

Activities

2012-2016

TIMA

TIMA
CHARITABLE
FOUNDATION

Our Mission

The TIMA Charitable Foundation supports Greek nonprofit organizations that contribute to social improvement and places emphasis on ageing.



Message from the Board of Directors

The TIMA Charitable Foundation was founded in 2011 in the memory of John M. Carras and his wife, Athina Carras. Its mission is to support Greek nonprofit organizations dedicated to social improvement, with an emphasis on ageing.

In the last 5 years, the Foundation has made 130 grant commitments, the majority of which target the elderly, one of the population groups in Greece most affected by the current economic crisis.

The Foundation awards grants in the areas of social welfare, health care, education, arts and culture, and science. It funds nonprofit organizations that have demonstrated effective management skills and have achieved significant, long-lasting and tangible results. In the early years of its operation, on account of the recession, emphasis was placed on primary needs, such as food, shelter and healthcare. Over time, however, a holistic approach to the needs of the elderly was cultivated, which includes social support and counseling, prevention of illness, mental strengthening, volunteerism and recreation. To better serve this purpose, it was imperative to work closely with gerontologists and other specialized scientists.


Message from the Board of Directors



In that same vein, the Foundation's grants over the last two years have incorporated elements of capacity building, via tailor-made programs that are developed in collaboration with experts in crucial issues connected to the operation and development of nonprofit organizations.

The TIMA Foundation only considers applications from nonprofit organizations. In the process of evaluating grant requests, emphasis is placed on the values that imbue each applicant organization, such as integrity and transparency, as well as the dedication demonstrated to the original mission by its staff and management. In all cases, the Foundation takes a holistic approach, which includes both quantitative and qualitative criteria. Its grantees are treated as partners of the Foundation and given support in a number of areas, with flexibility as a guiding principle and without ever losing sight of the human factor.

Guided by the experience that we gained in our first 5 years of operation, our ambition for the years to come is to magnify the impact of the TIMA Foundation grants over the entire spectrum of the needs of the elderly, by supporting cross-



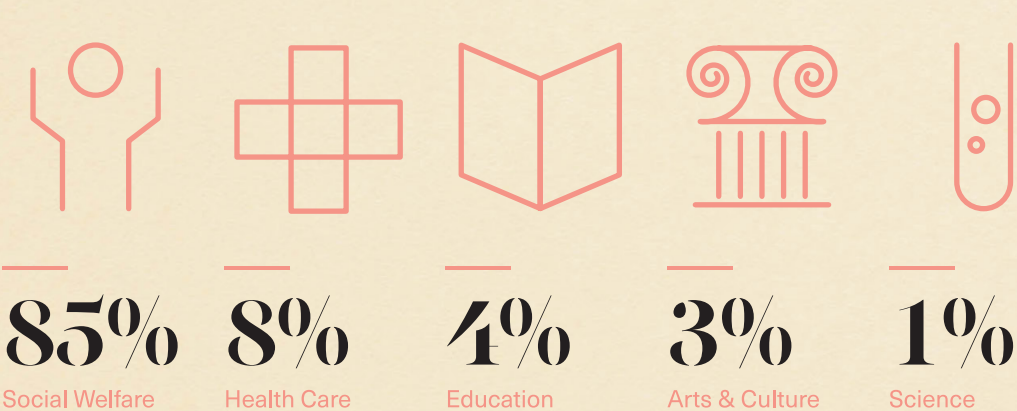
generational initiatives and maintaining our focus on providing care for vulnerable groups, such as homeless elderly citizens and the unemployed who are within 10 years of retirement age. Our support for long-term facilities, namely care homes for the elderly, will continue to form an integral part of our philanthropic work.

The present publication is the capstone of 5 years of philanthropic activity, and our way to present the Foundation's goals, and the initiatives it takes in order to accomplish them. Our partnerships, which have allowed us to achieve social impact to date, play a leading role in this presentation. We hope that the pages that follow, beyond just capturing the essence of 5 years' worth of work, will also communicate to the reader that the TIMA Foundation will continue to serve its mission faithfully.

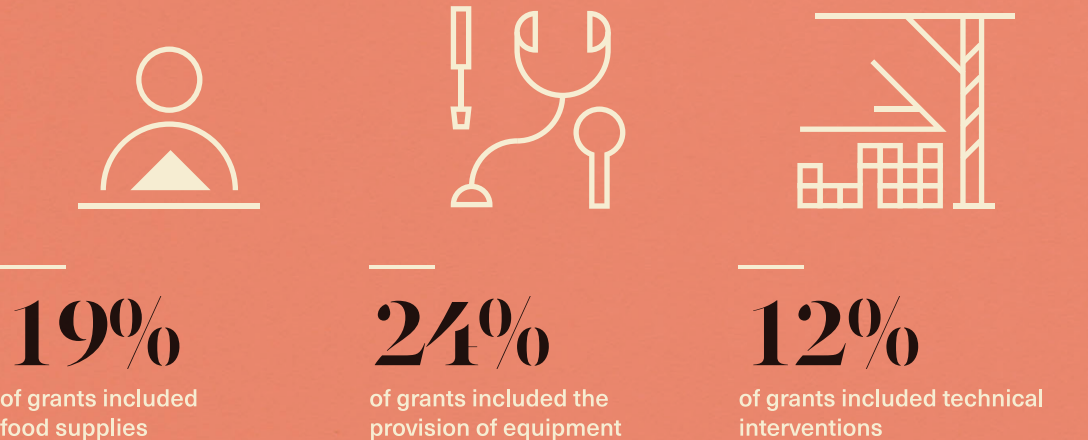
2012 – 2016
In Numbers



Grants by Area



~1 in 47
seniors in Greece
is a grant beneficiary



Distribution of Grants in Greece

Prefectures		Number of Grants	
01	Evros	01
02	Xanthi	02
03	Kavala	01
04	Drama	03
05	Serres	02
06	Pella	01
07	Thessaloniki	10
08	Imathia	02
09	Ioannina	01
10	Larissa	01
11	Arta	03
12	Cephalonia	01
13	Magnesia	01
14	Attica	71
15	Achaea	03
16	Chios	06
17	Dodecanese	05
18	Heraklion	02
19	Chania	02
20	Rethymno	02



1. Grants with nationwide reach
are not included

2. Grants implemented in more
than one prefecture are included

Collaborations with other Foundations

From its very first year of operation, the TIMA Charitable Foundation has been working with other foundations in a number of ways. Its collaborations may entail the simple exchange of information on organizations, or take the form of co-funding, complementary grants and other funding initiatives. The Foundation takes part in co-funding at any rate of contribution on the total grant amount. Complementary grants are implemented in combination with grants from other foundations, with the goal of expanding and enriching a number of different programs.

An example of funding initiatives is the “Points of Support” program, which involves support for small-scale projects aimed at enhancing innovation and effectiveness, and has been implemented twice so far. In 2015, the Foundation collaborated with the John S. Latsis Public Benefit Foundation and the Hellenic Hope charitable organization to provide funding for a total of 17 projects. The TIMA Charitable Foundation supported 6 organizations that focus on providing services to the elderly.

The second round of the Program was announced in October 2016 with the aim, on the one hand, to support innovative, small-scale projects with the highest possible social impact that benefit vulnerable social groups and, on the other hand, to reinforce structures and develop the skills needed by civil society organizations. In this round, the Bodossaki Foundation joined forces with the original partners, and a total of 19 projects received funding. The TIMA Charitable Foundation funded 8 organizations that focus on supporting the elderly. Alongside the grants, the Program also includes free participation, for the grantee organizations, in capacity building activities, which are funded and run by the Bodossaki Foundation through Social Dynamo. The implementation of these projects began in March 2017.

A strategic priority for the Foundation is finding new partnerships, since these contribute to a more effective fulfillment of its founding goals. The effect of these collaborations is to multiply grants and imbue them with a multidimensional nature, thus maximizing their social impact.

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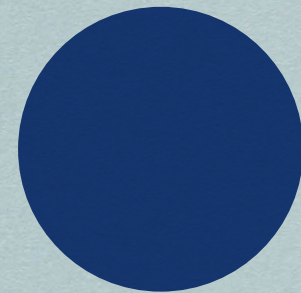
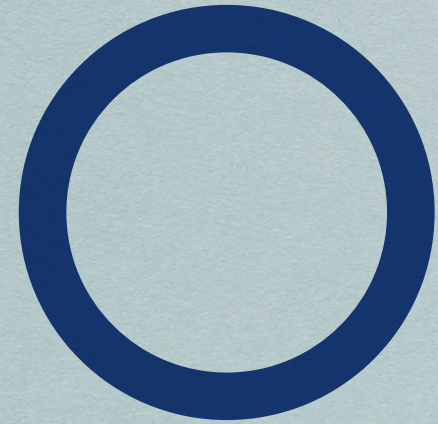
The vital help gives us the power, the courage and the inspiration to continue to provide our services to our fellow people in need. Simultaneously, it drives us to seize the opportunity to utilize the new data in such a way as to lay the foundations for more favorable conditions, which will help further our efforts to sustain and develop the Association.

“Nosilia” Association

Acknowledgements:

The Foundation wishes to thank all those involved in this publication, as well as the scientific advisors, Dr. Costis Prouskas and Dr. Dimitris Kampanaros for their valuable contribution.

Third Age



TIMA

The Third Age in Greece

In Numbers



21%

of the population corresponds to people aged 65 and over, and that same age group is expected to reach **27%** by the year 2030



7%

of the population corresponds to people aged 80 and over, and that same age group is expected to reach **9%** by the year 2030



84

years is the average life expectancy for women, and **79** years for men



15%

of people over 65, and **17%** of people over 85 state that they have no access to medical services due to their high cost

Note:

The term elderly is applied to people aged 65 and over

Where no year is quoted, the statistical data refers to 2016

Absolute numbers are approximate

Data Sources: Database Eurostat 2017, Hellenic Statistical Authority 2017, Alzheimer's Disease International 2015, and the Report of the Pensions Control and Payment System «Ilios» of the Ministry of Labor, Social Security and Social Solidarity

The Third Age in Greece

In Numbers



53%

of elderly people are affected by vision problems



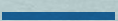
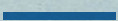
50%

of elderly people are affected by hearing problems



74%

of elderly people are affected by mobility problems



53%

of people over 65 suffer from some form of chronic illness

76%

of people over 85 suffer from some form of chronic illness



197.000

people were diagnosed with Alzheimer's Disease in 2015 and their number is expected to reach **354,000** in 2050



12%

of people over 65 are at risk of poverty



2.621.000

pensioners receiving an average monthly pension of **€723**

37%

of pensioners are between 51 and 70 years of age, **32%** range between 71 and 80 and **28%** are aged 81 and over

Growing Old or Growing Up...

