



## Wellness Club Adds Fun and Friendship

Get active. Stay active. Eat well. All in a fun setting with like-minded individuals. **That's the focus of a new addition to the Disease Prevention and Health Promotion (DHP) program called *The Wellness Club* launched last year.** Designed for older adults in the greater Los Angeles area, these words are translated into action by engaging seniors in more social and interactive activities, tailored to the many diverse ethnic communities.

### New Focus on Community and Culturally Sensitive Programming

"We're testing a new model of delivering free health education and screenings with interactive learning," notes Brenda Vazquez, Program Director of DPHP. "***The Wellness Club*** fosters a sense of community, support and sharing among often isolated seniors. Ms. Vazquez says that T-shirts, social activities, field trips, and peer volunteer leaders reinforce the learning experiences. Along with the older adults suffering from or at-risk for diabetes, arthritis, cardiovascular conditions, and obesity among other chronic diseases, ***The Wellness Club*** invites caregivers, friends and families of attendees to enroll in the eight-week series on nutrition and physical activity.

***The Wellness Club*** programs take their cue from the specific community with culturally sensitive content developed for the Los Angeles Department of Aging for Chinese, Korean, Latino, Afro-American, and Middle Eastern communities. "A Chinese-speaking nurse conducts sessions in that language and includes



*L.E. proudly shows off his membership in The Wellness Club.*

herbs commonly used as medications by the Chinese while, for Spanish speaking groups, the program is called '[!]Club Salud!' with Spanish-language materials," explains Ms. Vazquez. "Health demographics in some communities show that hypertension or diabetes are epidemic. Education and interactive activities help those with these conditions manage them, and demonstrating cultural competency develops trust and opens up the seniors' willingness to try new ways."

### Collaboration for Better Senior Health

Partners administers DPHP programs to more than 6,000 seniors a year in 16 Multipurpose Senior Centers, 110 congregate meal sites and many senior housing complexes. Programming offers free health education and assessments for osteoporosis, diabetes, vision and hearing, foot

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## California Association of Physician Groups (CAPG) and Partners in Care Collaborate To Transform Health Care for Older Adults with Chronic Conditions

More of California's older adults with chronic conditions are learning to enjoy *Healthier Living* as the California Association of

*See CAPG on page 2*

## New Grant To Safeguard End-of-Life Wishes

Too often, nursing home residents facing terminal illness are transferred to emergency rooms and subjected to aggressive and inappropriate treatment against their wishes. **The passage of recent legislation in California and New York authorizing Physician Orders for Life-Sustaining Treatment (POLST) has created a new era in**

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Physician Groups (CAPG) joins forces with Partners to expand the innovative self-management information and education program.

*“Given that the U.S. population age 65 and older is expected to more than double to 72 million by 2030, expanding the reach of programs like Healthier Living to promote self care also makes good clinical and economic sense.”*

~ DON CRANE, PRESIDENT AND CEO OF CAPG

*Healthier Living* evidence-based health promotion was developed by Dr. Kate Lorig and her colleagues at Stanford University.

**The program has been extensively researched and proven to have significant benefits for seniors by helping them manage medications, deal with isolation and depression, start an exercise program, meet goals, and communicate better with physicians, decreasing**

**their risk of physician and hospital visits.** Funding by the National Council on Aging, Atlantic Philanthropies, Kaiser Permanente and others supports collaborative efforts between Partners, CAPG, California Departments of Aging and Public Health and other community partners to expand the availability of *Healthier Living* to thousands.

### Adding Physicians Helps Transform Health Practice

The CAPG collaboration identifies best practices for physician referrals and prepares tools for future expansion. As physicians begin making referrals for their managed care patients, this leads to becoming a general standard of practice.

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health, hypertension, blood pressure; memory, fall prevention, gait and balance, cholesterol, arthritis, and medication management. DPHP programs were developed in collaboration with: Alison Moore, M.D., MPH, UCLA Department of Medicine Division of Geriatrics, and Medical Director; Arleen Brown, M.D., PhD, UCLA GIM and HSR; Mary Cadogan, DrPH, RN, CGNP, Adjunct Associate Professor, UCLA School of Nursing; Cathie Cunningham, Partner, Strategic Relationship Management, Deloitte & Touche LLP; Elaine Der, Pharm D, Consultant Pharmacist; Chris Garcia, LCSW, Director, Huntington Senior Care Network; Jack Yu, M.D. Associate Director, Family Practice Residency Program, Family Medicine Education Foundation, Inc.; and Partners' June Simmons. The California Community Foundation provides crucial added grant support.

