

Healthy Aging Association

2013 Annual Report



Older ~ Wiser ~ Stronger

Invest in Aging

www.HealthyAgingAssociation.org

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All of us at the Healthy Aging Association are pleased to present our Community Annual Report, for fiscal year 2012-2013. The Healthy Aging Association ably serves older adults in Stanislaus County, a mission we have been dedicated to accomplishing for the past fourteen years. We are extremely proud of the work we do and the innovative, outcome-driven services that we provide to seniors.

Our hard-working staff and volunteers work throughout the County at numerous convenient locations – such as Senior Centers, Community Centers, Medical Facilities and Churches - to help seniors live healthier, more independent lives. Indeed, the Healthy Aging Association would not be able to accomplish all that it does without the assistance of our 120 dedicated volunteers, who help us deliver a range of programs, including Young at Heart Strength Training; Tai Chi and Low-Impact Aerobics; A Matter of Balance program; as well as Nutrition and Fall Prevention Education programs. We are forever indebted to these wonderful volunteers, who so selflessly give of their time and talent – a special thank-you for each of you!

We strongly believe in providing prevention, intervention, and wellness programs for seniors, 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 the county.

As always, we work hard to be good stewards of the resources with which we are entrusted. Our efforts have paid off as we finished this year, and each year, in a stronger financial position than the prior year.

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 seniors is an honor that we do not take lightly. By touching the life of a senior, all of us become stronger as a community. We urge you to join with us to make a difference and **“Invest in Aging.”**

Sincerely,

Dianna L. Olsen

Dianna L. Olsen, Executive Director

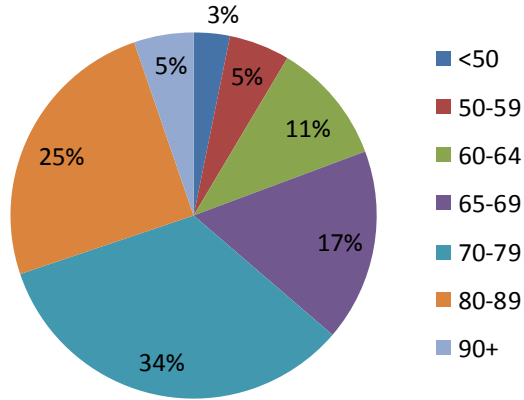
Lives you have helped change....

Kate, 66 lives in Ceres: “I love everything about the Young at Heart program. Just a couple months before joining the class, I was a full time caregiver for my mother who had just passed away. I was in a poor mental state of depression and knew I needed to do something for myself. Since joining the class I have gradually lost weight and inches. This strength training class led to other activities such as Zumba and social activities. My life is back on track and I am more confident and in control, and extremely grateful for the programs.”

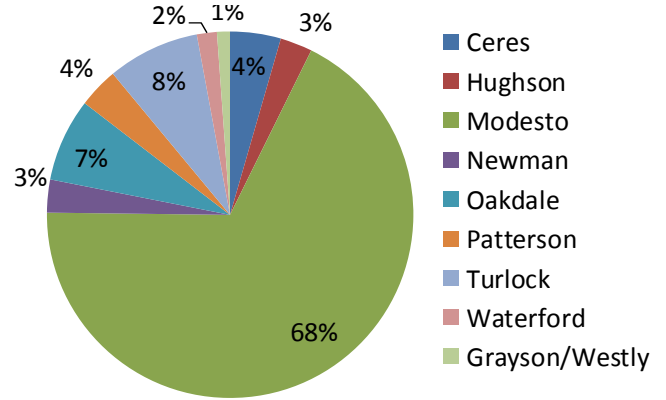
Norma, 81 lives in Modesto: “This program has helped reduce the pain in my shoulders. I am more flexible in my neck and have better balance. I have formed many friendships and actually enjoy coming to exercise!”

