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• Angela Wyatt • Pete Young • Brian Zahn • Patrick Zant • Michele Zoromski •

32 Anonymous Donors

*Thank you to our
2023 Donors!*



Storm Chasers

2023 ANNUAL REPORT



Our Mission

Improve the way guys think, feel, and act through every phase of their caregiving journey.

What Jack's Believes

Our “hero fixes it alone” culture leads far too many caregiving men into a trap of unsustainable isolation.

What Jack's Offers

We're a non-profit hospitality company with no paywall for our services. Our programs are all designed to connect Caregivers with others who have successfully navigated the same terrain. Some of our services are exclusively for Caregivers who identify as men, while others are for Caregivers of any gender.

How We're Different

Nearly half of all Caregivers are men which is why we're surprised we're the first and only Caregiver support community focused on men. We support active Caregivers as well as those who are losing or have lost their loved one. Unlike our peers, we aren't made up of counselors, therapists, or social workers. We're just people who care about Caregivers and want to help them.



Our Impact

97% of the men who engaged with Jack's reported an average of **80% improvement** in how equipped they felt for their caregiving role.

"The only day, and next morning, during that entire time , that I was relieved and didn't wake up in fear, was during and after the Storm Chasers gathering."

- Mike McGarry

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The storm siren has sounded, our doors are open and we're hoping you'll jump in.

Everyone inevitably faces storms. Caregivers, though, like the people they care for, face storms for extended periods – weeks, months, years, and sometimes even decades. They find themselves grappling with the daily challenges, all while the storm swirls around them.

When asked, "How can I help?" Caregivers often struggle to articulate their needs or identify ways others might help calm the storm and provide meaningful relief. This is why Jack's Caregiver Coalition is passionate about extending a helping hand to those navigating the tumultuous journey of caregiving.

Yet, there are instances when the storm becomes overpowering, and the gravitational pull is so strong that family and friends find themselves unavoidably drawn into the whirlwind. It's during these critical moments, when the storm reaches new magnitudes and Caregivers feel almost paralyzed, something remarkable emerges—the Storm Chasers.

These extraordinary individuals step forward when others might hesitate, providing a lifeline to Caregivers in their most challenging times. They understand the unique difficulties of caregiving and offer support in ways that truly make a difference. It is during these times that we foster connections, offer resources, and create a community that stands resilient in the face of life's storms.

As we continue our mission at Jack's, let us remain steadfast in our commitment to aiding Caregivers. Together, we can be the beacon of hope for those weathering their own storms, providing not only assistance but also the assurance that they are not alone in their journey.

Many of you, through your financial support and volunteerism, are already in our armored storm chasing vehicle with us. If you aren't, the storm siren has sounded, our doors are wide open, and we're hoping you'll jump in.

Warm regards,

Kyle & Rich



Kyle Woody, Executive Director



Rich Anderson, Imagine IT

Strategic Traction

An update from our Executive Director

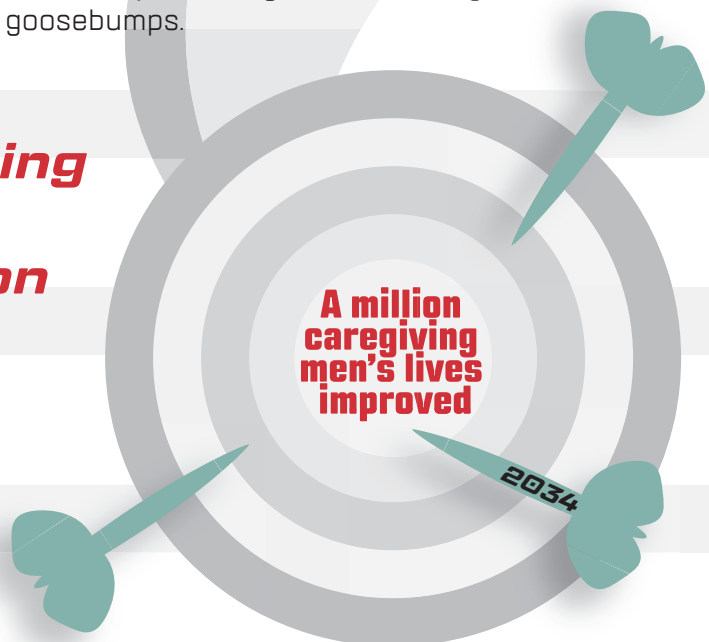
Much of the strategic planning I've been a part of over my career is a lot of talk and not a lot of traction. Enter Rich Anderson and Traction/EOS (Entrepreneurial Operating System). Rich isn't just experienced as a user of the system for his company Imagine IT. He also loves helping small companies like ours as an EOS "implementor."

