



Our Unique Distinction

KC Shepherd's Center's unique peer-to-peer programs increase social activity, reduce food insecurity and provide peace of mind to help eliminate feelings of isolation and loneliness, identified by the US Surgeon General as a national health crisis.

Our services by, for and with older adults, cost a fraction of institutional care options, allowing our clients to live with dignity and choices in the place they call home as long as possible.

We provide a year's worth of services for less than a single day of hospitalization.

2024 Impact Report

A Note from Janet Baker, Executive Director

For the first time in the history of the developed world, there are more of us over age 60 than under age 5. More than 25 million Americans aged 60+ are economically insecure and, according to the Schwartz Center for Economic Policy Analysis, **40% of today's older middle-class workers will live at, or near, poverty in retirement.**



In 2022, nearly 1 in 5 (20%) of people living in Kansas City Missouri were age 62 and older. However, less than 2% of philanthropic funding goes to support seniors. The federal budget impact on senior serving nonprofit organizations like KCSC is a crisis that is already being felt. **KCSC has lost \$500,000 in federal and local government funding, resulting in KCSC now serving only half the number of our neighbors, our hungry elders as we were two years ago (from 1,200 to 600).** With the overwhelming loss of government funds directed to most nonprofit organizations, competition for philanthropic funding will significantly increase, squeezing even more from the disproportionately low funding priority for senior services.

KCSC serves the highest number of vulnerable seniors in Kansas City. **We are halfway through 2025 and this year is a funding crisis for which we do need immediate help, especially to help us fill the growing number of empty plates for our older neighbors.** For the past two years KCSC led 50+ senior-serving organizations in coalition to create dedicated public funding to support senior services. In November 2024, voters overwhelmingly approved a new dedicated levy in Jackson County. There will now be a sustainable local fund of \$7-\$9 million annually to support Jackson County seniors. While funding from that process won't be available for grants until fall 2026, we know that KCSC is one of the only Jackson County nonprofit organizations that has a 53-year track record of success EXCLUSIVELY serving Jackson County seniors and we look forward to the opportunity to apply for the competitive grants when they are available. **Until funding improves for the vulnerable older adults in Kansas City, we do need gap support, just as we stand in the gap for those we serve.**

The proven ROI for the KCSC model of prevention and early interventions to promote health equity and integrated support is high. **KCSC can provide a daily well check and nutritious meal for an entire year for less than the cost of one inpatient day in the hospital.** The investment of your time and resources is critical to improve the quality of life and facilitate independence for older adults, while deepening our impact on the systemic inequities they endure. On behalf of the older adults we serve, thank you for opening your hearts and contributing to this critical mission to make ours a great city for all ages.

2024 Clients

Basic Demographics

Our clients are 62% female, 50% people of color, 45% 75 or better, 70% are extremely low income, most living on less than \$20,000 per year, 60% live alone, 75% have no caregiver, 30% receive Food Stamps, 14% are veterans.

Health Indicators

36% are on Medicaid, 70% describe their health as fair or poor. 500 report dietary restrictions, 80% of those are diabetic and/or require low sodium. 95% use some form of assistive device, of those, 179 indicated they need to replace one or more of those. 40% went to the ER at least once in the past year. 120 report falling more than 3 times last year.

Socio-Economic Data

70% are considered homebound. 35% do not have internet access. 77% do not drive. More than half are renting. Of those, 78 clients are extremely or somewhat worried about losing housing in the next 3 months.



Programs

KCSC is only able to serve more than 3,000 older adults every year with the help of more than 350 dedicated volunteers who donated 37,900 hours of their time, the equivalent of 18 full-time employees – doubling our capacity to serve.

Food Security

Served the ever-growing number of vulnerable and low-income, isolated older adults with lifesaving home-delivered meals with a side of a smiling face at the door, well checks and pet supplies.

Delivered nearly 200,000 frozen and hot meals.

Delivered 143,000 frozen meals per year, averaging 12,000 meals per month, to 750 clients in over 60 zip codes.

82 volunteers delivered daily hot meals to 175 clients 5 days per week, over 45,000 hot meals.

KCSC's pet program delivered 20,000 lbs. of pet food to 50 clients, 100 pets.

Social Capital

289 volunteers provided Adventures in Learning programming to 71 participants, 114 class hours.

Facilitated "Matter of Balance" offering 416 hours fall of prevention class time.

36 volunteers made 246 phone calls to 38 pals, providing 283 hours of friendly companionship.

37 Senior Companions provided more than 31,000 hours of in-home companionship and caregiver support to 36 seniors.

800 clients received voter registration and absentee voting information. 600 client calls provided voting assistance.

Person-Centered Care

Provided 262 hours of case management to 49 clients.

6 volunteers provided 1448 Medicare-eligible individuals with 1062 hours of professional, compassionate carrier-agnostic counseling.

Provided in-home vaccinations to homebound older adults and held vaccination clinics in senior living apartments, administering 452 vaccines.

Assisted 197 older adults with durable medical equipment, assistive devices, rent, utilities, emergency food.

300 individuals raked leaves in 56 older adults' yards.