## Counting our Blessings in Our Look Forward

### 10 Years of Making Change Happen

Partners started with a dream that has helped it blossom into a strong, nationally recognized agency. As we celebrate our 10th year of *changing the shape of healthcare*, Partners' innovative, evidence-based projects are becoming integrated into hospitals, community agencies, and health systems' operations.



Seth Ellis, Board Chair



June Simmons  
President/CEO

Thanks to our ever expanding network of collaborators, funders, and supporters – along with Partners' skilled and talented staff and volunteers – we have become nationally recognized for program development that focuses on early interventions and lifestyle.

### The Lives You Touch

Partners is helping thousands of older adults each year learn new ways to confidently take charge of their health and chronic conditions. Low-income seniors are equipped with the resources to live life better at home - and out of nursing homes. More humane and respectful attention to end-of-life wishes are in progress. Families at-risk can find help that is not available elsewhere.

### Your Generous Donation Counts

With your financial support, Partners can rescue and restore dignity to those without, show the way to better health and quality of life, and lessen suffering. At the same time, you are investing in our leadership to make change. As the Holiday season comes fast upon us, on behalf of the Board and all of us at Partners in Care, we deeply appreciate your continuing support of our work. Our past successes and future innovations belong to each of you. As we look forward to a new year and new challenges, we wish you and yours the very best.

**Seth Ellis**  
Board Chair  
COO/VP

*Motion Picture & Television Fund*

**June Simmons**  
President/CEO  
Partners in Care

*P.S. See how much your donation creates change and improves lives at [www.picf.org/livestouched](http://www.picf.org/livestouched)*

## The Lives We Touch Together

*Each year, Partners' diverse programs touch and improve the health and well-being of thousands of lives, sustained through volunteer efforts, public and private funding, and generous donations. As you read of the dramatic changes brought to these individuals and families, we invite your tax-deductible donation at this Holiday season to strengthen our impact. Your contribution is gratefully appreciated for those deserving of special help. You do make a difference.*

### A New World of Health and Friends Opens for Sharon

For Sharon, life wasn't very promising at 64 years of age, having suffered a stroke and diagnosed with breast cancer. **Alone, withdrawn to the point of depression and in a wheelchair, a referral to our Santa Clarita Adult Day Health Care Center brought about huge changes in her health and outlook. Six months later, she is a different person.**

Thanks to our Center's speech, physical, and occupation therapy programs plus our social worker's supportive counseling during her four days a week attendance, Sharon now walks on her own with a cane, happy she has become more independent and no longer needs a



wheelchair. She has many friends among our Center's attendees and even has taken on the role of the designated greeter for new participants. Her progress also includes mending relationships with her family with plans to move in with her son. "The staff and therapies have helped me so much," she relates. "I just love being at the Center. I couldn't have done it without everyone here."

*For more information about Santa Clarita Adult Day Health Care Center, call Ginny Smutzler, MSW, Director at (661) 253-0700.*

*Sharon works on her therapy at the Santa Clarita Adult Day Health Care Center.*

### Alice Brings Powerful Medicine to Older Adults: "I will..."

Alice is a woman who knows what she wants. And what she wants is not a "Maybe..."; she wants to hear, "I will!"

Like many of the seniors attending the Partners in Care *Healthier Living: Chronic Disease Self Management Program*, Master Trainer Alice De Franco, a retired RN, is living with diabetes and a chronic heart condition. **In this program, designed to educate and support older adults make behavior changes to lead more active and satisfying lives**, she motivates those dealing with a chronic illness to make the commitment to do something – however simple – and then follow through. "Once people commit to action – from taking walks to cleaning out a closet – they are beginning to take control of their health problems. Extensive research shows that *Healthier Living* participants feel more energy and have fewer doctor and E.R. visits and hospitalizations," says Alice.

**Healthier Living, a series of workshops presented by two trained leaders, deals with the issues that face everyone living with an ongoing health condition:** managing medications, isolation and

depression, starting an exercise program, meeting goals, and communicating better with doctors.

