



2018 Annual Report

125 River Road Extension · Cos Cob, CT 06807 · (203) 622-0079 · info@theRiverHouse.org · www.theRiverHouse.org

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Mission

We address the impact of aging on families in our community by providing comprehensive, supportive services in a compassionate, safe, and engaging setting.



Dear Friends,

We are so thankful for another year of success at River House Adult Day Center! 2018 marks one decade in our beautiful building on the Mianus River where we have had the opportunity to be a home away from home for more than 300 individuals. Since our inception 41 years ago, our mission has been to provide comprehensive, supportive, and individualized care to aging adults and their caregivers. Year after year, we continue to be recognized for the quality of our work. In 2018 we received three prestigious recognitions:

- The Greenwich Chamber of Commerce presented River House with the Jack Moffly Non-Profit Leadership Award.
- River House was chosen as an Adult Day Services Center of Distinction by the National Adult Day Services Association.
- River House won the 2018 Red Sox Foundation's Connecticut Impact Award.

We are enormously proud of each of these honors as we believe they highlight the excellence of services we offer our members everyday, as well as the impact of our commitment to helping families in our community.

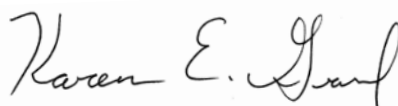
Much of our success has come from building strong, mutually beneficial, community partnerships. We have been able to expand our reach and resources as well as coordinate with like-minded organizations to address eldercare challenges and opportunities. Some of our strategic partners include: the Greenwich Commission on Aging, the Greenwich Department of Human Services, Norwalk Community College, Open Arts Alliance, Building One Community, University of Connecticut, Greenwich United Way, the Center for Healthy Aging, and numerous home health agencies. We are thankful for our partnership with these amazing organizations and for the important work they are doing in our community.

The momentum behind River House's mission has always been propelled by our invaluable Board of Directors, committed Advisory Board, and compassionate volunteers. Their vision and dedication transformed an old pump house into a state-of-the-art care facility where anyone can walk in the door and their day becomes instantly brighter. Maybe it's the reflection of the river or the hearts of our people, or both. Like the river, together we continue to move forward toward a brilliant future. Thank you!

Sincerely,



Donna Spellman, MS
Executive Director



Karen Grund
President





“I feel like I leave my mom with family during the day.”

Margaret D.

When your family needs our family

River House is committed to providing the highest quality care to aging adults while offering guidance and support to their caregivers. Adults who wish to remain in the community, but require daytime assistance come to River House six days a week. Here they participate in vibrant activities, socialize with their peers, and receive compassionate care. Members, who are often challenged with Dementia, Alzheimer's, Parkinson's, Traumatic Brain Injuries, and other age-related ailments, benefit from River House's team of nurses, health aides, social workers, and therapeutic recreation staff who are trained to support their unique needs.

River House follows an accredited medical model where nurses work with every member, their doctors, and their family to provide a personalized care plan. The medical care combined with socialization and therapeutic recreational activities throughout the day improves the quality of life for our members and their families. Caregivers are given the freedom to return to their other obligations and have peace of mind knowing that their loved one is safe and happy.

River House is open Monday through Friday from 7:30 AM to 4:30 PM and Saturday from 8:30 AM to 4:30 PM. In 2018, River House had the opportunity to serve 123 members and over 400 caregivers and members of the community.

“River House is more than an adult day care center, it is **an extension of our family.**”

Mike L.

A place to celebrate life

Therapeutic Recreation

There is never a dull moment at River House! We pride ourselves on keeping our members engaged and active throughout the day. Our Therapeutic Recreation Program consists of activities tailored to meet the varying needs and interests of our members. Members have the option to participate in activities including morning and afternoon exercise, games, music, art, gardening, baking, and more. Simply put, there is something fun for everyone!

River House also offers mentally stimulating activities to challenge and engage the minds of our members. Our MasterMind Program, which improves memory, verbal fluency, flexible thinking, attention, and communication, is very popular!

A key component of our Therapeutic Recreation Program is socialization, which has proven to increase an aging adult's psychological and physical well-being. Our members receive social support through group activities including reminiscence programs, topical discussions, sing-alongs, as well as trips to local cultural organizations, libraries, parks, and beaches.

Our River House family wouldn't be complete without volunteers who visit with members, assist with activities, and use their unique skills and talents to provide our members with wonderful new experiences. Our volunteers bring great joy to River House and we are truly grateful to them for choosing to spend their time with us.



Artwork by River House members

“ My dad used to be very antisocial, but at River House **he laughed**, he danced, he drew things all the time. He played games. He went to the horse farm to feed the horses. He planted flowers, vegetables. **He loved getting up everyday**, getting on the bus and seeing all his friends. He was alive, he was happy, and **he thrived**.

