



ANNUAL REPORT 2018

Published September 2019



The Care Movement

A group of people, including men and women of various ages, are seated in a room with large windows and a drop ceiling. They are all clapping their hands, suggesting a supportive or celebratory atmosphere. The room has a warm, yellowish light. The people are dressed in casual attire like sweatshirts and jeans. The background shows a modern interior with large windows and a drop ceiling with recessed lights.

MISSION

TO PROVIDE SUPPORT, EDUCATION
AND RESOURCES TO CAREGIVERS AND
QUALITY CARE FOR THOSE LIVING
WITH MEMORY LOSS AND OTHER
CHALLENGES OF AGING.

Care
Partners

HISTORY

- **1985:** Founded as a volunteer caregiving organization
- **1985-1986:** Piloted Care Team® Model for individuals and families living with AIDS
- **1988:** Established as a 501(c)(3) entity by IRS
- **1988-Present:** Provide evidence based programs through volunteerism to the vulnerable and weak; complimentary respite support for caregivers, activity- based program for those living with memory loss and resource navigation
- **1985-Present:** Care Team members have delivered more than 2 million hours of volunteer service to family caregivers and their loved ones



THE NEED

Baby Boomers are aging, and there are growing numbers of adults in the United States who are not fully able to care for themselves. Some live relatively independently but still require some level of care and support. Others require full-time care. The need for caregiving is projected to increase substantially in the years ahead as lifetime expectancy increases and the incidence of Alzheimer's and dementia continues to rise. In fact, every 65 seconds, someone in the United States develops Alzheimer's.

Studies show that family caregivers of people with Alzheimer's or dementia spend more hours, do more difficult work, and provide assistance for more years than family members caring for older adults without memory loss. Most caregivers cannot afford in-home or residential nursing care and insurance rarely covers the cost. Family

caregivers frequently bear the full burden of support. As their lives become increasingly centered on caring for their aging loved ones, they often face social isolation, suffer from their own physical ill-health, and struggle with significant financial hardships.

Nationally, more than 60% of family caregivers also are employed. Of those employed, 40% are over the age of 50. Due to the stress of caregiving, absenteeism and lost productivity cost businesses an estimated \$28 billion. Only 56% of caregivers report that their supervisor is aware of their caregiving responsibilities. Caregivers are in need of workplace workshops.

Family caregivers are crying out for support, encouragement, community, and respite to continue the long journey of caring for loved ones with memory loss. CarePartners can help.

MESSAGE FROM THE BOARD CHAIR

On behalf of the Board of Directors, I would like to once again thank our devoted staff, generous donors, partners and the numerous volunteers who decided to take part in the care movement during 2018! Your efforts are vital as we lead the charge to provide training, care, support, and respite to caregivers and care partners (clients) in the greater Houston and Waco areas through our four core programs. We are excited about the 1,570 participants that attended our nine different caregiver conferences and workshops last year. In response to the positive reception and demand from attendees, we plan to significantly expand this service offering over the next three years. We are also humbled by the over 111,000 hours donated by 2,313 volunteers totaling over \$2.7 million in free care. Our volunteers are the lifeblood of the mission of CarePartners and we are continually amazed by their dedication and commitment. Going forward, we look forward to growing our volunteer base as we look to reach new congregations, workplaces, and communities where family caregivers are suffering from the burdens of caregiving for loved ones that suffer from Alzheimer's, dementia, or any other challenges of aging. Thank you for continuing to support us in this mission!



JOSH WEBER

CEO, Trace Midstream Partners

Chairman of the Board,

CarePartners



MESSAGE FROM THE PRESIDENT

I am excited and honored to continue serving as President of CarePartners and ready to build on the successes we have already achieved. In 2018, we finalized our organization's three-year strategic plan to significantly grow the number of people served, partnerships and volunteers. The strategic plan includes three pillars; Education, Support and Resources which focuses on reaching family caregivers where they are and providing them with greater access to support and resources, both in person and online.

