



Friends of Adult Day Health Care

Proud supporters of the Yolo Adult Day Health Center for over 36 years!



NEWSLETTER

SUMMER 2020

Yolo Adult Day Health Center and COVID 19

Yolo Adult Day Health Center serves our community's highest risk population. Their model provides a comprehensive array of clinical and support services for frail and disabled adults, most of whom are very low income and face a near constant struggle to stay out of the hospital. By working with both participants and caregivers, they achieve remarkable success optimizing the health, safety and well-being of individuals with complex health problems who are still able to live at home. The beauty of the model is blending critical services with invaluable social connections -- and FRIENDS!

In March the sheltering mandate made it impossible for participants to come to the Center so the YADHC team created a "Center Without Walls" to bring care to participants instead. This home visit and telephonic approach has ensured necessary, frequent and ongoing care to the Center's 90 participants.

Over the spring and summer Center staff have become more proficient remote care providers. Connections with participants are different but nonetheless robust. Each day:

- Registered nurses make both home visits to monitor health concerns and provide multiple consultations by telephone.



- Physical and occupational therapy teams make home visits with participants most at risk of losing critical self-care functions.
- Social workers provide counseling and assist with identifying critical resources
- Activities staff prepare individualized fun packs that are delivered to homes every week. They've created an online exercise class, book groups, chat rooms and sing-a-longs. They organize drive-by birthday celebrations and facilitate

Fund Raiser Proceeds Donated to Center

YOLO ADULT DAY HEALTH CENTER



Friends of Adult Day Health Care donated their share of proceeds from the 2019 Yolo BrewFest -- Luna Vista Rotary's annual fund raiser -- to the Yolo Adult Day Health Center recently. The funds will be used to purchase much needed therapeutic equipment.

Pictured above: Front row: Maryclare Hubilla, YADHC Occupational Therapist; Carmella McCabe, YADHC Physical Therapy Aide and Julie Hershberger, YADHC Physical Therapist. Middle row: Dawn Myers, YADHC Program Director; Deborah Francis, Friends of ADHC Secretary, and Cass Sylvia, Friends of ADHC Vice President and member of Luna Vista Rotary. Last row: Marie Graham, Friends of ADHC Past President, and Lorrie Irish, Friends of ADHC Past President.

phone calls between participants to help maintain social connections.

- Nutritional needs are also addressed. Over 30 lunches are prepared and delivered each day for participants most at risk of food scarcity

Despite their best efforts, isolation continues to take a toll on participants. YADHC staff are determined, however, to find new ways to provide relief from the loneliness while ensuring health, functional and psycho-social needs are addressed. Since mid-March, Center staff have logged just under 7000 participant contacts (home visits, COVID screenings, check-in calls, text messages, and emails too). That's over 75 contacts per day! Staff, participants and caregivers make a good team and will continue to be strong for one another while they navigate through these stressful times.



Participant Profile

(From time to time we share stories about Center participants to show how they benefit from adult day health care services.)

Antonio Silva is a valued participant at Yolo Adult Day Health Center. He first came to the Center in 2013 seeking medical and rehab support after complications related to a kidney transplant. He's quiet by nature but his joy of life is vibrant and he openheartedly invited nursing and physical therapy clinicians to partner with him to strengthen his health. Seven years later, due to the complexity of his situation, he still depends on the YADHC team, but he is much more confident and empowered which in turn, enables him to remain independent and stable. Antonio recently talked about the diligence and kindness of Center staff both before and during the COVID-19 pandemic.

Antonio moved to Woodland in 1995 to work as a trailer driver. Once settled he discovered a local church-affiliated music group which gave him an opportunity to follow his love of both playing and directing music. Over the years he has taught many young students how to play the guitar. Music remains Antonio's passion; he loves sharing his gift with the Center community and the Latino music group he created. Once a week they sing familiar songs, play instruments and share fun stories. Additionally, he invites his young students to come and perform for Center participants. He states, *"I was prompted to play music by Beth [Center social worker] and I didn't think much of it until I realized how much my music and band made a difference in the days of all the participants there."*

During this pandemic-driven isolation, Antonio greatly misses the Center, the people and the activities. He's grateful for Center staff who check in on him constantly and assist with medications and his many doctor appointments. Although he can still practice music at home, he finds motivating himself to practice a challenge and looks forward to the day he can come back to the Center to talk with friends and staff, and lead his music group again. ☺



Looking forward...

