



MEMORY CARE HOME SOLUTIONS[®]

Dementia Experts who Guide Families

Fiscal Year 2018 Annual Report

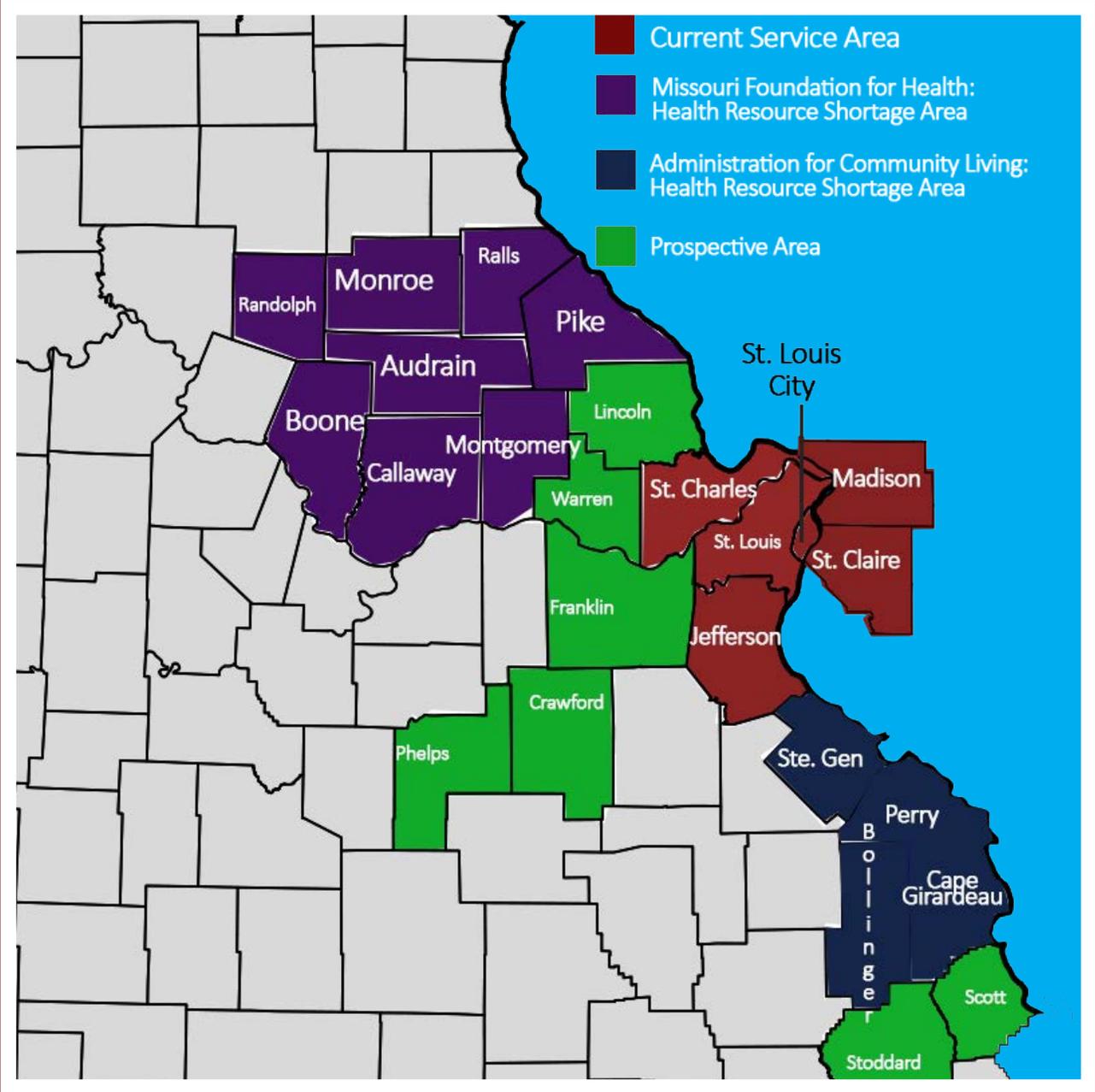
Who are we?





The Dementia Experts.

