



2019 Annual Report

Working together towards a single mission: Adult day care that works for all families.

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Dear Friends,

As we look back on 2019, we are so proud of everything we have accomplished **together**. At River House Adult Day Center, we know that teamwork, friendships, collaboration, and connections are important to success. The members and caregivers we serve are true partners in our effort to provide adult day care that works for all families. Our staff and members share wonderful friendships that make River House a perfect place to spend the day together. And our committed Board and Advisory Board, enthusiastic volunteers, and generous donors, **together**, make it possible for us to provide the highest quality of care while keeping our members' out-of-pocket costs as low as possible.

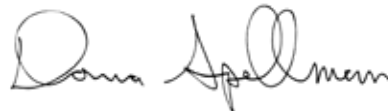
We are also incredibly grateful to the numerous foundations who have come together in support of our mission. This year, in addition to the continued support we have received from longtime supporters and foundations, we also received more than \$150,000 from new foundations who have committed to supporting our nutrition program, our scholarship program, and the overall financial stability that will maintain River House Adult Day Center well into the future. As a nonprofit organization, we depend on the combined support of the community to ensure that River House does not have to compromise the high quality of care that our members deserve, require, and expect.

We know it takes a village to succeed. We are grateful that we are working **together** to improve the quality of life of our members and their families. We could not do this without you.

In appreciation,



Nancy H. Thode
President



Donna Spellman, MS
Executive Director



Together we celebrate life!

For over 42 years, River House has been responding to the needs of local families by offering an affordable care alternative for older adults who wish to age in place within their community but cannot be alone during the day.

While the loss of independence can sometimes overshadow the joys of life, at River House happiness abounds. Sunshine reflects off the river, music of an earlier time sings through the air, and the hum of laughter is constant as members celebrate the day with their River House family.

In 2019, 127 aging adults spent their days at River House receiving care from our compassionate nursing staff, participating in a wide variety of activities with our therapeutic recreation team, and socializing with their peers and community volunteers.

Together, we are celebrating life every day.



19 dedicated
staff members

120+ members
per year

40+ activities
per week

30+ community
outings per year

307 days
of care
per year

18 meals
and snacks
shared weekly

Over 200
volunteers
per year





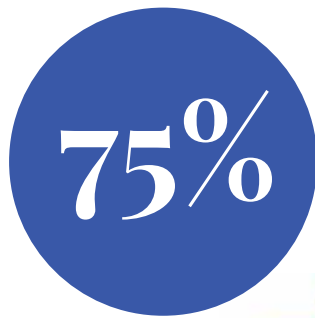
River House
Small Day Center
Janet

Together we are healthier.

River House is the only accredited medical model adult day care center serving the Greenwich and Stamford communities. Aging adults are enrolled in River House because they are struggling with social isolation, depression, physical limitations, and cognitive impairments. Some have difficulty managing activities of daily living such as personal hygiene, bathing, dressing, ambulation, toileting, and eating. Our team of registered nurses, certified nursing assistants, and health aides address these issues while offering compassion, support, and laughter to decrease the perceived impact of these challenges on our members' quality of life.

River House offers a personalized and flexible care model where nurses work with every member, their doctors, and their family to create a care plan that includes individual health assessments, administration of physician-prescribed medications and treatments, dietary restrictions, and recreational activities best suited to each individual's interests and abilities.

Our Waterfall Program is designed to meet the needs of individuals who require more attention due to advanced dementia or disabilities. A variety of specialized therapies that emphasize one-on-one attention and customized care are offered by our highly trained health services team.



**of River House members
have symptoms of dementia.**



**Dementia
Friends**

**River House is
*dementia friendly!***

Together we are happier.

Bright and cheerful, full of life and laughter, River House makes a positive first impression on everyone who walks through our doors. Each day is filled with a wide variety of activities designed to keep members engaged, active, and happy. After a morning snack, the day kicks off and members have the choice of participating in activities such as light exercise, team games, music therapy, arts and crafts, gardening, cooking, and more.

A key component of our Therapeutic Recreation Program is socialization, which has been proven to increase the psychological and physical well-being of aging adults. Members create strong bonds with one another as well as with our staff. On any given day you'll see friends catching up, holding hands, laughing, dancing, and being a source of comfort for each other.

Volunteers also play a critical role in the success of our program by assisting with activities, using their skills and talents to entertain members, and providing a vital connection to the community. Composed of students of all ages, local residents, choral groups, garden clubs, civic groups, and more, our volunteers bring great joy to our members and we are grateful that they choose to spend their time with us.

