

THE JOURNEY

JOSEPH & MARY'S HOME NEWS :: SPRING 2024

Sliding Into Homelessness



JOSEPH & MARY'S HOME ADAPTS TO SERVE A GROWING POPULATION OF OLDER ADULTS EXPERIENCING HOUSING INSTABILITY

Gary "Sarge" Cooper is 73-years old and a resident at Joseph & Mary's Home. He has been in and out of shelters for two decades while trying to make ends meet. An Army Reserve veteran, Sarge has held many jobs throughout his lifetime that range from managing food service at a corrections facility to truck driving. He is emblematic of a growing trend in the United States: an increasing number of older adults are finding themselves without a stable place to live.

In Cuyahoga County, one in four adults experiencing homelessness is age 55 or over. Nationally, older adults are the fastest-growing segment of the homeless population. Researchers predict that by 2030, the number of people 65 and older who are experiencing homelessness will almost triple.

The reasons for housing instability for many of these older adults vary, but climbing housing costs combined with

fixed incomes, unemployment and medical issues play a big role.

For Sarge, medical issues worsened his housing instability. In late 2022, he was in emergency shelter at the City Mission in Cleveland. He had a leg injury that had him in and out of several local hospitals for surgery and treatment. During the course of his treatment at Cleveland Clinic, he was diagnosed with cancer. His caregivers referred him to Joseph & Mary's Home to have a place to safely recuperate while receiving chemotherapy.

Sarge — and other older adults experiencing homelessness — have unique needs compared to other populations experiencing homelessness. At Joseph's Home, Sarge uses a rollator and has a private room on the first floor, steps away from the dining room and common area. Unlike traditional shelters, he is grateful to know that he has a



"Joseph's Home is unique in that it is smaller and more personal than traditional shelters. They have the right staff to address your personal medical and other needs."

— Gary "Sarge" Cooper

Continued on page 3

Meeting the Changing Needs of Those We Serve



One of the things that stood out to me when I first started my position with Joseph & Mary's Home was the prevalence of older adults. I could not believe that so many older adults over 50 and seniors over 65 were in our care. Where were the traditional supports? What led to people being left behind?

I quickly learned that our nation's support for its older adults is not what we might think. Most people today do not have pensions, and they rely on Social Security. If you were out of the workforce for any reason, such as motherhood, unemployment or illness, your Social Security is likely to be minimal and not able to cover basic monthly expenses. With skyrocketing housing costs, rising food costs and the exorbitant cost of prescriptions, a senior could readily find themselves facing the loss of housing.

What does this mean in caring for people experiencing homelessness, specifically for a medical respite provider like Joseph & Mary's Home? It means that in 2023, 61% of those we served were over 55 years of age, and 90% had physical disabilities. It means that the people we serve are not only grappling with their immediate health condition and homelessness, but also with geriatric conditions and frailty.

In this issue of *The Journey*, we will talk more about the trends impacting Joseph & Mary's Home, Cuyahoga County and our nation with the rise in homelessness among older adults.

In the coming months, you will hear from us on this topic and our plans to meet the changing needs of those we serve.

