



Annual Report 2020-2021

Serving Older Adults in Creative Ways





A Letter from the Executive Director

It is my pleasure to be able to present our Annual Report to the Community for the 2020/2021 fiscal year. The Healthy Aging Association is a community-based organization which has been providing 21 years of service to Older Adults in Stanislaus County. Our mission is “To help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health, and nutrition practices”. On March 13, 2020, our programs and classes came to a halt, as we had to close 33 “Young at Heart” class sites and 6 Green Bag sites throughout the County due to the COVID-19 Pandemic.

Healthy Aging staff never imagined that we would be closed for a year and three months. As we began to plan, even though we were facing challenges staff was remaining engaged. Immediately “Young at Heart” classes were started on Zoom, and Green Bag was changed to a drive through at the six sites with Nutritional Education in the bags. The Healthy Aging & Fall Prevention Summit was a drive through event providing 2,460 signature pink bags filled with Health and Wellness resources from many sponsors to the participants.

Our hard working volunteers make it possible to accomplish and deliver a range of programs, services, and events. Healthy Aging is forever indebted to these wonderful volunteers, who so selflessly gave and give of their time and talent. Thank You! We could not have done it without you, and we are looking forward to having you back.

As always, Healthy Aging staff and Board of Directors work hard to be good stewards of the resources and funds with which we are entrusted. We are indebted and appreciate the support we receive from our partners, donors, and sponsors. This enabled Healthy Aging to provide prevention, intervention, and wellness programs for older adults even in the face of the COVID-19 Pandemic.

Serving older adults is an honor that we do not take lightly, especially after this last year of being shut down due to the 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 asset.... its older adults.

Stay Safe,

Dianna L. Olsen, Executive Director

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*Health & Fitness
Program Manager*

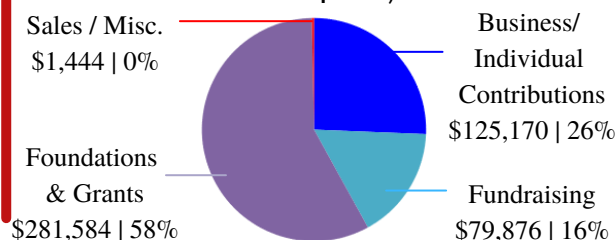
Erlinda Bourcier
*Senior Coalition
Coordinator*

Jessica Enes
*Fitness Program
Coordinator*

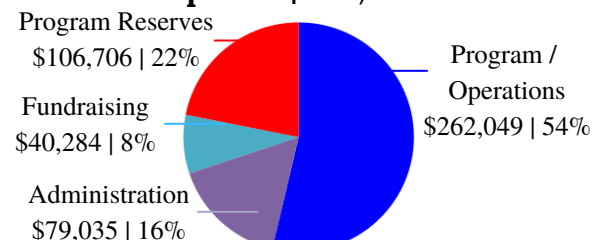
Kylie Wyeth
*Health Program
Coordinator*

2020-2021 Financial Overview

Income \$488,073



Expense \$488,073



Young at Heart Strength Training

A Fall Prevention Program

Young at Heart Strength Training is our main program that targets physical frailty and functional fitness. These classes assist older adults to help maintain everyday function and to help decrease the risk of falling by maintaining or increasing strength, increasing range of motion, and improving balance. Due to the COVID-19 Pandemic, we offered our program virtually, with four (twice-a-week) weekly online fitness classes. These classes were taught by a "live" certified instructor to help participants feel connected even while apart.

307

Older Adults Exercised
in our Virtual Classes

302

Exercise sessions held
with a certified
instructor over Zoom.

75%

of participants
reported not having a
fall in the last year.



Young at Heart Strength Training Participant Spotlight

With the onset of the COVID-19 Pandemic, Vicki and Al have experienced many changes in their lives. Before the pandemic they were involved with numerous groups at church and spent time volunteering in our Young at Heart program and in our Go Green for Seniors - Green Bag Program.

