



Caring for the community... for lifetimes



2014 Annual Report

MARTHASM
& MARY

Martha & Mary provides quality, compassionate care and intergenerational experiences for children, adults, and seniors regardless of faith, ethnicity, or economic status. We do this in a Christian manner by offering those we serve caring rehabilitation, a safe place to grow and learn, and an opportunity to live with dignity, honor, and individuality.



Some see a Weed, Some see a Wish.

A circle of care for the circle of life

We have the West Sound covered. From Gig Harbor to Bainbridge Island to Kingston and beyond, plus Mason and Jefferson counties, Martha & Mary cares for our neighbors when they need a helping hand. Think of the times in your life when you did—or might later—need extra help. That's when we are there for you. Children's services, rehabilitation, home care, senior and assisted living, long-term care, and geriatric care management. We care. Always. For generations.

M&M KIDS:

Infant to school-aged programs to help your child learn, grow, and thrive



M&M REHAB:

Recovering from an accident or surgery, therapists help get you back to your life



M&M AT HOME:

Keeping you in your own home, with just a little extra help from your M&M team



M&M SENIOR LIVING:

Independent, assisted, and memory care—help for seniors to stay as active and healthy as possible



M&M Story

There are times in life when each of us needs a little help. When we are very young, or very old, or struggling with a physical setback. Life seems uncertain. Like the seeds of a fully bloomed flower, drifting on the wind—we feel adrift. In need of grounding. Of help. Of care.

Across three centuries, Martha & Mary has provided that grounding for thousands of residents of Kitsap County and beyond. First, looking after orphans and children whose parents worked in the timber and fishing industries, now, it offers programs for the tiniest newborns to pre-teens, to former hospital patients recovering from surgery, to seniors that need a bit of help—and, of course, to those who need a lot of help.

But the story of Martha & Mary isn't in the numbers—although those numbers are impressive. It is a story of people. Of families who have trusted Martha & Mary for care at all stages of life—generation to generation. To understand this unique organization, one need only listen to the personal stories.

Or, maybe, to just one...





Presidents and red-carpet celebrities walk rope lines. Except in Poulsbo, where the rope line means fresh air and adventure for our smallest residents.

Like ducklings following mama, the M&M youngsters head out for a walk through the neighborhood, stopping traffic, and bringing smiles to the adults who otherwise have more serious matters on their minds.

Martha & Mary KIDS has been offering child care and education for more than three decades. From diapers to pre-teens, and at 10 North and Central Kitsap locations, parents have trusted early development to the professionals at M&M. More than a safe and secure environment, the staff at M&M KIDS engages the youngsters through play and skill development, giving them a measurable advantage when they start school—and offering before-and after-school programs that continue to enrich until they are 12 years old. M&M kids leave with life skills, lifelong friends, and a sense of community.

THE M&M BONUS

Because Martha & Mary KIDS is just one of a family of companies, the children have a rare opportunity to connect with older residents in the Intergenerational Program, which brings together little ones and elder ones in shared experiences and activities. This is the largest childcare program attached to long-term care in the nation.



1,025

Children cared for and taught in childcare and early learning programs in 2014

M&M Story

Meet Callaway, a spunky 11-year-old with big dreams and boundless energy. She skis, wakeboards, rides English style, plays basketball and softball—and is a math whiz. She has also been a part of Martha & Mary for most of her young life.

Starting at age two, Cal joined the M&M KIDS program, when her busy parents were looking for help—but help that really helped.

As her mom says, “We looked at a lot of programs, and chose M&M for the focus on child development and the loving teachers and assistants. We found a partner we could trust.”



Calloway age 2,
M&M KIDS
preschooler



A Wish for Child Care you can Trust.



Aging Baby Boomers have discovered that step aerobics and pounding the pavement in the early years have wreaked havoc on hips and knees. Fortunately, modern technology is offering some pretty amazing replacements. But...then what? You have two bionic knees, now how do you get back on your feet?

