

SHARED
WISDOM
LOCAL
SUPPORT

SANDWICHED

family caregivers

of

KANSAS CITY

**2024
ANNUAL
REPORT**

INTRODUCTION

2024 ANNUAL REPORT

Since 2018, SANDWICHED Family Caregivers of KC has been working to support people in Kansas City who are caring for parents, grandparents, spouses, siblings, and anyone they consider family.

Sandwiched KC offers training and education through 1:1 coaching and information and referral, online and face-to-face workshops, and virtual and printed educational products and materials.

We provide assistance to navigate the complex maze of goods and services available to those who need long term care and their family caregivers through our 1:1 support and a comprehensive resource listing available on our website at sandwichedkc.com.

In addition to helping future and present family caregivers learn skills and knowledge needed to provide care for their loved ones and themselves, we offer emotional support through our monthly virtual support group, in-person support groups, and special events.

In 2024, Sandwiched KC celebrated 6 years of supporting family caregivers in the Kansas City metro. This report provides an overview of our activities.

The mission of Sandwiched KC is to create opportunities for family caregivers to find local support and shared wisdom.

ACKNOWLEDGMENTS

BOARD MEMBERS

- Dianna Englander
- Karen Frandsen
- Rachel Hiles
- Melissa Johnson

2024 DONORS

- The Rod & Jo Anne Cyr family
- PJ Prusia at Meadowbrook Senior Living
- Cynthia Johnson
- Susan Bird
- Kyla Mundwiller
- Rosalind Miller
- Sheli Monacchio
- Leslie Scott
- Stephanie Coleman

2024 Heartland Caregiving Conference

Sponsors

- AARP Missouri
- Mid-America Regional Council (MARC) Older Adult & Aging Services



2024 ACTIVITIES

CAREGIVER SUPPORT INFORMATION & REFERRAL

INFORMATION & EDUCATION

Sandwiched KC received over 51 information requests from local family caregivers and professionals working with family caregivers. These requests were received by online submission at sandwichedkc.com or by call or text to the Sandwiched line.

In 2024, sandwichedkc.com received 4,906 visitors. The website was most frequently accessed by people searching for caregiver support groups, respite, senior centers, and home-delivered meals in the area.

“Because family caregiving often is time-intensive, and it takes place within family and other private spaces, it can leave the people who provide support isolated from friends, family, colleagues, and support systems”

-CAREGIVING IN THE US, 2020

VIRTUAL SUPPORT

Sandwiched KC hosted 26 virtual caregiver support groups in 2024. At the beginning of the year, we hosted two support groups each month. In August, we began hosting our group weekly. Attendance ranged from 3-6 participants per group.

Sandwiched's private Facebook community surpassed 150 members in 2024. 51 family caregivers past and present joined our group in 2024 for a grand total of 151 members.

25

**SUPPORT
GROUPS
HOSTED**

51

**INFORMATION
REQUESTS**

4.9K

**WEBSITE
VISITORS**

2024 ACTIVITIES

CAREGIVER RESPITE FUND

TAKING A BREAK

Family caregivers are often isolated and lack resources and support to plan and execute meaningful short breaks. By offering small vouchers and coaching to plan meaningful respite (when needed), we hope to help local family caregivers achieve better physical and mental health outcomes and enhance their capacity to keep their loved ones at home.

Thanks to a very generous donation from the family of Rod and Jo Anne Cyr in 2024, Sandwiched KC will be able to continue helping local family caregivers take a needed break from caring for their loved ones.

High-quality respite is one of the most requested needs of caregivers, but gaps in the availability and affordability of access are significant.

-CAREGIVING IN THE US, 2020

“ I appreciate what this program offered. It allowed me to have some very much needed ME time, took a quick road trip with friends and overall just took a breath from the everyday hustle and bustle of caregiving. To be able to relax a bit was refreshing and priceless. ”

-A CAREGIVER TO HER MOM

“ Basically what I did was sleep in first of all. I was able to spend more time with my daughters. I did some grocery shopping. I did some rearranging of my apartment, & I was able to fix a couple of things on my car. I did a tune up, oil change & rotated my tires. Thank you so much! ”

-A CAREGIVER TO HIS DAD

24

VOUCHER
APPLICANTS

14

VOUCHERS
PAID OUT

4

350

HOURS OF
RESPITE
FUNDED

2024 ACTIVITIES

CAREGIVING CONFERENCE

The Heartland Caregiving Conference convened family caregivers, past, present, and future in downtown KC to learn and share together.

To kick off National Family Caregivers Month, Sandwiched KC, along with the help of numerous volunteers, hosted the second annual Heartland Caregiving Conference for family caregivers in the Kansas City metro on Saturday, November 3, 2024, at the MCCCK Penn Valley Education Center.

Over 50 family caregivers from all walks of life attended to network, learn about topics in aging and caregiving, and meet with companies and community resources.

The conference was sponsored by AARP Missouri and Mid-America Regional Council Aging & Adult Services.

The conference featured a performance by local folk artist, Mikal Shapiro, who is caregiver to her mom, Charlotte.

Deborah Shouse and Ron Zoglin—Dementia Advocates, Writers, and Speakers, returned to the conference to present *Laughter for Health and Happiness*.

Breakout sessions topics included meal planning, fall prevention, senior living options, end of life care, and an entire chair yoga track.

Lunch and juice were provided once again by Ruby Jean's Juicery, which was a huge hit with many of the attendees.

50+

**FAMILY
CAREGIVERS
ATTENDED**

9

**BREAKOUT
SESSIONS**

5

20

**RESOURCE
SHOPPING
EXHIBITORS**



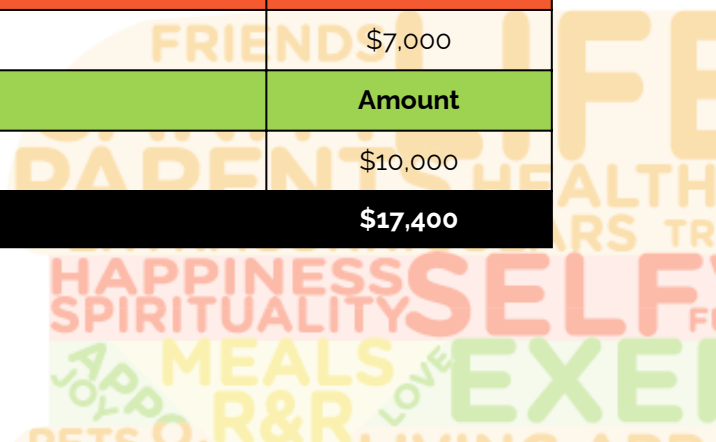


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FINANCIALS

General Funds		Amount
Balance January 1, 2024		\$3,636.60
Incoming	Description	Amount
Individual Donations		\$753
Events & Fundraising	Heartland Caregiving Conference	\$13,131
Total Incoming		\$13,884
Outgoing	Description	Amount
Communications & Technology	Meetup & Website Fees	\$309
Conference Expenses		\$12,220
Postage & Supplies		\$79
Marketing		\$527
Fees & Service Charges		\$198
Operating Expenses		\$126
Total Outgoing		\$13,459
Remaining Balance		\$4,062

Respite Fund		Amount
Balance January 1, 2024		\$14,400.00
Outgoing		Amount
Vouchers Paid Out		\$7,000
Incoming		Amount
Donation - The family of Rod & Jo Anne Cyr		\$10,000
Remaining Balance - December 31, 2024		\$17,400





**HERE'S TO
SUPPORTING
KC FAMILY
CAREGIVERS
IN 2025.**