

FRIENDS OF ADULT DAY HEALTH CARE NEWSLETTER

Proud supporters of Yolo Adult Day Health Center for 41 years



THE SAGEWOOD CENTER: OUR NEXT CHAPTER

Yolo Adult Day Health Center (YADHC) has been one of our County's most successful programs since 1984. The program targets older and disabled adults who are struggling to stay in their homes, near family and friends, and provides them with comprehensive and ongoing support that touches on their medical, social, physical and even spiritual needs. YADHC's comprehensive clinical team, in combination with the power of people coming together, effectively reduces hospital and nursing home days. The program also decreases participants' sense of isolation, depression and loneliness which studies show improves health outcomes.

With the onslaught of aging Boomers, the Center clearly needed to expand to meet the growing need. To that end, Friends of Adult Day Health Care (FADHC) has partnered with Woodland Memorial Hospital and Yolo

County to make that vision a reality and chose the name Sagewood to honor the wisdom of the people who served in a town that loves to put "wood" at the end of names.

Where are we today? After a long and challenging search, thanks to Yolo County, we have secured Norton Hall, a building right down the street from the current Center. Plans for renovations to the building, which was the former home of the County Agricultural Department and UC Davis Ag Extension, are in process. Fundraising for this enormous effort has been critical as the cost estimate has increased significantly over the course of securing the site. Along with funding from Woodland Healthcare Foundation, FADHC and Yolo County, the project has received support from state government funding sources, the Yocha Dehe Wintun Nation, David Taormino, and many generous donations from community

members like you. For this, we are eternally grateful. Additionally, we have received overwhelming support from our local service clubs, including 100+ Women Who Care Yolo who donated \$10,000 towards a therapeutic garden, and more recently, proceeds from Woodland's Sunrise Rotary's annual Salmon BBQ fundraiser. Our sincere thanks to all who share our vision of providing options that focus on home, family, choice and personal empowerment. Stay tuned!

CAL TRANS VEHICLES

At the core of our program effectiveness is the fact that participants and staff are all under one roof. Unlike home health, where a nurse might be

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CAL TRANS VEHICLES cont.

able to see up to five patients a day in their homes, staff at the Center can have eyes on as many as 50 participants each day, allowing them to oversee the needs of many, and respond to any unplanned medical incidents. Talk about efficiency!

Transportation of participants to and from their homes is included in the program – no easy task! In order to get the job done, we use minivans and larger wheelchair accessible buses. Program expansion requires additional vehicles to transport up to double the number of participants. To that end, YADHC was successful in receiving a grant for two new vehicles that are a cross between a van and a small bus. They have a lift to allow for those with mobility challenges, yet are small enough to not require a specialized license to operate, thus making it ideal for Center staff to operate. These vehicles were made possible via the CalTrans 5310 Grant program designed specifically for programs like ours that target older and disabled adults who no longer drive and are unable to manage the public transportation system. Watch for our new vehicles on the road!



GROWTH OF ENHANCED CARE MANAGEMENT PROGRAM

In May of 2023, Yolo ADHC joined multiple Yolo County service providers to implement California Department of Healthcare Service's CalAIM or California Advancing and Innovating Medi-Cal. The Enhanced Care Management (ECM) program is a component of CalAIM that targets low income adults in the community with more complex needs who are high risk and heavy utilizers of care to coordinate innovative solutions. ECM is a perfect complement to our center-based services, which can be limiting when it comes to support in the home. The program provides in-home community health workers who work with individuals to identify

and address service gaps and desired health outcomes, including personal goals such as different housing or more frequent contact with family. Patient-driven partnerships like those of ADHC and ECM lead to positive change. The outcomes have been phenomenal in terms of avoided visits to emergency rooms, well-managed chronic illness and improved nutrition. Participants report reduced stress and increased desire to address overwhelming issues simply because they have a trusted community health worker to work with. The Center's ECM program has come a long way in two years and we are excited about its continued success.

MEET ANNE-MARIE LOUISSAINT

Anne-Marie Louissaint stepped up to become the new Program Director of Yolo Adult Day Health Center in January 2025, following Dawn Myers' retirement. Anne-Marie is a dedicated healthcare leader with a Bachelor's degree in Psychology and a Master's degree in Public Health Administration. She brings over two decades of experience in senior living and skilled nursing administration, including owning her own home caregiving business where she loved being an advocate for clients and their needs.

Her leadership includes serving as an executive director in long-term care, where she improved financial outcomes, launched

innovative programs, and ensured compliance with regulatory standards. She also serves on the board of the California Association of Long-Term Care Medicine, contributing to statewide and national advocacy efforts.