After the hospital stay—whether from surgery or after an accident—**Martha & Mary REHAB** is ready to help you return to your old life...sometimes in better shape than before. With therapists available on site seven days a week, you can get better, faster. They will coach you and coax you to improve every day. With top-quality equipment in a newly renovated gym, a therapeutic whirlpool, non-skid flooring, and more, you have the tools to do the work.

And M&M staff understand the mind-body connection; they nurture it all. There's a garden just outside, for both fresh air and light activity. Books, games, movies, all catering to the interests of the individual patient. All designed to augment the physical challenges you will master. The body heals as the mind and spirit join in— at **Martha & Mary REHAB**, your personal care plan will heal the whole you.

You won't be a patient all your life. This is short-stay work, a time in your life when you need a trained partner like M&M who will show you how to recover your mobility, your health, your life.



M&M Story

"Tammi at M&M KIDS was warm and welcoming, and we instantly knew this place was different. You could see it in how bright and engaging the space was, and especially in the staff and volunteers. This was the right choice for our family."

Callaway will tell you that M&M KIDS is where she took dance lessons and showcased her talent in three recitals. This is where she learned Spanish. Cal really liked the weekly ice cream socials, shared with the long-term care residents—part of M&M's multi-generational program. Trick or treat at Halloween, knocking on the doors of the older residents...fun!



Callaway an M&M kid



A Wish for Renewed Health and Strength.

MARTHA & MARY At HomeSM

Not so long ago aging citizens had few options when managing a household on their own became too great a challenge. Moving into specialized housing for seniors or living with one of your children seemed like the only choices. But many seniors wanted to stay home, among familiar surroundings and memories.

Today, our older neighbors have so many more choices. And for some, the choice is stubbornly clear: "I want to stay in my own home." Despite data that suggests that living where there is round-the-clock help might improve one's quality of life, many aging seniors want to keep their independence. The body might not be all it used to be, but, by golly, the mind is fixed on staying on familiar ground, surrounded by memories and comforting routines.

Enter **Martha & Mary AT HOME**, a program designed to support that choice and ensure the highest possible quality of life and health continues for as long as reasonably possible. Independence is preserved for the client, and the family gains peace of mind that someone cares and is caring for their elder family member.

A certified geriatric manager is part of the professional team that oversees a devoted, well-trained staff. Each M&M AT HOME client has a plan of care—yet the client is in control. The staff provides professional guidance and can act as an advocate, but the decisions remain with the senior. At home. As long as he or she can stay. Safe, secure—with a little help from M&M friends.



M&M Story

When Callaway started kindergarten, she graduated from the M&M KIDS program and began to broaden her world. She and her family have traveled internationally, and Cal is always eager to meet new people and see new things. But when she is home, Martha & Mary continues to be a part of her life.

In 2014, Callaway was chosen to be part of the Viking Fest Royal Court, proudly wearing a bunad, the traditional women's costume of Norway. She even wore it to birthday celebrations for two of Martha & Mary's centenarians. A reminder of the heritage of the community and that of Martha & Mary.

*Celebrating
100 years!*



A Wish for Independence in my own Place.

MARTHA & MARY Senior LivingSM

100

M&M has offered senior housing in the West Sound for more than 100 years.

Martha & Mary currently owns or operates three communities in Kitsap, designed specifically for seniors. The Village Green near Kingston's waterfront has 35 one- and two-bedroom apartments. In Poulsbo, it's The Ebenezer, our first campus for seniors, with 24 independent living apartments.

M&M manages the **Bay Vista Commons in Bremerton**, a unique take on senior assisted living—no income restrictions; no one is asked to leave if he or she runs out of money. Some of its residents are quite active and independent, enjoying a full calendar of activities, lectures, religious studies, and special events. There are also residents who suffer from varying stages of dementia or Alzheimer's. A trained memory care team helps them with the routines of daily living and offers activities to keep the creative and cognitive functions strong as long as possible. The team keeps each member of the program active and engaged.