Let's look at our identity. Our date of birth gives us our age in years. Next, let's take a look at ourselves in the mirror. What do we see? Let's close our eyes now. How old do we feel? Are we a single entity, of a particular age, or are we inhabited by several different faces? How much past is behind us and how much future ahead of us? Is one more valuable than the other? The evolution of life as a process is colorless, timeless and intrinsically linked to change. As we grow older, as we develop, we change, always gaining or losing something in the physical, mental and emotional sense. An adolescent cannot learn a foreign language as easily as a child of 6 months or three years. Conversely, however, he can run the Marathon, get a job or solve a mathematical problem. And the years go by, and today he is 67 years old and about to retire, and tomorrow he will be 85 and playing with his grandchild, if he can. Who controls this circle of life? Who defines when someone is old? The age that is recorded on our identity card, the way we look to other people, the way we see ourselves in our hearts?

Why can't we live in the present instead of constantly wasting our time on fruitless and pointless comparisons?

Ageing is primarily a social phenomenon – the product of convention – and much less either biological or psychological. Human development is the result of a constant interaction of biological, social and cultural influences, as well as of the decisions we make, that affect our way of life. No birth, no life and no death is the same. The betterment of the standard of living and public health, the improvement of working conditions, the progress of medical science and healthcare, the advancements in information, and the prevention and avoidance of harmful habits have led to an increase in healthy life expectancy. Nowadays, an average of 10 healthy years, without incapacity or serious health problems, have been added to the conventional age of retirement. Illness is not synonymous with ageing. Scientific literature in its entirety advocates that we can maintain our cognitive abilities up to an advanced age, that we can develop new skills, acquire

Growing Old or Growing Up...

new knowledge, develop our physical strength and remain a productive part of society. It is imperative that we stay focused on the momentum of development and the challenges contained within each age's developmental stage. The glass of our life remains half full until the end. A positive attitude to events, our openness to new stimuli, our appetite for experimentation, play and innovation, our ability to wonder, our internal motivation to take part in all aspects of life, our personal resilience, our courage and mental strength, our individual and collective responsibility towards ourselves and our society are features of our personality that affect our behaviors and our choices in all age "gears," from the first all the way to the fourth. As we grow older, we experience the physical wear of time – but we shouldn't let that bring us down. The psychological benefits of this confrontation are our legacy, a living example for the younger generations. We adapt, like the most advanced plastics that, despite bending when subjected to pressure, do not break but bounce back, instead, to

their original shape, albeit with minor alterations. The support of society, the promotion of positive ageing and the eradication of negative stereotypes and prejudices can all create the conditions that will allow adults of an advanced age to unfold their abilities, be valuable, and offer their wisdom and experience to all of us.

So, ultimately, we have the choice of growing up, or growing old. The question is, which do you want for yourself?

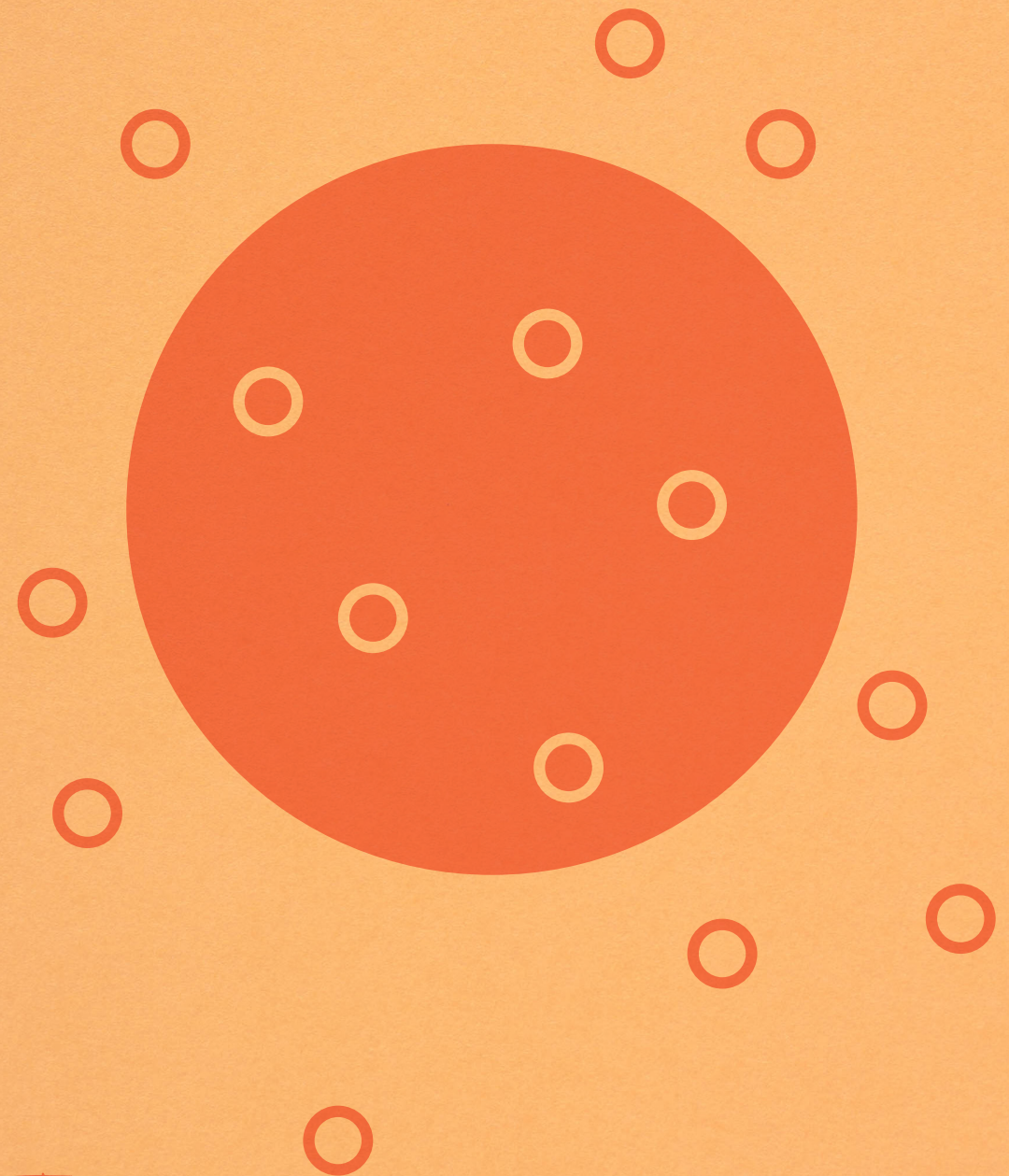
Dr. Dimitris Kampanaros
Psychologist - Gerontologist

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Your grant is truly precious, since it substantially reinforces the work of our Association, especially during these very difficult times. In parallel, however, it also empowers us ethically, since it represents a recognition of philanthropic work for the third age...

Welfare Charitable Association of Moschato
Merimna

Highlighted Grants



TIMA

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This collaboration gave us the opportunity to change the way we think, become more extroverted, seek out new collaborations and reevaluate the way we communicate our work.

Association of Volunteers for Assistance
to the Patients in Healthcare Institutions

Highlighted Grants

“Promoting Healthy Active Ageing” Program

Association of Families and Friends
for the Mental Health of Serres

www.sofpsi-ser.gr

The prevention and treatment of psychosocial problems connected to retirement form two major challenges in the context of caring for the elderly. Research has shown that the transition from an active professional life to an inactive one, due to retirement, is often accompanied by the manifestation of psychosomatic issues. In response to these concerns, which few initiatives in Greece either acknowledge or serve, the Association of Families and Friends for the Mental Health of Serres, with the support of the Foundation, created the program entitled “Promoting Healthy Active Ageing.”

The Program’s primary aim, which reached over 100 elderly residents of Serres, was the active, safe and pleasant transition into retirement. Its aim was accomplished through the implementation of a holistic, non-pharmacological approach to the needs of the elderly, in keeping with the principles of the biopsychosocial care model for psychosomatic and social problems, which are linked to both retirement in particular and ageing in general.

The Program included a range of actions, such as group and one-on-one counseling sessions, lectures, cultural excursions and other recreational activities, selected and designed with exact and scientific criteria.

The positive results were obvious in the elderly’s active and enthusiastic participation in the various events, as well as in their positive responses. Through numerous activities that promoted collectivity and brought the participants into daily interaction with one another, the Program had the immediate effect of improving their sociability and renewing their interpersonal relationships.

As such, it served as a practical and effective alternative to the professionally inactive life that follows retirement. Given that the Program’s sustainability is based on volunteerism, its benefits to the participants were twofold, since several undertook to act as its ambassadors, by providing some of its services themselves. Thus, a number of elderly were given the opportunity to take on an active role through volunteerism, while at the same time, helping to ensure the continuation of the Program.

▶ **108**

elderly beneficiaries,
split into 4 groups,
one per quarter

▶ **11**

categories of services/activities were
offered on a weekly basis

▶ **577**

different services/activities were
organized, with a total duration of
1,088 hours over 12 months

“

*Thanks to you, I have made peace
with my old age, I have accepted it and
this gives me a fundamental sense of
security. I have found strength, courage,
decisiveness. I threw away, or rather
erased, anxiety, loneliness, and I will no
longer celebrate my birthdays, because
time does not concern me anymore. Old
age is wonderful. Joy is our birthright!
Thank you.*

Highlighted Grants

“Wise Friends Together at the Museum” Program

Museum of Cycladic Art -
Nicholas and Dolly Goulandris Foundation

www.cycladic.gr

The Museum of Cycladic Art’s “Wise Friends Together at the Museum” program began in February 2016, with the Foundation’s support, and was innovative in that it was the first time in Greece that a cultural organization prioritized the elderly.

The aim of this multifaceted Program was to improve the accessibility of elderly visitors to the Museum of Cycladic Art, a project designed in compliance with international best practices and research, and in partnership with gerontologists experienced in the relevant area. The concept of accessibility was not approached solely in terms of mobility within the Museum; the overall experience of elderly visitors was also adapted in order to become more comfortable for this particular age group.

In partnership with the Municipality of Athens, more than 1,000 members of the Municipality’s Friendship Clubs visited the Museum free of charge. The visits included transport between the Clubs and the Museum, a warm welcome from the Museum staff, with coffee and snacks, as well as a guided tour adapted to the needs of the elderly.

