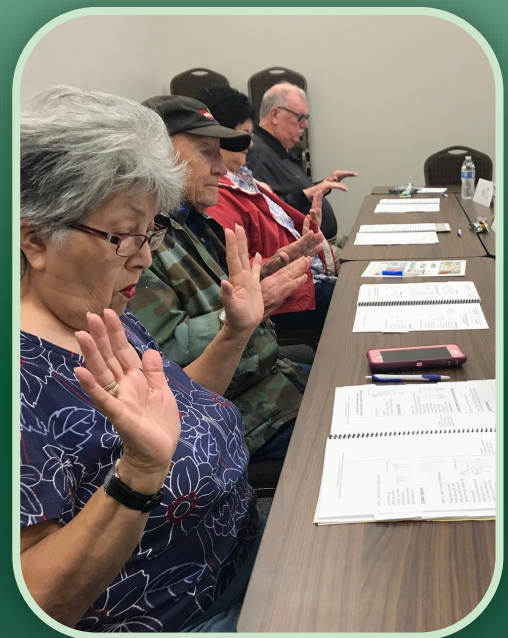




Dedicated to our community of older adults



2018 - 2019 Annual Report



A Letter from the Executive Director

Healthy Aging Association is 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 2018-2019 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; a mission we have been dedicated to accomplishing for the past nineteen years.

Our hard-working staff and volunteers work throughout the County in numerous accessible locations, such as Senior Centers, Community Centers, Medical Facilities and Churches. Indeed, the Healthy Aging Association would not be able to accomplish all that it does without the assistance of our 223 dedicated volunteers, who help us deliver a range of programs and events. We are forever indebted to these wonderful volunteers, who so selflessly give of their time and talent – a special thank-you to each of you!

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

As always, we work hard to be good stewards of the resources with which we are entrusted. 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 our donors.

Serving older adults is an honor that we do not take lightly. 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.

Sincerely,

Dianna L. Olsen, Executive Director

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Health Educator

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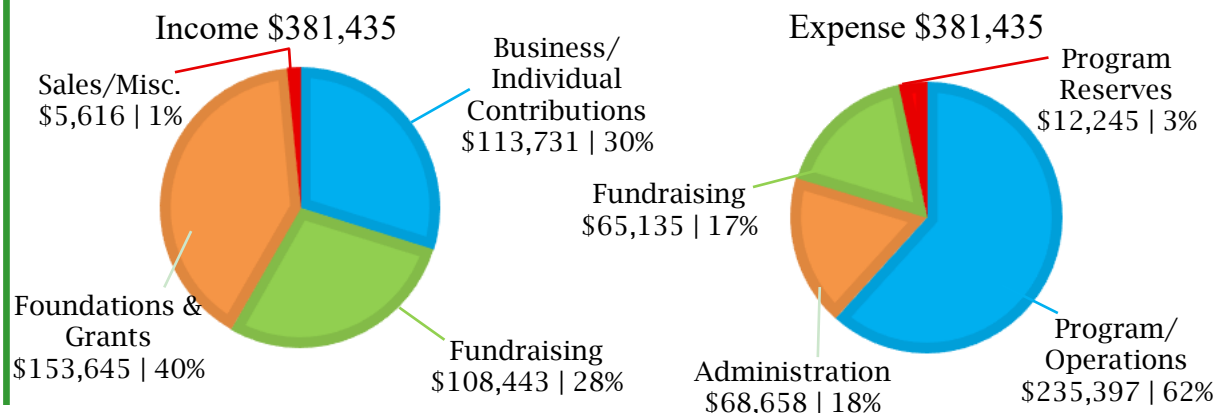
Fitness Program

Coordinator

Joanna Wong, B.A.

Health Educator

2018 - 2019 Financial Overview



Go Green for Seniors - Green Bag Program

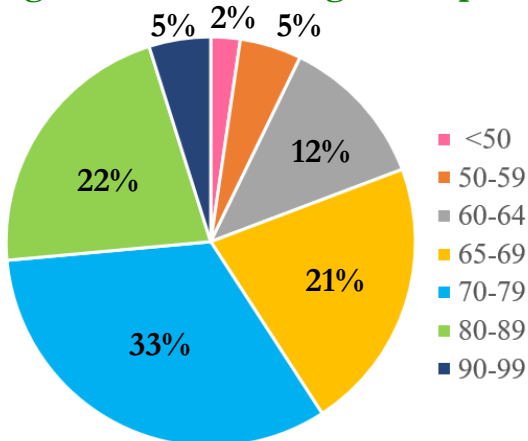
Provides low income seniors who are at least 60 years of age or disabled, nutrition education, light exercise, and fresh produce from Second Harvest Food Bank to support healthy aging.