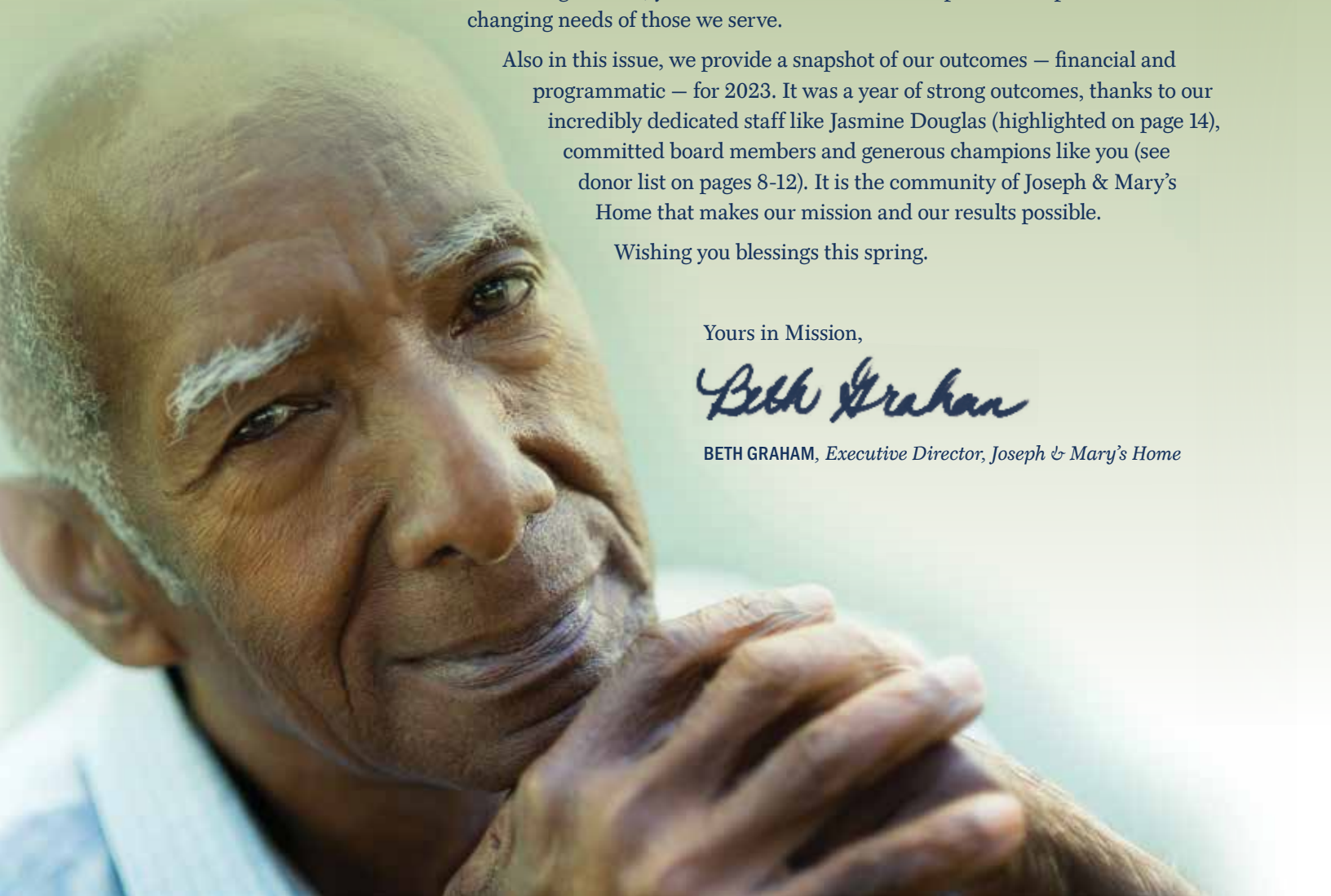
Also in this issue, we provide a snapshot of our outcomes – financial and programmatic – for 2023. It was a year of strong outcomes, thanks to our incredibly dedicated staff like Jasmine Douglas (highlighted on page 14), committed board members and generous champions like you (see donor list on pages 8-12). It is the community of Joseph & Mary's Home that makes our mission and our results possible.

Wishing you blessings this spring.

Yours in Mission,

A handwritten signature in black ink that reads "Beth Graham". The signature is written in a cursive, flowing style.

BETH GRAHAM, *Executive Director, Joseph & Mary's Home*



reserved room where he can rest during the day after chemotherapy treatments.

Since opening in 2000, Joseph & Mary's Home has responded to evolving community needs. That continues to be true today in the considerations staff makes to accommodate aging and the changing demographics of residents being served.

