



2023 Annual Report



Our Unique Distinction

KC Shepherd's Center's unique peer-to-peer programs engage older adults as volunteers, increase social activity, reduce food insecurity and help reduce feelings of isolation and loneliness, providing peace of mind to older adults and those who love them.

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.

A Note from Executive Director Janet Baker

In 2022, nearly 1 in 5 people living in Kansas City, Missouri were 62 or older, the fastest growing age group. 15% of homeless Kansas Citians are adults 55 and over – about the same percentage as those under 18. Yet, Jackson County is the only county in our KCMO metro with no public funding to support senior services, unlike Clay and Platte Counties, leaving those of us who exclusively serve seniors to compete for the 1-2% of charitable giving that supports older adults. With post-COVID decreases in charitable giving and shifting funder priorities away from aging well in community, it has become more vital than ever to ensure the impactful use of limited resources.

Caring for aging relatives is reshaping the lives of millions of Americans. About 15% of women and men 25 to 54 years old spend time caring for an older relative, according to the US Labor Department. Among those 55 to 64, the number of caregivers increases to 20%, or one in five Americans. And 20% of these older caregivers also have children at home. The caregiver support we provide is critical to these families.

To serve more than 3,000 seniors on such limited resources, KCSC implemented a comprehensive integrated intake and assessment process in 2023, collecting Social Determinants of Health data for each client. The results allow us to look across all clients with particular health, safety and well-being issues to identify patterns and test strategies that increase program impact through an integrated continuum of care based precisely on the assistance they need and to measure our effectiveness.

The investment of your time and resources helps us improve the quality of life and facilitate independence for older adults, while deepening our impact on the systemic inequities facing older adults. On behalf of the older adults we serve, thank you for opening your hearts and contributing to the important mission to make Kansas City a great city for all ages.

2023 Clients

Our clients are:

65% female, 50% BIPOC, 70% low-income, and 45% aged 75+.

80% do not have a caregiver. 60% live alone. 75% find shopping difficult. 65% find preparing meals difficult.

Barriers our clients face:

- Greater isolation and diminished sense of belonging, identified by the US Surgeon General as a national health crisis.
- Insufficient transportation options and lack of safe, affordable housing.
- Limited access to caregivers, impacting the quality of care received or placing an enormous strain on families to provide uncompensated care.
- Fixed income levels disproportionately impacted by today's unprecedented inflation rates.
- Complicated and difficult to navigate public benefits systems.
- Limited access to fresh foods and special diets to improve chronic health conditions and wellbeing.
- Escalating health care costs and low access to care.



Programs

KCSC is only able to serve more than 3,000 older adults every year with the help of more than 700 dedicated volunteers who double our capacity to serve by donating 46,159 hours of their time – the equivalent of 22 full-time employees.

How KC Shepherd's Center Addresses...

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 186,000 frozen meals, averaging 15,500 meals per month, to 1,165 clients in over 60 zip codes.
- Delivered over 26,000 hot meals to 175 clients delivered by 55 dedicated volunteers 5 days per week.
- Delivered 6,000 lbs. of pet food and services to 30 clients with 60 pets so our clients aren't forced to share their meals with their furry companions.

Social Capital

- 196 volunteers provided 210 class hours of Adventures in Learning programming to 62 participants.
- Provided 532 hours of fall prevention class time in our Evidence-Based program, "A Matter of Balance."
- Provided 213 hours of friendly companionship through 18 volunteers making 371 phone calls to 30 isolated older adults.
- Provided more than 37,000 hours of in-home companionship and caregiver support to 36 seniors in KC's urban core through 38 Senior Companions.
- 366 individuals raked leaves for 58 older adults.

Person-Centered Care

- Provided 652 hours of case management to 62 clients. Offered resource and referrals to 34 clients.
- Provided 1,279 Medicare-eligible individuals with 192 hours of professional, compassionate carrier-agnostic counseling through 7 dedicated volunteer counselors.
- Administered over 500 Flu and COVID vaccines to more than 300 seniors and those who love them between October 2023 and May 2024.
- Assisted 225 older adults with durable medical equipment, assistive devices, rent, utilities, beds, home and car repairs, emergency food, and more, totaling more than \$26,000 thanks to generous donors.

