



Annual Report 2016-2017

We exist to lower stress, extend and improve quality time at home for caregivers and their loved one.



MEMORY CARE
HOME SOLUTIONS®

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FOUNDER'S UPDATE



“Over 5 million Americans living with Alzheimer’s and over 15 million providing unpaid care.”

Lisa Baron, JD
Founder & Executive Director

Alzheimer’s disease is a growing epidemic in the United States. With over 5 million Americans living with Alzheimer’s and over 15 million providing unpaid care, it is evident that Memory Care Home Solutions has a unique national role to play in this burgeoning problem.

As a result of my testimony to the U.S. Senate Special Committee on Aging in January of 2017, Sarah Lenz Lock, Senior Vice President for Policy at AARP, asked Program Director Jill Cigliana and I to serve on the steering committee as members of the Provider Stakeholder Group for the first ever National Research Summit on Care Services and Support for Persons with Dementia and Their Caregivers. I am so honored to join an incredible group of speakers and look forward to sharing the highlights with you.

Our national recognition additionally led to our collaboration with dementia expert Laura Gitlin, PhD who heads the Center for Innovative Care in Aging at Johns Hopkins on a quality review of our program impact. Dr. Gitlin has published much of the evidence on which our program is modeled, and we are benefiting greatly from her thorough review and analysis of our work. We began drafting a manuscript with Dr. Gitlin with plans to submit to The Gerontological Society of America.

Our training programs, workshops and resources help more than 30,000 lives each year! We are so blessed to see the impact of our program firsthand. None of this could be accomplished without the incredible leadership at Memory Care Home Solutions. We are so excited to welcome four new board members this year.

This has been a big year for MCHS in terms of lives touched, national recognition and new leadership. We would not be able to offer our services free of charge if it weren’t for the incredible support from our community, the myriad of partners and our growing recognition on a national scale. I thank each and every one of you for joining us on our journey. Your support and collaboration enables us to provide quality services for so many families.

New MCHS Board Members

The Honorable Sue Allen
Former MO House Representative



Suzan Knese
CEO
Osborn Barr

Lauree Peterson-Sakai
Senior Vice President Elder Strategy Leader
Wells Fargo Advisors



Dave Rengachary, MD
Senior Vice President/Chief Medical Director
RGA



It's a privilege to work with an amazing team making such an **impact** in the lives of so many. We are excited to have two years of audited financial statements available to **share** with our supporters.

- Dave Hartley
Vice President/Treasurer

Advisory Council

David B. Carr, MD
Lewis C. Chartock, PhD
George T. Grossberg, MD
Marylenn Mann
Chris Miget
Steven Miller, MD
John C. Morris, MD
Howard Oppenheimer
William A. Peck, MD
Maurice B. Pickard, MD
Matthew Thayer

Board of Directors

Sue Allen
Amy Bricker
Mona Green
Ed Hickey
Charles Jahneke
Suzan Knese
Jarel Loveless
John Malpiedi
Lauree Peterson-Sakai
Dave Rengachary
Laura Rossmann
Mary Spencer
Jason Wilson

Executive Committee

Nicole Holst
President

Dave Hartley
**Vice President
& Treasurer**

Lisa Baron
Executive Director

Kim Grbac
Secretary

Ray Wiesehan
Past President



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Swing into Spring 2017

10 new Mission Champions were recognized at the 6th Annual Swing Into Spring event held on May 13, 2017 in the Hall of Fame Club at Ball Park Village. Over 250 friends of the organization gathered in support of our mission and those who show extraordinary dedication to the families we serve. Fredbird, the Cardinal Cowboy, music, special kids activities and tours of the Hall of Fame Museum made it a night to remember!