Our vision to be THE resource for family caregivers continues to be our #1 goal. We have so many wonderful partnerships that allow us to connect with family caregivers and their loved ones. All of this is possible because of the generosity of our donors and partners who provide space, volunteers and financial support to continue offering our four programs, Gathering Place, Second Family, Common Ground and Caregiver Education.

We are very appreciative of every single individual that supports our mission to serve family caregivers and their loved ones through volunteerism, partnerships and donations. We simply can't do what we do without your support. We thank you deeply for your passion to serve and support others.

Warmly.

Jenna Phayer

President, CarePartners



CAREPARTNERS' FOUR LIFE-CHANGING PROGRAMS



GATHERING PLACE

Gathering Place is a program for family caregivers caring for loved ones with memory loss, specifically mild to moderate Alzheimer's, dementia or cognitive impairment. This monthly 3-3.5 hour activity based program provides the caregiver respite, a break from caregiving responsibilities, while their loved one participates in planned activities such as games, music, crafts, lunch and socialization. A Care Team of volunteers supports this program through the partnering congregation or nonprofit.



2018 IMPACT

- 49 Gathering Place locations
- 992 families served
- 51 Care Teams volunteering 76,455 hours of compassionate care valued at over \$1.8 million in free care



SECOND FAMILY



SECOND FAMILY

Second Family is a home-based program that focuses on helping individuals living with illness or other challenges of aging by providing caregivers a break and companionship for their loved one. A Care Team of volunteers supports this program through a partnering congregation.

2018 IMPACT

- 20 Second Family programs
- 361 families served
- 20 Care Teams volunteering 21,528 hours of compassionate in-home care valued at \$532,000 in free care



COMMON GROUND

This monthly support group offers emotional support, encouragement, friendship and helpful tips about self-care and caregiving. This program is co-led by an experienced facilitator and a caregiver who been through the caregiving journey.



2018 IMPACT

- 14 Common Ground locations
- 29 families served
- 14 Care Teams volunteering 1,298 hours of support valued at \$32,000 in free care



CAREGIVER EDUCATION



CAREGIVER CONFERENCES AND WORKSHOPS

Conferences and workshops are held in partnership with congregations and other nonprofits in the Greater Houston and Waco area. These educational events connect family caregivers with tools and resources focused on providing self-care and quality care to their loved ones.

2018 IMPACT

- 9 Conferences and Workshops
- 1,570 individuals served

IMPACT STORIES

FORMER BOARD OF DIRECTORS AND GATHERING PLACE
PIONEER DR. PAUL GUSTAFSON



and had great involvement with the organization. His wife, Stephanie, was part of the Care Team Volunteer at their Synagogue and their children enjoyed attending many Sweet Charity Gala events.

A few years ago Dr. Gustafson started having memory problems, was diagnosed with mild cognitive impairment and later with early stages of Alzheimer's.

His wife Stephanie shares, "There were many years we were dealing with Paul's challenges and accompanying memory problems. But the hardest part for him was having to retire from the one and only job he loved - being a physician and taking care of his patients."



During the 1980's Dr. Paul Gustafson was one of the few Doctors in Houston who was willing to treat AIDS patients when Houston was the 3rd most heavily impacted city in the country. During that same time he met CarePartners' founders Earl Shelp, Ph.D. and Ronald Sunderland, Ed. D. who created the Care Team® Model for individuals and families living with AIDS and later joined the Board of Directors for CarePartners.

As effective treatment for AIDS were introduced, the incidence of AIDS waned. In 1993, Dr. Gustafson suggested to the Board that CarePartners should

expand their efforts to patients with memory loss disorders, Alzheimer's and other related dementias, a group that had many of the same needs as AIDS patients.