2023-2024

Board of Directors

Executive Committee

Brenda Hayes-Kumm MS
Board President

Sidney Smith
Vice-President

Darren Taylor
Treasurer

Charles Rozanski
Secretary

Board Members

Mike Brewer

Carrie Chadwick

Father Don Farnan

Rob Givens

Carla Grant

Carolyn Hall

Debra Johnson

Ryana Parks-Shaw

Chris Sorenson

Cindy Terryberry

Alexis Thomas Mabin MD

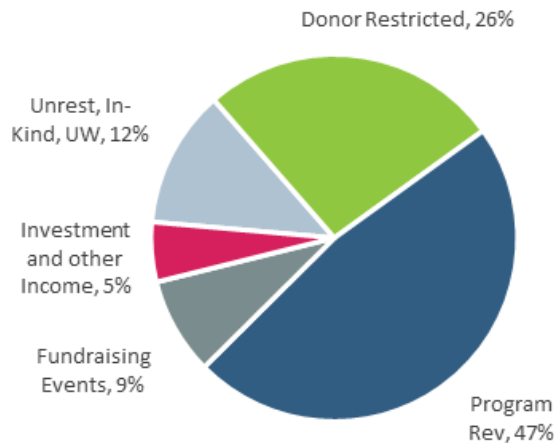
Executive Director

Janet C. Baker

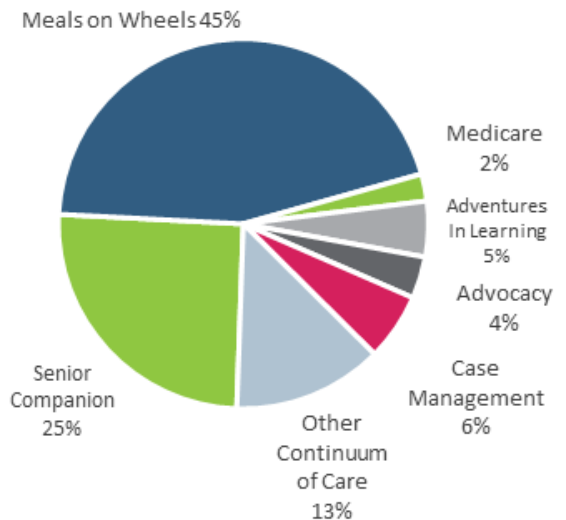
Financial Summary

Fiscal Year Ended December 31, 2023
Unaudited

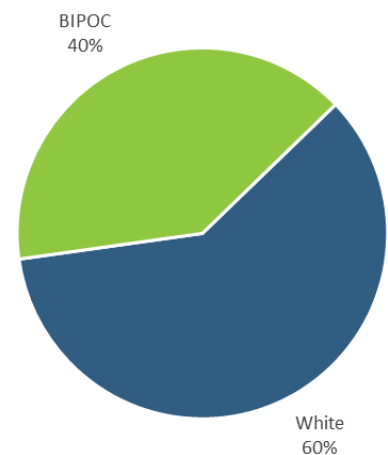
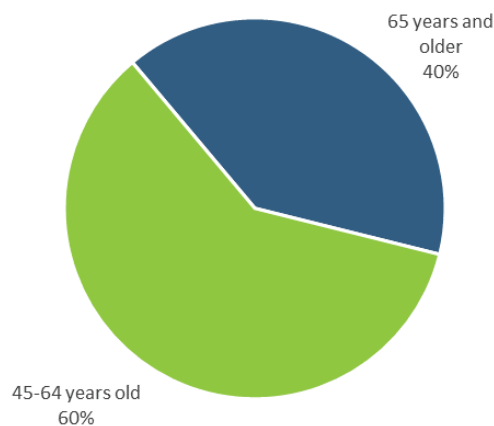
Income by Source



Program Expenses by Activity



Our Board of Directors Represents the Community of Clients We Serve



For more information or to make a donation, contact Janet Baker, at janet@kcshepherdscenter.org

Or visit KC Shepherd's Center at <https://kcshepherdscenter.org/how-to-help/donate>.

Follow and Like us on Instagram and Facebook at [KCShepherdsCenter](https://www.instagram.com/KCShepherdsCenter).





Measuring Impact

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, Education, Health and Health Care, Neighborhood and Built Environment, and Social and Community Context.

Our Guiding Principles

- Older adults bring essential wisdom and life experience that enrich our lives and should be recognized by the wholeness of their lived experiences by a community that perceives longevity as an opportunity rather than a crisis.
- Older adults have the desire and ability to continue learning and make meaningful contributions to their community.
- Health and well-being depend on a sense of connection and purpose.
- Older adults deserve the right to remain independent in their own homes and communities.
- Older adults deserve a fair share of society's goods and services for which their taxes have contributed.
- KCSC advocates for public policy and funding that recognizes and erases the inequities that contribute to older adult poverty and its resulting vulnerabilities.

"Meals on Wheels isn't just a meal delivery service; it's a lifeline for many who might otherwise go hungry or feel isolated. Think about the significance of a warm meal arriving at someone's doorstep, not just to nourish their body but also to feed their spirit. It's a gesture of care, a reminder that they are not alone, and that their well-being matters to us all. Meals on Wheels delivers nutritious meals and a smiling face at the door.

KC Shepherd's Center doesn't accomplish this alone. We are powered by the dedication of volunteers, the generosity of donors, and the support of our entire community. Each delivery is a testament to the collective goodwill that exists among us, a shining example of what we can achieve when we come together to uplift those in need."

Roxanna Swaney
Director of Nutrition & Health Services