

What's New at the Center?

- **Meals on Wheels
Now Serving Lunch**



Lunch at the Center is an important benefit of attending **Yolo Adult Day Health Center**. It's often the only hot, well-balanced meal of the day, plus it also offers all the benefits we all get when "breaking bread" with others. For most of the Center's 39 years, staff have prepared lunch onsite to be able to address, with ease, quality, special dietary requirements, choice and cultural preferences. This summer, however, after assessing the increase in food costs, staff challenges and limited space, we opted to put meal preparation in the hands of the experts -- **Meals on Wheels Yolo County**. Since our missions are perfectly aligned, working with Joy Cohan, Executive Director of MOW Yolo County, and her team has been one easy recipe for success.

We served our first MOW lunch in mid-July! Both organizations feel fortunate to have this newfound relationship. For more information about our local Meals on Wheels, call 530.662.7035 or email info@mowyolo.org.

- **Enhanced Care Management (ECM)**

Yolo Adult Day Health Center recently kicked off a new program to expand the reach of our services to individuals who may not be part of our in-center programming. Enhanced Care Management (ECM) is a new statewide Medi-Cal benefit that rolled out in 2022. The goal is to provide a whole-person approach to care that addresses a person's unmet needs by providing high-touch person-centered support. ECM targets the social determinants of health: basic needs such as housing, food, isolation and transportation. These factors greatly impact health outcomes when not sufficiently addressed. The method of delivery is using community health workers (CHW). A CHW is a frontline health worker who is well trained in assessing needs, identifying service gaps and helping an individual develop goals, all by first building trust. The potential to save healthcare dollars is enormous and being able to focus on empowering disenfranchised low income individuals is priceless.

The start-up for YADHC's Enhanced Care Management Program was generously supported by grants from Partnership HealthPlan and Yolo County's Mental Health Services Act dollars. We are very grateful for their support and guidance as we build our new program to better serve our frail and dependent clients.

Giving Tuesday

Traditionally, Thanksgiving has been a time to reflect on all we have to be grateful for. More recently it's recognized as the precursor to the shopping frenzy known as Black Friday bargains and Cyber Monday sales. In an effort to restore a sense of thankfulness, encourage people to focus on others and "do good", a movement was created in 2012 -- **Giving Tuesday**. It has since evolved into a global effort that encourages a spirit of generosity and cooperation, and yes, doing good. Here in the U.S., the Tuesday after Thanksgiving is officially recognized as Giving Tuesday. Some organizations, however, maintain every Tuesday should be a giving Tuesday because the unmet needs of those less fortunate is both ongoing and expanding.

One of the easiest ways to demonstrate a spirit of generosity is to donate to nonprofit organizations that help improve the lives of others. By virtue of their noncommercial structure, nonprofit organizations, like **Friends of Adult Day Health Care**, rely on outside support to better the lives of our community's frail elders and disabled adults. Your generosity allows us to financially support Yolo Adult Day Health Center and help fund special programs and the therapeutic services, medical assistance, nutritional care and social activities it provides.

Become a part of Giving Tuesday 2023! Do good by joining with others on November 28 and donate to Friends of Adult Day Health Care! And don't worry, if your donations arrive after Giving Tuesday, they still benefit Yolo Adult Day Health Center participants!

To our donors --

Friends of Adult Day Health Care would like to thank you all for your continued support. Your generous donations make it possible for our community's frail elders and disabled adults to lead healthier, happier more independent lives. This year support came in a variety of ways.

Woodland Rotary Clubs are known for their generosity. This spring we were honored to be selected as one of the organizations to share in proceeds from the **Woodland Rotary Annual Dinner and Auction 2023** -- a Monopoly-themed fundraiser held at the California Ag Museum in April. The event's success meant Friends of ADHC received a check for \$4000 to purchase sensory stimulation materials and medical equipment for Yolo Adult Day Health Center. (See photo below.) Thank you Woodland Noon Rotary for recognizing the benefits that adult day health care programs provide for both participants and caregivers!

In early May we again participated in the 24-hour fundraiser known as Big Day of Giving. Organized by the Sacramento Region Community Foundation for the last 10 years, this day-long celebration encouraging philanthropy bolsters an awareness of our community's many nonprofits and their magnificent accomplishments. Thank you to all who chose to support Friends of ADHC during the event.

We also were fortunate to be the recipient of what for us is a very rare and very generous anonymous donation. We hope you know this allows us to continue to provide ongoing support to the Center to fulfill our mission of helping to keep frail elders and disabled adults as healthy and independent as possible. Thank you so much!

(Pictured from left to right: Dan Stroski, Rotary Foundation Board; Deborah Francis, President, Friends of ADHC; Maureen Forest; Lorrie Irish, Friends of ADHC Board; Karl Diekman, President, Rotary Club of Woodland; Cindi Unger, Friends of ADHC Board)



Our sincere thanks...

Our thanks go out to two long-serving board members, both stalwart supporters of adult day health care, who retired this last year: **Marie Graham** and **Brian Garlick**.