Our wonderful Center was built with love by this community 36 years ago. At that time, designing a building that could serve 60 participants each day seemed like the right size to grow into. Who truly understood the "aging boom" that was to come? Today, we are "busting at the seams" with a full house everyday (pre-COVID) and over 50 participants on our waiting list. There is only one solution to meeting the needs of our aging and disabled population in Yolo County; MORE SPACE!!! So stay tuned for some exciting news!

Love n' Lunches



In April, May and June, with a big desire to help the community, the staff at Yolo Adult Day Health Center prepared 100 bag lunches a day for folks who were unsheltered (homeless) in Davis and Woodland, in addition to preparing and delivering meals to Center participants sheltering in place. The Center delivered 7103 lunches to Woodland's Fourth and Hope and the newly created Davis Respite Center. *"Your lunches have been perfect — very helpful during a time of need,"* shared Joan Planell, Homeless Consultant, City of Davis. Dignity Health thanks the Stuart Foundation for supporting this important mission during the COVID-19 pandemic. ☺

WISHLIST

YADHC Center staff have had to develop a new approach to providing care since participants can't attend the Center. Nurses, rehab specialists and social workers focus on care, and activities coordinators focus on retaining joy. They have developed online exercise classes, mini live concerts, birthday parties, and ZOOM chats with Center friends. Every week they produce individualized activity packets tailored to each participant. Donations would be very much appreciated to continue creating themed bags full of fun. For example, a "Beat the Heat" bag might contain a fan, water, puzzles, a visors, books and games. **The cost for special packages for all the participants is \$750.**

We would also like to be able to purchase 20 electronic tablets for participants who lack smart devices. During this time of imposed isolation, smart devices are essential for conducting tele-health visits with doctors and Center personnel. **The price per tablet is \$150 for a total cost of \$3000.**

Remember, no matter the size, all donations are greatly appreciated and are tax deductible. ☺



**Friends of
Adult Day Health Care**

P.O. Box 1964, Woodland CA 95776
(530) 669-3700
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FriendsofADHC.org

August 17, 2020

Dear Friend,

I am hopeful you are weathering these hot summer days and difficult times with good spirits and good health.

Board of Directors

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

Ex-Officio:

Gena Bravo, RN,
Chief Nurse Executive,
Dignity Health
Dawn Myers,
YADHC Program Director

We have all been going through some challenging times. We recently said goodbye to two of our Board members, Leticia O'Hara and Siv Winberg. We wish Leticia and Siv all of the best and cannot thank them enough for the support they graciously gave to Friends and the Center over the years. On a positive note, we say hello again to past board member Bob Hagmann who came out of retirement to rejoin us. Welcome, Bob! We are always looking for new Board members. If you happen to know anyone who would love to volunteer to help our frail and elderly community members, please ask them to contact us. They will find it a challenging but rewarding experience.

You may also contact via our website: www.friendsofadhc.org. We've been diligently working with a web designer over the last several months in order to bring our website and Facebook pages up to date. This has been a challenging task because in the process we are also learning how to navigate through these social media sites and virtual meeting platforms such as Zoom and Google Meet. Please visit our sites and let us know what you think.

Our most important challenge has been how to support the Center now that the recipients have been sheltering at home since March. We have been providing the Center staff with our usual monthly stipend, supplementing their office supplies with difficult to find disinfectant wipes, and are providing a homemade lunch for them once a week. We look forward to when the Center reopens its doors and we can once again welcome back those in need of adult day health care in our community.

Til then, stay healthy! Stay safe!

Brian K. Garlick, President
Friends of Adult Day Health Care



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PLACE LABEL HERE

*What a year so far!
Still ... we are thankful...*

First, we remain thankful for your ongoing support!

We are also so very grateful for all the Friends and supporters who made the extra effort to demonstrate their support for Yolo Adult Day Health Center and the 250 other centers in the State when the Governor attempted to eliminate adult day health care programs. Your advocacy during this budget crisis made the difference! It is heartening ...

And, we very much appreciate the garden supplies donated by Home Depot in Woodland. Beautifying the Center's back garden area provides a respite for participants as well as a healthy activity for staff.



March 18, 2020: the Yolo County Public Health Officer issued a countywide health order for residents to shelter in place from March 19 through April 7, unless extended by the Public Health Officer. This order limits activity, travel and business functions only to the most essential needs and is intended to slow the spread of novel coronavirus (COVID-19), protect those most vulnerable to the disease, and preserve local healthcare capacity.