



# River House

*Adult Day Center*

Annual Report

2024

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# Our Mission

*When your family needs our family, River House eases the burden on caregivers by providing exceptional support and an engaging community for aging adults.*





“RIVER HOUSE IS MY  
COMFORT ZONE.  
INSTEAD OF BEING  
ALONE, I AM NOW  
WITH NICE PEOPLE.  
I USED TO BE HOME  
EVERY DAY WITH  
NOTHING TO DO,  
AND NOW I FEEL SO  
HAPPY.”

SANDRA S.

*River House Client*



# Statement from the EXECUTIVE DIRECTOR

Each and every day I am deeply honored to lead a program with such a profound impact on so many families within our communities. I've witnessed firsthand the transformative power of our tailored programs, and the joy they bring to our participants—enabling them to thrive and live with the dignity that too many seniors have lost. Through collaboration with our skilled and dedicated team, we cultivate an environment where people not only feel engaged and supported, but also feel connected as valuable contributors with purpose.

Knowing that our efforts improve the quality of life for so many inspires me to advocate for their well-being and foster an environment that is equal parts enriching as it is safe. River House is at the forefront of providing this exact environment, offering tailored programs that promote independence, creativity, and community connection. Through a variety of activities designed to stimulate the mind and nurture relationships, River House empowers individuals to pursue their interests and engage with others, ensuring they lead fulfilling lives despite any challenges they may face.

Your continued support has been instrumental in making these accomplishments possible, and grants us the opportunity to continue setting and reaching new goals. Some of these goals include growing our community partnerships to include on and off-site programming throughout the Greenwich and Stamford area, in addition to expanding our transportation services. We are confident that together, we can achieve even greater things and make a lasting difference in the lives of those we serve.

We look forward to sharing more updates in the future and hope to continue working together to create more positive change for those who are most vulnerable. Your unwavering support and commitment is deeply appreciated by not only the River House team, but also the families we serve.

*Dee Hernandez*

Dee Hernandez, MPA  
Executive Director

# A GROWING NEED

1

89% of aging adults want to remain in their homes and 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.

2

Every year, River House members and their caregivers tell us how much of a difference we make in their lives.

Our services provide relief to caregivers who need time to themselves, so that they can be their best for their loved ones. Each day at River House, essential community socialization and therapeutic recreation helps to slow cognitive decline and keeps aging adults feeling more engaged, happier, and healthier.

## A 2023 STUDY

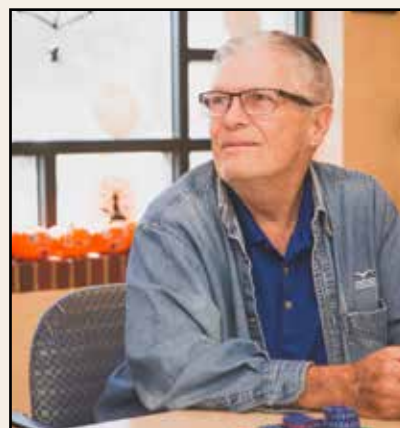
*showed that caregiver stress can lead to multiple negative outcomes including worsening physical and mental health, significant financial challenges, and an overall decline in quality of life.*

## MULTIPLE REPORTS

*in the New York Times and other media outlets have drawn attention to the nationwide crisis in long-term care solutions for an aging population with increasingly complex cognitive and physical challenges.*

## THE BOTTOM LINE

is adult caregivers need time away from caregiving to work and live their own lives. Moreover, with the emotional, physical, and financial demands of caregiving, they need support in maintaining their health and well-being. River House not only serves the needs of our participants, but provides essential relief to caregivers and families.





*What We Are*  
**WHO WE ARE**

*Our professional staff represents the most talented, compassionate, and experienced experts in the field of adult day services. Our committed nurses, health aides, therapeutic recreation specialists, and administrators make certain that every participant receives individualized care to ensure their comfort, safety, and happiness each day.*

River House's collaborative approach has earned us recognition as an "Adult Day Services Center of Distinction" by the National Adult Day Services Association. This honor speaks to our exceptional team who put their heart and soul into everything they do for the families that become part of our family.



