



Impact Report

Fiscal Year 2023



MEMORY CARE
HOME SOLUTIONS®



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Who We Are

BOARD OF DIRECTORS

EXECUTIVE DIRECTORS

Dave Hartley	President
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Julie Hiblovic	Treasurer
Dave Rengachary, MD	Secretary
Lisa Baron	Executive Director

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Jill Cigliana	Director of Programs
Sarah Schoenig	Director of Operations
Maggie Holter	Director of Advancement

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Steven Miller, MD	A. Greig Woodring



Letter from Our Executive Director

... we achieved excellent outcomes in improving the well-being of family caregivers and their confidence and skills to manage care.

Dear Friends,



As I reflect on this annual report, I am struck by all that has been achieved during the year ...

Thank you for making 2023 another remarkable year for Memory Care Home Solutions (MCHS)! I'm writing this letter at a time of great transformation for both our organization and the field of dementia care. In December of 2022, our founder, Lisa Baron, announced her retirement after 20 years of trailblazing leadership in establishing MCHS as a national model of customized support for families wishing to manage dementia progression at home. Many of you joined us as we celebrated Lisa's accomplishments and marked my transition into the role of executive director. MCHS launched a new annual giving society, the Baron Family Society, to carry Lisa's legacy forward to benefit future generations of families who find themselves on the unplanned journey of dementia.

This past year also saw the discovery of new biomarker tests and drug therapies to make early detection and treatment possible, extending quality time for people to plan and prepare to live their best lives, despite dementia. The board of directors finalized a new strategic plan to align our priorities with the changing healthcare landscape. To this end, we worked with researchers from the University of California San Francisco to embed proven care models into our dementia navigation services. Given earlier detection and the skyrocketing population of people living with dementia, MCHS services have never been more essential. As I reflect on this annual report, I am struck by all that has been achieved during the year. We hosted our most successful professional education endeavors to date, through an annual in-person conference and a growing video

library of content, to help caregivers and healthcare professionals master best practices in dementia care. Due to increasing family engagement, we served more family caregivers than ever before. It is not uncommon for our staff to meet with a spouse, multiple adult children, and extended family members and friends who want to support the person living with dementia. Most importantly, we achieved excellent outcomes in improving the well-being of family caregivers and their confidence and skills to manage care.

The extraordinary generosity of our donors allowed us to meet the unique needs of people who reached out for support, in a way that honors each family's values and priorities. Some families need occupational therapy and home safety devices; some need connection to respite and self-care for caregivers; others need to learn hands-on care strategies or how to navigate the complicated maze of healthcare. I invite you to learn more about our services and impact through our annual report. Thank you for inspiring us, supporting the mission, and for encouraging me as I embark on this exciting new leadership adventure at MCHS.

In gratitude,

Jill Cigliana, MSOT, OTR/L



Mission & Values

Outreach & Education 2023

OUR MISSION

To improve dignity and quality of life for people living with dementia and their families by transforming evidence-based interventions into accessible healthcare solutions.

OUR VISION

All people living with dementia and their care partners will have access to an exceptional standard of care to live with dignity on their own terms.



OUR VALUES

ACCESSIBILITY

We provide customized training on convenient, affordable, easy-to-implement solutions to make home and daily life safer, less stressful and more meaningful. We work diligently to provide our services to all people who can benefit.

EMPOWERMENT

We equip families with caregiving skills and strategies, knowledge of the dementia disease process, and helpful resources and tools to manage difficult behaviors and symptoms.

COMPASSION

We deliver individualized, family-centered, caring service, which respects, honors, and validates the contributions of care partners, with a focus on the underserved.