In addition, the grant included the provision of specialized equipment, which improved both physical access to the Museum and the accessibility of its collections. Museum staff took part in an interactive-simulation training program designed to help them provide specialized service to their elderly visitors.

The results were immediate: the elderly members of the Friendship Clubs, 30% of whom had not visited a museum or cultural venue in over three years, due to financial and social constraints, were given the opportunity to enjoy a tour of the collections, be entertained, and experience the joy of being welcomed in a cultural venue.

The benefits, however, did not stop at the participants. Through the “Wise Friends Together at the Museum” program, the Museum of Cycladic Art became the first senior friendly museum in Greece, and welcoming and serving its elderly visitors is now a guiding principle for its staff, across all departments. In the future, the Museum has made plans to include educational workshops designed for and targeted at the elderly, and to extend the Program to other municipalities, with the support of the International Young Patrons.

“

I wish I could emphasize just how important the Museum’s initiative is. Beyond educating, it has a deep social and humanistic character. Thank you for thinking of the third age.

▶ **1,387**

elderly members from the 25 Friendship Clubs of the Municipality of Athens visited the Museum over the course of a year

▶ **40%**

of visitors expressed their interest in visiting the Museum again, and 10% returned for another visit

▶ **19**

members of Museum staff took part in the interactive-simulation training program

Highlighted Grants

“Safe at Home” Program

“P.R.A.K.S.I.S” Programs of Development,
Social Support and Medical Cooperation

www.praksis.gr

With the Foundation's support, PRAKSIS created, in 2015, the “Safe at Home” program, aimed at extending the safe and independent presence of the elderly in their homes. The rising number of break-ins in the homes of the elderly, as well as the difficulties they face in covering the costs of improving the safety of their homes, as a result of the recession, dictated the need for the Program's creation. Its purpose was to create conditions of safety and security in the homes of seniors who live alone, by focusing on their physical and emotional protection, and with the ultimate goal of prolonging their independent living.

Elderly beneficiaries were selected on the basis of socio-economic criteria, the condition of their health, and the absence of family members. The services offered were aimed at securing their safety and mobility within their homes, protecting them from intruders, and improving their everyday lives. Technical interventions to prevent accidents and break-ins were made in certain homes, on a case-by-case basis. Beneficiaries were also provided with aids to assist them with getting dressed, preparing meals, personal hygiene, and taking their medication, as well as with basic equipment to improve their quality of life at home, such as dehumidification or heating at night. Furthermore, PRAKSIS' partners enriched the Program by providing additional services to the elderly, such as legal advice and assistance with financial planning. Connections with other organizations and social services were also secured to address social needs not covered by the Program itself.

The Program was launched on a pilot basis to begin with, and ran for a second time, due to both its very positive effect on the beneficiaries' quality of life and to the demand dictated by documented social needs. Its beneficiaries totaled 75 households in municipalities of Attica with high vulnerability indices, where the impact of the recession is more acute.

One of the greatest benefits of this project was that it created a sense of safety, by securing decent living conditions and by offering the emotional safety that “someone cares.” Its impact was boosted by both the people who took part in its implementation, and the networks created in the elderly's neighborhoods, to act as a support mechanism upon the Program's completion.

▶ **100**

beneficiaries, of which
75% were elderly

▶ **75**

households in 9 municipalities

▶ **41%**

of interventions pertained to safety/security,
29% to protection, 14% to general improvements
and 16% to all three

“

*As a result of the changes that were
made at my home, I can lock the door
and feel safe. They came immediately,
identified my needs and quickly took
care of them.*

Highlighted Grants

“Caring for the Elderly” Program

Ladies Union of Drama

www.dlu.gr

The Ladies Union of Drama created, through a grant by the Foundation and in direct collaboration with the John S. Latsis Public Benefit Foundation, a program entitled “Caring for the Elderly,” which provided monthly food and hygiene supplies to families in need in Drama. The Program was coordinated and implemented by two social workers, and offered social support, counseling and strengthening to its beneficiaries. Its holistic approach meant that it provided supplementary services in the form of information on matters of health, nutrition and safety, as well as recreational activities and actions to promote socialization.

Beneficiary families either exclusively comprised elderly or included an elderly family member living under the same roof. For two years running (2014-2016), the everyday needs of 74 recipient families, in terms of food and personal hygiene supplies, were covered through monthly provisions under the “Caring for the Elderly” program. The families also had the opportunity to attend lectures and presentations by distinguished scientists and experts, on topics related to healthy eating, preventing illness, and ensuring safety and comfort pertaining to practical, everyday issues. Certain actions included medical advice and early detection of illness for their beneficiaries, while printed material was given out to participants in all informational events. In addition, participation in the Program entitled its beneficiaries to take part in a number of activities, such as handicrafts, music therapy and memoir-writing, visits to historical monuments, excursions and group meals. The participants’ positive response, right from the Program’s onset, resulted in a collaboration with the Lifelong Learning Center of the Municipality of Drama, in order to offer additional educational and creative meetings.

The “Caring for the Elderly” program helped the elderly enjoy a dignified, autonomous everyday life, and enhanced their sociability and sense of belonging. At the same time, by developing actions and connections with local organizations and volunteers, it cultivated positive reciprocal relations between the elderly and other members of their community.

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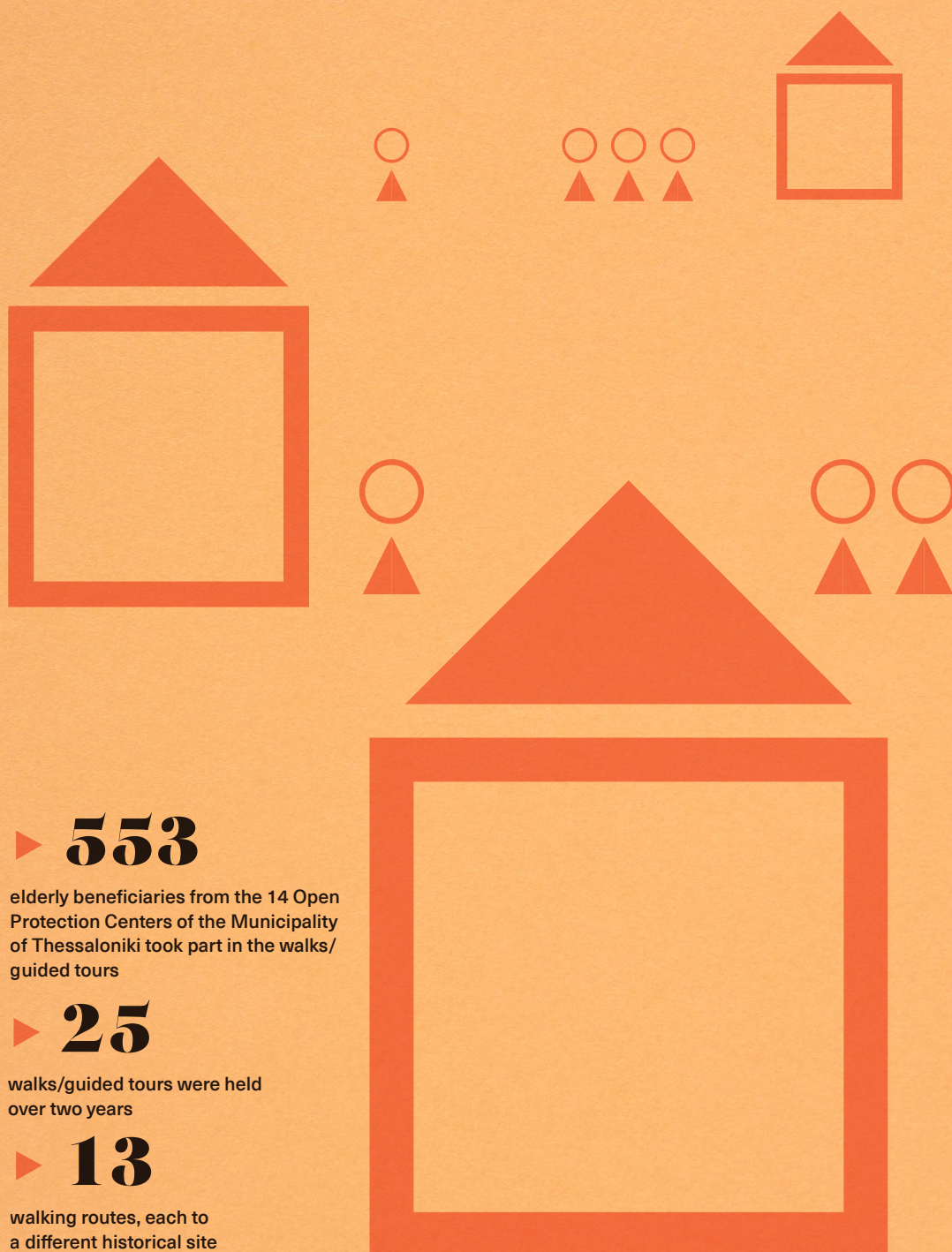
*You brought back so many memories.
You make me feel like a young girl
again. I feel very happy with you.
Thank you.*

▶ **209**

beneficiaries, of which 55%
were elderly, 38% were adults
under 64 years of age,
and 7% were children

▶ **30**

lectures and other informational
and recreational events were held
over a period of two years



Highlighted Grants

“I Discover My City” Program & Equipment

Open Protection Centers for the Elderly of the Municipality of Thessaloniki

www.kapidibes.gr

The Foundation directed two grants to the Open Protection Centers for the Elderly of the Municipality of Thessaloniki, among the largest and most active centers in Greece that stand by the elderly by providing basic healthcare services and alleviating practical, everyday needs, as well as by offering recreational activities. Limited opportunities to take part in social and recreational activities, primarily due to financial hardship, with consequences such as decreased sociability and depression, dictated the need to create an important program for the mental, psychological and physical strengthening of the elderly.

The grants supported the creation of a program entitled “I Discover My City,” which included a combination of organized walks and guided tours of the city’s historical monuments for the elderly. The purpose of the Program was to offer physical activity and mental strengthening. The tours were coordinated by professional tour guides and occupational therapists from the Open Protection Centers. Participants were given the opportunity to experience the cultural and historical wealth of the city, through visits to the Ottoman, Jewish and other monuments of Thessaloniki; Roman and Byzantine sites; as well as the archaeological site and museum of Pella.