The results

- A shared 10-year vision to **improve the lives of one million caregiving men.**
- A new core values statement that clearly defines who we are.
- Our first two local area leaders (Mark Mattson and Pete Young) are equipped with a playbook which will help us find Caregivers in their local communities to support.
- Heather Erickson is employed full-time in an essential business role that I was juggling poorly and only part time.
- A team that's creating a first of its kind Caregiver Conference (CaregiverCON) that is a realization of our vision for a marketplace where Caregivers are connected with the rapidly growing list of organizations who want to support them. Visit caregivercon.com to learn more.
- Weekly staff meetings where our team members are asked to rate the meeting on a scale of 1 – 10 based on the question, "did we start and end on time and spend the majority of the time on the most important issues?." The scores have been so consistently high we added a disclaimer that you can't give the meeting a 10 unless something happens that gives you goosebumps.

"Strategic planning is one thing. Strategic traction is another."

- Kyle Woody



2023 Annual Awards

Founders' Core Values Awards Winners



Left to right
Jason Lonne, Ann Kirby, and Allison Breininger

Our Founders



Left to right
Dustin Cesarek, Kyle Woody, and Justin Nicolay

Ann Kirby is Presented the Dustin Cesarek Compassion Award

Ann Kirby heard we were creating Storm Chasers and came running. We had no history with her but that didn't matter. She had a deeply moving caregiving experience that helped her see the potential the program had, and she was determined to make it the best it could be. While others on the Storm Chasers team are more visible, she creates frameworks that simplify complexity and bring clarity to ambiguity. She asked us questions we hadn't considered. And she also anticipated many of the potential pitfalls small organizations like ours fall prey to when they roll out new programs. Ann's organizing and probing will allow her compassion to be realized on a much larger scale, and for long after her involvement ends.

Allison Breininger is Presented the Justin Nicolay Resilience Award

Allison Breininger is resilient. That's kind of like saying that Einstein had some good ideas or that Ghandi was a good guy. Allison is a Caregiver to her husband Sean and their story is one of hope and as Allison puts it, "hard things." She has also created and runs The Negative Space, an organization that changes the way Caregivers are seen and supported. She shines the light on caregiving and provides support for other Caregivers by equipping them with concrete tools and strategies. While it's awe inspiring that she can do either... Allison does both with grace, superhuman strength and conviction.

Jason Lonne is Presented the Kyle Woody Courage Award

Jason Lonne is the quiet type. We suspect him being presented with this award will take him far out of his comfort zone. But he consistently does something that takes the kind of courage that too many Caregivers never find. He reaches out. And try as we might to remind him that's what we're here for, we know it is hard for him every single time. And what's just as impressive is that when he does reach out, he is open and honest about how he's really feeling deep down inside. For Caregivers that's often a scary place to go, but how can you do something courageous if it doesn't scare you?

Chris Meuleners is Presented the Jean Accius II Caregiver Award

Chris shows up for everything—not just most things Jack’s—everything. Last fall at The Big GIVE we found out the through the magic of video that he shows up for his wife too. Chris seems to have found the perfect balance of self-care and caring for others. He’s a ravenous learner and has much to offer as a teacher as well. We have witnessed Chris win go-cart races, find mushrooms that can feed five and most importantly, we saw him in a quiet moment at our Spring Hootenanny with his wife, simply enjoying the moment.