I can't thank River House enough for giving me my Dad back. He will be 80 this year and **River House brought so much joy to his life!**”

Daisy C.



Our priorities are happiness and health

River House welcomes individuals of all abilities. We offer programs for aging adults who require minimal assistance throughout the day as well as programs for those who have limited abilities. The safety of our members is our highest priority. River House was designed specifically to be an adult day center so our entire facility is age and dementia friendly, meeting all ADA (Americans with Disabilities Act) standards. Our building supports mobility devices, safe movement, comfortable seating, and all rooms are equipped with proper flooring, bars, and handrails.

River House creates a care plan in collaboration with the member, their caregivers, and doctors, to ensure that our members are receiving optimal care based on their unique needs and their own personal preferences. Our staff of Registered Nurses and Certified Nurses Aides oversee the health of our members by providing health monitoring, administration of physician-prescribed medications and treatments, coordinated care with physicians, individual health assessments, as well as assistance with personal hygiene, bathing, and toileting as necessary.

Waterfall Program

The Waterfall Program at River House is designed to meet the needs of individuals requiring more attention such as those facing advanced Dementia, Alzheimer's, Parkinson's, and other cognitive disease impairments. The highly trained, experienced staff offer a variety of specialized therapies that emphasize one-on-one attention and customized care. In fact, several of our Waterfall members were turned away by other organizations due to their extensive care requirements. River House enjoys welcoming these members to our family and supporting their unique needs.

“Dementia is a disease of the family. As family members, we constantly worry about the well-being of the person with this vicious disease. Having a place where my Dad can go gives us **peace of mind** during the hours he is in your care, and that alone adds peace and **contentment to our lives.**”

Marie J.





We are here **for you too**

At River House we understand the challenges associated with caring for a loved one and are committed to providing meaningful support and compassion to caregivers. Our Caregiver Resource Center offers support groups, individual and family counseling, home and personal safety information, referral services, and assistance with advanced care planning, financial aid, entitlements, and other support. All of our caregiver services aim to help caregivers develop a clear, educated, and meaningful plan for their loved ones and themselves.

93% of our caregivers have stated that River House helped reduce their overall level of stress. As a result of the services that we provide, our caregivers have reported a decrease in absenteeism from their places of employment and have remained engaged in their communities.



River House's **Caregiver Resource Center** is open to all members' caregivers as well as the community at large.

In addition to private counseling and referrals we are proud to partner with the Town of Greenwich, American Red Cross, and the Junior League, to offer **Caregiver Circle** – a series of informational events aimed at educating, supporting, and bringing non-professional caregivers together.



We are all better when we work together

We recognize that our success at River House largely depends on the wonderful partnerships we have made with other community-based organizations. This year we are thankful for the organizations that have connected us to wonderful staff and volunteers.

Community Connections, a program managed by Greenwich High School, gives students with special needs real-life job skills and work experience. River House has had the pleasure of welcoming a recent GHS graduate to our volunteer team where he is learning how to be a Recreation Specialist. It didn't take long for River House staff and clients alike to learn what a wonderful addition he has been to our team!

Hebrew Wizards, an innovative Hebrew School & Congregation located across from River House, has engaged their Teen Wizards in social outreach programs including regular visits to River House. River House clients enjoy socializing, playing games, and watching performances by the students. The students have fun too!

Open Arts Alliance is a non-profit social service organization that uses the performing arts to bridge the gap between the youngest and eldest members of our community. We are so grateful for their improv workshops and the students who regularly perform at River House, bringing entertainment and joy to our clients.

Transitional Employment Unlimited also helps people with disabilities maintain employment. TEU has connected River House with wonderful employees who support our Recreation team in engaging our clients in activities and conversation. We are so grateful for this partnership!





40 *years young*

2017 marked 40 years of service for River House! Our 40th Anniversary Gala was held on Saturday, September 16th at Greenwich Country Club. It was a night to remember, complete with a live auction led by local favorite Gideon Fountain and dancing to the musical stylings of ETA Music.

The night honored the contributions of Anne M. and Charles F. Niemeth, and Caralyn and Douglas Stevens. Kathleen Burgweger was presented with River House's Special Recognition Award. The support of these individuals has been integral to the success of River House, and we were thrilled to recognize and honor their dedication to our organization.

We look forward to serving our community for the next 40 years!

Committee

Chairs

Karen Grund

Linda and Doug Longmire

Kath and Kip Burgweger

Ellen and Michael Funck

Ann and R. Keating Hagmann

Anne Marie and Jim Hynes

Leah and Jim Marmon

Jane and Stuart Marsh

Alice P. Melly

Kathy and Tom Petersen

Melinda M. and Donald L. Sherman





Garden Party

We are truly grateful to all of our supporters and new friends for another successful Garden Party, which has become a springtime staple in the Greenwich community. We're looking forward to celebrating our 25th Annual Garden Party this spring! Make sure to mark your calendars for Thursday, April 25th, 2019.

