# **Empowering Families** Facing the Challenges of Dementia and 2023 ANNUAL Alzheimer's REPORT Advancing Brain Health for All. AMA7ING PLACE



We are all heroes in the face of dementia. Every day at Amazing Place we see the courage, resilience and faith of those living with a diagnosis, those who love and care for these individuals, and those who want to learn, prevent and stop progression of the disease. Our church partners, volunteers, donors and staff are heroes, too, as they help others with compassion, understanding, expertise and resources. In the following pages you will meet just a few of the heroes who last year enabled Amazing Place to successfully serve the greater Houston area.

# **EXECUTIVE UPDATE**

#### Dear Friends,

Amazing Place exists to help our neighbors live to their full potential with hope and purpose. Our mission goes beyond a dementia diagnosis, caregiver challenges or memory preservation. We actively collaborate with our community so that those in need know they are not alone and that every day presents new opportunities for which to be thankful.

In a year sparked with exciting new brain health research, 2023 was, by any measure, one of our organization's most successful years ever. A strategic planning process was undertaken to provide a road map for the future and we updated our mission statement to address brain health education.

Our **Cuidando con Respeto**, the area's first Spanish language dementia caregiver education program, was widely embraced in the community as we expanded and created additional caregiver offerings. We also added new **Brain Health Matters** topics which were presented free of charge and toward the end of the year we began planning for a new offering, **Cognitive Stimulation Therapy**, for those newly diagnosed with Mild Cognitive Impairment.

Of course, one of 2023's highlights was breaking ground on our second campus, **Amazing Place West**, last November in Katy. Thanks to the research, planning, fundraising and faith of so many over the last few years, we anticipate moving into this new 19,000 square foot facility in the Spring of 2025. We are incredibly excited and grateful.

Our ability to expand our programs and continue offering many services at little to no cost was made possible due to the extraordinary generosity of our philanthropic community. Amazing Place had a record-breaking operational fundraising year because individuals, foundations, companies, and faith communities across our community believe in our vital and unique mission. These gifts allow us to keep **Day Program** tuition reasonable and offer dementia caregivers and our community innovative programming to educate, support, and empower those in need.

In the face of dementia, we applaud all the heroes in our Amazing Place family who refuse to give up, and refuse to give in. Thank you for believing in what is possible. With gratitude,

Frang

Poldai

Tracey Brown Executive Director

Debbie Sharp 2023 Board President

# SERVING WITH JOY



Thanks to the vision of St. Luke's United Methodist Church that founded us, and the 16 churches plus five individuals from across the Houston area that govern us today, Amazing Place has been a haven for those individuals and families facing the challenges of dementia for more than 28 years. As dementia diagnoses have skyrocketed with an aging population, so have the numbers of people we serve. We provide cognitive stimulation, socialization and purpose to those diagnosed, resources and support to their families, as well as education on brain health and aging related to dementia to the community.



### ADULTS WITH MCI & MILD TO MODERATE DEMENTIA

Cognitive Stimulation Therapy Day Program

### **CAREGIVER FAMILIES & FRIENDS**

Savvy Caregiver® Education Classes Caregiver Support Groups Caregivers Connect! Care Navigation Cuidando con Respeto Star-C Caregiver Counseling

### THOSE INTERESTED IN BRAIN HEALTH

Brain Health Matters Presentations Memory Enhancement Training Service Learning for Professionals Aging Solo



### CONGREGATIONS

Faith Care Connection Dementia Training for Clergy, Staff & Lay Leaders Customized Parishioner Programs



"Social, mental, and emotional stability is as important as any dementia medicine we have now. I refer my patients to Amazing Place because it is a safe. reliable environment where people can work to the best of their ability and be successful. **Amazing Place cares** for the whole family as a unit."

> — Dr. Melissa Yu, Alzheimer's Disease and Memory Disorders Center, Department of Neurology, Baylor College of Medicine

# **ENGAGING THOSE DIAGNOSED**

For those with mild to moderate dementia, our comprehensive Day Program continued to provide a happy, nurturing environment to engage with others through a purpose-filled calendar of activities.

Welcoming our **Day Program** participants each morning and seeing their faces light up as they share stories and engage in new and old skills — from the arts to games to exercise — reminds us daily of the bravery and resilience these individuals possess. It's clear their God-given personalities and talents deserve our love and respect.

2023 participants were involved in evidence-based creative, cultural, social, spiritual, nutritional and physical activities as well as entertaining cognitive therapies to keep them challenged at their highest level. Our on-site Health, Family and Culinary teams ensured our Day Program families were fully supported by trained and dedicated professionals. Last year, we reinstated our community outings to explore the world around us, embraced special performances by the Houston Symphony and others, and hosted special events including a holiday market.



