



2016 - 2017 ANNUAL REPORT

Making a Difference | Improving Health



A Letter from the Executive Director



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It is my great pleasure to present our Annual Report to the Community for the 2016/2017 fiscal year. The Healthy Aging Association ably serves older adults in Stanislaus County, a mission we have been dedicated to accomplishing for the past seventeen years. We are extremely proud of the work we do and the innovative, outcome-driven services that we provide to seniors.

This has been both an exciting year and a sad year for the Healthy Aging Association. We have lost three of our dedicated and long term board members, Lynne Sutton and Mary Walton were founding board members and Doug Chadwick a member since 2004. Without a doubt these three former board members are the reason Healthy Aging has achieved the success it has today and they will be dearly missed.

The success of the Healthy Aging Association goes hand in hand with the work of our 150 dedicated volunteers. Our hard working staff and volunteers work throughout the County at numerous locations to allow participants access to such a viable program. We are forever indebted to these wonderful volunteers, who so selflessly give of their time and talent.

Again, we are grateful for the leadership and support of our Board of Directors and are equally appreciative of the community support we receive from our partners, donors, and volunteers.

As we enter a new fiscal year in a stronger position than the prior year, we always work hard to be good stewards of the resources with which we are entrusted. We feel strongly prepared for the future of assisting seniors to live longer, healthier, more active lives in the community. We believe in providing prevention, intervention, and wellness programs for seniors who have contributed so much to our community through the years. Serving seniors is an honor that we treasure. Today we are one of the largest senior service providers in Stanislaus County. We urge you to join with us to make a difference one person at a time and *"Invest in Aging."*

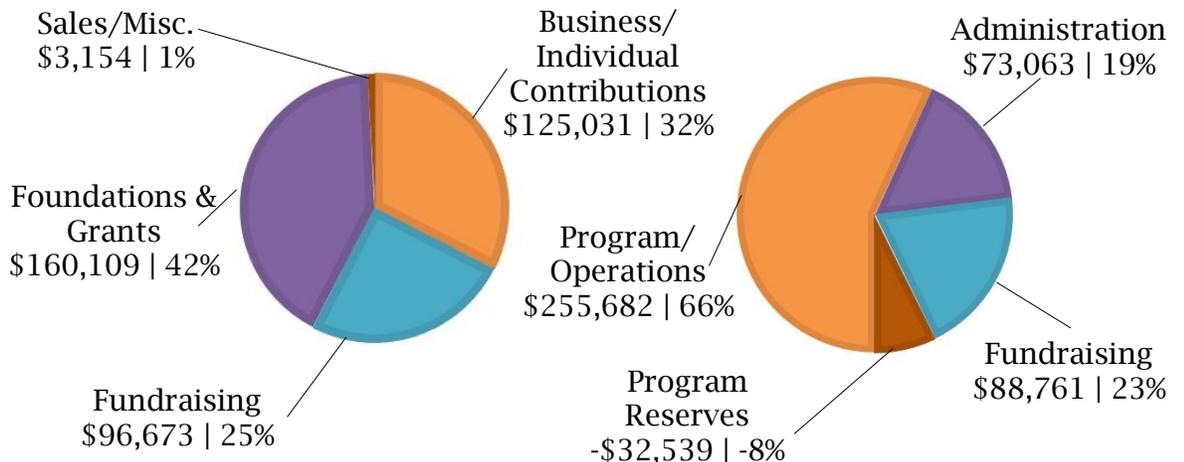
Sincerely,

Dianna L. Olsen, Executive Director

2016 - 2017 Financial Overview

Income \$384,967

Expense \$384,967



Young at Heart Fall Prevention Fitness Classes

The Challenge: Inactivity increases fall risk, causes a decline in health, and can lead to premature death.

- An older adult falls every second of the day.
- One in four older adults reported a fall in 2014.
- Falls are the #1 cause of hip fractures.
- Falls increase with age.

Young at Heart: Builds strength, increases flexibility, improves balance & mobility and reduces the risk of falling.

- 1,691 Unduplicated Participants.
- Strength Training, Low Impact Aerobics, Tai Chi and Young at Heart S.T.E.P.S.
- Community Based (34 Locations).

Myrna (69) joined Young at Heart because she was constantly losing her balance and falling. She had her knee replaced and realized that falling was not an option and she needed to build her strength to prevent future falls.

Myrna says, “the exercise program is outstanding!” She said, “The instructors are fabulous and I love meeting new friends and the camaraderie is special.”

