

2019 ANNUAL REPORT



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Our Mission

To provide a safe, quality and affordable home with person centered supportive services that empowers its residents to thrive.



Our Vision

A vision of the late Reverend Doctor Robert E. Lee, Lutheran Towers is the only faith-based community of its kind in Midtown Atlanta. Our commitment to quality extends to our staff, selected for their compassion as well as their skills and credentials.

To provide a modern home that provides a flourishing community with innovative services.

Our Board

Alan Cole - President

Pat Cornwell - Vice President

Tom Davis - Secretary

James Summer III - Treasurer

Niall Slater

Catharine Dressel

Lorraine Dorough

Kevin Grogg

Lisa O. Wayco

Nichelle Mitchem - Executive Director





A Letter From Our Executive Director

Dear Friends,

It is with great pleasure that I share Lutheran Towers' recent successes.

In keeping with the Lutheran Church of the Redeemer's mission and demonstrated commitment to service to the most vulnerable members of humanity, in 2019, Lutheran Towers provided not simply housing but also holistic, innovative, person-centered supportive and recreational services designed to improve the quality of life for the residents in our senior community.

In 2019, thanks to the generous support of donors like you, Lutheran Towers improved the quality of life for the more than two hundred and three (203) desperately poor elderly persons that call Lutheran Towers their forever home. For more than five decades there has been and continues to be a dearth of safe, decent, and affordable housing in our nation. In Metro Atlanta, Lutheran Towers is one of a small number of United States Department of Housing and Urban Development (HUD) subsidized independent living communities for senior citizens living at or below the poverty level.

Our average resident's annual income is \$9,900 or \$825 monthly income. According to research, the average apartment rent in Atlanta for a one-bedroom unit is \$1,550. With that being said, all of Lutheran Towers' residents are at high risk for homelessness. Research data indicates that persons at-risk for homelessness are also food insecure. Our resident needs assessment conducted in 2018 highlighted the prevalence of hunger in our resident population. More than 98% of our residents are food insecure.

Each month, most of our residents exhaust their available food and funds to purchase food well before the end of the month. In response to making this finding about the prevalence of food insecurity in our senior community, in 2018, in collaboration with the USDA, Lutheran Towers launched its first anti-hunger program on site for our residents. Thanks to your generosity, in 2019, Lutheran Towers' had the capacity to launch four (4) new resident feeding programs in order to address our residents' food insecurity in a holistic fashion.

For Lutheran Towers, 2019 was a transformative year. No aspect of our operations was left untouched. With overarching goal of improving the lives of our residents in a meaningful and lasting manner, we launched four (4) new resident feeding programs, expanded our supportive services as well as recreational programs, engaged in agency-wide capacity-building, and made notable capital improvements within our building.

Over the course of almost five decades, more than 4,500 desperately poor elderly people of all cultures and faiths have called Lutheran Towers their forever home. With the ongoing support of our donors, Lutheran Towers is more committed than ever to not simply provide safe, decent, and affordable housing but also to the provision of holistic, innovative, person-centered supportive and recreational services designed to improve the quality of life for its more than 200 poverty-stricken residents.

With guidance from our strategic plan, the dedication of a caring Board of Directors, the work of our very experience and committed staff, our implementation of innovative as well as holistic programs from the in-kind donations of our community partners, and with ongoing financial support from our individual donors, we are poised to move forward in becoming one of Atlanta's premier senior independent living communities.

On behalf of Lutheran Towers' residents, staff, and the board of directors, I thank you deeply for your generosity. It is greatly appreciated by all.

With warmest gratitude,

Nichelle A. Mitchem, Esq.

Executive Director

We Set The Standard



In our nation, in 2019, approximately 4.7 million adults ages 65 and older lived in poverty. Research data indicates that homelessness and poverty are inextricably intertwined. In the United States, the number of elders living in poverty has increased. Among this growing population of older adults living in poverty are people forced to grow old in the streets and in emergency shelters.

Increased homelessness among elderly persons is largely the result of poverty and the declining availability of affordable housing. According to the U.S. Department of Housing and Urban Development (HUD), on a single night, in 2019, roughly 568,000 extremely poor people experienced homelessness in the United States. In our nation and in the state of Georgia, senior homelessness and food insecurity are on the rise.

