



# 2019 - 2020 Annual Report



## Remaining Engaged in the Face of Challenges





# A Letter from the Executive Director

Founded in April 2000, Healthy Aging Association is a community-based organization that strives to improve the lives of older adults through physical activity, sound health and nutrition practices. In April 2020, we completed 20 years of services to Stanislaus County. Considering our world since March, it seems as if our programs and the way we go about them, has turned upside down and inside out. Due to the COVID-19 Pandemic, we had to close 33 Young at Heart class locations that were meeting two to three times a week and had over 1,300 older adults participating in exercise.

Because of the ongoing pandemic, our challenges are greater and our needs are even bigger. It has been hard to have distance between our participants and volunteers. I am really proud of our staff for all the ways they have responded to COVID-19 with the development of new virtual Young at Heart Exercise and Nutrition Education, adjusting the delivery of the “Go Green for Seniors” Green Bag Program to drive thru distributions, and for creating our new program, Dignity At Home-Fall Prevention.

To our dedicated volunteers who worked throughout the County in numerous accessible locations, such as Senior Centers, Community Centers, Medical Facilities and Churches we miss you, and are looking forward to when you can return. Healthy Aging would like to thank the 215 volunteers who helped us deliver a range of programs and events prior to the pandemic and who are eager to return, when it is safe again.

Healthy Aging strongly believes in providing prevention, intervention and wellness programs for older adults who have contributed so much to our community through the years. Even though everything has changed! We remain solution-focused, always looking for ways to build on individual and community strengths.

Healthy Aging is thankful for the leadership and support provided by the Board of Directors and is very appreciative of the support that we receive from our partners and donors. We work hard to be good stewards of the resources with which we are entrusted.

As we enter this difficult year for older adults, please know that we remain focused on continuing to look for ways to support and strengthen our country’s greatest asset... its older adults. Our goal is simple: Healthy Aging wants to help older adults live independently in their homes and community. Be Safe!

Sincerely,

Dianna L. Olsen, Executive Director

## Board of Directors

### **President**

Mike Mallory

### **Vice President**

Sylvia Orozco

### **Secretary**

Kim Viviano

Denise Shackelford, PT

Kathy Lee

Dezaree Seeds

Christy Walker

Robert McGrew, MD

Jessica Domingos, DPT

Kirstin Salas

### **Emeritus**

Denny Gold

## Staff

Dianna L. Olsen

*Executive Director*

Samantha Borba, M.A.

*Health & Fitness Program Manager*

Erlinda Bourcier, B.A.

*Senior Coalition Coordinator / Health Educator*

Jessica Enes, B.A.

*Fitness Program Coordinator*

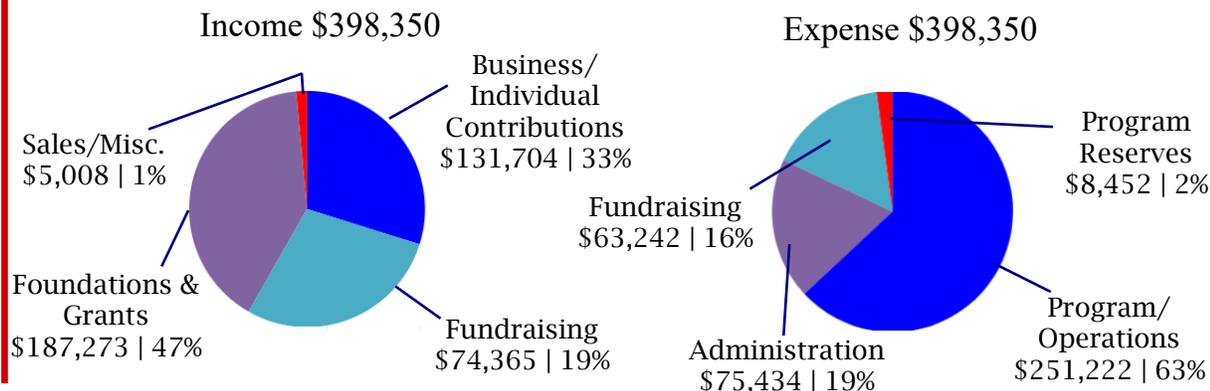
Joanna Wong, B.A.

*Health Educator*

Kylie Wyeth, B.A.

*Fitness Program Assistant / Health Educator*

## 2019 - 2020 Financial Overview



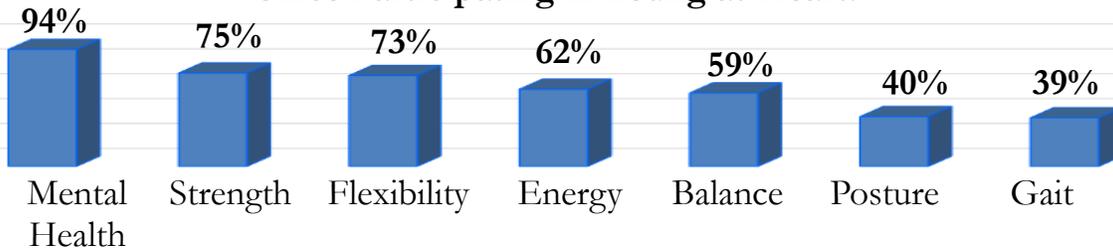
# Young at Heart Fitness Classes

The main program that we offer is our Young at Heart Fitness Classes. These classes target physical frailty and functional fitness. These classes help older adults maintain everyday function and help decrease the risk of falling by increasing and/or maintaining strength, increasing range of motion and by improving balance. Young at Heart Strength Training is a practice-tested intervention that has been shown to reduce the risk of falls.