Chris Meuleners



See what Chris's wife, Amanda has to share about him in her video testimonial.

Roger Miller is Presented the Richard Anderson Sequel Maker Award

Roger pays attention to his grief and knows that he can live in harmony with it. Last year he took on the task of leading our monthly Sequel Maker Klatch (that’s support group in Jack’s speak). He shared a pearl of wisdom with the group... “Grief is love with nowhere to put it.” The room fell silent. To someone who has lost a spouse those words are both hard to hear and reassuring. Each of us in different stages of our grief, some many years and others only weeks, felt solace. Like Roger, we became a little more familiar, and perhaps more comfortable, with our grief.

Roger demonstrates to others that there is life beyond the loss of a loved one. He is happily married (like, really happy) and encourages others to remember those we have lost while allowing joy into our lives.

Roger shared that he also learns something... “from everybody who attends the Klatches, particularly the new arrivals. It’s mind boggling that the stories are all over place and they vary widely, but it’s the sameness that we latch onto and that is what makes the difference.”

***“Grief is love
with nowhere
to put it.”***

- Roger Miller



See What Roger's wife, Kim has to say about him in her video testimonial.



Roger Miller

Campaigns



The goal of The Big GIVE in 2023 was to fund an entirely new program called Storm Chasers. Storm Chasers' Mission is to mobilize a community of member Volunteers to show up for Caregivers in need, wherever they are, physically, and wherever they are in their caregiving journey. Our vision included being able to deliver hospitality, Jack's-style. So, we needed a trailer we could use as a mobile kitchen.

To do this, we needed to raise \$125,000. Our incredible community of donors responded to the challenge by raising over \$133,000! We are on track to launch the Storm Chasers program by January 1st, 2025.



Making wings for a Storm Chaser's event



Jack's Klatches have always been close to former Klatch Facilitator, Heather Erickson's heart, so when she was invited to help with Give to the Klatch Day in 2023, she jumped at the chance. Throughout the day, the Jack's team signed cards thanking the generous donors who gave to support the Klatches. It felt good for Heather to spend time with them and catch up with veteran Klatch Facilitator, Dan Cramer. Not long after, she came on staff.

But the really great thing about #GTTKD is that everyone gets an opportunity to support Caregivers in a very tangible way from wherever they are. This year, when you give to the Klatch on Minnesota's most givingest day, know that you are providing a space for Caregivers and Sequel Makers to come together and share what is going on in their very difficult journey.

Jacks and Jills share things at the Klatches that they can't share anywhere else without feeling like a burden, or worse—making the person they are caring for feel like a burden. That's the last thing they want. So instead, they hold it all in until they can go to a Klatch and share with other Caregivers like them how their week really went. They also get to laugh and to share stories, because they understand each other's struggles.

To all our #GTTKD supporters, Thank you!

Stories of Caregiver Support

Playbooks for Guys Who Often Don't Read Instructions Manuals

Guys don't read instructions. Okay... that's a blanket statement that may apply to IKEA furniture or that bike that just has to be under the tree on Christmas morning.

We at Jack's love playbooks and we have created quite a few in 2023. We are particularly proud of our Coaches Playbook and our Sequel Makers Playbook.

Guys don't share their feelings. Okay, that's another one... Our Jacks say that our Klatches, coaching calls, and meetups are a place (sometimes the only place) where they can truly be heard. Our hope is that these playbooks are a tool that can empower Klatch Facilitators and coaches to create an atmosphere of openness at Jack's events. We also want them to be a reference where Caregivers and Sequel Makers can see their experience in print and help organize their thoughts and emotions.



Left to Right, Bottom to Top:
Mark Mattson, Kyle Woody, Jeff Myhre, Tony Peterson



Here's a link to view, download, and print out our Playbooks.