GROWING TO MEET THE NEEDS OF THE COMMUNITY



Founder's Update

Nationally estimated costs for Alzheimer's and other dementias has reached \$259 billion and is expected to increase to \$1.1 trillion by 2050. Caregivers of loved ones with Alzheimer's and dementia play a crucial role in providing unpaid care for almost 4 times longer than individuals caring for someone without Alzheimer's. Often overlooked is the health and well-being of these caregivers despite the many additional challenges and behaviors that come with caregiving for someone with dementia.

Memory Care Home Solutions (MCHS) offers a nationally unique, non pharmaceutical treatment for caregivers who care for loved ones with dementia or Alzheimer's. The goal is to keep their loved ones at home safely as long as possible. Since inception, MCHS has touched over 130,000 individuals through specialized training, programs, workshops and resources.

This year, MCHS received two significant grants from the U.S. Department of Health and Human Services- the Administration for Community Living and the Missouri Foundation for Health to expand and replicate our services in outstate Missouri. More specifically, to expand our reach into eight additional counties characterized as Health Resource Shortage Areas (HRSA's).

Additionally, we launched reimbursement processes through the Center for Medicare and Medicaid Services (CMS). Health insurance benefits cover the Occupational Therapy portion of our service, while the rest of our service remains free of charge. Through insurance reimbursement, MCHS is diversifying its revenue stream and making a more sustainable model to insure the vision that everyone who could benefit from this service would receive it.

Thanks to generous donors corporate and foundation

supporters, MCHS is able to provide service to families in need, including those without health insurance and those for whom co-payments are prohibitive. Your philanthropic giving has significant impact on our delivery of services.

Through incredible board leadership and vision from advisory council members, MCHS continues to expand programs in underserved areas throughout our region. Board members we welcomed this year include: Janine Burkett, Vice President and Chief Drug Sourcing Officer at Express Scripts Holdings; Julie Hiblovic, Partner in Audit and Advisory Services at Anders CPA and Advisors; Hector Irizarry-Robles, Senior Manager of Business & Corporate Services Strategic Initiatives at Ameren.

Strategic partnership opportunities help strengthen collaborations, which form the best possible program outcomes for clients and creates systematically efficient operations. We are truly grateful for continued alliances with Washington University School of Medicine, Washington University George Warren Brown School of Social Work, Saint Louis University School of Medicine Geriatrics Division, and Barnes Jewish Christian Hospital.

We look forward to keeping you informed about the growing impact of our treatment throughout the states of Missouri and Illinois. Your unparalleled support allows us to successfully help many families and I thank every one of you.



Lisa Baron, JD
Founder and Executive Director

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Our Mission

Memory Care Home Solutions (MCHS). Our mission is to extend and improve quality time at home for families caring for loved ones with memory loss, dementia or Alzheimer's disease.

Training and Education

MCHS provides personalized year-long caregiver training. We meet families where they are with practical solutions. We also provide educational workshops on brain health and dementia topics to over 2,000 healthcare professionals and dozens of community groups each year.

Outreach and Support

MCHS participates in several community health fairs and caregiver conferences to reach more caregivers and seniors. We provide consultation and resources to families.

Daily Life & Function



40% of MCHS clients with dementia are dependent for 2 or more Basic Living Activities (BLAs). BLAs include: bathing, dressing, toileting, transferring, continence, and feeding.

67% of MCHS clients with dementia are dependent for 5 or more Advanced Living Activities (ALAs). ALAs include: using the phone, shopping, preparing food, housekeeping, laundry, driving, managing medication and handling finances.

By *improving caregiver skills and well-being through MCHS' training and educational programs, we provide families with essential support to improve their quality of life. Outcome data reveals that families who implement specific resource strategies recommended by MCHS within the first 6 months of service experience vast improvements including:*

62% fewer trips to the emergency department for person with dementia.

65% fewer falls for person with dementia.

with Dementia



70% fewer calls to 911 for person with dementia.

72% fewer hospitalizations for person with dementia.

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.

98% of caregivers report reduced stress as a result of MCHS intervention.

Our Program

Memory Care Home Solutions realizes our mission through comprehensive training, education, outreach and support. This year MCHS has made face to face connections with nearly 10,000 individuals!

1. Initial Family Consultation

Meet with one of our dementia experts to discuss your concerns and identify your priorities related to caregiving. Common discussion topics include dementia education, behavior management, activities at home, home safety, and community resources.



1,376 = Number of hours spent with families in their homes working on dementia caregiving issues.

