Mary Ryder Home Operations  Fiscal Year 2018

How We Serve

63 Clients Served

Ages:
- <55  | 18%
- 55-64 | 38%
- 66-74 | 31%
- 75-84 | 11%
- 85+   | 3%

Ethnicities:
- African American 42%
- Asian 1%
- Caucasian 55%
- Hispanic/Latino 1%

Mental Diagnosis:
- Bi-Polar Disorder 19%
- Depressive Disorder 38%
- Schizophrenia Related Disorder 43%

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FY 2018 Revenue

Contributions
- Cash $31,942
- Grants $44,000
- Corporate $12,494
- 3rd Party $3,827
- Go Fund Me $3,180
- In-Kind Value $2,796
- Jubilee $234,875
- Trivia Night $11,670

United Way Funding $551,400
MO Care Options $210,323
Resident Services $835,367
Miscellaneous Income $1,226

TOTAL Revenues $1,943,100

FY 2018 Expenses

Program Services $1,371,300
Administrative $759,800
Fundraising $141,800
- Jubilee $55,573
- Trivia Night $3,023
- Other Costs $83,204

TOTAL Expenses $2,272,900

Total Operating Reserve: $878,800
Dear Friends,

Mary Ryder Home has just ended its 88th year of compassionate care for low-income senior women. Now, in our 89th year we find ourselves reflecting on all the good times in our past and looking forward to a bright future. As you will find in the article “More Than A Legacy” Mary Ryder Home is proud to have Stefanie Osiek lead us into the future as Administrator & Director, after the retirement of our Executive Director, Tim Butler. During this time of transition many staff members - Med Level Technicians, Nurses’ Aides, Dietary Aides, Housekeepers, Administrative Staff - have taken pause to reflect on Mary Ryder Home’s history and our experiences here.

“Exceptional care,” says Yana, a Med Level 1, when asked what makes Mary Ryder Home different from other facilities she has worked at. “We all help each other out, we’re a team,” says Mary Ann, Housekeeper. “Just like a family member you can always call on - that’s how it is with each other here, with other staff and the residents too.”

Donnetta, Med Level 1, smiled and laughed when asked what makes Mary Ryder Home different. “Coming to work here at Mary Ryder is like coming to a big family function!” she exclaims. “It’s like a July 4th BBQ.”

When you look at Mary Ryder Home - you would see that it sure does look like a big family. We laugh together. We encourage each other like sisters to participate in activity. We help each other pick out outfits and do up our hair. But always at the heart of things, we are here, together, because we care for each other. Mary Ryder Home is proud to have such a long and noble legacy of compassionate care for the most vulnerable women in St. Louis. We are glad that you - our donors and volunteers - are part of this family. Thank you all!

- MRH Staff

2018 BY THE NUMBERS

518 Generous Donors
78 Mary Ryder Society Members
945 Dedicated Volunteers
3,916 Volunteer Hours
36 Compassionate Staff
63 Lovely Ladies of MRH
Theodor Seuss Geisel, whom we all know better as Dr. Seuss, penned many wonderful children’s books, ultimately selling some 600 million books worldwide.

Now, there were and still are many reasons for the great appeal of his books—the poetry, the artwork, the rhymes, the amazingly clever characters he shared. A less well known, or understood, reason is the underlying message in some of these stories. Dr. Seuss was a man of deep thought and a willingness to express his feelings on important topics, albeit through children’s stories (which were of course read by adults as bedtime stories to their children).

Recently, this came to mind when the first graders from New City School visited and performed a story from Dr. Seuss for our Ladies. What does any of this have to do with Mary Ryder Home? Bear with me a few paragraphs and you will soon see.

The young learners were all attired in yellow costumes, some with green stars on their bellies, some without any star. Divided into three acting groups, the young performers presented their rendition of The Sneetches by Dr. Seuss. The story is a tale of how one group is differentiated from another group. It shows how the group without green stars on their bellies wants to be included in the games, activities and friendships of those who do have green stars on their bellies.

The story continues when an enterprising fellow comes along and offers stars to the plain belly Sneetches, for a fee. But this upsets the equilibrium and the original group that had green stars, desperate to regain their prior prestige, then pay the entrepreneur to remove the stars from their bellies.
Soon there is great confusion with the Sneetches running back and forth between “star on” and “star off” machines; until eventually no one knows who belonged to which group and the entrepreneur leaves the penniless Sneetches as a rich man.

The Sneetches was actually intended by Dr. Seuss as a satire of discrimination between races and cultures, and was specifically inspired by his opposition to anti-Semitism.

In our own culture today, there is still a pervasive stigma, i.e.: mental illness and disabilities in general.

