



SERVING SENIORS IN NEED

ANNUAL REPORT
JUNE 2021 – MAY 2022



ST. ANDREW'S
CHARITABLE FOUNDATION

WHO WE ARE

Our Mission

To improve the quality of life for seniors-in-need through reliable and compassionate care.

Who We Are

St. Andrew’s Charitable Foundation is part of St. Andrew’s Resources for Seniors System, a faith-based, non-sectarian, non-profit dedicated to building a society in which older adults are respected and whose needs for a secure and productive life are fulfilled. St. Andrew’s has a legacy of meeting the needs of the aging population in the St. Louis area. We focus on enhancing the lives of each older adult by providing a full range of well-being services and secure living environments to older adults over the age of 60.

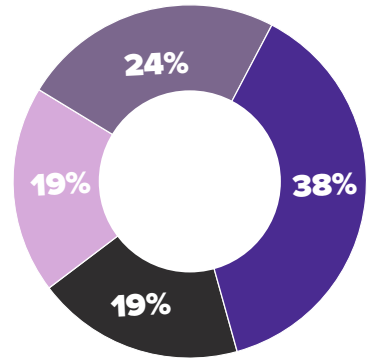
WHO WE SERVE AND HOW

Who We Serve

The seniors we serve are age 60 and older and live on an average income of \$12,000 per year. These seniors struggle to afford food, medications, mortgage or rent, home repairs and health care and cannot afford to live in a senior or nursing care community. Many of these seniors have little to no family resources, and most are living on their own in the place they call home.

DIRECT SERVICES TO SENIORS

From June 1, 2021, to May 31, 2022, 1,576 seniors were served through St. Andrew’s Senior Solutions, which is partially funded by St. Andrew’s Charitable Foundation. Our services give seniors the opportunity to remain living safely, independently and healthy in their homes. Because of the generosity of our donors, our services are provided at no cost to the recipient.



HEALTHY FOODS PROGRAM | 24%

CIRCLE OF CARE | 19%

SAFE HOME FOR SENIORS | 19%

HOMER SCHMITZ MEMORIAL HEALTH CLINIC | 38%

AGE

6% 60-64
75% 65-74
14% 75-84
5% 85+

GENDER

85% FEMALE
15% MALE

ANNUAL INCOME

8% \$0-\$9,999
80% \$10,000-\$14,999
11% \$15,000-\$19,999
1% \$20,000-\$29,999

RACE

90% AFRICAN AMERICAN
9% CAUCASIAN
2% OTHER

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LETTER FROM THE BOARD

Dear Friends,

I hope you are well navigating the new post-pandemic world we now live in. Life after Covid has affected everyone but especially hard hit has been our senior community that has been impacted by the rising costs in all aspects of their life while living on a fixed income. Now more than ever, struggling seniors are faced with making difficult choices like never before. Seniors are choosing between paying for heat or medicine, groceries or rent, air conditioning or toiletries. Many local seniors also have no family or friends nearby to lean on or help them to survive these difficult times.

At St. Andrew's Charitable Foundation, we raise funds to help meet the needs of older adults in our community who live on an average of \$12,000 a year or less. These seniors' struggles have been heightened in our post-pandemic world. As a result, we launched the Healthy Foods Program in June 2021 to provide low-income seniors better access to healthy fresh food and adequate nutrition. Many of the seniors we serve cannot afford groceries, live in food deserts with no grocery stores nearby and have limited or no transportation options. Seniors qualifying for the program can order fresh, healthy groceries delivered directly to their front door. The program also includes a nutritional education component to help our seniors build healthy habits. This successful program is a true lifeline to numerous seniors and is a very popular addition to our menu of services that give isolated older adults the opportunity to remain living safely, independently, and healthy in their homes.

At the end of 2021 we said goodbye to our former President and CEO of St. Andrew's Resources for Seniors System, Mary Alice Ryan. Mary Alice retired after leading us for more than 38 years. After an extensive search for her replacement, in early 2022 we welcomed CEO & President Bill Holman from Annapolis, Maryland. Later in the year we also welcomed our new St. Andrew's Charitable Foundation Chief Development Officer, Janet Leigh, a St. Louis native.

The poorest of the poor bore the steepest cost of the pandemic. As a result, seniors in need of our assistance are being placed on our ever-growing waitlist. St. Andrew's Charitable Foundation is dedicated to caring for our local seniors and because of you and your generous support, we can provide a healthier life for struggling seniors. It is only through your thoughtful and kind support that we can help meet the needs of an often forgotten segment of our society, our senior citizens. Thank you for your generosity to this important cause.

