The work of Aging True is amazing. The leadership team is innovative and the employees are dedicated. The Board of Directors is mission-driven. Most of the community is familiar with our Meals on Wheels program, which provides not only meals to housebound elders and their pets but also an “eyes-on” safety check. Our home health program is relatively new and continues to grow and meet the needs of many seniors going home from a hospital visit, myself included!

I could go on and on about Aging True. I am so proud to serve as the Board Chair...at one point I was even a client. As an attorney, I became certified nationally in elder law in 1995 with the first class of around 25 people. It was around that time that I learned about the work of Cathedral Foundation and Urban Jacksonville (now Aging True). It was the only agency I had heard of which worked exclusively for seniors. There was the Area Agency on Aging but it only determined who received Federal and State funding and the Florida Council on Aging which focused on legislative issues. Aging True was truly in the trenches, impacting individual lives by providing meals, housing and direct services locally. It inspired me to dedicate pro bono legal counsel.

As we look to the future, I am excited to see how Aging True is positioning itself to become the leader in ALL that is senior care! By embracing new technologies and contemporary communication methods, we are becoming successful in our efforts to increase awareness and accessibility to senior care, thereby making aging gracefully and with dignity possible for all seniors in our community.

With your help we will just keep getting better with age!

Respectfully,

Rebecca L. Berg
Rebecca L. Berg, Esquire, Chair
Aging True Community Senior Services
Board of Directors
This year, as Aging True celebrates 54 years, I am pleased to report that we continue to meet the needs of seniors in our community. Every day, with the help of committed and dedicated staff and volunteers, we venture into the community to meet needs of disabled, homebound and frail seniors. In 1962, St. Johns Cathedral Church founded Cathedral Foundation and subsequently Urban Jacksonville, Inc. to support senior living in Jacksonville. The members of the Cathedral Church knew that supporting the senior community was necessary as many seniors were in desperate need of assistance and resources that would allow them to remain independent and in their homes.

In this annual report, you will see the numbers that prove this assertion. And while those numbers are striking, you will be encouraged by the intangible results – the lives that have been changed throughout our community!

Our employees and volunteers serve with tireless love and divinely sharpened wisdom. Our donors continue to give with overflowing hearts making it possible for our programs and services to continue. As a result, thousands of seniors and their families are able to rest comfortably knowing they are able to remain in their homes and live independently with dignity and grace.

Our mission is to “provide essential and innovative services and care for individuals, families and communities throughout Northeast Florida to prepare for and support graceful aging.” We work daily to fulfill that mission while providing the very best care and services possible for those we serve. Thank you for helping us along the way. Your support has been greatly appreciated.

Respectfully,

Teresa K. Barton

Teresa K. Barton, CEO
Aging True Community Senior Services
Since 1962, Aging True — operating as Cathedral Foundation of Jacksonville Inc. and subsequently in partnership with Urban Jacksonville, Inc. — has designed and administered programs to help seniors in Northeast Florida maintain independence and age gracefully.

Cathedral Foundation of Jacksonville was established by a group of St. John’s Episcopal Cathedral parishioners who were concerned about the health and welfare of the elderly in Jacksonville. Their grassroots initiative expanded in 1974 to include Urban Jacksonville as a focused community service division dedicated to the needs of seniors.

- 1991 – Designated as the Community Care for the Elderly lead agency in Duval County
- 2005 – Added Senior Connections, a dedicated nursing home diversion program developed by the Florida Department of Elder Affairs (DOEA) and the Florida Agency of Health Care Administration (AHCA) to our offerings
- 2008 – Became a licensed Home Health Care Agency
- 2009 – Named as administrator of the Florida Self-Directed Care program for Northeast Florida by Florida Department of Children & Families
- In 2011, Cathedral Foundation of Jacksonville, Inc. and Urban Jacksonville Inc. formally changed its name to Aging True to better reflect the services we provide and the seniors we serve. The name “Aging True” speaks to our support and celebration of independent, graceful aging through our comprehensive programs and services — what aging should be.

Aging True has served hundreds of thousands of seniors, their families and the community in our five decades of operation. Through the services our professionals developed and administer, we provide seniors with the care and assistance they need to live independently. Our health, nutritional and financial care programs are designed specifically to serve and educate the frail, elderly and disabled in our region.