Now, they have made staying active both physically and mentally their main priority. After joining the virtual fitness classes, they have felt their flexibility and balance improving since the *Stay at Home* order was issued. Being able to join the online classes and continue walking has allowed them to regain their former levels of fitness and given them the opportunity to reconnect with friends and staff from Healthy Aging Association. Vicki mentioned, "I love being part of a community of older adults interested in making the best of their later years through exercise and collegiality."

A SPECIAL THANKS TO OUR PROGRAM SPONSORS



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Go Green for Seniors

Green Bag Program

The Go Green for Seniors - Green Bag Program gives low income older adults and persons with disabilities 10-pounds of fruits and vegetables once a month. 359 individuals received our services in a modified fashion due to the COVID-19 Pandemic. Distributions and presentations were transformed into drive-thru distributions with handouts of nutritional and COVID-19 information.

Distribution locations in Modesto, Grayson, Patterson, Oakdale, and Riverbank.

32,310

Pounds of produce distributed to low income older adults.

1,905

Breakfast Boxes distributed between September and March.

1,173

Dry Good Dinner Bags distributed between April and June.

Quotes from Participants

"This program has helped me to get the proper nutrition to make healthy meals for my family while staying safe at home" - Sheryl (75) and dog Blaze



"Green Bag has helped me through these challenging and lonely times. I feel safe receiving healthy food, without having to get out of my car and go into a crowded store during this pandemic" - Marsha (83)

PROGRAM PROUDLY SUPPORTED BY



Leah's Pantry

Virtual Food Smarts Course

This is a 6 week program (Sessions 0 - 5) where participants learn how to plan balanced, tasty meals, learn simple strategies for healthy eating, participate in fun activities and weekly food demonstrations.

Healthy Aging Association implemented a Session 0, to assist participants in learning how to access the virtual platform, and to learn simple tips and tricks to make their virtual experience more enjoyable. Staff members are available prior to each session for technical assistance.

7

Sessions offered
virtually on Zoom.

15

Food demonstrations
recorded.

84

Participants engaged
in weekly nutrition
sessions.

"Funded by USDA SNAP-Ed, an equal opportunity provider and employer."

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

Seniors Tracking Exercise in Perfect Strides

Two annual 12-week walking challenges are offered annually to encourage participants to increase their physical activity level. Participants receive weekly motivational emails and adherence calls. At the end of the challenge all participants were invited to a drive-thru brunch. Participants can walk anywhere at any time!

Total Participants: 78

Total Miles Walked: 25,843

Participant Quote:

"It keeps me moving, I finally reached my ideal weight and my A1C improved. I finally met other caring folks." - Patricia



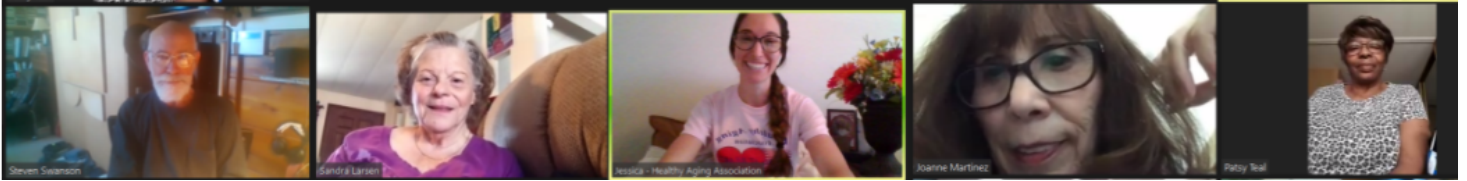
PROGRAM SUPPORTED BY



A Matter of Balance

An Evidence Based Program

This evidence based program was approved to be offered in a virtual format effective January 2021. The first virtual class was launched in March. Participants joined the weekly 9-week virtual program.



"I enjoyed the instructors and now feel more confident exercising and walking"
-Patsy (70's)

"Mentally the program has given me more confidence and willingness to accept help
when needed" -Joanne (70's)

Senior Coalition of Stanislaus County



Healthy Aging Association facilitates the Senior Coalition of Stanislaus County. The Coalition continues to communicate, network and advocate for older adults through virtual networks. A major focus for the Senior Coalition of Stanislaus County has been the California Master Plan for Aging (MPA). The Master Plan for Aging was released on January 6, 2021. It outlines five bold goals and twenty-three strategies to build a California for All Ages by 2030.

