

Annual Report 2016



Healthy Aging Association

A Letter from the Executive Director



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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 great pleasure to present our Annual Report to the Community for the 2015-2016 fiscal year. Through the generosity of many, we continue to grow to meet the existing needs of the fastest growing segment of the population. Our Healthy Aging older adult fitness and health programs, have helped thousands of older adults live healthier more independent lives... which is our mission.

It is my hope that you too will see the value of the impact we have made together on the lives of older adults in Stanislaus County, a mission we have been dedicated to since our inception. The success of our work goes hand in hand with the countless number of volunteer hours provided by our 150 dedicated volunteers. Under the leadership and support of our Board of Directors, the Healthy Aging Association is moving forward.

As always, none of our work would be possible without the support of our many partners, volunteers, and donors. We could not achieve our mission without the continuous support of the entire community. We are so grateful for you. Thank you for 16 years of support and encouragement.

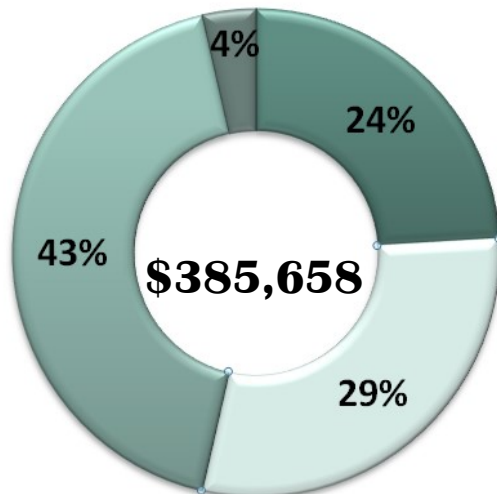


Making a difference,

Dianna L. Olsen, Executive Director

2015 - 2016 FINANCIAL OVERVIEW

SUPPORT & REVENUE



- 24% Business/Individual = \$92,826 Contributions
- 29% Summit/Fundraising = \$113,756
- 43% Foundations/Grants = \$165,366
- 4% Sales/Misc. = \$13,710

Total Income = \$385,658

FUNCTIONAL EXPENSES

64%
Program & Operations

17%
Administration

16%
Summit/Fundraising

-3%
Program Reserves

Program & Operations = \$260,911

Administration = \$71,340

Summit/Fundraising = \$64,382

Program Reserves = \$-10,975

Total Expenses = \$385,658

Unaudited. The Audit will be available at a later date.

Programs/Community Impact

YOUNG AT HEART : 1,533 PARTICIPANTS



Ron and Elaine attend the Young at Heart Strength Training class at Kaiser Permanente. Elaine heard about the class from her friend who was already attending. So Elaine joined the class and has been attending regularly. After just a week of attending the class, she spoke with one of the instructors and asked if her husband could join. Elaine felt that the class would be good for his upper body health since he is an amputee.

Ron experienced a fall during the early summer and shattered his pelvis. While working with the physical therapist the therapist asked how he was so flexible in his hips and Elaine said it was because of Young at Heart. They both love that the Young at Heart class is fun. Elaine said "the class is filled with laughter and comradery while getting fit." They both have more energy and Elaine has noticed better balance.

GREEN BAG : 29,770 POUNDS OF FRUITS & VEGETABLES

Connie raised two of her grandchildren and following the graduation of the second one, she lost some income. She was at the library when she saw a poster for the Green Bag Program and was thrilled that she qualified in multiple ways. She stated, "I am of age and disabled and needed the assistance, so I went to the Green Bag distribution". The very first time Connie went to a Green Bag distribution was in 2013, she was fascinated by the SNAP-Ed nutrition education and the food was an added benefit.

After three years of participation, Connie still attends the Green Bag distribution at the First United Methodist Church located in Downtown Modesto faithfully. She said she feels hopeful about the future and that her life is different because of the Green Bag program, "I receive nutritious foods which I wouldn't be able to afford to buy."



A MATTER OF BALANCE: 57 PARTICIPANTS IN THE 4 CLASSES OFFERED



Josie (74) first saw the ad in the Modesto Bee and told her friend Patti (76) about the class. Josie decided to join the class because of several eye procedures, her vision causes depth perception to be off and she has fallen several times. Patti said, "I came with a friend. It was a good move on my part. I learned ways of taking care of myself."