Because of their extremely low incomes, prior to coming to Lutheran Towers to reside, most Lutheran Towers' residents were either homeless or at extreme risk of homelessness. Not only were our prospective and now current residents either homeless or at extreme risk of homelessness, these individuals were also food insecure.



Our discovery of the prevalence of hunger in our residents compelled us to establish free feeding programs on-site for our residents in 2018 and to expand the number and type of Lutheran Towers' resident feeding programs in 2019. In 2019, Lutheran Towers served a total of nine hundred and twenty (920) meals to our residents. Specifically, we distributed more than twenty-one thousand (21,000) pounds of food to our residents.

The establishment of Lutheran Towers' new feeding programs was only possible because of the financial and in-kind support that we receive from our individual donors, Atlanta churches, and other private and public nonprofit organizations. In Georgia and perhaps in our nation, Lutheran Towers is the first senior community to offer several free feeding programs for our residents.

In 2019, Lutheran Towers was home to over two hundred and three (203) extremely low-income elderly persons of different backgrounds and faiths. Because of the dearth of safe, decent, and affordable housing in our nation, our holistic supportive services, extensive as well as innovative program offerings, and this senior community's ideal location, this year, Lutheran Towers maintained a 99% occupancy rate.

In our nation, there are at least nine (9) seniors waiting for every occupied unit of affordable elderly housing. As a result, throughout the year, Lutheran Towers maintained an extensive Waiting List of extremely low-income seniors interested in living in our community.

In 2020, because of the continued pervasiveness of food insecurity in our resident population, we want to distribute more food to our residents. With the continued financial and in-kind support of our individual donors, Atlanta churches, and other private and public nonprofit organizations, it is our goal to continue to set the standard by the continued provision of innovative as well as holistic services and also by notably increasing the number of pounds of free food disseminated to our very vulnerable residents in 2020.



Beyond Housing



Hope Starts Here

Our New Anti-Hunger Programs

It has long been said that “Food is medicine”. For more than ninety (90) percent of our residents, on many days of the month, food is a scarce commodity. Because of your financial support, in 2018, we were able to establish a food ministry at Lutheran Towers designed to increase our residents’ access to healthy food. In 2019, because of the prevalence of senior hunger, we expanded the number and type of Lutheran Towers’ resident feeding programs operated on-site in our senior community.

Across the United States, millions of people are food insecure, which means having limited access to enough nutritious food to live a healthy lifestyle. In our nation, more than 8.6 million older Americans faced the threat of hunger in 2019. In 2019, senior hunger was on the rise both in our nation and in the state of Georgia.

For many seniors who are on tight post-retirement budgets, unexpected expenses lead to difficult financial decisions like having to choose between food, medicine, and rent. They often cut out more expensive, healthy foods to make ends meet. Unlike working age adults, seniors are less likely to recover from financial strain and are more likely to suffer negative health consequences from a poor diet.

Food insecurity has negative effects for individuals across the age spectrum. For seniors, these effects can be particularly problematic given the unique health, economic, and nutritional challenges that can come with aging.

With the growth of the senior population that has been projected for the coming decades, senior food insecurity is likely to remain a personal and public health challenge in the years to come.

With the overarching goal of improving our residents’ physical as well as emotional health and well-being through addressing the prevalence of food insecurity within our resident population, we expanded the number and type of Lutheran Towers’ free resident feeding programs in 2019. In 2019, Lutheran Towers feeding programs served a total of nine hundred and twenty (920) meals to our residents. Specifically, we distributed more than twenty-one thousand (21,000) pounds of food to our residents.

In 2019, to support our new feeding programs, Lutheran Towers secured two new revenue sources (i.e. Georgia Division on Aging and the Georgia Restaurant Association) to help launch, our two newest anti-hunger effort initiatives, Project Hope (Helping Older People Eat healthier) and our Food Pantry.

As one could imagine, in a senior community where food insecurity is and has been highly prevalent, along with all Lutheran Towers’ other new anti-hunger initiatives, Project Hope and our new on-site Food Pantry are huge successes within our senior community because it affords our vulnerable residents an opportunity to eat healthy food (i.e. fresh vegetables and fruit) at no cost to them.