Aging True services reach more than 6,000 Northeast Florida seniors each year. Our dedicated focus on the needs of seniors is steadfast, and as the number of seniors in need continues to grow, our programs and services become even more vital. Today, Aging True is one of Northeast Florida’s largest non-profit provider of senior services and a leader in enabling home-based senior independence.
The progress Aging True has achieved during 2014-15 has built a strong foundation for the organization to pursue its goals to become the leader in senior care in Duval County. Aging True is committed to making critical investments in its programs and resources – increased nursing staff; the identification of new funding opportunities and partnerships; and renovations to our residential facilities that feature new and modernized apartments that support improved senior living - all of which will help Aging True achieve unparalleled excellence over the course of the next generation. Our donor community’s contributions, along with continued support from federal, state and local governments, will enable us to drive our mission, and for that we are extremely grateful.

### Total Revenue for the Year

**CATHEDRAL FOUNDATION, INC.**

- **Total Revenue**: $8,418,038
- **Rental Revenue**: 46%
- **Food Service Revenue**: 27%
- **Admin & Bookkeeping Services**: 12%
- **Interest**: 2%
- **Donations**: 9%
- **Other**: 1%

**URBAN JACKSONVILLE, INC.**

- **Total Revenue**: $6,535,979
- **Grant Revenue**: 62%
- **Contract Matching Revenue**: 7%
- **Other revenue**: 31%

**TOTAL**: $15,954,017

### Service numbers by Programs (in Units of Service)

- **Case Management**: 12,730
- **Congregate Meals**: 13,616
- **Caregiver Support**: 640
- **Respite**: 51,185
- **Mental Health**: 1,042
- **Home Delivered Meals (Meals on Wheels)**: 113,796
- **Total Approximate Occupancy of Cathedral Residences**: 41,095
- **Total Volunteer Hours**: 660
- **Estimated Value of Volunteer Time**: $904,090
Legally blind, Sister Henry receives in-home services and Meals on Wheels from Aging True. She also has a Senior Companion, Rebecca, who visits with her three days a week to keep her company and go shopping. Still very active and mentally sharp as a tack (she has been invited by Mayo Clinic’s Autopsy program to donate her brain to their Alzheimer’s study), Sister Henry developed pneumonia that forced her to go into the hospital. While she recovered, her health has never been the same. She became extremely weak and coupled with her restricted vision, has limited ability to do things around the house. That’s when she reached out to Aging True for assistance.

“ Aging True has really been a life saver – especially Meals on Wheels,” said Sister Henry. If not for Meals on Wheels, she said that she is not sure what she would do to eat. Her medicine for eyes alone costs her nearly $100 a month and with a fixed income she doesn’t have a lot of money left over for food. “It is ridiculous how much my eye drops cost - and that is with insurance.” Meals on Wheels eliminates the burden of food expenses for Sister Henry and guarantees her a nutritious and balanced meal every day.

Also, Aging True’s in-home services provide light housekeeping assistance for Sister Henry. Twice a week, Ruby, Sister Henry’s aide, comes by and cleans and helps with organization, thereby making sure the house is clear of clutter which is important to Sister Henry due to her vision. Ruby also does all the things that pose challenges for Sister Henry since she gets tired really easily - vacuuming, changing the linen and dusting.

If not for Aging True, Sister Henry would not be able to remain in her home. For her and so many other seniors in Duval County, independence is extremely important. Our goal at Aging True is to ensure their independence is maintained while meeting the needs of seniors in our community and help them remain self-reliant and have a rewarding quality of life at home!!

If you or someone you know is interested in becoming a senior companion volunteer, please contact Francine Castillo at 904.807.1239.
At 84 years old, Richard Metzger is a true example of independent living. Born with a spinal cord injury that limited his mobility and required him to walk with a cane, Richard was taught to be independent at a very young age. His parents never allowed him to use his disability as a limitation. That is why in his “golden” years he feels so passionately about living at home and independent even though he is wheelchair bound.

A native of New York, Richard and his wife relocated to Florida in 1989 after he retired from Pan American Airlines. In 2002, they moved to Jacksonville to be closer to their daughters. Shortly after, both he and his wife were diagnosed with cancer. Sadly, she died in 2012, and while Richard ultimately beat cancer, he has been in and out of rehab due to the side effects of treatment. He is now wheelchair bound and living with kidney failure.