“My dad was very antisocial, but at River House he laughed, he danced, he drew things all the time. 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.” – Daisy





Silver Lining
Bob

nature's care

Together we can!

94% of aging adults want to remain in their communities as long as possible. However, caring for a dependent adult can put a significant strain on caregivers and often causes them to consider alternative care solutions at assisted living or nursing home facilities.

Here at River House, we partner with families to develop a solution that works for everyone! We provide aging adults with the highest quality care during the day so they can return to the comfort of their own homes under the care of their families in the evening. It's truly a win-win situation – one that enables adults to receive services that improve their quality of life *and* provides caregivers the respite and peace of mind needed to effectively care for themselves and their loved ones.

We value our partnerships with caregivers and offer the following services to help ease their stress:

- Family consultations
- Evaluations of the needs of both the member and the family
- Individualized plan of care, based on family input and health needs
- Coordinated care with personal physicians
- Administration of physician-prescribed medications and treatments
- Assistance with personal hygiene and bathing
- Home and personal safety information
- Assistance with advanced care planning

River House's **Caregiver Resource Center** is open to all members' caregivers as well as the community at large. Our **Caregiver Circle** lecture series is aimed at educating, supporting, and bringing together non-professional caregivers.



Together we are better.



Helen Dixon

Having served on other local non-profit boards in the community, I have always viewed River House as the gold-standard for providing professional and compassionate care to our community's older adults. I am honored to be part of this wonderful organization and look forward to its ongoing growth.



Heather Keane

River House is an extension of family and a true blessing for so many in our community. Not only is the setting itself a peaceful oasis, but I have never met a more energetic and passionate team that is truly dedicated to making everyday a good day for each member. The place is alive! Working with the senior community on a daily basis, I've witnessed how River House has solved the needs for so many families and caregivers seeking respite, while providing their loved ones with a "full day." I feel so fortunate to be working with such a dynamic Board and vibrant staff, and to be part of the River House community!



Alan MacDonald

Helping wherever I can in an organization as timely and meaningful as River House is what makes my life so full and satisfying. Perhaps having a 93 year old brother and 91 year old sister still living full lives helps me appreciate what a significant contribution River House makes in seniors' lives. As a new member of the Board I am more and more impressed with how well River House executes its mission. I consider myself lucky to be able to be involved.

A special thank you to our recently retired board members for their years of service and dedication to River House: Anita Carey, Anne Marie Hynes, and Marcus Zavattaro.



Jeffrey McCarthy

I have seen first-hand the challenges of caring for a dependent adult. It is physically and emotionally demanding, 24 hours a day. When I learned about River House I immediately admired their family focus. River House truly understands that caregivers can only be successful if they receive care as well. The respite, peace of mind, and support that River House offers, in addition to incredible care, is invaluable. I am so proud to be a part of an organization that does so much for families in our community.



JoAnn McCarthy

River House helps families during one of the most difficult times of their lives – providing the most compassionate and skilled nursing care as well as guidance and resources to support the entire family. The complete wrap-around services bring true happiness to members and ease the stress that so many caregivers experience. It is an honor to serve on the Board and ensure that the organization can continue to be a part of Greenwich for years to come.



Kyle Silver

My career at Arch Street has been focused on supporting families by providing a safe place for our youth to come together with their friends. River House does the same thing for families caring for older adults. We are lucky to have such wonderful nonprofits in our community. I serve on the Board to ensure that our community can continue to support our residents at every stage of their life.

Silver Jubilee

River House celebrated the 25th anniversary of the Garden Party on April 25, 2019 at Riverside Yacht Club. The “Silver Jubilee” was chaired by Leah Marmon and Karen Grund and was attended by over 220 guests who enjoyed dinner, music by DJ April Larken, and a fabulous silent auction overlooking the sound.

The Garden Party has traditionally been celebrated as a daytime luncheon that included a fashion show and silent auction. In an effort to celebrate 25 years of success while also making it possible for additional supporters to attend, the Silver Jubilee was held in the evening and raised over \$160,000 to support River House’s programs and scholarship fund.

Lori Contadino, Director of the Town of Greenwich Commission on Aging, was the recipient of the 2019 Community Impact Award. In her remarks, Contadino highlighted the impact River House has on individuals, families, and the community.

