

# IMPACT REPORT



DAVID'S REFUGE 



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# WHAT IS DAVID'S REFUGE?

Scan the QR Code below to watch a quick  
video about who we are!





I'll never forget the conversation. It was during the pandemic and I was making outreach calls to the parents we serve, just to check in and see how they were holding up. A man answered the phone, the Dad of a 14-year-old boy with extensive medical needs. I had to tell him that most of our services were on pause and how sorry I was about that. I listened to his story - and learned how they were navigating this unique and challenging time. I told him that I wish we could do more to help. His answer forever changed the way I look at my role and the impact it makes. He said, "Kate, the one thing that you can do today and every day is to keep David's Refuge strong and to make sure it is here for me and all the other caregivers who need it."

It is in these moments that I also realize that the space between a person who is a caregiver and one who isn't is almost nonexistent. If you love someone, you will become a caregiver. You will find yourself in the position where you must put everything aside and provide 24/7 full-time unpaid caregiver support. It won't matter what was on the

calendar, what work commitments you had made, or if you were ready for the role. Once a loved one needs you, you will drop everything and dive head first, willing or not, into that role. This is the life of the Moms and Dads we serve. Through this mission, we all get to remind them that they are not alone, that what they do matters, and God and this community loves them! YES!

When you think about this, you know the reasons we do what we do. You know the reason we must be as financially sound as possible. You know the reason that we must keep David's Refuge going and growing stronger each year - to ensure it is around for the caregivers who need it.

On behalf of our tremendous staff, beautiful community of caregivers, amazing Board of Directors, and all of our friends, new and old, we say Thank You!

With love,

Kate Houck, Executive Director

# MISSION & VISION

## Combating Caregiver Burnout

### Mission

To provide respite, resources, and support to parents and guardians of children with special needs or life-threatening medical conditions where they will be refreshed, restored, and renewed in their role as caregiver.

### Vision

Become a community nationally recognized for empowering caregivers to lead their families with strength and grace.



# 43 MILLION

nearly 1 in 5 Americans serve as an unpaid caregiver

---

# 43 PERCENT

of caregivers report having two or more chronic diseases

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# 70%

of caregivers reported

**AT LEAST ONE ADVERSE  
MENTAL HEALTH SYMPTOM**

—— such as ——

**ANXIETY, DEPRESSION,  
AND SUICIDAL THOUGHTS**

# 40%

of caregivers report feeling

**LESS DEPRESSED**

when they feel they are

**STRONGLY  
SUPPORTED**

# CAREGIVER SUMMIT & WELLNESS RETREAT

- 2023 marked the 5th year anniversary of our annual Caregiver Summit & Wellness Retreat.
- Over the past 5 years, more than 600 caregivers have experienced this impactful event that celebrates Respite, Wellness, and Community.





# COMMUNITY

## Looking Back

Community events have impacted over 9,000 participants since inception engaging caregivers and their families through in-person events such as Valentine's Date Night, Beauty of Mom, Movie in the Park, and our Halloween Celebration. Families also enjoyed unique experiences such as attending our Taste of David's Refuge event, The Syracuse Crunch and Chief's games, concerts and shows!

## Looking Ahead

We will build our community collaborations with agencies enabling us to provide year-round events and programs for the entire family. We will meet our goal to have 100% participation in Community programming as a way to reduce the social isolation that many times impacts the families we support.



*Community is where we find our strength.*



# RESPIRE PROGRAM

## Looking Back

Over 3,000 caregiving couples and single parents believe in the power of respite! The Respite Program provides a weekend away providing connections, validation and hope in a safe space. In 2023, families who could not participate in our typical Respite Weekends had an alternate option of Reimbursement Respite. This service allows families with unique challenges to have the opportunity for respite and increases impact and accessibility for the caregivers served through David's Refuge.

## Looking Ahead

The Respite Program will grow by 10% each year and continue serving caregivers throughout New York State with a special focus on service within communities where support is harder to find.

” Thank you so much to this wonderful organization.

This was our first opportunity to utilize the wonderful graciousness of David's Refuge. We look forward to more to come. We all know the long days and struggles with special needs kids and we tend to put ourselves on the back burner.

So glad there are programs like this that celebrate what we do out of love for our special babies.



“ I found the sessions to be very helpful. I learned skills to help me manage my stress that I’m still using daily. Having a group to share good and negative things happening in my life helped take a weight off my shoulders that I had gotten too used to carrying alone.