The Alzheimer's Care Team model was slow to begin. Later, Dr. Gustafson pioneered the first Gathering Place program, which provides family caregivers caring for loved ones with memory loss, 3.5 hours of respite, a break from caregiving responsibilities, while their loved ones participate in planned activities such as games, music, crafts, lunch and socialization. Over the next 30 years Dr. Gustafson and his family supported CarePartners



“WHO WOULD HAVE KNOWN ALL THOSE YEARS AGO THAT SOMEONE SO INSTRUMENTAL IN GUIDING THIS ORGANIZATION WOULD THEN BE A BENEFICIARY OF ITS SERVICES.”
– STEPHANIE GUSTAFSON, FAMILY CAREGIVER

In the Fall of 2017, as Dr. Gustafson's health started to decline and he could no longer drive or go out to volunteer with Meals on Wheels, his wife Stephanie asked if he would be interested in attending the Gathering Place program at their Synagogue, Beth Yeshurun, to give him a day out of the house and socialize with others. He agreed, enjoyed himself and has been attending every month since. In fact, when they found that there was another Gathering Place program close to where they now live, Dr. Gustafson has been attending that one as well.

Stephanie shares, "Once I saw how he felt at ease and that these days became a part of his routine, which is important, he now has been able to even Uber there. The Gathering place is a place where he and I feel comfortable, where I know he is

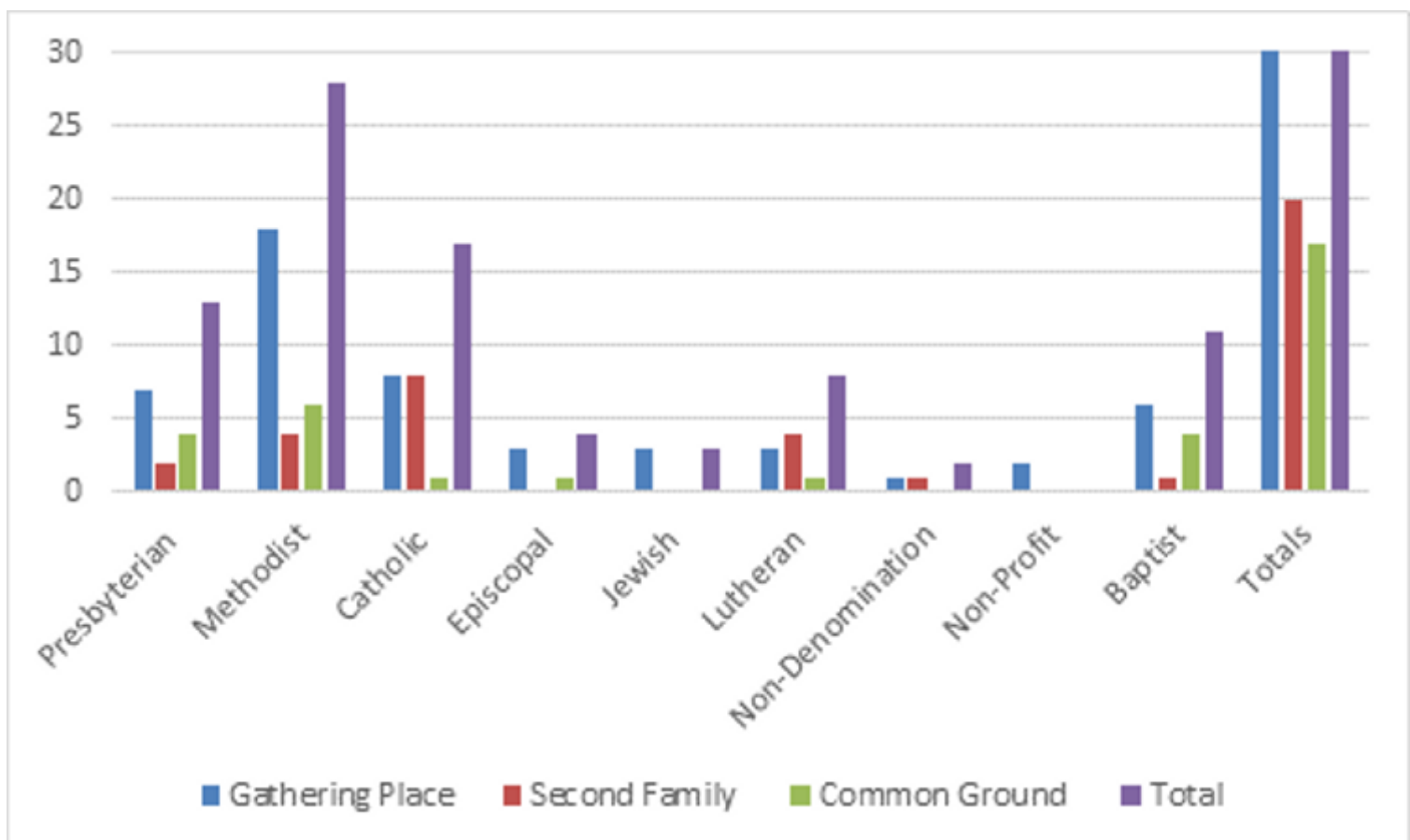
taken care of. I asked Paul what does he like best about going to the Gathering Place and he told me - he liked the people and all of the activities. When I asked what does he like least he told me nothing. Although he admitted he doesn't bring his artwork home anymore because he doesn't think it turns out well enough."