"I feel so comfortable here and everyone is so caring and considerate. I am constantly learning and I have so many good friends. I don't have a favorite part of the day it's all my favorite."

- Sharon Washington, Day Program Participant

### 2023 Highlight

Last year we began planning the 2024 rollout of a new small group offering, **Cognitive Stimulation Therapy** (CST) for those

Day Program 995 Served individuals with Mild Cognitive Impairment (MCI). Considered to be a stage sometimes leading to dementia, MCI

can be characterized by memory impairment but also by difficulty with language, thinking speed, visuospatial skills, problem-solving, or attention. Our newest evidence-based offering has been found to show improvements in cognitive function, mood, communication, social engagement and overall quality of life for participants and caregivers alike.





"I am so proud of our culinary team at Amazing Place. In the nine years I've worked here, it never gets old developing flavor-filled brain healthy recipes and then preparing lunch and a snack for our Day Program participants. **Our Memory** Preservation Nutrition<sup>™</sup> meals are made and served with love. We know we're making a real difference in the lives of those sitting down at the table."

> — Chef Michael Lieb, Amazing Place Culinary Director





"You get a diagnosis and have no clue what to do. My advice is to run, don't walk to Amazing Place where the experts have an incredible amount of unconditional love to give, not just to the person you love but to you as the caregiver. The Savvy classes are great - everything is intentional and feels so inclusive. So, while I am a dementia caregiver and a working mom, I am inspired to volunteer as well."

> — Mallory Littell, Caregiver & Volunteer

# EMPOWERING FAMILY AND FRIENDS

We continued to empower the real heroes of the dementia journey — caregiving families and friends.

Even as our Day Program provided a reliable and safe environment for participants last year, we made new strides in empowering the real heroes of the dementia journey — family caregivers and the friends who support those struggling with cognitive decline. While continuing to offer free next-step advice, support groups, counseling, and care navigation, we doubled-down last year on delivering innovative caregiver programs acknowledged nationally by dementia experts as leading the way in behavioral support.



### 2023 Highlights

We expanded our Spanish-language caregiver program, **Cuidando con Respeto**, in 2023 and found that in an area where 44% of the population is Spanish speaking, we filled a huge gap in dementia education. Working in partnership with churches and volunteers from congregations as well as our Cuidando con Respeto Advisory Group, we made significant progress in serving a population needing culturally appropriate expertise to improve the quality of dementia-touched lives.

Caregiver Support 3,426 Served



**Caregivers Connect!** was created and launched by our Caregiver Programs Director Sharon Cantrell in 2023 when she realized that those taking our **Savvy Caregiver®** classes were longing for additional conversations with their peers on topics specific to their dementia caregiver experiences. The periodic informal gatherings are filled with laughter as these courageous individuals share their personal stories and learn from each other and our Amazing Place experts. Topics covered in last year's sessions included *Good Grief!*, *Magic Words to Decrease Dementia Resistance*, and *I Need a Break!* 

**STAR-C Caregiver** is a pilot program that is unique in its use of trained volunteers to provide one-to-one in-home support and training to family caregivers. This offering personalizes what caregivers have learned in a classroom setting while bringing volunteerism to a new level of compassionate need. Last year we more than doubled the number of caregivers enrolled in STAR-C and trained eight new volunteer consultants to support this program.





"As an immigrant from Venezuela, I know first-hand how important language is in communicating about health issues, especially for the generation that came before me. Cuidando con Respeto, Amazing Place's Spanish language education program, has helped my whole family better understand dementia. changes in behavior and how to support those facing these challenges with hope."

> — Adriana Taboada, Caregiver & Volunteer



"Aging is something we should view with positivity and purpose. Social interactions and sharing our experiences and wisdom with others have shown to keep us productive, happy, and healthier for years longer."

-Dr. Alexandra Sibley, Geriatric Psychiatrist, Legacy Community Health

#### 2023 Highlights

Last year, our dementia experts created a new Brain Health Matters presentation, Navigating Your Aging Roadmap, based on the success of our popular three-week class Aging Solo. We delivered the topic free of charge to groups ranging from YMCAs and community centers to rehab specialists and congregations across Houston. This overview of tools, resources and next-step advice for planning an independent, meaningful life as you age includes tips on building your team, making sure all legal and financial documents are in order and considering health care and end of life decisions as well housing options. Equally popular was the roll out of our new Practical Tips for a Healthier You presentation. This topic explores why health span is more important than lifespan and explores the pillars of improved cognitive health - physical and mental exercise, brain-healthy nutrition, sleep, stress reduction and social engagement.