“River House’s programs preserve independence and provide opportunities for meaningful social interaction by creating a new sense of community – a special sense of belonging.” – Lori Ann Contadino



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Co-Chairs

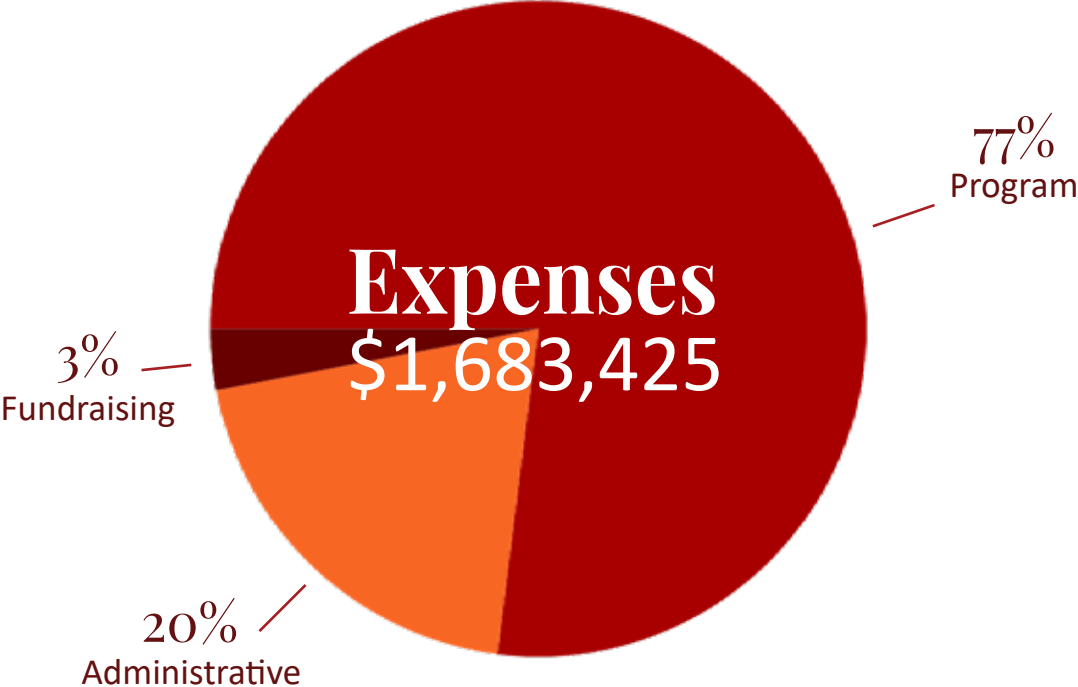
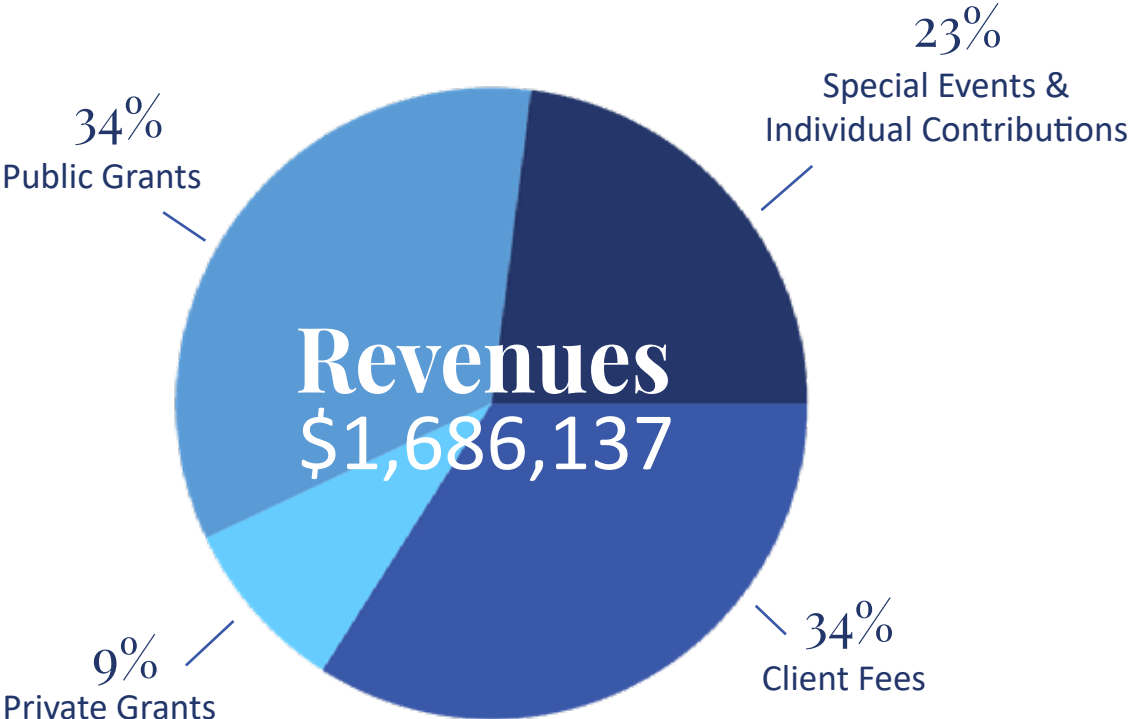
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Financials