431 Unduplicated Participants | 30,090 pounds of produce distributed

6 Locations - Grayson, Patterson, Oakdale, Riverbank, and two in Modesto

44% of the participants stated that they eat at least 3 1/2 cups of fruits and vegetables daily and 43% stated that they sometimes eat 1 1/2 cups daily.

Age of the Green Bag Participants



Program made possible by:



Emilia (70) was so pleased to find out that her community has its very own distribution of fruits and vegetables. She mentioned, “I have bought fruits and vegetables in the past, but I enjoy when we get different vegetables that I can try.” Emilia has continued to come to our program regularly not only to gather with her friends, but to listen to the great nutrition information. Emilia said, “I now eat healthier snacks and keep my diabetes in mind when I make meals.” Emilia has learned a lot from the nutrition presentations, “I feel it when I eat too much sugar, so I try to eat more fruits and vegetables that are good for me.”



A Matter of Balance

A Matter of Balance is an 8-week evidence-based course that meets once a week for 2-hours. These are small-group classes where participants engage in group discussion, learn to view falls as controllable, set goals for increasing physical activity, make changes to reduce falls in and around their homes and they learn exercises to increase strength and balance.

97% of our participants would recommend this class to a friend or relative.

85 Participants | 71 completed the program



Gene (86) wanted to reclaim his interactive social lifestyle. Over the years he had become more and more sedentary and started experiencing daily aches and pains. He decided it was time to try the A Matter of Balance class being offered at his senior center in Oakdale. Gene mentioned, “The friendly, non-judgmental attitudes of the coaches and the other attendees made it a very pleasurable experience.” Gene learned so much in the course he became more aware of those habits that could cause him to fall, and he changed things around his house to ensure his safety. He told us how he installed nightlights and put rubber backing on his rugs. He concluded with, “I finally discarded my shoes that were misshapen and caused me to trip in the past.”

Young at Heart Fitness Classes

Our largest program that we offer is our Young at Heart Fitness Classes. These classes target physical frailty and functional fitness. They help older adults maintain everyday function and help decrease the risk of falling by increasing and/or maintaining strength, increasing range of motion and improving balance. We have 100 volunteers who help make these classes possible.

**Young at Heart -
A Fall Prevention Program**
1,265 participants
66 weekly classes

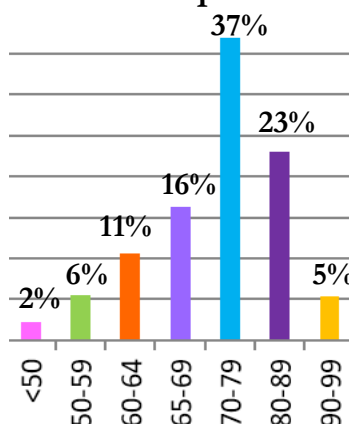
**Tai Chi for Arthritis &
Fall Prevention**
132 participants

**Low Impact
Aerobics**
68 participants

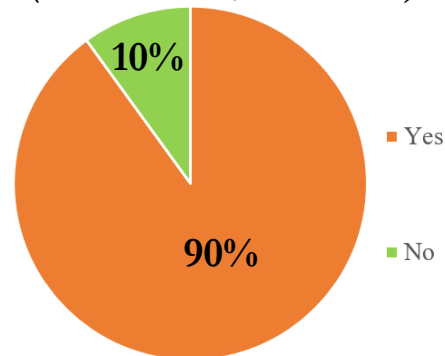
Annual participant evaluations found that;

- 70% of our participants did not have a fall in the last year.
 - * If they did fall, 82% were able to get up without assistance.
- 47% of our participants stated that they have more energy since participating in our fitness classes.
- 35% of our participants have noticed improvements in their posture.

Age of the Young at Heart Participants



**Has Your Overall Mental Health Improved?
(reduced stress, more social)**



Frana - Young at Heart at Saint Joseph's Catholic Church

Frana (87) experienced a terrible car accident that caused her to have poor balance. Once she was fully recovered she joined the Young at Heart Strength Training class. Frana told us, "I love coming to the Young at Heart class and I have noticed significant improvements with my balance."

Unfortunately, Frana had another accident and lost an eye which significantly impacted her balance. After she recovered she attempted to return to her class and once again she started to feel improvements immediately. Frana told us that her balance has improved, she is now able to get up and down from a stool and can put on her socks again.

Frana said, "Some aspects I love most about the class are having the instructors show me how to do each exercise as a group." Frana loves that there's a lot of laughter in the class and it makes it a great way to start her morning. Frana concluded, "I am an optimist and very happy the Young at Heart Class has given me more flexibility physically and socialization throughout my week."



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

Seniors Tracking Exercise in Perfect Strides

Two annual 12-week walking challenges are offered to encourage participants to increase their physical activity level. Participants can walk around their neighborhood, at the park, at a designated S.T.E.P.S. Safe Walking Route, or in the temperature-controlled Vintage Faire Mall.