Stephanie continues, "We would like to thank everyone involved in CarePartners, especially all the volunteers who dedicate their time and efforts and patience and understanding and compassion to help those with memory loss and their family caregivers. Who would have known all those years ago that someone so instrumental in guiding this organization would then be a beneficiary of your services."



Partners and Volunteers

Partnerships are the lifeblood of our organization. We simply can't do what we do to support family caregivers and their loved ones without the generous in-kind and financial support from our partnering congregations and nonprofits. **In 2018 we had 65 different partnerships who hosted 88 programs.** These partners offer space to host a CarePartners program and volunteers from their congregations and community to participate on a care team that supports one of our four programs. Many of our partnerships date back to 1985 to new partnerships created in 2018. We are grateful for the support of each of our partners.



We Love Our Volunteers



2018 PARTNERS

Bear Creek United Methodist Church
Brentwood Baptist Church
Brookhollow Baptist Church
Champion Forest Baptist Church
Chapelwood United Methodist Church
Christ the Good Shepherd Catholic
Christ The King Catholic Church
Clear Lake Presbyterian Church
Clear Lake United Methodist Church
Congregation Beth Israel
Congregation Beth Yeshurun
Congregation Emanu El
Cypress Bible Church
Cypress United Methodist Church
Epiphany of the Lord Catholic
First Methodist, Conroe
First Methodist Waco, Austin Avenue Campus
First Presbyterian Church, Pasadena
First UMC Humble
First United Methodist Church Pearland
First United Methodist Katy
Fort Bend Seniors
Friendswood United Methodist
Grace Presbyterian Church
Grand Lakes Presbyterian
Holy Comforter Lutheran
Hosanna Lutheran
Houston's First Baptist
Independence Heights Asst. Ministry
Kingwood United Methodist Church
Klein United Methodist Church
Lakewood United Methodist Church
Living Word Lutheran Church
Mamie George Community Center
Memorial Drive Presbyterian Church
Memorial Drive United Methodist Church
Messiah Lutheran, Cypress
New Faith Church
Northwoods Presbyterian Church
South Main Baptist-Pasadena

Spring Branch Presbyterian
St. Anne Catholic
St. Anthony of Padua Catholic
St. Cecilia Catholic Community
St. Charles Borromeo Catholic Church
St. Francis Episcopal
St. Ignatius Loyola Catholic
St. John the Divine Episcopal
St. John the Evangelist Catholic
St. John Vianney Catholic
St. Martha Catholic Church
St. Martin's Episcopal
St. Paul Lutheran
St. Paul the Apostle Catholic
St. Paul's Episcopal Church
St. Peter's United Methodist Church
St. Rose of Lima Catholic Church
St. Stephen's United Methodist
Tallowood Baptist
Trinity East United Methodist Church
Trinity Episcopal Church, Baytown
Woodlands Community Presbyterian Church
Woodlands United Methodist Church
Zion Lutheran Church



Pastor Cliff Ritter

The Woodlands United Methodist Church

CarePartners has been blessed to form many collaborative partnerships throughout its 33 years of existence. One of those partnerships is with The Woodlands United Methodist Church where Pastor Cliff Ritter is the Pastor over the Caring Ministry and Senior Adult Ministry.

