



MEMORY CARE
HOME SOLUTIONS®

Annual Report FY20

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Client Stories

Meet Mrs. J, a retired educator living in St. Louis City and a beloved client of Memory Care Home Solutions. Mrs. J was diagnosed with Alzheimer's disease in 2010 and vascular dementia in 2018. Although Mrs. J is a widow and lives alone, her adult children and grandchildren have come together to make sure she has constant care and companionship. Mrs. J's first language is Spanish and as her dementia progresses, she is losing her ability to communicate in English. She experiences common dementia-related behavioral and psychological symptoms including anxiety and fear due to the confusion of not understanding what to expect each day, as well as resistance to receiving help for activities such as bathing and dressing.



Dementia Care Intervention

MCHS connected Mrs. J and her family with one of our incredible social workers. MCHS identified Mrs. J's greatest challenges and helped her family understand the symptoms of dementia and how it was impacting her. By collaborating with MCHS's care team, Mrs. J's family learned best care techniques and were empowered to support her with confidence.

MCHS sent an occupational therapist to work with Mrs. J and evaluate her level of functional cognition to determine her remaining strengths, rather than focusing on her dementia-related losses. Using these strengths, MCHS's occupational therapist developed an individualized care plan that fit Mrs. J's abilities as well as her family's. Following MCHS's signature Dementia Care Intervention, Mrs. J's family can accompany her into the community and continue to enjoy treasured activities like Spanish mass and visiting great-grandchildren.

58%

of MCHS clients are dependent for activities of daily living: bathing, dressing, bathroom etc.

72%

of MCHS clients need help managing medications

Over 95% of clients report:

- *MCHS helped them identify and address priorities and concerns about caregiving.*
- *Feeling more confident in their role.*
- *Reduced stress as a result of MCHS intervention.*



Founder's Update

Lisa Baron, JD
Executive Director

Welcome to the MCHS family. When I started Memory Care Home Solutions over 18 years ago, I felt called to answer my own request for help. My mother-in-law was living with dementia and I was unsure where to begin to ensure all family care partners were equipped to serve as the best caregivers they could be.

Memory Care Home Solutions exists to extend and improve quality time at home for people living with memory loss, dementia, or Alzheimer's disease, and their family care partners. We offer hope and provide solutions that guide families and help them navigate memory changes to prepare for the future with dignity and confidence.

Your generosity makes it possible for MCHS to deliver this mission every single day. Annually, we train more than 4,000 family and professional caregivers. Each year, our clinical staff spends over 1,000 hours on the phone advising on dementia caregiving issues.

With each gift of support, MCHS grows and extends its reach to a new family, a new county, and soon, another state. Thank you for caring and thank you for giving.

A handwritten signature of Lisa Baron in blue ink. The signature is fluid and cursive, with the first name 'Lisa' and last name 'Baron' clearly visible. Below the signature is a solid blue horizontal bar.

Highlights

100% Virtual



In March 2019, MCHS transitioned to online social work and occupational therapy services due to Covid-19. Our team was able to serve 30% more families through virtual services.

In order to offer more accessible ways to deliver resources to our care partners and clients, MCHS Program staff created a series of webinars and informational video content. View our YouTube channel here: <https://bit.ly/33SILcT>

-Partnered with the Gateway Geriatric Education Center to host the Best Practices in Dementia Care education event with one of the nation's leading experts on dementia care, Teepa Snow.

-Project Present Video Series with Ann Marie Mohr of Mohr Improv on creative communication for dementia caregiving.

-Practical tips and Strategies with our Clinical Staff.

Community Initiatives

MCHS was acknowledged as a key partner after creating innovative solutions to confront memory health in the community during the time of COVID-19.

Lutheran Foundation of St. Louis Partner Stability Grant Recipients

Corporate funders Express Scripts and Telligen awarded MCHS generous gifts to explore telehealth opportunities. MCHS has adapted its signature Dementia Care Intervention to be accessed entirely online in response to COVID-19.



MCHS recognizes the valuable support from all of our generous funders ensured that we can adapt and continue providing our services during unprecedented times.