98% of the funding for Lutheran Towers’ anti-hunger programs for our residents comes from donors like you to our Benevolence Fund. You are why Hope Starts Here.

Your investments in the lives of the residents that call Lutheran Towers their forever home have changed the quality of life for almost 5,000 desperately poor elders since 1976.



Community Engagement



In 2019, not only did we expand our anti-hunger initiatives established in 2018 to combat hunger and malnutrition discovered in our resident population, Lutheran Towers also collaborated with hunger programs such as Meals on Wheels, Project Open Hand, the USDA Food and Nutrition Service, Atlanta churches, and other public and private nonprofits offering anti-hunger programs.

To help build our capacity to address senior hunger within our senior community, in 2019, we sought and were awarded our first Georgia Department of Human Services/ Department of Aging grant in the amount of \$3,000.

With this three thousand (\$3000) government grant dollars and twenty thousand (\$20,000) in Benevolence Fund dollars, Lutheran Towers created Project HOPE (Helping Older People Eat healthier) which provides the residents of Lutheran Towers with (5) \$20 vouchers to utilize at our monthly fresh produce market with Gilliam's farm. Over the course of the year, Project HOPE alone distributed one thousand eight hundred (1,800) pounds of farm fresh fruits and vegetables to Lutheran Towers' resident at no cost to them.



The establishment of Lutheran Towers' new feeding programs was only possible because of the financial and in-kind support that we receive from our individual donors, Atlanta churches, and other private and public nonprofit organizations. In Georgia and perhaps in our nation, Lutheran Towers is the first senior community to offer several free feeding programs for our residents.

In 2020, because of the continued pervasiveness of food insecurity in our resident population, we want to distribute more food to our residents. With the continued financial and in-kind support of our individual donors, Atlanta churches, and other private and public nonprofit organizations, it is goal to continue to set the standard by the continued provision of innovative as well as holistic services and also by notably increasing the number of pounds of free food disseminated to our very vulnerable residents in 2020.

Our Impact

In our nation and in the state of Georgia, senior homelessness and food insecurity are on the rise. Our research indicated that Lutheran Towers extremely low-income residents are not merely at risk of homelessness but also food insecure.

Because of their extremely low annual incomes, every month, many of our residents' struggle to pay their bills such as prescription medicine costs, rent, and insurance premiums which routinely leads to food scarcity.

Most of Lutheran Towers' residents receive Supplemental Nutrition Assistance Program (SNAP) benefits to supplement their very low incomes; however, most of our residents' SNAP benefit allotments do not exceed \$15.00 per month, which is not enough to cover the cost of weekly meals. Therefore, Lutheran Towers' leveraged other resources to help address the issue of hunger in our senior community.

In 2019, not only did Lutheran Towers expand its anti-hunger initiatives established in 2018 to combat hunger and malnutrition discovered in our resident population, our organization also collaborated with anti-hunger programs such as Meals on Wheels, Project Open Hand, the USDA Food and Nutrition Service, Atlanta churches, and other public and private nonprofits offering anti-hunger programs in order to address our residents' vast need.

Also, to address food insecurity within in our senior community, we established a formal partnership with the Atlanta Community Food Bank to create an on-site food pantry that allows our residents to have routine access to nutritious food. This partnership is the first of its kind among the Georgia non-profit senior housing communities.



Recently, Lee Hall, our large meeting room, was renovated which included the creation of an adjoining commercial kitchen. This commercial kitchen and food storage area therein provides the requisite space to house our new on-site food pantry. Our new Food Pantry allows our residents to access nutritious food on an ongoing basis.

In 2019, Lutheran Towers served a total of nine hundred and twenty (920) meals to our residents. Specifically, we distributed more than twenty-one thousand (21,000) pounds of food to our residents.

Like in 2019, in 2020, with the help of donors like you, we intend to maintain in our Food Pantry a healthy stockpile of food. In doing so, Lutheran Towers' residents will be afforded the opportunity to receive at least fifteen (15) pounds of food per visit.



The establishment of Lutheran Towers' new onsite Food Pantry and other feeding programs was only possible because of the financial and in-kind support that we receive from our individual donors, Atlanta churches, and other private and public nonprofit organizations.