The women who we serve here at Mary Ryder Home suffer from both severe & persistent mental health challenges and physical/medical disabilities. They also suffer from societal pressures that place undue value upon youthfulness and some (unrealistic) perceptions of beauty and worth.

You and I may be only one accident, one debilitating disease, heart attack or stroke away from suffering some of the same disabilities that have impacted many of our Ladies.

These Ladies are all individuals with a story; they are daughters and mothers, aunts and grandmothers, sisters and friends. They arrived here after trauma or abuse or terrible health problems or homelessness. Severe mental health challenges often impoverish individuals and damage family relationships. Whatever it is - fate, luck of the draw, or something else beyond my understanding, we all have different life experiences and capabilities.

But we are all the same.

We want to be cared for, we want to be remembered, we want to be loved and cherished, we all want to be part of a supportive and caring group.

The Ladies consider Mary Ryder Home their home and the Staff & Volunteers as new additions to their family & friends. They crave our acceptance and our openness to them (in spite of their personal challenges); all of this makes such a difference in their quality of life.

When the first graders from New City School come here to perform, it means everything to the Ladies. When the Akins, Eisenbeis and West families bring their friends here to do a spa day or play games on Thanksgiving, it lights up the Ladies’ afternoon. We are so fortunate to have literally hundreds of volunteers take time away from family to spend time with our Ladies. This gift of presence is nourishing for them, and we hope all our volunteers know that the MRH Ladies are all truly grateful for your commitment.

When you come to hear the Mary Ryder Choir perform their annual Christmas Concert & Sing-Along it means so much to them. It truly is a chance for the Ladies to give back to you! When you donate to the many MRH needs, for both operations and capital equipment, it improves their lives in ways that cannot be counted. Your support of our Jubilee shows the Ladies how much you care to support this 88 year-long mission to serve the underserved in great need.

Hanging in my office is the following plaque:

This had meaning for me the day I brought it in and it continues to be a daily reminder that we are all truly in this together. We really are not all that different from each other.

Thank you so very much for your time, your generous financial support, and the many gifts of companionship that you provide to the Ladies here.

On behalf of all the Ladies, our Board of Directors and our Staff, I hope you have a wonderful and an amazing 2019! We are looking forward to the next 88 years of service!

- Tim Butler
Over 500 generous individuals, families, small businesses and corporate organizations have donated to Mary Ryder Home this past year.

Because of the philanthropic community support found here in St. Louis, Mary Ryder Home has celebrated 88 years of continuous compassionate care for vulnerable senior women.

Together we have raised approximately $246,500 at our Jubilee & Trivia Night events, $3,100 during our Go Fund Me Wishing for a Washer campaign (which enabled us to purchase a new dishwasher), $31,900 in annual non-event gifts, $44,000 in grants and foundation funds, and more than $16,300 in third party fundraising and corporate gifts combined. Additionally the generosity of our donors extends to material gifts - clothing, bath towels, craft items, bingo prizes, home decor, etc.

A very special thank you to everyone who has given the gift of time, money or goods to Mary Ryder Home this year. Because of your generous contributions the Home has been able to purchase some much needed updates. Our thermal HVAC system was successfully un-earthed and repaired in the warm months of 2018. The driveway (which held the HVAC wells underneath) was re-paved and striped as summer turned to autumn. The roof shingles were replaced and inside the Home walls were painted, a new kitchen steamer purchased and new decorations hung.

It is these things that create a safe and comfortable home for our residents. Thank you for providing these essential comforts to our ladies. But also know that your funds do so much more than update a 22 year old building. Your kindness also provides the residents of Mary Ryder Home with support, confidence, the opportunity to heal and the possibility of friendship.

A number of funds is set aside each year for Mary Ryder Home’s “Unreimbursed Medication Cost Program.” MRH does not turn away any woman due to her lack of an ability to pay - for a room or for her own medical expenses. Because of our donor’s philanthropic generosity, Mary Ryder Home is able to provide the support and healing that accompanies proper medication.

Additionally, funds are used to provide our residents with new activities and experiences. Apple picking at Eckert’s Farm, renting a handicap accessible bus to see the holiday light display at Tilles Park, the Summer Senior Picnic at Forest Park, and so much more.

Thank you all for opening your hearts to the ladies of MRH. You make possible the comforts of home, the support in activities and outings and the opportunity to heal and form lasting friendships.

Mark Your Calendars - 2019 Event Days

- **Jubilee**: May 4, 2019
- **Trivia Night**: August 9, 2019

More information about the Jubilee is online at [maryryderhome.ejoinme.org/jubilee2019](http://maryryderhome.ejoinme.org/jubilee2019)
A Look Forward  Upcoming in 2019

Listed below are various capital, programming and activity needs that MRH hopes to fulfill in the upcoming year. If you feel a connection to a special cause, we encourage you to make a donation for that program or need. General contributions are always welcome and will be applied where there is the most need. Thank you for your continued support!