# **ADVANCING BRAIN HEALTH**

# 40 percent of dementia cases can be prevented by lifestyle interventions.

This astonishing statistic reinforced the need last year for Amazing Place to help increase awareness of the importance of brain health and advocating for personal lifestyle behaviors resulting in a longer, healthier and more productive life. We believe that every individual should be the champion of their own health.

Our well-established **Brain Health Matters** presentations as well as **Memory Enhancement Training** and **Aging Solo** classes were as popular as ever as we added new topics and promoted lifestyle changes via social media. We reached out to organizations in need of speakers and we intentionally sought out healthcare providers to understand their patients' needs to determine how our services can complement clinical care.



"As we age, staying healthy in mind, body and spirit is a perpetual challenge. Amazing Place classes addressing brain health are particularly important and popular for our seniors, especially those who want to be proactive and learn how they can help themselves with better nutrition, fitness and stress reduction."

Susan Davis, Director of Seniors Ministry,
 St. John the Divine Episcopal &
 Council of Congregations representative



"As a pastor I have seen first-hand the power of reaching out to congregants who were isolated, alone and at risk for dementia. **Amazing Place has** worked with our church through its Faith Care **Connection program** to identify those in need, meet with them and develop a holistic approach to improving the quality of their life. This is a tangible approach that works." - Rev. Alex Large, Rector, Church

of the Holy Apostles, Katy

# **KEEPING THE FAITH**

# A grant helps to identify parishioners living alone and at risk for dementia and then connect them and their caregivers to church and community resources.

2023 was a year to walk in step with our faith partners. We continued to expand our **Faith Care Connection** program with churches in Houston and Katy, seeking to improve the quality of life for both aging parishioners and their families. We collaborated with pastors and their staff on customized programs to build awareness of dementia within their congregations and to aid them in creating dementia-friendly churches, including training church leaders and volunteers on how to identify and better assist those with cognitive decline. We applaud the heroic efforts of our churches to minister to all those of faith.

### 2023 Highlight

Faith Care 413 Served

We established terrific new collaborations with faith partners last year, introducing them to our many programs and partnering with them on specialized offerings. We hosted a well-attended Katy Pastoral Care breakfast at The Fellowship last October



and were welcomed as we shared our history of working in west Houston and the many ways we will bring our new campus to life beginning next year. Also, as **Cuidando con Respeto** gained traction throughout the year with churches with large Spanish speaking populations, we collaborated with many new congregations and even hosted our sessions on Radio Maria, an international Catholic radio broadcasting service.

"I found out about Amazing Place from my mother who is actively involved here as a Council of Congregations member. First, I volunteered but when I needed to make a career move, I was lucky to get a staff position at this incredible place where there is all this hope and light. We want our participants to thrive in whatever is best for them."

- Elizabeth Johnson, Participant Program Coordinator shown with her mother, Kathy Johnson



"We didn't understand how all-consuming it is to be the primary caregiver for someone with dementia until we watched my fatherin-law take on that role with my wife's mother. We want to get behind Amazing Place and stay actively involved because it means the world to have a reliable resource on both treatment and brain health in our community."

— Ken Theis, Katy Community Leader & Advisory Council member

# **GROWING OUR COMMUNITY**

### We are in this together....

As the need for dementia support and services expand in our region, we are inspired by a community that is willing to tackle hard challenges and invest in finding solutions. That was the case with our **Annual Dinner last October when we raised more than \$675,000** in support of our operations. Our keynote speaker,

Danny Buettner, Jr., from the Blue Zones simultaneously educated and entertained the crowd, using interactive examples from the Netflix documentary, *Live to 100*. The event was a rousing success thanks to our chairs, Janet & Mark McNulty and Cathy & Keith Stubbs.



Keynote Danny Buettner, Jr.



2023 Annual Dinner at The Revaire



"Having Amazing Place come to Katy is huge! This unique dementia care resource is equally important to those who have been diagnosed, to family members and the greater community. My favorite Bible verse, Luke 9:48, says it all: Your care for others is the measure of your greatness."

- Downy Vickery, Katy Community Leader



### Laying the foundation for our future

On November 2, more than 100 Amazing Place friends, volunteers, board members, donors and community supporters gathered on our construction site at 621 deMatel Circle in Katy to bless our mission and break ground on our second campus. Scheduled to open in Spring 2025, Amazing Place West will enable us to greatly expand the number of people we serve. We anticipate offering the same programs and services we have in place at our central campus on Drexel. We are overjoyed at the generosity of so many in making this expansion into our community possible.

