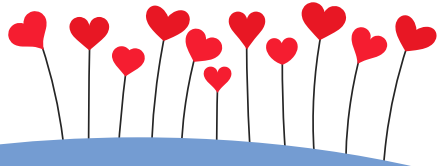


Gratitude REPORT



BECAUSE OF YOU!



Helping Hands

Thank you to everyone who has given to the Helping Hands Employee Emergency Assistance Fund! This 100% donor-supported fund helps our employees when they need it most. To support the fund, donate online at standre.org/Donate or by mail to:

407 Pool Street
Biddeford, ME 04005



Helping Hands Assists Employee After a House Fire

In November 2021, Glenn, a St. André employee, had his home of 24 years destroyed by fire – it was a total loss. Thankfully, Glenn, his wife, Julie, their three daughters, and their renters escaped the fire without injury. Sadly, their dog, Wickett, was not so fortunate, and Glenn and his family are still grieving the loss of their beloved pet. The family lost everything in the fire — memories, keepsakes, photos and things that made their house their home. Four vehicles were also a total loss. Glenn's homeowners' insurance covered six months of temporary housing rent. The family then purchased a home, which was being renovated. Thanks to a grant from Helping Hands, they were able to purchase essential kitchen items that would allow them to once again prepare and enjoy their connection over family meals. They have not opened any packages yet. Julie plans to wait until they move into their new home and open the boxes as a family. Glenn is very grateful to those donors, like you, who contributed to our Helping Hands Fund. He often reminds us to count our blessings, not our losses.



New iN2L Activities System Brings Joy to Residents



At St. André Health Care, we want all our residents to know it's never too late to do the things that mean the most to them, regardless of mobility or cognitive level. Thanks to donations from St. Andres' families and friends, we have purchased iN2L, a new interactive engagement technology for senior living. iN2L — It's Never 2 Late — delivers to our residents thousands of activities specifically designed to help them pursue the ideas and interests that bring meaning and dignity to their lives.

The iN2L system encourages relaxation, mental stimulation, education and exercise, all on a completely customizable platform. Users can transport themselves to the beach and listen to waves roll on the shoreline or explore the cultures of their native or other countries.

For example, during our recent Cinco de Mayo celebration, we enriched our activities by using the system to present a short history of Mexico, a slideshow about Cinco de Mayo accompanied by traditional Mexican music, and a themed trivia game.

The individual system also can be used for planned activities and is especially helpful for residents who are restricted in their movement. One resident, who is medically required to remain in one position for a set number of hours each day, now has the freedom to enjoy a paint by numbers activity. With the individual iN2L mobile system, we can adjust the touch screen's height, reach and angle to accommodate a resident in almost any position.

Perhaps one of the system's best uses is the impromptu activities that can be enjoyed on the larger screen situated in our dayroom. "I asked one of the ladies in our memory care neighborhood if she would like to sit with me and

see what this big screen is all about," says Samantha Beaton, life enrichment director. "With the iN2L system, the language is very proactive in helping residents find what they would like to do. We landed on a painting activity that we did together. After the first few pictures, she started to get the hang of it and took the lead. We had a very relaxing time painting and chatting. A few days later, she admired new artwork outside her room and asked if I was the artist. I shared that I was not, and she said, 'Oh shoot, I thought if you could do it, then I could too.' We had a good laugh, and I promised we could practice painting together that week. There was no specific goal or line item on the calendar with this activity. The purpose was to enjoy one another's company and pass the morning hours. The fact that she associated me with painting days later shows how meaningful this impromptu moment with her was and what a positive impact the system offers."

Having purchased the initial iN2L components, St. André will help pay for the annual subscription fees with funds from a small trust created by a donor who recently passed away and from our annual craft sale. Our residents are grateful to the many donors who helped expand their access to engaging activities.

We are still accepting donations for this program to enable the purchase of an additional individual system for our residents. **If you'd like to donate in support of this program, please give online at standre.org/Donate and select the activities program as the beneficiary of your donation, or mail your donation to:**
407 Pool St., Biddeford, ME 04005.

Donor Spotlight: Pat & Don Foote

Q: What first inspired you to give to St. André?

A: Our family came to know St. André Health Care when two of our loved ones were short-term residents in the rehabilitation unit. During their stays, we saw how the dedicated staff worked so hard to ensure that each resident received the best care possible. When the COVID-19 pandemic began, we saw firsthand how difficult it was for staff to do their jobs. It was also obvious how the isolation from their families was taking its toll on residents. When our family members passed away, their caregivers showed great compassion to our entire family. We greatly appreciated that.

Q: How do you feel knowing that your gift, in support of iN2L, is helping to make a difference?

A: When we learned about the iN2L technology and that St. André was interested in purchasing the system, we felt it would provide important stimulation and entertainment for residents. The caregivers we interacted with often stressed the importance of intellectual as well as physical stimulation in the healing process. This seemed like a great benefit to the well-being of those more solitary residents, who often sleep or watch TV, by giving them a new and engaging outlet. We also loved the fact that it could be used by a group or be an individual experience. After reading stories about residents' interactions with iN2L, we knew it was the right decision to help bring this to their residents with our donation.



BECAUSE OF YOU!

Q: What would you say to others who may be considering a gift to St. André?

A: Our family is forever grateful to St. André and its staff for taking such good care of our loved ones. St. André plays such an important role in caring for the elders of our community. It is incredibly important that support of their good work continues. We're very pleased our gift helped to make a positive difference in residents' daily lives.



Giving Through Your IRA Can Save You Money!

Many retirees take the standard deduction when filing taxes and thus can't claim a charitable deduction. But a qualified charitable distribution (QCD) from your IRA has a greater benefit: *You often save more by lowering your taxable income rather than claiming a tax deduction.*

example:
71-year-old couple

required minimum distribution
of \$24,000

**Standard deduction
is \$26,550**

NO TAX ADVANTAGE!

**MAKE QCD GIFT OF
\$5,000 AND REDUCE
TAXABLE INCOME
BY \$5,000**



Other Benefits:

- Potentially THOUSANDS in federal and state tax savings.
- Make a gift to St. André.
- Could fund a charitable life insurance policy for larger gift in future.



Thank you for all
you've done! We hope that this report will
convey the difference you have made for
our residents and staff this past year.

With a grateful heart,

Susan Oldrid
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