



Friends of Adult Day Health Care

Proud supporters of Yolo Adult Day Health Center for over 40 years!



NEWSLETTER

FALL 2024

The Follies of Day Care



Lucy Bojorquez (above left) lives with her son, Michael and his wife, Lydia, and attends **Yolo Adult Day Health Center**. Quotes are taken from an essay Michael wrote -- **The Follies of Day Care** -- which describes what their life is like as Lucy's primary caregivers. It captures the daily struggles and small victories experienced by their family and caregivers everywhere.

"Each day begins with a drive to the day care center. The endless questions: What day is it? How long have I been here? Why, is it just around the corner? I should just walk there. Where is my purse? How long do I stay? Are you going to pick me up?" "Have a wonderful day, Mom." Lucy's anxiety and bewilderment when facing routine activities is one indication of a cognitive decline.

The family's precious 4-hour respite during day care hours gives them an opportunity to catch up with basic household chores and ongoing responsibilities, and take care of their own health and medical appointments. *"If we are lucky, we can go out and get a bite to eat. What a treat."* But freedom and relief from caregiving duties is fleeting. When Lucy is at home, they must remain ever vigilant of possible safety risks as even a moment's inattention can lead to accidents, injury, lost or broken items, or Lucy possibly wandering off and getting lost. Families must continually adapt their environment and routines to ensure their loved ones' well-being.

Given the opportunity, Lucy unpredictably hides small objects in clothing, creating an ongoing scavenger hunt. *"We call her the Magician. No rabbit out of the hat or white doves appear in open palms. You just don't know what is going to come out of her sleeves, pants pockets or other cavities of clothing she has that can hide trivial things. Table*

(cont. on p. 2)

Tomorrow Just Got Better!

by Dawn Myers, YADHC Program Director

It is with uncontrollable excitement that we share news of a fully approved expansion project for **Yolo Adult Day Health Center** (YADHC). By the end of 2025, YADHC will be in a new building, with more space, serving more people, with a new name and be poised to meet the growing community need for adult day health support. We all have the perseverance of Yolo County and Dignity Health to thank for finally finding the solution.

This has been a long-held dream. In 1978, after recognizing far too many individuals were permanently housed in nursing homes compared to Europe, California became the first state to pass legislation making adult day health care a Medi-Cal benefit for low income elders and individuals with disabilities. Local senior advocates like Myra Gable, Dair Rausch and Pat Scarlet, together with Yolo County's Health Department Director Phil Walker, seized the opportunity and championed the development of **Yolo Adult Day Health Center**. YADHC, the first built-to-purpose program in the State, opened in 1984. Once the program was established, to ensure a continual community connection, the founders formed the nonprofit **Friends of Adult Day Health Care** (FADHC), which has generously and unwaveringly supported the Center ever since.

For four decades, YADHC has provided all the services you find in a nursing home to folks living in the community: nursing, rehabilitation, social work, therapeutic activities, meals and support for family caregivers. Also, and most impactfully, YADHC provides an alternative to the frequently observed sense of isolation, lack of purpose and loneliness; creating human connections is our "secret sauce". In order to make this happen every day, we provide transportation via a fleet of five accessible vehicles.

What was built in 1984, however, does not meet current demand. Our ever growing waiting list reflects an expanding aging population that values the right to make choices about how and where they age. They want to retain control of their lives and feel empowered to grow even when physical or cognitive abilities are changing. With that in mind, in 2014, planning to expand the program began.

Between 2014 and today, with the determined planning efforts of Supervisor Jim Provenza, Dignity Health's Woodland Memorial Hospital, Yolo County leadership, Friends of Adult Day Health Care, Woodland Healthcare Foundation

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(Follies cont.)

decorations, various small garden items such as tomatoes, pencils, Kleenex, napkins, eating utensils and who knows what. When we think we have found everything, something else appears out of nowhere."

Balancing caregiving with personal, medical, family and professional responsibilities is exhausting. Before moving to Yolo County, Lucy lived alone with dementia two states away. The fear, distance and misinformation created hardship, frustration and stress which compounded the significant personal challenges (their own emergency health issues, death of family members) that both Lydia and Michael faced. Now daily life is filled with stories of mysterious rooms and forgotten moments, tomatoes in pockets and flower arrangements stuffed under chair cushions intermingled with a constant fear of falls, a need for shower and dressing assistance and Lucy's nighttime waking, which leaves the entire household exhausted.

Despite the stressful situation, Michael and Lydia maintain a positive attitude and remain grateful, gracious, and hopeful. They are filled with love and respect for the woman who raised Michael and readily share memories of her incredible strength and resilience. They are in this for

Tomorrow cont.)

and community advocates, many potential solutions surfaced, were explored, and then fell through. In the summer of 2023, County Administrator Gerardo Pinedo suggested Yolo County's Norton Hall on Cottonwood Street in Woodland, just two blocks from the current location. It was here we found our new home. Renovation work should begin in 2025, and when completed, the building will be renamed Sagewood Center.

