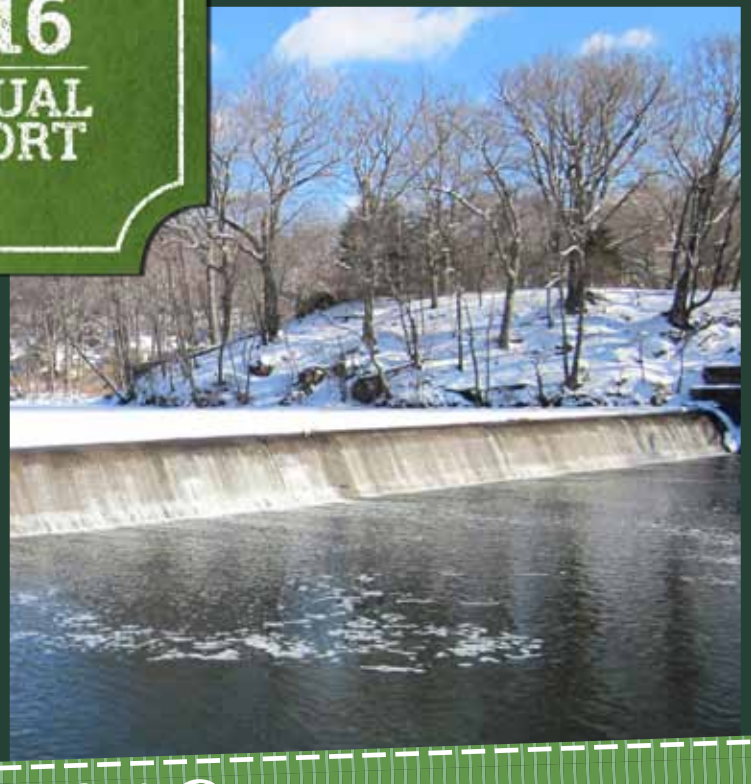
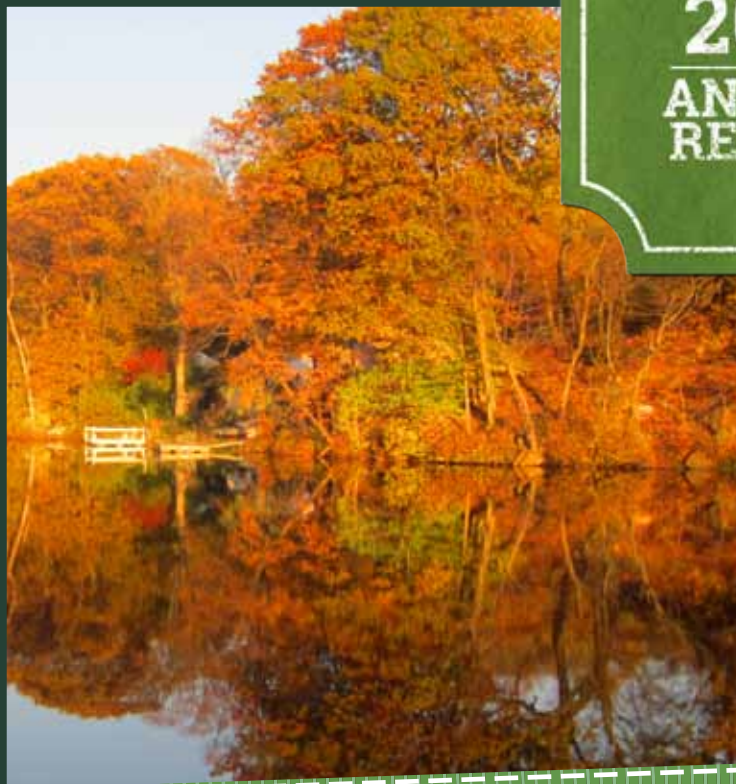


River  
House  
Adult Day Center  
**2016**  
ANNUAL  
REPORT



*A Place for All Seasons*

# Letter from the Director

## Dear Friends,

Thank you for making 2016 the year of strengthening and building collaborations, solidifying our mission to address the impact of aging on families in our community by providing comprehensive, supportive services in a compassionate, safe and engaging setting.

With your help, we hosted a number of community education programs such as "To Whom I May Concern," a presentation designed to share the experience of living with dementia. We welcomed experts from Columbia University to facilitate an educational group focusing on frontotemporal dementia (FTD), providing caregivers and those afflicted with FTD with information and support.