The second part of the grant to the Open Protection Centers of Thessaloniki pertained to the purchase of medical equipment for the provision of basic healthcare services, prevention and first aid to the Centers’ daily visitors, as well as the purchase of air conditioning units, and technical equipment for cultural events. The purchase of medical equipment enabled the Centers’ management to recruit volunteer doctors of various specialties, in order to offset gaps in staffing and provide comprehensive services to their beneficiaries. As a result, they are now in a position to take daily diagnostic readings, the statistical data from which is used to create a medical map of the area.

Both the “I Discover My City” program and the equipment provided to the Open Protection Centers contributed to a better quality of life for its members. City visits and contact with culture had a positive effect on the elderly’s sociability, the development of their extroversion and their interests, their physical condition and their overall mental strengthening. Similar results were gained through the second phase of the grant, whereby, through upgraded prevention and protection services, the elderly members enjoyed increased access to healthcare benefits, with a corresponding increase in their sense of security. Finally, the purchase of technical equipment contributed to the Centers’ sustainability.

“

*I am very satisfied with all the staff at
“Nosilia” that takes care of me.*

*You are polite, helpful, wonderful, and
truly born to help those in pain!!*

I feel safe and secure with you!



▶ **81**

beneficiaries of nursing at home,
75 of which were elderly

▶ **1,134**

annual nursing-at-home visits,
with a weekly average of 14 visits

▶ **7**

programs were offered to a total
of 2,714 beneficiaries over the
course of a year

Highlighted Grants

Operating Support and Capacity Building

“Nosilia” Association

www.nosilia.org.gr

The Foundation supported the “Nosilia” Association, an initiative by the doctors and nurses of the Pammakaristos public hospital to address the crucial issue of nursing care at home for patients with chronic illness and mobility problems, as well as for bedridden patients. Approximately 90% of chronically ill patients who are bedridden or have mobility difficulties and who receive nursing at home are elderly. “Nosilia” is the only organization that provides free nursing at home for adults throughout Greece.

The purpose of the grant was dual: on the one hand, to enhance the nursing care of patients at home and, on the other hand, to support the operation of the “Nosilia” Association across its range of activities, by covering salaries and training expenses. The training provided focused on general management issues for nonprofit organizations and fundraising, and was aimed at capacity building.

Results were immediate in both areas. In terms of nursing, the specialized nurse of “Nosilia” made over 800 visits, to provide services that are essential to elderly patients. In terms of operation, and with the contribution of the administrative assistant, the “Nosilia” Association first stabilized, then increased the number of beneficiaries of its nursing-at-home program, and undertook a number of crucial social actions, such as establishing a social pharmacy and a lending/free store for orthopedic aids, creating a support service for lonely patients, developing a network of volunteers, and other initiatives intended to forge partnerships with similar organizations.

This grant was one of the Foundation’s first to include capacity building as the vehicle for maximizing the grantee organization’s social impact. The Association’s participation in the relevant activities set new goals with respect to the development of its services, with the aim of creating new programs that will result in both a higher number of beneficiaries and a better quality of service to meet their needs. Associated benefits included the evolution of the Association’s strategy, which took on a more extroverted and active character in a number of areas, as well as attracting funding to develop new programs.

Highlighted Grants

Food supplies for the Hot Meal Program

Holy Metropolis of Lampe,
Sybritos and Sfakia

The Foundation supported a demographically particular area, by providing funding for the Hot Meal Program run by the Holy Metropolis of Lampe, Sybritos and Sfakia. Life for the elderly in mountainous, hard-to-reach areas can be very challenging, on account of limited transport and accessibility and low incomes, which impact their everyday conditions of living. The metropolitan region is the largest geographical area in Crete, but the lowest in terms of population. Its 10,000 residents – the majority of which is over 65 years of age – are scattered over 110 villages, with no urban center to connect them. The Metropolis launched the Program in 1999, driven by the high number of elderly who visited the local hospital with symptoms of malnutrition.

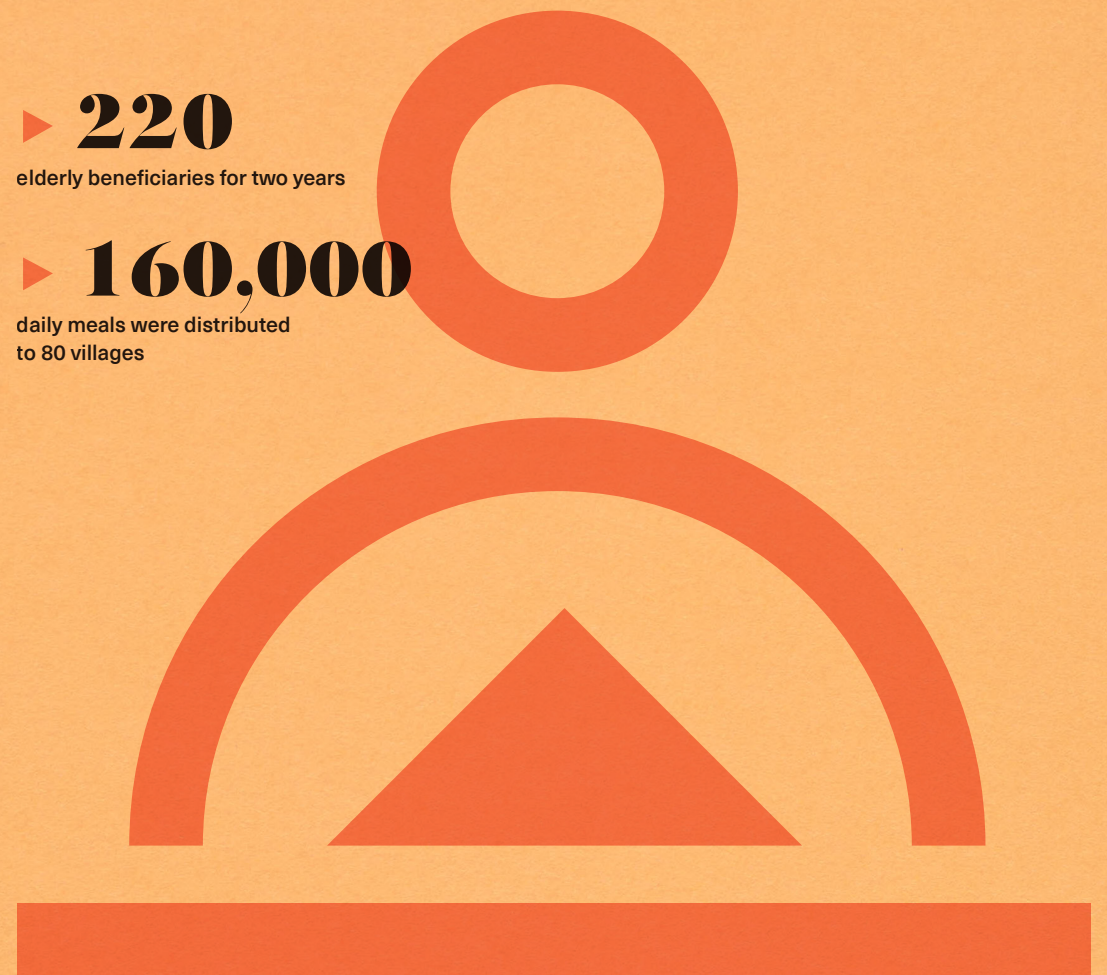
Based in two villages, Spili and Fourfoura, the Program delivers a day's worth of meals at home, daily. The Program has covered one of the most fundamental daily needs, that of a healthy diet, which is hard for the elderly to achieve due to either mobility issues or their inability to access grocery stores, especially in mountainous areas. The particularity of this Program, in fact, resides in the difficulty of distributing the meals, on account of the area's extremely scattered settlements and its alpine geomorphology.

The grant to support the Hot Meal Program allowed for its continuation and smooth operation over two years, by preserving its structure (staff, volunteers, vehicles) and its benefits in the midst of the recession. The second phase of the grant was implemented through the Cultural and Social Center of Amari "St. Nektarios" of the Metropolis.

The Program played an important role in supporting the health of its beneficiaries, by providing a balanced diet and improving their everyday lives, as well as their emotional security, which is achieved when a primary need is met. In addition, it helped a number of elderly residents to remain in their homes and keep their independence, with all the benefits that this entailed.

▶ **220**
elderly beneficiaries for two years

▶ **160,000**
daily meals were distributed
to 80 villages



▶ **88**

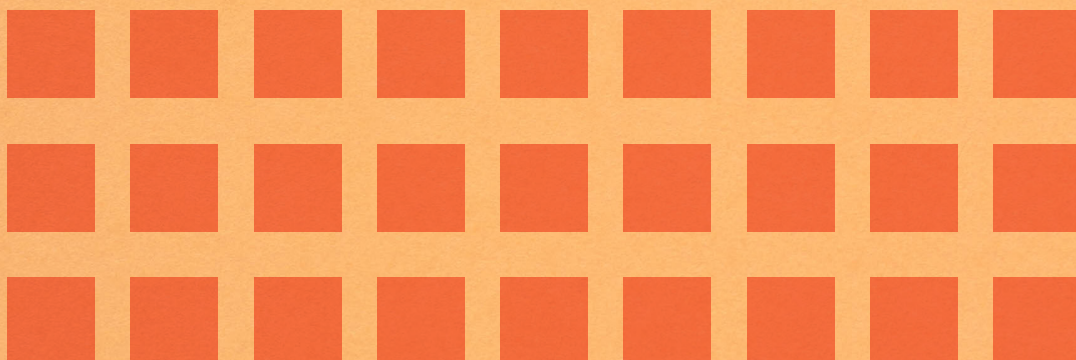
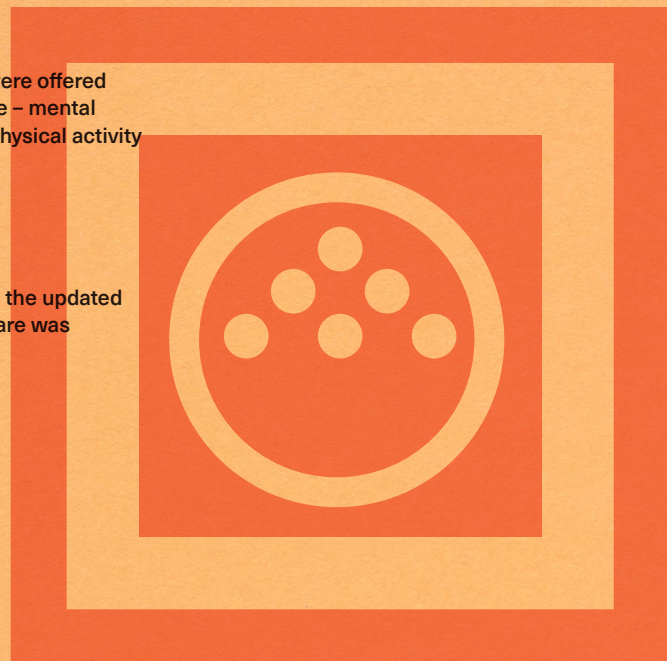
elderly benefited from the use of the software over the course of a year

▶ **2**

types of exercises were offered through the software – mental strengthening and physical activity

▶ **4**

institutions in which the updated version of the software was implemented



Highlighted Grants

Research

Laboratory of Medical Physics of the
Aristotle University of Thessaloniki

medphys.med.auth.gr

The Laboratory of Medical Physics is the first laboratory of medical physics in the Greek higher education system. It was created within the Medical School of the Aristotle University of Thessaloniki in 1964, and excels in education and multi-disciplinary research, in an environment that fosters creativity and synergy.

