



Island Volunteer  
Caregivers



# 2022 IMPACT REPORT



A look at how  
Island Volunteer  
Caregivers makes  
life work for our  
neighbors facing  
challenges related  
to aging, disability,  
or adversity.

# MESSAGE FROM OUR EXECUTIVE DIRECTOR

Friends,

I am continuously inspired by the compassion and generosity of our volunteers and donors who recognize the needs of our community and step up to help. Thanks to your dedication, we accomplished great things for the older adult community in 2022. **With a steady increase in service requests, which reached pre-pandemic levels, we were able to fulfill 97% of requests** with the help of our volunteers.

**Our pilot Wellness Program was one of our most impactful initiatives in 2022.** Its aim is **to help combat loneliness and isolation, a serious public health crisis for older adults.** With the help of volunteers, we called over 400 care receivers to update data, assess physical and mental health, and screen for symptoms of sadness due to loneliness. We enrolled a small sample of participants into our pilot program, and we are already seeing positive results [we aspire to expand this program in the future to enroll a greater number of participants to help those in need].

Your contributions enabled us to support many seniors and those in need of assistance in 2022, from providing transportation, resource navigation, life enrichment activities, and companionship to assisting with a fourth round of COVID vaccination appointments and holiday meals. **All these efforts help seniors continue to live independently in their homes.** With our newly completed strategic plan as well as your continued support, we can ensure these services are available to our neighbors for decades to come.

**Thank you for your ongoing commitment to IVC and our community.** Your kindness and generosity are making a meaningful difference in people's lives.

Warm regards,

*Joanne Maher*

Executive Director



# OUR STORY SO FAR

## Our Mission

Island Volunteer Caregivers connects neighbors facing challenges related to AGING, DISABILITY, or ADVERSITY with volunteers and resources to support independent and fulfilling lives.

All of our services are provided FREE of charge, regardless of one's ability to pay.

## Our Reason

IVC's services help individuals maintain independence while our programs provide **life enriching connections** through a variety of activities and community engagement with the goal of reducing social isolation. This leads to improved health, self-esteem, cognitive function, and a better quality of life.

Loneliness and isolation is the number one issue facing older adults today followed closely by access to services that help them age in place independently.

“

According to the National Institute of Health, 24% of community-dwelling older adults are considered to be socially isolated and 43% report feeling lonely.

”

## Island Volunteer Caregivers: A History

1996

**Interfaith Volunteer Caregivers (IVC)** started with **18 Volunteers** and **4 Care Receivers**

1997

**FLOWERS FROM THE HEART** a signature IVC program, launched as a way to get closer to the community and assess how best to help

2000

IVC grew to 66 **VOLUNTEERS** caring for 77 **CARE RECEIVERS** through 76 hours of service

2014

*Interfaith Volunteer Caregivers* became **ISLAND VOLUNTEER CAREGIVERS** to reflect inclusivity and welcome new participants

2015

The spirit-lifting **LIFE ENRICHMENT** program was added to combat loneliness and isolation among Care Receivers

2016

**COMPASSIONATE COMPANIONS** was added as a companioning element of IVC's grief program

2019

A **COMMUNITY RESOURCE NAVIGATOR** was added to connect Care Receivers to local resources

2022

IVC launched a **WELLNESS PROGRAM** to address loneliness & isolation through engagement & encouragement

In 2022, IVC grew to **360 Care Receivers** and **302 Volunteers**



## Meet Our Community Members

### Portrait of a Care Receiver

A widow who raised her children on Bainbridge Island and was active in the community for years is now unable to drive. With her children grown and spread out across the country, **she finds independent living a challenge**. She's cognitively sharp and not ready for assisted living. She just needs **help with appointments and errands and encouragement** to participate in activities that bring her joy and make her feel connected.

“ Thanks to IVC I have freedom again to go out in the world with just a simple phone call. ”

“ Volunteering for IVC is easily the most rewarding thing I've done in my life outside of time I've spent caring for my own family. ”

### Portrait of a Volunteer

One couple signed up to volunteer together because **they knew there were individuals on our island whose unmet needs were diminishing their quality of life** and now that they were retired, they wanted to spend their time helping. They also shared that volunteerism was modeled to both of them growing up and acknowledge that **volunteering with IVC is a way to pay it forward** as they navigate their own aging-in-place process.

# SERVICES & PROGRAMS

302 IVC volunteers served 9,755 hours between January 2022 - December 2022. The estimated national value of each volunteer hour is currently \$29.95 which means that IVC's total volunteer hours for 2022 is valued at a cost savings of \$292,162 for the community.



