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### Our Message to You

Dear Friends,

The seniors we care for are financially fragile, have little or no family support and are intimidated by today's technology and complicated health care system. It would be so easy for their troubles to become all too consuming...resulting in diminished capacity, social isolation and physical deterioration; a triple threat that no one, at any age, would want to face alone.

But, because of you, these men and women are not alone, they are thriving!

Last fiscal year, with your generous support, St. Andrew's Charitable Foundation helped over 1,500 low income seniors remain living safely, independently and healthy in their homes. By working together, we provided:

- A record-breaking number of seniors with in-home, expert caregivers to assist with personal care, transportation to doctor appointments, housekeeping, medication management and companionship.
- Minor home repairs and the installation of safety precautions to reduce accidents so that seniors can live safely in their homes.
- Vital health assessments and coordinated medical care through the successful 2-year pilot Homer Schmitz Memorial Health Clinic program.

It has been an extraordinary year at St. Andrew's Charitable Foundation, made possible by the generous and kind support of our donors. Together, we are making a significant difference in the lives of our seniors...helping them to thrive as they live safely, independently and healthy in the place they call home.

Sincerely,

Leo H. MacDonald, Jr.

Chairman of the Board

St. Andrew's Charitable Foundation

Linda Sanders, CFRE

Chief Development Officer

St. Andrew's Charitable Foundation

# The Last Cab Ride

#### What we do for ourselves ends when we die. What we do for others become our legacy.

I arrived at the address and honked the horn. After waiting a few minutes I honked again. Since this was going to be my last ride of my shift I thought about just driving away, but instead I put the cab in park and walked up to the door and knocked. 'Just a minute,' answered a frail, elderly voice. I could hear something being dragged across the floor. After a long pause, the door opened.

A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knick knacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness. 'It's nothing,' I told her. 'I just try to treat my passengers the way I would want my mother to be treated.'

'Oh, you're such a good boy,' she said. When we got in the cab, she gave me an address and then asked, 'Could you drive through downtown?' 'It's not the shortest way,' I answered quickly. 'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice." I looked in the rearview mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice, 'The doctor says I don't have very long.'

I quietly reached over and shut off the meter. 'What route would you like me to take?' I asked. For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now.' We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her. I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

'How much do I owe you?' she asked, reaching into her purse. 'Nothing,' I answered. 'You have to make a living,' she said. 'There are other passengers,' I responded. Almost without thinking, I bent and gave her a hug. She held onto me tightly. 'You gave an old woman a little moment of joy,' she said. 'Thank you.' I squeezed her hand, and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don't think that I have done anything more important in my life. We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware - beautifully wrapped in what others may consider a small one.

"People may not remember exactly what you did, or what you said, but they will always remember how you made them feel." Author Unknown

# 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, nonprofit 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 65.

# Who We Help

Our seniors live on average incomes of \$233 per week (\$316 per week for couples). These seniors struggle to afford such necessities as food, clothing, transportation, prescriptions, mortgage payment or rent, home repair and medical care.

#### FACT:

Of all seniors living in St. Louis City, 61% are homeowners. The other 39% are renters. (census.gov ACS)



#### REALITY:

Whether home owner or renter, those we serve do not have the skill or financial resources to maintain a safe home. We evaluate and provide the repairs and improvements to make their home safe.

56% of seniors in St. Louis City fall below the economic security threshold, compared to the estimated 10% national rate.



Often, our seniors have to make a decision between the cost of medication, home repairs or paying utilities. We provide assessments to help them find resources to bridge this gap.

According to the CDC, 95% of Missouri seniors over 65 had one chronic disease, 80% had two and about 65% had three.



With so many of our seniors having chronic diseases, it is necessary to assist with home care to ensure they are taking their medications correctly.

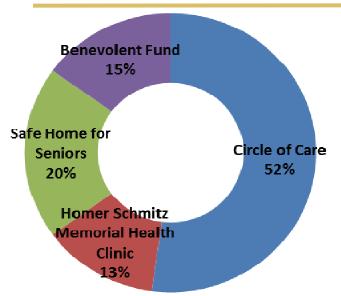
32% of senior households in the City of St. Louis do not have access to a vehicle. (census.gov)



The inability to drive for grocery shopping and errands leads to isolation for the seniors we serve. Often times a visit from a caregiver is their only interaction with others.

# **Statistics**

#### **Direct Services to Seniors**

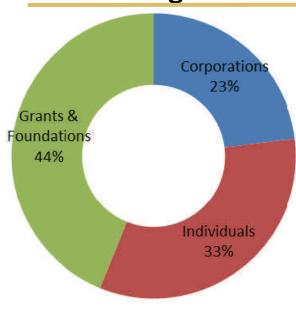


From June 1, 2017—May 31, 2018, 1534 seniors were served through St. Andrew's Charitable Foundation with services from St. Andrew's Senior Solutions.

