

Healthy Aging Association 2021-2022

Annual Report





A Letter from the Executive Director

As a community-based organization that strives to improve the lives of older adults in Stanislaus County through physical activity, sound health and nutrition practices, it is my immense pleasure to present our Annual Report to the Community for the 2021/2022 fiscal year. Our Healthy Aging older adult fitness and health programs have helped thousands of older adults live healthier more independent lives; a mission we have been dedicated to accomplishing for the past 22 years.

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As we continue to heal as a community, Healthy Aging is excited to bring our programs and services back to full capacity and to add innovative programs. We strongly believe in providing prevention, intervention, and wellness programs for older adults, who have contributed so much to our community through the years. We remain solution-focused, always looking for ways to build on individual and community strengths.

The success of the Healthy Aging Association would not be possible without the commitment of our 100 volunteers. Our diligent staff and volunteers work throughout the County in numerous locations to allow participants access to programs. We are forever indebted to these dedicated volunteers, who selflessly give of their time and talent.

As always, we work hard to be good stewards of the resources with which we are entrusted. Again, we are grateful for the leadership and support provided by our Board of Directors. We are equally appreciative of the community support we receive from our partners and donors.

In this report we share some highlights of our year as well as the positive impact our services are having throughout Stanislaus County.

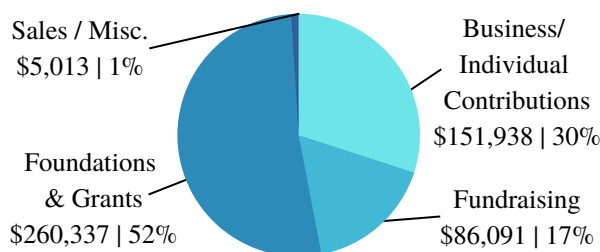
Serving older adults is an honor that we do not take lightly, especially after the COVID-19 pandemic. By touching the life of an older adult, all of us become stronger as a community. As we enter our new fiscal year, please know that we remain focused on continuing to support and strengthen our country's greatest assets.... its OLDER ADULTS.

Be Safe, Be Well!

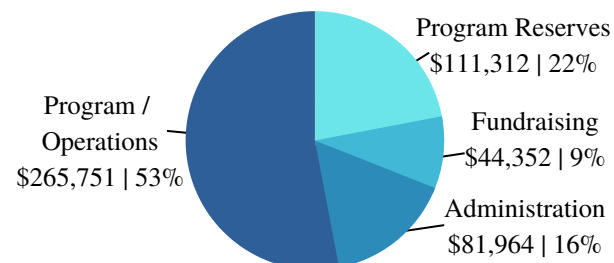
Dianna L. Olsen, Executive Director

2021-2022 Financial Overview

Income \$503,379



Expense \$503,379



Young at Heart Strength Training

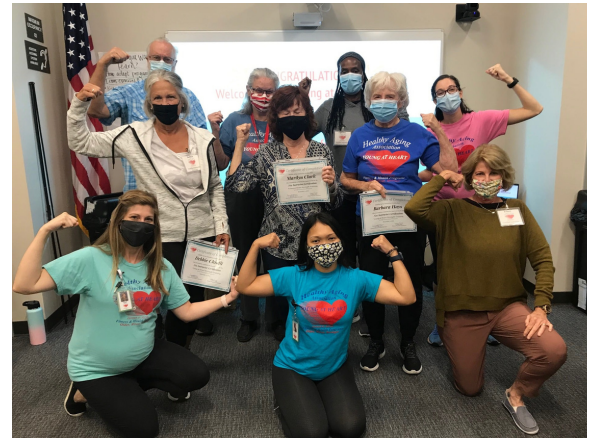
A Fall Prevention Program

After 15 months of a disruption of in-person Young at Heart Strength Training Classes, reopening efforts started in July 2021.

Since July 2021, 18 class locations were reopened thanks to 38 volunteers completing the 8-hour training to become a Young at Heart Instructor.

888 total participants enrolled from July 1 - June 30.

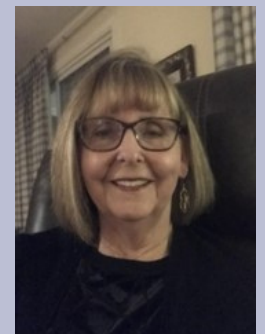
The Young at Heart Strength Training program is an evidence based - practice tested intervention that can be found in the SNAP-Ed Toolkit. Young at Heart Strength Training is now being offered by Meals on Wheels Diablo Region in Contra Costa County, CA.



Young at Heart Participant Spotlight

Before the COVID-19 pandemic, Tricia (71) attended Young at Heart Strength Training. When the community reopened and classes began, she knew that her failing flexibility and balance required a return to exercise. Her motivation began with her need, but she finds the instructor at Life Connection Church a positive force in maintaining her interest and attendance. In fact, the instructor pays attention to who comes to class, motivating Tricia not only to attend but to invite her friends along to join the fun and benefits.

One of the advantages Tricia finds in the class is that no matter what shape a person is in, everyone can participate and improve. Tricia has been exercising, motivated to become active again and not lose the ability to stay fit.