# WELLNESS

Empowering caregivers with health education and tools to support personal wellness, promote self-care and foster a culture of living a healthy, balanced lifestyle.

## Looking Back

- 300 lives touched through our Mental Health program since inception in 2021
- 803 caregivers participated in retreats/programs since inception in 2021

## Looking Ahead

In the next three years, every David's Refuge family will have the opportunity for support through wellness.



The team at CNY Mental Health Counseling, PLLC works with the David's Refuge staff to provide services to caregivers and their families. This program was launched during the pandemic and is growing each year to meet the demand.

**2012**  
David's Refuge officially opens its doors on Frog's Whisker Lane in Manlius, NY.



**2014**  
13 Volunteers from our community are trained to serve as weekend respite hosts allowing us to double the program.



**2015**  
The Syracuse Auto Dealers Association welcomes David's Refuge to their annual Charity Preview event! Our first full-time employee joins the team and we integrate with Salesforce to increase our capacities to serve.



**2020**  
CNY Mental Health Counseling, PLLC partners with our mission to offer mental health services to our families. Our wellness programming is officially launched.

**2021**  
David's Refuge is voted #1 for Best Places to Work in CNY.

**2012**  
Served 43 families

**2014**  
Served 100 families  
Raised \$300,000

**2016**  
Served 150 families  
Raised \$485,000

**2018**  
Served 255 families  
Raised \$554,000

**2017**

Interest in our mission moves West and services are launched in Western NY. The year ends with our first Cookies with Santa event.

**2018**

The very first Caregiver Summit and Wellness Retreat is held at Destiny USA with over 100 caregivers in attendance to enjoy a day of respite, wellness and community. Advocacy grows through our promotion of National Caregiver Awareness Month.

**2019**

A very generous donor starts our Legacy Fund with an endowed gift ensuring our future.



**2022**

The Caregiver Summit and Wellness Retreat is held in both Syracuse and Rochester. The offices are moved to a more central location in East Syracuse.

**2023**

A team of committed volunteers join forces to form the Legacy Committee working to generate funds that will sustain our mission for the next 100 years. To meet demands, we increase services and staff and create solid plans for the next 5 years.

**2020**

Served 265 families  
Raised \$870,000

**2021**

Served 400 families  
Raised \$900,000

**2022**

Served 800 families  
Raised \$960,000

**2024 GOAL**

Serve 1,000+ families  
Raise \$1 million+

# 2023 REVENUE

Where Does our Funding Come From?

20% INDIVIDUAL GIVING

27% EVENTS



35% FOUNDATIONS

18% COMPANIES



In the years ahead, we will work to enhance our resilience and sustainability through strategic diversification of funding sources which will foster financial stability, reduce dependency on a single revenue stream, and enable greater adaptability to meet the evolving organizational needs and community impact goals.

## Spotlight on Monthly Giving:

Monthly donations provide us with a reliable, predictable source of ongoing revenue, allowing us to plan our programs more effectively!

**2022**



**44 families**  
made monthly  
donations



**\$2,471**  
each month

**2023**



**50 families**  
make monthly  
donations



**\$3,403**  
each month

**2024 GOAL**



**65 families**  
make monthly  
donations



**\$5,000**  
each month

# Ring of Refuge

Individuals in Support of Caregivers



The Ring of Refuge honors the philanthropic leadership and commitment of the most generous individual donors to David's Refuge who support the mission which offers respite, resources, and support to caregivers in our community. As a member of the Ring of Refuge, you will make a significant impact on the lives of families in the disability community and champion the vision that empowers caregivers to lead their families with strength and grace. Let's work together to create a community where no caregiver ever has to feel alone.

A MONTHLY GIFT OF JUST \$84

**BRONZE**

at or above  
**\$1,000**

**GOLD**

at or above  
**\$5,000**

**PLATINUM**

at or above  
**\$10,000**



*"Joy is like a candle,  
once you light it you can pass the flame on to  
other candles and make the room brighter."*

- David's Refuge Mom

# LEGACY GIVING

Ensuring Our Mission Continues

Our Legacy Fund ensures that the mission of David's Refuge will still be going strong, and impacting lives 100+ years into the future!

