

Celebrating 40 Years of Care



2017 Annual Report





“ Mom could not live at home if it weren't for the terrific staff, flexibility, financial help and programs offered by River House. ”



Dear Friends,

With your support and commitment to our aging community, River House Adult Day Center reached our 40-year milestone and helped set the pace for the years to come! We began in 1977 as a small program located at the Nathaniel Witherell. In 2008 we moved to our own building, formerly known as the Pump House, and became River House Adult Day Center. For 40 years, we have committed ourselves to addressing the impact of aging on families in our community by providing comprehensive, supportive services in a compassionate, safe and engaging setting.

During our 2017 celebration year, we continued to grow by nurturing new and existing partnerships. We developed a partnership with Norwalk Community College and welcomed more than 50 Home Health Aide students, Nursing (RN) students, a Marketing Intern and a Physical Therapy Intern who had an opportunity to experience the care and support provided at a medical model adult daycare center. We began a collaboration with the University of Connecticut and welcomed a Social Work Student Intern, a Gerontology Student Intern and created the "Baseball Reminiscence Program," which is soon to be featured in a documentary on ESPN. We created a partnership with the Hebrew Wizards' "Better Together" program, matching young students with our aging adults. We worked with the Greenwich Commission on Aging to train staff to become Dementia Friends and are preparing to take a lead role in creating a Dementia and Age Friendly community. We hosted and celebrated our 23rd Annual Garden Party at the Riverside Yacht Club, chaired by Sandy Motland and supported by our Board of Directors, staff and devoted committee. We increased awareness through radio interviews, presentations at the Retired Men's Association of Greenwich, the Senior Men's Association of Stamford, the Junior League of Greenwich, the Inspiration Women's Group, the Annual Alzheimer's Association Dementia Conference, the Women's Club of Greenwich and the Greenwich United Way's Community Planning Council.

2017 marked our first 40 years and we are continuing to pave the way for our future. We are thankful to our Board of Directors, staff, financial supporters, partner organizations, volunteers and to you for placing your trust in River House. The process of moving forward never stops and we remain committed to meeting the ever-changing needs of our aging community. River House Adult Day Center is here for you when your family needs our family. Here's to the next 40 years!

Sincerely,

Donna Spellman, M.S.


Executive Director

Karen Grund


President





“ It makes me feel useful and I always have something fun to do here. It truly makes me happy to come here each day. ”



95%

of our caregivers reported
that we keep their loved
ones actively engaged

98%

of families chose us because
of our comprehensive
health associated care

95%

of our caregivers chose us
because of our specialized
abilities to address
Alzheimer's and other
cognitive and physical
challenges

Who we are

River House Adult Day Center is an accredited medical model center providing person-centered medical care, emotional support and stimulating recreation to improve the quality of life for aging adults and those who care for them.

River House has been in continuous operation since 1977 serving aging adults with compassion and respect.

Our programs

Health Program

The professional health staff provides consistent person-centered health monitoring and administration of physician prescribed medications and treatments. In addition, personal hygiene and bathing, daily therapeutic exercises, nutritious meals, toileting and podiatry services are a few of our extensive health program services.

Recreation Program

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

MasterMind

The MasterMind Program is an 8-week two-tiered mind enhancement course that engages participants in challenging and fun activities to enhance memory, verbal fluency, flexible thinking, attention and communication. This is especially beneficial to individuals who are experiencing early signs of dementia and Alzheimer's.

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 with small groups while using various specialized therapies led by professionally trained and experienced staff.



“ We are so thankful to have found River house! We appreciate everything that you all do for our loved one! Thank you so much to all from the bottom of our hearts! ”



Caring for the community

More likely than not, you, your neighbor or someone close to you is caring for an aging adult. River House provides a solution for caregivers who wish to have their aging loved ones remain in the comfort of their homes and their communities. River House understands the challenges associated with caring for a loved one and is committed to providing meaningful support and compassion to caregivers. No caregiver should have to attempt the caregiving process alone.

As a direct result of our support for caregivers, River House's caregivers have reported a decrease in absenteeism from their places of employment, have remained engaged in their communities and have increased peace of mind knowing that their loved ones are being cared for during the day.

Caregiver Information Center

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

Social Services Program

The Social Services program, managed by our Social Services Coordinator, provides caregivers not only counseling and referral services but also helps with obtaining financial aid, entitlements and other support. Caregivers and family members participate in "Care Plan" meetings that closely evaluate an individual's progress, seeking methods to manage any identified challenges and establish goals and strategies for caregivers to improve quality of life.