Anne-Marie is passionate about creating inclusive environments that champion diversity, equity, and belonging. She thrives in fast-paced settings, values teamwork, and is known for doing the right



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MEET ANNE-MARIE LOUISSAINT cont

thing—whether seen or unseen. Her partner is currently pursuing Environmental Engineering at UC Davis, which inspires her commitment to sustainability and innovation.

Beyond work, Anne-Marie enjoys art and reading, as well as hiking and camping in the mountains or anywhere near water.

WHEN HOUSING AND HEALTH INTERSECT

For many of our participants, safe housing is the foundation that allows them to remain part of the community instead of entering institutional care. Some live with family, while others rely on assisted living or residential care facilities (RCFEs) for daily support. But when housing options shrink, especially for those living on fixed incomes or Supplemental Security Income (SSI), the effects ripple far beyond where someone sleeps. It can mean loss of access to healthcare, friendships, and the stability that ADHC programs help maintain.

At Yolo ADHC, we see this connection every day. The interdisciplinary team helps older and dependent adults stay engaged, nourished, active and supported even when housing situations become uncertain. For participants living in board-and-care homes, we coordinate closely with facility staff, monitor health changes, and provide wrap-around services not available in the home, essentially bridging the gap between community living and institutional care.

PROGRAM HIGHLIGHTS: ART, MUSIC, ENRICHMENT AND WELLNESS ACTIVITIES

Under YADHC Program Director Anne-Marie Louissant's direction and with input from staff, innovative programs continue to be a part of everyday activities at the Center to enrich participants' overall experience. To celebrate September being Hispanic Heritage Month, a vibrant art session featuring Frida Kahlo paintings allowed participants to embrace their creativity. The art program continues to thrive, and is now offered twice a month, allowing participants to explore painting, crafts, and other creative projects that spark self-expression and joy. In addition to structured art sessions, craft projects, card games, and interactive group activities that promote social connection and engagement are offered. Music therapy is held weekly and continues to be a favorite among participants—lifting spirits, inspiring movement, and bringing smiles to every session.

Therapy offerings also include occupational therapy focused on fine-motor skills, a walking group that enjoys the outdoors, and a dedicated physical therapy room offering cardiovascular exercises and even boxing for those eager to challenge themselves. A search is on for regular pet therapy volunteers with certified therapy dogs to visit the center, as animal-assisted interactions have proven to be uplifting and calming. Looking ahead, staff will be expanding sensory wellness offerings with aromatherapy and in-person meditation sessions to further support participants's relaxation and emotional well-being,

And as always, each day, participants enjoy a nutritious meal prepared by Meals on Wheels that has been individually approved by a registered dietitian, ensuring balanced and delicious congregate dining, and maximum well-being.

Earlier this year, Clover Home, a small licensed RCFE in Woodland, the only residential home left in Woodland that took SSI rates, temporarily closed after being sold. For our program, that closure immediately affected three long-time participants, each with a different story, but all connected by one theme: the critical need for affordable, stable housing for those living on SSI.

- One participant, unable to find

another home locally that accepted SSI board-and-care rates, had to move to Sacramento. There, she entered an RCFE that participates in the county's housing waiver program. Although she continues to receive care, she is now farther away from family and the community she called home for 20 years.

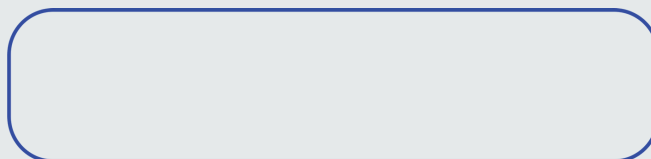
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PO Box 1964, Woodland, CA 95776

(530) 669-3700 | info@friendsofADHC.org

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OR CURRENT RESIDENT

WHEN HOUSING AND HEALTH INTERSECT
cont.

- Another participant, who attended our Center for more than 12 years, had to relocate to Idaho to live with family because no RCFE in Yolo County could take her at the SSI reimbursement rate. Friends of ADHC stepped in to pay for airfare.
- The third participant, also displaced when Clover closed, has now returned to Woodland — and plans to re-enroll with our Center.

These transitions are more than logistical challenges — they represent years of trust and care disrupted by a housing system that too often doesn't meet the needs of dependent adults who rely on SSI.

Why This Matters

Our donors help make this work at YADHC possible — bridging gaps between housing and healthcare for participants who might otherwise fall through the cracks, and so much more.

Every dollar given helps connect people to needed services that allow them to live safely in their own home rather than in an institution. As one participant's return to Woodland shows, when housing and health align, hope comes home. **PLEASE CONSIDER A DONATION TODAY!**



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