Perhaps most exciting is that the Bay Vista memory care team participates in a nationally recognized program, designed to reconnect the mind with lost memories. Research into memory loss shows that when all other faculties appear lost, the music that was important to that patient can make a real difference in awareness. Sinatra or Sting, music makes that connection. In special therapy sessions, playing favorite songs can help a patient briefly rejoin with what's going on around him, right now.



M&M Story

Summertime is Callaway's favorite time at M&M. She loves assisting her Grandma Betty in M&M's art program. Art has long been used to treat some psychological disorders; there is newer research that indicates it might help dementia patients to communicate emotions and feelings.

Grandma Betty is well known in Poulsbo for her rosemaling talents. She was the artist behind the old downtown wooden benches and the soda fountain that once graced Front Street. Today, she teaches art to M&M's residents—and during the summer, Callaway works alongside her grandmother—generations together.

Art therapy volunteer



A Wish for a Safe, Affordable Place to call my own.

MARTHA & MARYSM

When you hear 'skilled nursing facility' or 'long-term care', and you think, "Ah, that's just a fancy term for nursing home," you have another think coming!

Come up to **Martha & Mary in Poulsbo**, and you'll see the difference even before you walk in the door. Snugged up on a hillock overlooking Liberty Bay, the building is at once grand and demure. The landscaping is beautiful and perfectly kept. The entire place says, "Welcome!"

Once inside, you see the promise continues...fresh flowers in the lobby, lovely wainscoting, inviting nooks to read, to visit, to play a game of cards. Plus, tasty, healthy meals.

The M&M team offers support to keep the mind and body active: There is a restorative gym, and on any day, you'll see staff walking and exercising along with the residents. Then there are the programs that enrich and engage: horticultural, intergenerational, spiritual, music, and—a favorite among many residents—pet therapy. *(Yes, there are volunteers in Poulsbo who bring their well-mannered, specially trained dogs to visit. Blood pressures lower; smiles abound. And the dogs get a lot of attention!)*

Along with skilled nursing services 24/7, there is an on-site chapel and chaplain.

With more of our neighbors celebrating birthdays in their 90s and even 100, the need for long-term care that is truly caring will continue to grow. For our grandparents, our parents, ourselves one day...Martha & Mary will be there.



70%

For those 65 and older, 70% will spend some time in a skilled nursing facility, compared to just 5% in 1990.

M&M Story

"Sometimes, I help the residents set up or get the supplies they need. But sometimes, I can help a little more. If somebody has a shaky hand, I can hold it and help them draw a more steady line. I like that."

"Martha & Mary helped me when I was a kid. Now, I can help others at Martha & Mary," says Callaway.

One young girl's journey at Martha & Mary is not unique. M&M offers help to those who need it at any age—and those we've helped often become the helpers. Ours is a community of caring for families... for generations. ❤️



Poulsbo Viking
Fest Royal Court

A Wish for Dignity and Respect, Always.

Leadership



The view from the top is an interesting one.

As CEO, I get to see where we are and where we are going. While my time is not always engrossed in day- to-day details, I certainly see the results: The people we’ve helped who are leading richer, healthier lives, and the people who do the helping, a job that offers rewards beyond most.

When I see what we do for those who need us most, young or old, I am never more proud.

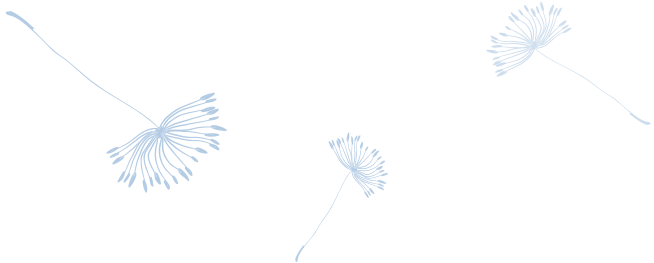
As Martha & Mary continues to expand its services to better meet the needs of West Sound families, I want to highlight one special area of service.