Partners, along with many community agencies and foundations, is working to expand *Healthier Living* throughout the state. More than 2,000 California seniors have participated since its inception. Those helping to expand this highly effective program include The Atlantic Philanthropies, The California Wellness Foundation, Good Hope Medical Foundation, Jewish Community Foundation, Kaiser Permanente, and the National Council on Aging.



*Alice points out the Healthier Living motto.*

"As I grow older – I'm 77," reflects Alice, "I learn from each class and it gives me an extra boost to take care of myself. It's a good feeling because I know the workshop is extremely good for older people." 3

## Life becomes Better at Home for Mother and Daughter

Elaine was very worried about her daughter, Tracey. For 10 years, Tracey has cared for her bed-bound mother who suffered a stroke. She also has rheumatoid arthritis and severe diabetes. "Tracey had no life; she was with me around the clock. I felt so bad," says the now 76 year-old. "She did everything for me and I could see it was taking its toll on her health." At 34 years, the spirited Tracey, a college graduate, had given up work and friends. "I felt it was morally wrong to put her in a home," she says. Help came for both Elaine and Tracey through Partners' *Life is Better at Home* Multipurpose Senior Services Program (MSSP) last year. Marjan Behjatnia, RN's initial visit to the family led to arrangements for physician and nurse home visits, assistive devices, household help, and medical supplies to help make Tracey's tasks easier. "Tracey had taken on enormous responsibilities



and she was on the verge of collapse," says Behjatnia, who also arranged respite care of 16 hours a month so Tracey could have some time for herself. **Covering 16 service areas in Los Angeles**

**Country, Partners' MSSP reaches out to seniors with a host of resources to make their lives more comfortable at home.**

Adds Ms. Behjatnia, "With the support they need, they do better in terms of health and outlook in their familiar surroundings."

And so it proved true for both mother and daughter. Elaine's mood and health condition improved and Tracey recently celebrated her birthday with a surprise party thrown by friends. "It is a great comfort to know that my mom is being taken care of and is safe and secure when I'm away," says Tracey. "MSSP and Marjan are doing the work of saints."

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## A New Life for Antonia, Secure at Home

A request by Partners' Family Care Network for critical bedroom and shower modifications has provided Antonia with a higher level of safety and comfort, and an improved quality of life. Thanks to the generosity of Change a Life Foundation, this 10 year-old now thrives at home and avoids unnecessary and costly hospitalization.

Diagnosed with a challenging medical condition, which includes cerebral palsy, Antonia is cared for by her supportive family. Prior to receiving the grant through Partners' Family Care Network, Antonia's mother struggled with bathing Antonia and transferring her from her wheelchair. These daily tasks posed risks for injuries and falls.

The home modifications arranged through Family Care Network have made all the difference. Antonia can bathe with ease and in privacy.

Her mother can now wheel her into the newly modified bathroom and other parts of the home safely.

This young girl moves on her own to enjoy the sunshine on the patio, participates in family activities, and attends community events away from home – all in increased comfort, safety and dignity – a major lift to her and her devoted family's spirits.

***Family Care Network steps in to keep families together when no other resources are available. Learn more at [www.picf.org/familycarenetwork](http://www.picf.org/familycarenetwork)***

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*Thank you for remembering those without, either using the enclosed envelope or contacting:  
Eva Goetz, VP Advancement, 818-837-3775, ext. 131; [egoetz@picf.org](mailto:egoetz@picf.org)*

## POLST *continued from page 1*

**respecting the end-of-life treatment preferences of nursing home residents and their families.**

Hospice Legacy has taken the lead in this area with its first grant to Partners in Care to advance the agenda of funding work in and end-of-life care. **The initial project focuses on staff training and delivering systems to effectively initiate the use of POLST in nursing homes.**

### **New Legally Binding Document Clarifies Care Wishes**

POLST is a legally binding method for documenting the wishes of nursing home patients. At its core is a physician order form that reflects discussions with patients regarding their preferences and advance directives for later life care. These wishes are then transformed into written and official medical orders that can be followed by nursing facility staff. The POLST form can ensure that intensive interventions are provided only for patients who request them.