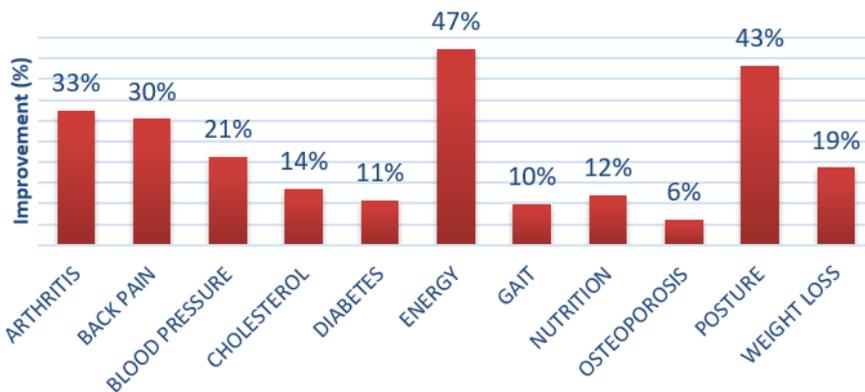
“Because of the Young at Heart Fitness Program, I have more confidence when walking and I am confident that I will not fall. Plus, my blood pressure has decreased.” After her second knee replacement 4 months ago, her physical therapist told her that she was far ahead of the curve. She said that her Physical Therapist gave the credit to the Young at Heart class for speeding up her recovery process from three to two months.



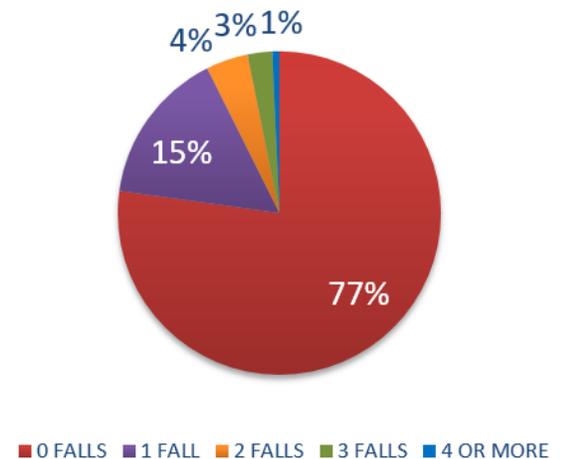
89% of our participants reported that their mental health has improved since participating in Young at Heart.

85% of our participants improved or maintained their lower body strength since participating in Young at Heart.

WHICH OF THE FOLLOWING HAVE IMPROVED SINCE PARTICIPATING IN YOUNG AT HEART?



NUMBER OF FALLS



Senior Coalition of Stanislaus County

The Senior Coalition is a group of organizations and individuals working collaboratively to provide education and leadership to create awareness of senior issues around Fall Prevention and Long Term Services and Support Systems in Stanislaus County.

The Mission, “To enhance the physical, mental, and social well-being, while reducing fall risk for seniors and persons with disabilities in Stanislaus County, in collaborated services and best practices for independence”.

Go Green for Seniors - Green Bag Program

Provides low income seniors, 60 years or older or disabled, a vital resource of nutritional education, light exercise and fresh produce from Second Harvest Food Bank to support healthy aging.

431 Unduplicated Participants | **32,630** pounds of produce distributed.

5 Locations through-out Stanislaus County.

86% of the participants stated that they have increased their consumption of fresh produce.



Nan (75) said, “my husband passed away and I am now on a fixed ‘much lower’ income”. She recognized the need for fresh foods in her diet. She explained that she has no transportation except the bus, so she cannot shop regularly.

At her first Green Bag distribution she felt welcomed, the environment was friendly and the information impressed her. She said, "There was no looking-down-your-nose-stuff". Nan looks forward to getting out for the day and enjoys the information, recipes, and exercises. “Plus I love having fresh food to supplement in my diet.” Nan concluded, "I am grateful and appreciative of this program being offered for people in my situation.”

A Matter of Balance

An evidence based program designed to reduce the fear of falling and increase the activity levels of Older Adults who have concerns about falls.

Offered **6** A Matter of Balance Classes

84 participants

75% of the participants completed the course.

Anna (75) told us that she was interested in this program because, “I had a number of falls and broke a shoulder because of a fall.” She said, “I did



not know how to reduce my chances of falling and if I have a fall, how to protect myself, from having another fall”. She said, “because of A Matter of Balance, I am positive that I can increase my strength to prevent falls and how to be more steady on my feet”.

Healthy Aging & Fall Prevention Summit

Held annually on the third Friday in October to provide free health screenings and education for older adults and caregivers.

2016 Summit

Provided **869** screenings

Over **1,000** Attendees

Our Summit Partners

Kaiser Permanente

Stanislaus County Area Agency on Aging

Our Major Summit Sponsors

Central Valley Medical Group

Second Harvest Food Bank

E & J Gallo Winery

All Care

Novo Nordisk

El Rio Memory Care & The Park at Modesto

GIVE YOUR TIME

Become a Volunteer.

GIVE YOUR VOICE

Tell your friends & family!

BE SOCIAL

Check out our website & social media sites.

GIVE MONEY

Provide monetary support.

Thank you for investing in aging!



Healthy Aging Association

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THANK YOU TO OUR PROGRAM SPONSORS



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