Sponsors

Courtyard

The Resource Foundation

Back Garden

Anne and Chuck Niemeth

Window Box

Marie Fauth Charitable Fund

Orchid

Carlson and Carlson

Lily

Greenwich Hospital
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Chairs

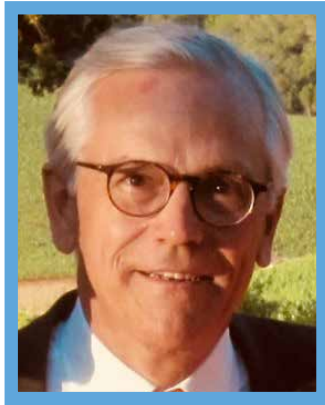
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Christina Downey
Karen Grund
Ann Hagmann
Linda Longmire
Leah Marmon
Jane Marsh
Alice Melly
Sue Miller
Katey O'Leary
Kelly Peterson
Melissa Rovelli
Grace Schoelkopf
Melinda Sherman
Caralyn Stevens
Sharon Sunoo
Carla Wallach

Board of Directors

In 2018, we were thrilled to announce the addition of three new Board Members:

Michael Basham



River House is an incredible asset to the Town of Greenwich. Offering seniors a safe and uplifting place to go during the day not only benefits the members and their caregivers, but our community as a whole. I serve on the Board of Directors because I want to ensure that River House remains in our town for many years to come.

Janice Richards



When my mother was diagnosed with dementia, we both found ourselves bewildered by this strange new world suddenly thrust upon as patient and family caregiver. While it was sometimes a long and painful journey, there were also many good and joyful moments along the way to be celebrated. This personal experience made me realize we must do more, much more to support those in need of the kind of assistance and supportive family centered environment that River House provides, and for family members and caregivers as well.

Allison Wolowitz

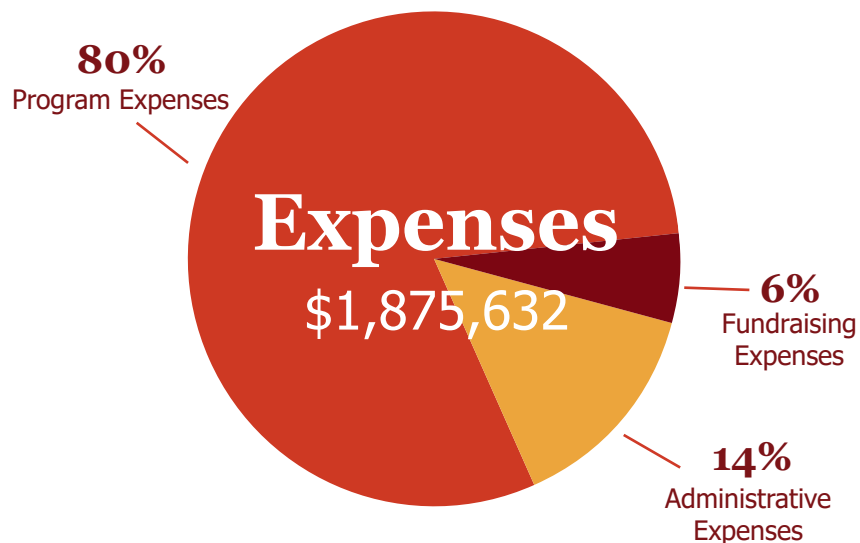
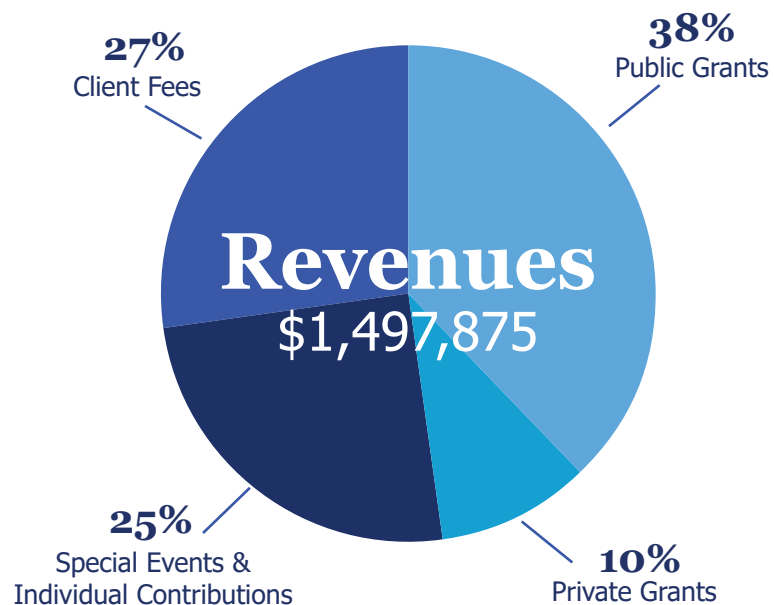


I am a member of the River House Board because I enthusiastically endorse their commitment to supporting not only their clients, but in meeting the critical needs of the entire family. Every time I walk into River House, I immediately smile! Seeing everyone engaged and happy in this warm and inviting space shows me how important River House is to our community. I am honored to be a part of the River House family!

