



# Annual Report 2015

## Improving Health



## Changing Lives



## Building Friendships

## A Message from the Executive Director...



The Healthy Aging Association is celebrating 15 years of providing older adults with fitness and health programs that improve their quality of life, reduce fall risk, and assist in aging in place. In preparing for the tidal wave of the immense growth of the older adult population, the Healthy Aging Association has been taking steps to enable older adults to “ride the wave” successfully. It is with my great pleasure to present our Annual Report to the Community for the 2014-2015 fiscal year. Through the generosity of many, below is just a glimpse of how your support *Makes a Difference*.

### IMPROVING HEALTH ♥ CHANGING LIVES ♥ BUILDING FRIENDSHIPS

Delbert is 74 years young and has been participating in the Young at Heart program for over a year now. He had lost a kidney to cancer and was suffering from chronic back pain due to degeneration of his spine. He was taking up to three pain medications a day to cope with the pain along with injections every four months. He couldn't even walk to the corner. Prior to joining Young at Heart, he was hoping to “just move a little better.” We asked Delbert what he enjoys most about the program. “All of it” he shared. *“There have been too many benefits to count. I used to get neck cramps when I yawned and the mouth exercises we do in class have cured that. Also the shoulder rolls have cured my shoulder pain. Plus it's just a good time!”* Delbert's life has dramatically changed since he joined the Young at Heart Program. Exercising along with his diet, Delbert has lost 60 pounds. *“I can now walk anywhere I want. I can work in my garden as much as I want. I lift light weights and I ride my bike 3 to 5 miles every day. Best of all, I no longer take pain medications as I am 99% pain free. I don't even have to take medication for diabetes anymore and my blood pressure is perfect per my doctor. Life is good again”, he shared.*

It's stories like these that give us inspiration to never give up. We are more than delighted with the impact we have made on the lives of older adults in Stanislaus County, a mission we have been dedicated to since our inception. The success of the our work goes hand in hand with the countless number of volunteer hours provided by our 150 dedicated volunteers. Under the leadership and support of our growing Board of Directors, the Healthy Aging Association is moving forward. As we enter a new fiscal year in a respectable position to better serve our community, we are inviting you to continue to work with us as we move forward. Thank you for years of commitment and inspiration. We could not achieve our mission without the continuous support of the entire community.

Making a difference,

Dianna L. Olsen, Executive Director

## Board of Directors

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Denny Gold  
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Ruth Barnard, R.D.  
*Consultant*

## Leadership Staff

Dianna L. Olsen  
*Executive Director*

Kim Vivinao, B.A.  
*Director of Health & Wellness/  
Fitness Program Manager*

Samantha Borba, M.A.  
*Fitness Program Coordinator/  
Health Educator*

Erlinda Bourcier, B.A.  
*Senior Coalition Coordinator/  
Health Educator*

## Support & Revenue Mix



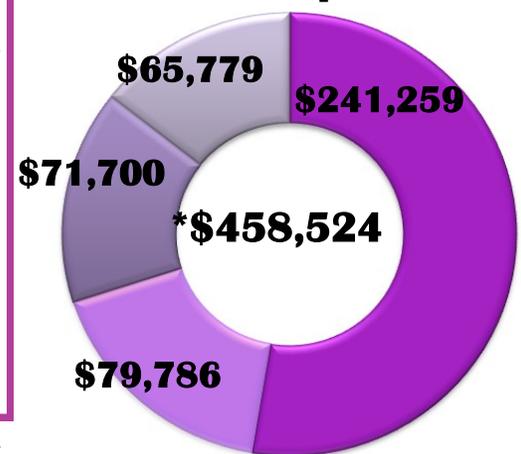
## Revenue

- Business/Individual Contributions
- Summit/Fundraising
- Foundations & Grants
- Sales/Misc.

## Expenses

- Program/Operations
- Administration
- Summit/Fundraising
- Program Reserves

## Functional Expense Mix



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

# Programs at a Glance

## YOUNG AT HEART



**1,477 Participants**

- ♥ Builds strength, increases flexibility, improves balance and mobility.
- ♥ Classes meet for one hour, two to three times a week.
- ♥ Exercises can be modified to accommodate most levels.

## FALL PREVENTION

- ♥ Community presentations available upon request to increase awareness on fall risks and how to prevent falls.

### Resources:

Fall Prevention Resource Guide  
Home Safety Checklist  
Stop FALLS Magnet

## AGE WITH MOVEMENT CELEBRATION

Held on the first Friday annually in May to kick off Older Americans Month and raise awareness in the community about senior exercise programs available.

### **2014 Results**

334 in attendance  
Raised nearly \$20,000  
Over 1,000 miles walked

## GREEN BAG



**17,510 lbs. of Food**

- ♥ Provides low-income older adults with fresh fruits and vegetables once a month in partnership with Second Harvest Food Bank.
- ♥ Healthy recipes and nutrition education are a part of the program.

## SNAP-ED NUTRITION

- ♥ Eat Better Move Better a curriculum which includes nutrition education (MyPlate) and Young at Heart exercises at various SNAP-Ed approved locations.

