With a mission to promote and preserve independence for seniors, LIFE Senior Services has been meeting the needs of seniors and their families since 1973. Providing a continuum of home and community-based services, LIFE reaches over 30,000 people annually. Following are some key highlights from 2018.

**Adult Day Health:** LIFE’s three nationally accredited Adult Day Health Centers provide a safe, friendly and therapeutic setting for at-risk seniors and adults with disabilities. Nursing, personal care services and enriching activities maintain and enhance the physical and mental capabilities of participants. It is also a vital service for family caregivers, allowing them an opportunity for respite or providing care as they continue to work. In 2018, LIFE’s Adult Day Health served 406 seniors or adults with disabilities and provided 37,163 days of care and services.

**SeniorLine Information and Assistance Services:** LIFE’s SeniorLine is a trusted resource. One call to LIFE’s SeniorLine brings convenient access to hundreds of local, state and national resources and services, helping seniors and family caregivers address aging concerns and challenges as they arise. LIFE’s SeniorLine responded to 14,106 inquiries for assistance.

**Care Management:** LIFE’s Medicaid ADvantage and Independent Care Management Services help seniors remain independent by matching individual needs with day, home and community-based services. In 2018, LIFE’s Care Managers proactively coordinated, facilitated and advocated seamless service delivery for 178 seniors with impairments, keeping them safe and surrounded by the comforts of home.

**Behavioral Health:** Senior behavioral health problems are associated with higher healthcare use, lower quality of life, caregiver stress and suicide risk. LIFE’s Behavioral Health provides valuable information, education and collaboration on mental health and senior adult issues. More than 466 senior adults, family members and caregivers received help from LIFE’s Behavioral Health for a loved one experiencing mental health issues.

**Community Education:** With the right information at the right time, seniors and their families can more easily make important decisions about aging and caregiving issues. LIFE offers a variety of community education programs and an active Speakers Bureau. In 2018, LIFE offered more than 145 community and professional education programs with more than 3,390 participants.
Senior Centers: LIFE’s two senior centers offer a healthy combination of social, creative, educational and fitness activities. In 2018, more than 1,800 seniors actively participated in over 4,000 individual activities.

Medicare Assistance Program (MAP): The Medicare Assistance Program at LIFE is Oklahoma’s most comprehensive counseling service helping beneficiaries understand and navigate Medicare Part D. In 2018, the program managed 7,194 contacts, assisted more than 900 people with Medicare review of their 2019 coverage options, saving them more than $1.6 million in prescription drug costs.

Tax Assistance Program (TAP): LIFE provides counseling, tax preparation and electronic filing at no cost to qualified seniors. LIFE is the only IRS-certified non-AARP Tax Counseling for the Elderly site in Oklahoma. In 2018, LIFE served 2,934 clients during the filing season and completed 1,282 tax returns for low-income seniors age 60 and over.

Publications: LIFE’s award-winning publications include LIFE’s Vintage Newsmagazine – published monthly with more than 61,500 readers. Also, 45,000 copies of LIFE’s Vintage Guide to Housing & Services – Oklahoma’s most comprehensive guide to senior resources – are distributed annually. Both publications have received National Mature Media awards.

Volunteers: LIFE’s Volunteer program offers many rewarding volunteer opportunities. By sharing their time and talents, seniors who volunteer with LIFE derive positive health benefits that keep them active and socially engaged. In 2018, more than 2,799 volunteers contributed more than 19,785 hours of time in service to seniors through LIFE’s programs and services. This equates to more than $446,151 in added economic value.

Program of All-Inclusive Care for the Elderly (PACE): LIFE PACE provides a medical/social-based model of care and comprehensive, integrated support services for individuals age 55 and older who meet the nursing facility level of care requirements by the Oklahoma Department of Human Services. This program enables participants to live safely at home or with their loved ones with support from a team of healthcare professionals. To date, LIFE PACE supports 150 participants with plans to grow.

Affordable Housing: Vintage Housing develops safe, attractive, affordable housing for seniors in an environment that sustains independence and supports residents as they age in place. Seventeen apartment communities in Tulsa, Jenks, Sapulpa, Bristow, Skiatook, Coweta, Broken Arrow, Bixby, Collinsville, Glenpool, Sand Springs, and Owasso are home to 644 seniors, age 62 and older, living on a limited income. Projects 18 and 19 are in pre-development.