These seniors, financially insecure, have limited family and resources and are intimated by the services available to them. Our services, provided at no cost, help them obtain the resources and guidance they need to thrive as a senior in today's society.

Because of our donors, these seniors have been afforded the opportunity to remain living safely, independently and healthy in their homes.

#### **Our Funding Mix**



### From June 1, 2017—May 31, 2018, over \$1.1 million dollars was raised to support our charitable programs.

These donations came from individuals, corporations, grants and foundations. The annual Ageless Remarkable Saint Louisan Gala, held in October, raised 37% of these funds from individuals and corporations.

Our donors are appreciated for their continued support of the Gala, as well as Celebrate Summer, our Annual Campaign and Memorials and Tributes.

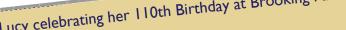
With the support of our donors, we are making a difference in the lives of those who have made such a difference in ours.

# Benevolent Fund

When seniors and their families are faced with the reality of a move from the place that they have always called home to a senior living community, St. Andrew's does everything possible to ensure dignity, safety, new friendships, renewed personal meaning and a sense of vitality. Sadly, the rising cost of healthcare makes it difficult for some seniors to remain in their senior living community receiving the level of care they need. Many simply outlive their resources and have very few places to go for help.

St. Andrew's Charitable Foundation ensures that financially struggling St. Andrew's residents won't have to say goodbye to their friends, their community - their home. Instead, we provide financial assistance to bridge the gap so that they may enjoy their remaining time with peace of mind and comfort.







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Lucy was born in 1908. In the year 2000, at age 92, she moved to St. Andrew's Resources for Seniors System's Tower Grove Manor. Shortly after her move, she shared, "It's my second home and I love it. I always ask myself why I didn't move here sooner."

Lucy continued living at Tower Grove Manor, and later moved to assisted living at St. Andrew's Resources for Seniors System's Brooking Park. Living to be 110, she outlived both her life expectancy and financial resources. As a long time resident of St. Andrew's facilities, she qualified for Benevolent Fund assistance through the St. Andrew's Charitable Foundation to help bridge the gap so she could remain in the place she called home.

Her family was truly grateful for the assistance from the Foundation and shares, "The Benevolent Fund of the St. Andrew's Charitable Foundation afforded our mother the ability to live her life in the place she called home." She died peacefully in her home in 2018.

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# Circle of Care

Our Circle of Care Program helps seniors continue to live safely and independently in their own homes by providing, at no cost, at-home care assessments to determine the necessary resources and at-home services they need to continue to live a healthy, independent life at home.

The ongoing Circle of Care program enables more than 798 seniors to continue living safely and independently in their own homes. These resources include, but are not limited to, home delivered meals, athome caregiver services which include personal care, escorted transportation, light housekeeping, medication management, diabetic management, nutritional support, clinical oversight and valuable companionship to seniors.



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Gertrude, 93, lived independently in her home, but 15 years ago, she and her daughter decided she needed to move for her safety. After attending her granddaughter's school performance at Tower Grove Manor, and realizing they would let her bring her cat of five years with her, she gladly changed her address and made the best choice for her, moving to Tower Grove Manor.

She enjoyed the activities, friendship and of course, the food! Living in the St. Andrew's Community she was surrounded by friends that soon became family. Tower Grove Manor became her home and her family.

Unfortunately, as years passed, she lost her eyesight and became unable to complete daily life activities for herself. Wanting to continue living independently in the place she calls home, Gertrude reached out to St. Andrew's Charitable Foundation and now receives services through our Circle Of Care program.

Gertrude's caregiver, Brandi, visits her four times a week doing laundry, reading to her, getting mail and other chores that require assistance from a sighted person. "I'd be lost without her, she means so very, very much to me," says Gertrude. Brandi is there to help Gertrude get done what she isn't able to do, but she still lives in her home, the place she is comfortable and a place that is family to her.