### Resources:

MyPlate.gov  
Eat Smart Live Strong

## HEALTHY AGING & FALL PREVENTION SUMMIT

Hosted annually on the third Friday in October in partnership with the Area Agency on Aging and Kaiser Permanente to provide free health screenings and education for older adults and caregivers.

### **2014 Event Highlights**

1,250 in attendance  
1,300+ Health Screenings  
70 different booths

## A MATTER OF BALANCE



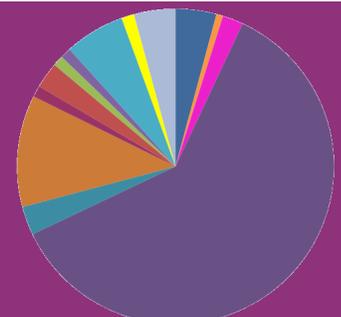
**42 Participants**

- ♥ An 8-week evidence based program designed to reduce the fear of falling for 12 participants per session.
- ♥ Classes meet once a week for 8 weeks for two hours a session.
- ♥ Each session includes brainstorming activities, group discussion, critical thinking, and exercise.

## SENIOR COALITION

- ♥ The Senior Coalition of Stanislaus County (SCSC) is preparing for the transition to long-term care integration in Stanislaus County supported by a grant from The SCAN Foundation.

## COUNTY WIDE IMPACT



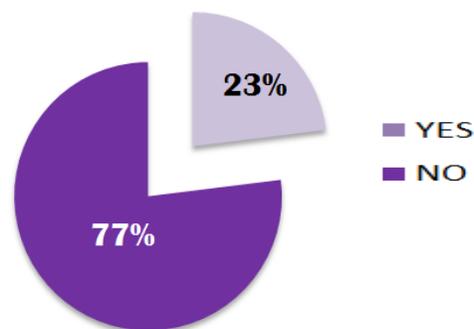
Programs in 12 different cities throughout Stanislaus County.

# Making a Difference

**The Challenge:** Inactivity in older adults increases fall risk, causes a decline in health, and leads to premature death.

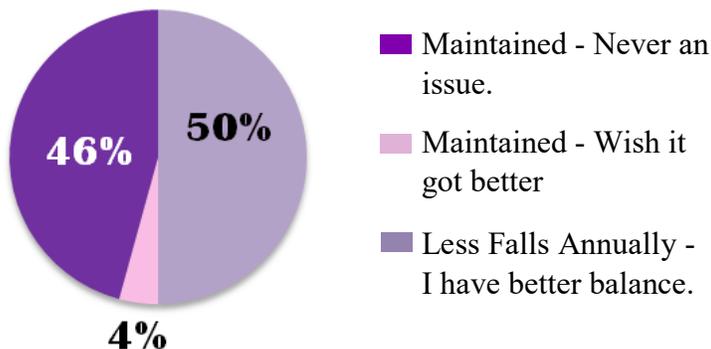
- 1 in 3 Americans aged 65+ falls each year.
- Every 13 seconds, an older adult is treated in the emergency room, every 20 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal hospital admissions among older adults.
- Falls, with or without injury, also carry a heavy quality of life impact.

**77% of Young at Heart participants have NOT had a fall in the last year.**

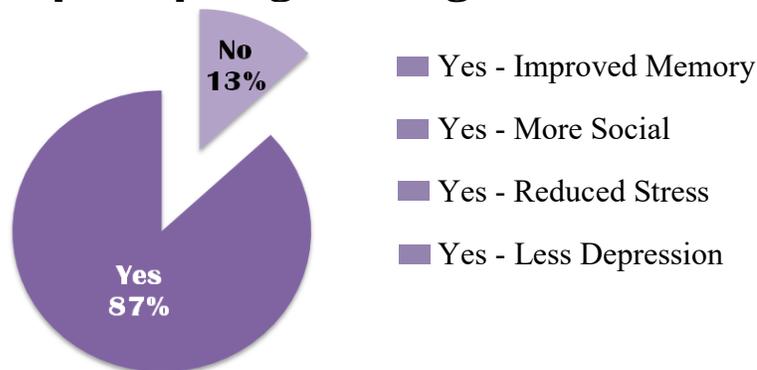


**Of the 23% of Young at Heart participants that had a fall, no major injury was sustained.**

## Has your balance improved since participating in Young at Heart?



## Has your mental health improved since participating in Young at Heart?



## Why Get Involved?

"This program has so many benefits which sometimes are ignored. This is a wonderful support group. Peer interaction is heart and brain health. Good feeling - an excuse to leave home and feeling of worth. I can feel more strength in hands, can also balance better."

*Sindy D., Ceres*

"I have been taking blood pressure medication since 2003. I am now exercising regularly, my doctor has taken me off the blood pressure medicine with no ill effects."

*Judy H., Oakdale*

## Invest in Aging



### Stay Connected:

Healthy Aging Association  
 Email: [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com)  
 Phone: (209)523-2800  
 Website: [www.HealthyAgingAssociation.org](http://www.HealthyAgingAssociation.org)



### Thank You Program Sponsors



### Thank You Major Summit Sponsors

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| Central Valley Medical Group    | Stanislaus County    |
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