110 Participants | 30,452 miles walked

Annual participant evaluations found that;

- 99% of the participants were satisfied with the challenges.
- 99% would refer a friend to participate in the next S.T.E.P.S. Challenge.
- 63% of the participants walk in their neighborhood
- 82% of the participants increased their physical activity level during the walking challenges.
- 89% of the participants were between the ages of 65 and 101
- Participants joined in the challenge through-out the county, we had walkers in Modesto, Ceres, Hughson, Oakdale, Riverbank, Salida, Turlock, and Waterford.

S.T.E.P.S.

Supporters

Program Sponsor



Brunch Sponsor



Program Partner



**V I N T A G E
F A I R E**

Senior Coalition of Stanislaus County

PRIORITIES -The Senior Coalition of Stanislaus County continues to advocate for older adults with the emphasis on housing, transportation and fall prevention. In the past year, the Coalition created an updated and detailed spreadsheet of senior housing. It has also developed a comprehensive list of transportation options for older adults. The housing and transportation list will be helpful to assess the needs of the senior population in future meetings.

The Senior Coalition of Stanislaus County continues to build its relationship with local, state, and federal legislators to educate them on the needs of the growing older adult population of Stanislaus County. The Senior Coalition has been advocating for Assembly Bill 50 which seeks to expand the Assisted Living Waiver Program. The Assisted Living Waiver Program would help eligible older adults and persons with disabilities transfer easily from a nursing facility to an assisted living facility or public subsidized housing utilizing supportive services to obtain a better quality of life.

Currently, the Senior Coalition is strategizing on how to promote fall prevention awareness and education in the local community. The Annual Healthy Aging and Fall Prevention Summit October 18, 2019 has also been included in the discussions.

SUSTAINABILITY- The Commission on Aging has selected the Senior Coalition to be the awardee for their 2020 Senior Ball. The funds will help sustain the Senior Coalition to continue to advance its policy and advocacy agenda.



Will You?

The Senior Coalition of Stanislaus County is part of The SCAN Foundation's Community of Constituents initiative, building a statewide movement to transform the system of care so that all Californians can age with dignity, choice and independence.



Healthy Aging & Fall Prevention Summit

The 16th annual event was held on October 19, 2018. The event offered free health screenings, education, and fall prevention resources and home modifications for older adults and caregivers.

Over **1,100** Attendees | Provided **1,464** Screenings

Screenings Included

Blood Pressure, Bone Density, Cholesterol, Depression, Diabetes, Foot Care, PAD Screening—Cardiovascular Health, Senior Fitness Tests, Skin Health Assessments, Vision, and Flu Shots

Summit Partners



KAISER PERMANENTE®



Major Sponsors

Central Valley Medical Group | E. & J. Gallo Winery
El Rio Memory Care & The Park at Modesto
Anthem Blue Cross—CareMore | Second Harvest Food Bank

Special Thanks To

CSU Stanislaus, Kinesiology Department - Senior Fitness Testing
CSU Stanislaus, Department of Nursing - Diabetes Screening

Contributions in Honor/Memory of

In memory of Geraldine Hill
In memory of Gerald Babcock
In memory of Doug Chadwick
In memory of Ethel Iverson
In memory of Tom Miller
In memory of Gene Ellison
In memory of Bill Reback
In memory of C. Lloyd Stiles
In memory of Janet C. Moore
In memory of Lenore Russell
In memory of Liz “Betsy” Lebbos
In memory of Lynne Sutton
In memory of Pat Roberts
In memory of Tom Keyes
In honor of Mr. & Mrs. Olsen
In memory of Roy Correa

In memory of Jud McDonald
In memory of John Martin
In memory of Doris Wofford
In memory of Monte Schrader
In memory of Bill Bloomingcamp
In honor of Arline Wortner
In memory of Kristine Townsend
In memory of Danny Lee
In memory of Frank Breunig
In memory of John Olsen
In honor of Bob Moore
In honor of Sandra Reback
In memory of Concepcion Lopez
In memory of Linda Garza
In honor of Anne Robinson
In memory of Jere W. Woodhead

Upcoming Fundraisers & Events

Healthy Aging &



Fall Prevention Summit

October 18, 2019

Join us and over 1,000 Attendees for the largest health fair for older adults and caregivers in the Stanislaus County.

Age with Movement Celebration



May 1, 2020

Join us and over 300 older adults as we kick off older Americans Month with our biggest fundraiser of the year!

Senior Ball

May 29, 2020

Join the Commission on Aging at their 3rd Annual Senior Ball
Call (209)558-8698 for more details

Healthy Aging Association

3500 Coffee Road, Suite 19
Modesto, CA 95355
(209)525-4670

www.healthyagingassociation.org

Become a Volunteer

Tell your friends & family!

Check out our website & social media

Donations are always welcomed

Thank you for investing in aging!