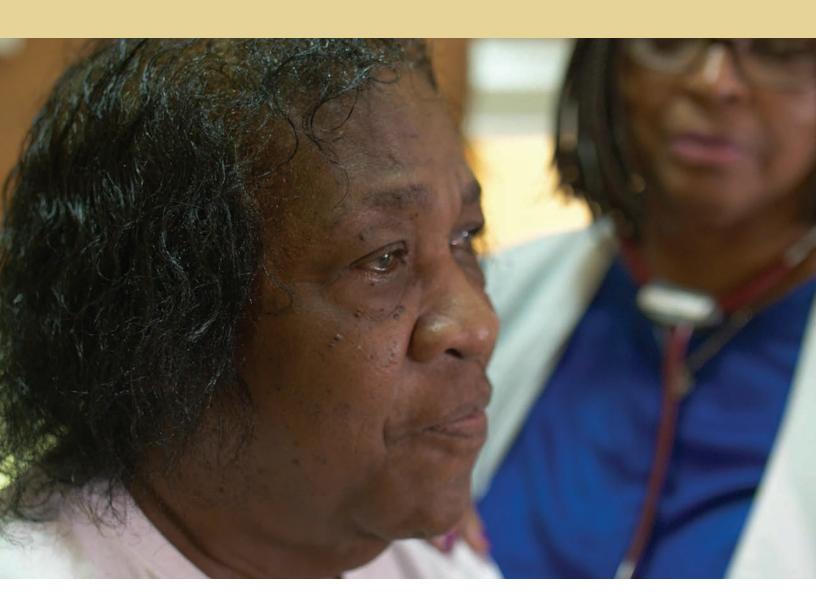
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# Homer Schmitz Memorial Health Clinic

The Homer Schmitz Memorial Health Clinic provides on-site, walk-in healthcare services to all residents of our Jennings community at no cost. The majority of residents at the St. Andrew's at Jennings affordable housing site attempt to live on an annual income of \$12,000 or less.

The clinic fulfills a need for on-site health care. A Faith Community Nurse is available five days per week to monitor blood pressure, blood sugar, breathing, and medication management. The outcomes to be tracked include patient and physician contacts through Faith Community Nurses, stabilization of patient vitals and medication compliance, and an increased number of group education programs and individual education sessions.



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Having a clinic like the Homer Schmitz Memorial Health Clinic at St. Andrew's of Jennings has proven to be a "lifesaver" for Bernice. After spending 7 hours getting to and from her doctor and fighting an unknown pain, she was anxious to meet someone at the clinic where she lived. In no time at all, Nurse Mary was able to help her get scheduled for an ultrasound, where they identified a cyst and a tumor. All benign, it was still very painful.

Her experience has made her an advocate for the clinic and she encourages the residents to go. "The clinic is a 'lifesaver' to me. It's not easy to get to the doctor, and I even have my blood work done through the clinic," says Bernice.

Bernice continues to visit Nurse Mary for her medical needs. "Nurse Mary takes care of us. She wants to make sure we get the care we deserve and that it is convenient for us," says Bernice. Nurse Mary says she has worked hard to establish trust, "I want them to understand that I am here to help. I won't force them into doing anything that they don't want to do. Unless it's really, really a life and death situation." Thanks to the relationship between Nurse Mary and Bernice, other residents are choosing the services of the Homer Schmitz Memorial Health Clinic.

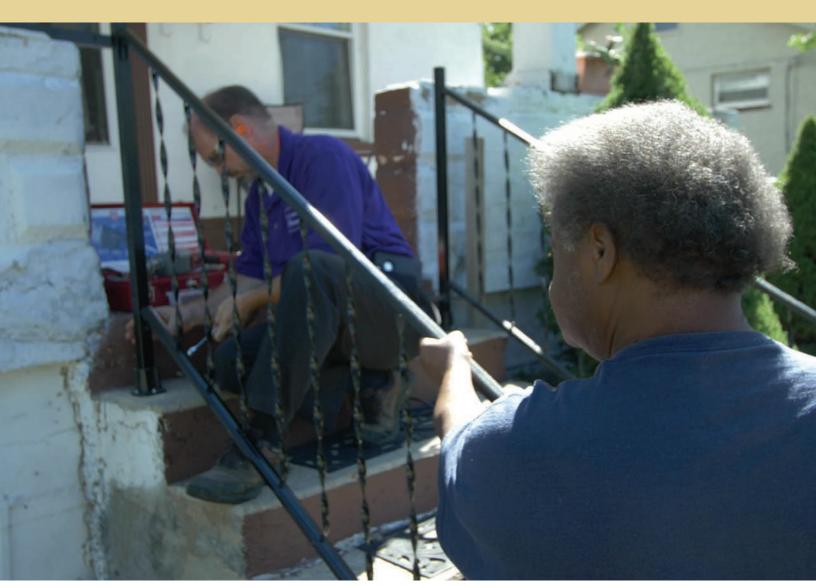
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# Safe Home for Seniors

The Safe Home for Seniors program makes a senior's home safer and more accessible by reducing risk of falls, preventing accidents and increasing independence. Falls are one of the largest leading causes of mortality and injury in the senior population.