The Coalition's 2021 virtual event, **Engaging Stanislaus: A Master Plan for Aging** which was created to educate and engage members from the aging and disability communities around the Master Plan for Aging. This event provided an opportunity for elected officials and community members to engage in conversation regarding the Master Plan for Aging and their importance at the local level by utilizing the Master Plan for Aging Local Playbook. View the event details and the recorded event by visiting www.seniorcoalitionofstanislaus.org.

The Senior Coalition of Stanislaus hosted a virtual event to explore the Master Plan for Aging and the needs in our community regarding Affordable Housing and Caregiving.

Engaging Stanislaus: A Master Plan for Aging Event
Tuesday, August 24, 2021 | 2:30 p.m. - 4:00 p.m.
Virtual Event on Zoom

"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





Dignity At Home

A Fall Prevention Program

This new 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.

August 1, 2020 - June 30, 2021

74 Total Households Served

91 Individuals Served

61

Fall prevention education presentations completed

74

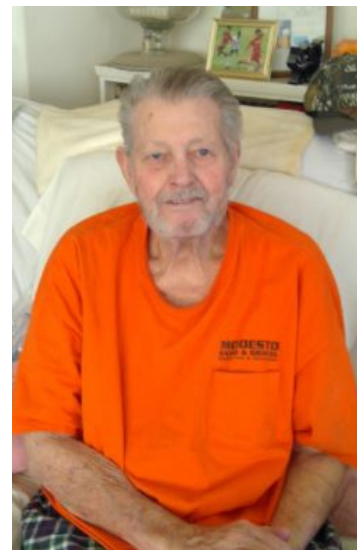
Fall prevention resource packets distributed.

140

Injury prevention accessories installed

Dignity At Home Participant Spotlight

John loves living and working on his ranch. He had complications from a hip replacement and has yet to fully recover. His lack of mobility has limited him from doing things he loves. Some daily activities like yard work and showering have become very difficult for him. This program was able to provide him with 2 grab bars, a hand held shower head, a toilet riser and a bath bench. "Thank you, I now feel stable and very sturdy while bathing."



Injury prevention accessories available through this program include:

Night lights, File of Life magnets, grab bars in the bathroom and/or as handrails, hand held shower heads, non-skid surfaces for showers and/or tubs, shower seats, toilet safety frames, toilet risers, bed railings, and threshold items.

COVID-19 Outreach to Older Adults

Our "Stay Informed While Staying Safe" is a newsletter in response to the COVID-19 Pandemic is currently published on a monthly basis with pertinent and reliable COVID-19 and health information for older adults. The newsletter is distributed to older adults and home bound seniors.

12,225 Mailed | 20,625 Emailed | 6,000 Home Delivered Meals

June 1, 2021 COVID outreach to senior housing communities started. Our outreach worker can assist an older adult in scheduling their vaccination appointment, finding transportation, and assisting homebound seniors to help them receive their COVID-19 Vaccine in their home.

"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."



Healthy Aging and Fall Prevention Summit

Healthy Aging Association was unable to have the typical event that normally brings in over 1,000 older adults for health information, resources, and for the free health screenings. In honor of being one of the most successful events in Stanislaus County, the 2020 event was held for 5 days virtually and through drive thru distributions.

Volunteers and staff distributed event bags filled with community resources, educational information, and goodies to older adults. There were 7 drive-thru distributions and bags were delivered to homebound seniors and 17 different senior housing communities.

Drive thru Distributions reached - 1,049
Senior Housing Communities and Senior Organizations - 961
Home Delivered Meals - 450

Healthy Aging &



Fall Prevention Summit

Partners



Major Sponsors

Alignment Health Plan

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Healthy Aging Association

3500 Coffee Road, Suite 19, Modesto, CA 95355

(209)525-4670 | www.healthyagingassociation.org