- Block Wall | Our security wall has sustained water damage.
- Counter Tops | Our coffee bar, common area cabinet counter tops & medication room counters.
- Common Area Furniture.
- Mattresses, pillows and bed frames.
- Kitchen Equipment | Cabinetry, garbage disposal and deep freezer.
- Washer & Dryer Replacements.
- Activity | Cardinals game outing.
- Activity | Visit the St. Louis Arch.
- Program | Elder Arts & Healthy Aging, funds activities and senior yoga.

*Gold color denotes new 2018 members. Welcome!
Mary Ryder Home volunteer experiences are incredibly unique - as so many volunteer leads have told Terry, MRH Volunteer Coordinator. When a group, or an individual volunteer, first reaches out to Terry they may have a general idea of what they would like to do - interact with the Residents, play games, do crafts, or complete a service project. And Terry, having a plethora of options in mind, finds the perfect match of activity or service for that specific group.

Then the day comes when the group arrives at Mary Ryder Home. Having spent some time preparing for the volunteer group - setting out craft materials, games, or yard working tools - Terry hurries to greet each group at the door with a big smile of welcome. Everyone is welcomed in, and to the new groups Terry tells the story of her great-Grandmother Mary Ryder and how the home was started. Then the volunteer group breaks out into smaller groups - by ones and twos they join the Mary Ryder Home residents at tables in the dining room to do crafts. Or they follow Terry down the hallways to a vacant residential room that’s in need of a new paint job. Or perhaps, the dining tables have been moved off to the side and our little boom-box plays dance music for a big dance party!

Every volunteer who walks through our doors is sure to walk out with the joy of a new friendship and a feeling of fulfillment in service. But you, oh wonderful volunteers, mean so much more to our ladies than the home beautification project you complete or the friendly conversations you have with us over the craft table. Volunteers bring real friendship to the ladies at Mary Ryder Home. About 1/3 of our ladies do not have a supportive network of friends and family outside the Home.

Your visits bring comfort to each woman, she knows that you care, that there is someone who wants to spend time with her and begin a friendship.

Mary Ryder Home would not be what it is today without our volunteers. Thank You. Thank you for visiting, for playing games, for painting nails, for gardening, and for decorating. Thank you for spending time with the Residents of Mary Ryder Home. Thank you for being part of this micro-society, this close knit family called Mary Ryder Home.

And So Many More, Thank You!
Over the last fourteen years, residents here at Mary Ryder Home have participated in an Open Studio Art Class, which can be enriching and therapeutic. Corinne Didisheim, who holds an MA in Studio Art, is our teaching artist visiting several mornings a week. With each visit a section of the dining room becomes an art studio. The class is non-structured so that each participant may work at her own pace, in an artistic manner she enjoys, and may be gently guided by the instructor. Experience or expertise in creating art is not a requirement for this class. The only requirement is that you wish to participate. The class has an ongoing fluidity, some ladies have come and gone, occasionally returning to pick-up where they left off; while others have regularly participated for years.

Each session provides a quiet space to create. Drawing and painting skills are developed and refined, as well as skills of concentration and focus, which are a mental aid to some. There is no pressure to produce, but only to experience the joy of creating in a relaxed and non-judgemental atmosphere. For some of the residents this time allows them calm the spirit and be in the present moment - working on the art piece at hand. Some work from their own imagination, others choose an image to create from, and still others create abstract imagery from handmade stencils.

The process and progress are rewarding for both students and teacher alike. Corinne has remarked on her lasting gratitude for Mary Ryder Home in offering such a program to its residents on an ongoing basis because, “art and artistic expression is such an essential component of one’s well being!”

Resident Spotlight  Ms. Carmen

Emotional depression presents a difficult internal battle for many individuals. Not only can a person feel a lack of drive, but depression can affect a life in other ways. For Carmen, her struggle with this mental health challenge initially resulted in the loss of home and sobriety. In January of 2017 Carmen joined the family at Mary Ryder Home in hopes of overcoming the struggles she faced.

“I had a really bad attitude whenever I first came here. After I was here a few days I became happy. So, it was like I was reborn. I got a second chance.”

Motivated on becoming more responsible and learning independent skills; Carmen has spent the year accomplishing goal after goal while being encouraged through counseling sessions and support groups.

As busy as a bee, Carmen attends day programs 5 times a week and church every Sunday. When she is at the Home, Carmen participates in as many activities as she can, such as calling Bingo, playing Wii Bowling, and coloring in her spare time.