2. Occupational Therapy Visits & Home Safety Assessment

Receive in-home visits with an occupational therapist who will conduct a home safety assessment and provide hands-on training to help you learn new caregiving skills. These services are typically covered by healthcare insurance.



3. Phone Consultations

Our professionals are available to answer questions and offer advice and referrals. The program includes two formal follow-up phone consultations at 3 and 6 months after your initial family consultation.



1,027 = Number of hours spent with families over the phone advising on dementia caregiving issues.

4. 12-month Mail Survey

You will receive a final assessment and survey at the completion of the program.

Are you a caregiver? If you are an adult child or spouse, you are a caregiver. If you are a relative, friend or neighbor with regular contact with the person with dementia, you are a caregiver.



In the Community



Health fairs allow us to connect with potential clients. This year we've reached **2,381** individuals through healthfairs.



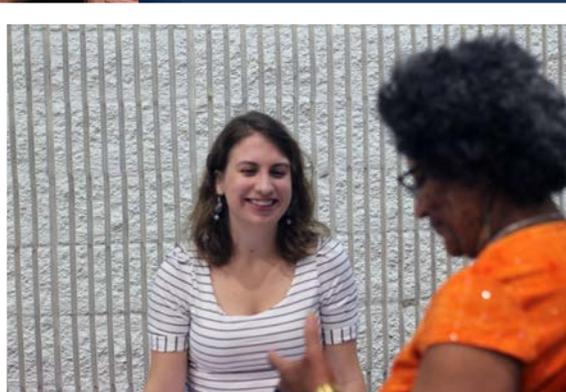
MCHS provides professional caregiver training and continuing education workshops annually, for In-home Certified Nursing Assistants, private nurses, companion caregivers, and senior care providers.

Professional training improves quality of life for seniors living with dementia by improving the effectiveness of caregivers, family members and professionals.



The more you know, the more you grow.... as a caregiver!

Individuals connected with MCHS through education workshops: **4,858**





Music & Memory Program

We have all experienced how music can help improve our own mood. Research reveals that music can reduce agitation, lessen anxiety, alleviate pain, lower blood pressure, help with sleep, and increase cooperation in individuals living with dementia.

As dementia experts, MCHS utilizes music therapy to alleviate caregiver stress and improve quality of life for their loved ones.

Thanks to St. Louis Rotary Club's donation of ipods, MCHS provided music to 44 clients this year! All Music and Memory program clients receive a personalized playlist on an ipod or CD.

"Music & Memory program provides meaningful engagement and reminiscing for a person living with dementia. It also helps provide structured activity throughout their day, giving caregivers much-needed respite," said Program Service Coordinator, Amy Sobrino.

Music & Memory by the Numbers

76% of clients experienced better quality of life through Music & Memory.

96% of caregivers say Music & Memory made their job as a caregiver easier or less stressful.

Top reported reactions of clients who used a personalized playlist:

- 1. Smiling**
- 2. Apparent relaxation**
- 3. Music recognition**
- 4. Improved responsiveness**



Project Present

Project Present is a creative collaboration to caregivers and individuals living with memory loss lead by Improv Instructor Ann Marie Mohr, Founder and Owner of Mohr Improv/Executive Director of Project Present, Instructor at Washington University.

People with dementia often lack social engagement because communication skills decline with disease progression. Improvisational theater provides a context where there is no 'wrong' answer and all participants validate and build upon each other's contributions. The approach is rooted in maintaining the integrity and respect of the individual living with memory loss.

Through Project Present, caregivers play improvisational games to learn how to care more effectively and compassionately for an individual living with memory loss. Using improv guidelines allows individuals to think 'outside of the box' when dealing with common caregiving challenges. The practice is unique because it is all about doing, and acquiring new frameworks to improve caregiving standards.

Project Present was born out of the need to bring light-hearted expression and social engagement to people with dementia and to provide a safe space to master new communication skills for caregivers.



Becky Ison and her husband Dave (above) participate in Project Present. *"What you are doing is absolutely what is needed. It is the key. You don't know what this has done for my heart. When I heard Dave laughing, my heart was literally singing. You can't find something like this (workshop) anywhere,"* said Becky.