In Georgia and perhaps in our nation, Lutheran Towers is the first senior community designed for extremely low-income residents to partner with the local community food bank and offer several free feeding programs for their residents on a routine basis.

Thank you for helping us to set the standard for service provision to vulnerable elderly persons.

Because of You...

The Holiday season for most people is a fun time of the year filled with parties, celebrations, and social gatherings with family and friends. For many people living alone, like 99% of Lutheran Towers' residents, the holiday season can be filled with sadness, self-reflection, loneliness, and anxiety. With this knowledge, in 2018, Lutheran Towers launched new holiday traditions in our building designed to brighten the holiday season for our residents. Starting in 2018, we held a resident and staff Thanksgiving Luncheon in November and Christmas Luncheon in December.



In 2019, because of our donors and our new partnership with the Atlanta Community Food Bank, on the week of Thanksgiving and again on the week of Christmas, Lutheran Towers purchased and provided each resident with a whole turkey and the holiday dinner accoutrements so that she/he could invite their family or a friend to enjoy a holiday dinner with them.



"I HAD NOT EXPECTED TO HAVE IT DELIVERED...AND WAS JUST APPRECIATIVE FOR THE STAFF MAKING THAT POSSIBLE. EVEN ENJOYED THE SLICE OF YUMMY CAKE WITH MY MORNING COFFEE."

"HAPPY THANKSGIVING TO ALL"

— JIM

"And do not forget to do good and to share with others, for with such sacrifices God is pleased."

HEBREWS 13:16

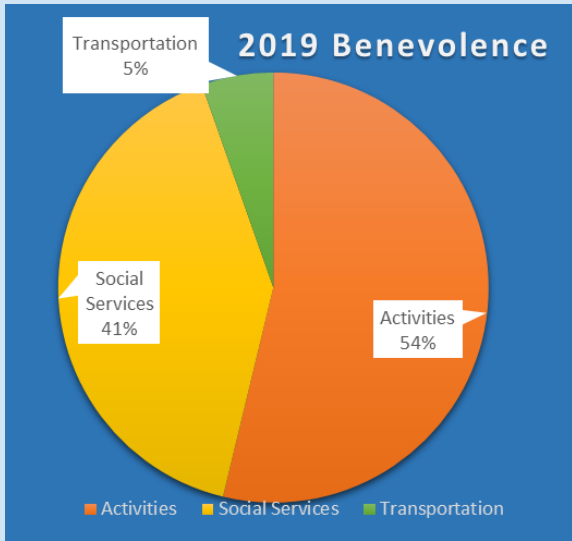
Our 2nd Annual Thanksgiving Luncheon

In 2019, because of the financial support of donors like you, we were able to notably enhance our Thanksgiving and Christmas festivities for our resident. That year, during the holiday season, we not only held our now annual residents and staff luncheons. We also partnered with a local church to provide Thanksgiving and Christmas dinner to our residents on those holidays which was hand delivered to residents by Lutheran Towers' staff.



In 2018 and again in 2019, you helped to make the holiday season brighter for Lutheran Towers' two hundred and three (203) residents.

Financials



You Are Changing Lives

Because of the financial support that we receive from, donors, people like you, Lutheran Towers has been able to provide very necessary and life changing programs and services for our clients. Low-income seniors report worse health, less access to care, and more depression. Research data also indicates that there is a critical need for safe, decent, affordable housing for seniors that also gives them access to the services and care essential to achieving a healthy life. The need for Lutheran Towers' housing plus supportive services model is best evidenced by research data on the prevalence of homeless seniors and our occupancy rate. We maintain a high occupancy rate and an extremely long waiting list filled with income eligible seniors that are either homeless or precariously housed in great need of supportive services. These facts highlight the growing need for all our services.