The Foundation supported the Laboratory of Medical Physics in developing and improving the Long Lasting Memories Care (LLMC) software, an innovative tool focused on healthy ageing that uses individualized exercises and assessments to improve the mental and physical condition of the elderly. The grant pertained to upgrading the software in order for it to run on new technology hardware, and to extending a number of its features, as well as its application in 4 nonprofit organizations for the elderly.

The first phase involved enhancing and extending the research activity of the software, through the creation of a contemporary “Living Lab”, a simulation space within the Chariseio Care Home in Thessaloniki, where, with the help of its management and staff, all the necessary software tests were completed over a period of 4 months. During the second phase of the Program, the new, improved and updated version of the software was provided free of charge to and implemented at two Open Protection Centers for the Elderly in Pella and Giannitsa, as well as the Open Protection Centers of Orestiada and Evros.

As a result, the Program's beneficiaries, a total of 88 men and women, saw significant improvements in their mental condition, their cognitive abilities, and their overall quality of life. At the heart of this Program was the application of IT, mobile and internet technologies to the healthcare of the elderly, thus enriching the Greek know-how, in addition to bringing about positive effects on the physical condition of the elderly participants, which, in turn, contributed to a more functional and efficient everyday life.

List of all Grants

2016

Charitable Institution
“The Good Samaritan”
Equipment

- Food Bank Greece
Food Supplies
- Nea Ionia Panagia
Eleousa Care Home
Operating Support
- Nea Filadelfeia Kalos
Samareitis Care Home
Operating Support
- Lighthouse for the
Blind of Greece
Renovation Works and
Production of Audiobooks
- Very Special Arts Hellas
Guided Visits for the Disabled
- Association of the Friends
of Patients of “Sotiria”
Hospital
Support of Patients and
Operating Support
- Boroume
Support of the “Saving Food”
Program
- Cultural and Social Center
of Amari “St. Nektarios”
Food Supplies
- Organization of Social
Protection and Solidarity of the
Municipality of Vrilissia
Equipment
- Benaki Museum
Creation of the Guided Visits
for Seniors Program
- Xanthi Care Home
“Megas Vasileios”
Renovation Works and
Heating Expenses

Orthodox Christian Corner
Renovation Works
and Equipment

- Hellenic Association of
Geriatrics and Gerontology
E-Library Creation
- Alzheimer's Disease
International
Educational Seminar
- Naousa Care Home
Creation of an
Intergenerational Program
- Chess Club Halandri
Creation of an
Intergenerational
Chess Program
- Margarita Vocational
Training Center
Creation of a Counseling
Program
- Science For You—SciFY
Mobile Application
for Dementia
- ANTIGONE - Information and
Documentation Center on
Racism, Ecology, Peace
and Non Violence
Counseling Workshops
- Plegma
Creation of the “From
Generation to Generation”
Program
- Emfasis Non-Profit
Creation of the “We Don’t
Ignore the Elderly, We Support
Them” Program
- Butterfly Bone Health Society
Medical Examinations
- “Nestor” Psychogeriatric
Association
Support of the
“160 Plus” Program

Desmos
Support of the “Desmos Gives
Warmth” Program

- Volunteer Association
against Cancer of the Achaia
Prefecture “Agaliazo”
Creation of the Cancer
Prevention and Detection
Program
- Charitable Sisterhood of
Kavala - Poulidio Care Home
Equipment
- MDA Hellas
Operating Support
- University General Hospital of
Thessaloniki AHEPA
Equipment
- Association of Families and
Friends for the Mental Health
of Serres
Creation of the “Promoting
Healthy Active Ageing”
Program
- Ecumenical Federation of
Constantinopolitans
Support of the Solidarity
Program

2015

PRAKSIS
Creation of the “Safe at Home”
Program

- University of the Peloponnese
- Department of Political
Science and International
Relations
Organization of the Seminar
“Efficient Management and
Sustainability Tools for Long-
Term Care for Care Homes” in
Athens

Association of Volunteers for
Assistance to the Patients in
Healthcare Institutions
Operating Support

- Mission “ANTHROPOS”
Program Support “Stiri-zoume:
Medical and Pharmaceutical
Care for All”
- Naousa Care Home
Renovation Works
- Butterfly Bone Health Society
Medical Equipment and Vehicle
- Ecumenical Federation of
Constantinopolitans
Support of the Solidarity
Program
- Aristotle University of
Thessaloniki - Laboratory of
Medical Physics
Research
- Municipality of Alimos -
Open Protection Centers
for the Elderly
Equipment
- Cerebral Palsy Greece
Operating Support
- Dromos me Dentra
Operating Support
- Alzheimer’s Disease
International
Manual for Caregivers of
Dementia Patients
- Annousakeio Care Home and
Rehabilitation Center of the
Holy Metropolis of Kisamos
and Selinon
Cognitive Training Program
- Y.M.C.A. Thessaloniki
Creation of the “Back in Time”
Program

Mentores Organisation
Creation of the “My Electronic
Wallet” Program

- “Nestor” Psychogeriatric
Association
Creation of the “Silver
Spectators” Program
- PRAKSIS
Support of the “Safe at Home”
Program
- Welfare Charitable
Association of Moschato
Merimna
Creation of a Recreational
Program
- Welfare Charitable
Association of Moschato
Merimna
Medical Supplies
- Touch of Life
Creation of the “Ageing and
Cancer” Program
- Human People
Vehicle
- “Nosilia” Association
Operating Support and
Capacity-Building
- Zosimades Ioannina
Care Home
Medical Supplies and
Consumables
- Holy Metropolis of Chios,
Psara and Oinousses
Medical Services
- University of the
Peloponnese - Department
of Political Science and
International Relations
Organization of the Seminar
“Efficient Management and
Sustainability Tools for Care
Homes”

Municipality of Thessaloniki
- Open Protection Centers for
the Elderly
Support of the “I Discover My
City” Program and Equipment

- PRAKSIS
“Safe at Home” Manual
- Ladies Union of Drama
Support of the “Caring for the
Elderly” Program
- Zorzis Mihalinos Care Home
Equipment and Operating
Expenses
- Desmos
Support of the “Desmos Gives
Warmth” Program
- Friends of the Poor Fund of
St. Asomatoi Thiseio Church
Equipment and Food Supplies
- Friends of the Poor Fund of St.
Spyridon Stadiou Church
Food Supplies, Consumables
and Operating Support
- Association of Families and
Friends for the Mental Health
of Serres
Creation of the “Promoting
Healthy Active Ageing”
Program
- Caritas Athens
Creation of the
“Support Third Age” Program
- Museum of Cycladic Art Art -
Nicholas and Dolly Goulandrīs
Foundation
Creation of the “Wise Friends
Together at the Museum”
Program
- Frodizo
Support of a “Care-at-Home”
Program

List of all Grants

2014

Desmos
Beds for the Municipal Care Home of Argostoli
•
Médecins Sans Frontières
Mobile Health Clinic
•
Synthesis Media Company
Creation of the “Andama” Program
•
Moschato Philanthropic Home for the Elderly
Elevator and Medical Supplies
•
Lighthouse for the Blind of Greece
Equipment and Materials
•
“Nestor” Psychogeriatric Association
Support of the “Care at Home” Program
•
Ladies Union of Drama
Creation of the “Caring for the Elderly” Program
•
Charitable Association “Saint John the Merciful”
Equipment and Construction Works
•
Paraplegic Association of Greece
Vehicle
•
Meropeion Philanthropic Foundation
Equipment and Meals
•
University Hospital of Patras
Unit of Bone Marrow Transplant - Equipment
•
General Hospital of Nikaia
Piraeus “Agios Panteleimon” Equipment

Annousakeio Care Home and Rehabilitation Center of the Holy Metropolis of Kisamos and Selinon
Ambulance
•
Holy Metropolis of Lampe, Sybritos and Sfakia
Food Supplies for the Hot Meal Program
•
Municipality of Thessaloniki
- Open Protection Centers for the Elderly
Creation of the “I Discover My City” Program and Equipment
•
Panacea
Support of the “Learning about Alzheimer’s Disease: Why Doesn’t My Grandmother Remember My Name?” Program and Software
•
Philanthropic Foundations of Andreou and Maria Kalokairinou
Heraklion Care Home - Support of the “Solidarity Team” Program, Medical Supplies, Equipment and Heating
•
Frodizo
Creation of a Care at Home Program

2013

Nestor” Psychogeriatric Association
Creation of a Care at Home Program and Vehicle
•
Municipality of Ilioupoli - Social Solidarity Center and Social Store
Medical Services, Equipment and Food Packages
•
Children Cancer Foundation
“The Faith” Agia Sophia Children Hospital
Operating Support

Hellenic Association of Geriatrics and Gerontology
Operating Support
•
Pediatric Trauma Care
Creation of the “Support of Children with Respiratory Diseases” Program
•
Municipality of Arta - Aneza
Open Protection Center
Subsidiary and Health Center
Furniture and Equipment
•
Arta Care Home
Construction Works
•
Myrtillo
Construction Works
•
MDA Hellas
General Support
•
Friends of the Poor Fund of St. Georgios Kypseli Church
- Home for the Elderly and Bedridden
Food Supplies and Consumables
•
Caritas Athens
Food Supplies and Operating Support
•
Friends of the Poor Fund of St. Spyridon Stadiou Church - Home for the Elderly
Food Supplies and Operating Support
•
Life Line
Creation of the “Count on Me” Program
•
Arta Music School
Musical Instruments and Equipment
•
Panacea
Support of the “Learning about Alzheimer’s disease: Why Doesn’t My Grandmother Remember My Name?” Program and Vehicle