Featured Improv workshops:

- Caregiver Workshop
- Ongoing Person with Dementia Group
- Joint Person with Dementia & Caregiver Group





Memories & Melodies

2017 Memories & Melodies, MCHS premier fundraising event, highlighted the generosity of the St. Louis community with three service award recipients.

Nancy and Al Siwak were awarded the Alzheimer's Community Service Award for their support and commitment to our mission. The Siwak's involvement expanded our focus to rural communities.

Additionally, recognition of Harris Frank as our first-ever Lifetime Achievement Award recipient highlights Frank's intimate connection to Memory Care Home Solutions. Frank is a long-time

supporter and advisor. His council helps the organization improve the structure of our fundraising department. Thanks to the generous individuals involved with Memories & Melodies, MCHS raised nearly \$300,000 in 2017!

Memories & Melodies has raised over
\$2,500,000



Alzheimer's Community Service Award Recipients, Nancy and Al Siwak (2017)



Lifetime Achievement Award Recipient, Harris Frank (2017)





Swing into Spring

Our annual FUN-raiser Swing into Spring is our way of recognizing individuals who show outstanding commitment and dedication to MCHS and our mission.

Mission Champions

Individuals who've connected the most families with our program for the current year.

Angela Sanford, MD- SLU Care Geriatrics

Ann Marie Mohr- Mohr Improv

Eric Lenze, MD- Washington University Physicians

Joy Snider, MD- Memory Diagnostic Center

Julie Whitley, MSW, LCSW- Alzheimer's Association

Kristin Todtenhausen, MSW, LCSW-Esse Health Case Managers

Peggy Mitchell, OTR/L-BJC Home Care Services
Petra Williams

Samantha Knight-Kingdom House Senior Companions

Stephanie Paul, MSW, LCSW

Volunteers of the Year

Rene Massey, Memory Care Home Solutions

Loretta Oesterich, Memory Care Home Solutions

Markell Robinson, St. Louis Alumni Chapter of Kappa Alpha Psi

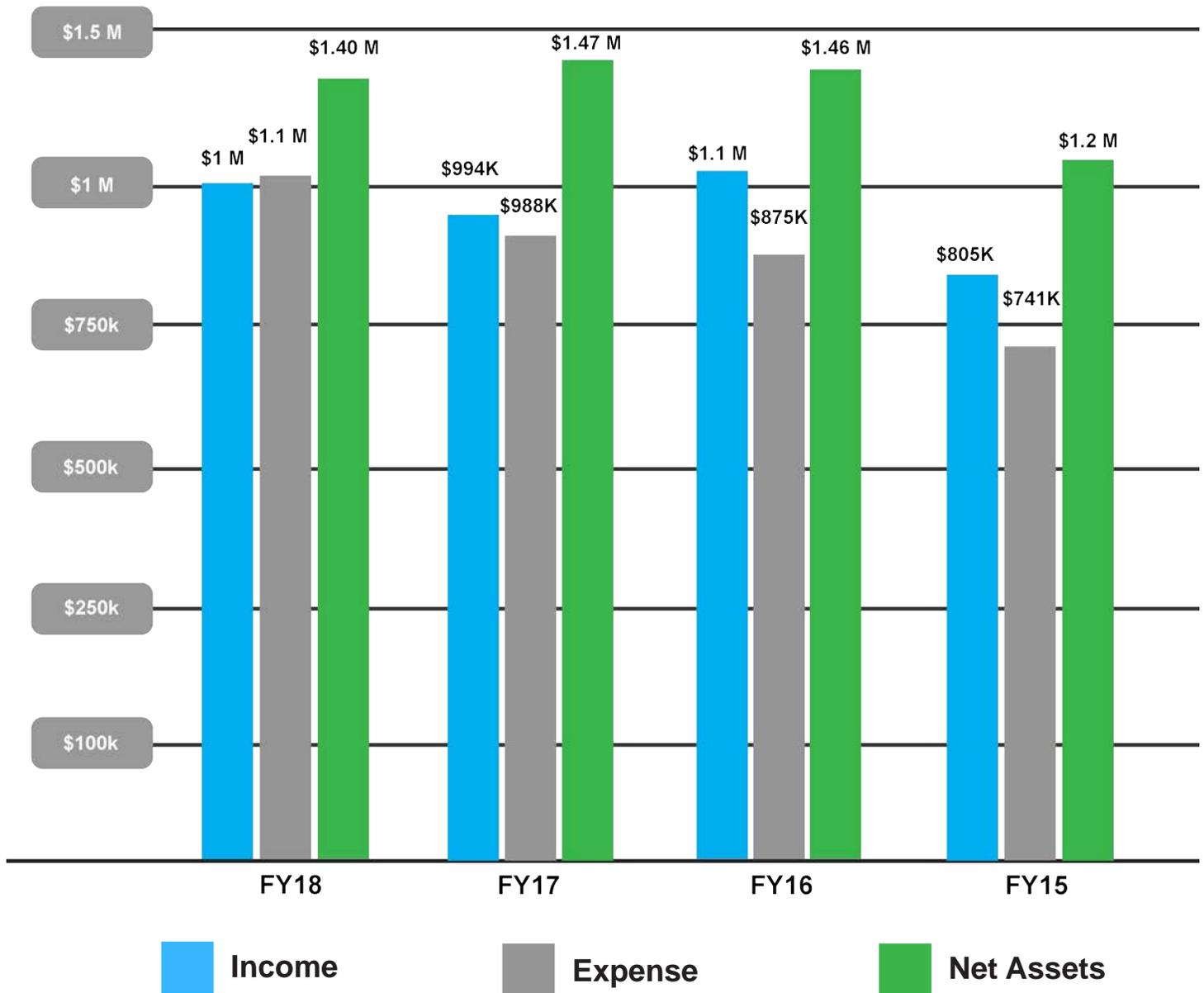


Board President, Nicole Holst, Volunteer of the Year, Loretta Oesterich and Program Director, Jill Cigliana