We would like to extend a special thanks to our recently retired Board Members for their years of service and support:

Julia Boysen, Jane D. Marsh, David Moore, Nancy Rosenthal, Melinda M. Sherman, Caralyn Stevens, and Charles L. Zoubek

Financials



Balance Sheet

Current Assets

Cash & Equivalents	140,606
Accounts Receivable	154,445
Other Receivable & Prepaid Expenses	15,704
Total Current Assets	310,755

Investments	1,015,567
Fixed Assets	3,538,868
Total Assets	4,865,190

Liabilities

Current Liabilities	127,385
Grants Payable, Security Deposits, Accrued Expenses	
New Asset Balance	4,737,805
Total Liabilities & Assets Balance	4,865,190

Tributes

In Honor of

Sarah T. Boyle

Anonymous

Julia Boysen

Mimi and Don Kirk

Kathleen Burgweger

Debbie and Morris Finkelstein

Bim Kendall

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Jody Visage

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Muffy Fox

Sabina Beinstein

Matt Anavy

Alejandra Andrade

Andrea Beinstein

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Shawn M. Brennan

Marion and Leo Carey

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Kathleen Ramirez and Marc D'Amico

Barbara DiTrolio

Sherry and Stephen Frank

Tarek Hamid

Nancy Krivit

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Sabina Beinstein *(continued)*

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Western Middle School Social
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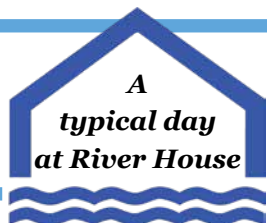
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The names listed reflect donations made during our fiscal year ending 6/30/18.

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Christina Downey
Denise Drake and Peg Drenckhahn
Maureen and Marc Ducret
Madeleine Duerst
Cheryl and Dan Dunson
Beth Eaton-Koch



8:30 AM Members enjoy their morning coffee while chatting with friends or reading the paper.

9:30 AM The day kicks off with some light exercises led by a Recreation Specialist or a volunteer.

11:00 AM Members get their creative juices flowing while working on a project during Art Therapy.

Joan and Len Epand
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Mr. and Mrs. Jerry Lee
Penelope Lehman
Eleanor Lindberg
David Loble
Helen and John Lobrano
Cricket Lockhart
Arline A. Lomazzo

12:00
PM Lunchtime! Members are served a nutritious meal followed by dessert or fresh fruit.

1:00
PM Members split up into teams for a game of Balloon Volleyball, a River House favorite.

2:00
PM The day starts winding down with the help of a sing-along during Music Therapy.

4:00
PM Members begin getting ready to head home after enjoying an afternoon snack.

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*We apologize for any errors
or omissions.*


Connecticut Association
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United House Wrecking
Varmax Liquor Pantry
Vineyard Vines
W by Worth
Walker + Wade
Allison Wolowitz





Volunteers

River House staff and members send a heartfelt thank you to all of our amazing volunteers for their devoted time and service to River House this past year! Our River House family wouldn't be complete without volunteers who use their unique skills and talents to provide our members with wonderful new experiences. Our volunteers bring great joy to River House and we are truly grateful to them for choosing to spend their time with us.



Millie Aguilar
Rebecca Andruss
Guy Bailey
Emma Beinstein
Len Beinstein
Chaya Bender
Mary Jo Bridge
Kath Burgweger
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Martin Spellman
Ross Spellman
Stanwich School
Ruth Sutcliffe
Cean Villemena
Stephanie Webb
Nicholas Wolanski
The Woman's Club of Greenwich
Rodger Wyatt
XL Corp

We couldn't do it without you

Your support makes an impact

\$95 industry standard daily fee
(paid by 36% of members)

\$78-\$94 income-based sliding scale fee
(paid by 14% of members)

\$71 average subsidy reimbursement rate
(received by 50% of members)

\$140 actual cost of care per day

\$57 average difference between the actual cost of care and the payment received per member

Your donation applies directly to this difference!

River House depends on the generosity of our community to maintain the level of care our members deserve and expect.

The bottom line:
100% of members benefit from your generosity.

Thank you!



**Thank you to all of our
friends, supporters,
and volunteers.**

**You complete the
River House family!**



