for new changes ahead with the addition of a new Program Manager.

Key Personnel

Karin McDaniel MS, QP
Executive Director

Jill McLelland BS, QP
Director of Operations

Crystal Brackett, BS
Finance Director

Michele Hamby BSN, RN
Health Care Coordinator

Cassandra Hall MHR, QP
*Day Services Manager
Hickory*

Cindy Saine
*Center Resource
Manager Hickory*

Peggy Smith, PP
*Center Resource
Manager Conover*

Kim Williams BA, QP
*Behavioral Health
Coordinator Conover*

Blake Anderson BA, QP
*Former Behavioral
Health Coordinator Hky*

Suzanne Devine
*Former Day Services
Manager Maiden*

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Website: www.adulthoodlifeprograms.com Facebook: @AdultLife1983

Adult Life Programs is a non-profit 501C3 organization. We are a funded partner agency of the Catawba County United Way. Adult Life Programs is licensed by the North Carolina Division of Health Service Regulation and the North Carolina Division of Aging and Adult Services and monitored by the local Department of Social Services. We are an equal opportunity provider and employer and do not discriminate on the basis of race, color, national origin, sex, age, disability, sexual orientation, or gender identity.