A Special Thanks to Our Program Sponsors





Line Dancing

A new style of exercise was added to our program offerings. This Line Dancing for Exercise class kicked off in June. There was such a demand that another class was started to meet the demand.

There are two-once a week classes that meet for one-hour. Participants can expect to learn various dance steps to improve strength, muscle function, balance and heart health.

85 total participants in the month of June.

**This program is funded by SNAP-Ed USDA an equal opportunity employer, provider, and lender.*

Tai Chi/Tai Ji Quan

This is a Fall Prevention Program that improves strength, stability, mental health, and helps to reduce the likelihood of falling.

There are two site locations that meet twice a week for one-hour. We served **98** participants.

Participant Quote:

"I was carrying a tray of cupcakes and didn't realize that someone left a cane on the floor and I tripped. Luckily, my body reacted just like I learned in this class and I saved myself from falling and all of the cupcakes." - Juanita



Young at Heart S.T.E.P.S. Challenge

Seniors Tracking Exercise in Perfect Strides

Two annual 12-week walking challenges are offered to encourage participants to increase their physical activity. Participants receive weekly motivational emails and adherence calls to keep them motivated and to offer them encouragement as they walk and track their miles. Participants can walk anywhere at any time!

After the conclusion of the Spring 2022 challenge, we were able to return to an in-person awards ceremony where everyone was celebrated for the hard work they did.

195 total participants

33,921 total miles walked



Participant Quote

"The S.T.E.P.S. awards ceremony is a big incentive to help me reach my goals and celebrate with the other walkers" - Susanna (70)



Go Green for Seniors - Green Bag Program & Nutrition Education

The *Go Green for Seniors - Green Bag Program* gives income-qualifying older adults and persons with disabilities 10+ pounds of fruits and vegetables each month.

29,170 Pounds of Produce Distributed

Drive-thru Distributions

March 2020 - July 2021

In response to the COVID-19 pandemic, participants were able to stay safely in their vehicle where they would receive their bag of produce and a short nutrition presentation on the handout provided.

In-Person Distributions & Nutrition Presentations

August 2021 - present

Reopening efforts began in August with all 6-locations returning to in-person in January 2022.

Participants attend a nutrition presentation on various ways to improve their intake of fruits and vegetables, on sugar consumption, and how to shop on a budget.



Participant Spotlights

Mary, an 86 year old woman, enjoys attending the Green Bag program in Modesto. She mentioned that she has felt isolated the past few years, but looks forward to socializing before and after the nutrition presentation each month. Mary mentioned, "The Green Bag program has changed my life by showing me how to eat better and I learn something new every time I come to get my fruits and vegetables."



Linda (74) and her brother Jerry (72) find the fruits and vegetables they receive at the program very helpful. Linda mentioned that she does not have the endurance she once had to walk the aisles of the grocery store, so, being able to get fruits and vegetables at the Green Bag program is much appreciated. Linda mentioned, "It has been hard to make healthy choices on food because of the prices and I am doing my best to eat healthy and stay as active as possible."

Program proudly supported by



A Matter of Balance

An Evidence Based Program

This program is delivered by two trained volunteer coaches in a small group setting of 8 to 12 older adults. Participants engage in group discussion, learn to view falls as controllable, set goals for increasing physical activity, make changes to reduce fall risks at home and learn activities to increase strength and balance.

A Physical Therapist also demonstrates how to safely get up from a fall and expands on the information learned.

In-person classes resumed in January 2022. Three, eight-week courses were offered with 90% of the 30 participants aged 70-89 years.



Dignity At Home

A Fall Prevention Program

This fall prevention program provides home assessments, fall prevention education, with the possibility of injury prevention accessories to qualifying individuals 60 and older or person with disabilities who are at risk of falling in Stanislaus County.



July 1, 2021 - June 30, 2022
74 Total Households Served
61 Fall Prevention Education Presentations
140 Injury Prevention Accessories

Injury prevention accessories available through the Dignity At Home - Fall Prevention Program include; Night lights, File of Life magnets, grab bars in the bathroom and/or as handrails, hand held shower heads, non-skid surfaces to showers and/or tubs, shower seats, toilet safety frames, toilet risers, bed railings, threshold items, and transfer poles.

Dignity At Home Participant Spotlight



Bernard (98) wants to remain independent and be able to maneuver throughout his home. His daughter Margo mentioned, “I reached out to the Healthy Aging Association for advice and any possible safety equipment to help prevent a fall for my father.”

The Dignity At Home - Fall Prevention Program provided a grab bar next to the towel rack as well as a horizontal one above the faucet in the shower to be a sturdy support for Bernard while he showers. After the installation Margo confirmed, “Bernard has had no falls and seems much more secure in the bathroom.”