Pastor Ritter states, "We cherish our relationship with CarePartners. They are the engine that makes all our collective parts run smoothly. Their expertise and focus on caring for our families give us an added measure of confidence in our shared vision to help people with early stages of Alzheimer's, dementia, memory loss and their family caregivers. CarePartners offers training for all the Care Team volunteers and they walk with us into the daily grind of our nuts and bolts ministry with those who participate in the Gathering Place. They are not afraid to "get their hands dirty" in the day to day work of doing a program with clients who challenge us to be our best. Our partnership is key to making this ministry not only work well but be effective in measurable ways."

The Gathering Place at The Woodlands United Methodist Church is unique in the fact that many of the Care Team volunteers are family caregivers that went through the personal challenges of caring for a family member with memory loss. Pastor Ritter says, "The outreach and care provided by CarePartners allows our volunteers to be actively connected to families in our community who are overcoming those perceived limitations that come with memory loss. The volunteers know from personal experience what respite means to a tired family caregiver, or what a joy it is to see their loved one interacting with a new friend in meaningful ways, or to be comforted by a group of people who truly understand what it means to live through the advancing stage of memory loss in a marriage, or with a family, or in a home. Our volunteers offer a breath of fresh air to a client who may be taking things one day, one moment, at a time. They are the oil, the lubricant, that makes the engine of CarePartners and the Gathering Place run well."

Pastor Ritter believes the Gathering Place is a very important program and vital part of the Senior Ministry at his church. He says, "We welcome families and friends of our church, and we reach across neighborhoods and community boundaries to invite people of all backgrounds into our fellowship. When I



Pastor Cliff Ritter, Pastor of Caring Ministry and Senior Adult Ministry



Pastor Cliff Ritter and his family at the Gathering Place where his mother in law Peggy Meyers attends.

The Woodlands United Methodist Church Cont...

visit the Gathering Place I see joyful expressions of delight. We are purposeful and intentional about creating a safe, comfortable and engaging atmosphere. The Care Team volunteers and leaders are always enthusiastic, and the care partners seem to be genuinely happy to be with us. From the opening greeting, to the games and crafts, to the music and entertainment, we have one goal: to connect with the heart and soul of the people who come. The Gathering Place provided by CarePartners gives us opportunities to do this ministry of caregiving well and to serve in ways that are genuinely transformational."

Pastor Ritter believes in the great impact CarePartners' programs and partnerships have in churches, he describes, "It is important to support an organization like CarePartners in tangible, material, and financial ways. And, it is important to support their work through volunteerism, because they are doing more to impact this undeserved community than the church, or many churches, can do on its own. Their collaborative oversight of many faithful churches and organizations gives them the critical mass to accomplish something significant for the care of people facing dementia. They have the big picture on their radar, and they see the impact that individual efforts, or those joined together as one powerful force, might ultimately accomplish. They offer compassion in response to what the world might see as suffering. They offer communities a genuine hope that we will find a way through the complexities of a condition that offers no simple solutions. Investing in CarePartners is a worthwhile consideration, because they see worth, value and dignity in every life."



Volunteerism

Hours of Volunteer Service



■ Alzheimer's Care Team[®] ■ Second Family Care Team[®]
■ Common Ground Care Team ■ Educational Events
■ Other

Our volunteer care team model has produced more than 2 million hours of volunteer service since 1985. Our care teams support our four programs. Team members are trained and equipped with the tools, resources and education to support family caregivers and their loved ones.

In 2018, our 2,313 volunteers donated 111,835 hours of free care to 3,051 individuals.

Peggy Wehe, CarePartner Volunteer at St. Martha in Kingwood

Peggy comes from a mother and grandmother who took her with them when they helped elderly friends and family. That is why when Peggy retired from Bank of America she knew that she needed to find a way to help others. Then in 2004 the perfect opportunity came when CarePartners partnered with her church, St. Martha in Kingwood to begin a Second Family Ministry. She received a message from her pastor Father Borski saying that he thought she would be the perfect leader for this new parish ministry. Peggy says, "I think that I finally realized that organizational and management skills are really talents that God gives us and not just lines on our resume." By December 2004 the Second Family ministry was well established with over 40 volunteers and 5 care partners. Peggy shares, "I'm of the opinion that all places of worship, especially the large ones, need a Second

Family Ministry to help members of the community who are caring for elderly or infirmed loved ones who still live at home."

