

Serving Seniors SUMMER 2021 *in* Need

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ST. ANDREW'S CHARITABLE FOUNDATION HEALTHY FOODS PROGRAM:

Providing low-income seniors with fresh, healthy food

Throughout the pandemic, Social Services Director, Heather Spindler, made weekly Health and Wellness calls to seniors in need enrolled in all of our programs. These calls were a life-line for seniors and provided them with the support and comfort they needed to weather the pandemic. The calls also brought to light the lack of fresh and nutritional foods seniors have access to and can afford.

"Many of our clients stretch out the use of costly medication, such as insulin or inhalers, or skip taking them altogether to afford groceries." HEATHER SPINDLER, SOCIAL SERVICES DIRECTOR

To help address senior food insecurity in the St. Louis community, St. Andrew's Charitable Foundation is piloting a new program, Healthy Foods, which provides bi-monthly healthy, fresh food delivery to low-income seniors.

The only program of its kind in the St. Louis region, the Healthy Foods Program provides 50 low-income seniors with bi-monthly fresh, healthy food and delivery. Seniors have the option for up to \$100 of fresh and nutritional food from grocers, delivered seamlessly via Instacart and facilitated by Heather Spindler. Seniors will receive nutritional education and examples of healthy nutritional plans and recipes aligned with MyPlate.gov Dietary Guidelines for Older Adults.

St. Andrew's is dedicated to providing older adults in our community with the nutritional support they need to remain healthy, active, and vibrant as they age.



The impact of food insecurity is made worse by the fact that low-income neighborhoods are often "food deserts" where access to fresh food is inhibited by lack of grocery stores, higher prices for healthy food and poor quality fresh produce.

TEE UP FORE Seniors



We are grateful for the generous support from our dedicated community partners.

Thank you to all of our sponsors and golfers this past April for making Tee Up Fore Seniors an incredible success. Together, we raised more than \$80,000 for low income seniors enabling us to provide services, resources and caring support to ensure they can live with dignity, safety, comfort and good health in the place they call home.

A big thank you to Co-Chairs, Terry and Jim Coleman, for their leadership, commitment and support of the event. Thank you to our hard-working committee: Katie Alderson, Pete Benoist, Justin Bingman, Sandy Cannon and Natasha Hrycauk.

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Co-Chairs, Terry and Jim Coleman



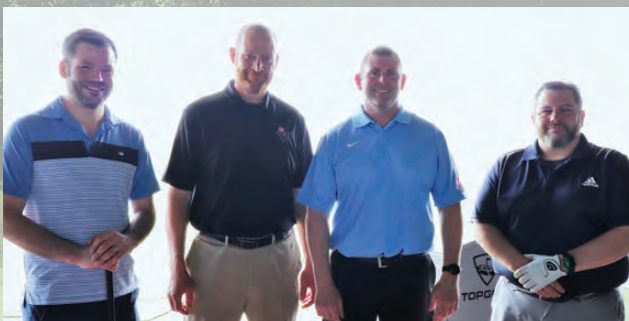
Karen Shaughnessy, Matuschka Briggs, Tina Cucinotta, Jackie Pollvogt



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Sabina and Mike Pugh



Brad Rhodes, Andy McCollum, Justin Bingman, Jeff Fugate



Pete Benoist

Meet Our New Board Members



NATASHA HRYCAUK

Born and raised in Canada, Natasha attended the University of Alberta and received a Bachelor of Commerce with a Major in Accounting. In 1997 she started her career with Enterprise Rent A Car as an Accountant. After working her way up through the accounting department she was promoted to Business Manager/Controller of the Alberta territory, then transitioned to Toronto as a Controller in 2005. In 2017 Natasha relocated to St Louis where she works as the Assistant Vice President of Business Management supporting Enterprise's Canadian operation.

Natasha's involvement with St. Andrew's Charitable Foundation began after attending the Ageless Remarkable St. Louisans Gala in 2019 and discovering our mission.

"I believe every senior deserves to be treated with dignity and have the security of a safe place to live and daily essentials to live a productive life. I support St Andrews because there are so many seniors in need."



SHARON WILSON

Sharon has been a friend and supporter of St. Andrew's Charitable Foundation for nearly 10 years. A professional background in education, Sharon holds an Undergraduate degree from Bradley University and a Masters in Foreign Language Education from Indiana State University. She has been an active board member at the schools of her children and at her church.

Sharon was a member of St. Andrew's Charitable Foundation Friends, has planned and executed Christmas parties for St. Andrew's senior communities and has frequently attended and supported St. Andrew's Ageless Remarkable Saint Louisans Gala.

"I am thrilled to be able to continue my support of St. Andrew's in the role of Board Member."

Tributes and Memorials

SEPTEMBER 2020-MAY 2021

Tributes:

Gloria Broun
Caroline Broun

Terry Coleman
Constance Lohr

Brooke Hunady
Linda McDonald

Leo MacDonald
Malcolm Berry

Laura J. McBride
Melissa L. Haupt

Mitch Weller
Kristine Barr

Memorials:

Alan Brainerd
Maria Clifford
Darlene Roland
Marc Weiner

Billie Broderick
William Broderick

Lee Carter
Karen Carter

Claire Cruse
Lonnie Aronson

Raymond Downey
Lonnie Aronson
Derick Driemeyer

Bob Elsperman
The Borgmann Family

Ronald Gregory
Martha Idewu

Paul Gusdorf
Lonnie Aronson

David Hassler
Karen Carter

Joyce Marcum
Laura J. McBride

Kristine McGough
Karen Carter

Bud Prokopf
Lonnie Aronson
Janice Paradissis
Helen Robinson
Nancy Rosenstock

Harriet Pugh
Laura J. McBride

Gini Schreimann
Terry Coleman
Judy King

Marie Shore
Tom Flynn
Larry Shore

Irma Jean and Tom Tooke
Mary Alice Ryan

Tom Tooke
Mariann Baker

K. Earlwood Towne
Melissia Robinson

Rosemary Wick
Judy King

HOUSEBOUND NO MORE

Sal is housebound. At age 87, has endured a life-threatening stroke, skin cancer and debilitating knee pain which has left him in a wheelchair. The only way in and out of the home requires navigating a flight of stairs and it had become impossible for his daughter and elderly wife to safely get him out of the house.