Joseph & Mary's Home follows a number of best practices for serving older adults experiencing homelessness, including offering:

- Handicap accessible buildings, like Mary's Home, that are single-story with wide doors and hallways, and walk-in private showers.
- Assessments and care coordination, with all residents receiving a fall risk assessment.
- Prescription management.
- Behavioral health screenings and referrals. As a residence facility, staff have the opportunity to observe symptoms and help increase communication with each residents' behavioral health provider.
- Housing plans developed with each resident that takes into consideration their physical and social needs. For instance, an apartment with elevator access. Or, for some people, having a conversation about assisted living or a nursing home, where they will receive the care they need.

"We have weekly meetings to review care coordination and are taking a more comprehensive approach for the older adults we serve. We are focused on long-term success. This means taking the time to understand, unpack and address complex health and social barriers," said Respite Care Manager Raven Lugo. "We are also intentional about staying in touch with older alumni

once they are housed to make sure they are connected with their medical team and have support and resources."

In addition to the services around medical stability, housing stability and social influences of health that Joseph & Mary's addresses, accommodating Sarge's unique needs has helped him on his path to better health and stable housing.

"To work here, you have to have compassion and hope. I see it in all the staff. I've been in the shelter system for years and Joseph & Mary's Home is a special place," said Sarge. "I'm on the list for an apartment and look forward to the day I get my key." ♦



55 is the New 75: The Toll of Housing Instability

The experience of homelessness is traumatic physically and emotionally. It can age people significantly beyond their chronological age. In fact, a study by University of Pennsylvania researchers found that the toll of housing instability can age people by 20 years. A 55-year-old adult may experience geriatric medical conditions like cognitive decline and decreased mobility at rates compared to a 75 year-old housed adult. People experiencing homelessness aged 50 and older are often considered "older adults," whereas the older adults are more commonly considered age 65 and older for the broader population.

Studies report mortality rates for people experiencing homelessness is 3-to-12 times higher than the age-standardized general population rate. In a group that is aging unequally, early intervention becomes even more important to reduce or slow the onset of geriatric conditions.

Compared to their housed counterparts, older adults experiencing homelessness have more health and health-related concerns, including:

- Significantly shorter life spans.
- Higher prevalence and severity of physical and geriatric conditions, including memory loss, falls, difficulty performing activities of daily living, cognitive impairment and functional impairments.
- More complex health needs, comparable to housed individuals who are 10-20 years older.
- Higher rates of mental health and substance use disorders.

BACK TO HEALTH FORWARD TO HOUSING

2023 OUTCOMES

143

adults were served in residence and the community.

70%

were medically stable upon discharge.

67%

exited to a stable setting.

81%

of alumni exited to and have remained in a stable setting.

Impact and Resident Demographics

Joseph & Mary's Home provides medical respite care for medically-fragile adults experiencing homelessness. All of the people we served are, at time of admittance, without housing and are experiencing an acute medical condition that has led to repeated emergency room visits or hospitalization.

In 2023, Joseph & Mary's Home served more adults than ever before in our history, thanks to the first full year of operating Mary's Home, which opened in March 2022 to serve women. We served 143 adults in residence and, after exit, in the community where they live. This is up from 119 in 2022. We were also able to reduce length of stay from an average of 83 days in 2022 to 73 days in 2023, enabling us to open rooms to serve more people in need of medical respite. The men and women served were most often older adults, with a physical and/or mental health disability and at least one chronic health condition.

- 143 adults served in residence and in the community
- 73 days, average length of stay
- 100% were homeless, according to HUD's definition
- 25% were considered chronically homeless
- 44% female, 56% male
- 61% are over the age of 55
- 53% are African-American
- 12% are Latino
- 3% are veterans
- 90% have a physical disability
- 83% have a diagnosed severe mental illness
- 54% have a substance use disorder
- 97% have a chronic health condition

In 2023, Joseph & Mary's Home served more adults than ever before in our history.

