



Friends of Adult Day Health Care



Proud supporters of the *Yolo Adult Day Health Center* for over 37 years!



NEWSLETTER

SUMMER / FALL 2021

COVID and Adult Day Health Care:

Keeping YADHC going during the pandemic

by Dawn Myers, YADHC Program Director

COVID, COVID, COVID! The YADHC team never imagined in March of 2020 that we'd still be providing services remotely come Summer 2021. It's been a dynamic 16 months of providing in-home clinical visits, limited in-person services at the Center, lunch deliveries, procuring durable medical equipment, creating fun activity packets, Zoom, YouTube programming, and performances by our traveling Staff Lawn Singers. And just like before, we helped participants celebrate birthdays, wedding anniversaries, and grandbabies being born; anything to make a day a little special.

We have been laser-focused on each participant and caregiver to ensure safety and needs are met while sheltering in place. With our vehicles modified with internal barriers to protect both participants and drivers, we transported folks to doctor's appointments, lab visits, vaccination clinics and other essential destinations.

When COVID is long behind us, I will always remember the dedication and heart of this staff. There was no "mountain too high" or "valley too low" when it came to the participants. I think participants will reflect fondly on the solid and frequent communication, the many safe visits to provide medical care and rehab, the outdoor holiday celebrations in front of our Center, and most recently, coming back to the Center in small groups and once again being with friends and staff.

Breathing life back into the Center, even a little bit, has been a happy experience for us all. As we thoughtfully transition our program over the next several months, we'll continue to provide remote services to participants and families as needed. It's impossible to say when we will be back to fully congregating, but we track State and local guidelines

(cont. on p.2)



Connie Berriman: A Link to Care

Connie Berriman has earned the distinction of being the longest tenured employee at YADHC. Initially hired as a certified nursing assistant in 1992, she was promoted to Activity Coordinator after returning to school to obtain her Gerontological Certification from American River College. Pre-COVID, Connie coordinated care for the more vulnerable participants with moderate to severe dementia in the CASA program (Caregiving Assistance a Safe Approach), providing all person-centered activities and personal care support. She also connected frequently with their caregivers to provide updates, tips and emotional support.



Once the pandemic hit and participants were no longer able to congregate, a new position was created to provide telephone support to all 90 enrolled participants as part of the "Center Without Walls" program. Connie was immediately identified as uniquely qualified to do the job and was asked to take on the responsibility of calling each participant every week. Starting her day at 7:00 am, she connects with every participant, asking questions designed to identify health care issues and service/care gaps that the YADHC team can address. The interviews last up to an hour and also cover critical areas such as COVID symptoms and strategies for keeping safe, and assess their need for food, transportation, and/or household supplies. (cont. on p.2)

Thank you...

to all who contributed to **Friends of ADHC on Big Day of Giving!** Thanks to your generosity, gifts received increased 73% over last year, meaning more supplies and equipment can be furnished to individuals who participate in the YADHC program.

Big Day of Giving

May 6, 2021

For more information about Friends, please visit our website at friendsofadhc.org or call us at 530.669.3700 Mark your Calendar Today!

Friends of Adult Day Health Care
Serving Yolo County for 37 Years

Please

Donate to Friends of Adult Day Health Care by visiting bigdayofgiving.org Help to promote the health, dignity, and independence of frail, older adults and their caregivers.

Thank you for your support!



Covid... cont. from p. 1

closely and will move forward with everyone's safety at the forefront of every decision we make.

AND, something miraculous happened! During the past year and half, a new opportunity presented itself. After five years of searching, we finally found a location to expand our program to meet the growing demand. Our new home will be the former Stollwood Convalescent Hospital which is part of St. John's Retirement Village in Woodland. Stollwood, as you may know, experienced a tragic and devastating surge of COVID-related cases in Spring 2020 which jeopardized its ability to continue to function as a convalescent hospital. After making the difficult decision to permanently close their doors, a proposal was made for adult day health care to occupy the vacated space. Both parties explored the idea and agreed we were meant to join them on their beautiful 14 acre campus. It's a new chapter for us both bringing a rebirth of hope, vitality, optimism and love to our community. Watch for more exciting updates! 📷

YADHC Pgm. Dir. Dawn Myers and FADHC Board members toured Stollwood prior to its renovation



Connie... cont. from p. 1

The trust Connie has developed with participants and caregivers is invaluable and allows her to uncover needs that might otherwise go undetected. Daily, she refers falls, dehydration, or medication questions to the RN, or issues pertaining to housing, equipment or finances to the social worker.

Over the course of the year, participants and caregivers have come to look forward to "Connie's Call" which exemplifies the value of the Center's team approach to care that is critical to keeping participants as functional and independent, and as well as possible. Her secret sauce is a combination of her compassion, incredible sense of humor, and in-depth knowledge about participants and their caregivers. It also helps that she loves her job. She routinely goes above and beyond by surprising people with birthday cakes and thoughtful gifts, recognizing and supporting people in emotional pain and offering support and assistance even after people are discharged.

