

# Healthy Aging Association

## 2012 Annual Report



### Invest in Aging...

"I am more flexible and have less pain than I have in years"

"This class helps keep you healthy, stay balanced, and keeps your heart healthy too!"

"Before I came to exercise class, I could hardly do the things I can do now!"



"I can see big improvement since I first started. My posture is a lot better and I can reach items on the top shelf again!"

"I was not able to get out of my chair unassisted and now I can now do 20 chair sits and stands by myself!"

"My balance has improved 100%"

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[www.HealthyAgingAssociation.org](http://www.HealthyAgingAssociation.org)

## Letter from the Executive Director

All of us at Healthy Aging Association are pleased to present our first Community Annual Report, for fiscal year 2011-2012, which ended June 30, 2012. The Healthy Aging Association ably serves older adults in Stanislaus County, a mission we have been dedicated to accomplishing for the past thirteen 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 102 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 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

### Board of Directors 2012/2013

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**Executive Director**  
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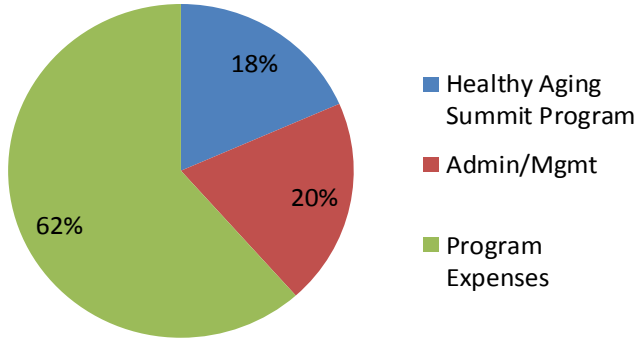