Health & Well-Being Outcomes

Medical stability is measured by improvements made when a resident is at Joseph & Mary's Home. Some markers of stability are more easily identifiable than others, such as coming in with an open wound and having the wound heal, or coming in with uncontrolled diabetes and leaving with their health stabilized and regularly taking medication as prescribed. Other markers are less obvious but can still be measured, like improved vitals or a reduction in outward symptoms.

- 70% of residents were medically stable when exiting Joseph & Mary's Home
- 82% of residents demonstrated improvement in medication management
Note: Residents are encouraged to take at least 90% of their medications each week. Some residents may struggle with acceptance of their conditions or stigma associated with their illness. Staff members support and coach residents on the importance of medication to overall health and wellness to help build good medication habits.
- 81% of residents demonstrated improvement in knowledge of medical condition
- 80% of residents improved self-care ability
- 18% of residents increased their incomes or obtained new/increased benefits

Housing Outcomes

Housing stability is measured by the percentage of people who exit to permanent housing and remain in that housing for a period of six months or longer. Some residents exit Joseph & Mary's Home to higher levels of care, such as assisted living, which may be more appropriate based on their medical conditions. Ultimately, the goal is to exit residents to housing situations that end their homelessness for good.

- 67% exited to a stable setting, including 45% of residents who moved directly into permanent rental housing of their own
- 81% of alumni remain in stable housing after exiting

DONOR SPOTLIGHT:

Farmhouse Rules Drive Giving Spirit for Ken and Beth Gabele

Ken and Beth Gabele live by the farmhouse rules that are embroidered on a pillow on their living room sofa. They're the values that serve as their family gospel.

"For years we didn't have two nickels to rub together," said Beth. They both worked while raising two children. Ken was a regulatory chemist with Sherwin-Williams. Beth was a professional church musician. She also worked in the Cleveland Metropolitan School District. They kept their fridge full and neighbor kids were always welcome to stay for dinner.

When they both retired, they found themselves in a position to give even more to the community. Ken's Sherwin-Williams stock had increased in value over the years. They had carefully planned for retirement. With help from financial advisors, they set up a family trust and determined the best way to maximize tax-free IRA contributions to organizations that aligned with their values.

"We want to be effective with how we give," said Ken. "We were looking for smaller organizations that needed the money and made a real impact."

One night they were watching Channel 5 news and learned about Joseph & Mary's Home. The news story featured a walk-through of Mary's Home, which was under construction at the time. The story talked about the need to provide a safe place to heal for women who were experiencing homelessness.

"Mary's Home fit into our idea of what is needed in the community," said Beth, "For many years, we've been supporters of the food bank. I taught in the city schools and



FARMHOUSE RULES

Sow seeds of kindness
Be grateful
Family is first
Let's have faith
Work hard
And have fun

many of our students were food insecure. There is need all around us. We want to support organizations where you can actually go and see the work being done. Joseph & Mary's Home meets people's basic needs: food, shelter, warmth."

Beth and Ken describe themselves as casual people. They enjoy a slow life. Last fall, they traveled to a family reunion at a cousin's farm near Crestline, Ohio, where hundreds of cousins and children and grandchildren and great-grandchildren gathered. Because of changes in their health, they mostly stick close to home and visit University Circle museums or walk in Cuyahoga Valley National Park.

When asked, "What do you do to treat yourself?" They both say without pause, "We give. It feels wonderful to give." ♦

JOSEPH & MARY'S HOME FINANCIALS FOR 2023

The operating budget for Joseph & Mary's Home grew to \$1,633,218 in 2023, the first full year of Mary's Home operations. This is an increase from \$825,480 in 2021, when our organization operated Joseph's Home and had not yet expanded to serve women.