Balance Sheet

Current Assets

Cash & Equivalents	\$ 146,200
Accounts Receivable	\$ 147,535
Other Receivable & Prepaid Expenses	\$ 15,702
Total Current Assets	\$ 309,437
Investments	\$ 1,284,371
Fixed Assets	\$ 3,401,669
Total Assets	\$ 4,686,039

Liabilities

Current Liabilities	\$ 124,419
Grants Payable, Security Deposits, Accrued Expenses	
New Asset Balance	\$ 4,561,620
Total Liabilities & Assets Balance	\$ 4,686,039



River House is a gold-level GuideStar participant, demonstrating its commitment to transparency.



Tributes

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Together we are changing lives!

The names listed reflect donations made during our 2019 fiscal year 7/1/18 – 6/30/19.

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Skip Azud
Steve Becker
Brian Private Chauffeur (BPC)
Kath Burgweger
Burke Catering
Patricia Cea
Leslie and John Cooper
Delamar Spa
Helen and Bruce Dixon
Denise Drake, L.M.T.
Dream Spa
Equinox Greenwich, CT
Fjord Fish Market
Forme Barre Fitness
Diane Franco
Gabriele's of Greenwich
Garden Catering
Garden Club of Old Greenwich
Dr. Scott H. Gelbs
GrapesWine.com
Green Fingers Garden Club
Greenwich Bank and Trust
Greenwich Botanical Center
Greenwich Cheese Company
Greenwich Family & Cosmetic Dentistry
Greenwich Medical Spa
Greenwich Orchids and Fine Flowers
Greenwich Town Party
Karen Grund
habitatgreenwich
Ann Hagmann
Nancy Harris
Hoagland's of Greenwich
Horseneck Wine & Spirits
Dale and Steven Horton
HTE (Home Technology Experts)
Indulge Salon and Beauty Bar
Lise Jameson, LCSW
Joey B's
Lauren Johnston
Lisa Jordan
Bill Kalna
Stefanie N. Kies
Le Fat Poodle
Doug Longmire
Alan MacDonald
Leah and James Marmon
John Martello
JoAnn and Jeff McCarthy
Alice Melly
Michaelangelo of Greenwich
Marion Milrod
Noelle Spa for Beauty & Wellness
Heidi Nolte
Ocean House
Old Greenwich Garden Club
Pasta Vera
Peter Suchy Jewelers
Putnam & Vine
Rebecca Karson Design
Janice Richards
Riverside Garden Club
RPM Raceway
Nancy Sahlein
Sam Bridge Nursery & Greenhouses
Grace and Andrew Schoelkopf
Shreve, Crump & Low
Simon Pearce
Michael Smith
Something Special Flowers
Caralyn Stevens
The Local Vault
The Milbrook Club
The Old Greenwich Social Club
The Old Homestead Steakhouse
Nancy Thode
Tiffani Photography
Kasia Toczydlowska
Too Sparrows
Maria Turkel
Valbella Restaurant
Varmax Liquor Pantry
Villa Nuova
Vineyard Vines
Visiting Angels
John Vollmer
Allison Wolowitz
Joanne Zammit
Katie and Dave Zapata
Marcus Zavattaro

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. Volunteers bring great joy to River House and we are truly grateful to them for choosing to spend their time with us.

Rebecca Andruss
Danny Axelrod
Guy Bailey
Emma Beinstein
Len Beinstein
Chaya Bender
Sherry Berkowitz
Jessica Bilhubler
Nile Boll
Gavin Bouslough
Mary Jo Bridge
Kath Burgweger
Christina Cavin
Monte Cely
Paul Ciofarri
Emma Comesaña-Vila
Juliana Contadino
Lori Contadino
Marc D'Silva
Maegan Darling
Sam Diebler
Susan and Paul Doyle
Denise Drake
Joe Edelstein
Michael Ego
Kimi Ego
Tom Fenaroli
First Presbyterian Church
Nursery School
Nancy Fortin
Mike Gatliff
Barbara Gleason
Sarah Gleeson
Lisa Goldberg
Good Dog Foundation
Lawrence Gramling
Daniel Greenborough
Greenwich Academy
Greenwich Botanical Center

