



Friends of Adult Day Health Care



Proud supporters of Yolo Adult Day Health Center for over 38 years!



NEWSLETTER

FALL 2022

Friends of Adult Day Health Care: Our Story

Forty years have passed since a small group of individuals recognized older and disabled individuals often were institutionalized unnecessarily. They researched options and approached Yolo County to build an adult day health center to provide an alternative to nursing home placement. After two years of fund raising, Yolo Adult Day Health Center opened in February 1984. Yolo County built the facility and Friends of Adult Day Health Care (Friends) -- the all-volunteer group organized by initial proponents -- furnished it. What began as a dream to keep older and dependent adults in the community became the 1st built to purpose adult day health center in California and one of the most successful and innovative day health programs in the state.

Although initially run by Eskaton, Dignity Health has operated the day-to-day program since 1998. This three-way partnership (county, health care provider and Friends) has allowed thousands of participants to continue to live at home. Friends' dedication and hard work to fund-raise and educate the public was recognized in 1989 with the Golden Rule Award bestowed by JC Penney and the Sacramento Volunteer Center. Between 1989 and 2010, Friends funded four building expansions with support from the California Endowment, the cities of Davis and Woodland, Teichert Foundation, Agency on Aging Area 4, Dignity Health, Yolo County and the Rumsey Community Fund. Subsequent renovations included roof repair, updating the nurse's station, kitchen and bathrooms, and adding a new room and patio -- all of which positively impacted program quality and capacity.

In 1998, Friends was awarded proceeds from the Davis Enterprise's infamous Dinner at the Dump. In 2004, Soroptimist International of Greater Davis and Soroptimist International of Davis, partnering with Friends to stage their Casino Night, funded a fuel-efficient van. We organized our own successful annual fund raiser, the Blues Harvest, from 2002 to 2014. Proceeds funded four more vehicles, therapy equipment, special therapy programs and an innovative nurse navigator position to manage complex participant needs. In 2018 Friends received proceeds from Luna Vista Rotary's annual Yolo Brewfest which funded two therapeutic exercise bicycles. More recently, Friends has successfully participated in our region's annual Big Day of Giving.

Despite adverse conditions, Friends continues to support our community's elderly and disabled individuals and their caregivers. We have helped the Center grow over the years to a point where it has outgrown its current site; demand now far exceeds capacity prompting a long wait list. We have chosen to invest in the future of adult day health care by making a gift of \$250,000 to the Woodland Healthcare Capital Campaign to realize the dream of doubling the Center's size to meet the growing demand. **Please help us achieve this vision -- both by donating generously and joining our organization. Let's create a better life for those in need!**



Message from Dawn

by Dawn Myers, Program Director of Yolo Adult Day Health Center

I might describe this past year as "seeing the light at the end of the pandemic tunnel", meaning the Center finally figured out how to live with COVID. At Yolo Adult Day Health Center, we have spent the last year moving towards that light and appreciating getting back to what we do best. The pandemic had a huge impact on the Center's operation and participant population. In March of 2020, 90 individuals who depended on adult day services for medical care, rehabilitation, social supports and caregiver respite were enrolled in our program. With COVID, it was critical to quarantine knowing the Center's population fit the profile of those most at risk for hospitalization or death. We quickly and safely developed the "Center Without Walls" to bring services and support to participants in their homes. We delivered meals daily, nurses and rehab clinicians provided in-home treatments and we developed a telephonic and virtual program of games, exercises and social groups. Friends of ADHC purchased e-tablets, exercise equipment, blood pressure cuffs and much more to optimize the participants' and their caregivers' experience at home. By the end of 2021, home-based care was devolving; 20 months after the start of the pandemic, 16 participants had passed and 9 were placed into a nursing home. None of these transitions were COVID-specific, but they were certainly COVID related, as the isolation and lack of social engagement took a toll; especially for those with dementia.

By September 2021, with vaccines available and abatement strategies well honed, we welcomed participants back to the Center in small groups. Though participant deconditioning was obvious, providing high touch medical monitoring, exercise and socialization resulted in healthy outcomes for even the frailest -- a true testament to the power of adult day health care! Now, one year later, we're back in full swing as best

(cont. on p.2)


Big Day of Giving

Friends of ADHC would like to extend a heartfelt thank you to all who donated to us during Big Day of Giving, the annual regional fund raiser held in May. We know there are many worthy organizations vying for your attention and we are humbled when you choose to honor our community's frail elders and disabled adults at risk of nursing home placement. We were fortunate to have had an article published in the Davis Enterprise on May 4, 2022, just prior to the event that outlined services provided by Yolo Adult Day Health Center and explained how Friends continues to make that possible. We also appreciated being included in the comprehensive listing of local non-profits that the Yolo Community Foundation put together in a special supplement to county papers, which was published right before the event. This benefited all of our organizations, as well as the recipients of the organizations' hard work. Thank you!



(Dawn's Message cont.)

as possible. Participants come on regular schedules and fill the Center with laughter and conversation just like the "old days", but wear masks and receive daily screenings. We are working to fill the roster again by addressing our long waiting list; some have been waiting since 2019!