Revenue

Public Sector Grants & Contracts	\$384,809	22%
Foundation & Corporate Grants	\$590,770	36%
Contributions & Events	\$434,255	27%
Investment Income	\$33,806	2%
Earned Revenue	\$12,194	1%
Transfer from Designated Funds	\$197,384	12%
Total Revenue	\$1,633,218	100%

Expenses

Clinical and Support Services	\$952,111	59%
Management and Administrative	\$158,520	10%
Residential Operations	\$171,681	11%
Office Expenses	\$50,036	3%
Fundraising & Communications	\$174,101	11%
Depreciation	\$112,256	7%
Total Expenses	\$1,618,705	100%

**The financial information included in this report is preliminary, unaudited and subject to revision upon completion of the organization's final 2023 audit numbers.*

THANK YOU GENEROUS SUPPORTERS

2023 DONOR HONOR ROLL

Hundreds of caring neighbors in and beyond Northeast Ohio gave generously to make healing possible for the people served by Joseph & Mary's Home in 2023. The annual Joseph & Mary's Home Donor Honor Roll is one way we say "thank you." All supporters who made at least one financial contribution are listed, unless they requested to remain anonymous. Know that the residents, alumni, board and staff of Joseph & Mary's Home are deeply grateful for each and every gift and for your partnership with us. Please continue to keep Joseph & Mary's Home in your thoughts, prayers and charitable giving plans. Thank you!

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The new Innkeeper Society recognizes donors who pledge a recurring gift to Joseph & Mary's Home, providing sustaining support of the organization and its work to help adults experiencing homelessness regain their health and connect to housing resources. Please contact Erin Gay Miyoshi, director of fund development, at 216.987.9201, if you are interested in learning more.

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The proper beneficiary designation is:

Joseph & Mary's Home
2412 Community College Avenue,
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Please let us know if you are including Joseph & Mary's Home in your charitable giving plans. We look forward to working with you to designate your gift where it is most meaningful, express our eternal gratitude and plan for the future. If you have any questions or have already included Joseph & Mary's Home in your charitable giving plans, please contact Erin Gay Miyoshi, director of fund development, at 216.987.9201 for more information. ♦

THANK YOU!



To learn more about the impact of your generosity, we encourage you to visit www.jmhome.org or follow us on Facebook.

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Every effort has been made to ensure the accuracy of this list. If your name has been misspelled, listed incorrectly or omitted, we sincerely apologize and ask you to please contact Erin Gay Miyoshi, director of fund development, at 216.987.9201 so that we may correct our records.

2023 JOSEPH & MARY'S HOME ANGELS

Financial supporters weren't the only ones who touched the lives of Joseph & Mary's Home residents and alumni in 2023. We want to also thank and recognize these partners for their contributions of goods and services, and/or hours and energy spent volunteering, collaborating or advocating on behalf of Joseph & Mary's Home and our residents. [Read more at jmhome.org/2023-angels](https://jmhome.org/2023-angels).



CHARITABLE GIFT ANNUITIES: THE GIFT THAT GIVES BACK

Higher Rates Could Mean More Income for You

Want to make a larger impact at Joseph & Mary's Home while planning for your future? You can support Joseph & Mary's Home and feel confident that you have stable income for life with a Charitable Gift Annuity (CGA). A CGA enables you to lock in annuity payments without concerns about market fluctuations. You can also receive partial tax deduction on your gift. After your lifetime, the remainder will go toward supporting the mission of Joseph & Mary's Home.

Current bank certificate of deposit rates are paying up to 5.5%, but if you are 75 years old, you can establish a Joseph & Mary's Home CGA with an income rate of 7%. The minimum age is 60.

Age	New Rates
60	5.5%
65	5.7%
70	6.3%
75	7.0%
80	8.1%
85	9.1%
90+	10.1%

Call Director of Development Erin Miyoshi at 216.987.9201 for more information and for a personalized illustration showing the income and tax benefits you can gain.

*Rates are shown for one life-annuity and are effective January 2024. The minimum age is 60 and minimum gift is \$10,000 cash or securities. No commissions or fees are paid.

STAFF SPOTLIGHT:

Jasmine Douglas

Senior Resident Support Associate

Jasmine Douglas joined Joseph & Mary's Home staff as the newest employee in December. She works third shift as a senior resident support associate. Jasmine comes to us from the YWCA of Greater Cleveland, where she served in roles of increasing responsibility at Norma Herr Women's Center, a low-barrier women's shelter in Cleveland.

