



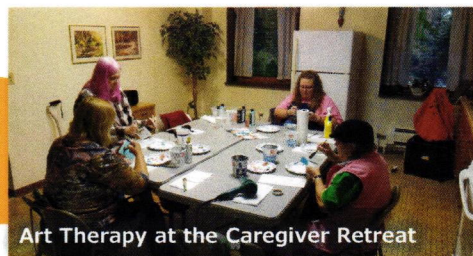
2023 Impact Report

The Caregiver Resource Center is a place where individuals caring for family members or friends with chronic illness can come for resources, support, and self-care. It began in November 2021 through the generosity of Jim Theisen and community donors, and with support from Stonehill Communities. We continue to see growth and look forward to expanding services and awareness of caregivers and their needs.

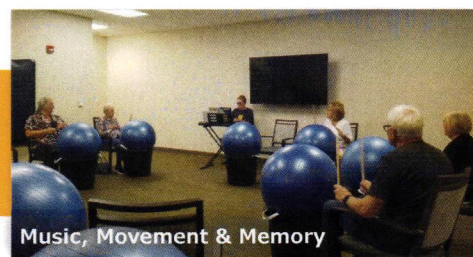
2023 Accomplishments

- Met with local groups and organizations to spread the word about services available for caregivers
- Added second and third locations for Caregiver Support Group.
- Organized the Caregiver Wellness Retreat with NEI3A and Shalom Spirituality Center.
- Arranged volunteers to accompany loved ones during Wellness Center use.
- Hosted a viewing of the *Wine, Women & Dementia* documentary.
- Supervised and mentored two social work interns.
- Started a Chair Yoga for Caregivers Class
- Promoted the Caregiver Resource Center at the Senior Living Expo and Dubuque Walk to End Alzheimer's
- Began a Birthday Treat program with volunteers to bake and deliver birthday treats to caregivers.

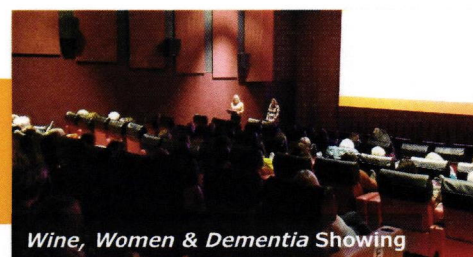
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Art Therapy at the Caregiver Retreat



Music, Movement & Memory



Wine, Women & Dementia Showing



Caregiver Resource Center | 3485 Windsor Ave, Dubuque, IA 52001
www.stonehilldbq.com/caregiverresourcecenter

Caregiver Resource Center Impact Report

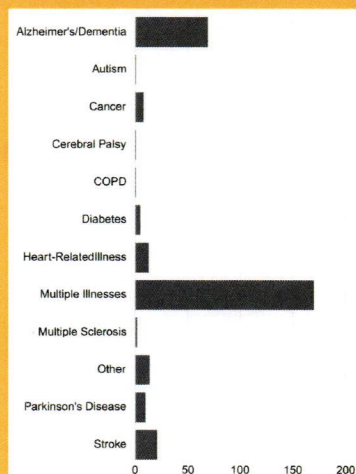
January - December 2023



231

Caregivers Served

They provide care for individuals with the following chronic illnesses



In the Words of a Caregiver

You have no idea how much you mean to me. You are the only person I talk to about this.

77

Support Group Sessions offered at 3 locations—Dubuque, Asbury, and Dyersville

\$103,658

in donations received to help with programs, current operational expenses, and the endowment supporting sustainable services.

Thank you to all our generous donors!

Self-Care Referrals

132	Massage Therapy	\$9,170 value
129	Wellness Center Membership	\$3,485 value
17	Health & Fitness Classes	\$1,890 value

Volunteer Hours

Volunteers help expand the capacity and services of the Center. Thank you!



Programs and Classes Offered

24

Community Resource/Educational Presentations

12

Music, Movement & Memory Workshops

2

6-week Powerful Tools for Caregivers Class

28 outreach presentations to nearly 450 individuals and community providers