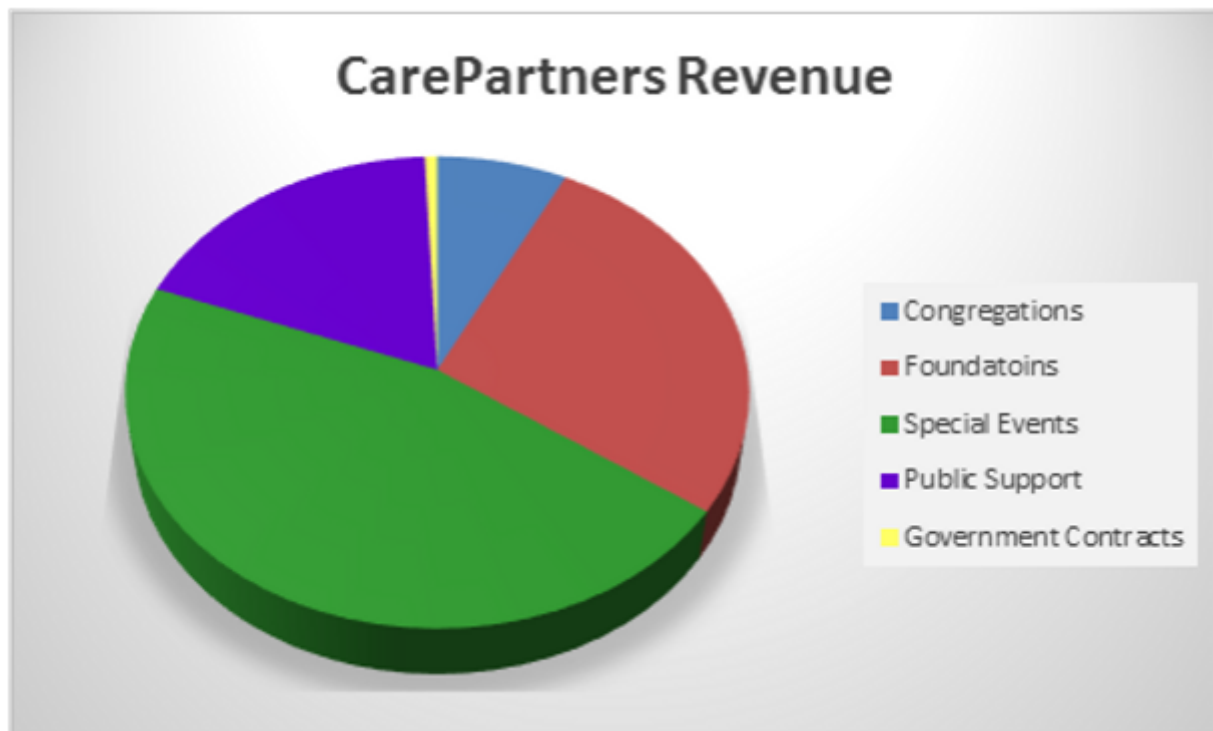
Over the 14 plus years that the Second Family Ministry at St. Martha's has served the community they have helped many families and even had three of their own Care Team members become a care partner.



"I am of the opinion that all places of worship especially the large ones need a Second Family Ministry to help members of the community who are caring for elderly or infirmed loved ones who still live at home."

~PEGGY WEHE,
VOLUNTEER

FINANCIALS



OPERATING BUDGET 2018

Revenue – \$878,252

Expenses – \$965,186

Programs – 83%

Administrative – 13%

Fundraising – 4%



THANK YOU, DONORS!

The following donors sustained the mission of CarePartners through their generous gifts made in 2018.