Financials

Income & Expense 4 Year Analysis

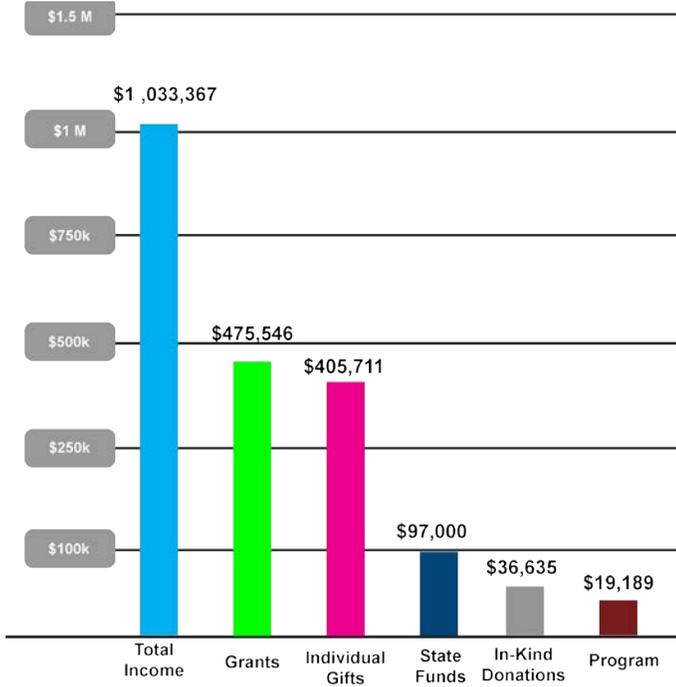
Fiscal Year June 1- May 31



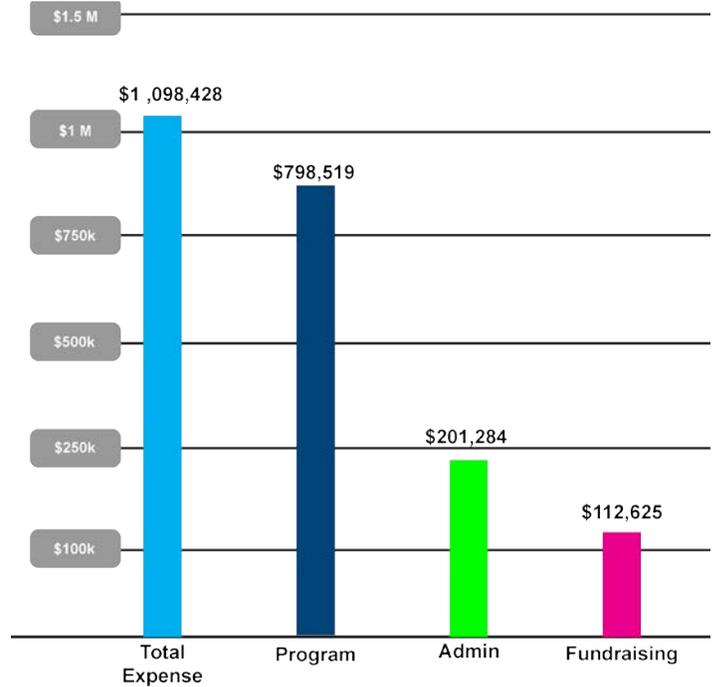
\$1,332,75

FY2018 Income & Expense

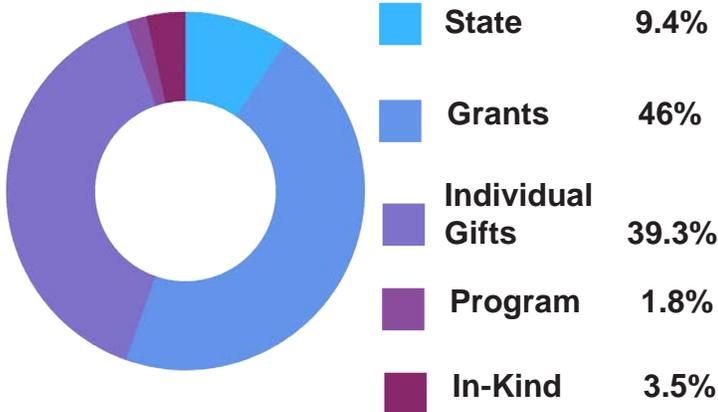
Income



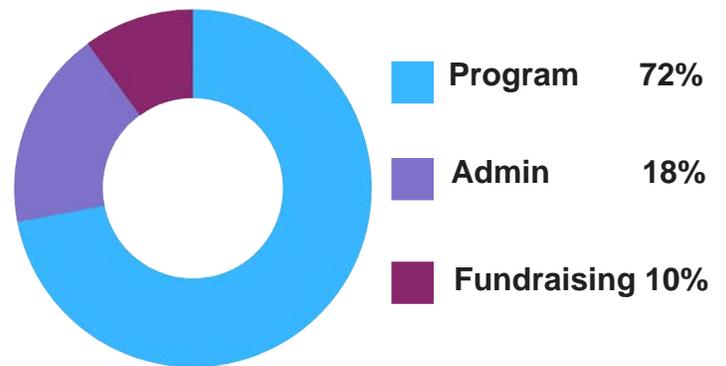
Expense



Income \$1,033,367



Expense \$1,098,428



Thank You

Fiscal Year 2018

(June 1, 2017-May 31, 2018)

YOUR SUPPORT MATTERS

Your Support Makes an Important Impact in the St. Louis Community and Beyond.

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Thank you! MCHS received
over **\$400,000** in
donations from June 1,
2017 to May 31, 2018



Join us for a Lunch & Learn Tour

These are small intimate events, but please feel free to bring a colleague or friend who is interested in getting involved.

Tour Dates:

July 20, 2017

August 22, 2017

October 26, 2017

January 2018



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Together we can do more to empower caregivers going through a stressful juncture and maintain the dignity of their loved ones living with dementia. Find out how you can get involved.

Visit us: Sign up for one of our quarterly Lunch & Learn tours or schedule a visit to see our caregiver training environment. Learn how MCHS impacts the families we servc first hand!

Sponsor: Partner with benefits! Make an investment in the health of the community and be on the forefront of groundbreaking dementia care. Enjoy promotion on our website, social media and print media during events.

Volunteer: Do you have a special skill or trade? Are you part of a group looking for a project? Memory Care Home Solutions is always looking for individuals and groups to partner with for long and short term opportunities.

Donate: Make a gift in honor of a loved one or to support our mission. Every donation big or small makes an impact on the familes we serve.

Follow Us: Stay up to date with our news. Like us on Facebook, and follow us on twitter and LinkedIn.

Website: www.memorycarehs.org

Facebook: [@memorycarehomesolutions](https://www.facebook.com/memorycarehomesolutions)

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Conatact Us: Call us today for a free consultation and learn more about our in-home caregiver intervention program.

Phone: 314-645-6247

Notes



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