On March 13th all fitness classes were put on hold due to COVID-19. Within two weeks we produced a 12-page Young at Heart Participant Manual for participants to pick-up or download to continue exercising at home.

On May 11, 2020 we launched our Virtual/Live Young at Heart Strength Training classes for participants to join in from the comfort and safety of their own home. In a month and a half, 95 participants joined the online classes.

## Which of the Following Areas Have Improved Since Participating in Young at Heart?



Anthem Blue Cross Foundation



## Young at Heart Strength Training

1,187 participants  
70 weekly classes

## Tai Chi for Arthritis & Fall Prevention

123 participants  
5 weekly classes

## Low Impact Aerobics

59 participants  
2 weekly classes

## Total Participants in Young at Heart Fitness Classes

1,369 participants

## COVID Response

### Young at Heart Online Classes

95 participants  
4 weekly classes

196 Participant Routines Mailed

## Young at Heart S.T.E.P.S.

### 12- Week Walking Challenge

Two annual 12-week walking challenges are offered to encourage participants to increase their physical activity level. Participants can walk around their neighborhood, at a local park, at a designated S.T.E.P.S. Safe Walking Route, or in the temperature controlled Vintage Faire Mall.

*There was no interruption in the Spring Walking Challenge from the COVID pandemic. However, participants could not walk in the mall as of March 2020.*



**115 Participants | 32,161 Total Miles**

## A Matter of Balance

### An Evidence Based Fall Prevention Program

This program meets once a week for 8-weeks for 2-hours. These are small in-person group classes where participants engage in group discussion. Participants learn to view falls as controllable, set goals for increasing physical activity, make changes to reduce falls in and around their homes and they learn exercises to help increase their strength and balance.

*Spring classes were suspended due to stay-at-home orders issued by the Governors office in March 2020.*

## 59 Participants

96% feel more comfortable talking about their fears of falling because of this class.

## Go Green for Seniors - Green Bag

Provides low income seniors who are at least 60 years of age or disabled, nutrition education, light exercise, and fresh produce from Second Harvest Food Bank to support healthy aging to 260 older adults once a month.

**482 Total Participants | 36,300 pounds of Produced Distributed**

### 6 Locations in Stanislaus County

Grayson, Patterson, Oakdale, Riverbank, and two in Modesto

### COVID - Response

*The "Go Green for Seniors" Green Bag program transformed in March to drive thru distributions with educational handouts included in each bag of produce. The handouts also included information on how to join the Virtual Nutrition classes that will be starting in July/August.*



### Green Bag Program Sponsors/Partners



## Senior Coalition of Stanislaus County

The past year have been an interesting and challenging time for the Senior Coalition. The Senior Coalition has made adjustments to the virtual ways of communicating and networking to help and advocate for older adults.

**SUPPORTIVE SERVICES:** The Senior Coalition helped launch UniteUs in June. This is the connection between health and social care to assist participants. Network Partners include community-based organizations, safety net health care providers, health systems, insurers and other key partners looking to better support older adults to achieve healthy goals.

**MASTER PLAN FOR AGING-** The Senior Coalition continues to keep tabs on the progress of the Master Plan for Aging that was mandated by Governor Gavin Newsom. The forecasted completion date is by the end of the year.

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](http://www.TheSCANFoundation.org).

### Healthy Aging Association

3500 Coffee Road, Suite 19, Modesto, CA 95355  
(209)525-4670 | [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com)  
[www.healthyagingassociation.org](http://www.healthyagingassociation.org)

## Healthy Aging and Fall Prevention Summit

The annual event was held on October 18, 2019. The event offered free health screenings, education, and fall prevention resources and home modifications for older adults and caregivers.

**1,073 Attendees**  
Provided **1,073 Screenings**

### Screenings Included

Blood Pressure  
Bone Density  
Cholesterol, Depression,  
Diabetes, Foot Care, Oral  
Cancer, Senior Fitness Tests,  
Skin Health Assessments,  
Vision, and Flu Shots

### Summit Partners



### Major Sponsors

Central Valley Medical Group  
E. & J. Gallo Winery  
El Rio Memory Care &  
The Park at Modesto  
Anthem Blue Cross—CareMore  
Blue Shield, Promise Health Plan  
TSM Insurance Services  
Graceful Living  
Second Harvest Food Bank

*Save the Date for the 18th annual*

**Healthy Aging and Fall Prevention Virtual Summit**

**October 12 - 16, 2020**  
Virtually and through drive-thru distributions across the county.