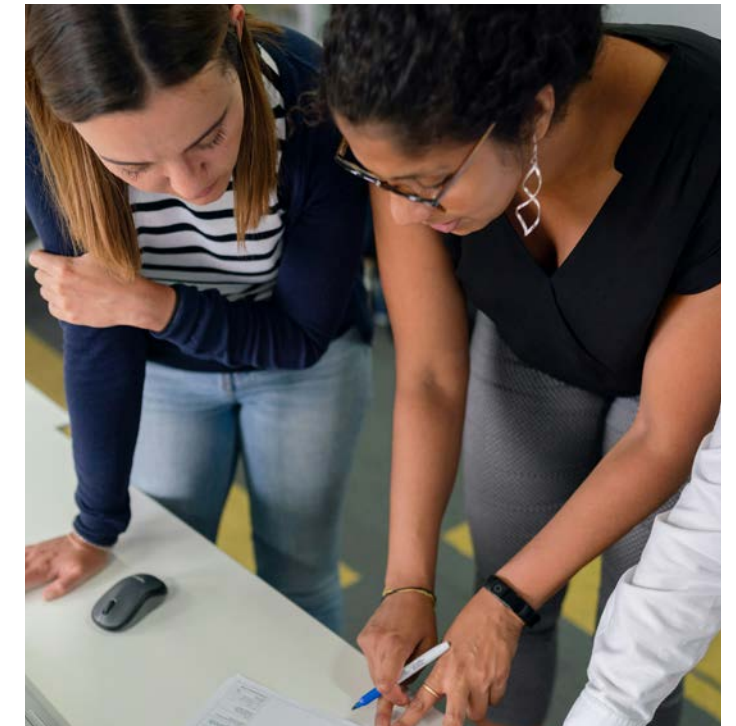
EXCELLENCE

We utilize evidence-based methods, quality measures, and outcomes analysis to provide the highest level of service, professionalism, and results to our clients and partners. We are deeply committed to responsible stewardship of the organization's assets and resources.

COLLABORATION

We actively listen and partner with families, with our interdisciplinary staff, with the community of healthcare and aging providers, and with donors, funding sources, volunteers, and academic experts in the fields of dementia and aging.

MCHS education initiatives connected family caregivers and healthcare professionals with the latest research on best practices in dementia care. We hosted a sold-out, full day educational conference on the campus of Saint Louis University, attended by nurses, therapists, direct care staff, nursing home administrators, physicians, social workers and family caregivers. Featured speakers included Dr. Lenise Cummings-Vaughn, Washington University geriatrician and researcher, Dr. Beth Templin, physical therapist board-certified in geriatrics, MCHS clinical staff, and a panel of people living with dementia and care partners. Aligned with our commitment to accessibility, we expanded our library of brief, educational YouTube videos, designed to help viewers learn new skills for everyday dementia care in under 5 minutes. MCHS expands its reach through academic partnerships, including a collaboration with the BOLD Public Health Center of Excellence on Dementia Caregiving at the University of Minnesota on educational workshops and research on home-based dementia interventions.



“I loved the dementia panel! Learning from them about their experiences was very educational and opened my eyes.”

— continuing education event attendee

My Caregiving Story

Dear Memory Care Home Solutions Supporters,

For over 8 years I had the honor and challenge to take care of my husband, Michael who died Oct 16, 2020. Michael had cardiovascular dementia that began around 2010, amnesia complications from a broken hip in 2012, and a heart attack in 2018. All these health issues viciously blended to make his life confusing and my life a journey with no off ramps as I tried to keep him safe and comfortable.



One additional note to this tale — When we asked him on the day we realized that he had amnesia, if he knew who I was he answered “I don’t know her but she comes in here every day and bosses me around”. And that was BEFORE the dementia symptoms accelerated and erased even more information over the next few years.

They say that we all die twice—once physically and once when we are forgotten. I say we sometimes die in a space where dementia enters your life and shows no mercy. Dementia, in whatever form, is more than “the long goodbye”. It is a long, hard, grueling experience

which is oddly fascinating while leaving you exhausted and wondering “why us”. And please know that while your loved one will pass, you will survive with the right people in your community lighting their candles of wisdom along the way.

So, now that the storyline is outlined let me share the part of the saga where MCHS enters “stage left.”

First, let me share how I connected with MCHS. Because of the broken hip there was a constant parade of PT people flowing in and out of our home. One particular day I was beside myself with frustration with something illogical and frustrating that Michael had done. The PT person asked if I had tried to contact Memory Care Home Solutions for help. Sadly, I was not the calmest at that moment but knew I needed help.

By the way — for those of you who don’t know me, asking for help is not part of my DNA. I am independent, obstinate, and weirdly wired for resiliency in crisis.

Up until then, Michael and I were about 3 years into our nightmare, and strangely not one medical person, social worker, or minister had even mentioned MCHS as a resource. I quickly found MCHS’s contact information, called them and set up a meeting. After that first meeting I felt as if I had been resuscitated from the brink of drowning in my endeavors to help Michael live as normal a life as possible without losing my own sanity. Their understanding of my needs as well as Michaels was outstandingly insightful and on target. When I reflect on MCHS’s impact on our lives I have to focus on their compassion, patience, and practical everyday things I could do to ease the pressure. For instance, I learned there is a “language” for interacting

with the Dementia. I wasn’t talking to Michael my lifelong friend and husband half the time. I was talking to this belligerent entity called Dementia who was a force to be reckoned with.