Monastery of the Holy Cross - Care Home
Equipment
•
Médecins Sans Frontières
Support of the “Message for Life” Program
•
“St. Marina” Kardamyla
Care Home
Operating Support and Equipment
•
Aid Association for the Indigent Patients and Elderly of the Valoukli Hospitals - Care Home of the Valoukli Hospitals
Equipment
•
Diogenis NGO
Program Support
•
Municipality of Rhodes - Open Protection Center and Day Care Center for the Elderly
Equipment
•
Municipal Solidarity Organization of the Municipality of Rhodes
Equipment
•
Social Care and Development Organization - Day Care Center for the Elderly
Equipment
•
Association of Families and Friends for Mental Health of Serres
Food Supplies
•
Monastery of Asomatoi - Petraki
Renovation Works
•
Holy Metropolis of Chios, Psara and Oinousses
Food Supplies

2012

Life Line
Support of the “Red Buttons” Program
•
City of Athens - Pangrati
Friendship Club
Furniture
•
Friends of the Poor Fund of St. Spyridon Stadiou Church
Food Supplies and Operating Support
•
Apostoli - Karelleio Center for Alzheimer’s and Related Diseases
Equipment
•
Friends of the Poor Fund of St. Georgios Kypseli Church
- Home for the Elderly and Bedridden
Emergency Notification System and Consumables
•
Food Bank Greece
Food Supplies
•
Caritas Athens
Food Supplies and Operating Support
•
Holy Archdiocese of Athens
- Home for the Elderly and Bedridden
Construction Work, Equipment and Consumables
•
St. Spyridon Church of Nice
- Greek School of the Greek Community of Nice, Côte d’Azur and Monaco
Equipment
•
Artos - Drassi
Vehicle
•
“St. Marina” Kardamyla
Care Home
Operating Support

Holy Metropolis of Chios, Psara and Oinousses
Food Supplies
•
Friends of the Poor Fund of St. Asomatoi Thiseio Church
Vehicle
•
Piraeus Care Home
Physiotherapy and Recreational Equipment
•
Médecins Sans Frontières
Creation of the “Message for Life” Program
•
PRAKSIS
Support of the “Syn sto Plyn” Program
•
Holy Metropolis of Nikaia
Food Supplies
•
Caritas Athens
Support of the Hot Meal Program
•
National and Kapodistrian University of Athens - Evangelismos Hospital
Intensive Care Unit
Equipment

Initiatives



TIMA



**Ageing &
Health**



**Ageing &
Disability**

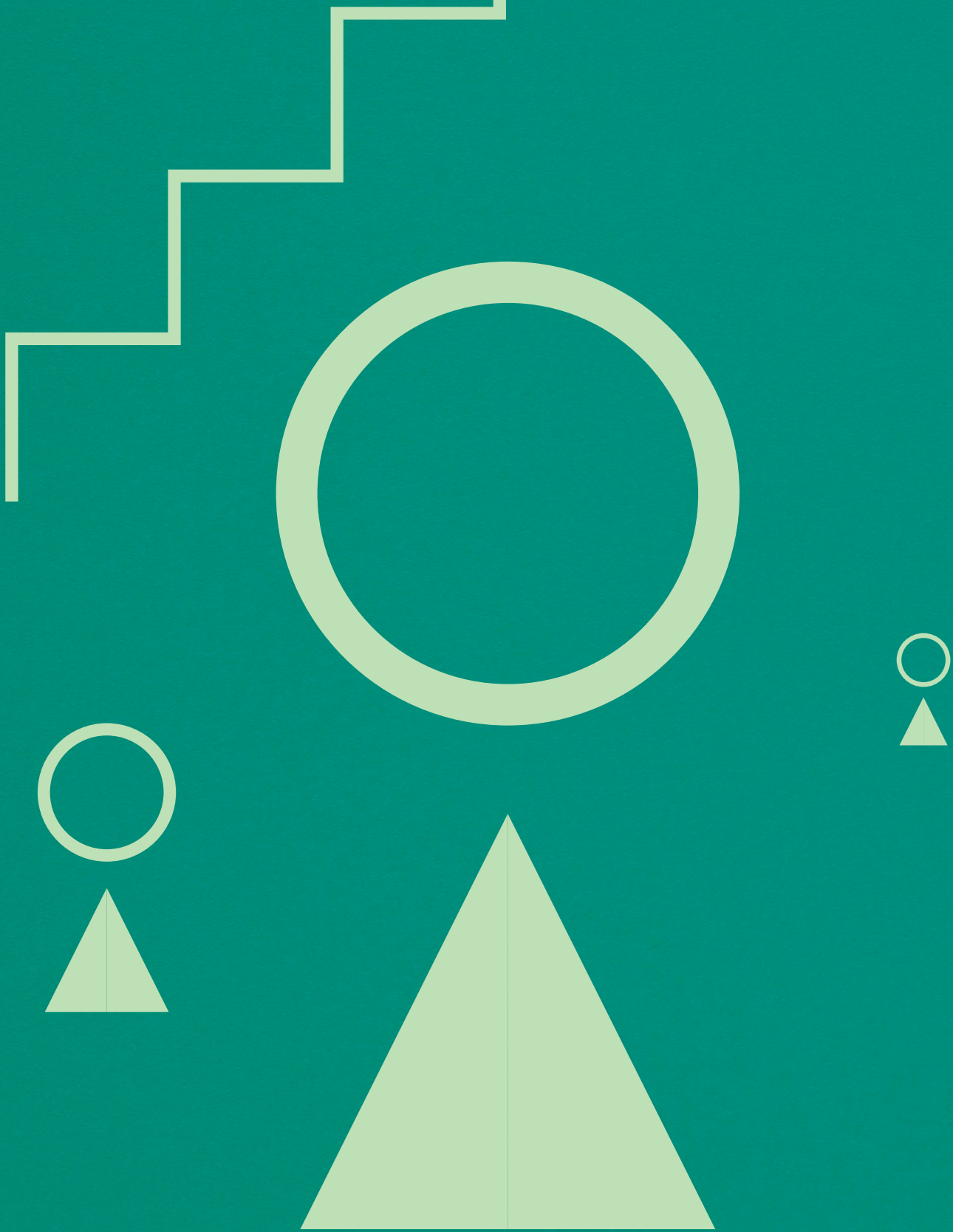


**Care Homes
Support**

Initiatives

In its fifth year of philanthropic work focused on ageing, the Foundation designed three initiatives aimed at raising public awareness even further, and at addressing, in greater depth, a number of issues that affect the age group in question.

The initiatives – “Ageing & Health,” “Care Homes Support” and “Ageing & Disability” – constituted three thematic pillars for some of the Foundation’s grant-making activity. In this context and under the umbrella of these initiatives, targeted programs highlighted the importance that should be attributed to caring for the elderly; in addition, they provided relief while also stirring the public’s interest in the third age, across Greece.



1st Initiative

Ageing & Health

One of the effects of an increased life expectancy is a rise in degenerative and chronic conditions. Now that the elderly live longer and represent a larger part of the population, illnesses such as dementia, osteoporosis, cardiovascular conditions, diabetes and Parkinson's disease are problems that we are called upon to address more and more frequently.

The "Ageing and Health" initiative is aimed at supporting the elderly, with a focus on enhancing their overall health, as well as providing treatment for the health conditions specifically associated with ageing.

In Greece, in particular, where life expectancy reaches and often exceeds 80 years of age (one of the highest globally), the percentage of the elderly population has increased significantly over the past decade, surpassing the European average. At present, one in 5 Greeks is over 65 years old. This brings about a corresponding increase in the need to support the health of the elderly.

Through this initiative, the Foundation focuses on grants that support the general health of the ageing population, in order to improve the quality of life and the active participation of the elderly in everyday life, with associated benefits for both the elderly themselves and Greek society as a whole.



“Care at Home” Program

Frodizo

www.frodizo.gr

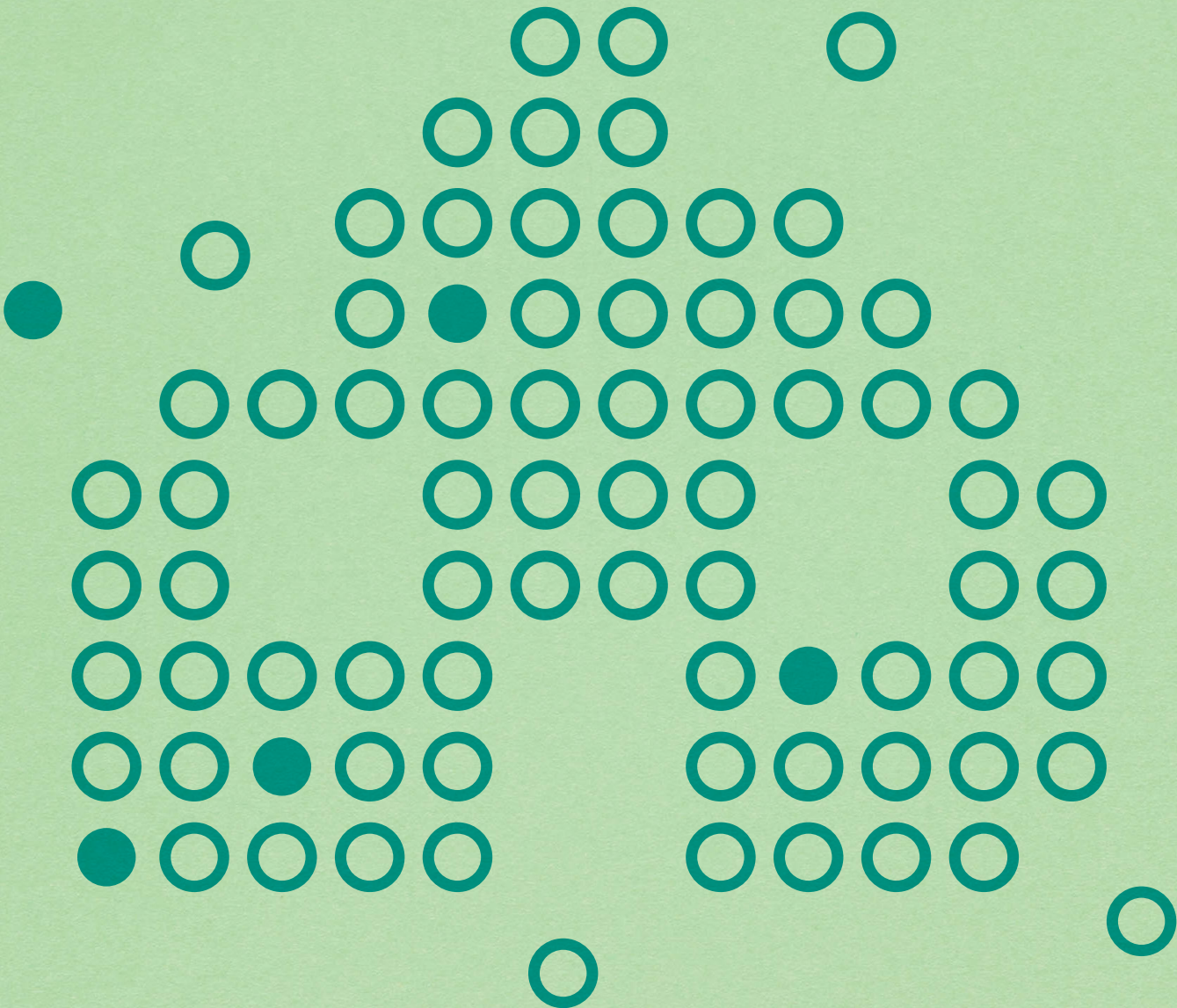
For patients with dementia, a condition that affects more and more people around us as life expectancy goes up, it is very important that they remain at home for as long as possible, to avoid becoming institutionalized.