With all that Carmen has overcome this year, she is happy to call Mary Ryder her home. How did she accomplish so much in a short period of time? “Being around people who care and not having all the depression on my shoulders.”

Kind-hearted and humorous, Carmen formed bonds with staff members and inspired her fellow residents. Staff often joke with Carmen for influencing other residents into coloring through her beautiful artworks. (There has been a significant increase in the number of coloring gel pen orders recently!) Residents often stop by Carmen’s table to view her artworks or to engage her witty banter. In early 2019 Carmen was elected to the Resident Council, an accomplishment she wears with pride.
The Mary Ryder Home staff is unique. No where else will you find a team who is so dedicated to each of the Ladies who live here at the Home. We understand that this is more than a workplace. It is a place where people live, it is a Home - and we have the honor of visiting this Home each day. We are proud to assist the Home’s Residents in living their best lives possible.

Each morning the Kitchen Staff arrive early to prepare a delicious meal for our Ladies. Housekeepers (who do so much more than sweeping the floors) help Residents with their morning routine, often helping ladies choose a fresh outfit and style their hair. Medical Staff & Nurse Aides are always nearby - morning, noon and night - and in the morning they help ladies rise and shine and distribute breakfast-time medications. The Administrative Staff arrive on the scene and are often greeted by each lady as we pass each other - Staff heading towards their offices and Residents heading towards breakfast.

It’s our family routine.

Throughout 2018, Mary Ryder Home has employed 11 part-time staff members and 25 full-time staff. In January 2018 Marinda Nha joined our family as the Evening and Weekend Supervisor, working with our Nursing Supervisor, Yvette Scott, to oversee residents and staff. In January 2019, we were pleased to announce that Mary Ryder Home hired a new Maintenance Technician, Mr. Quintin Johnson. February 2019 we welcome Patrick White to the Board of Directors as our new Olin School of Business Board Fellow.

And finally, January 2019 brought the announcement of Timothy J. Butler’s retirement as our Executive Director of 18 years. As of February 1, 2019 we are proud to congratulate Stefanie Osiek in her new role as Administrator & Director of Residential Care Services here at Mary Ryder Home. Congrats to both Tim and Stefanie! And congratulations to all the Mary Ryder Home staff for your excellence in compassionate care over these many years!
The Olympic Games first began in ancient Olympia, Greece and by the late 1800’s the Olympic Games were a world-wide competitive event. Nations from across the globe come together every four years to celebrate and compete. No symbol displays that unity better than the five interlocking Olympic Rings - blue, yellow, black, green and red - colors found in every national flag.

The Olympic Games as we know them today are more than just the legacy of an ancient Greecian sport competition, they are friendly, competitive event which serve to strengthen the World Community.

Similarly, Mary Ryder Home is more than the legacy of Mary E. Ryder, more than a residential facility for “little old ladies” and more than the historical marks left by each of the Home’s Executive Director.

The Mary Ryder Home is a unified family. A place of safety, peace, acceptance, compassionate care and friendship.

These five attributes are the enterlocking rings of Mary Ryder Home. They are our mission, our values, our cause, our very reason for existence - as the Olympian’s would have it, our Eternal Flame.

Originally starting at MRH as a financial consultant in 1994, Tim has been part of many changes - including the construction of our current residence at 4361 Olive Street. Timothy J. Butler, has humbly served the Mary Ryder Home as Executive Director for the past eighteen years.

On January 31, 2019, Tim officially retired. Now the torch of leadership is passed on, and we look to Stefanie Osiek to lead us into the future as Administrator & Director of Residential Services.

As the torch is passed, may we always remember that (to use Olympic symbolism again) Stefanie and Tim are Torch Bearers. Carrying, for a time, the Mission of Mary Ryder Home - our Eternal Flame.

No matter what part of our 89 years of history you recall, there is always the common theme of service to St. Louis’ most vulnerable and low-income senior women.

Together we serve these women by giving them a place of safety within this Home. We give each lady the gift of peace - peace of mind and heart. We provide a place of acceptance, where each lady feels respected no matter their history or physical/mental diagnosis. We of Mary Ryder Home provide compassionate care in the programs and services offered to each woman. And, we - staff, donors, volunteers - offer friendship to each woman who steps through our doors. No gift is greater than the other, all five attributes are needed in a quality life. And together we find a strong family community here in the little world of Mary Ryder Home.

Catherine Jones
1974 - 1999
Over Westminster & then 4361 Olive

Timothy J. Butler
2000 - 2018

Stefanie Osiek
2019 - Many Years to Come
Mary Ryder Home serves St. Louis’ most vulnerable senior women, nourishing their social, physical and emotional needs, and enhancing their quality of life through compassionate care.