Greenwich Chaplaincy Service
Greenwich Choral Society
Greenwich Garden Club
Greenwich High School
Greenwich HomeCare
Rosa Maria Gutierrez
Ann Hagmann
Saeed Hassan
Keiko Hayashida
Hebrew Wizards
Simon Hermann
Janette Hoekstra
Yolanda Hoerner
Holly Hill Tones
Mitsuko Ichimura
Heather Keane
Jim Keane
Betsy Keller
Stefanie N. Kies
Elliot Kim
Francesca Kim
Noah Kim
John Kolok
Jerry Kranz
Elizabeth Lake
Amelia Laskowska
Ed MacDowell
Grayson McIntyre
Rocco Natale
Brendan Norberto
North Street Girl Scouts Troop
Emma Norton
Oasis Senior Providers
Open Arts Alliance
Eric Osband
The Osborn
Nick Panino
Armstrong Park
Naomi Park

Casey Parsons
Brooke Pensiero
Laurie Pensiero
Larry Phillipps
Maria Pizzarello
Shun Sakai
Frank Schipani
Mia Schipani
Melissa Schiraldi
Jackie Schofield
Schubert Chorale
Carol Scott
Cecilia Sepulveda
Serendipity Chorale
William Shabecoff
Nina Smerglio
Frank Clawson Smith
George Sommerfeld
Songsters
Martin Spellman
Ross Spellman
St. Mary's Church
Stanwich School
Hannah Subramaniam
Ruth Sutcliffe
The Grace Notes
The Melody Men
The Park Street Singers
The Silvertones
The Simmons Family
The Woman's Club of
Greenwich
Cean Villemena
Stephanie Webb
Hayden Winig
Nicholas Wolanski
Rodger Wyatt
XL Corp



River House
Multi-Day Center
Hannah

River House
Multi-Day Center
Thelma

Keeping our community *together!*

River House is a nonprofit organization committed to providing exceptional care that is accessible and affordable. According to the State of Connecticut 2019 Cost of Long-Term Care Report, the average daily rates for senior care in Connecticut are:

- Nursing home facilities = **\$432/day**
- Home health aides = **\$240/day**
- Companion services = **\$168/day**

River House Adult Day Center = **\$100/day**

At \$100 per day, River House is an affordable, safe, and convenient care option for dependent adults who wish to age in place in Greenwich and Stamford.



Affordable care when and where families need it.

The actual cost of the high-quality care members receive is \$140 per day. However, River House maintains the industry standard daily fee of \$100/day and never turns anyone away due to inability to pay.

- Only **36%** of members are able to pay the full fee of \$100 per day.
- **50%** of members receive subsidies with a reimbursement rate of \$72 per day to River House.
- **14%** of members are not eligible for subsidies and pay \$83-99 per day based on their income.
- Over **100** scholarship days are provided each year.

The average gap between payments received and the actual cost of care is **\$50 per member per day – this adds up to \$2,500 per day and close to \$800,000 annually.***

As a 501(c)(3), River House depends on the generosity of the community to bridge this funding gap. Donations to River House ensure that dependent adults have an affordable care option that enables them to safely age-in-place in the community they love.

**Numbers based on averages at time of publishing. The actual cost of care and the gap may vary slightly based on fluctuations in enrollment and attendance.*



Together we make a difference.

“This place is so important to me... I look forward to coming every day. I’m a different person now that River House is a part of my life.” – Ed

“I really enjoy coming here. Before River House, I used to just sit on the couch all day, but now I get up and go places and do things.” – Ruby

“Debbie has the opportunity to get out of the house and enjoy meaningful social interaction and a variety of planned activities in a safe, beautiful, and genuinely joyful place. I’m able to attend to my own needs, rest, and relax. River House is a blessing for which my family and I are most grateful, because River House gave us our life back.” – Richard

**Thank you to all of our friends,
supporters, and volunteers for your
help in enhancing so many lives.**

You complete the River House family!



River House is a 501(c)(3) nonprofit organization.

River House is committed to providing the highest quality care to aging adults while offering guidance and support to their caregivers. By offering daytime care six days a week, River House helps ease the burden of caregiving on families while providing dependent adults with an environment in which they can thrive. While at River House, members benefit from a comprehensive program that combines professional nursing care, nutrition, engaging recreational activities, and socialization. The high standard of health care provided, the vasy array of activities to be enjoyed, and the many friendships formed make River House the perfect place for aging adults to spend the day.



**125 River Road Extension • Cos Cob, CT 06807
(203) 622-0079 • info@theriverhouse.org • theriverhouse.org**