Jack-to-Jack by Jeff Myhre

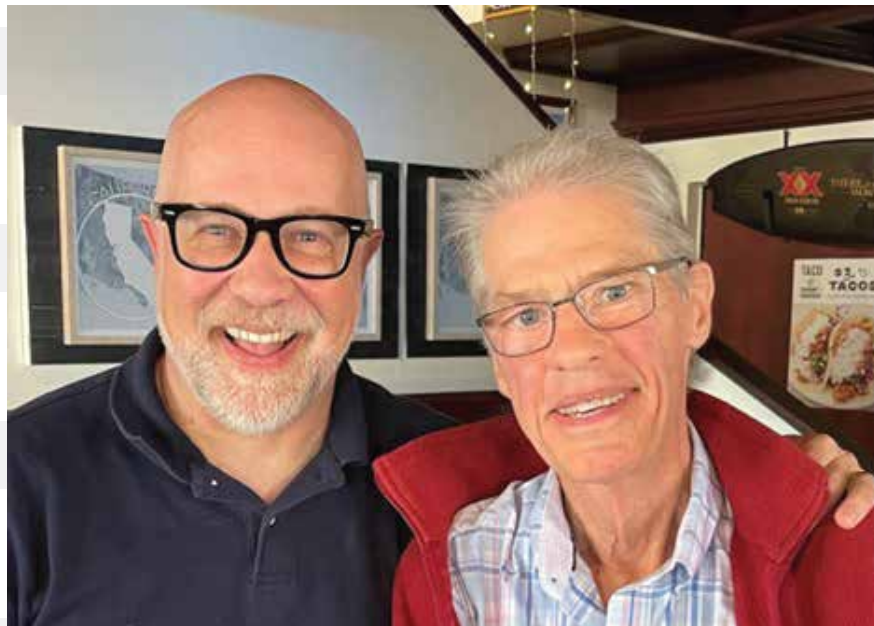
Simon Hill lives in San Diego, California. So when I first started coaching him in the spring of 2023, I did so, remotely.

Simon and I are both older than your average Jack, but other than that, the only thing on paper that we have in common is that our wives had undergone breast cancer treatment. Simon has sailed around the world and is a Brit by birth. I'm from Fargo, North Dakota and live one state away from where I was born.

In January 2024, my wife Jennifer and I took a month-long work vacation in San Diego. It was the perfect opportunity to meet up with Simon and his wife Denise. Shortly after arriving, we got together for the official food of North Beach San Diego...fish tacos.

What never ceases to amaze me is how quickly, and at times deeply, connections are made between Caregivers and those near to them. Side hugs quietly occur around a grill between two Jacks who on the surface barely know one another. Klatches are peppered with roars of laughter and knowing nods of recognition. And this happens within minutes of sitting down with one another.

Jack's has made a difference in my life by connecting me with this gentleman from across the pond and our visit has shown me that Jack's reach can be far beyond the Twin Cities Metro Area.



Jeff Myhre, Simon Hill

The Klatches

Hear Jeff Myhre's experience as a Klatch Facilitator, from his first Klatch to his most recent in our special blog post. One thing is for sure—the Klatch is not your ordinary support group! Plus, we have amazing food and drinks! Use the QR code to go to the post.



Use QR code to go to the post and hear about Jeff's experience.



Sequel Makers

Eric met Melissa when they were 12 years old. They started dating at 14 and married at 20. Learn about his caregiving journey on our web page dedicated to his story.



Read the story of Eric's caregiving journey.



Tribute Donors

In Honor of Clarissa and Patrick
Anonymous



In Memory of Brenda Van Vugt
Randy Lee



In Memory of Susan Scott
Steve Buechler



In Memory of Arnold and Jean Nawrocki
Carolyn Oberfeld

In Honor of Barbara Cramer
Nora Lehnoff



In Honor of Travis Robertson
Tracey Rust

In memory of Patricia J. Miller (Pat Miller)
Roger Miller



In Honor of Amy Koland
Rich Koland

In Honor of Mike McGarry

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Robert Smith
Justin Nicolay
Andrés Parra

In Memory of Alison Anderson
Kristen Ciarochi

In Honor of Jake Jacobsen
Ann Johnson

Tribute Donors

In Celebration of Katie Robertson
Tracey Rust



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Kristin Beckmann Robert Richman-
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Jesse Cramer



