SUPPORTING SENIORS AND CAREGIVERS IN THE COMMUNITY

WellMed® Charitable Foundation

2017 Annual Report

WELLMED
CHARITABLE FOUNDATION

Friend and supporters,

Thank you for your ongoing support of the WellMed Charitable Foundation. Because of you, we have, for another year, made a positive impact in the lives of caregivers and seniors in communities across the nation.

We're doing this in several innovative ways. The Stress-Busting Program for Family Caregivers is doing just what the name implies – helping reduce stress among caregivers through an 8-week curriculum that expanded into four additional states in 2017.

Also in 2017, another 10,000-plus older adults enrolled in the seven Texas-based senior centers the Foundation operated or co-operated. That number will surely grow even more this year as we have taken over operation of two senior centers in Miami, Fla.

Since 2006, the WellMed Charitable Foundation has been the philanthropic partner of WellMed. The Foundation has made it possible for WellMed, our physicians and employees to give back to the communities we serve.

With your help, we will continue to expand our services and ease the burden on seniors and family caregivers, while making life a little better for everyone in our community. We look forward to your continued support.

Sincerely,

George M. Rapier III, M.D.
Chairman, WellMed Charitable Foundation

To Friends of the Foundation:

As the population of older adults continues to grow in the United States, services like those provided by the WellMed Charitable Foundation will become increasingly important to serving the needs of our communities.

For more than a decade, the WellMed Charitable Foundation has promoted wellness, information, support and education for tens of thousands of seniors and caregivers, guided by the principles of our founders Dr. George Rapier and Richard Manning.

We live up to our mission by working hand-in-hand with our philanthropic partners at WellMed, one of the nation's largest senior-focused health care delivery companies.

So many older persons and boomers entering retirement are struggling. Food insecurity, housing costs, and a lack of retirement savings can make life difficult for those who helped to build our communities. We honor the generations that came before us when we ensure they age with dignity and respect. We work to serve the family caregivers who support them, so they will have security in their own retirement.

We are privileged to work with older persons, boomers and their families. We welcome the support of others in the community to build a secure and healthy future. Thank you for sharing our journey.

Sincerely,

Carol Zernial
Executive Director, WellMed Charitable Foundation

$24,867,000

WellMed Charitable Foundation 11-year impact

2017 BY THE NUMBERS

7
senior centers

10,178
NEW
members

32,094
total members

$5.3 million
in contributions

43,213
hours
volunteered

$1,043,161.82
value to the
community

8,040
caregivers
served

44
Teleconnections
sessions

15 states
offering
Stress Busting
for Caregivers

SENIOR CENTERS

"When I started at the senior center, I was depressed. After a short time, I felt empowered by the creative and positive energy at the center."

LUCILE VELEZ, 70

"I take all the courses offered because they improve my well-being. I like Aging Mastery and Brainsavers."

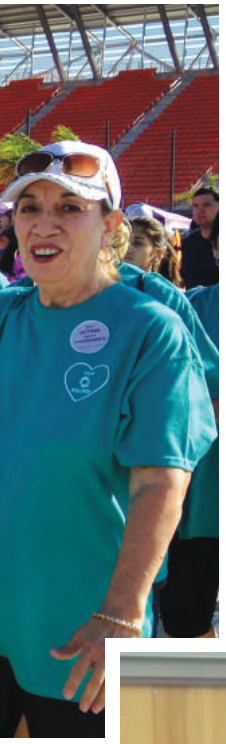
TORFASON, 80

Members of the McAllen Senior Center participate in the local Alzheimers walk.

The WellMed Charitable Foundation is committed to improving the lives of seniors in Texas and Florida. Having served over 32,000 members across 7 senior centers, older adults are taking control of their health and building a network of support among their peers.

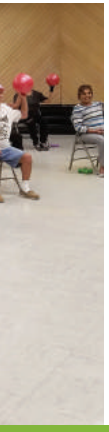
Membership at our senior centers is free to anyone age 60 and up. Members enjoy a full schedule of exercise courses, personal attention from fitness advisers, computer lab access, nutritious lunch and recreational games among many other activities.

Members in Corpus Christi participate in chair exercise classes.



Members of the Doris Griffin Senior Center enjoy a Valentines Day celebration.

Members across Texas participated in Brainsavers classes to reduce the impact of age-associated memory loss. More than 3800 members finished the program.