Their favorite part of the class was the instructors and the ease of the exercises. Their lives are different because of A Matter of Balance. Patti has learned to be aware of her surroundings and to slow down and watch whatever she is doing. Josie is now trying to slow down more as well. She is hoping to continue exercising so she can become more confident in her walking and balance.

Age with Movement Celebration

Held annually on the first Friday in May to kick off Older Americans Month and raise awareness in the community about senior exercise programs available.

Save the Date: 5/5/2017

Healthy Aging & Fall Prevention Summit

Held annually on the 3rd Friday in October to provide free health screenings and education for older adults and caregivers.

Save the Date: 10/20/2017

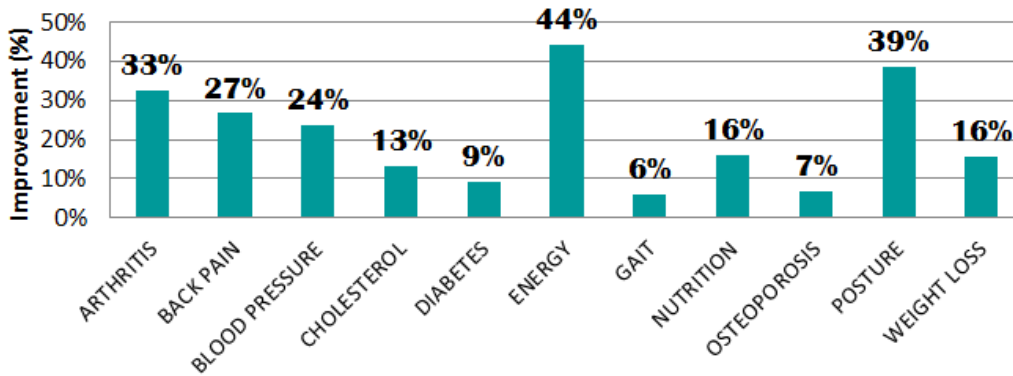
Improving Health

Changing Lives

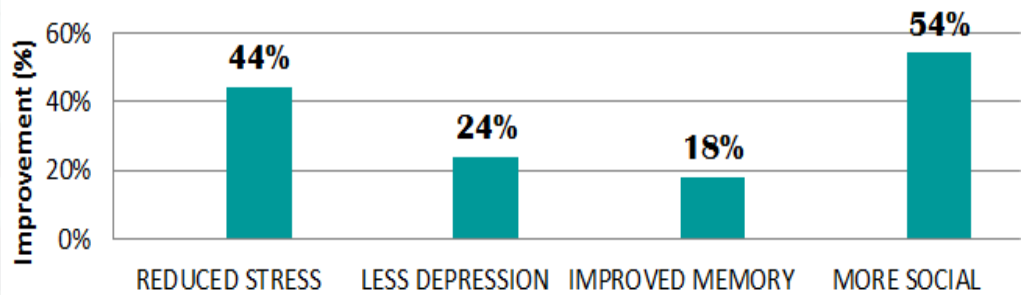
Building Friendships

Reducing Fall Risk

Participants reported an improvement in the following areas:



Participants report an improvement in their Mental Health:



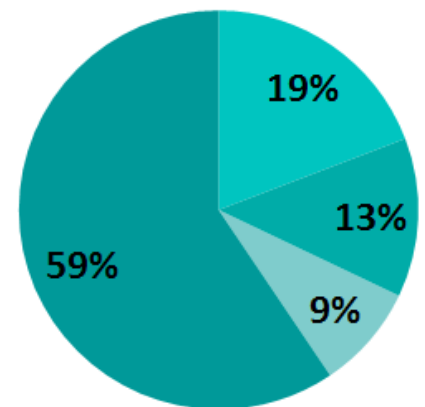
Balance

59% of Young at Heart participants reported an improvement in their overall balance.

19% have been able to maintain their balance through the strength and balance training with Young at Heart.

13% Reported no change.

9% have had fewer falls annually since participating in Young at Heart.



Thank You Major Program Sponsors



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 Stanislaus County Area Agency on Aging

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