Our "Caregiver Circle" education series focused on safety by hosting professionals from the Greenwich Police Department, Family and Children's Agency and Nathaniel Witherall to address issues such as home safety, personal safety and financial victimization.

In partnership with the Greenwich Junior League, River House clients and families enjoyed a Casino Day filled with games, entertainment and refreshments. Our Therapeutic Recreation Program launched a new initiative in partnership with the New Canaan Mounted Troop in which clients of our program were provided hands-on experiences in horsemanship and equine skills. We developed and launched the "River House Creative Community", designating River House as the prime spot for local artists and performers to share their talents and skills with our clients while also helping us to create awareness of our services. In collaboration with the Greenwich Commission on Aging and Access Independence, River House took on the lead role in hosting the Loan Closet, a free service that lends medical equipment to those in need.

Along with all of these community-based initiatives and events, our professional and committed staff continued to provide comprehensive adult day services in the most caring, client centered, nurturing and compassionate environment. With your help, we raised even more awareness of our programs, resulting in a significantly increased number of clients. We are extremely grateful to all of our partners, friends and supporters for helping River House Adult Day Center reach our goal of improving the quality of life for aging adults and their caregivers. We will continue to provide the very best care to our community and look forward to celebrating our 40th anniversary with you in the coming year.

With deep appreciation,



Donna Spellman, M.S.  
Executive Director



# President's Note



**Dear Friends,**

This past year was a year of change for River House. We welcomed our new Executive Director, Donna Spellman, in November. Donna's background and experience is embedded in community service with many years devoted to seniors. Her warm character and enthusiasm for her new role has energized the staff. Our daily census has increased and our caregiver feedback is excellent. We are fortunate to have outstanding staff who are dedicated to our clients.

And, how lucky are our clients to spend their days at our beautiful facility on the Mianus River! Our building is sound, the gardens and grounds are lovely, and our infrastructure is well maintained.

We are in the process of implementing a new electronic medical records system through the generosity of the Cohen Foundation. This new system will automate our client information and allow our staff to share notes and updates. We are also able to teach new technology to our clients by providing them with electronic tablets and learning devices.

We had a very successful Garden Party this year! Chaired by Caralyn Stevens, we raised approximately \$100,000. The fashion show, sponsored by Out of the Box, was lovely and the auction was a sell out!

Our goals for next year are to continue to increase our daily census; to provide advice and counsel to our caregivers and the community regarding the challenges of caring for the elderly; and to ensure that no one is ever turned away from River House for financial reasons.

Your generosity and support will make these goals achievable. Your interest in River House ensures our success. Our doors are always open and we invite you to stop by for a visit and a chat with our clients. Their smiles and laughter tell our story!

Sincerely,

Linda Longmire  
President



# River House Programs and Services

## Our Therapeutic Recreation Program

Our Therapeutic Recreation Program provides individualized programs that address the varying needs of our clients. Simply put, it is FUN for everyone! A team of professional recreation specialists, program aides, and volunteers provide stimulating and fun filled days that include socialization and friendships, mentally stimulating activities, visits to local cultural and civic organizations, games and team activities, music therapy, animal and horticultural therapy, baking and cooking sessions, all in a dynamic and supportive environment.

**100%**  
of families and caregivers reported that we kept their loved ones actively engaged in their communities.\*

## Our Health Program

Our Health Program relies on professional staff who provide health monitoring and administration of physician prescribed medications and treatments, coordinated care with personal physicians, personal hygiene and bathing, daily therapeutic exercises, nutritious noontime meals and snacks, individual assessments and care plans, toileting, podiatry services and more.

**90%**  
of families and caregivers chose River House because of our comprehensive nursing care.\*

## Our Social Services Program

Our Social Services Program provides caregivers individual, family and group counseling, information and referral services, assistance with obtaining financial aid, entitlements and other support as needed. Caregivers and family clients participate in "Care Plan" meetings that closely evaluate an individual's progress, seeking methods to manage identified challenges and establish goals and strategies for caregivers to maintain a quality of life.