WELLMED CHARITABLE FOUNDATION SENIOR CENTERS

SAN ANTONIO

Alicia Trevino Lopez Senior One-Stop
8353 Culebra Road
San Antonio, TX 78251

Elvira Cisneros Senior Community Center
517 SW Military Dr.
San Antonio, TX 78221

Doris Griffin Senior Center
6157 NW Loop 410, Ste. 120
San Antonio, TX 78238

RIO GRANDE VALLEY

Harlingen Senior Community Center
512 Victoria Lane, Ste. 11
Harlingen, TX 78550

Cross Roads Senior Center
1301 E. Fern Ave., Ste B4
McAllen, TX 78501

AUSTIN

WellMed Charitable Foundation Senior Community Center
706 W Ben White Blvd, Suite 125 A
Austin, TX 78704

CORPUS CHRISTI

Zavala Senior Center
510 Osage St.
Corpus Christi, TX 78405

"I felt alone and isolated. But when I gained the knowledge and tools to manage my stress, I felt more in control and empowered to take on the daily tasks of my caregiving journey."

-JIM BAKER

"This has been a life-changing experience for me. I have learned how to survive life as a spousal caregiver for the rest of our lives together."

-LUIS SALINAS

The WellMed Charitable Foundation maintains a strong focus on supporting caregivers who are providing essential support to seniors. Our signature programs connect caregivers with experts in the field, empower caregivers with techniques for stress-management and offer support in peer groups – all in an effort to assist the caregiver at any point on their journey. All are provided at no-cost to participants. In 2017, our caregiver services team impacted the lives of more than 8,000 caregivers.

CAREGIVER SOS™ BY WELLMED CHARITABLE FOUNDATION

Caregiver SOS resources centers are staffed with caregiver specialists who are equipped to assist any caregiver from diagnosis to burnout. Operating five resource centers in Texas, the SOS program offers a place for caregivers to find the help they need.

In 2017, 933 Caregivers enrolled in the SOS program with 192 enrolled in the evidenced based BRI Care Consultation Program

CAREGIVER SOS RESOURCE CENTERS LOCATIONS

Caregiver SOS at the Lindale Senior Center
3135 Swantner
Corpus Christi, TX 78404

Caregiver SOS at Cross Roads Senior Center
1301 E Fern
McAllen, TX 78404

Caregiver SOS at Harlingen Senior Center
512 Victoria Lane, Suite 11
Harlingen, TX 78550

Caregiver SOS at Fredericksburg Rd
8637 Fredericksburg Rd
Suite 100
San Antonio, TX 78240

Caregiver SOS at Cisneros Senior Center
517 SW Military
San Antonio, TX 78221

caregiver TELECONNECTION

The Caregiver Teleconnection is a free, bilingual, and confidential program that connects caregivers and family members to information and support through the telephone or "tele-learning". The Caregiver Teleconnection provides learning sessions on a variety of useful topics, hosted over the phone by professional facilitators and experts. Family caregivers have the opportunity to connect and share with others in their situation during the sessions.

44 Teleconnection sessions
1,837 Caregivers reached

TOPICS INCLUDE:

- Setting boundaries as a caregiver
- Developing an attitude of gratitude
- The A's of dementia
- Anticipatory Grief
- Long Distance Caregiving

WellMed® Charitable Foundation

Stress-Busting Program

For Family Caregivers™

A diagnosis of Alzheimer's, Dementia or any chronic illness can be devastating to the patient, but also for the family. The disease can catapult a loved one into a role they had not imagined for themselves.

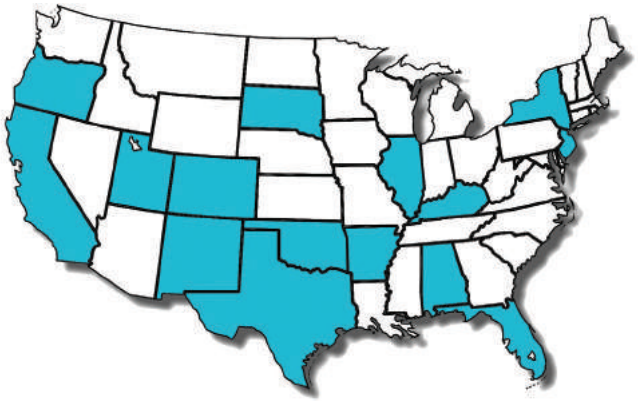
As a result, caregivers often struggle to manage their own levels of stress, affecting the quality of care they can provide to their loved one. The Stress-Busting Program empowers caregivers with tools to manage their own mental health.