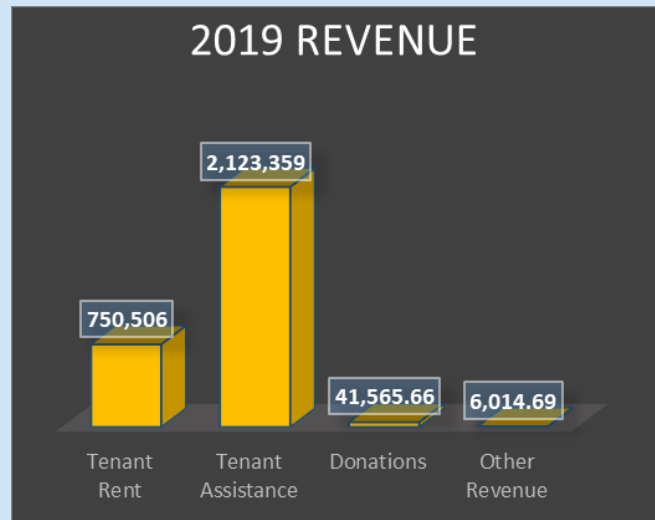
Cultivating an environment where our residents can successfully and happily age in place is at the heart of what we do. Guided by this philosophy, we help to alleviate loneliness, helplessness, and boredom. We understand the needs of seniors and, as a result, Lutheran Towers has evolved into more than just a place for seniors to live. Lutheran Towers also provides much needed services and

wellness-oriented programming that promotes physical and mental health, independent living, and community involvement. These range from programs like: "It's Never Too Late"---brain teaser computer software program, twice weekly fitness classes, group therapy sessions, health educators workshops, intergenerational activities with Redeemer's Preschool, and periodic on-site medical services delivered by geriatric physicians and other healthcare specialists.

On behalf of our residents, staff, and board of directors, we thank you for your ongoing financial support. It changes the lives of the people that call Lutheran Towers their forever home.

Government Imposed Constraints on Rent Revenue Usage

In compliance with our written contract with United States Department of Housing and Urban Development (HUD), all of the rent revenue generated each year of the contract must be utilized to maintain the building (i.e. mortgage, utilities, taxes, repairs, and other facility related costs) and the grounds. With that being said, the rent revenue cannot be used to provide very necessary food, supportive services, or recreational activities for Lutheran Towers' residents. This government-imposed constraint on our use of revenue speaks to the great importance of your ongoing donations to Lutheran Towers. Unlike many nonprofits, 100% of your donation to Lutheran Towers supports our life changing programs for our residents.



Our Donors



**You Make A Meaningful
Difference**

Visionaries \$10,000 +

Mueller Family Foundation

Innovators \$5,000-\$9,999

Lutheran Church of The Redeemer

Leaders \$1,000-4,999

James R. Summer III & Kristen Summer

Justin Wilde

Frederick & Catharine Dressel

David Yelich

John and Karen Schuerholz

Amy Baxter

Clark Weisner

The Johanniter

Carol Bloomquist

Janet Gerds

Champions \$500-\$999

Elise Thomas: Thomas Family Foundation

Mr. & Mrs. Ivar Iverson

Lorraine Dorough

Melissa Freas

Radu & Ikke Ziub

Christoph Van Der Osten

Builders \$100-\$499

Thrivent Choice

Alan & Marie Cole

Douglas H. & Ingrid Neal

John F. Adamson & Nichelle Mitchem

Anthony Provenzano Jr.

Marilyn B. Kelm

Thomas Davis

Patricia Cornwell

Susana Barrow

Georgia Restaurant Association

Sharen Kilpatrick

Treg Roberts

Hands Across the Bridge

Philip Vogel

Josephine C. Adams

Lisa Wayco

Kevin Grogg

Elizabeth Bair

Gregory L. Woodard

Terry R. Eisenhour

James Taylor

Jo Adams

Friends \$99 & under

Mabel Harris - Lutheran Towers' Resident

Daryl Blue - Lutheran Towers' Resident

Dorothy M. Speights - Lutheran Towers' Resident

Rosita Harvey - Lutheran Towers' Resident

Niles R. Thompson

Jeanne P. Merritt

Kathy Sheppard Hill

Sharon A. Jeffries

Niall W. Slater



100% OF EVERY DOLLAR YOU DONATE GOES DIRECTLY TO SUPPORT FEEDING LUTHERAN TOWERS' RESIDENTS.

Disclaimer: "Although we make effort to ensure the accuracy of this listing, we may have overlooked someone". If so, please contact Nichelle Mitchem, Executive Director at nmitchem@lutherantowers.org or at 404.873.6087.