# The Team

## Board of Directors

JoAnn McCarthy  
*President*

Lorraine Ryan Kelly  
*Vice President*

Dan Quigley  
*Treasurer*

Julina Ogilvie  
*Secretary*

Michael Basham  
*Trustee*

Vivian Bacon

Len Beinstein

Mike Bodson

Katie Cosby

Ann Hagmann

Leah Marmon

Peggy Martino

Jeffrey McCarthy

Diane Saul

Deborah Walker

## Advisory Board

Kathleen Burgweger

Lori Ann Contadino

Anne Marie Hynes

Michael Leach

Linda Longmire

Rocco Natalie

Michael Smith

Ken Wheeler

Margaret Wheeler

## Support Staff

Amy Bickham  
*Administrative Support*

Yves Lemoine  
*Bus Driver*

Richard Spezzano  
*Bus Driver*

Elmer Vicente  
*Bus Aide*

Kamme Worrell  
*Kitchen/Bus Aide*

## Care Team

Dee Hernandez, MPA  
*Executive Director*

Peg Drenckhahn  
*Director of Program Services*

Jaime Ruggiero  
*Controller*

Rachel Finn  
*Development Officer*

Yvette Nugent  
*RN Health Manager*

Bonetta Taylor  
*CNA Senior Alzheimer's Aide*

Liz Minott  
*Senior Health Aide*

Malisa Champion  
*CNA Health Aide*

Gloria Guise  
*Therapeutic Recreation Manager*

Aidan Brady  
*Therapeutic Recreation Specialist*

Margo Bruno  
*Recreation Assistant*

Phyllis Grosso  
*Receptionist*

FROM OUR COMMUNITY

“RIVER HOUSE PROVIDES AN INVALUABLE SERVICE FOR MY MOTHER. THEY PROVIDE SUPPORT AND ENRICHMENT IN A WAY THAT WE CANNOT DO ALONE. MY MOTHER WAKES UP EVERY MORNING EXCITED TO GO TO RIVER HOUSE. THE STAFF AND VOLUNTEERS TREAT HER WITH KINDNESS AND RESPECT, AND SHE FEELS TRULY CARED FOR. WE ARE SO GRATEFUL TO THIS AMAZING RESOURCE AND OUR COMMUNITY.”

*Jessica A.*

River House Family

# CAPABILITIES

River House was founded to provide accessible adult day care that works for all families. We ensure the highest level of care for aging adults as **the only accredited medical model facility in Greenwich, Stamford, and the surrounding area**. River House enriches every participant's daily life through specialized therapeutic recreation, a variety of daily programming, and essential socialization opportunities. Our expert care is flexible and personalized for each participant, whether they need support with personal hygiene or require more attention due to conditions like Alzheimer's and other related dementias, vision and hearing loss, arthritis, diabetes, stroke, or chronic diseases. To further support caregivers, transportation is available for all eligible participants in Greenwich and Stamford.

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



Provide a respite for caregivers, along with family consultations.



Evaluations of both participants and the family needs.



Individualized plan of care, based on family input and health needs.



Administration of physician-prescribed medications and treatments.



Coordinated care with personal physicians.



Assistance with personal care, hygiene, and bathing.



Home and personal safety information and referrals.



Assistance with advanced care planning and implementation.

# How we Promote

## EQUITABLE OUTCOMES

Adult day programs play a crucial role in supporting aging adults, individuals living with disabilities, and those with cognitive impairments. To promote equitable outcomes for all participants, here are some key strategies River House embraces:

1



### *Inclusive*

## Environment

The inclusive and welcoming atmosphere at River House encourages interactions among participants from diverse backgrounds. Fostering connections between aging adults, individuals with disabilities, and those living with dementia not only combats social isolation but also promotes understanding and empathy.

### *Tailored*

## Services

We recognize that each participant has unique needs and circumstances. By offering personalized services through a customized approach, we are able to address physical, emotional, and cognitive well-being.

2



3



### *Culturally Competent*

## Care

Our team recognizes the variety of cultural differences among our participants and adapt services accordingly to ensure that everyone feels respected and understood.



## Complete Accessibility

River House is wheelchair-friendly and accommodates various mobility levels. Additionally, we offer transportation options to make it easier for participants to attend the program.



4

## Measuring Outcomes

Our staff regularly assesses program outcomes by analyzing health improvements, social engagement, and overall satisfaction. We use this information to continuously refine our services.



5



6

## Engaging Caregivers

At River House we understand the critical role of caregivers. Our mission is to provide support, education, and respite services for caregivers. When caregivers are well-supported, the overall well-being of participants improves.



7

## Subsidized Affordability

Equitable outcomes require affordability. Therefore we offer sliding-scale fees or financial assistance for those with limited resources. No one is excluded due to financial constraints.