Board President Nicole Holst (left-center) with Volunteers of the year: Carrie Burggraf (left) Scott Wren (Center) and Doree Wren (right)



2017 Mission Champions

Alzheimer's Association - Cheryl Kinney, MSW, LCSW

BJC Home Care Services - Peggy Mitchell, OTR/L

Christian Hospital CHAP - Jenny Rieker, CCEMT-P

Dolan Memory Care Homes - Allison Dolan, BSN, RN

Esse Health Case Managers - Kristin Todtenhausen, MSW, LCSW

James Goldring, MD (Private practice)

Memory Diagnostic Center - Cassandra Ward, ANP-C

Mercy Palliative Care Clinic - Michelle Schultz, MD

St. Luke's Brain & Spine Center - Kirk Kleinfeld, MD

St. Luke's Palliative Care - Jill Oberle, MD

10th Annual Memories & Melodies

The Memory Care Home Solutions Alzheimer's Community Service Award was presented during the 10th annual Memories & Melodies Gala in front of a crowd of over 500 guests on October 13, 2016 at the Chase Park Plaza. This award is given yearly to individuals or entities who have demonstrated extraordinary commitment and advocacy to the welfare, health, and education of the St. Louis community.

Alzheimer's Community Service Award (est. 2009) Debbie & Jack Thomas

"Debbie and Jack's experience as **caregivers**, their passion for our community and their deep personal **understanding** of our mission to **extend** and **improve** quality of time at home for families caring for a loved one with memory loss, **dementia** or Alzheimer's disease make them the perfect honorees."

— Lisa Baron,
Founder & Executive Director

Former Award Recipients:

Pat and William A. Peck, MD, **2009**
Mary Lee and Bob Hermann, **2010**
Betty and David C. Farrell, **2011**
Suzanne and Earle Harbison, **2012**
Ellen and John Wallace, **2013**
Nancy and Craig Schnuck, **2014**
Carolyn and Rusty Hager, **2015**



Debbie and Jack Thomas after acceptance speech.



Men of the St. Louis Alumni Chapter of Kappa Alpha Psi stop for selfie with MCHS Board Member Suzan Knese.

Program Growth 2016-2017

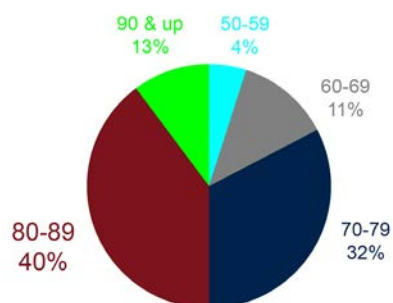
Thanks to our **generous donors**, Memory Care Home Solutions continues to flourish. Donations **enable our services** to expand with the growing population of those impacted by cognitive impairment.

In 2016, **Memory Care Home Solutions** experienced a **70% increase** in Caregiver Training Consultation Visits and a **88% increase** in people served through these visits. Additionally, there was an incredible 222% growth in the Memory Care Plus program. This allowed **a significantly larger number of people** to be served in 2016 **than previous years**.

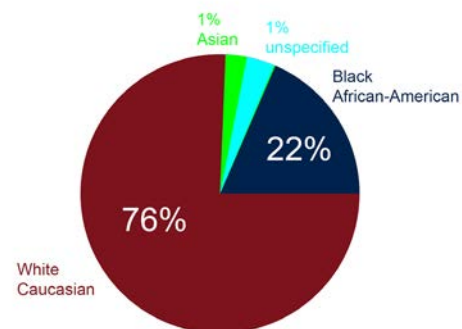
Funding for Memory Care Plus was provided in part by the Retirement Research Foundation and The Missouri Foundation for Health.