There is a segment of our population—really, any population in America—that suffers from complex medical and behavioral health issues, which make life especially difficult. These serious, chronic conditions burden families and their support networks. They overwhelm the healthcare system. Yet, these patients also represent an urgent community need that Martha & Mary has stepped up to meet in the past year by helping to stand up a program for the region. For the people that this affects, it is life changing.

That’s care that’s personal. That’s care that matters. That’s care that our staff and I, our Board, and the entire community stand behind.

That’s Martha & Mary.

Chad Solvie
Chad Solvie, CEO



Financials

Over the past five years, Martha & Mary has grown in two important ways: We have diversified our family of services, expanding into home care and offering more options for seniors. We have also extended our geographic reach, serving Kitsap from north to south.

STATEMENT OF FINANCIAL POSITION: December 31, 2014

Assets		
Current	\$5,844,001	21%
PP&E	\$16,807,892	61%
Reserve & Restrictions	\$1,020,047	4%
Beneficial Interest in Trust	\$938,162	3%
Goodwill	\$797,067	3%
Other	\$2,055,611	7%
Total Assets:	\$27,462,780	
Liabilities & Net Assets		
Liabilities		
Current Liabilities	\$2,545,995	9%
Long-Term Debt	\$17,222,318	63%
Other Liabilities	\$8,850	<1%
Total Liabilities	\$19,777,163	
Net Assets	\$7,685,617	28%
Total Liabilities & Net Assets	\$27,462,780	

STATEMENT OF ACTIVITIES:

Revenue		
Resident Care	\$15,447,413	66%
Children’s Tuition	\$2,707,288	11%
Home Care Services	\$2,520,503	11%
Management Services	\$1,281,886	5%
Misc. Services & Fees	\$727,636	3%
Rental Income	\$545,702	2%
Other Income	\$194,370	1%
Contributions & Grants	\$361,698	2%
Total Revenue:	\$23,786,496	
Expenses		
Salaries & Wages	\$13,659,313	58%
Employee Benefits	\$3,467,417	15%
Supplies	\$2,022,174	9%
Depreciation & Amortization	\$1,109,842	5%
Utilities, Insurance & Other	\$1,614,671	7%
Interest	\$775,524	3%
Professional Services	\$1,004,894	4%
Total Expenses:	\$23,653,835	
Change in Net Assets:	\$132,661	

M&M provided more than \$2 million in under-compensated care last year.

\$2M

Board of Trustees


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13 **M&M AT HOME** partners with 13 insurance companies to ensure home care is covered.



20K During the Thrivent Leadership Challenge, M&M raised \$10,000, which was leveraged to raise an additional \$20,000 in donations.

The Gifts of Generosity

BENEFACITOR SOCIETY

Kitsap County-Human
Services Department
Kitsap County Block Grant Program

PATRON SOCIETY

Thrivent Financial for Lutherans
Foundation

PRESIDENT’S SOCIETY

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Bainbridge Community Foundation
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United Way of Kitsap County
Violet Van Horn
Dorothy Walsh
Chuck and Sue Weaver
Al and Barbara Webb
Herbert and Joyce Werner
Stephen and Marilyn Wistrand
Kaycie Wood
Carol Zach

Special Gifts

2014 Tributes: *Martha & Mary is the grateful recipient of many tribute gifts in honor and in remembrance of loved ones.*

IN HONOR OF

Bonnie J. Ballew
Betty Herman
Rebecca Janning
Patti Lumsden
Janice Lusk
Idona Martin
Phil Rockefeller
Mr. & Mrs. Brian Tucker
Vreni Zweifel

IN MEMORY OF

Delfin D. Arreola
John and Edna Butts
Dorothy Culver
Barbara Dean
Pastor Martin Ellis
La Rene Fox
Cora George
Betty Jane Gurnett
Josie Heins
Lorene Howerton
Helga Husby
Melvin “Bud” Johnson
Laura Lutz
Doug Mong
Juanita Morrow
Gilbert Naylor
Gladys Peterson
Rosemary Randall
Patricia Siemiller
Art Smaaladen
Helen Willett

Giving Options

For generations, the people of Kitsap and beyond have generously supported Martha & Mary. As a non-profit, we rely on financial gifts—but also, the gift of time. Here are the many ways you can support Martha & Mary in your community:

DONATIONS MAKE A BIG DIFFERENCE
Recently, donor support funded staff training; social, recreational, and educational programs for those in our care; and campus improvements, such as new heating and hot water boilers, AEDs, and garden beds for the Silverdale Early Learning Center.