### **Training for Effectiveness**

Notes June Simmons, President and CEO of Partners. "With Hospice Legacy's support of new directions in humane end-of-life care, Partners' staff will provide extensive training for nursing

facility clinical and administrative staff. Systems will also be identified to translate nursing facility residents' current advance directives into POLST forms to increase adherence to their health care preferences."

### **A New Model of Care**

Partners will pilot the new training program at a skilled nursing facility in the San Gabriel Valley. **Once the model is fully developed, it will be available for replication throughout the region and, eventually, the state.** A physician, social work researcher, gerontologist, and medical anthropologist, all of whom have worked extensively in end-of-life care, will work with the nursing facility's staff, other care providers, and the patient's family. Nancy Gibbs, MD, Kaiser Permanente's Southern California Regional Coordinator for Continuing Care and Geriatrics, will serve as the project's POLST physician-trainer.

"The project's goal is to provide a tested method to make sure the patient's and family's agreed-upon decisions are respected and carried out," says Ms. Simmons. "In implementing this program, barriers that bring about unwanted care and needless suffering can be removed, replacing them with more humane ways to honor an individual's end-of-life care wishes."

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## Chief of Premier, Inc., Named Partners 2009 Mathies Award Honoree for Vision & Excellence in Healthcare Leadership

**In recognition of his outstanding leadership in changing the shape of healthcare, Richard (Rick) A. Norling, president and CEO of Premier, Inc., has been named the recipient of Partners in Care Foundation's 2009 Mathies Award. Mr. Norling is to be honored at Partners' Vision and Excellence in Healthcare Leadership Tribute Dinner on May 4, 2009, at the Beverly Hills Hotel in Beverly Hills, California.**

"Partners' Mathies Award calls attention to those healthcare, community, and private sector leaders who step forward and make positive, far-reaching changes in improving health care delivery services," notes Seth Ellis, Chair of Partners' Board. "As an individual and as a healthcare professional, Rick Norling's career, vision, and effectiveness exemplify the true meaning and spirit of this honor."

During Mr. Norling's 40 year executive career in healthcare, he has become widely known for his forward-thinking leadership in

healthcare strategies, organizational development and quality management. Under his leadership, Premier won the prestigious Malcolm Baldrige National Quality Award and the North Carolina Award for Excellence in 2006. Forbes cited the company as one of the most ethical companies in the U.S. Mr. Norling joined Premier in 1997 as CFO and then as president and CEO in 1999, leading the company to become one of the nation's largest healthcare strategic alliance enterprises. Jointly owned as a shared resource by more than 260 not-for-profit hospitals and health systems, it serves 2,000 hospitals and 54,000 care sites. His belief in "*Doing the right thing, the right way*" has guided Premier's team to help members identify, test, and measure quality, and safety improvements to reduce mortality and cost of care in diverse communities.

*For sponsorship and tribute opportunities, contact: Eva Goetz, VP, Advancement, at (818) 837-3775, ext.131; email [egoetz@picf.org](mailto:egoetz@picf.org).*



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## Inside...

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## Save This Date

**May 4, 2009**  
Partners' Annual  
Vision & Excellence in  
Healthcare Leadership  
Tribute Dinner  
Beverly Hills Hotel  
**For more info:**  
**Call: 818-837-3775 x 131**  
**Email: [egoetz@picf.org](mailto:egoetz@picf.org)**

## Just In @ Partners

### Latino Older Adults Depression Awareness Campaign Launches

With generous support from the Aetna Foundation, Partners' campaign for older adults, their families and caregivers in the Los Angeles Latino community, will help combat the stigma of depression. Bilingual presentations, materials, and posters featured at senior sites, buses, and on Spanish-language radio will educate this population about the symptoms of depression and treatments.

### HPPAE National Leadership Awards Honor June Simmons and GSWECC/Geriatric Social Work Education Consortium

The Hartford Partnership Program for Aging Education has selected June Simmons as one of four national leaders for their commitment, innovative thinking, and foresight in bringing about an age-friendly future by leading the GSWECC.

*Learn more at: [www.picf.org](http://www.picf.org)*

## Our Guiding Principles:

### Collaboration Innovation Impact

We believe that today's health care and social services need to change in fundamental ways.

This requires new strategies and **high-impact innovations.**

We seek to design, develop, pilot and disseminate new programs that will **serve as replicable models of care.**

**Together with community-based organizations and public and private funders** we work to create these fundamental changes.