**2023**



**1,000 families served**  
**\$2 million Legacy Fund**  
\$1 million annual budget

**2028**



**2,500 families served**  
**\$10 million Legacy Fund**  
\$2.7 million annual budget



**LEGACY GIVING**  
YOUR LOVE. NEVER FORGOTTEN

*"As a founding board member of David's Refuge, I have come to know and trust the level of excellence this organization lives out in every facet of their work. From providing a first class, unique service to local parents, to excellent financial stewardship and integrity, there was no question that David's Refuge would be included in my estate planning."*

- Donna Richards, Teacher of the Visually Impaired

# BOARD OF DIRECTORS

Comprised of 16 Devoted Individuals



**James Godleski**  
*Retired*  
Board President



**Warren Pfohl**  
*Retired Pastor*  
David's Refuge Founder  
Board Vice President



**Jessica Charboneau**  
*Speech Language*  
Pathologist - SCSD



**Carolyn Hendrickson**  
*Director of Planned*  
Giving - The Upstate  
Foundation, Inc.  
Secretary



**Wills Mahoney**  
Co-Founder - Plowz &  
Mowz



**Steve Mitchell**  
Vice President, Sales &  
Equipment - Business  
Machines & Equipment



**Chris Panebianco**  
Chief Marketing Officer  
- SecurIt Tactical, Inc.



**Craig Zinserling**  
President - CRAL  
Contracting, Inc.



**Dr. Tashika Gomez**  
*DNP, PNP-C*



**Scott Johnson**  
*Sales Manager - EWA*



**April Brissette**  
*Chief of Staff - BHG  
Treasurer*



**Patrick Rohe**  
*CEO - Rockbridge  
Investment  
Management*



**Brandi Ginty**  
*Owner/CEO - Inkible.co*



**Pierre Morrisseau, CIC**  
*CEO - OneGroup*



**Matt Willis**  
*Service Advisor - Alan  
Byer Volvo*



**Bill Kirchoff**  
*National Sales  
Manager - Distant  
Lands Coffee*



To get to know our staff, visit [DavidsRefuge.org](http://DavidsRefuge.org)

From left:  
Christine Corbett, Rory Lawrence,  
Kate Houck, Anne DiCosimo,  
Kim Hunn, Liz Conklin, Sarah Watson

Abundant Life  
AAPSA  
Aetna  
Aladdin's Natural Eatery  
Alan Byer Volvo  
Laurie Albanese  
Edward and Emily Alberts  
AmeriCU  
AML Companies  
Chris and Kendra Anderson  
Mike and Courtney Baker  
Barbetta Family Foundation  
Bay Presbyterian Church  
Jean-Paul and Sarah  
Bergeaux  
Mark and Lisa Bethmann  
BHG Financial  
Jim Blaesi  
Jon and Kelly Bohm  
Bond, Schoeneck & King  
Jim and Marisa Borer  
BorgWarner  
Nicholas Borrelli and Kaye  
Newbury  
Doug and April Brissette  
Matt Dydo and Colette  
Powers  
CAF America  
Tammy Caloia  
David and Mary Ellen Canino  
Carrabba's Italian Grill  
Fayetteville  
CH Insurance  
Hank and Jennifer Cline  
Community of the Savior  
Joe and Lynda Convertino  
Thomas and Elaine Conway  
Cork Monkey  
Jeffrey Crouse  
Crowley Insurance Agency  
Daisy Marquis Jones  
Foundation  
Kurt and Holley D'Angelo  
Christopher Deckert  
DeFrancisco & Falgiatano  
Ted DeGolier and Nicole  
LaMonte-DeGolier

Dewitt Rotary  
East Syracuse Chevrolet, a  
member of the West  
Herr Automotive Group  
Eye Plastic and  
Reconstructive Surgeons  
of CNY  
Easter Foundation  
Eastern Hills Bible Church  
Eastwood Rotary Foundation  
EPI  
Evenor Fund  
Excellus BlueCross BlueShield  
of CNY  
Excellus BlueCross BlueShield  
of Rochester  
Exceptional Family Resources  
Families of FANA, WNY  
Firley, Moran, Freer & Eassa,  
CPA PC  
Fred L. Emerson Foundation,  
Inc.  
Jim and Shari Freyer  
G&C Foods  
Gannon Pest Control  
Garam Group  
Adam and Claudia  
Gasiorowski  
Austin George and Hunter  
Hillers  
Terrence and Karen Giblin  
Kent and Joy Gillis  
Rick and Kara Glowaki  
James Godleski  
Golisano Foundation  
Grapevine Giving Foundation  
Gratitude in Action  
GRG Realty Group  
Kelly Hall  
Josh and Sam Haun  
HAUN Welding Supply &  
Specialty Gases  
Healthy Start - A Banker's  
Healthcare Group  
Foundation  
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Jeff Heck