RAISE YOUR PADDLE AND ENJOY YOUR LUNCH
The Generations of Care Luncheon is Martha & Mary’s annual auction fundraiser. You can donate auction items, buy a ticket or two, and bid on anything that catches your fancy.

VOLUNTEER
Nearly 400 people volunteer at our Health and Rehab Center alone. They participate in a rotating schedule of games, outings, classes, and social therapies. Volunteers run our gift shop, hold bake and plant sales. Some volunteers with strong office skills support our administrative services. And some of our volunteers have four legs—and wet noses.

LEGACY GIFTS
Many of our supporters offer bequests and beneficiary asset gifts, such as insurance policies and retirement accounts.



CEO Chad Solvie presents the Martha & Mary 2014 Philanthropy Award to **Katherine Eide Glick**; her son Erik Glick and his fiancée Patrice Gren were on hand to receive it.

Church & Covenant Program

Martha & Mary began through the generosity of Lutheran congregations, and ten churches continue to generously support our mission. For us and for them, this is a relationship built on a common, faith-based heritage, as well as financial support of our programs for children, seniors, and families.

- We are proud to share our mission with these member congregations:
- Bethany Lutheran Church, Bainbridge Island
 - Community of Christ at Memorial Lutheran Church, Bremerton
 - Emmanuel Lutheran Church, Bremerton
 - Family of God Lutheran Church, Bremerton
 - First Lutheran Church, Poulsbo
 - Our Saviour’s Lutheran Church, Bremerton
 - Peace Lutheran Church, Bremerton
 - Port Madison Lutheran Church, Bainbridge Island
 - Silverdale Lutheran Church, Silverdale
 - Vinland Lutheran Church, Poulsbo

Last year, we implemented the Covenant Renewal Program, designed to strengthen this partnership. We share information with the congregations more frequently, keeping them aware of the progress we make. We provide regular articles to the church newsletters, connect with parish nurses and other church services, and seek to connect more fully with our Lutheran partners. We could not be Martha & Mary without them.



Locations

K MARTHA & MARY KIDS

Child Care Center: POULSBO
Childcare center for up to 100 infants, toddlers, and preschoolers.

Children’s Learning Center: POULSBO
Preschool and kindergarten for 53 children.

Early Learning Center: SILVERDALE
Childcare center for infants, preschoolers, before- and after-school care for school-age children for up to 149 youngsters.

Before- and After-School Care Program: Silverdale, Poulsbo, and Kingston
On-campus programs at seven area elementary schools in Central and North Kitsap School Districts.

S SENIOR LIVING

Bay Vista Commons: BREMERTON
72-unit assisted living apartment and memory care campus for seniors.

Ebenezer Retirement Apartments: POULSBO
24-unit independent living apartments for residents age 62 and older.

Village Green Retirement Apartments: KINGSTON
35-unit campus for independent residents age 62 and older.

R HEALTH AND REHAB CENTER

Health and Rehab Center: POULSBO
190-bed skilled nursing facility provides short-term rehab, memory care, palliative, and long-term care.

H AT HOME

Headquarters: PORT ORCHARD
Caring for clients in their homes from Gig Harbor to Bainbridge Island, and Jefferson and Mason Counties.



THE FACES OF MARTHA & MARY

We are proud to say that every face in this booklet is a real M&M person: a patient, a resident, a family member, a volunteer, or a staff member.

CONTACT US

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web: www.marthaandmary.org

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