3,613

SHIFTS



9,755

HOURS



31,638

MILES

IVC provides the following no-fee services:

## Transportation

2,910 Hours

- Medical and Other Appointments
- Errands and Shopping

## Assistance

1,075 Hours

- Medical Note Taking
- Resource Navigation and Advocacy
- Light Home, Garden, and Pet Care

## Connections

1,882 Hours

- Pet Therapy
- Wellness Program
- Flowers from the Heart
- Companionship and Respite

## Support

1,010 Hours

- Caregivers Support Group
- Grief Support

## Life Enrichment

228 Hours

- Shopping Tours
- Live from the Met Opera
- Holiday & Specialty Meals
- Museum Tours and Movies
- Kreaky Knees Walking Group

97% of all  
requests filled!



“  
I can't thank you enough for getting me out of my small apartment. It has made such a difference in my struggle with loneliness and being so isolated now living alone.  
”

# 2022 Needs Assessment Survey Results

## Challenges

- 54% feel isolated
- 28% lack companionship
- 47% concerned with physical health
- 37% concerned with emotional health

## Top Concerns Among Care Receivers:

- Home care availability
- Staying socially engaged
- Access to affordable assisted living
- Access to multiple levels of care
- Access to in-home care

## NOTEABLE

- According to the nonprofits surveyed by Bainbridge Community Foundation, **the top challenge facing our community is isolation.**
- BI has a higher ratio of seniors than the average city in Kitsap County. **Today 1 in 4 adults, more than 26%, are over 65.** That's up from 20% in 2015.

# IVC'S YEAR

2022 was a year of re-emerging from the pandemic. We started the year by honoring the lives of those we lost. In February we nurtured our current care receivers by delivering **300+ Valentine packages.**

In May we reached out to community members and evaluated their opinions on aging on Bainbridge Island through a **comprehensive Needs Assessment Survey.** We **collected over 562 surveys** from residents aged 65+ and the results informed *our new five-year strategic plan.*

June brought change as IVC's long time program director, Robin Gaphni, retired. IVC **returned to hosting its annual auction in person** at Kiana Lodge, raising **\$250,000 towards sustaining our mission.**

In July, IVC's new Volunteer Program Manager, April Avey Trabucco, joined the team. Throughout the summer our **Flowers from the Heart** program **delivered 600 flower bouquets** to Care Receivers and community members in need of extra cheer.

Jan

Feb

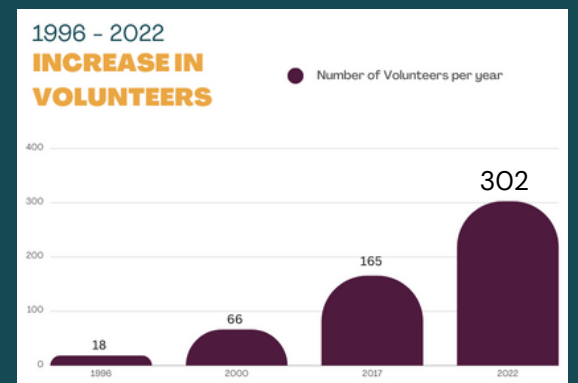
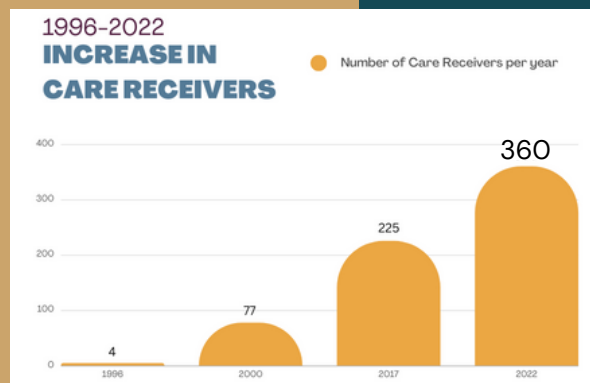
Mar

Apr

May

June

# IVC'S GROWTH



# IN REVIEW

July

In response to results from our Needs Assessment survey we procured a grant from Bainbridge Community Foundation to **launch a Wellness Program aimed at reducing loneliness and isolation** among our care receivers.

Aug

**Life Enrichment activities returned in person** and care receivers enjoyed music, art, nature, and shopping excursions. One of the highlights of 2022 was a **poetry workshop with Bloedel Reserve's Creative Resident, Naomi Cohn.**

Sept

Fall brought **education sessions for volunteers with partners like Dementia Friends**, a program of the University of Washington.