In Honor of Mark Mattson
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Laura Keel
Dave Foster

In Memory of Leslie Gotlieb
Amy Litman

Tribute Donors

In Memory of Melissa Zahn

Brian Zahn



In Memory of Michelle Nicolay

William Boylan

In Memory of Fr. James Shaver

Jack Christensen



In Honor/Memory of Jerry Amon

Amy Miller

Xochill Thalhuber

Stephanie Schon

Adrian Sale

Joan Pittman

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Sarah McLean

Thinking of Kim

Jessica Campana

In Celebration of Claudette Langer

Travis Robertson

In Honor of Shawn McKinley

Thomas McKinley

In Honor of Jeff Myhre

James Thomas

Carol Myhre

Jenni Lilledahl

In Memory/Honor of Annie Albers

George Williams

Stephen Toman

Ann Riley

Jay A Miskowiec

Patty Johnson

John Hammagren

Curt and Jane Hale

Adrian Garcia

Ashley Fujii

Thomas Claassen

Tom Albers



Tribute Donors

In Memory of Janet Schriock
Stephanie Schriock

In memory of Sarah DeBord
Melinda Fleming
Doug Dallmann
Stephanie Culp

In Honor of Kyle Woody
Elizabeth Amaya

In Memory of Teri Mattson
Doris Parsell

In Memory/Honor of Tracy McGarry

Irene Orf
Jeanette Carle
Philip Tenney



In Honor of Steve and Paul
Becky Gartzke

In Memory of Earl Johnston
Tara Sullivan



In Memory of Kathryn Hill
Aaron Hill



In Honor of All of the Caregivers
Jill May

Corporate Donors & Grants

Corporate Donors



Thank you to the team at JackFM for helping us dramatically increase the number of Caregivers we reach!



For years, Imagine IT has donated their fabulous IT services to Jack's. Thank you, Imagine IT!



Thanks also to Circles of Claddagh, McElhone Enterprises LLC, TS Willis Inc. and Anonymous Corporate Donors.

Grants

Meysembourg Family Charitable Fund
Colon Cancer Coalition
The Janice Gardner Foundation
Archstone Foundation
Paul and Karen Thissen Charitable Fund
Kristin Beckmann Robert Richman Family Fund
Apple Valley Rotary Scholarship Foundation
Bruce & Beth Hammell Giving Fund

Our Team

Our Super Volunteers

- Mark Mattson – Local Area Volunteer
- Patrick Triemert – Sequel Maker Leader
- Roger Miller – Klatch Facilitator
- Dan Cramer – Klatch Facilitator
- Jane Menning – Klatch Facilitator
- Mike McGarry – Storm Chaser Leader
- Jennifer Myhre – Advisor
- Pete Young – Local Area Leader
- Sarah Manes – Advisor
- Diane Woody – Accountant
- Kathy Bucher – Care Navigator



Two of our super volunteers.
Mark Mattson and Roger Miller

Our Talent



Kyle Woody
Executive Director

Haley Kline
Finance/HR

Heather Erickson
Operational Sustainability

Jeff Myhre
Community Impact

Our Board of Directors



Kyle Woody
Executive Director



Jean Accius, PhD
Creating Healthier Communities



Rich Anderson
Imagine IT



Susan Kerber
CaringBridge



Rob Smith
Fractional Digital

Emeritus Board Members

Dustin Cesarek, Justin Nicolay, Bre Ostrom

Our Impact


Survey Results

At the end of every Caregiver and Sequel Maker Klatch, we ask participants to fill out a simple survey to let us know how we did. You can see an example of it pictured here.

We're *hungry* for your feedback so we can *improve*.

PLEASE CIRCLE ONE.

<u>1 Star</u> Not even remotely awesome.	<u>2 Stars</u> Just a skosh of awesome.	<u>3 Stars</u> Middle of the pack awesome.	<u>4 Stars</u> Way more awesome than I'm used to.	<u>5 Stars</u> Couldn't be awesomer.
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What did you like?

