Your Support Improves Lives!

Your support of AGE of Central Texas improves the lives of senior adults and their caregivers every day.

Talk to us about planned giving, so that your support can continue to make Central Texas a great place to grow older!

Call Lauren McPhail at 512-600-9283 for more information.

91% of caregivers feel that their family member has improved or maintained the current physical and/or mental health status because he/she attends AGE’s Adult Day Health Centers

94% of caregivers report feeling that their life is more manageable since their family member attends AGE’s Adult Day Health Centers

1,349 loans of free durable medical equipment were made from the Health Equipment Lending Program, made to 877 unique clients

600+ individuals helped through the Caregiver Information & Resources Center

343 individuals attended one of the 25 free CaregiverU classes offered in 4 counties throughout the year

512-451-4611
www.AGEofCentralTX.org

Central Office & Austin Adult Day Health Center
3710 Cedar Street
Austin, TX 78705

Round Rock Adult Day Health Center
475 Round Rock West Drive, #120
Round Rock, TX 78681

MISSION DRIVEN
To tackle the challenges of aging with expert solutions

WITH A VISION
To make aging a shared journey of triumph!
Every picture, every story, every number in this report—they’re all possible because caring and generous people like you make the decision to support older adults and family caregivers. This Impact Report is dedicated to you, because it’s your support that makes AGE of Central Texas possible.

Thank you for sharing your time, treasure, and attention with the aging adults and family caregivers in our community. With you by our side, lives are changing and our community is moving forward towards being a better place to live and a better place to age (grow older).

In partnership,

Joyce Lauck, Executive Director

### STAY INVOLVED

- **Make a financial gift**
- **Give your time and volunteer**
- **Donate items including health equipment (such as walkers or wheelchairs)**

We would be very grateful to have your partnership, in whatever form would be meaningful to you. Contact us at 512-600-9283 or email info@ageofcentraltx.org to discuss how to put your passion for supporting seniors into action.

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Stories of the Impact of Your Support!

My name is Leona Gamerl, and I’ve been volunteering for AGE since 2008.

My mother was diagnosed with dementia last summer. Mom and Dad live in Laguna Beach, CA, around the corner from my brother and sister-in-law. Thankfully at 83 years of age, Mom’s in the mild stage. It’s unclear whether she has Alzheimer’s, but with her progression, albeit a slow one, her providers are thinking so.

She is amazing! She’s the kindest person I know, the best storyteller, and can still cook, walk downtown to yoga three days-a-week and back by herself, and still drives (so far). She and Dad (he’s 79) walk around the neighborhood daily. They’ve made it easy for my siblings and me as far as their health.

**Thanks to AGE, my parents have benefited from the seminar content I’ve had the pleasure to attend.** They have revised their will, have advanced directives, have begun to discuss more openly memory loss and care options, etc. They are even considering moving to Texas near me in the next 2-3 years... in which case, I will plug them into AGE as soon as they step foot here.

We are so fortunate to have these great resources right here. I just want to thank you for what you do and for the countless resources that AGE offers patients and family. Families can breathe and realize that everyone deserves—and can experience—a quality of life whether as a person with dementia or as a caregiver.

- **An Always Volunteer, Leona Gamerl**

AGE does phenomenal work and several of our congregations’ members are in your Round Rock Adult Day Health Center. I adore the director. She’s funny in her presentation, and seriously committed to her work.

The workshops are right on the spot and sort of sneak up on you because we caregivers think experience has taught us; then your classes show us that we are not alone, and there’s another, sometimes easier way to function.

Finally, the resources and the compassionate way your staff listens and guides us makes us feel as if we’re individuals who are actually being heard, and not just another number coming through the door with the same complaint or concern of the last few hundred people who came through the door. You guys not only “get it” on what we’re going through, you guide us through the process.

I’m very grateful for AGE. CaregiverU literally saved my life. I was in tears during the opening film, recognizing myself in the portrayal of the caregiver who died. I made the necessary adjustments from what you taught me.

- Reverend Linda Connor

A BIG THANKS to the whole AGE family at the Round Rock Adult Day Health Center for being the sunshine in Cousin Lloyd’s day! From his bus rides, to his walks, countless classmates he enjoyed, many games he played, prizes he won and visitors that stopped by, he has a wealthy of memories to take with him! He will miss y’all greatly and will miss his wonderful stories.

As we all begin a new chapter will come new memories. We are thankful that AGE is a part of his life story.

- Always, Lloyd’s Loving Family