The 8-week course removes caregivers from the home environment to provide time for self-reflection and exploration. The program has shown to improve stress management.

In 2017, the WellMed Charitable Foundation expanded the Stress-Busting program to the states of New York, Arkansas, Colorado and New Mexico.

We also developed an adapted form of the program to address the particular challenges faced by professionals in the caregiving community. We conducted 60 Stress-Busting Programs held with 80 caregivers who completed the course.

Through our extensive reach across 15 states in the United States, Stress-Busting is bringing relief to caregivers who need the training and support to maintain personal health and deliver the best care to those they love.



STATES CONDUCTING THE SBP

Alabama	Illinois	Oklahoma
Arkansas	Kentucky	Oregon
California	New Jersey*	South Dakota*
Colorado*	New Mexico	Texas
Florida	New York	Utah

**Statewide implementation*

CONTRIBUTIONS

Giving back to our WellMed communities is a priority for the WellMed Charitable Foundation. WellMed employees contribute generously every year to raise money for charities that serve seniors and caregivers. All funds are matched by WellMed Medical Management and Untied Health Group. In addition to our employees, business partners with a shared interest in making an impact make their own investment as sponsors at special events.

$2 million was donated across Texas and Florida.

NATIONAL

alzheimer's association®

American Cancer Society®

American Diabetes Association®

American Heart Association®

American Red Cross

susan g. komen®

St. Jude Children's Research Hospital
ALSAC • Danny Thomas, Founder

AUSTIN

Meals on Wheels

NW Austin Universal Health Clinic

CORPUS CHRISTI

Face to Face

Coastal Bend Center for Independent Living

Meals on Wheels

DFW

Texas Ramp Project

City of Dallas Park & Recreation

EL PASO

El Pasoans Fighting Hunger

Rescue Mission of El Paso

Paso Del Norte Health Foundation

MIAMI

Alliance for Aging

ORLANDO

Share the Care Orlando

RIO GRANDE VALLEY

Amigos Del Valle

Silver Ribbon Community Partners

SAN ANTONIO

YMCA of Greater San Antonio

Bihl Haus Arts

Battered Women's Shelter

Boys & Girls Clubs

Bulverde Senior Center

Catholic Charities

Christian Assistance Ministries

Meals on Wheels

Haven for Hope

Los Padres SAMMinistries

Food Bank

Communities in Schools

Hope for the Future

Kronkosky Place

S.L.E.W.

Project MEND

TAMPA

Salvation Army

TREASURE COAST

Treasure Coast Food Bank

Florida Council on Aging

WellMed® Charitable Foundation

LEFT: Dallas Parks and Recreation received a $142,992 grant from the WellMed Charitable Foundation that will allow the department to waive the required annual and monthly recreation access fees for Dallas residents ages 60 and over.

Tampa GIVE 2017: Employees in Tampa present $129,000 to area charities with contributions in support of seniors and caregivers.

WellMed of the Rio Grande Valley presented the American Red Cross with a contribution of $2,000 to purchase new home fire alarms for seniors in McAllen.

LEFT: WellMed employees in San Antonio present a check for $7600 to Meals on Wheels of San Antonio in support of the AniMeals program.

Volunteers with the WellMed Charitable Foundation set a new record for hours of service to the community in 2017

From stocking food to building ramps – WellMed volunteers are focused on meeting the needs of seniors and caregivers wherever we operate.Volunteer events are organized by members of our volunteer council all over Texas and Florida.

43,213 hours of service
A value of $1,043,161.82

HURRICANE RELIEF WellMed patients and employees in Texas and Florida were deeply affected by Hurricane Harvey and Irma. With lead donations from founder, Dr. George Rapier and WellMed President Bryan Grundhoefer, WellMed employees raised over $250,000 for hurricane relief. BELOW: More than 100 WellMed WellMed employees and senior center members came together to assemble 5,000 hygiene kits over 2 days. Kits were overnighted to Corpus Christi and Florida.

AUSTIN FAN DRIVE
WellMed hosted a city-wide fan drive to keep seniors cool in the brutal Texas summer heat.

SAN ANTONIO SCIENCE FESTIVAL

RIGHT: Clinical and corporate staff came out in force to introduce young, female participants to careers in the health care field at the Girls Inc. Science Festival in San Antonio.