Sincerely,



Laura J. McBride
Chairman of the Board



LEADERSHIP TRANSITION

Mary Alice Ryan, former President & CEO of St. Andrew's Resources for Seniors System, retired December 2021 after 38 years of service. She accomplished many things during her leadership including growing St. Andrew's from two to 16 communities throughout the Metropolitan St. Louis Area. The growth of the communities plus other programming allowed St. Andrew's to serve over 8,000 seniors and employ over 1,000 people.

In January 2022, William (Bill) Holman moved to St. Louis from Maryland and joined St. Andrew's Resources for Seniors System as President & CEO. Bill has held executive leadership positions in Senior Living organizations for more than twenty years, most recently as CEO of Ginger Cove, a life-care retirement community in Annapolis, MD. He is a Certified Public Accountant (CPA), Licensed Nursing Home Administrator (LNHA) and holds BS degrees in Finance and Accounting and an MS degree in Management in Aging Services. Bill hit the ground running visiting the communities, listening to the senior residents, and learning from the staff. In addition, Bill worked with the Board of Directors and leadership team to begin the process to craft the future strategic vision and framework for St. Andrew's. This vision and framework will be used to formulate the upcoming strategic initiatives for the system. Bill looks forward to executing those strategic initiatives and promoting the St. Andrew's brand and system offerings.



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“

“The St. Andrew's system has so much to offer older adults whether it is community living or assistance to stay at home. We look forward to promoting those offerings so more St. Louisans are aware of the many great things St. Andrew's can provide.”

– Bill Holman



AGELESS Society

The Ageless Society is comprised of individuals, who have been recognized by St. Andrew's Charitable Foundation as Ageless Remarkable Saint Louisans, and who wish to further our mission of improving the quality of life for seniors-in-need with an annual membership gift.

PLATINUM AGELESS SOCIETY MEMBERS

- Dr. Jorge M. Alegre, 2018
- *Mariann Laue Baker, 2018
- Jack Bodine, 2006
- *Richard and Johann Ellerbrake, 2010
- *W.F. Samuel Hopmeier, 2011
- Ken Kranzberg, 2013
- *Dr. Kent Kreh, 2015
- *Ralph Thaman, Jr., 2016

GOLD AGELESS SOCIETY MEMBERS

- *Margaret (Marge) Aylward, 2018
- *William Ball, 2012
- *Sr. Judith Ann Bell, 2017
- Judy Bentley, 2017
- *Delores Betts-Mars, 2012
- *Dr. Harry R. Brady, 2019

- *Gloria Hollis Broun, 2019
- *Dr. Arthur J. Gale, 2017
- Eleanor Gershien, 2011
- Judith Hanses, 2015
- *Thomas Hood, 2003
- *Patricia P. Kapsar, 2015
- *James Kimmey, M.D., 2010
- *Sally Lefler, 2015
- *Earl Lindenberg, 2016
- Carolyn Losos, 2008
- *Sr. Jacqueline Motzel, FSM, 2019
- *Dr. Perry and Sally Schoenecker, 2019
- *William Siedhoff, 2017
- *Anita Siegmund, 2014
- Ollie Mae Stewart, 2008
- Bernice Thompson, 2017
- *John Walters, 2016
- Dorothy Willis, 2015

An asterisk by a member's name denotes charter member status.



OUR SERVICES


St. Andrew's Charitable Foundation funds charitable in-home services for low-income seniors so they may remain safe and healthy in the place they call home. Aging in place does not only have health and emotional benefits for seniors, but evidence suggests that programs that support aging in place may yield cost savings for families, governments, and health systems. This makes our services beneficial for our seniors and society. Our charitable programs include:

CIRCLE OF CARE

St. Andrew's provided over 11,000 hours of care to seniors through Circle of Care.

The Circle of Care program provides necessary services to help Seniors live independently and safely, in their homes, for as long as possible. Often when we provide intervention services, it's until other benefits such as Medicaid or Veterans programs can be applied for and approved. By getting these services started we can keep Seniors safe in their homes to keep them out of the hospital and prevent them from going to a senior facility before they are ready.

We do this by determining their needs to establish a care plan. Care plan services are provided by direct care staff and may include housekeeping, meal planning and preparation, bathing, dressing, grooming, medication reminders, medication management, transportation and more. We strive to increase each senior's quality of life, and connect seniors to vital community resources.