**“This program has helped me to get active, stay moving, and feel better!”**

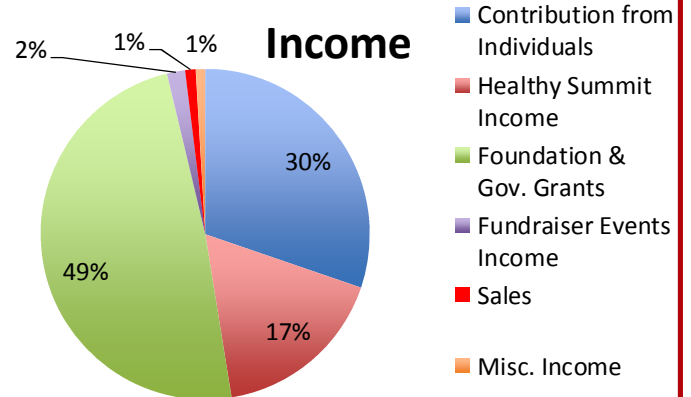
**~ Sandra, 76**

# Financials and Demographics

## Expenses



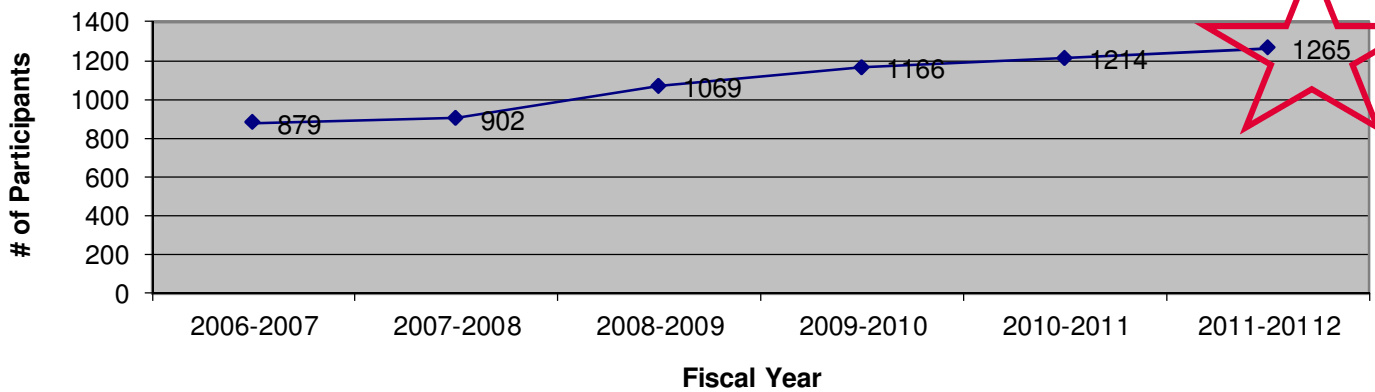
## Income



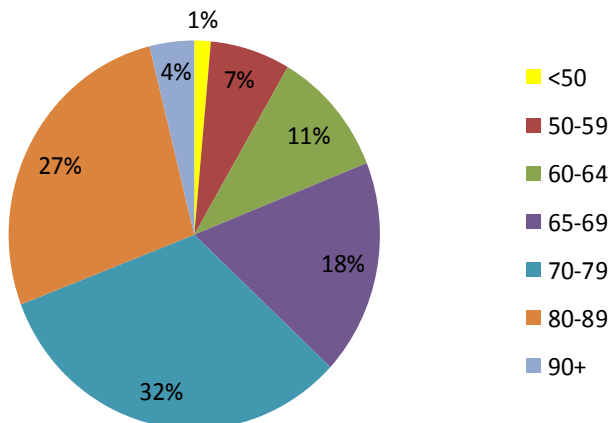
Healthy Aging Summit Program	\$51,380
Admin/Management	\$55,782
Program Expenses	\$171,751
<b>Total</b>	<b>\$278,913</b>

Contribution from Individuals	\$84,400
Healthy Summit Income	\$48,010
Foundation & Gov. Grants	\$136,088
Fundraiser Events Income	\$4,963
Sales	\$2,843
Misc. Income	\$2,609
<b>Total</b>	<b>\$278,913</b>

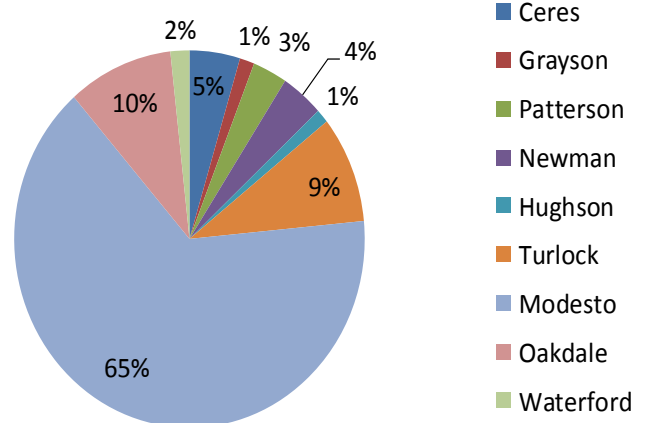
## Registered Participants in Young at Heart



## AGE Participants



## Participants by City



## Mission Statement

"To help older Americans live longer, healthier, more independent lives by promoting increased physical activity, and sound healthy and nutrition practices."



### What we do

- ♥ Young at Heart Strength Training
- ♥ Young at Heart Low Impact Aerobics
  - ♥ Young at Heart Tai Chi
  - ♥ Nutrition Education
    - ♥ Green Bag
  - ♥ A Matter of Balance
- ♥ Fall Prevention Education



## Program Highlights & Community Activities

### Nutrition Education

- ◆ Select lesson plans are presented at various locations throughout Stanislaus County.
- ◆ Topics include: Building a Healthy Plate, How to Read Food Labels, Re-Think Your Drink, Serving Sizes, Recommended Dietary Guidelines for Seniors, etc.

### YAH Exercise Programs

- ◆ 26 YAH Strength Training Classes
- ◆ 2 Low Impact Aerobics Classes
- ◆ 1 Tai Chi
- ◆ Club Fit Walking Group
- ◆ Build Strength, Increase Flexibility & Range of Motion, Improve Balance, Boost Endurance, & Expand Mobility.

### Green Bag

- ◆ Provides nutritious fruits & vegetables in partnership with the Second Harvest Food Bank each month.
- ◆ Healthy recipes and nutrition education are a part of the program.
- ◆ Serves low income seniors and disabled individuals.

### Healthy Aging & Fall Prevention Summit

- ◆ Hosted annually in October in partnership with the Stanislaus County Area Agency on Aging and Kaiser Permanente
- ◆ The Summit provides FREE health screenings and education to older adults 50 and better.

### A Matter of Balance

- ◆ An 8 week evidence based program designed to reduce the "fear of falling."
- ◆ Classes meet once a week for 2 hours each session.
- ◆ Session's include brainstorming activities, group discussion, critical thinking, and light exercises.

### Age with Movement Celebration

- ◆ During the month of May, "Older Americans Month," we host our annual fundraiser in the park.
- ◆ The goal of this Fundraiser is to create awareness on the importance of staying active as we age.

## Invest in Aging.....

Give  
Online

Make a Single  
or Monthly Gift

Give a Gift in  
Memory or Honor

Sponsor a  
Senior or a Class