Q: Describe your role at Joseph & Mary's Home.

A: I have always worked third shift. I like that I can work at my own pace. I get to interact with residents more because they aren't going in and out the door. They are funny. They are unpredictable. You get to know little things about them. A lot of people think that if a person is experiencing homelessness that they may be undereducated. These people are talented, gifted. A lot of them don't get the opportunity to be heard and share those great things about themselves. If you get them going, they tell you everything.

Q: What is your super power?

A: My patience. My patience is weird to a lot of people, it's weird to me sometimes. You have to constantly practice it throughout the shift. If you do it eight hours a day, sometimes 16 hours depending on how your day is going, that's a lot of practice.



Q: What is the most rewarding part of your job?

A: Seeing someone complete their goals and be successful in making steps toward better health and securing housing. It's really rewarding when someone gets connected to the medical attention they need. We all celebrate when a resident gets an apartment. As staff, our work is focused on seeing a change in behavior or outlook.

Q: What do you think other people should know about Joseph & Mary's Home?

A: What I love the most is that it is a fast-track process. People are getting housed quickly. That's what the work is about: getting people back on track. There are residents here who experienced a series of unfortunate events that led them to becoming homeless. Most were injured, causing them to become unable to work and then become unemployed and evicted from housing. It's amazing to see them get back on their feet so fast.

NEWS BRIEFS & NOTES



Celebrating the Feast of St. Joseph

Joseph & Mary's Home hosted its annual celebration of the Feast of St. Joseph on March 19 at the Holy Family Chapel at Mt. Augustine, the motherhouse of the Sisters of Charity of St. Augustine and home to Regina Health Center. St. Joseph's life was that of an ordinary workman, yet his ability to see and communicate the presence of God made him extraordinary. Although Sacred Scripture doesn't tell us a great deal about him, we know St. Joseph listened to God in his dreams, and he protected and cared for Jesus and Mary.

Sister Judith Ann Karam, CSA, congregational leader of the Sisters of Charity of St. Augustine, gave the opening

remarks at Mass, commenting on the important work that the staff and volunteers perform at Joseph & Mary's Home. "Every day, they carry out God's work. They are helping men and women overcome incredible challenges and receive support in their journey of healing and securing housing. They are beacons of hope." Guests enjoyed lunch at a reception immediately following Mass.

Many thanks to Father Edward N. Schwet and Deacon Mark Yantek for presiding the Mass; Sr. Ruth Ann Patrick, CSA, P.J. Chavez and Miguel Chavez for lending their musical talents; and those who joined us in prayer and celebration.



Cuyahoga County Approves Additional Funding for Mary's Home

Thank you to Cuyahoga County leadership for approving an additional \$200,000 a year operating funding for Mary's Home in the 2024 county budget, in addition to ongoing support for Joseph's Home. Over the last year, county leadership took the time to tour our facilities and learn about medical respite and the need in the community. Cuyahoga County Executive Chris Ronayne, Cuyahoga Council President Pernel Jones, Jr., County Council Representative and Chair of the Health and Human Services Committee Yvonne M. Conwell, and many others were gracious with their time and investment in ensuring support for the vital expansion of services for women at Mary's Home. The approved budget includes two years of funding, which we hope will continue to be renewed to support these lifesaving services. County support for Joseph & Mary's Home is available because of the Health and Human Services levy. Thank you to Cuyahoga County residents for voting "yes" on the March 19, 2024, ballot to renew this eight-year Health and Human Services levy.

JOSEPH & MARY'S HOME
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IT IS OUR MISSION ::

Joseph & Mary's Home, a ministry of the Sisters of Charity Health System, provides a nurturing, caring environment for adults without resources who have acute medical needs, helping them heal and achieve independence.



JOSEPH & MARY'S HOME

A Ministry of the Sisters of Charity Health System

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