21% of adults 85 and older need help with personal care. Source: U.S. Department of Health and Human Resources



In 2020, 7.5% of seniors, age 60 and older, in the St. Louis metropolitan area were struggling with food insecurity. Source: Feeding America

HEALTHY FOODS PROGRAM

St. Andrew's provided regular delivery of fresh healthy food to 55 seniors through the Healthy Foods program.

The Healthy Foods Program is our newest program. It was created to address food insecurity among Seniors and is the first food-delivery program of its kind in the St. Louis area. This program provides Seniors with healthy groceries, nutritional education, and community resources. Services include grocery home delivery that is personalized to meet each senior's nutritional needs, referrals of qualified seniors to benefit counselors to apply for programs such as State Nutritional Assistance Program (SNAP) and others, and nutritional education by sharing nutrition information and healthy recipes with seniors.

Through support from generous donors, St. Andrew's served seniors in our community faced with food insecurity like Mary, a 78-year-old who was recently hospitalized for lung cancer. She was enrolled in our Circle of Care Program where she gets medication management assistance. When our Social Services Director followed up with her after her lung surgery, Mary mentioned that her physician recommended more nutritious food. Previously, she received boxes from the food pantry each month, but the box lacked fresh fruits, vegetables, and meat. Through our Healthy Foods program, we were able to set her up with a supply of healthy food that was recommended by her physician that was delivered right to her door as she recovered.



Approximately 1 in 6 Medicare beneficiaries discharged from the hospital is readmitted within 30 days, and depending on the original condition, over one-fourth may be re-hospitalized within 90 days. Source: Middleton, Kuo, Graham.

HOMER SCHMITZ MEMORIAL HEALTH CLINICS

Clinic nurses help reduce hospital readmission rates by coordinating and implementing necessary post-discharge tasks such as helping residents fill new prescriptions, making follow-up medical appointments, acquiring needed adaptive equipment, and making arrangements to meet dietary needs.


The onsite health clinics assist in the care of high need Residents at three residential housing facilities for low-income seniors, our newest clinic opened in early 2022. In partnership with the Deaconess Faith Community Nurses the clinics provide on-site, walk-in healthcare services to all Residents, at no cost, so they can get medical services before major health issues develop. Preventative healthcare services help manage chronic illness; both physical and mental, ensure smooth and effective transitions from acute or post-acute settings, minimize avoidable hospital readmissions, address medication-related complications, increase patient engagement and decrease the use of emergency medical transportation.

One of the residents of Rush Senior Gardens had been visiting the on-site health clinic since it opened, and had reported dizziness, tinnitus, and vertigo. The nurse had concerns after reviewing her medications and had been working with the physician to adjust the combination and dosages, but nothing was resolving her symptoms. The nurse remained in regular contact with the physician, and when there was no improvement over time the physician made a referral to the Midwest Balance Institute. The resident was diagnosed with Benign Paroxysmal Positional Vertigo, which is common in the elderly and can be treated with head and neck exercises. The nurse was given a copy of her care plan and assisted with and gave reminders for their daily exercises, which has eliminated the tinnitus and the dizziness. This has made a drastic improvement in the resident's quality of life, and the nurse states she is grateful for this experience as well, as she will be able to use this knowledge moving forward.

SAFE HOME FOR SENIORS

The Safe Home for Seniors program conducts fall risk assessments and helps address identified hazards.

One of the biggest obstacles that keeps low-income seniors from staying in the place they call home, is the need for minor home repairs and modifications. With falls being one of the leading causes of injury and mortality in the elder population, a simple fall has the potential to lead to a severe and permanent injury that can end a senior's ability to remain in their home. The Safe Home for Seniors program helps to minimize the risk of falls for seniors by taking preventative steps to reduce accidents and keep their homes safe. Home repairs can include fixing or replacing leaky and corroded faucets and pipes; replacement of doors and windows; repair of decks, porches, steps, doors and floors; installing night lights, safety lights, locks, railings, grab bars and smoke detectors; basic weatherization and more.



Based on historical data, we can expect 7 deadly falls every hour among people, age 65 and older, by 2030. Source: CDC

TEE UP FORE Seniors

TOPGOLF CHESTERFIELD



On April 25, 2022, over 200 people attended the Tee Up FORE Seniors golf tournament at Topgolf Chesterfield. Thank you to our amazing sponsors and golfers for making the event an incredible success! Together, we raised more than **\$55,000 for low-income seniors** to help them stay safe and healthy in the place they call home.