Caregiver Circle

The Caregiver Circle is an educational series held twice yearly to provide caregivers and community members 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.

98%

of our caregivers chose us because of the compassion and the professionalism of our staff.

80.8 YEARS

Life expectancy for Connecticut residents is 80.8 years of age, the third highest in the nation.



According to Connecticut's Legislative Commission on Aging, Connecticut is an aging state and undergoing "a permanent and historic transformation in its demographics."

Garden Party 2017

Thanks to our supporters for another wonderful garden party!

April 27th was the perfect day to celebrate our 23rd Annual Garden Party. Located once again at the beautiful Riverside Yacht Club, the sun was shining as we welcomed spring and celebrated our accomplishments. Decorated with art created by River House participants, guests enjoyed the warm and inviting décor, a delicious lunch and the great company of all who came to support River House.

The Garden Party's Silent Auction did not disappoint, with auction items ranging from unique travel and life experiences, to behind-the-scenes museum tours, luscious plants and gardening items, fine wines, exquisite jewelry and athletic outings. There wasn't a dry eye when Sandra Eagle, caregiver and daughter of Iris, spoke about her positive experiences at River House, stating, "River House gave me my mother back."

Guests were later entertained with a fashion show featuring familiar representatives from our community who voluntarily modeled gorgeous clothing and items provided by Carlisle.

Plans are already underway for the 24th Annual Garden Party, scheduled for April 26th, 2018.

We hope to see you there!





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Anita Carey

Karen Grund

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Mary Helen Holzschuh

Anne Marie Hynes

Ginny Keeshan

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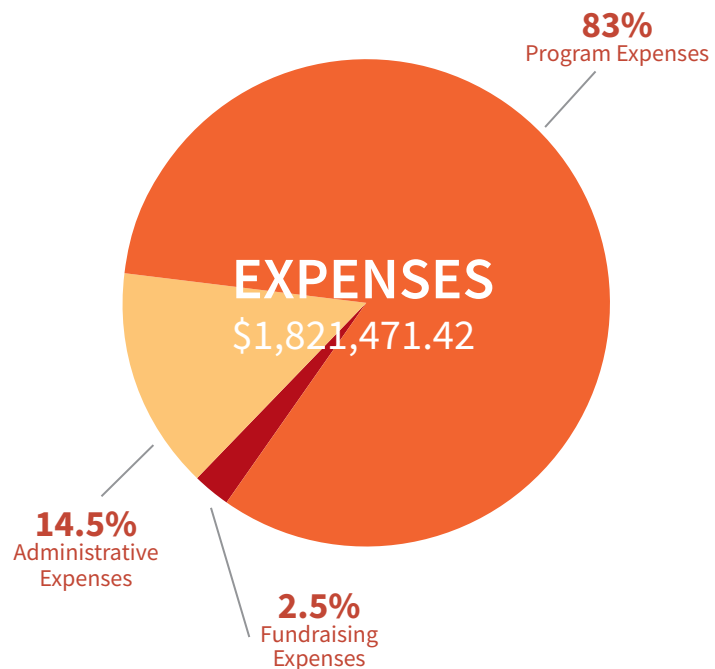
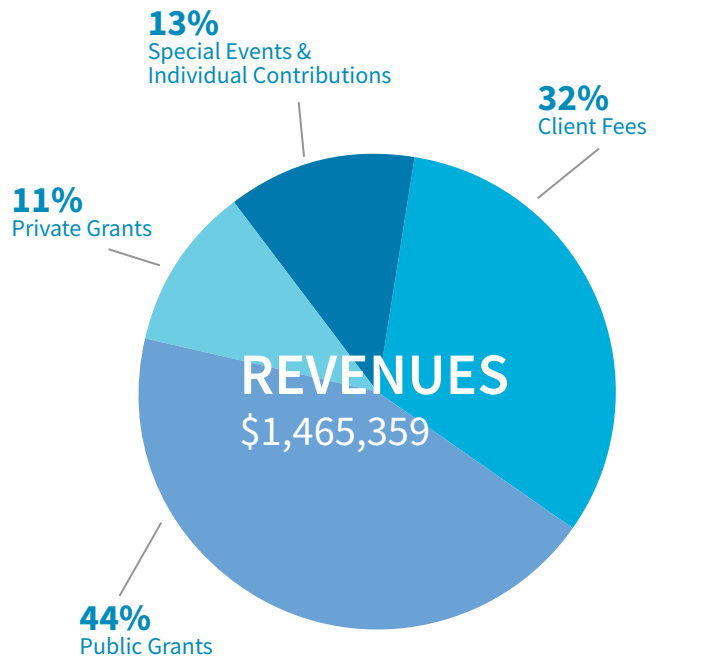
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Financials