Highlights



Memories & Melodies

On November 6th Memory Care Home Solutions held its 13th annual Memories & Melodies gala. Over 300 guests were in attendance for our celebration. Supporters raised over \$240,000 in honor of Alzheimer's Community Service Award Recipients Drs. Steve Miller & Victoria Fraser and Lifetime Achievement Award Recipient Dr. William A. Peck.

Berges Technology Challenge

The Berges Family Foundation invested more than ever before in MCHS, donating \$200,000 in a matching challenge. Their support encouraged a series of other major gifts totaling \$215,000.

MCHS was able to implement technological upgrades in order to make our services more accessible to clients in Health Resource Shortage Areas and allowed our intervention team to continue to offer MCHS services online once the nation-wide shutdown began.



New Team Members

Board of Directors

Wendy Cornett- Marquitz, YMCA of Greater St. Louis
Bob Tomek, Visiting Angels St. Louis South

Staff

Kellie Burns, Grant Writer
Alison Gonzalez, Administrative Assistant
Kellyn Lindsay, Data Coordinator
Ariel Mann, LMSW, Social Worker

Program Impact

June 2019 - May 2020

1547



FAMILY TRAINING SESSIONS

570

REFERRALS FROM
PHYSICIANS &
HEALTH CARE
PROFESSIONALS



3618

PROFESSIONALS REACHED
THROUGH WORKSHOPS



2100

PEOPLE REACHED THROUGH
OUTREACH INITIATIVES



EQUIPMENT, ACTIVITY ITEMS
AND HOME SAFETY DEVICES

2103

HOURS SPENT IN HOME
TRAINING CAREGIVERS



970

DEMENTIA SUPPORT
CALLS



97%

EMPOWERMENT
RATING

97% OF MCHS CLIENTS REPORT
LOWER STRESS, CONFIDENCE
IN THEIR ROLE, AND ALL
CONCERNS ADDRESSED.

491

HOURS OF PHONE
CONSULTATION

FY20 Financials

June 2019 - May 2020

Income

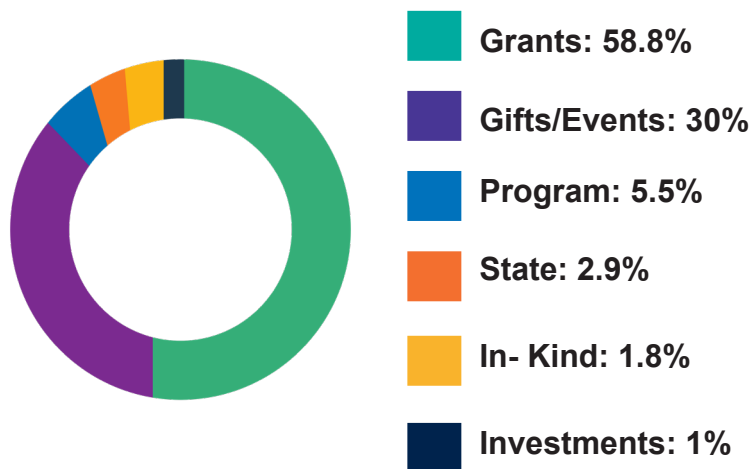
\$2.05M

Expenses

\$1.58M

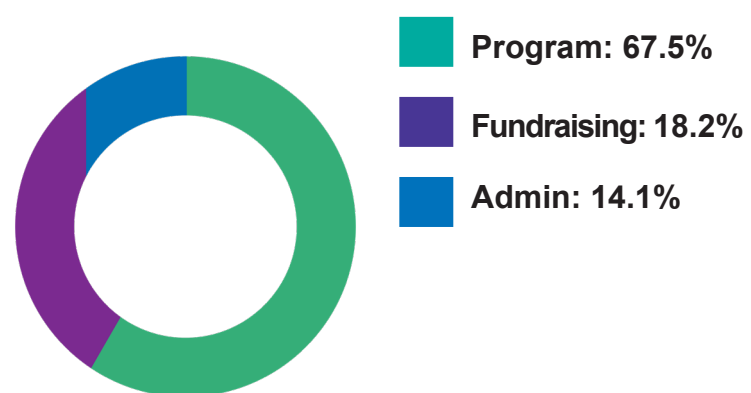
Income

\$2,053,953



Expense

\$1,588,568



Dementia Experts Who Guide Families



MEMORY CARE
HOME SOLUTIONS®