What keeps her motivated especially after this pandemic year? "My family!" Her love for her husband, sons, daughter in-laws, and grandchildren provide her with the strength to carry on and provide much needed support for those in need.

Thank you, Connie, for all that you bring to the Center and our community!



Anna Johnson: Nurse Extraordinaire

They say change is the only constant in life and the front and center change in my life right now is the retirement of Nurse Anna; RN Extraordinaire. Anna has been the Thelma to my Louise for 15 years now! We made a solid team right from the beginning with Anna handling the clinical side of the house and me the administrative. Together, with the whole ADHC crew, we've grown our program into a standout Center in California and much of that credit goes to Anna's clinical expertise and a style of leadership that attracts quality staff. It's never lost on me that she carries a lot of weight on her shoulders: overseeing the complex care needs of up to 90 participants at any one time; providing leadership and support to her team of nurses (who LOVE working for her!); training and supporting the program aides who are, as Anna has said many times, the eyes and ears for nursing; mentoring student nurse interns; partnering with each participant's personal physician; counseling family caregivers to help them be the best they can be, swimming in bottles of medications that need to be handled meticulously, and the list goes on. And even with all that responsibility, she shares with all of us, participants and staff alike, a sense of celebration, warmth, friendship and compassion. I may be losing my Thelma, but this Louise is a better person for having had her to lean on and laugh with for 15 years. We all wish her a wonderful retirement!

by Dawn Myers, YADHC Pgm. Dir. 📷



September 6, 2021

Dear Friend,

I'm hopeful this letter finds you and your loved ones in good health and good spirits.

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Dawn Myers,
YADHC Program Director

What a difference a vaccine makes! Almost 18 months ago, Yolo Adult Day Health Center staff began implementing their "Center without Walls" program by making house calls and reaching out consistently to YADHC participants who were sheltered at home. As you'll read in this newsletter, the Center is slowly getting back on track. After being vaccinated, participants have been able to congregate once again at the Center in small groups for rehabilitation therapy, medication management and much needed socialization.

As for Friends, we've had a busy year as well. Early on, we worked to finalize our new web site. We also arranged for the Center to purchase exercise bicycles and much need equipment for dealing with the pandemic with money raised from the Luna Vista Rotary Brewfest and your donations. The Board also provided much appreciated weekly homemade lunches for the staff. And in May, we successfully participated in the region's Big Day of Giving fundraiser. Thank you to all who donated.

We are very excited to share with you an update on the Center's much needed expansion plan. Earlier this summer the Friends Board was able to tour what used to be Stollwood Convalescent Hospital on the St. John's campus and which will soon be transformed into the new Adult Day Health Center. After years of planning we are excited that Adult Day Health will be moving to this location soon. There is still a lot of work to be done as the site will need significant renovations, but with your support we can do this; more announcements in the coming months.

As always, stay healthy and stay safe, and please help us continue to provide care for our community's frail and disabled adults.

Kind regards,



Brian Garlick, President

YADHC Wish List

Friends of Adult Day Health Care supports the Yolo Adult Day Health Center in many ways. Over the years we've raised funds to provide ongoing financial support, purchase vans to transport participants to the Center, provide therapeutic equipment, fund therapeutic and innovative health care programs, and even renovate the building.

Occasionally some of our donors ask if they can contribute a specific item. And yes, you can. To that end we have a wish list for items requested by the Center. Here's our Summer 2021 Wish List. If you're interested in donating, just let us know. We greatly appreciate your generosity.

1. **Panda Brothers Screw Driver Board** -- sensory board for cognitive stimulation **\$28**
2. **Joy for All Companion Pets (Cat)** -- a realistic interactive companion cat **\$110**
3. **Joy for All Companion Pets (Dog)** -- a realistic interactive companion dog **\$130**
4. **Amazon Prime Subscription** -- for expedited shipping, Amazon Music and programming for participants **\$120**
5. **Wooden Puzzle Table (34x26x2.5")** -- perfect for puzzle making and storage **\$220**
6. **Welch Allyn Spot Vital Signs 4400 Device** -- allows staff to quickly capture a full set of participants' vital signs **\$2500**
7. **SciFit Total Body Exercise Machine** -- permits versatile exercise options for total body, upper body or lower body **\$4500**

AmazonSmile

If you use **Amazon**, you can donate effortlessly to **Friends of Adult Day Health Care** while you shop online. When you make purchases using the **AmazonSmile** website, Amazon will donate 0.5% of eligible purchases to your favorite charitable organization—no fees, no extra cost, and the same merchandise that you find on the regular Amazon site.

Simply go to **smile.amazon.com** and log into your account. Search for charities by name under Accounts and Lists. When you select **Friends of Adult Day Health Care** in Woodland as the recipient of your donation, you will be helping frail and disabled adults live a healthier and independent life every time you shop!



**Friends of
Adult Day Health**

P.O. Box 1964, Woodland CA 95776

(530) 669-3700

info@friendsofADHC.org