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**CarePartners offers the opportunity to dedicate a donation in memory of a family member, friend or loved one. For more information contact Gaby Solis, at 713.682.5995 or at gsolis@carepartnerstexas.org*



2018 SWEET CHARITY



CarePartners' Annual Sweet Charity event is an evening celebrating our mission, partnerships, volunteers and philanthropic individuals and corporations in the Greater Houston area. On Thursday, April 26, 2018 our Sustaining Presence award honorees were Doug Dawson and Jim McIngvale. Beverly Donaldson and Heidi Clark received our Dr. Ronald H. Sunderland Care Team® Member Award and Memorial Drive Presbyterian Church was our Partnership Award Honoree. More than 200 individuals attended the event which generated over \$165,000.



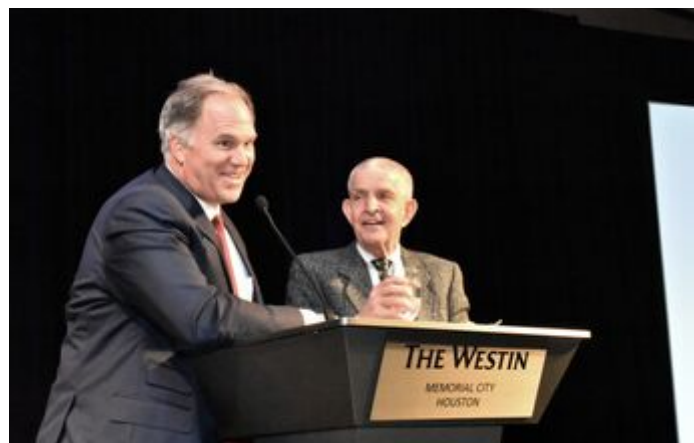
2018 SWEET CHARITY SUSTAINING PRESENCE AWARD HONOREES

Doug Dawson

After achieving high honors in both football and academics, Doug graduated from the University of Texas at Austin in 1984 with a Bachelor's degree in Petroleum Engineering. After college, Doug played professional football for the Cardinals, Oilers and Browns during which time he also started his practice with Northwestern Mutual, placing among the top twenty performers in the nation. Doug Dawson's passion for making an impact and turning dreams into reality began during his football career. While volunteering for the Make a Wish Foundation, Doug visited children with life-threatening illnesses and established relationships with entire families. Over the years, Doug has continued to serve on the Make a Wish Board, as well as other local non-profits like Fellowship of Christian Athletes.

Above all, Doug considers being a Dad his greatest opportunity for impact. According to Doug, "Arlin and Ross are a true blessing. I thank God every day for the privilege of being their father." Whether serving the community, spending time with his kids, or meeting with clients, Doug Dawson considers every moment an opportunity for impact.

Doug lost his father to Alzheimer's in 2013 after a long battle. He and his family could not have survived without the care provided by the heartwarming and committed group of caregivers. For two years, Doug's father attended CarePartners' Gathering Place Programs at Chapelwood UMC, St. Martin's Episcopal and St. John the Divine. Doug certainly understands the comfort and support that is needed for the caregivers of those with Alzheimer's.



JIM MCINGVALE "MATTRESS MACK"



Born in Mississippi, Jim “Mattress Mack” McIngvale attended high school in Dallas, TX and was a student at the University of Texas and the University of North Texas. After college, Mack worked at a convenience store where his boss did him a huge favor one day: he fired him.

Refreshed and determined, Mack found a job at a furniture store on the other side of town where he diligently worked, absorbing the business practices and trades of the furniture industry. Inspired, he made a decision that would forever change his life and the competitive world of retail industry: to open up his own furniture store.

Mattress Mack now has three Gallery Furniture stores. While Gallery Furniture is well known, Mack’s philanthropy is legendary. In fact, his philanthropy is as contagious as his passion for furniture. His work on special projects has helped to build the first Mobile Stroke Unit in the USA for patients in Houston, and when Hurricane Harvey hit Houston in August of 2017, Mack opened the doors of Gallery Furniture to those who were seeking shelter from the flood.