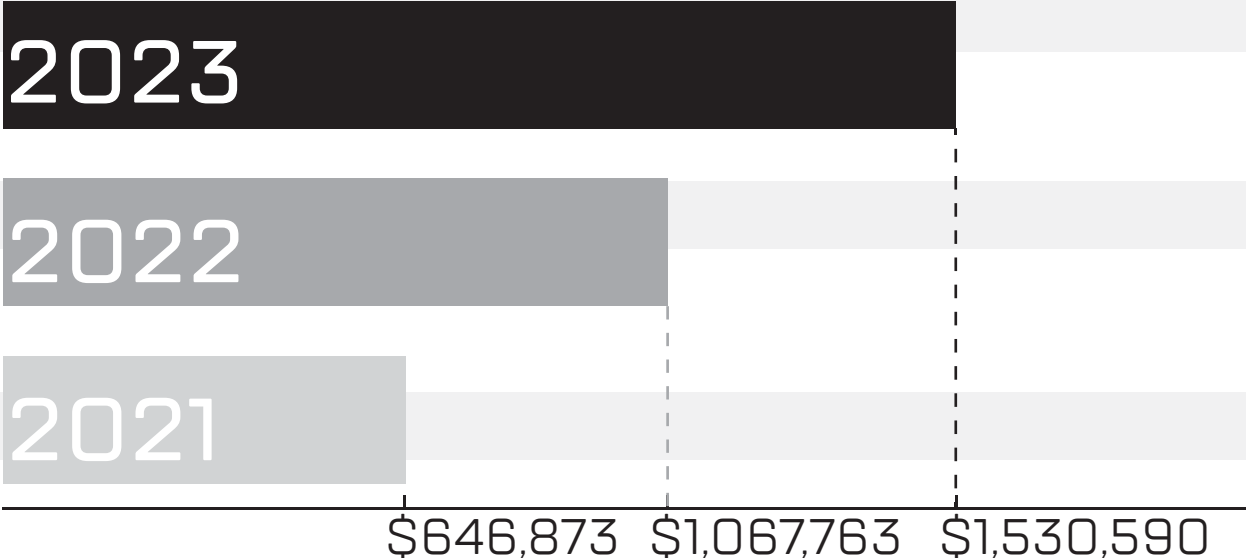
Everything

Our Jacks and Jills are overwhelmingly satisfied with their Klatch experience. In fact, in 2023, we averaged a rating of 4.64, which is “way more awesome than they’re used to” and pretty darn close to “couldn’t be awesomer.” That could be why 97% of the men who engage with Jacks reported an average of an 80% improvement in how equipped they felt for their caregiving role.

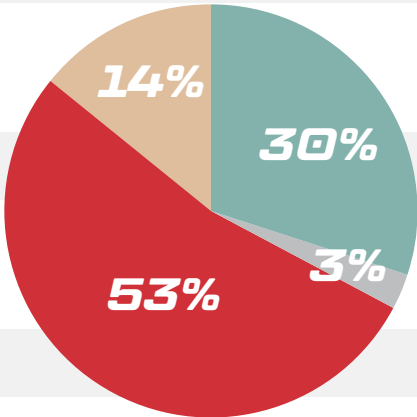
Financials

Total Income	\$462,828
Total Expenses	-\$441,942
Net Income	=\$20,886

Total Cumulative Dollars Raised

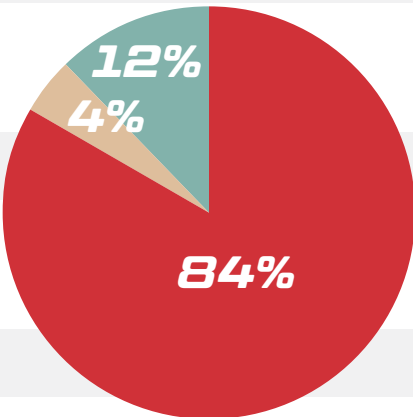


Income



- Individual
- In Kind
- Corporate
- Grants

Expenses



- Community Impact
- Operational Sustainability
- Administration



jackscaregiverco.org

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