With MCHS coaching I learned to quit asking questions like, what did he want for dinner? I just prepared it and he happily ate most of what I cooked. If he didn’t like it, he would hide it under the napkin, which was usually anything that resembled a vegetable. They encouraged me to simplify everyday tasks like getting dressed — if it pulls on, pulls over, or can be velcroed, keep it. Everything else gets donated. No more zippers, buttons or laces. That eliminated about 75% of his closet and Amazon loved my order for pull on flannel lined jeans.

While this may seem like a simple act, it took the morning dressing routine from high stress and anguish to manageable drama. It was such a simple solution, and I was just flummoxed as to why I didn’t think of it.

Next, MCHS’s staff demonstrated how to engage Michael in structured activities to keep him occupied. I learned that a simple chalkboard next to his ritual morning cereal listing out the day’s events gave him a sense of comfort. When they learned about his passion for being an artist, they helped me find an art therapy student from Maryville who came and worked with him for over a year.

I hope in these few words (well I think they are a few words) I have given you insight as to the powerful force that MCHS played in my caregiver efforts. I had spent several years searching, researching, struggling, crying, yelling, and spending hours on the computer

trying to find practical ideas that would make my life easier. (And, yes, there is a heated toilet seat that made those eventful moments a lot less traumatic.) I found hundreds of bits of information on the days being 28 hours, on how hard caregiving was, how challenging families can be, how rewarding moments will happen, how medications provide some relief, how much I needed to practice the 12 steps of self-care and so much more. Yet, when you are having to watch someone 24/7 who cannot grasp that this is the house he lives in you don’t want to read 10 books, 43 articles, and 93 weblinks while hoping he doesn’t try to run away yet once again. You want someone to engagingly sit down and share practical ideas that can be done without redesigning your entire home and regimen. I looked at it this way — Michael was a fisherman and had 10 poles, five fishing jackets, multiple fishing guides, and a kazillion lures and doodads. I just wanted a cane pole, a hook, and a worm. And that sums up what MCHS was for me — the pole, hook, and worm.

So for all who supported Memory Care Home Solutions over the last 20 years, THANK YOU! Because of MCHS I survived and am here to tell you that these people are those angels that God quietly puts on the planet to help us navigate our lives with a touch of grace and dignity.

In gratitude,

Barb H.

Barb H. (MCHS Caregiver)



The Power of Our Program

MCHS is the answer to our prayers. Having our very own “navigator” to help us navigate the dementia journey for our loved one is so appreciated. We are very grateful.

It has been awesome! Such a great help with my spouse and teaching myself and my daughter about caregiving. Wonderful experience and would definitely recommend them! Keep up the good work!

Thank you so much to each and everyone of you at MCHS. I am so thankful and grateful to see healthcare improve and give caregivers support. We have been helped by MCHS with support, resources, ideas, new perspectives, equipment needed and much more. God Bless Memory Care Home Solutions.

I am so glad I was referred to Memory Care Home Solutions. Amy listened to me just talk and gave me feedback to solutions I came up with and additional strategies to try. It was wonderful to talk with someone who was so caring and also focused on me as a caregiver. She gave me strategies that I hadn't thought to try. I look forward to our next conversation.

Memory Care Home Solutions has been one of the most valuable assets throughout this journey. The insights, education and support has been a game changer for our complicated family dynamics. The pressure of caring for a parents daily needs and making decisions on their behalf can be overwhelming at times. Trying to do the right thing while honoring their personal dignity generates self-doubt that everything that can be done is being done. I am very thankful for the support & encouragement of Memory Care Home Solutions.

Dementia experts have been most knowledgeable, caring, compassionate, friendly, and supportive. MCHS has supported my efforts to provide quality and dignified care!

When one is facing burnout and can no longer sort or analyze negative feelings connected with long term caregiving, it is a wonderful blessing to have skilled professionals. I'm so grateful for this wonderful program that helps me keep living and able to fulfill my duties. I am a more positive person. Thank you!

It is so valuable to have someone who knows more about what to expect in this situation on your side. I feel very fortunate to have this supportive and caring service.