Mack has a huge heart and is focused on helping Houston become the greatest city in America. Mack is one of Houston's most recognized citizens and has touched the lives of countless Houstonians in a positive way.



PARTNERSHIP AWARD

MEMORIAL DRIVE PRESBYTERIAN CHURCH



Memorial Drive Presbyterian Church (MDPC) is known for its warmth, generosity, and dedication in seeking to continue the ministry of Jesus Christ in the church, the community and the world. MDPC is a part of a global community of Presbyterians who value the adherence to a pattern of religious thought known as Reformed Theology. MDPC is unique in that over \$.40 of every dollar that comes in to the church is spent in Outreach to others. Instead of lavish buildings, MDPC prefers to focus on the needs in the community, our city, and the world.

Alf Halvorson, Senior Pastor

Dr. Halvorson joined the MDPC staff in August of 2015. He graduated from Luther College with a BA, then went on to receive his Master of Divinity (1990) and Master of Theology (1991) from Princeton Theological Seminary, and his Doctor of Ministry from Austin Presbyterian Theological Seminary (2011). Since his ordination, Alf has served three churches, most recently as Senior Pastor & Head of Staff at First Presbyterian Church Bethlehem, Pennsylvania. Alf was raised in Minnesota, but spent part of his youth in Nevada, Missouri, where he met his wife, Shari, a community health nurse. They have two children, Matt and Kristen.

Rev. Dr Rick Myers

Special thanks and recognition for Rick faithfully supporting the Gathering Place program, volunteers and people served through this ministry for 12 years. We are grateful for his pastoral leadership, devotions, songs and stories that were told throughout this time at MDPC. We appreciate his passion in service to others, as his compassion and guidance was beneficial to the success of the Gathering Place program at MDPC.



2018 SWEET CHARITY DR. RONALD H. SUNDERLAND CARE TEAM® MEMBER AWARD RECIPIENT

Beverly Donaldson

Beverly Donaldson has a heart for the community and is active in her church, Brentwood Baptist, as a Lay Leader. A native of Indianola, Mississippi and 1980 graduate of Tougaloo College, she has worked in both the higher education and media sectors, collectively for over 29 years. Since 2002, Beverly has worked as a faithful volunteer in the Alzheimer's Ministry at Brentwood Baptist including The Gathering Place and Common Ground Programs in partnership with CarePartners. Beverly relates well to caregivers and their loved ones with memory loss. Always encouraging and in good spirits, Beverly volunteers with a smile offering support and understanding to the families, their loved ones and other volunteers. When not volunteering at her church and CarePartners, Beverly enjoys baking, painting and running. Now retired, Beverly is enjoying working in her family business, Leonard's American Fusion Cuisine. This proud grandmother is currently enrolled in Houston Community College's Culinary school and pursuing a certification in baking and pastry.



Heidi Clark

Heidi Clark is the Director of Adult Faith Formation at St. Paul the Apostle Catholic Church and was formerly the Public Relations Director for the Alzheimer's Association, where she also headed up their annual Memory Walk. Under her leadership, the chapter exceeded raising \$100,000 for that event for the first time. Heidi started the Gathering Place at St. Paul because her parents were living with her after her mother was diagnosed with Alzheimer's. When her father passed away, Heidi and her husband, Cody were left to handle her mom's care without his help. This led her to begin the Gathering Place Program that summer where her mother was one of the first participants. Heidi is the mother of four children, three of whom are adopted. She and Cody became foster parents shortly before her parents moved in with them and were blessed with the opportunity to adopt three of 13 foster children who were placed with them. The children remember their grandparents with great affection.



Kentucky Derby 2018

Our annual fundraising event, the Kentucky Derby, was held on Saturday, May 5, 2018. This event is a fun, engaging event held during the actual Kentucky Derby race. Attendees spend time playing derby style games, watching the race and socializing with others. More than 100 individuals attend the event which generated over \$52,000.



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ABOUT CAREPARTNERS

CarePartners is a nonprofit, volunteer led organization that provides support, education, and resources for caregivers and quality care for those living with memory loss and other challenges of aging.





Join the Care Movement