David and Carolyn  
Hendrickson  
Heritage Hill Brewhouse  
Paul and Kate Houck  
Howard A. Drescher  
Foundation  
Peter Hunt  
Bill Huntress  
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John Isler  
Ryan and Lauren Issakainen  
John Ben Snow Foundation  
Dr. Peter and Sandy Kane  
Kelly For Kids Foundation  
Kenrick Corporation  
KeyBank - Syracuse  
Doreen and Scott Kingsley  
Kinney Drugs Foundation  
Ben Kinney  
Jeff and Heta Knauss  
Ken and Patti Knutsen  
KP Coaching & Consulting  
KPH Healthcare Services, Inc.  
James and Jennifer Lavelle  
Jerry Kolb  
Liverpool Turkey Trot  
Lockheed Martin Employees  
Federated Fund  
Loretto  
Lorraine Capital  
James and Molly Lotakis  
Dale Madsen  
Maguire Auto Group  
Wills and Katie Mahoney  
Jeanne Markman  
David Marnell Jr. and Erin  
Morrisseau  
Adam and Jillian Mastroleo

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Find a full listing of our dedicated donors on our website.  
To learn more about leadership giving, contact Christine Corbett  
at [christinecorbett@davidsrefuge.org](mailto:christinecorbett@davidsrefuge.org).

# 2023 LEADERSHIP DONORS

Thank You for Making This Possible

Meier's Creek Brewing  
Company  
Metis Consulting Group  
Milestone Construction  
Partners  
Ryan Millard  
Andrew and Nicole Miller  
Mirabito  
Steve and Laurie Mitchell  
Mohawk Global  
Pierre and Joye Morrisseau  
Movement Box Dance Studio  
Nascenia Health  
National Grid  
Nave Law Firm  
NBT Bank  
Network for Good  
Benjamin and Jamie Nodine  
Northridge Church  
Odd Fellow and Rebekah  
Benefit Fund  
Mike and Carol O'Neal  
OneGroup  
Andy Orr  
Tim and Bernice Paventi  
Warren and Brenda Pfohl,  
beloved founders  
Jeff Pinard  
Pinnacle Employee Services  
Polisseni Foundation  
Property Restoration  
Kevin and Carolyn Quinton  
Ragan Real Estate Team  
Jim and Pam Rasmussen  
Matt Read and Stephanie  
Crockett  
Joe Reddick and Lee Gatta  
Reisman Foundation

Relo Solutions Group LLC  
Richard S. Shineman  
Foundation  
Larry Richards  
Rockbridge Investment  
Management  
RocNet Supply  
Adelina Romano  
Rooftop Realty Group  
Ric and Pauline Rothschild  
Dan and Brianna Schafran  
Schepp Family Funeral  
Homes  
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Richard Schneider  
Select Express Auto  
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SleepSafe Beds, LLC  
Michael and Danielle  
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Ian Stahl  
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Sterling Financial Group  
Major Robert J. Stewart, Jr.  
Subaru of America - Share  
The Love  
Syracuse Nationals  
Bruce Tanner  
Tax Guard  
TD Ameritrade  
David Terasaka  
The Allyn Foundation

The Benevity Community  
Impact Fund  
The Central New York  
Community Foundation  
The Crunch Foundation, Inc  
The Gifford Foundation  
The Jim and Juli Boenheim  
Foundation  
The Truth Hair and Tattoo  
Studio  
Greg and Barb Tresness  
J.C. and Jennifer Trussell  
Verdi Commerce  
Kristi Vertucci  
VIP Structures, Inc.  
Bruce and Sandra Virkler  
Visions FCU  
Visual Technologies  
Josh and Andrea Waldman  
David and Laurie Walker  
Tom and Lisa Wallace  
Walmart  
Karen Walters  
Wegmans  
Fred and Ellie Weir  
Natasha Wilbur  
Amy Wildhack  
William and Sheila Konar  
Foundation  
William and Karen Read  
Charitable Fund  
John and Judy Winslow  
Woodcliff Hotel and Spa  
YourCause  
Craig and Lori Zinserling



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East Syracuse NY, 13057

[DavidsRefuge.org](http://DavidsRefuge.org)