Annual Sponsorship Levels



Lutheran Towers Legacy Club

The Legacy Club belongs to dedicated supporters of the Lutheran Towers who would like to help us be there for future generations. These supporters have made a commitment to the Lutheran Towers and its core values through their Will, or through an annuity or life insurance policy. When you include a legacy gift for Lutheran Towers in your estate plan, you will be invited to join our Legacy Club.

Your name will also be placed on our Donor Wall to commemorate your generous support. And as a member of the Club, you will receive information about Lutheran Towers activities, programs and services, as well as informative updates on developments in estate planning and tax laws.

If you prefer, your commitment to the Lutheran Towers can remain confidential. However, we still would still like to know about your intention to leave a bequest to the Stars for Life Foundation. This allows us to maintain accurate records, and to show our appreciation privately.

There are many ways to leave a lasting legacy to the Lutheran Towers. Discussions with your legal or financial advisor, and or family, can help you determine which option is best for you.

Visionaries (\$10,000 and up)

- Thank you letter from Executive Director and tax receipt
- Recognition in annual report
- Listed in Book of Giving on Website
- Recognition on Permanent Donor Wall
- Invitation to our virtual Major Donor Reception
- Corporate name and link with logo on website
- If you wish, a press release will be issued stating your contribution
- Special engraved plaque to display at home/business



Innovators (\$5,000-\$9,999)

- Thank you letter from Executive Director and tax receipt
- Recognition in annual report
- Listed in Book of Giving on Website
- Recognition on Permanent Donor Wall
- Invitation to our virtual Major Donor Reception
- Corporate name and link with logo on website
- If you wish, a press release will be issued stating your contribution



Leaders (\$1,000-\$4999)

- Thank you letter from Executive Director and tax receipt
- Recognition in annual report
- Listed in Book of Giving on Website
- Recognition on Permanent Donor Wall
- Invitation to our virtual Major Donor Reception
- Corporate name and link with logo on website
- If you wish, a press release will be issued stating your contribution



Champions (\$500 – \$999)

- Thank you letter from Executive Director and tax receipt
- Recognition in annual report
- Listed in Book of Giving on Website
- Recognition on Permanent Donor Wall
- Invitation to our virtual Major Donor Reception
- Certificate of appreciation
- Listed in Book of Giving on website – Corporate name and link with logo on website



Believers (\$100– \$499)

- Thank you letter from Executive Director and tax receipt
- Recognition in annual report
- Listed in Book of Giving on Website



Friends (\$99 and below)

- Thank you letter from Executive Director and tax receipt
- Recognition in annual report



Every Investment in Lutheran Towers Strengthens Our Community's Most Vulnerable Members

As a 501(c)(3) nonprofit organization, Lutheran Towers counts on generous financial support from individual donors to provide much needed food for our more than 200 very vulnerable elderly residents at no cost to them.

- Monthly sustaining gifts help us operate effectively throughout the year.
- Donate online to Lutheran Towers at <https://lutherantowers.org>.
- Honor and Memorial Gifts - Consider a gift to celebrate a colleague or family member, honoring their legacy of service to the community. Simply designate your gift online or by mail.
- Planned Gifts - Become a member of Lutheran Towers Legacy Society by making a gift to Lutheran Towers through your estate plan.

Donations made to Lutheran Towers are tax deductible to the extent permissible under the law.

Resident Wishlist

VISA Gift Cards

Gift Cards for Grocery Stores (Kroger, Publix, Trader Joes)

Personal Buggy/Shopping Carts

New Sheet Sets (All sizes Twin-Queen)

New Blankets

New Pillows and pillow cases

New Towel and wash cloth sets

New Slippers with Non-Skid sole

Toilet Tissue/ Paper Towels/ Trash Bags

New Throw Blankets

Reading Glasses (various strengths)

Pre-Paid phone Cards for TracFones

Cleaning Services Gift Cards (i.e. Molly Maid Services)

Walking Canes

Cleaning products such as: laundry detergent, dish washing soap, body wash, tooth paste, toothbrush

Grabber Tool

Cleaning Dusting Kit with Extendable Handle

New dish sets

New pots and pan sets