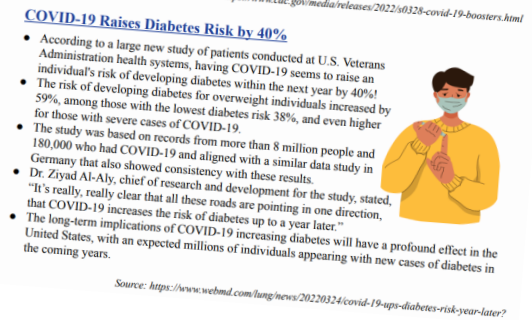
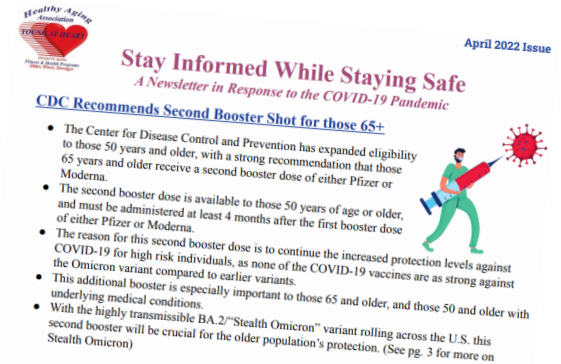
Health Outreach and Education

Healthy Aging Association (HAA) Health Outreach and Education has been effective in our effort to reach the Older Adult population in Stanislaus County. On March 13, 2020, Healthy Aging closed 31 exercise class sites and other Health Education classes that were serving older adults throughout Stanislaus County.

The first Newsletter "Stay Informed While Staying Safe" went out to our participants in April 2020. Healthy Aging received funding from the Public Health Institute's new program called Together Toward Health to provide Outreach and Education to the Older Adult population.

This funding has allowed HAA to continue the monthly Newsletters, to hire Outreach Workers, and to collaborate with County and nonprofit organizations. Healthy Aging has also been able to work with Public Health Nurses to provide Homebound Older adults with the COVID-19 Vaccine.

"Funding is provided by Together Toward Health, a program of the Public Health Institute, through funding from a group of philanthropic organizations in California who have contributed to a pool of funds to support and enhance local COVID-19 response efforts in communities disproportionately impacted by the pandemic."



Senior Coalition of Stanislaus County



Mission: To enhance the physical, mental, and social well-being, while reducing fall risk for seniors, and persons with disabilities in Stanislaus County, in a collaborative community effort through advocacy, education, coordinated services and best practices for independence.

Description

The Senior Coalitions of Stanislaus County is facilitated by the Healthy Aging Association and is one of the Regional Coalitions under the California Collaborative.

The Senior Coalition is committed to making Stanislaus County a livable community for all individuals as we age. With the growth of the aging population, we need to plan for the increase in demand for services and support systems to insure the needs are met for the frailest, vulnerable, and homebound seniors and disabled individuals.

View the current work of the Senior Coalition by visiting www.seniorcoalitionofstanislaus.org

"Supported by a grant from The SCAN Foundation - advancing a coordinated and easily navigated system of high-quality services for older adults that preserve dignity and independence. For more information visit www.TheSCANFoundation.org



Healthy Aging and Fall Prevention Summit

In honor of being one of the most successful events in Stanislaus County, Healthy Aging Association held the annual event for five days virtually and through drive thru distributions. The event went virtual for the second year in a row for the health and safety of the staff, sponsors, volunteers, and community members.

During October 18th through 22nd, 2021, we distributed 3,000 event bags filled with community resources, educational information, and goodies to older adults throughout the County. The bags were filled with pertinent information for older adults and distributed at 7 drive-thru distributions, and to homebound seniors in the Home Delivered Meals program, and to 16 different senior housing communities and organizations who serve seniors.

Numbers of bags distributed to Older Adults;

Drive Through Distributions Across the County - 1,115
Senior Housing Communities & Senior Organizations - 1,435
Home Delivered Meals - 450

The virtual component included social media and website posts and educational clips, live videos, and live virtual meetings with experts from the community. All topics focused on specific senior topics such as; diabetes, oral health, healthy lifestyles (mind and body), fall prevention, infection prevention, COVID-19, stroke education, and life care planning.

Thank you to all event sponsors, volunteers, and board members, together we will continue to provide services that help older adults to remain independent and active in their communities.

Healthy Aging &



Fall Prevention Summit

Partners



Major Sponsors

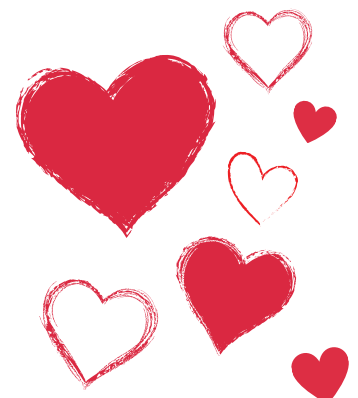
Alignment Health Plan

E. & J. Gallo Winery

SCAN - Independence at Home

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Geraldine Hill	Darrell Crouse	Frank Regalado
Phyllis Zabala	Bill Bloomingcamp	Shelley Schribner
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Roy Correa	Marlene Anderson	Jim Moon
Bart Bartoni	Gene Benedix	
Jean Turner	Elsie Manning	



and in Honor of

George G.
Naomi Ward