

# MS MOMENTS ANNUAL REPORT - 2023



MS Moments



# Executive Summary



## **Mission Statement**

- Play a role in keeping families afflicted with MS healthy both physically and mentally. We achieve this mission by providing grants for multiple services such as health club memberships, medical massage, acupuncture, yoga, house cleaning, and monthly educational dinners.

## **Board Members**

- Karrie Anderson
- Chris Klocke
- Jenn Staack
- Shannon Steele
- Reese Isaacson
- Meg Kinnetz
- Rebecca Goldsmith
- Erin Shearer
- Shelia Leonard
- Amy Rasumssen

## • **Community Impact**

- Partnering with local business for services when providing grants
- New partnership with Indianola Balloon Classic for Bags/Cornhole Tournament
- 7.2% Overhead

## • **Recognition/Awards**

- Sponsor of the Year: Shade Tree Auto
- Volunteer of the Year: Cari Rothfus

## • **Accomplishments**

- 43 grants approved (YTD=214 grants)
- \$154,800 raised

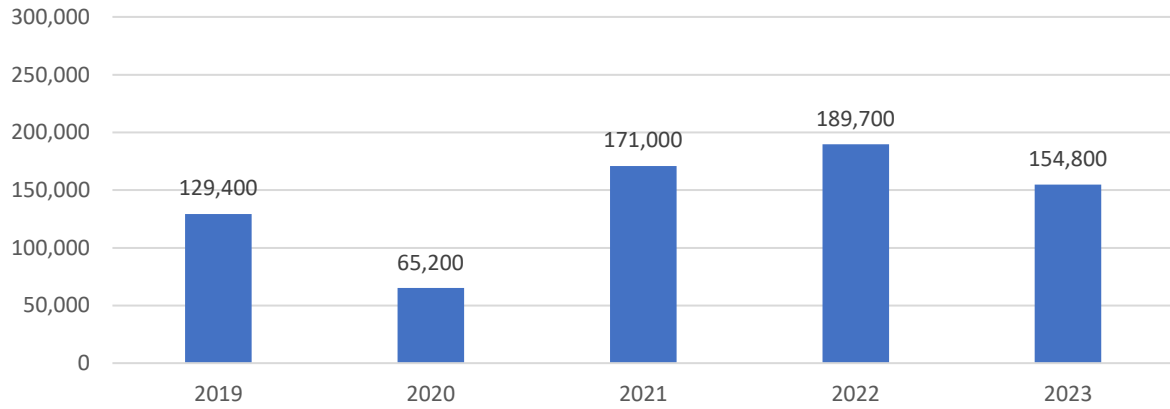
## • **Looking Ahead**

- \$250,000 fundraising goal for 2024

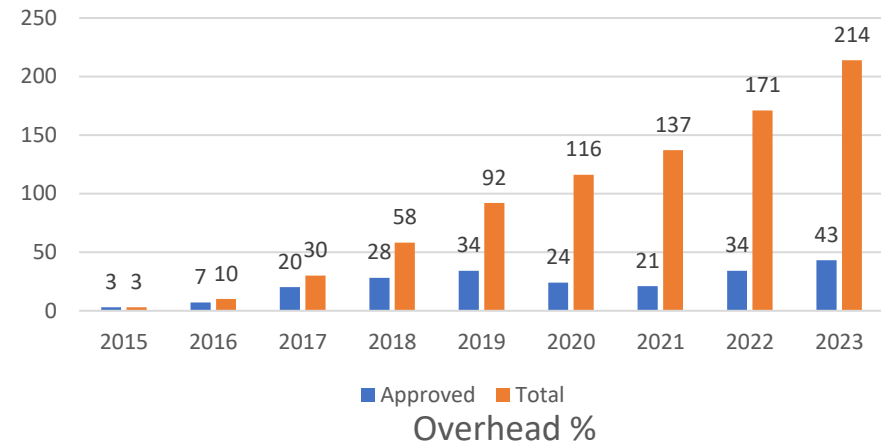
# Financial Summary



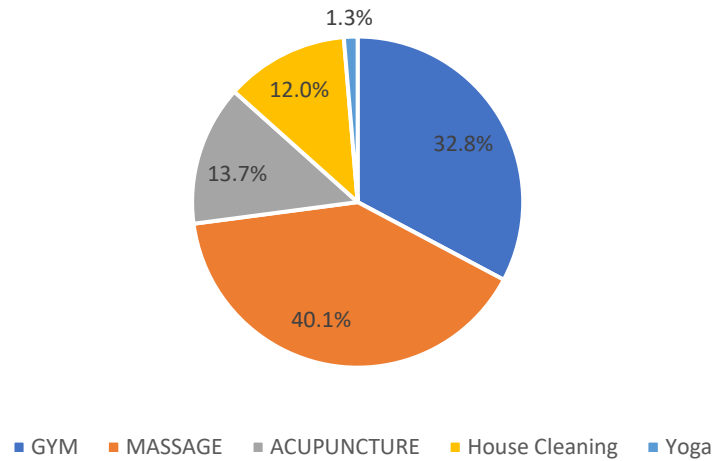
### Funds Raised



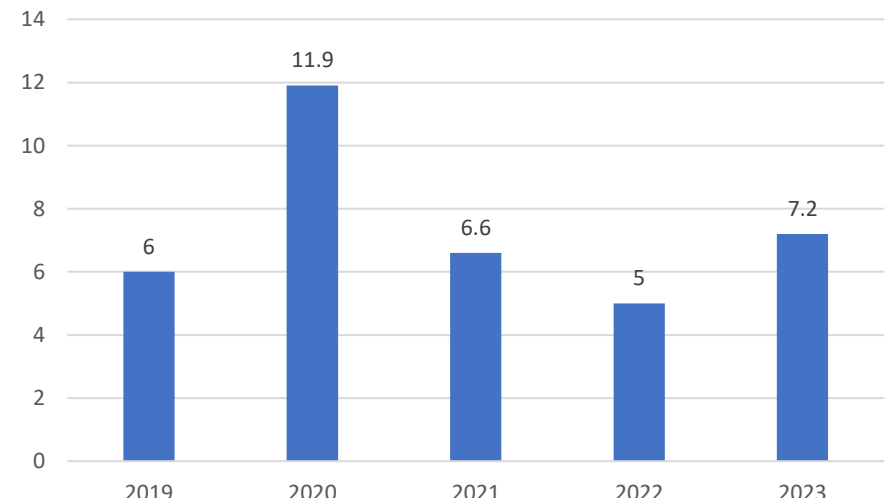
### Grants Approved



### Active Grant Distribution



### Overhead %





# Testimonials



*MS moments monthly meetings are informative and a way to meet other people with MS. This would be the mental part and most important part to me. Having the community support from people that are going through the same thing is very important. Physically they give you the opportunity have a gym membership to stay active or get a massage to help with keeping your nerves calm. When I meet someone new and find out they have MS I always recommend MS moments.*

*I learned of MS Moments from my neurologist's nurse. I had just received my diagnosis and was recently discharged from the hospital after a 7 day stay. I am so grateful for the education and support I receive from this foundation. It's so important to have reliable resources as you navigate this journey.*

*I was diagnosed with Multiple Sclerosis in 2018 and through-out the past 5 years my capability of walking has decreased. Not been able to do any physical therapy I was researching online and read about massage therapy. I was speaking to my MS doctor's assistant and she mentioned to me about MS Moments. I contacted them about my interest in trying massage therapy and they approved some financial assistance which I appreciated and was able to receive some massage therapy. Thank you MS Moments for youR support.*