The Foundation offered its support for two years running (2014-2015) to the Corporation for Succor and Care of Elderly and Disabled “Frodizo”, which is dedicated to providing support and care to the elderly and people with disabilities in the region of Patra, with the ultimate aim of prolonging their presence in their home environment, so that they may continue living within their familiar social context.

The first phase of the grant (2014) involved the creation of a pilot program entitled “Care at Home”, aimed at the physical, mental and psychosocial strengthening of dementia patients residing in Patra. The Program in question was targeted at seniors who had recently been diagnosed with first- and second-stage dementia, as well as their caregivers, and included the creation of a three-member team, consisting of a social worker, a psychologist and a physical education expert. The second phase (2015) saw the expansion of the Program’s actions, and the existing team was supplemented by a physiotherapist and a nurse.

The services offered were: mental health strengthening exercises, psychological support to both the elderly and their caregivers, nursing care and physical strengthening exercises, and specialized nutritional advice. In addition, during the home visits, emphasis was placed on training the caregivers in order to improve the care and mobility of the patients. The Program also offered further support to caregivers through training seminars on dementia, as well as monthly group meetings that gave them the opportunity to share their concerns and support each other.

The success of the Program is owed as much to the holistic approach of the intervention itself, as to the individualized nature of the services offered, which were tailored and adapted to the particular needs of each patient and caregiver. It is worth pointing out that the Program addressed and covered the gap created by the absence of services for dementia patients in Patra, which is the third largest city in Greece.



► **66**

elderly patients with dementia and their 66 caregivers were included in the “Care at Home” program

► **5**

services/activities were offered on a weekly basis

► **64**

caregivers and family members of dementia patients attended the Program’s seminars and lectures



► **1,200**

beneficiaries residing in the Prefecture of Achaia, 75% of which are over 50 years of age

► **600**

people attended the awareness events held by the Program and received information about cancer

► **6**

volunteer doctors offered examinations at the local clinics of 6 mountainous areas

Cancer Prevention and Detection Program

Volunteer Association against Cancer of the Achaia Prefecture “Agaliazo”

www.oekk.gr

The Volunteer Association against Cancer of the Achaia Prefecture, “Agaliazo,” was founded in 2001, with the aim of providing moral support to oncology patients in the two public hospitals of Patra, by organizing awareness-raising campaigns in Patra and its surrounding area. In addition, it advocates for patient rights and collects food and medicine for the families of cancer patients in need.

The Foundation supported “Agaliazo” in creating a Program, for the provision of free cancer screening, targeted primarily at people of 50 years and older, in remote mountainous rural areas of the Prefecture of Achaia. A team of volunteer doctors (dermatologist, surgeon, urologist, gastroenterologist, pulmonologist, gynecologist, psychiatrist) offered examinations at the local clinics of each area. The team of doctors was supported by additional volunteers, such as nurses and health professionals. Each of the three-day visits included the organization of an event to inform the local residents about cancer.

The Program reached more than a thousand residents of mountainous and remote villages of Greece, who have extremely limited access to medical care and health screening.

Today, as the number of patients receiving treatment grows, the effectiveness of the drugs and methods employed improves, and a better quality of life is secured for those affected by the disease, it is clearer than ever that awareness and early detection are our most powerful weapons in the battle against cancer, across all age groups.

2nd Initiative

Care Homes Support

The initiative to support care homes for the elderly targets care homes across Greece. Care homes are true hubs of care and support and paragons of social work, providing help to a vulnerable population group whose members often struggle to live independently.

These types of organizations have experienced a significant decrease in their budget and are facing increasingly complex issues, on account of changing legal and fiscal frameworks. As a result, they have been forced to minimize or even cease crucial investments, namely upgrading their infrastructure, investing in new equipment and expanding their programs. Furthermore, the majority of care homes are unable to offer a holistic approach to the care of their elderly residents by providing services such as psychological support and recreational activities. The lack thereof drives many elders to an absence of socialization, solitude and even depression. In its first 5 years of operation, the Foundation funded 23 care homes throughout Greece.

The strategy behind this initiative is twofold. On the one hand, it supports care homes by supplying basic necessities. Pertinent grants include the provision of equipment, medical supplies and food, in an effort to improve the daily operation and to support health-related services in the care homes. On the other hand, this initiative also aims to help the relevant grantees by encouraging skill-development, whenever possible. Through capacity-building, the objective is to enable care homes to develop their provided services and to function more effectively in the long term. It is a process of reimagining and reinventing the way that care homes operate, with the ultimate goal of providing higher quality and holistic care to the elderly. An equally important capacity-building element is educating and empowering the staff. When care homes become a creative, inspiring place to work, the result is lower staff turnover, increased engagement and more meaningful interaction with the elderly.

Through this initiative, the Foundation contributes to the wellbeing of a large number of beneficiaries and the longevity of the organizations that support it.



“Solidarity Team” Program Support, Medical Supplies, Equipment & Heating

Philanthropic Foundations of Andreou and Maria
Kalokairinou - Heraklion Care Home

www.kalokairinosfoundation.gr

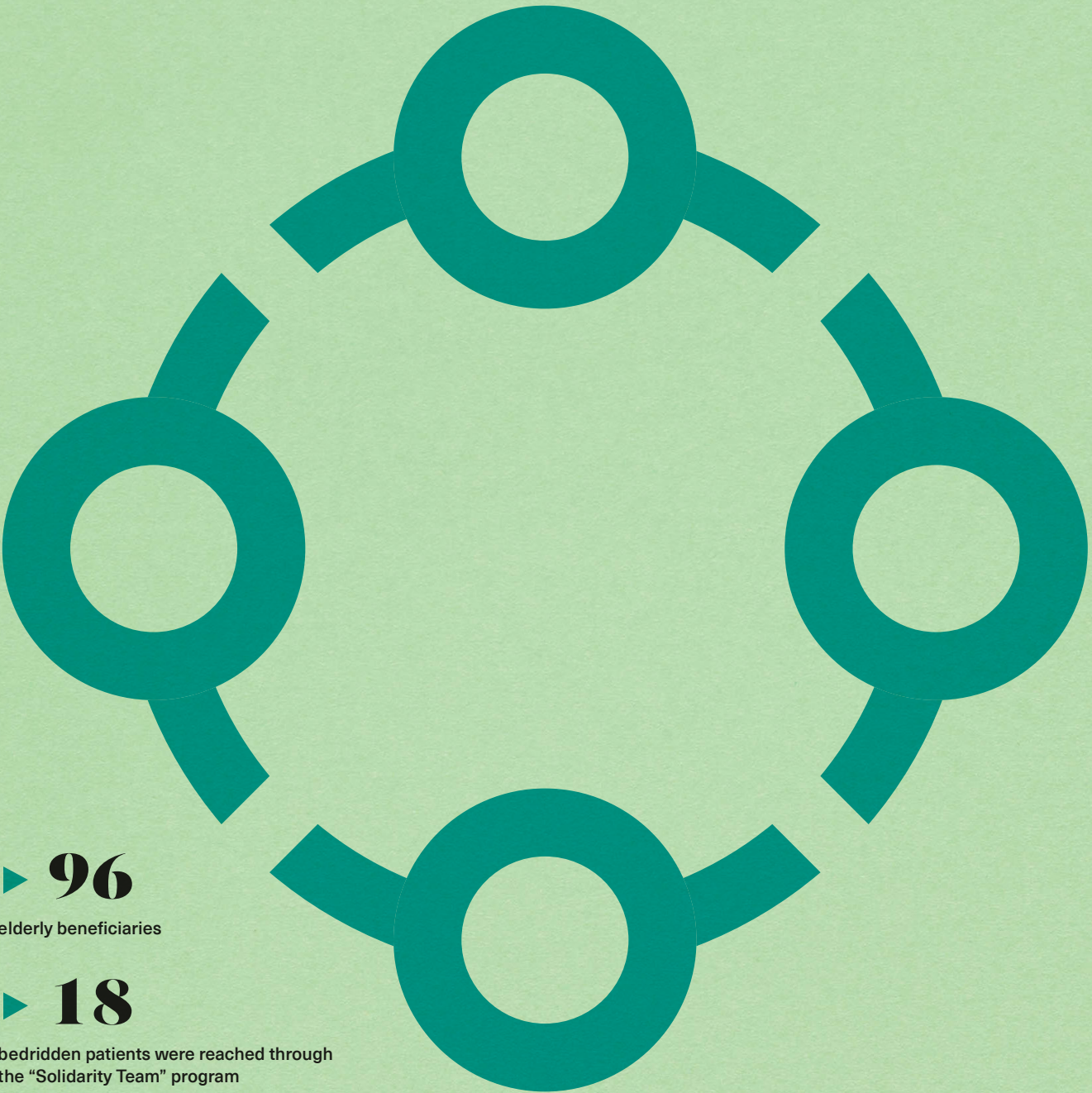
For elderly patients, being confined to a bedridden existence outside of their home environment is detrimental to both their psychological state and their experience of everyday life. The conditions it creates and the ways these can be improved are some of the greatest challenges care homes are called upon to face in their daily operation, as well as their most important task.