In simplified terms, being housebound means an individual is unable to leave their home without significant difficulty.

Since Sal can't leave his home, he has missed critical doctor and therapy appointments, special celebrations with friends and family and the simple joys life has to offer, like just being outside to enjoy his yard and fresh air.

Then his social worker referred Sal to St. Andrew's Charitable Foundation and their Safe Home for Seniors Program. This program provides minor home repairs and safety installations so that low-income seniors can remain safe, healthy and independent in their home.

Through Safe Home for Seniors, funded by generous donors like the Marillac Mission Fund, we were able to install a chair lift so that Sal can easily and safely enter and exit his home.



“He cried tears of joy after his lift was installed. It was the first time in a year he got to outside and visit with his neighbors. This has given my Dad his life back. We are so thankful.” - SAL'S DAUGHTER

SAFE HOME FOR SENIORS PROGRAM

Falls are one of the leading causes of injury and mortality for seniors. A simple trip or fall can lead to a head injury or broken leg, hip or arm. And because many seniors live alone with few visitors, they can lay on the floor for hours or days at a time, turning a minor injury into something far more serious or even fatal.

The Safe Home for Seniors Program makes it less likely seniors will take a fall by taking preventive steps to reduce accidents and increase independence.

Services are provided at no cost to economically disadvantaged seniors.



The Mayo Clinic recommends the following steps in preventing falls (Mayo Clinic, 2019):

- Removing home hazards by removing boxes, newspapers, electrical cords and phone cords from walkways; securing loose rugs; repairing loose, wooden floorboards and carpeting, and other minor home repairs
- Lighting up the living space by placing night lights in the bedroom, bathroom and hallways and trading traditional switches for illuminated switches.
- Using assistive devices such as handrails for stairways, raised toilet seats, grab bars for the shower or tub, and others.

Safe Home for Seniors provides all of these services and minor home repairs, helping to ensure seniors homes are equipped to prevent falls.

HOMER SCHMITZ MEMORIAL HEALTH CLINIC EXPANSION

New On-Site Health Clinic Added

St. Andrew's Charitable Foundation's Homer Schmitz Memorial Health Clinics offers low-income seniors residing in four of our HUD communities — St. Andrew's of Jennings I and II, Zion Corner and Sammy E. Jones Residence — with seamless access to preventative health care at their place of residence. This year we will expand to five clinics, serving seniors at Rush Garden in East St. Louis, Illinois.

These clinics provide on-site, walk-in healthcare services to all HUD residents at no cost—so seniors can get medical services before major health issues develop. This helps to reduce the need for costly emergency department care and/or hospitalizations.

Our On-Site HUD Health Clinic teams serve residents by helping manage chronic illness, minimize hospital readmissions, address medication-related complications, increase patient engagement, ensure a smooth transition from acute or post-acute settings, and much more.



Donor Spotlight



Emerson Charitable Trust support organizations across the United States with the goal of enriching human lives, providing services directly to those in need and increasing the impact of contributed funds. We are proud to share that, for nearly 10 years, St. Andrew's has received funding and been in partnership with Emerson Charitable Trust working together to benefit low-income seniors in need.

“Emerson is proud to support the St. Andrew's Charitable Foundation in its mission to improve quality of life for low-income seniors in the community. When the pandemic hit, senior care became more important than ever and St. Andrew's has been working to help seniors not only stay healthy physically but also mentally during such a difficult time. St. Andrews is an extraordinary organization that helps enable seniors and their families to enjoy healthy, safe and productive lives.”

AKBERET BOYKIN-FARR, VICE PRESIDENT,
DIVERSITY AND SOCIAL RESPONSIBILITY

WHO WE SERVE

Women make up 80% of the seniors served by St. Andrew's Charitable Foundation, and 90% of the seniors we serve are African American. In addition, 25% of seniors served have a disability, 9% are veterans, and 4% are LGBTQ+. We serve older adults at the intersection of Medicaid ineligibility — those who fall into the Medicaid service gap, typically living at 200% of the poverty level.



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4 Ways to Help Seniors

A gift of any amount can have a big impact on the health, comfort, security and safety of a senior in need.

- 1 \$1,000** Provides five low-income seniors with assistance in their home for one month, for example help with bathing, light housework and laundry.
- 2 \$500** Installation of two grab bars in a senior's bathroom, helping to prevent life-threatening falls.
- 3 \$250** Provides twelve residents living in subsidized housing with a health care screen by a nurse.
- 4 \$100** Provide two weeks of fresh and nutritional groceries to a senior in need.

St. Andrew's Charitable Foundation Staff


Linda Sanders
Chief Development Officer


Gail Weller
Director of Development


Emily Malloy
Development Coordinator

Contact:

 standrewscharitablefoundation.org

 (314)726-0111

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If you'd like to support at-risk seniors, please consider sending a gift in the enclosed envelope today.

Thank You *for your support*