**75%**  
of families and caregivers reported a reduced level of stress since enrolling their loved one in the program.\*



*Clients stay engaged with a spirited game of balloon volleyball.*

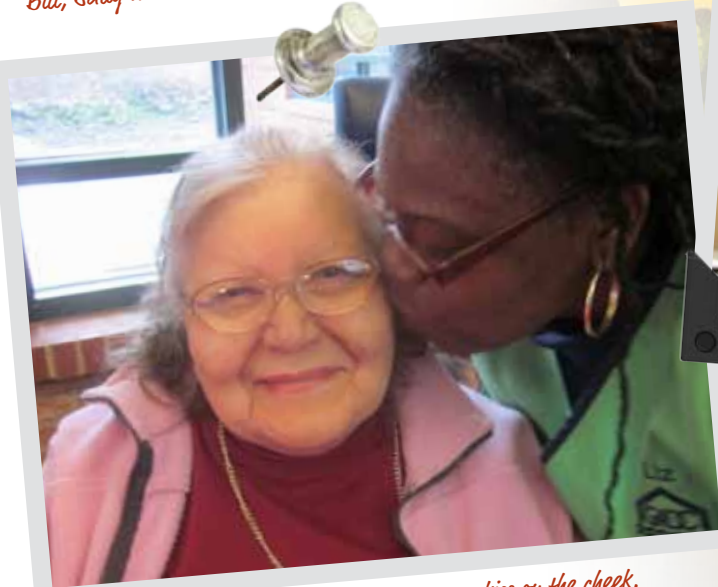




*Bill, Sally and Lilia take a walk at Cos Cob Park.*



*River House client, Sal, and his wife, Kitty, at a family event.*



*Senior Health Aide, Liz Minott, gives Norwa a kiss on the cheek.*



"[River House] is my country club. It is a safe place as a senior citizen, I'm close to 90. My children, Julie and Andrew are in their 50s and they don't want their mother alone. I'm happy they don't because I really enjoy being here. It is a great place for older people who are not ill and they still have a life, but a place where they are safe. And they are forever learning too. It's a learning thing. Without learning as you go on in life you lose your mind and your personality."

– Lilia Weddle, River House Client



# Caring for the Community

## Caregiver Information Center

Our Caregiver Information Center was founded in 2010 as a resource to the community. The center is managed by our Director of Social Services and offers information and referral services, individual, family and group counseling, education and support to caregivers as they develop a clear, educated and meaningful plan for themselves and their loved ones.

**83%**  
of families and caregivers reported that the Caregiver Information Center is informative, helpful, and relevant to their caregiving journey.\*



## MasterMind

Our MasterMind Program is an 8-week mind enhancement course taught by our Director of Therapeutic Recreation. This two-tier course engages clients and community participants in challenging and fun activities to enhance memory, verbal fluency, flexible thinking, attention and communication.



## Caregiver Circle

Our Caregiver Circle is a four-part education series held twice yearly to provide caregivers information and education on issues related to caring for aging adults. The Caregiver Circle, a collaborative and community based initiative, was founded in 2009 by River House, the Junior League of Greenwich, the Greenwich Commission on Aging and the Greenwich Chapter of the American Red Cross.



*Kathryn poses for a picture with Santa during the Annual Holiday Party.*



*Hillary attends a luncheon to support Roz, her mother and a River House client since 2014.*



*Nancy Thode, Board Member and Program Volunteer, leads a sing along.*



## Dementia/Alzheimer's Waterfall Program

Our Waterfall Program is a customized program designed to meet the needs of individuals requiring more attention. The activities emphasize one-on-one attention and care while using various specialized therapies led by professionally trained and experienced staff.

**95%**

of families and caregivers reported that the specialization in Alzheimer's and special needs care was an important aspect for their loved one's care.\*



*Len and Sabina*

"Do you remember the tv program, Cheers? Do you remember the theme song in there? Well, they never said the words on the program, but the words are interesting and they go like this. 'Sometimes you just want to go where everybody knows your name and everyone is glad that you came. And everybody's troubles are pretty much the same. Sometimes you just want to go where everybody knows your name.' And that's the allegory I use for River House. It's friendly, Sabina is comfortable and well taken care of, that's all I can ask for." Len Beinstein, Husband and Caregiver



# Garden Party

Hosted at the Riverside Yacht Club, the Annual Garden Party was the perfect venue to welcome spring while celebrating River House clients. Guests arrived to a colorful and vibrant silent auction. Guests later filled the tent to a warm welcome given by Chair and Board Member, Caralyn Stevens. Following a delicious lunch, guests enjoyed a presentation by author and current caregiver, Mike Leach, who spoke movingly about his personal experiences with his wife Vickie who was diagnosed with Alzheimer's disease and currently attends River House. Guests were later entertained with a fashion show emceed by Jill DuPont, owner of Out of the Box in Greenwich.