SAN ANTONIO AURORA APARTMENTS
LEFT: Employees collected brand new linens and bedding for residents of the Aurora Apartments after a bed bug breakout in San Antonio.

EL PASO TEXAS RAMP PROJECT The WellMed Charitable Foundation is a big supporter of the Texas Ramp Project. The charity builds ramps for wheelchair bound seniors. Here, WellMed volunteers give independence back to a senior in El Paso. In 2017, WellMed volunteers built 14 ramps for seniors all over Texas.

ORLANDO RAINBOW RUN
LEFT: WellMed employees in Orlando participate in the CommUNITY Rainbow Run, honoring those who lost their lives in the Pulse Nightclub shooting in 2016.

The WellMed Charitable Foundation Golf Classic

The 8th annual WellMed Charitable Foundation Golf Classic took place on Columbus Day at the JW Marriott San Antonio Hill Country Resort and Spa. The tournament raised more than $35,000 for the WellMed Charitable Foundation.

The top three teams, in order, were the teams of Sierra Window Fashions, the team of Dick Coons, Bill Connolly, Miguel Gutierrez and Bill Taylor, and Office Furniture Interiors. The event's 2017 honorary chair was KENS5 Meteorologist Bill Taylor who gave a forecast before the tournament. Funds from this event directly benefit caregiving programs offered by the WellMed Charitable Foundation.

A Record-breaking 2017 Run for Seniors

Participants came ready to run for the 7th annual Run For Seniors benefitting the WellMed Charitable Foundation. The run was held at Mission County Park in San Antonio with a record-breaking number of 700 runners and walkers.

Tejano music star Raulito Navaira performed post-race to celebrate with the participants after crossing the finish line. Matthew Piaszak took first place for the fastest male 5K time at 20:39, and Katie Keenan took first in the women's division with a time of 22:53.

All proceeds benefit seniors and caregivers.

The WellMed Charitable Foundation actively seeks research partnerships that put WellMed on the forefront of senior care as well as inform best practices when working with the older population.

Preventing Self Neglect Among Seniors

The WellMed Charitable Foundation has been working with the Benjamin Rose Institute on Aging, and the Texas Department of Family and Protective Services to conduct ground-breaking research in the area of self-neglect among seniors. This study involves using currently identified risk factors for self-neglect such as depression, cognitive impairment, loss of independence with the activities of daily living, and substance abuse, to identify patients who have one or more of these risk factors. These patients are being asked to participate in two comprehensive assessments that are conducted by trained social workers. Community interventions will be offered to these patients, and the success of those interventions will be monitored to determine if the patient's risk factors have been successfully addressed. This project is expected to conclude by the end of December 2018.

NIH Study

Older adults are more likely to visit senior activity centers at the urging of their Primary Care Physician (PCP), resulting in improved diabetes-related health outcomes, according to findings from a 2017 study the WellMed Charitable Foundation conducted in partnership with UT Health San Antonio.

The study noted that seniors who receive a PCPs recommendation to attend the senior center achieve better results in changes to Body Mass Index (BMI) compared to instances when they are not referred.

Economic Security Initiative

The WellMed Charitable Foundation was awarded a generous grant from the San Antonio Area Foundation to implement the Economic Security Initiative, modeled after a successful program implemented by the National Council on Aging. This program seeks to provide a comprehensive financial assessment for low-income seniors who are having difficulty managing their financial situation. The assessment will identify areas of concern and possible resources to address those.

WellMed® CHARITABLE FOUNDATION

PROJECT MEND Carol Zernial stands with Richard Manning and Bryan Grundhoefer, WellMed Charitable Foundation Board Members as she was recognized by Project MEND at their 2017 gala for service to seniors and persons with disabilities in San Antonio.

HURRICANE Senior volunteers from the Alicia Trevino Lopez Senior Center were interviewed by local news media for their hurricane relief project.

Corpus Christi Senior Center manager is interviewed during a Lone Star Celebration hosted at the center.

Carol Zernial, Executive Director of WellMed Charitable Foundation, was named one of the top 50 Influencers in Aging by Next Avenue, in recognition of her work to invest in the quality of life of seniors.

8637 Fredericksburg, Ste. 100

San Antonio, TX 78240

www.wellmedcharitablefoundation.org

wellmedgives@wellmed.net