Eleanor Roosevelt said, "The future belongs to those who believe in the beauty of their dreams." We never stopped believing in a County where adult day health care was accessible to all. It was a hard won dream which makes it all the more sweet. We look forward to taking you with us on our journey to opening day! ☺

Imagine This!

Imagine looking out the window of our new Center: you see sunshine, leafy trees, flowers, greenery and people milling around. Now imagine walking outside into a garden where a path encourages you to meander, birds chirping bring back summer memories, colorful foliage seems unending and the smell of jasmine catches your attention. As you continue along, you come upon a vegetable garden full of fresh basil, tomatoes and cucumbers and think about the delicious salad that will be made. As you complete the loop, you see a dear friend in an accessible swing inviting you to come sit a spell.

Sound magical? Studies show accessing the outdoors has healing benefits such as decreased depression, increased Vitamin D and reduced heart rates. It also encourages movement, social connections and purposeful activities, while tantalizing all our senses at once. These benefits are experienced by everyone regardless of physical, emotional or cognitive losses. **You** can help us realize this vision of an accessible sensory space. To date, we have raised \$100,000 towards the therapeutic garden of our dreams. We're looking for donations to fund specific garden features:

\$50 will purchase flowers and small plants

\$100 will purchase two beautiful larger plants

\$250 will purchase a large ceramic pot

for the long haul -- family, love, illness, caregiving, happiness, tomatoes, heartbreak and faith.

Michael and Lydia shared their story with us as part of their personal mission to raise awareness of the value of adult day health care. Their partnership with YADHC provides the family with the support and respite they need to ensure they are also taking care of themselves.

Challenges faced by the Bojorquez family mirror those faced by all the families served at YADHC. Over 200 families are served each year through both Center programs: adult day health care and care coordination. Hardworking staff, enthusiastic students and generous volunteers ensure a full spectrum of support that includes medical monitoring (RNs), physical, occupational and speech therapies, psychosocial support via social workers, therapeutic activities, personal care, transportation and meals. Enhanced Care Management enables community-based navigators to meet participants in their homes to help develop essential connections to medical, mental health and community services. In both, well-trained teams connect with each person in the spirit of individualization, compassion, trust and empowerment. ☺



Friends of Adult Day Health Care's contribution toward the creation of a new center is finally being put to use.

Thank you for helping bring our imagination journey to reality!

A note from Deborah Francis, President of FADHC...

What a truly exciting year 2024 has been! We had the best Big Day of Giving fundraiser ever, raising over \$6000, had a former board member rejoin the Friends' board, invested in a software management program that makes our fundraising process more efficient and efficacious, and got our very first recurring monthly donor. Better yet, we are celebrating our 40th anniversary, and after years of searching, negotiating, high hopes and frustrating setbacks, can rest assured YADHC has a solid plan to relocate and expand. The new Sagewood Center, an adult day health program of Dignity Health, will be big enough to create a space that will allow more dependent and disabled adults to continue to live in our community among friends, neighbors and family, while receiving the care they need.

We could not have done this without you! Please consider helping us make the Center of our dreams a reality by donating today. Thank you for your consideration and much appreciated support.

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SAVE THE DATE !

SAGEWOOD CENTER CELEBRATION

**Kicking off the Relocation and Expansion of Yolo Adult Day Health Center
& celebration of our 40th Anniversary!**

Thursday, December 5 from 4 - 6 p.m.

Norton Hall, 70 Cottonwood Street, Woodland, CA

Thank you
 for helping better the lives of
 our community's frail elders
 and disabled adults
for over 40 years!
 Help us continue to do so by
donating today!



(Use this QR code to
 donate directly)



See page 3 for
 information about
 our anniversary
 celebration.

Friends of 
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Yolo Adult Day Health Center participants appreciate all the Center has to offer:

"It's an awesome Center!" "I love the social aspect... to come and visit with other people..."
 "My favorite thing is [physical] therapy and bending exercises..." "The people here care about us..."
 "I really enjoy coming to the Center... it's helped me through some hard times in life..."
 "I'm so glad to get out of the house..." "When it's time to go home, I don't want to go..."
 "We are blessed to have this program..."

as do their loved ones and care-givers...

"I know that it has helped me with time to myself... he has activities that he enjoys with people that care and help him... The staff is very understanding of his needs and are available to talk... This is a program that I was lucky to find..."

"...[she] has benefited greatly from the Yolo Adult Day Health Center. She is excited to attend every day, adores socializing with peers, enjoys program activities, and she appreciates the overall support she receives from staff."

"The center is the best thing that's Ever been available to my brother... Without the center, he would be at home with care givers. Doing absolutely nothing. At the center he is exercising, learning new skills, meeting people, having conversations and trying to keep busy... The center has done an excellent job in meeting his needs and advancing his abilities to move and communicate. Thank you for everything."