Initially, his daughters placed him in an assisted living facility, but after just one day he demanded to be taken back home. He insisted that their “regimented” way of living was not for him. Richard remembered hearing about Aging True’s programs and services and gave us a call.

Richard receives assistance five days a week from our in-home care program that provides light housekeeping and personal care as well as Meals on Wheels. These services allow him to remain in the comforts of his own home with his beloved cat! It also allows his daughters to go to work and not worry about their father throughout the day. Instead, Richard’s daughter simply calls him every morning before heading out to work and then stops by in the evening to visit with him.

Aging True’s services truly make a difference and helps keep me out of the hospital and that saves money,” said Richard, who understands that hospitalization is costly these days. He says that Aging True staff members are understanding, sensitive and timely. He and his family are very happy that he selected our agency for services.

Richard and his family are just one example of the difference Aging True makes every day. It is our goal to keep as many seniors, like him, in their homes for as long as safely possible.
Aging True’s community partnerships are vital to the overall success of its programs. In any given week, Aging True’s Meals on Wheels program delivers over 4,000 meals to homebound, frail and disabled seniors in our community. That is a lot of meals and a lot of miles to cover. Fortunately, we have the assistance of our wonderful volunteer-operated Meals on Wheels drop sites to assist in making sure these meals reach the seniors who desperately need them.

Currently, there are 12 volunteer operated meal sites totaling over 300 volunteers to who partner with Aging True to deliver Meals on Wheels five days a week. Our 12 volunteer-operated meal dropsites help us deliver 40% of our meals to seniors who are frail and homebound. As one of our largest volunteer driven programs, Meals on Wheels relies heavily on the dedicated individuals who oversee and volunteer at what are primarily churches in the community.

**TAKE FOR EXAMPLE…**

**Lakeside Presbyterian Church**

A large portion of the 40% of volunteer-delivered meals is delivered by volunteers from Lakeside. Kristen Peterson has been the volunteer coordinator for about six months. She oversees nearly 50 volunteers who operate five routes by dedicating a few hours each month to the Meals on Wheels program. Susan Kaelin and Pat Durrett volunteer once a month. The ladies, who have been friends for many years, see this opportunity as a chance to give back to their community and church while also catching up. Susan, who lives in Green Cove Springs, and Pat, who lives in Jacksonville, have been volunteers of the program for more than 30 years! They meet at the church where they pack and load their coolers then hop in a car and spend the afternoon delivering Meals on Wheels. Both say that they enjoy giving back and have fun visiting with seniors.

Aging True and our clients are very appreciative of all the volunteers at Lakeside Presbyterian. The church has been a long time partner and supporter of Aging True and we thank them for all that they do to make sure seniors in our community remain healthy, happy and independent in their homes!
St. Vincent’s Medical Center and North Florida Transportation

Aging True is honored to spotlight two of our major partnerships. St. Vincent’s Medical Center Jacksonville along with North Florida Transportation.

Aging True was happy to once again have St. Vincent’s hospital provide Thanksgiving Dinner for our Meals on Wheels clients. Chef Jonathan and his team prepared over 500 meals for our seniors. This year, clients enjoyed turkey, mashed potatoes and string beans along with a dessert. Drivers from North Florida Transportation and their families volunteered their morning to deliver hundreds of meals to our clients.

This was the 22nd year of the partnership and one that our clients, along with the team at St. Vincent’s and North Florida Transportation all look forward to each year. Thank you to both St. Vincent’s and North Florida Transportation for your continued support and generosity and for POWERING partnerships in North Florida!

Jacksonville Jewish Center and Congregation Ahavath Chesed

Aging True clients have been the beneficiary of the kindness of volunteers from The Jacksonville Jewish Center and Congregation Ahavath Chesed. These wonderful organizations have provided meals for our Meals on Wheels clients on Christmas Day every year for over 20 years.

Volunteers of The Jacksonville Jewish Center and Congregation Ahavath Chesed spent Christmas Eve preparing a gourmet Christmas meal for 500 of our Meals on Wheels clients. On Christmas morning, members of their congregations met up and packaged the meals and then delivered them to our seniors, many of whom would not have had a hot meal for the holidays.

