

2022-2023

Healthy Aging Association Annual Report



“Invest in Aging”



A Letter from the Executive Director

It is the pleasure of Healthy Aging Association to present our Annual Report to the community for fiscal year 2022/2023. Our mission at Healthy Aging is “to help older Americans live longer, healthier, more independent lives by promoting increased physical activity and sound health and nutrition practices”.

As we continue to heal as a community, Healthy Aging is working towards bringing our programs to full capacity. Healthy Aging believes in providing prevention, intervention, and wellness programs for older adults. Our goal ultimately is fall and disease prevention, helping to keep seniors living independently longer.

As Healthy Aging continues to grow, expand services, and add new programs, our hard-working staff and volunteers work throughout the County at numerous convenient locations – such as Senior Centers, Community Centers, Medical Facilities and Churches. Indeed, the organization would not be able to accomplish all that we provide for older adults without the assistance of our 100 dedicated volunteers, who help deliver our programs. We are forever indebted to these wonderful volunteers, who selflessly give of their time and talent.

Healthy Aging works 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 trust and support we receive from our partners and donors.

In this report we share some of the highlights of our year as well as the positive impact our programs 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, we ask that you join with Healthy Aging Association to make a difference one person at a time and “Invest in Aging.”

Be Safe, Be Well!

Dianna L. Olsen, Executive Director

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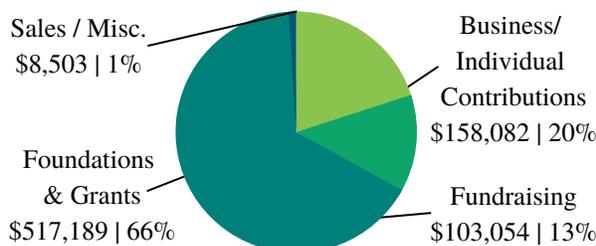
Sean Sullinger
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Andrea Garza
Health Educator

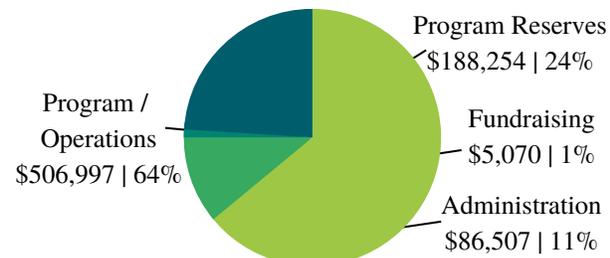
Crystal Ram
Program Assistant

2022-2023 Financial Overview

Income \$786,828



Expense \$786,828





YOUNG AT HEART STRENGTH TRAINING A Fall Prevention Program

Our largest program that we offer is our Young at Heart Fitness Classes. In the 2022-2023 fiscal year, we had 1,072 older adults exercising in our fitness classes throughout Stanislaus County, 4 older adults in Merced County, 121 older adults in San Joaquin County, and 16 older adults who joined our programs virtually. We offer Young at Heart Strength Training, Tai Chi for Arthritis and Fall Prevention, and Tai Ji Quan: Moving for Better Balance.

The Young at Heart Fitness 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 also offer a twice weekly online “live” fitness classes, along with our in-person classes throughout the community.

Young at Heart Participant Spotlight



Mary, an 84 year old participant of the Young at Heart Strength Training class, has been attending the class for over 2 years. She enjoys the instructors and other participants so much that she looks forward to her twice weekly exercise class. Mary feels that through the encouragement of her instructors she has been able to improve her strength and endurance.

She mentioned, “I have not had any falls since starting this class and I encourage everyone I meet to come join the class to experience its benefits”. Mary has created so many friendships since joining various programs the Healthy Aging Association has to offer and looks forward to socializing with others throughout her week.

A Special Thanks to Our Program Sponsors



Tai Chi/Tai Ji Quan

Tai Chi and Tai Ji Quan assist in Fall Prevention along with helping participants to improve strength, stability, and mental health.

There are three site locations that meet twice a week for one-hour. We served **120** participants.

Participant Quote:

"I have learned to move more slowly and breathe more deeply. I have had a fall, but I feel more in control after taking this class. I recommend it to others as being beneficial for learning to breathe, slowing down, and being more balanced." - Patricia



Line Dancing

Line Dancing for Exercise has been a great addition to the physical activity offerings for older adults. These two-once a week classes meet for one-hour. Participants receive nutrition education along with dancing.

Participants have been able to learn various dance steps and are improving their strength, muscle function, balance and memory recall.

179 total participants dancing throughout the fiscal year.

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

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!

At the end of each challenge participants came together for an awards ceremony where everyone was celebrated for the hard work they did.

143 total participants
35,866 total miles walked



Participant Quote

"I diligently walked every day to reach my weekly goals. I noticed that I lost a couple of pounds and gained noticeable increase of strength in my legs." - Bertha (72)



'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.