A close-up photograph of a man with dark hair and a beard, wearing a light blue checkered shirt, gently kissing a woman on the forehead. The woman has dark hair and is wearing a blue top. They are outdoors with green foliage in the background.

Improving Caregiver Skills & Wellbeing

95%

of caregivers report that MCHS
provided strategies that met their
specific caregiving needs

96%

of caregivers are satisfied with the
services provided by MCHS.

99%

of caregivers would recommend
MCHS to a friend

92%

learned new skills to improve
their abilities as caregivers

90%

of caregivers report reduced stress as
a result of the MCHS intervention

1840

family education and
training sessions

577

dementia
support calls

851

people served at
community health fairs

2229

attendees at MCHS
educational workshops

2078

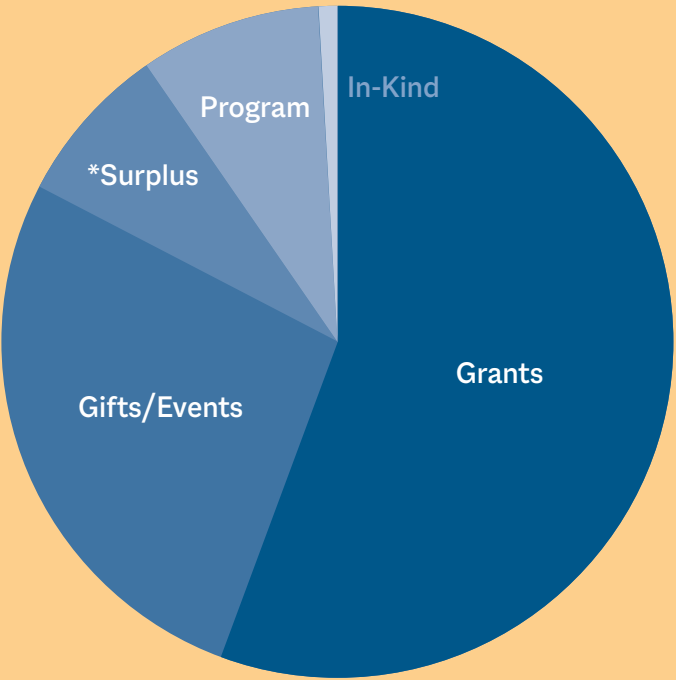
hours spent with families in their
homes (virtually or in-person) working
on dementia caregiving issues

FY2023 Financials

June 2022 — May 2023

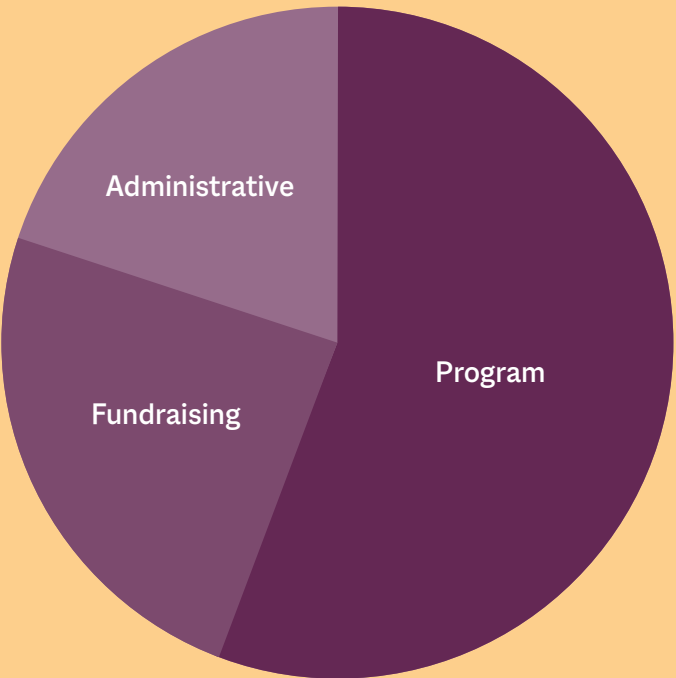
INCOME
\$1,521,468

Grants	54%
Gifts/Events	26%
Program	9%
In-Kind	2%
*Surplus from previous years	9%



EXPENSES
\$1,521,468

Program	58%
Fundraising	24%
Administrative	18%



With Gratitude

We Recognize Our Generous FY2023 Supporters

\$25,000+

- Administration for Community Living
- Barnes Jewish Hospital Foundation
- Charles & M.R. Shapiro Foundation
- Lutheran Foundation of St. Louis
- Marillac Mission Fund
- Steven Miller and Vicky Fraser
- Missouri Department of Health and Senior Services
- Missouri Foundation for Health
- Osborn Barr Paramore
- Donna Peterson*
- Reinsurance Group of America
- St. Louis City Senior Services Fund
- United Way of Greater St. Louis