By the Numbers

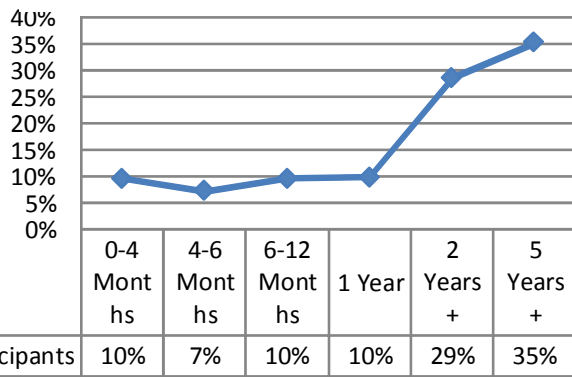
Participants by Age



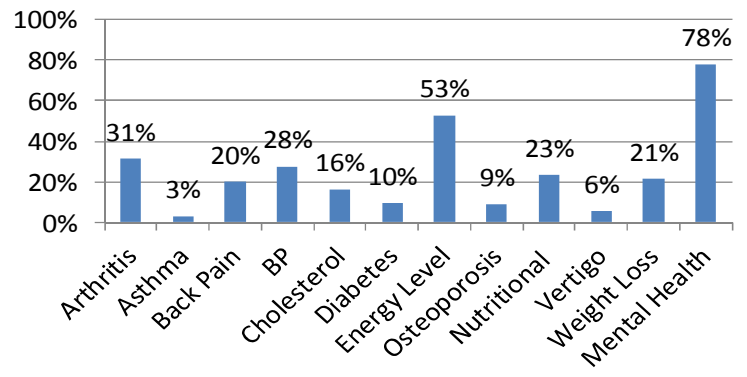
Participants by City



How long have you attended Young at Heart?

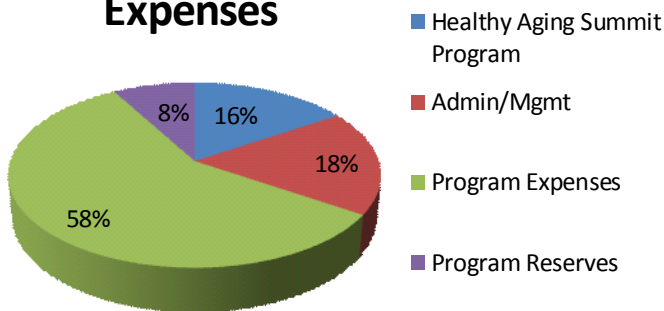


What has improved since joining Young at Heart?



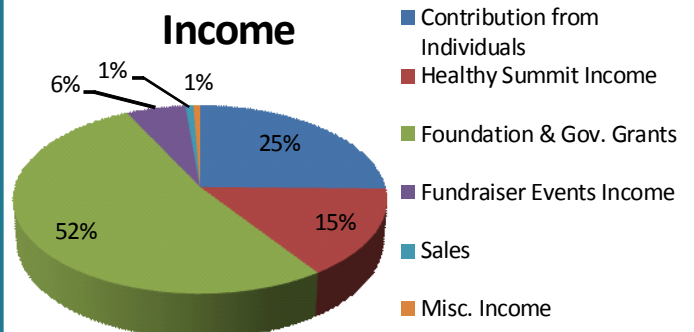
2012–2013 Fiscal Financials

Expenses



Healthy Aging Summit Program	\$51,380
Operations/Management	\$55,782
Program Expenses	\$171,751
Program Reserves	\$26,500
*Total	\$321,800

Income



Contribution from Individuals	\$81,295
Healthy Summit Income	\$48,870
Foundation & Gov. Grants	\$168,178
Fundraiser Events Income	\$18,798
Sales	\$2,551
Misc. Income	\$2,108
*Total	\$321,800

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

Program Results & Community Impact



Young at Heart Fitness Programs:

- 82% of participants reported an improvement in their balance.
- 84% of participants reported an improvement in their flexibility.
- 93% of participants reported an improvement in their strength.
- 53% of participants reported an increase in their energy levels.
- 62% of participants reported an improvement in their ability to get up from a seated position.

"Better posture, better balance, better ME!"

~ Frances, 76

"I am now able to walk up a short flight of stairs like everyone else!"

~ Susan, 73

"I figured if my 90 year old friend could do it, so could I and I am so glad I did!"

~ Ray, 84

Nutrition Education and Green Bag Programs:

- Participants in the Green Bag program have increased their fruit and vegetable intake by 1 cup daily.
- 65% of participants report they are confident in their ability to read food labels
- 40% of participants have increased their ability to measure and track their fruit and vegetable intake.



Age with Movement Celebration

- ◆ Held on the first Friday annually in May to kick off Older American's Month and raise awareness in the community about senior exercise programs.
- ◆ The 2013 Age with Movement Celebration attracted over 300 people of all ages and raised more than \$17,000 for the Young at Heart exercise programs.

Healthy Aging & Fall Prevention Summit

- ◆ Hosted annually in October in partnership with Stanislaus County Area Agency on Aging and Kaiser Permanente to provide free health screenings and health education for older adults.
- ◆ The 2012 Summit provided 1,440 free health screenings & assessments to more than 1,000 attendees, and hosted over 70 different vendors providing health and disease prevention education.

Senior Coalition of Stanislaus County (SCSC)

The Healthy Aging Association facilitates the SCSC. "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 Californian's can age with dignity, choice, and independence."



Thank you major supporters



Invest in Aging....

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www.HealthyAgingAssociation.org

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