# Committee

Chair, Caralyn Stevens

- |                      |                  |
|----------------------|------------------|
| Elaine Baryn         | Katarina Ladd    |
| Julia Boysen         | Linda Longmire   |
| Kath Burgweger       | Suzy Malloch     |
| Anita Carey          | Leah Marmon      |
| Alva Carter-Hasan    | Jane Marsh       |
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| Laura Geffs          | Christina Powers |
| Karen Grund          | Jean Raben       |
| Ann Hagmann          | Patty Read       |
| Mary Helen Holzschuh | Grace Schoelkopf |
| Anne Marie Hynes     | Melinda Sherman  |
| Mary H. Judge        | Denise Sorese    |
| Ginny Keeshan        | Nancy Thode      |
| Libby King           | Carla Wallach    |

## Greenhouse

The Resource Center



## Windowbox

Carlson and Carlson  
Greenwich Hospital  
Anne Marie and Jim Hynes  
Muffin and Charles Zoubek

## Back Garden

Anne and Chuck Niemeth



## Orchid

Bluenose Foundation

## Daisy

Lori and Peter Clauson

## Sponsors

## Rose

Axiom Technology Group  
Sandra Carr Motland



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Garden Party Chair Caralyu Stevens enjoys the event with her table! (From left to right) Seated: Lucy Barrett, Caralyu Stevens, Leslie Lee, Maribeth Smith, Val Storius Standing: Julia McNamara, Mariau Misad, Frau Fogarty, Ellen Funck, MJ Foti.



Mike Leach speaks about his experience with his wife at River House.



(From Left to Right) River House staff and friends, Gillian Horuby, Peg Drenckhahn, Denise Drake, and Martin Spellman.



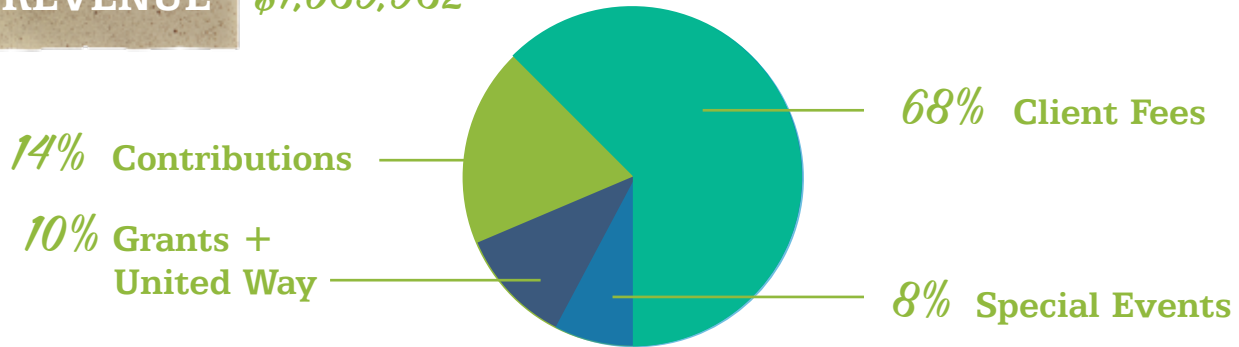
Fashion Show Models! (From left to right) First row: Victoria Hawes, Sree Vaid, Jenkie Spellman, Caitlin Spellman; Middle Row: Darby Cartun, Jenny Rye, Jill DuPont, Margaret Moore, Alanna Hynes, Katie Hynes; Top Row: Ali Fels, Abra Carter-Hasan.



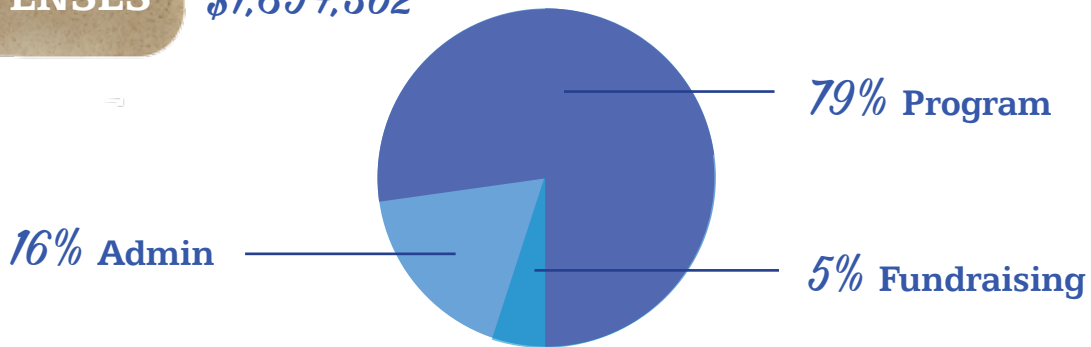
(From Left to Right) Seated: Adelaide McManus, Edith Simpson, Mary Staples Webber, Jean Crocco Standing: Sara Bible, Anne Neimeth, Nancy B. Burke, Davidde Strackbein.