378 Unduplicated Participants | 29,470 pounds of produce

The Green Bag Program is offered at 6-locations throughout Stanislaus County. Participants attend a nutrition presentation on various ways to make healthier food choices, be more active, and how to make meals from common foods they already have on hand. Participants also received a sample and recipe card to be able to try new, easy meals at home.



Participant Spotlights

Gabrielle is a 68 year old participant of the Green Bag program that meets in Oakdale. She heard about the program from a friend and was excited to receive fruits and vegetables to cook with. The Green Bag program helps Gabrielle cook healthier meals for herself and not have to purchase processed food. She looks forward to the different fruits and vegetables she receives from the program each month and enjoys trying the recipes handed out.



Mary (73) finds the fruits and vegetables she receives at the Green Bag program very helpful. She mentioned that receiving this produce helps her save greatly on her grocery bill. Since Mary has been cooking more at home since the COVID-19 pandemic the fruits and vegetables she gets assist her in making healthy meals for herself. Mary enjoys the nutrition topics discussed at the distributions and the different recipes she receives to be able to make healthier choices for the food she cooks.



Program proudly supported by



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.



143 Total Households Served

117 fall prevention education presentations

634 fall prevention accessories.

Dignity At Home Participant Spotlight

Linda (82) has become her husband Joseph's (85) primary caregiver, after he was diagnosed with Alzheimer's and dementia. Through Healthy Aging Association's Dignity At Home Fall Prevention Program the couple was provided with a grab bar in their shower, a shower stool, a removable shower head bracket, and a grab bar beside the toilet to assist with standing. She said after installation, "Neither of us have had a fall since receiving the installations and we removed tripping hazards like throw rugs to prevent any falls."



A Matter of Balance

An Evidence Based Program

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an evidence based program designed to manage falls and increase activity levels.

A Matter of Balance is an 8-week course that meets once a week for 2-hours in-person. These are small-group classes (8-12 participants) where 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 exercises to increase strength and balance.

July 1, 2022 - June 30, 2023

4 eight-week classes held

33 older adults reached

65% of participants were aged 80 or older



Health Outreach and Education

Healthy Aging Association (HAA) in partnership with the Sierra Health Foundation and the Public Health Institute were able to provide Health Outreach and Education.

342 Vaccines were given at clinics by Stanislaus County Health Services Agency - Public Health.

3,500 Test kits were given out to older adults throughout the community.

79 Vaccines were administered to homebound older adults by Stanislaus County Health Services Agency - Public Health nurses.

This funding allowed HAA to continue the monthly Newsletters which were sent out to the Older Adult population through email and standard mail.

"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."



Join Stanislaus County Area Agency on Aging and Healthy Aging Association for a COVID-19 VACCINE/BOOSTER CLINIC



**Wednesday,
August 24th
9:00 A.M. - 2:00 P.M.**

**Stanislaus
Veterans Center
3500 Coffee Rd., Ste. 15, 95355**

Vaccine/Booster Clinic Information

- Available for those 60 and older, Veterans, and their caregivers who:
- Need their first or second dose
 - Eligible for 1st booster at least 5 months after completing your primary series
 - Eligible for 2nd booster at least 4 months after your 1st booster.

Don't forget to bring your COVID-19 vaccine card

For more information call Healthy Aging Association at 209-525-4670
transportation available

Vaccines Provided by Stanislaus County Health Services Agency



FLU SHOTS WILL ALSO BE AVAILABLE!

Senior Coalition of Stanislaus County



The Senior Coalition of Stanislaus County is one of the Regional Coalition under the California Collaborative for Long Term Services and Supports who advocate for the dignity, health and independence of Californians regardless of age who experience disabilities, functional limitations or chronic conditions and who use long-term services and supports.

Healthy Aging Association facilitates the monthly meetings and communication of the Senior Coalition of Stanislaus County. Currently the coalition is focusing on the progress of the California Master Plan for Aging and how its members can advocate for change in affordable housing and caregiving needs in our local community to better the lives of older adults and persons with disabilities.

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

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.

"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

To keep the health of the community at the forefront and to reach even more older adults this event was held virtually for the third year in a row.

The annual event was a week long and was filled with daily virtual components, and multiple drive thru distributions where attendees could drive by and pick up their insulated event bag of resources and goodies to help them live longer, healthier lives.



Partners



Major Sponsors

E. & J. Gallo Winery

Central Valley Medical Group

This year's event was held virtually and through drive through distributions from October 24th through October 28th. 3,000 bags filled with community resources, educational information, and goodies were distributed to older adults throughout Stanislaus County, including six drive-through distributions. More than 25 organizations joined our efforts and assisted with filling the bags.

Numbers of bags distributed to Older Adults;
Drive Through Distributions Across the County - 1,236
Senior Housing Communities & Senior Organizations - 1,307
Home Delivered Meals - 457

The virtual component included social media and website posts and educational clips, live videos, and live virtual meetings with experts from our community. All virtual presentations focused on specific senior health topics such as; diabetes, stroke, heart health, medication management, healthy lifestyles (mind and body), nutrition and fall prevention, and infection prevention.

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 Association

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