We have much to look forward to this coming year! Along with the program getting back to full in-center operations, we have grant funds from the County and Partnership Health Plan to develop a full-service care coordination program called Enhanced Care Management. With this complimentary service line, we will be able to serve far more individuals who are struggling with community independence due to chronic conditions. As such, we won't be just a center-based program anymore, but will be able to provide remote in-home services for the most complex patients. To help achieve that end, Friends of ADHC, Dignity Health and Yolo County continue to plan for a state of the art expansion to ensure our county's most vulnerable are never unable to access adult day health care due to lack of space. 

Yolo Adult Day Health Center Wish List

YADHC is always in need of equipment and supplies to enable staff to provide better and more efficient care to attendees. These items are currently on their wishlist. If you would like your donation to go specifically to an item, please let us know.

Brainometry STEM Activity Tools -- \$15 each

Dementia Jigsaw Puzzles -- \$25 each

Tactile Sensory Games -- \$25 each

120" Projector Screen -- \$90

Health-O-Meter Height Rod -- 130

WiFi HD Bluetooth Projector -- \$175

Home Lateral Leg Pedalers (Scoopfit) -- \$200

Dual-Side ID Card Printer & Supplies Package with
Card Imaging Software 52100 -- \$2,900



We remember...

Friends of ADHC has supported Yolo Adult Day Health Center (YADHC) for over 38 years, and in so doing have helped thousands of frail older and disabled adults live more independent and fulfilling lives. We've been able to do that because of the many who have selflessly given their time, energy and talents over the years. We recently lost two incredible individuals, both of whom were long-time supporters and instrumental to our success: Myra Gable and Joan Hogan.



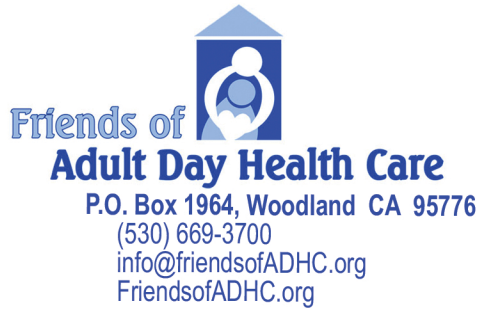
(Myra and Joan at YADHC's 35th Anniversary celebration)

Myra Gable passed away November 4, 2021, just shy of her 100th birthday. She was an intelligent, determined individual who used her skills to better the lives of others. In the early 1970s, Myra was part of the core group of forward-thinking Yolo County citizens who lobbied Yolo County officials to provide an alternative way to care for adults whose health problems jeopardized independent living. Their efforts led to the creation of Yolo Adult Day Health Center, which opened in 1984, California's first built-to-purpose adult day health center. Myra also was instrumental in creating the independent, non-profit support organization known as Friends of Adult Day Health Care to help ensure the Center's longevity. She served as a board officer, creative fund raiser and exceptional motivator. Over the years, she reached out to her wide circle of friends and contacts on behalf of Friends and the Center, garnering major donations, including two to set up an endowment fund. She gave her heart and soul to the Center and participants continue to benefit from her efforts. We miss her dearly; not just because of her help with Friends, but because of who she was as a person.

Joan Hogan passed away on December 25, 2020 at the age of 92. She was known for her kindness, her intelligence and her civic mindedness. She was the first woman to graduate from Duke University at the top of her class and went on to get her Ph.D. in her later years. She faced life's hardships with a determination to make life better for herself and her family. Her kindness and her public spiritedness expanded that circle of caring beyond family and friends to those in need, including those whose voting rights were threatened, people with developmental disabilities, and the frail elders and disabled adults served by YADHC. She served on numerous boards, including Friends of ADHC, was a founder of the Yolo Community Foundation, and was honored in 2006 by the Yolo Women's History Month Committee for services to the community. No task was too menial when it came to helping Friends over the years. She'd pitch in with whatever needed to be done. We fondly remember her wit, wisdom and generosity.

Friends recognizes and appreciates all the hard work and commitment of these two remarkable members of our board and extends our condolences to all those who knew and loved them.





October 6, 2022

Dear Friend,

Board of Directors

Brian Garlick, President
Cass Sylvia, Vice President
Marie Graham, Treasurer
Deborah Francis, Secretary
Lorrie Irish
Jorge Preciado
Raylene Ewing

Ex-Officio:

Gena Bravo, RN,
COO/CNO,
Dignity Health
Dawn Myers,
YADHC Program Director

Welcome to Autumn! It seems to me that summer was long enough. I'm not one who complains much about the weather, but ten days over 100 is excessive! In general, I feel blessed to live in Yolo County, particularly when we get the Bay Breeze on a summer's evening. Oh, but I do love the change in this season. That nip in the morning air reminding us that the days are getting shorter. Bring it on!

I also love that October readies us for the season of gratitude. Today I will express some gratitude to the staff of the Yolo Adult Day Health Center. I have respect and admiration for their work and positive attitudes. I will write a check and send a donation to **Friends of Adult Day Health Care** to help them continue their good work supporting the Center, its staff, the participants who attend, and their caregivers. Things have not been easy and times are uncertain, but we can show our support by helping to keep the Center funded and open. Will you join me?

Cass Sylvia

Cass Sylvia
Retired Yolo County Public Guardian
Vice President, Friends of Adult Day Health Care

PLACE LABEL HERE

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We are trying to improve the way we do things and need your help! We'd like to update our email contact list to help save costly printing and postage.

Please send your name and email address to:

DeborahFrancis@
FriendsofADHC.org

Thank you!



*Yolo Adult Day Health Center...
 improving the lives of so many!*

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