"I feel blessed to be part of Amazing Place's leadership and evolution in dementia care, education, support, and prevention. It's exciting to be part of a team that always pushes forward. From watching our second campus take shape to



expanding relationships with healthcare providers and encouraging people to pay greater attention to their brain health, the organization's trajectory is simply inspiring."

> - Vicki Keiser, Board of Directors representative & Amazing Together Campaign Chair





"It's so nice to be where people are caring and happy. Volunteering at the front desk is special to me because the participants, their families, the staff and others come in with smiles on their faces and are clearly there to help one another. My motto, if I have one, plays out every day at Amazing Place: Don't Worry, Be Happy. God's in Charge."

> —Garvin Stryker, Council of Congregations representative & Volunteer

# **VOLUNTEERING WITH IMPACT**

### 98% of our volunteers feel they are making an impact.

Our volunteers, who give from their hearts generously, are our unseen heroes. Their presence is felt as they greet participants and families, lead Bible Study, help in the kitchen or lead exercise or art classes. Our volunteers enable us to use our resources wisely and effectively. In 2023, they quietly **donated the equivalent of 9.8 full time employees and donated more than \$490,000 to Amazing Place, with a total contribution value of \$775,000.** They are our greatest cheerleaders and champions, and we could not be successful without them. Our gratitude runs deep.





"After working as staff at Amazing Place, I was so impressed with both the Day Program and the services provided to participants and caregivers that I wanted to continue to support the organization by volunteering my time."

Debbie Blank, Volunteer

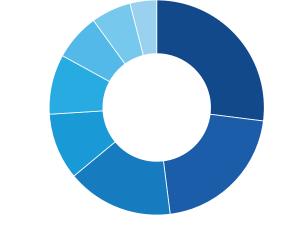


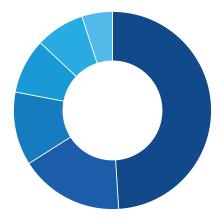
# FINANCIAL REPORT

Because of the generosity of our supporters in 2023, our expansion efforts took shape and we were able to add programming to better meet community needs. The cash position of the organization was strong at the end of the year with \$2.2 million in cash and \$6.3 million in restricted cash and investments. Our remarkable donors and faithful advocates continue to be one of our enduring strengths as together we move forward with hope and optimism for the future.

#### 2023 REVENUE \$5,892,373

Foundations	27%
<ul> <li>Day Program Fees</li> </ul>	21%
<ul> <li>Amazing Together Campaign</li> </ul>	16%
<ul> <li>Individuals</li> </ul>	10%
<ul> <li>Special Events</li> </ul>	<b>9</b> %
<ul> <li>Other</li> </ul>	<b>7</b> %
ACL Grant Program	<b>6</b> %
Churches	4%





### 2023 EXPENSES \$4,102,929

<ul> <li>Day Program</li> </ul>	<b>49</b> %
<ul> <li>Management &amp; General</li> </ul>	17%
ACL Grant Programs	12%
Amazing Together Campaign	<b>9</b> %
Connections Program	8%
Fundraising	5%

# 2023 DONOR LIST

Your gifts are blessings to those we serve. We are truly grateful for all of the generous donors who blessed Amazing Place in 2023.

#### **CHURCHES & FAITH** COMMUNITIES

Believers & Doers Bible Study Bellaire United Methodist Bethany Christian Church Central Mission Endowment Fund of St. Philip Presbyterian Church Chapelwood United Methodist Foundation Christ Church Cathedral Christ Church Cathedral Women's **Bible Study** in honor of Florence Ray Emerson Unitarian Universalist Church Epiphany of the Lord Catholic Ċommunity First Presbyterian Church Grace Fellowship Grand Lakes Presbyterian Church Lutheran Church Extension Fund in memory of Jacky Woike Memorial Drive Presbyterian Church Memorial Drive United Methodist Church **River Oaks Baptist Church** South Main Baptist Church St. Anne Catholic Church St. Francis Episcopal Church St. Luke's United Methodist Church St. Martin's Episcopal Church St. Paul's United Methodist Church St. Paul's United Methodist Church Roundtable Class St. Philip Presbyterian Church St. Stephen's Episcopal Church The Church of St. John the Divine The Fellowship The Fellowship Forum Class at West University Methodist Church in honor of Joy & Charlie Hall The Grants Ministry of The Texas Methodist Foundation Westminster United Methodist Church Wheeler Avenue Baptist Church FOUNDATIONS

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#### **COMPANIES & ORGANIZATIONS**

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Every effort has been made to ensure accuracy of this list. We acknowledge and apologize for any errors or omissions that many have occurred.

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