# Financials Unaudited

**REVENUE** *\$1,689,982*



**EXPENSES** *\$1,854,362*



## BALANCE SHEETS

### Current Assets

Cash & Equivalents 317,952

Accounts Receivable 119,391

Other Receivables & Prepaid Expenses 105,708

**Total Current Assets 543,051**

Investments 1,146,931

Fixed Assets 3,793,175

**Total Assets 5,483,157**

### Liabilities

#### Current Liabilities

Grants payable, Security Deposits, Accrued Expenses 119,578

New Asset Balance 5,363,579

**Total Liabilities & Assets Balance 5,483,157**

# Tributes

## In Honor of

### **Sarah Boyle**

Justine Theurkauf

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### **Carol A. Burns**

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Arline Lomazzo

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Dorothy Ashe

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Congregational Church  
Sally Thebaud  
Nancy Thode  
Emily G. Toohey  
Eileen Toretta  
Jean and Mark Tredinnick  
Lucinda Tredwell  
Margot Tusa  
Kerry and Chuck Tyler

## U

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United Way of Greenwich

## V

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Marnie Vallely  
Christina Hoyt Vanderlip  
Nancy and Jim Vaughn  
Sharon and John Vecchiolla  
Regina Vintiadis  
Jody Visage  
Chris von Keyserling  
Sarah Vorder Bruegge





## EXERCISE & GAMES



### W

- Deborah Walker
- Carla Wallach
- Marie and Dave Wardell
- Beverly and John Watling
- Mary Mooney Webster
- Maggie Wein
- Sue Ann Weinberg
- Catherine Weisenburger
- Nancy and Mark Weissler
- Noble Welch
- Dana Welles
- Melissa and Javier White
- Peggy Whitlock
- Anne and Arthur Wichman
- C. Webb Williams
- Deborah Wilson
- Chris Hikawa
- Kimberly and J. Eric Wise
- Susan Wohlforth
- Ellen Wolfson, MD and Michael Wolfson
- Allison and Steve Wolowitz
- Woman's Club of Greenwich
- Marie Woodburn
- Ralph Wyman

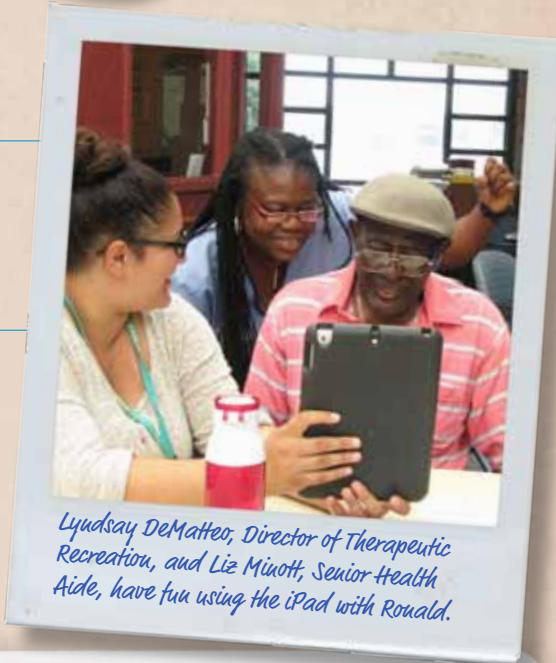
### Y

- Jillyan Yanow
- Maryann G. and Glen W. Yantorno
- Johnna Yeskey

### Z

- The Zadik Family
- Maria and Marcus Zavattaro
- Theresa and Frank Zavattaro
- Mr. and Mrs. Sal Zolluccio

14 anonymous donors.



*Lyndsay DeMatteo, Director of Therapeutic Recreation, and Liz Minott, Senior Health Aide, have fun using the iPad with Ronald.*

"I love BINGO. I like to come on Tuesdays to play. Whether I win or whether I lose, I love it... I've made friends here, oh yes... I will keep on coming here till they stop me or I cannot go. I love it here, I really love it here. I tell my daughter too."

— Ronald George McCormack,  
River House Client

\*All data is gathered from the FY16 Annual Caregiver Survey.