# Financials

River House is a Gold Level Guidestar participant, demonstrating its commitment to transparency. As a 501(c)(3) organization, all contributions are tax deductible as provided by law. Through these contributions, we are able to provide exceptional care that is accessible and affordable to dependent adults who wish to age in place in the home they know and love.

## **Assets:**

### Available Assets:

Cash & Equivalents . . . . .	\$157,881.33
Accounts Receivable . . . . .	\$165,363.97
Other Receivable & Prepaid Expenses . . . . .	\$22,937.97
<i>Total</i> . . . . .	\$346,183.27

### Tied Assets:

Investments . . . . .	\$1,533,118.77
Fixed Assets . . . . .	\$2,797,630.09
<i>Total</i> . . . . .	\$4,330,748.86

**Total Combined Assets . . . . . \$4,676,932.13**

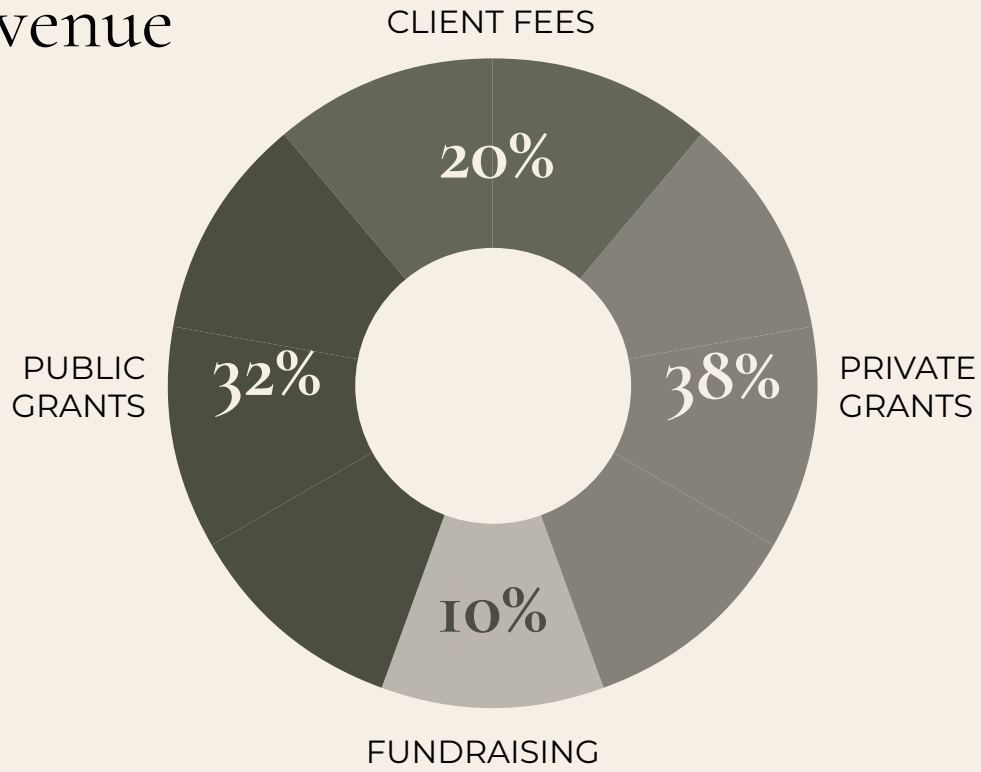
## **Liabilities:**

Grants Payable . . . . .	\$1,150.59
Security Deposits . . . . .	\$57,636.00
Accrued Expenses . . . . .	\$41,225.21