Marie Graham learned about **FADHC** at the Blues Harvest -- the annual fundraiser we held from 2001-2014. She realized her skill set could help raise funds to provide services for frail elders and disabled adults so joined the board in 2008. She took charge of food prep for the event and moved on to administrative work, serving as Vice President, President, Secretary and Treasurer of our all-volunteer organization. She also oversaw the 35th Anniversary celebration of both our organization and the Center. Throughout her tenure Marie was known for her stick-to-it attitude that allowed her to plough through many a task whether initially familiar with the subject or not. And, her generosity and consideration for others led her to graciously take on more than the prerequisite board duties.

When Brian Garlick retired as a fire captain for the City of Davis, he by no means stopped giving his best for his community. One way he continued to be of service was by joining our board in February 2015. While on the board, Brian served as both President and Vice President, an enthusiastic supporter of program expansion and an overall outstanding PR person for our organization. His willingness to help whenever and wherever it was needed was greatly appreciated, whether it be lending a hand with our many mailings, obtaining essential supplies at the last minute, transporting items to and from storage, or serving as pitmaster extraordinaire on many an occasion.

Conjointly Brian and Marie organized and provided food for donor appreciation gatherings and staff family picnics. They also coordinated efforts and thoughtfully provided Center staff with weekly lunches during COVID isolation and beyond. And even though they are no longer officially board members, they still demonstrate care for Center staff. Thank you, Brian and Marie! We so appreciate both your efforts and your thoughtfulness!

Message from Dawn:

More Than the Sum of Its Parts

We all think about our last years and how we want them to play out relative to what we can and can not control, right? And, hopefully, we have communicated our wishes to our loved ones. My daughters, who grew up on adult day health care, know that a day program will always be my happy place whether I am the director or the newest enrolled participant.

I have been in love with adult day programs from the first time I discovered them during my social work training. I learned quickly that the beauty of an adult day health program is that it is more than the sum of its parts. At the core you have nurses, social workers, a team of rehab therapists, including recreation specialists, dieticians and an essential direct care staff. There is transportation to get participants to and from, and a meal to nourish bodies. Together, these services are extremely effective in preventing falls, medication errors or any number of situations that can result in a 911 call, a hospital stay or time in a nursing home. What is powerful, however, is that when you bring people together to access all these services, you build a small community within the Center and that is what I often refer to as "the secret sauce".

To maximize the sense of community, we constantly introduce new ways for individuals to express themselves. Whether it's painting, drumming, dancing, singing, volunteering or storytelling, we build in opportunities for self-expression every day; it improves cognitive function, reduces depression, enhances social interaction and increases self-esteem. If you walked into the Center on any given day, you would find individuals with multiple chronic conditions that impact mobility, cognition, behavior and mood. Some have dementia while others suffer from depression and anxiety. Whether it's Parkinson's Disease, rheumatoid arthritis, cerebral palsy, congestive heart failure, blindness, multiple sclerosis, bipolar disorder or a traumatic brain injury, as humans, we thrive when we have a sense of belonging. The incredible human connections made at the Center supersedes all language, age, religious and cultural barriers. For four hours every day, staff and participants are working, playing and problem solving together in a way that generates growth, hope, laughter and mutual support. That is what a secret sauce is all about.

As the importance of holistic and non-pharmacological care continues to receive more recognition, so will settings, such as ours, become increasingly recognized as key players in the healthcare world. With that in mind, I look forward to the day when Medicare and other reimbursers join Medi-Cal in seeing the value of adult day programming. In the meantime, let's celebrate that our community has two excellent day programs (Yolo Adult Day Health Center and YoloCare's Galileo Place) offering a sense of belonging to frail adults, and let us not forget, the tired, yet dedicated caregivers that love them.

Thank you

for helping better the lives of our community's frail elders and disabled adults! Help us continue to do so by fulfilling

Yolo Adult Day Health Center's

WISH LIST

- \$50 - will help purchase art materials
- \$100 - will help provide essential supplies for rehab therapy
- \$250 - will help purchase nursing supplies for one month
- \$500 - will help us provide participants with a Winter holiday celebration at the Center



(Use this QR code to donate online.)

Meet our new Board members

Raylene Ewing

Raylene Ewing has been a Woodland resident for over 25 years and values how adult day health care supports the elderly and their caregivers. She has been a board member of the Rotary Club of Woodland – Luna Vista and the Historic Train Depot of Woodland where she has provided organizational leadership, financial accountability and community awareness for over 10 years.

Raylene's career includes leadership in agricultural research and education. She led the construction of and managed an agricultural research station for a multinational company in Fresno County. Raylene held teaching and administrative positions in public schools after moving to Woodland.



Cindi Unger

Cindi, a Davis resident for over 60 years, found her true calling when she began working with seniors. From 1987-2005 she operated The Memory House, a board and care home for persons with Alzheimer's disease or related dementias. Since then she has served agencies/groups that support seniors including Yolo County Commission on Aging, Area Agency on Aging, Solano Senior Coalition, Yolo Healthy Aging Alliance, Del Oro Caregiver Resource Center, Yolo Cares and many more. Cindi was also instrumental in bringing "Brain Boosters" to the area. For her efforts she was recognized in 2019 by Congressman Garamendi as a District 4 Congressional Woman of the Year.