We apologize for any errors or omissions.

# Gifts-in-Kind

Marlene and Paul Adelberg  
Annabell's Collection  
Apadana Fine Rugs  
Asprey  
Elaine Baryn  
Steve Becker  
Julia Boysen  
Broken Shed Vodka  
Patricia Burns  
Caspari  
CBS Television Stations and  
Ted Walworth  
Central Park Conservancy  
Creative Culinary  
Phoebe L. Erdman  
Fjord Fisheries Market  
Fulton Landscaping  
Garden Education Center  
GrapesWine.com  
Greenwich Bank and Trust -  
Riverside Office  
Karen Grund  
Ann R. Hagmann  
Hoagland's  
Mary Helen Holzchuh  
Horse Connection  
Horseneck Wines + Liquors  
Anne Marie Hynes  
J. McLaughlin  
Juliska  
Bill Kalna  
Karen S. Keegan  
Ginny Keeshan  
Joy Lautenbach

Lilly Pulitzer  
Lynnen's, Inc.  
Kathy Markby  
James Marmon  
Leah Marmon  
Jane and Stuart Marsh  
Alice P. Melly  
Brooks Melly  
Michaelangelo  
Mike's Organics  
Sandy Motland  
New York Mets  
Donna Ogilvie  
Ox Ridge Hunt Club  
Patio.com  
Patty's Portico  
Christina Powers  
Nancy Sahlein  
Sam Bridge  
Sanctuary Garden Design/  
Cora Burnham  
Grace Schoelkopf  
Melinda Sherman  
Simon Pearce - Greenwich  
Peggy Simon  
Sonora  
Caralyn Stevens  
Summer Rain Sprinkler  
Systems, Inc.  
Susan Cohen Landscape  
Architect  
Trips' Restaurant  
Julie Vos  
Joanne Zammit

# Staff

**Executive Director**  
Donna Spellman, MS

**Director of Program Services**  
Peg Drenckhahn

**Director of Social Services**  
Jane Kramer, LCSW

**Director of Marketing & Development**  
Britt Particelli

**Assistant Director of Marketing & Development**  
Melissa White

**Controller**  
Edgar Herrera

**Health Coordinator**  
Sue Darula, RN

**Program Nurse**  
Joan Grace, RN

**Senior Health Aide**  
Liz Minott

**Senior Alzheimer's Aide**  
Bonetta Taylor

**Health Aides**  
Alicia Bergendorff  
Malisa Champion

**Director of Therapeutic Recreation**  
Lyndsay DeMatteo, MSG

**Recreation Assistant**  
Erika Sherman

**Activity Assistant**  
Thomas Cookson

**Administrative Assistant**  
Lynn Treffeisen



# 2015-2016 Board of Directors

## President

Linda Longmire

## Vice President Development

Caralyn Stevens

## Vice President Marketing

Michael R. Smith

## Secretary

Jane D. Marsh

## Treasurer

Jean Raben

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Anita Carey

David J. Dall

Karen E. Grund

Ann R. Hagmann

Anne Marie Hynes

Mary H. Judge

William J. Kalna

Ginny Keeshan

Sandra Carr Motland

Melinda Sherman

James Steen

Nancy H. Thode

Marcus N. Zavattaro

Charles L. Zoubek



## Volunteers

Our Volunteer Program invites individuals and groups of all ages to come to River House and interact with our clients. Volunteers can choose to assist or lead a variety of activities such as serving lunch, calling BINGO, leading a group discussion, helping with brain games or sharing their talents in singing, art, playing a musical instrument, leading an exercise class, facilitating a current events group and more.



*Kitty discusses flowers with a volunteer and member of the Greenwich Garden Club.*



*Kath helps a MasterMind participant with a brain teaser.*

"I have been involved with River House since before it was River House, both as a longtime Board member and as Board President, and that experience has been extremely rewarding. Now, I devote time to volunteering weekly with the MasterMind programs. As a volunteer, I get to know and interact directly with our clients. The games and puzzles we work on each week to challenge our short-term and long-term memories are great fun for all of us and generate wonderful discussions of individual experiences."

– Kath Burgweger, Volunteer

# Mission

River House Adult Day Center addresses the impact of aging on families in our community by providing comprehensive, supportive services in a compassionate, safe and engaging setting.

# Vision

River House Adult Day Center improves the quality of life for aging adults and their caregivers in a supportive, person-centered environment.

# Values

- Person Centered
- Compassion
- Respect
- Trust
- Excellence
- Advocacy



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