2024-2025 Board of Directors

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Board President

Carolyn Hall
Vice President

Darren Taylor
Treasurer

Mike Brewer

Father Don Farnan

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Carla Grant

Brenda Hayes-Kumm

Jill Huded

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Chris Sorenson

Joe Sweeney

Cindy Terryberry

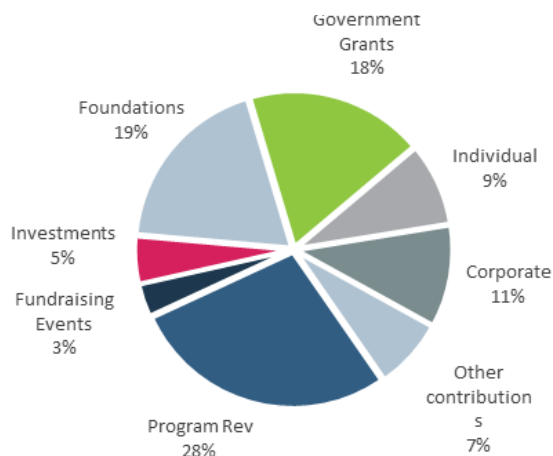
Alexis Thomas Mabin,
MD

Board Demographics:

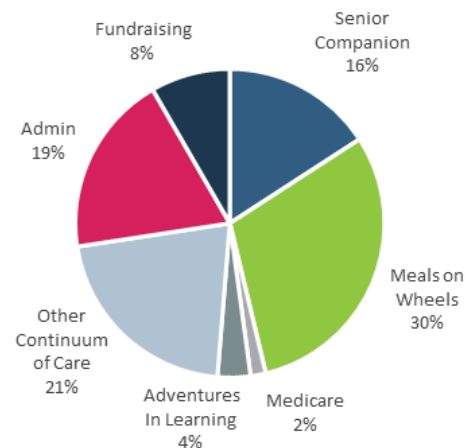
56% female
44% BIPOC

Financial Summary *Fiscal Year Ended December 31, 2024*

Income by Source \$1,789,439

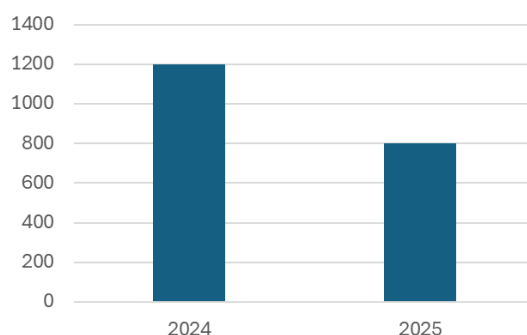


Expenses by Activity \$1,972,298

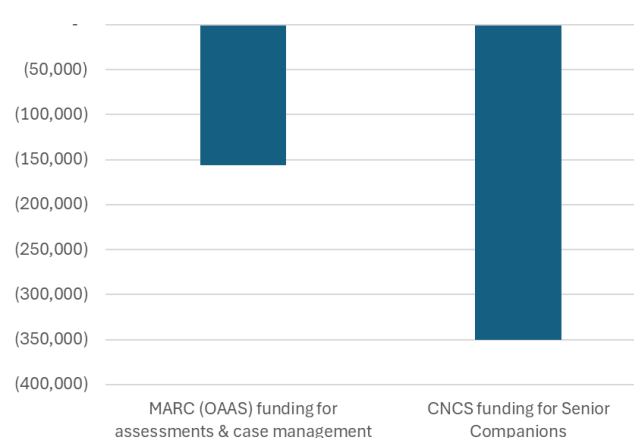


In the last year, KCSC has lost more than \$150,000 in program revenue from MARC, our primary funder for in-home services, significantly impacting the number of clients we can serve. In 2025 KCSC was forced to surrender the Senior Companion Program to AmeriCorps because we would not comply with the Executive Order dated January 20, 2025, "cease and desist" all activities that refer to "DEI, equity and inclusion". We are committed to serving ALL older adults, ESPECIALLY those who are most marginalized.

Meals on Wheels clients



2024-2025 Revenue Loss



To make a gift or for more information contact Janet Baker, janet@kcshepherdscenter.org, or our website <https://kcshepherdscenter.org/how-to-help/donate>. You can also find us on Facebook and Instagram.



Social Determinants of Health



To serve more than 3,000 seniors on limited resources, KCSC collects Social Determinants of Health data for each client to target client-centric interventions; integrate and apply standards of practice; develop strategies to exchange relevant information with other sectors; leverage additional resources; and measure the effectiveness of our interventions over time.

Our data-driven intake and assessment processes measure social determinants of health to target interventions and document impact. The intake and assessment process collects 7 factors of Activities of Daily Living (ADL), 9 factors of Instrumental ADLs (IADL), and the following Social Determinants of Health for each client:

- *Economic Stability:* Nearly half of our clients live in zip codes with poverty rates 2 times the state and national averages.
- *Health and Health Care:* 66% have a high risk of malnutrition, associated with complications and premature death. All of our clients report at least one chronic health condition and 94% have two or more. Chronic conditions account for 90% of healthcare spending.
- *Neighborhood and Built Environment:* 56% are renting. KC had the highest rent hike in the US in the past year, more than 16 percent. Most of our clients reside in neighborhoods with poor living conditions and limited access to resources.
- *Social and Community Context:* 61% live alone. Isolation and loneliness increase the rate of dementia by 50%, and the rate of death by all causes by 40%. It is the equivalent of smoking 15 cigarettes a day on the human body. Isolation and loneliness can lead to higher rates of chronic diseases, mental health issues, and overall reduced life expectancy.

Our assessment tool provides a vehicle to better integrate health and social services and serves as a unique framework for our own data-driven evidence-based and long-sought changes in service delivery that will bring both short- and long-term benefits to improve the health and well-being of elderly clients. Because we see every client at least once a year, we have built the trusting relationships that are invaluable to deliver targeted and systematic interventions. In 2024 the data empowered us to:

- replace assistive devices,
- market the availability of pet food, grooming and veterinary care,
- identify clients who would benefit from hot rather than frozen meals based on ADL's IADL's and social isolation scores,
- offer supportive services to caregivers,
- create management information to educate the community and funders on the high ROI of investing in programs like ours,
- target a voter registration initiative tailored expressly for our homebound older clients.