



2022 Impact Report

The Caregiver Resource Center is a place where individuals caring for family members or friends at home can come for resources, support, and self-care. It began operations in November 2021 through the generosity of Jim Theisen and community donors, and with support from Stonehill Communities. We have had an incredible first year and look forward to continued growth!

2022 Accomplishments

- Met with local groups and organizations to spread the word about services available for caregivers
- Created a volunteer Caregiver Advisory Council to guide the Center's operations
- Developed a monthly Caregiver Newsletter
- Started the Music, Movement, and Memory program and weekly caregiver support groups
- Arranged volunteers to sit with and assist loved ones during caregiver support groups
- Became certified as a Powerful Tools for Caregivers Instructor
- Became a Dementia Friends Champion
- Started using new Caregiver Center data tracking software
- Held a ribbon cutting ceremony in October
- Promoted the Caregiver Resource Center at the Senior Living Expo and Dubuque Walk to End Alzheimer's

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Caregiver Resource Center Impact Report

November 2021 - December 2022



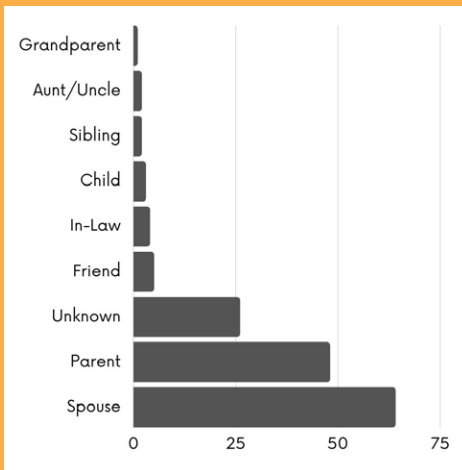
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Caregivers Served



23 Men 132 Women

Who are they caring for?



In the Words of a Caregiver

I have been very happy with the support provided by the Stonehill Caregiver Resource Center. Not only have they provided me with resources to reach out to, the support group is great. I was also allowed a free massage, which was really nice. Overall, I am very satisfied and grateful for the efforts of Jolene's team.

39

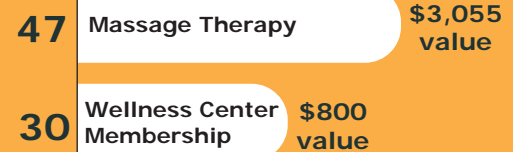
Support Group Sessions held serving 43 caregivers (both in-person and virtual)

\$1.5M

in donations received through 12/31/2022 to help with current operational expenses and grow the endowment supporting sustainable services.

Thank you to all our generous donors!

Self-Care Referrals



Volunteer Hours

Volunteers help expand the capacity and services of the Center. Thank you!



Workshops and Education Classes Offered

5 Alzheimer's Education Classes

8 Dementia Friends Sessions

10 Music, Movement & Memory Workshops

1 6-week Powerful Tools for Caregivers Class



In the Words of a Caregiver

I can't thank you enough for the support and effort you have shown. Keep praying and God bless you for all that you do and the difference you make in other's lives!