BALANCE SHEET

Current Assets

Cash & Equivalents	179,862
Accounts Receivable	236,832
Other Receivable & Prepaid Expenses	15,702
Total Current Assets	432,396

Investments	1,089,980
Fixed Assets	3,683,762
Total Assets	5,206,138

Liabilities

Current Liabilities	129,453
Grants Payable, Security Deposits, Accrued Expenses	
New Asset Balance	5,076,685
Total Liabilities & Assets Balance	5,206,138

Tributes

In Honor of

Carolee Berg

Wendy Blumenthal and Jody Breakell

Sarah T. Boyle

Anonymous

Julia Boysen

Rhona Johnson

Kathleen W. Burgweger

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Madeleine Duerst

1977

The Witherell Pavilion Club opened its doors at Nathaniel Witherell. The program began as a one-year pilot project spearheaded by a recommendation from the Greenwich Commission on Aging that a community-based day care center be established to serve the growing elderly population.

1981

The program moved to the Greenwich Senior Center. The Board of Health formed a committee to continue the program, and it was renamed The Greenwich Pavilion Club. The Transportation Association of Greenwich began servicing the participants.

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1984

The name of the program was changed to Greenwich Adult Day Care (GADC).



1984



Program participation grew dramatically. GADC became the 29th member of Greenwich United Way.

1995

GADC became one of the first day centers to be certified by the Connecticut Association of Adult Day Centers.

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Nicole Hadley



2002

A center that focuses on the specialized needs of clients with advanced dementia and Alzheimer's disease was created.

2005

The Board of Directors initiated "The Campaign for GADC's Future" to renovate and equip a new facility in Cos Cob.



2006

Construction began to transform Cos Cob's historic 1927 Railroad Pump House into GADC River House.

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2008

GADC held its ribbon cutting ceremony in June and opened its doors at River House on July 1st.



2014

GADC changed its name to River House Adult Day Center.



2017

River House celebrated its 40th year of service.

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Julie Bruno, RN

Ketaki Desai, RN

Senior Health Aide

Liz Minott

Senior Alzheimer's Aide

Bonetta Taylor

Health Aides

Elizabeth Olivares

Malisa Champion

Volunteers

Volunteers are always the heart of our community. They bring great joy and bring a variety of experiences to River House and we are truly grateful for their services.

Thank you to all our amazing volunteers for their devoted time and service to River House this past year!

Ann Marie Alonzi

Sarah Alonzi

Rikako Asanuma

Jeff Ausiello

Guy Bailey

Len Beinstein

Sarah Boyle

Julia Boysen

Brunswick School

Kath Burgweger

Serendipity Chorale

Father Marc D'Silva

Maegan Darling

Joe Edelstein

Dr. Michael Ego

Martha Eustis

James Feuer

Claire Furio

Rosamaria Gutierrez

Ann Hagmann

Mitsuko Ichimura

Bon Jaspersen

Nancy Keefe Fortin

Betsy Keller

Stefanie Keys

Amelia Laskowska

Anne Lawrie

Joanna Lu

Ed MacDowell

Sandy Motland

Bernadette Mutz

Stephanie Mutz

Rocco Natale

Brendan Norberto

Grace Notes

Laurie Pensiero

Larry Phillipps

Asher Propy

Victoria Rosenblum

Frank Schipani

Jacky Schofield

James Slavin

Nina Smeriglio

Frank Smith

Neil Smith

Ross Spellman

Stanwich School

Bennett Tiedy

Ava Vanech

Cean Villemena

Derek Wang

Hebrew Wizards

Nicholas Wolanske

Mission

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

**Thank you to all our Supporters and Volunteers!
We are here because of you.**



River House Adult Day Center a nonprofit 501 (c)(3) organization.

100% of our River House participants are subsidized.

To make a donation please visit our website www.theriverhouse.org or send donations to:

Development Office
125 River Road Extension
Cos Cob, CT 06807
203-622-0079
www.theriverhouse.org

Please consider including River House Adult Day Center in your Estate Planning