- Allen and Sally Serfas
- Sigmond and Marie P. Baer Charitable Trust
- John and Ellen Wallace
- Phillip and Tiffany Zacher

\$5,000 - \$9,999

- Dugie and Lisa Baron
- Caleres
- Sam and Marilyn Fox
- Incarnate Word Foundation
- Maurice and Sheila Pickard
- McNeive Family Charitable Fund
- Craig and Nancy Schnuck
- Al and Nancy Siwak

\$10,000 - \$24,999

- Assistance Home Care
- Frederick and Kathy Baron
- Charless Foundation
- Cigna Foundation
- Diamond Family Foundation
- Dr. Scholl Foundation
- Dula-Kobusch Charitable Trust
- East Missouri Foundation
- David C. Farrell*
- Gertrude and William A. Bernoudy Foundation
- Herman T. & Phenie R. Pott Foundation
- The Jefferson Foundation
- Jewish Communal Fund
- John Allan Love Charitable Foundation
- Jordan Charitable Foundation
- David Schwartz and Jamie Diamond Schwartz

\$2,500 - \$4,999

- Ameren Missouri
- Anders CPA's + Advisors
- Mike and Sue Allen
- John and Suzanne Baron
- Susan Baron
- Ty and Erin Barr
- BJC Healthcare
- Charles Jahneke Architect
- Crossroads Hospice & Palliative Care
- Dolan Memory Care Homes
- Erin Barr Consulting
- Heffernan Foundation
- Charles Jahneke
- Lisa Lapinski
- Paul L. Miller III and Stephen Miller

With Gratitude

We Recognize Our Generous FY2023 Supporters

Shula Neuman
The Olive A. Dempsey Charitable Trust
Parameter Security
John and Barbara Roberts
Michael Staenberg
Staenberg Family Foundation
Andrew and Barbara Taylor
Bob Tomek
George and Kerri Van Antwerp
Visiting Angels
West Community Credit Union
Stuart and Besty Zimbalist

\$1,000 - \$2,499

Kenny and Susan Balk
Bradley and Anne Bishop
Mordecai and Ellen Blaustein
David and Cassie* Burnett
Paul and Elissa Cahn
Matt and Julianne Callaway
Melissa Condie
Leslie Cornell
Database Concepts
Terrance Donohue
Fischer-Bauer-Knirps Foundation
Mary Holloman
Mark and Leslie Hood
Jarrad and Nicole Holst
The Jackes Foundation
Jacquelyn Jones
Mark and Suzan Knese
Mike and Vickie Lewer

Charles and Roz Lowenhaupt
John Ludwig
John and Judy Malpiedi
Chris and Theresa Marshall
Mays Family Foundation
Mary Ann Medler
Sanford Neuman*
Matt and Julie Perlberg
Joan Pines
Dave and Jenn Rengachary
Thomas Rollins
Jon Root and Debbie Zimmerman
St. Louis Philanthropic Organization
Robert and Mary Spencer
Bruce and Barbara Stahl
Phyllis Summa
Serge Traylor and Kelly Lott

\$500 - \$999

AccuCare
American Family Insurance
Craig and Nancy Battersby
Dave Boschert and Allison Dolan-Boschert
Certified Care Management
Mike and Lolly Chalmers
Continuum Family of Services
Tim and Dana Emert
John and Phyllis Evans
David Flint
Barry and Sharon Friedman
Thomas and Sandy Glaser
Stephen and Mona Green

Erick and Lois Guzman
John and Nancy Harris
Denny and Cynthia Holter
Matt and Brooke Hunady
Jim and Erin Johnston
Timothy Kentch
Andrew and Ruthie Koshner
Virginia Kramer
John and Kathleen MacDonough
John and Barbara Moran
Bennett Neuman and Rick Cohn
Bridget O'Malley
Michael and Loretta Oestereich
Tim Pfeiffer and Linda Holter
Paul and Judy Putzel
Lisa Richter
Daphne Skretvedt
Chuck Stallings
Jeremy and Shira Stern
Bryan Stone
Rick and Ellen Stream
Horace and Nytasha Taylor
Paul Theiss
Transitions for Senior Living
Mary Lou Van Antwerp
Ray and Shar Wiesehan
Mark and Risa Wrighton