The free services provided to low income seniors include, but are not limited to: light plumbing, door replacement, re-glazing of windows, replacement of cabinets and vanities, deck and porch repair, gutter clean out, night light placement, touch lamps, non-slip mats, safety lighting, locks, grab bars, repair of broken steps, and basic weatherization.



"Having a home to maintain and the upkeep on your home is really extraordinary," shares Safe Home for Seniors' recipient, Glenn. "We have so many safety needs and we try to keep up on a fixed income. It's not an easy thing. We still have medicine to get, and we start picking and choosing, something's' got to go, but I'm not for letting my health go either."

"As we grow older, the needs in our home change. What Glenn and Vera had when they first moved in was great and worked very well for them. But as they aged, they became less stable in their home. They also needed new railing and supporters, a few grab bars and repairs to the fence," says John, Safe Home for Seniors' Safety Coordinator.

Safe Home for Seniors is able to help bridge the gap for Glenn and Vera, and others in similar situations, so that they are able to have their home repairs for safety and continue to purchase their medications. Glenn says, "Without the assistance that we're getting, we couldn't afford to pay it; we just don't have it, we are thankful."

♦ Home for Seniors Safe Home for Seniors Safe Home for Seniors

# Ageless Remarkable Saint Louisans Gala

The 15th Annual Ageless
Remarkable Saint Louisans Gala
was held on Saturday, October
28th at the Hyatt Regency St.
Louis at the Arch. The Gala
honored 22 St. Louis seniors
who are giving new definition to
the word "aging" by using the
years after age 75 to continue
careers, embark on new ones,
and lend their time, resources
and talents to their favorite
charities.

2017 Gala Chairs were Anna Harris and Dr. Theresa Galakatos. The event raised over \$390,000 to improve the quality of life for seniors-in-need through reliable and compassionate care.

#### **Presenting Sponsors:**





#### **Platinum Sponsors:**



Phyllis Tirmenstein, The Roland Quest Memorial Fund of the St. Louis Community Foundation



AGELESS Remarkable SAINT LOUISANS

Saturday, October 28











Fiscal Year: June 1, 2017—May 31, 2018

# Celebrate Summer





Fiscal Year: June 1, 2017—May 31, 2018

Celebrate Summer, held at The Willows at Brooking Park, raised over \$70,000 to support the Benevolent Fund for Brooking Park. Over 200 individuals enjoyed an outdoor BBQ, silent auction and entertainment.

### Celebrate Summer Committee:

Juanita Hartwig, Honorary Chair Lonnie & Bill Aronson Mariann Baker Nancy Knowles Ann Lazerson Ted McClure Barbara Prokop Nancy Rosenstock Renee Steffy Dorothy Willis

**Presenting Sponsors:** 





We are extremely grateful for the support of our donors. Each of you have supported our mission to improve the quality of life for seniors-in-need through reliable and compassionate care. Our partnerships with individuals, corporations, foundations and grantors allow us to continue to provide quality services to those in need through our four programs: Benevolent Fund, Circle of Care, Homer Schmitz Memorial Health Clinic and Safe Home for Seniors. Your continued support is truly appreciated. **Fiscal Year: June 1, 2017—May 30, 2018** 

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## Memorials and Tributes

#### Memorials and Tributes Fiscal Year: June 1, 2017—May 31, 2018

#### **Tributes**

In Honor of Sr. Judy Bell Lynette and Gary Wages

In Honor of Bob Elsperman
Dirk Elsperman

In Honor of Decker & Padberg Wedding

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Rosemary Williams

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Sue Bahle

Juanita Hartwig

Anne O'Connell

Shirley and Dr. Edward Spillane

In Memory of Carl Blatt

Gini and Hank Schreimann

In Memory of Herb Bilinsky

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In Memory of Leroy Grossman
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In Memory of Sue Micciche Mary Alice and John Ryan

In Memory of Kim Muehlemann

Karen Carter

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Sue Bahle

Mariann and Frank Baker

Juanita Hartwig

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Michael F. Shanahan, Sr.

Darlene Roland

In Memory of Gerald Shucart

Mary Alice and John Ryan

Harlene & Lindsey Wool

In Memory of Don Svoboda

Sue Bahle

Mariann and Frank Baker

In Memory of Father Rod Wiltse

Sue Bahle

Mariann and Frank Baker

Anita S. Graves

Juanita Hartwig

Barbara and Joe Prokop

Shirley and Dr. Edward Spillane

In Memory of Roger Wilson

Terry and Jim Coleman

Janice and Jim Doughty

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#### Gift In Kind Donors Fiscal Year: June 1, 2017—May 31, 2018

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