The Heraklion Poorhouse of the Philanthropic Foundations of Andreou and Maria Kalokairinou, which has been providing nursing and care to indigent residents of Crete since 1956, highlights the importance of this particular need through its “Solidarity Team” program, which entails one-on-one visits to elderly bedridden patients. The Program aims to improve the psychological condition of bedridden residents by providing support, companionship and entertainment. The Program is supervised by the care home’s social worker and carried out by elderly volunteers, who visit their bedridden peers in order to keep them company, exchange stories, or even sing songs. The Foundation’s grant enhanced and enriched the Program with additional visits, which are now daily instead of bi-weekly. The “Solidarity Team” program has many innovative features, and is the only care home program in Greece addressed exclusively to bedridden residents.

Driven by a holistic approach to specific needs, the grant also involved the purchase of physiotherapy and specialized equipment to facilitate the mobility of patients, so that they are able to take part in the care home’s daily activities. A sensory-stimulation space was also created, to boost the residents’ strength and enhance their sociability.

In addition, a part of the grant went toward covering practical needs, such as heating, medicine not covered by the patients’ insurance policies, heating chambers and computers. The latter were used by the care home to digitize their records, as well as by the beneficiaries themselves for communication, mental strengthening and recreation purposes.

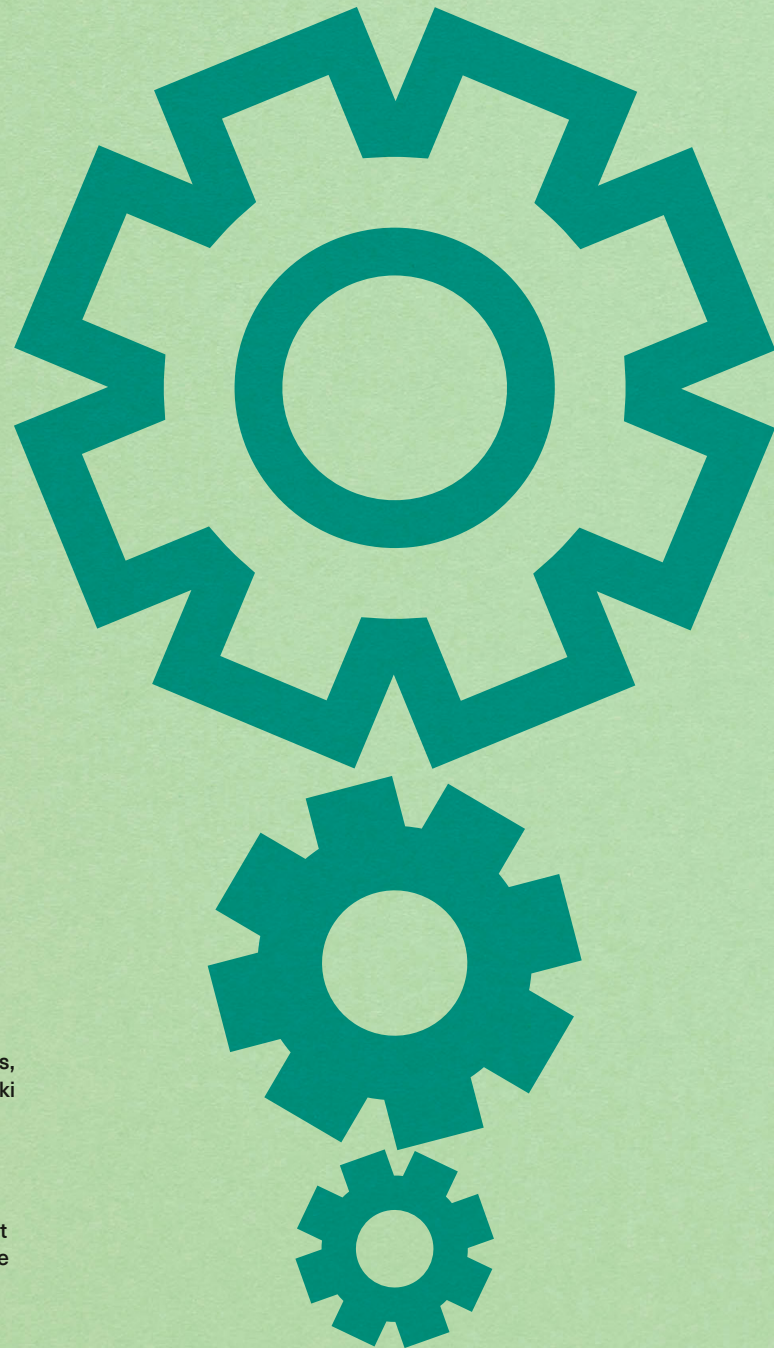
Human contact and companionship, relief from a bedridden existence and the allocation of basic everyday necessities are some of the main benefits of this grant, which significantly improved the quality of life of the elderly patients, as the care homes’ staff and volunteers worked together to offer them physical, mental and emotional support.



▶ **96**
elderly beneficiaries

▶ **18**
bedridden patients were reached through the “Solidarity Team” program

▶ **3**
basic needs were covered, 3 types of equipment provided, and 2 innovative programs supported



► **2**

capacity building seminars,
in Athens and Thessaloniki

► **62**

staff members of nonprofit
care homes across Greece
attended the seminars

► **32**

care homes, offering long-term
care to approximately 1,700 elderly,
were represented at the seminars

Capacity Building Seminar for Care Homes

University of the Peloponnese - Department of Political
Science and International Relations

pedis.uop.gr

The Department of Political Science and International Relations of the University of the Peloponnese is an academic institution with extensive experience in research programs that have practical results in society, as well as in the creation of seminars for the staff of nonprofit organizations. Through a grant by the Foundation, in 2015, it held two educational seminars for the staff of care homes, in Athens and in Thessaloniki, entitled “Efficient Management and Sustainability Tools for Care Homes.” The mounting economic crisis brought with it an increase in the management issues faced by many care homes, such as higher expenses and lower income, in an ever-changing legal and fiscal environment. The purpose of the seminars is to strengthen the organizations that provide long-term care for the elderly, through information, education and networking, so that they may evolve, provide more effective services, and become more sustainable.

The seminars focused on matters of day-to-day management and operation, as well as on issues relating to gerontology. Upon their completion, the participants—management and head nurses of care homes—had broadened their knowledge on gerontological issues and matters of daily operation. In addition, the participants broadened their understanding of fundraising and were able to connect with similar organizations. The high attendance of the first seminar in the Greek capital led to its reiteration in Thessaloniki. The knowledge and networking opportunities offered by the seminars provided the necessary tools for increasing efficiency in the operation of the care homes, achieving sustainability and making a greater contribution to society. Following the second seminar, tailored consultancy on gerontological issues was offered to 8 care homes.

Even though this grant’s support for the elderly was indirect, its benefits will be long-lasting, since it provided the human resources, in turn needed to support a large number of elderly. Technical strengthening will translate into practical help, thus establishing solid foundations for the sustainability of the organizations.

Ageing & Disability

The Foundation responds to the growing needs created by ageing with disabilities by directing grants to nonprofit organizations that offer impactful work in this area. A disability of any form, whether pre-existing or the result of ageing itself, renders older people particularly vulnerable and dependent on others to support them.

This initiative focuses on two areas: improving the support system of elderly people with disabilities, and allowing for a better social inclusion. The caregivers of this vulnerable group are called upon to deal with challenging and complicated conditions, a situation made even harder by the lack of specialized services to support them. In order to improve the care provided to the elderly with disabilities and to enable them to be as active as possible, it is essential that their caregivers are properly informed and trained.

The ambition of this initiative is to develop strategies and tools to enhance the elderly's sociability, which, as part of fostering a culture of inclusion, may gradually promote improvements in the quality of care and the active life of the elderly.

Social marginalization, which gradually undermines social skills, and the loss of social status combined with the lack of autonomy, creates feelings of insecurity and isolation in elderly people with disabilities. The grants made under the “Ageing & Disability” initiative aim to facilitate actions and practices that address the diverse and complex needs of elderly with disabilities, by supporting their environment and, ultimately, improving their long-term wellbeing.



Renovation Works & Production of Audiobooks

Lighthouse for the Blind of Greece

www.lfg.org.gr

Vision impairment creates special conditions and has direct consequences upon the lives of those affected. The Lighthouse for the Blind of Greece was founded in 1946 with the aim of supporting the visually impaired as well as promoting public awareness regarding blindness. It works to decrease the everyday difficulties faced by its members, to promote their social and professional inclusion and independence, and to provide them with a range of social services. It offers support to 2,500 people annually, half of which are elderly.

The Foundation's grant for the Audiobook Lending Library of the Lighthouse for the Blind was made in response to sustained demand for this service, which was indicative of its value to the beneficiaries. It involved the production of new audiobooks and relevant renovation works at the organization's recording studios. As a result, 75 new books were created, and the recording studios were upgraded with sound insulation and new equipment. The latter enhanced the quality of audiobook production of essential reading material, used by members in Greece, Cyprus, and the Greek diaspora. In addition, it improved the working conditions for the organization's book production personnel.

The main users of audiobooks are 500 people with vision impairments, 60% of whom are elderly, with some among them who have recently lost their vision. Given that the Lighthouse for the Blind's audiobook collection is frequently used by the elderly, the production of new books broadened the recreational options of this age group.

The great value of the Audiobook Lending Library resides in the fact that it provides visually impaired people with the unique opportunity to be initiated into the world of books. The library's enrichment through this grant secured an important commodity for people with vision impairment. With its informational, recreational and educational applications, it makes a significant and multidimensional contribution toward empowering them.

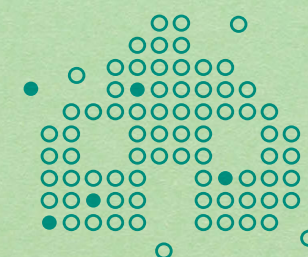
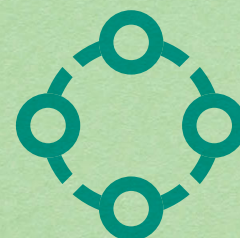
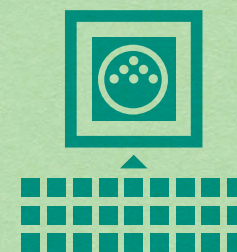


TIMA

12



16





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The grant significantly changed the services provided by “Nestor,” benefited many patients and their caregivers, and improved the quality of the implemented programs.

“Nestor” Psychogeriatric Association

TIMA