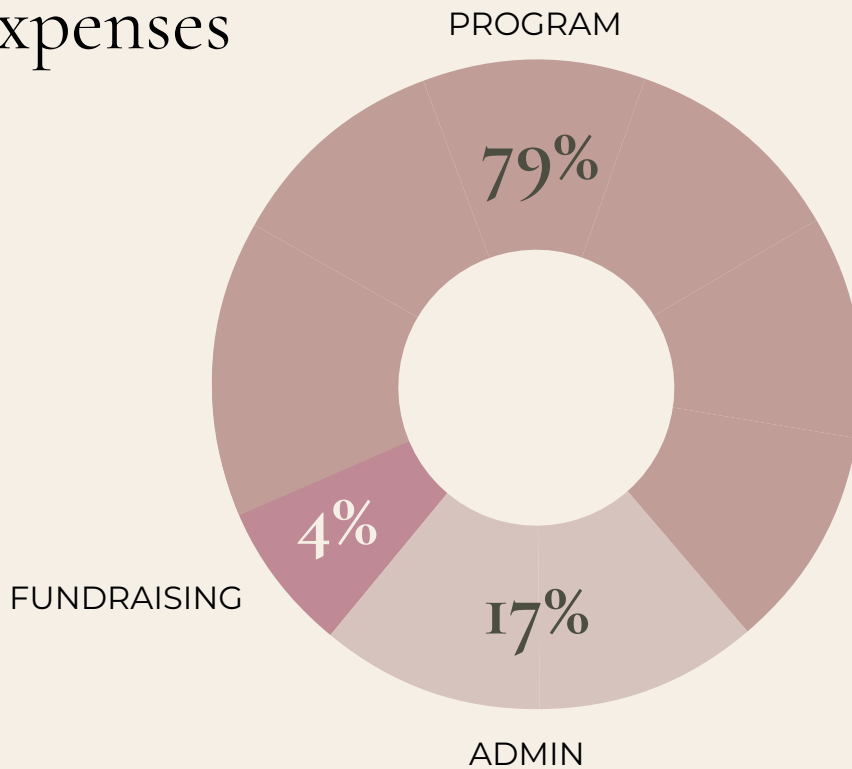
**Total Combined Liabilities . . . . . \$99,036.80**


**Total Net Asset Balance . . . . . \$4,577,895.33**

# Revenue



# Expenses





MY MOTHER WAS  
ABSOLUTELY HOOKED  
AFTER HER SECOND  
VISIT TO RIVER  
HOUSE THREE YEARS  
AGO. NOW, SHE GOES  
FIVE DAYS A WEEK  
AND LOVES IT. THE  
FRIENDS SHE HAS MADE  
FILL HER DAY WITH  
LAUGHTER AND JOY.  
WE ARE SO LUCKY TO  
HAVE SUCH A GREAT  
PROGRAM IN TOWN.

ROSEANN S.

*River House Family*







# Make the Difference



## *We strive for excellence*

As an accredited medical model 501(c)(3) nonprofit organization, we depend on the generosity of family, friends, and community partners to ensure that the River House does not have to compromise the high quality of care that our participants deserve, require, and expect.

River House costs a participant \$120 per day, making it the most affordable and convenient care option for adults who wish to age in place in Greenwich, Stamford, and the lower Fairfield and Westchester Counties.

Home Health Aides or Companion Services cost on average \$350 or more per day, while a nursing home costs over \$475 per day. However, River House's actual cost to provide care is over \$160 per day.

Funding from the community is essential to bridge the gap between the actual cost of services versus the charge to participants. This allows us to maintain our exceptional level of care for each participant, and no one is ever turned away for an inability to afford our services. Only with your help are we able to achieve this.



*We're here for you,  
when your family  
needs our family.*

# A word from our PRESIDENT

Dear Friends of River House,

I am immensely proud of the accomplishments of River House in 2024. Our team successfully introduced new programming, funded lower-income participants, and increased our caregiver support efforts to stay true to our mission of providing exceptional care for all families. I am always impressed by the exceptionally talented, dedicated, and friendly staff who make a difference every single day. A sense of belonging is immediately felt when walking into River House, where our supportive community creates valuable friendships and members thrive in a variety of therapeutic recreation and programming. As the only medical model adult day care center in Greenwich and Stamford, I know what a difference we make for local families.

Everything we do is made possible through the generous support of our friends, family, and neighbors. Such support enables River House to implement new programs, sponsor new participants, and provide our award-winning care services. We know that the majority of aging (89%!) wish to age in place, and we take great pride in allowing aging adults to thrive in our community environment, while providing essential relief to caregivers and family members.

Your support truly means the world to us, and more importantly, our River House participants. Please take a moment to head to [theriverhouse.org/donate](https://theriverhouse.org/donate) or scan the code below, and contribute to providing community, compassion, and care for our River House family. Every gift makes a difference for someone who needs our help.

Thank you,

*JoAnn McCarthy*

JoAnn McCarthy, President



# Contact

River House Adult Day Center is a  
501(c)(3) nonprofit organization  
and an equal opportunity provider.

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[www.theRiverHouse.org](http://www.theRiverHouse.org)



[@RiverHouseAdultDayCenter](https://www.instagram.com/RiverHouseAdultDayCenter)