Oct

IVC **delivered nearly 200 meals** on **Thanksgiving and Christmas Eve**, despite the icy weather!

Nov

Dec

Following a comprehensive process we completed our 2023-2028 strategic plan.

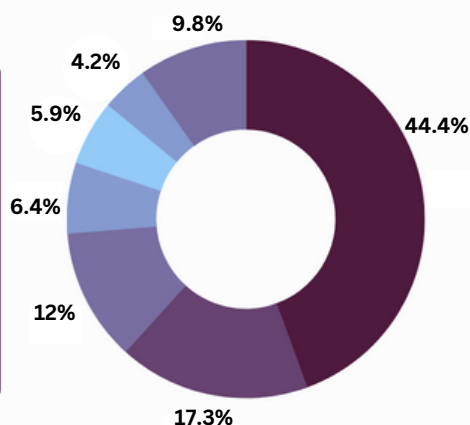


## High Touch & Personal

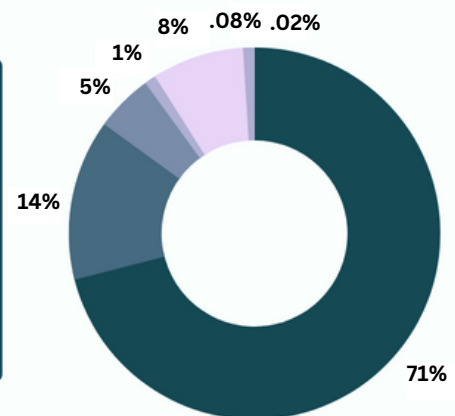
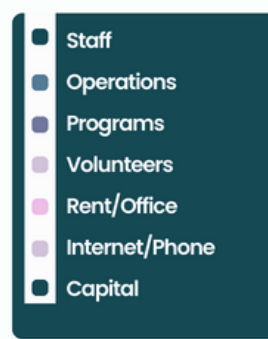
Meet Julia and Marilyn. As part of IVC's **Wellness Program** Julia was matched as a companion volunteer for Marilyn. The pair met for the first time at a tea hosted by IVC. Julia discovered that Marilyn loves dogs but isn't able to keep one of her own. Julia invited Marilyn to bake dog biscuits to pass out to the dogs she frequently visits and as you can see in the picture, the two had a lot of fun. They are **one of multiple matches IVC made** after calling nearly 400 care receivers to update our records and identify **care receivers** who might **benefit from encouragement and engagement** offered by a companion volunteer.

## 2022 OPERATING BUDGET: \$511,577

### INCOME



### EXPENSES





## IVC Island Volunteer Caregivers

147 Finch Place SW, Suite 4  
PO Box 11253  
Bainbridge Island, WA 98110

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# Thank You for Supporting IVC's Services & Programs

We are deeply grateful to the businesses and organizations and \*individuals who have financially supported our vital work in 2022. Please join us in saying thank you to:

### Business, Civic, Corporate, & Foundation

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Dr. Todd H. Adams

Ameriprise Financial

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One Call for All

Peery Foundation

Quail Roost Foundation

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Seattle Foundation

Smallwoods Design & Construction

The Suquamish Tribe

\*\*Town & Country Markets

\*\*Virginia Mason Franciscan Health

### Print Sponsor

Cook Family Funeral Home & Cremation Services

We are connecting social services across our community by moving forward together. With gratitude to our 2022 Nonprofit Community Partners including:

American Legion Colin Hyde Post 172

Bainbridge Artisan Resource Network, BARN

Bainbridge Chamber of Commerce

Bainbridge Cinemas

Bainbridge Island Downtown Association

Bainbridge Island Historical Museum

Bainbridge Island Museum of Art

Bainbridge Island Senior Community Center

Bainbridge Prepares

Bainbridge Senior Living

Bainbridge Youth Services

Bloedel Reserve

Helpline House

Housing Resource Bainbridge

## Welcome to our 2023 Platinum Sponsor:



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*caring is an art*

A nurse run caregiving company  
delivering exceptional quality of care  
and supportive services.

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\*A list of individual donors can be viewed at [ivcbainbridge.org](http://ivcbainbridge.org) \*\*Auction Sponsors

147 Finch Place SW, Suite 4 Bainbridge Island, WA 98110  
206-842-4441/[ivcbainbridge.org](http://ivcbainbridge.org) / [info@ivcbainbridge.org](mailto:info@ivcbainbridge.org)