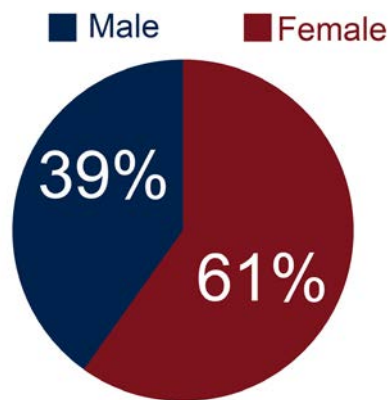
Age of Care Receiver



Caregiver by Ethnicity



Gender of Care Receiver



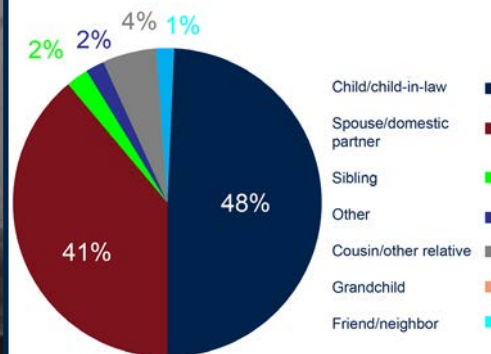
Annual Income of CR



Education & Outreach by PY



Relationship of Caregiver



Program Impact

Caregivers report an average of 10 weekly problematic dementia behaviors displayed by their loved ones. Problem behaviors include issues such as: wandering/pacing, waking family members at night, misplacing items, repetitive questions, resistance to bathing, failure to perform self-care, and hallucinations.

99% of caregivers report that MCHS helped them identify and address priorities and concerns about caregiving.

98% of caregivers report feeling more confident in their role.

95% of caregivers report reduced stress as a result of MCHS intervention.

Families implement 63% of dementia care and resource strategies recommended by MCHS within the first 6 months of service.

People with dementia experience **62%** fewer trips to the emergency department, **53%** fewer calls to 911, and **65%** fewer hospitalizations after participating in MCHS intervention.

Number of family training sessions: **1403**

Number of people who attended family training sessions: **2833**

2,004 = Number of hours spent with families in their homes working on dementia caregiving issues.

1,812 = Number of hours spent with families over the phone advising on dementia caregiving issues.



"The added support helped me address the changes in our lives and begin to learn how to cope with and adapt to the changes. Thanks for helping me care for my mother when I wasn't sure how." - Robert Tversky

MCHS Occupational Therapist Kari Burch surprises caregiver client Robert Tversky with a nomination for Missouri Caregiver of the Year.

"The staff was so much fun. They gave us new simple tasks to work on with mom. They helped me address caregiver concerns. They were very prompt, knowledgeable, and such good listeners. Thank you." - **Caregiver Client**

Music & Memory

We have all experienced how music can help improve our own mood. There is a great deal of research demonstrating that music can reduce the agitation of dementia, lessen anxiety, reduce pain, lower blood pressure, help with sleep, and increase cooperation.

MCHS is thrilled to be a Certified Music & Memory Program! Thanks to generous donors and great partners we are able to provide iPods and headphones to families using our program. Yet another way our team is able to help alleviate stress for caregivers and improve quality of life for their loved ones living with dementia.



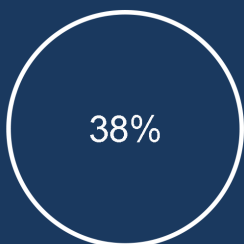
Beloved music can renew lives lost to dementia.

Financials

Funding Sources 2016-2017



State
Funds
\$97,000

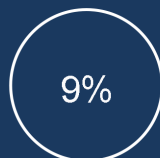


Grants
\$368,905



Gifts
Events
Appeals
\$496,590

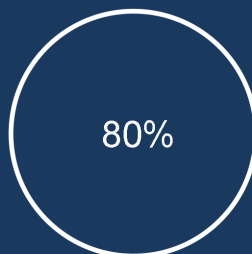
Total Expense 2016-2017



Fundraising
\$87,059



Administration
\$109,273



Program Cost
\$792,235

Ending Net Assets: \$1,466,712

Memory Care Home Solutions would not be possible without the support of generous donors like you. Our audited financial statements are available to review upon request.

80 cents of every dollar spent to Memory Care Home Solutions is used to deliver our program to distressed families and caregivers.

MCCHS meets the 20 standards of the Better Business Bureau Wise Giving Alliance.

NOTES

NOTES





Dementia Experts to Guide
Your Family



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