A heartfelt “thank you” to our hard-working golf committee:
Katie Alderson, Pete Benoist, and Natasha Hrycauk.

Our profound gratitude and deep appreciation to our Sponsors for their generous and continued support.





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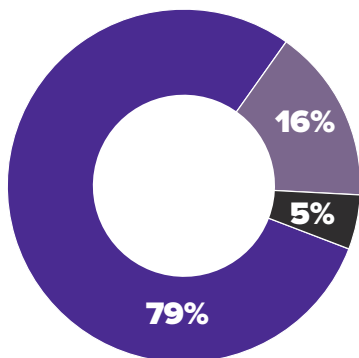
Infinium Pharmacy

SAVE THE DATE
APRIL 24, 2023
TEE UP FORE SENIORS



OUR FINANCIALS

St. Andrew's Charitable Foundation relies on generous supporters to champion the cause of seniors-in-need. From June 2021-May 2022 over \$1 million was raised to support our charitable programs, from individuals, corporations, foundations and others. Our donors are appreciated for their continued support. With your help, we can improve the quality of life for seniors-in-need through reliable and compassionate care.



REVENUE

CONTRIBUTIONS | 79%

INTEREST & DIVIDENDS | 16%

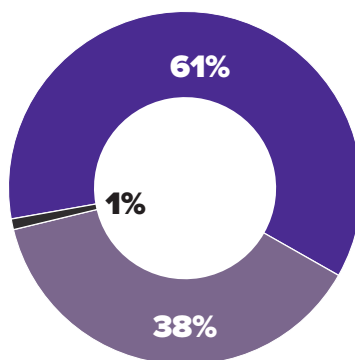
OTHER | 5%

EXPENSES

PROGRAMS | 61%

FUNDRAISING & ADMIN | 38%

UNCOLLECTABLE PLEDGE PROVISION | 1%



REVENUE

Contributions	\$935,109
Interest & Dividends	\$194,399
Other Revenue	\$57,634
Total Revenue	\$1,187,142

EXPENSES

Programs	\$767,046
Fundraising & Administration	\$484,637
Uncollectable Pledge Provision	\$9,221
Total Expenses	\$1,260,904

ASSETS

Current Assets	\$1,417,227
Assets Limited as to Use	\$2,543,440
Total Assets	\$3,960,667

LIABILITIES & NET ASSETS

Current Liabilities	\$279,463
Total Net Assets	\$3,681,204
Total Liabilities & Net Assets	\$3,960,667

2021 CAMPAIGN FOR SENIORS

ST. ANDREW'S CHARITABLE FOUNDATION



Seniors who outlive their resources makeup one of the most vulnerable populations in our community. We cannot tell you how important our donors are to the seniors we serve. In 2021, we shared sentiments from Shirley, Betty, George, and Dorothy that are commonly echoed by other struggling seniors in the community:

"I live alone and have no family to help me." – **SHIRLEY, AGE 86**

"I can no longer live by myself but can't afford a nursing home." – **BETTY, AGE 79**

"I eat my dinner out of a can." – **GEORGE, AGE 83**

"I can't afford both my medications and groceries." – **DOROTHY, AGE 92**

These seniors' concerns that often go unheard were answered and amplified by support from our donors. The 2021 Community Campaign for Seniors raised over \$280,000 to help provide crucial services to local struggling seniors in our community. Because of their support, there are fewer seniors having to make the tough choice between medications and groceries. The 2021 Community Campaign for Seniors has helped provide more seniors with peace of mind that they can afford to live safely in their homes. On behalf of all the seniors we serve, we would like to thank everyone who stepped up during the 2021 Campaign to provide support.



THANK YOU TO OUR DONORS

Gifts given between June 1, 2021 - May 31, 2022.

\$100,000 AND ABOVE

Cape Albeon
Senior Fund St. Louis City

\$50,000 - \$99,999

Ballmann Family Private
Foundation
Lutheran Foundation of St. Louis

\$25,000 - \$49,999

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Upper Limits
Victory Raceway
Yellowstone Cafe

We have made every effort in this list to acknowledge every donor. We apologize for any errors or omissions. **For corrections, please contact the Foundation Office at 314-802-1944.**

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Bill and Nancy Frazier

Emily and Jon Klingensmith

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