\$250 - \$499

Alzheimer’s Association, Greater Missouri
Assisted Living Locators
Brent and Sarah Auyong
Justin and Lauren Barry
Jill Cigliana
Robert Sweney* and Maria D’Agrosa Sweney
Delmar Gardens Family
Michele Dimmick
Sara Epstein
Reza Farokhian and Maggie Holter

Carey and Susie Fredman
Michael Friedman
Vince Furnish
Patrick Hayes
Julie Hiblovic
Richard and Lynn Hill
Rob and Lisa Howe
Hector and Andrea Irizarry-Robles
Jewish Federation of St. Louis
Dan and Chelsey Kloeppel
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Curtis and Bryn Krusie
Edward and Elizabeth Lawlor
Lockhead Martin Corporation
Kevin Marquitz and Wendy Cornett-Marquitz
John Martin and Kristin Zapalac
Jimmie and Carol Miget
David and Jill Mogil
Ben Molina
Moneta Group Charitable Foundation
Howard and Jackie Oppenheimer
Stuart and Betty Ozar
Bradley and Marcie Pickard
John Roselle Jr.
Bruce and Caryn Sandweiss
Katie Schenck
Seniors Home Care
Margaret Stiefemeyer
Bill and Jane Wallace
Dan and Sherri Weintrop
Frank and Sandra Werner
Ann Wolk Krouse
Robert Zangas

** in memory*

Special thank you to our donors who requested to remain anonymous.

Looking to the Future

PROFESSIONAL EDUCATION EVENT

NAVIGATING THE NEW FRONTIER OF DEMENTIA CARE: MEDICATIONS, TRAINING, AND BEYOND

Date: Friday April 12th, 2024 | 8:00am – 4:30pm CT

Location: The HEIGHTS Community Center, 8001 Dale Ave. Richmond Heights, MO

Course Description: This workshop will give learners an in-depth analysis of current and upcoming treatments and highlight the interdisciplinary approach needed for comprehensive dementia care. Attendees will learn from expert speakers in the fields of neurology, pharmacy, occupational therapy, and social work, as well as the true experts – people living with dementia and their care partners.

STRATEGIC PLAN

People living with dementia and their care partners deserve access to care that improves their dignity and quality of life throughout disease progression. With no existing cure and skyrocketing cost of care, there is an urgent need for innovative solutions that promote aging-in-place and changes to the payment landscape. Now is the time for a paradigm shift to provide an improved standard of dementia care and a comprehensive payment model that is accessible to all, so that no family travels alone. As Memory Care Home Solutions enters its third decade, we will capitalize on our success, excellence, and leadership to improve the standard of care for home and community-based dementia treatment.

BARON FAMILY SOCIETY

Join the family and become part of this extraordinary group of philanthropists. Membership begins with a \$1000 annual gift which can be fulfilled through monthly or quarterly payments. We are honored to recognize Society members throughout the year and provide them opportunities to play a more significant role in our mission.

GUIDING AN IMPROVED DEMENTIA EXPERIENCE (GUIDE) OVERVIEW

MCHS Leadership attended the July 31, 2023 meeting of the National Alzheimer’s Project Act Advisory council where the Centers for Medicare and Medicaid (CMS) announced the GUIDE model. CMS will be testing a new national model of care to support people living with dementia and their unpaid caregivers. MCHS has been advocating for comprehensive care and healthcare coverage, similar to this model, for years! We look forward to playing an important role in bringing GUIDE to the St. Louis metropolitan region in the future. The GUIDE model aims to:

Improve quality of life for people living with dementia by addressing their behavioral health and functional needs, coordinating their care for dementia and co-occurring conditions, and improving transitions between community, hospital, and post-acute settings.

Reduce burden and strain on unpaid caregivers of people living with dementia by providing caregiver skills training, referrals to community-based social services and supports, 24/7 access to a support line, and respite services.

Prevent or delay long-term nursing home care for as long as appropriate by supporting caregivers and enabling people living with dementia to remain safely in their homes for as long as possible.





Empowering families
and transforming
dementia care for
20 years.



MEMORY HOME CARE SOLUTIONS

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Memory Care Home Solutions is recognized as a tax-exempt organization under section 501(c)(3) of the Internal Revenue Code. Contributions to Memory Care Home Solutions are tax-deductible to the extent permitted by law.