Aging True’s community partners are the best and we simply would not be able to accomplish all that we have in this community if not for their tireless efforts and support. Thank you to the wonderful volunteers at The Jacksonville Jewish Center and Congregation Ahavath Chesed!

a new volunteer meal site please contact our Volunteer Department at 904.807.1307.
Aging True hosted its 25th Annual Golf Classic to benefit Meals on Wheels on Tuesday, October 6, 2015 at Hidden Hills Golf and Country Club. Participants enjoyed a wonderful day of golf for a great cause. Former Jacksonville Jaguars Punter, Bryan Anger served as the celebrity chair of the event while several of his team members served as special guests on foursomes! Supporters included organizations such as Underhill Home Healthcare, Walgreens, Publix Charities, KC Petroleum, and Blue Sky Communities and Carteret Management.

As an added bonus and in honor of the 25th year of the event, a Friday night event was added. Keeping with our golf classic theme, Friday night’s cocktail party, Swing On By, was chaired by WJXT News Anchor, Staci Spanos. Swing On By offered a night of food, fun, and dancing all to celebrate 25 years of the Golf Classic and two-day fundraising event to benefit Meals on Wheels.

In total, the 25th Annual Golf Classic and Swing on By event raised a total of $87,686 for Aging True’s Meals on Wheels program, which provides meals five days a week to over 800 homebound, frail seniors in Duval County.
This year, Aging True was honored to be awarded a grant from the Delores Barr Weaver Foundation to support our Relatives as Parents Program of Jacksonville (RAPPJax). Since 2004, as a part of our mental wellness services, Aging True has operated the RAPPJax program which provides resources and services for seniors in Duval and surrounding counties who are caring for and serve as full time guardians for minor relatives (usually grandchildren) living in their homes.

Mrs. Weaver generously donated a $50,000 a year challenge grant for three years, in support of the program. Because of her generous gift, Aging True has been able to increase the number of families we assist in the program as well as expand our services to include transportation, computer training, and family counseling and provide assistance with summer camp.

The name Delores Barr Weaver is one that resonates strongly in the community of Jacksonville. As many people know, she and her husband, Wayne, brought the beloved Jacksonville Jaguars to town, making Jacksonville amongst only 32 cities to serve as home to an NFL team. But, it has been her generosity that has truly made the difference in our community.

The needs of the very young and the elderly in our community are very important to me,” said Delores Barr Weaver. “Supporting Aging True’s Relatives as Parents Program is an opportunity to support children who are being cared for by their grandparents, but also provide important resources and assistance to grandparents who in many cases are struggling to care for themselves.

Thank you to Mrs. Weaver for her support of this very unique program. There are over 3,500 seniors in Duval County who are raising minor children. If you are a senior, or if you know a senior, raising children under 18 years of age, and need assistance, or if you would like to donate in response to the challenge grant from the Delores Barr Weaver Foundation, please contact our offices.

Visit us online at www.agingtrue.org or call 904.807.1292 to learn more about the program and how to get involved.
We are pleased to acknowledge the following donors for their generosity and support of Aging True Community Senior Services. We greatly appreciate each gift given in support of our programs and services, and we have made every effort to ensure the accuracy of this listing.

A. J. Dejnozka
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Joe G. Sproul
Joe Love
Joe Martin
Please notify Tourea B. Robinson, Director of Development, of any inaccuracies or omissions by contacting her at 904.807.1320 or trobinson@agingtrue.org. We regret any errors.
The need for senior services continues to grow every day. With the advancement of medicine and treatments people are fortunately living longer than ever before, which means the senior population in our communities are growing and will continue to grow through the years. This extended life span also means there will be a high demand for services geared towards senior care.

Aging True is preparing today to address the increased need for in-home senior care. At the beginning of the year, Aging True began renovations to its Cathedral Terrace residential facility located in the heart of downtown Jacksonville. This 240 unit high rise is in the midst of a complete, top to bottom renovation.

Residents will enjoy new appliances, fixtures, flooring, cabinets and technology upgrades making the Cathedral Terrace one of the most modern and up-to-date senior housing communities!
Aging True Community Senior Services is governed by an 11 member Board of Directors. They consist of some of Jacksonville’s premier leaders in the community. We are thankful for their leadership and guidance and proud to have them serve as champions for our agency.

Additionally, Aging True is home to the most talented and dedicated staff. Our employees are very committed to providing excellent care and service to our clients and their families. Not a day goes by that we do not receive a call or email commending the outstanding work of our team. Led by our CEO, Teresa K. Barton and other members of our Executive Leadership team, Aging True continues to be a leader in caring for seniors and their families in Duval County.

2014-2015
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