

Welcome to the Spring *Innovations* newsletter!

In this issue we have many exciting changes and events to tell you about, with many more yet to come in future issues. We hope you find this an interesting and helpful glimpse into the work currently underway at Partners. As always, we'd like to hear your questions, ideas and comments. Send them to:

Partners@picf.org

Partners in Care Team

June Simmons, MSW, is the President and CEO for Partners in Care Foundation. She is nationally recognized for her leadership in the administration of health care organizations. Since founding Partners in Care in 1997, she has led the organization's pioneering role in developing and scaling evidence-based care models, leading to innovative and effective interventions for the management of chronic conditions, the challenges of aging, and better-coordinated care to improve health care outcomes.



Marta Fernandez is the Board Chair for Partners in Care Foundation. She is a Partner at the law firm of Jeffer Mangels Butler & Mitchell in Los Angeles, where she serves as the Administrative Chair of the firm's Labor & Employment Department. Her practice focuses on advising management clients in all aspects of labor and employment law. She represents employers in the health care sector, hospitality, transportation, retail, banking and other service industries. Marta has been on the *Partners* Board since 2002.

Jennifer Kozakowski is the Chair for Partners in Care Foundation's Philanthropy Committee. She is the Associate Vice-President for the Institute for Human Caring at Providence St. Joseph Health. Earning her bachelor's in nursing and master's in both public health and nursing (focusing on health services management) at UCLA, Jennifer has a track record of achieving results and leading high-performing teams. Jennifer has demonstrated expertise in start-up and turnaround strategies, collaborative leadership, organizational management, and service delivery. She has been on the *Partners* Board since 2016.



Save the Dates

20th Anniversary Celebration of GSWEC – Spring 2020

Our Geriatric Social Work Education Consortium (GSWEC) Program will be celebrating its 20th anniversary in the fall of 2020. We are proud to count approximately 700 alumni among our ranks. Please stay tuned for further information about our celebration.



20th Annual Tribute Dinner

Honoring Elaine Batchlor, MD, MPH
CEO of Martin Luther King, Jr. Community Hospital

Monday, June 3, 2019

The Beverly Hilton Hotel
9876 Wilshire Boulevard
Beverly Hills, CA 90210
6:00 – 7:00 PM Reception
7:00 – 9:00 PM Dinner & Program

Visit picf.org to register



2018 Annual Tribute Dinner



Recent News

National Philanthropy Day – November 2018

Partners was proud to have nominated Wendy Garen, President/CEO of the Ralph M. Parsons Foundation for the prestigious Lifetime Achievement Award at the National Philanthropy Day event in Los Angeles in November 2018. Wendy Garen is pictured here (left) with June Simmons, President and CEO of *Partners in Care Foundation* (right) after being handed her award.



June Simmons Inducted Into Social Work Hall of Distinction

June Simmons, President and CEO of *Partners* was recently inducted into the California Social Work Hall of Distinction, a program within the California Social Welfare Archives that ensures the advances and lessons of the profession remain available to future practitioners and researchers.

Recently Received Grants

Individual, corporate and foundation support make much of our work possible. Here are the most recent Contributions towards the *Partners* Mission:

\$100,000	The Ahmanson Foundation enabled us to bring our IT/Security into the 21st Century.
\$65,000	The Good Hope Medical Foundation advanced our most vulnerable into community living with an HCBA start-up.
\$250,000	The W. M. Keck Foundation allowed us to innovate and build sustainable living sources through Medicare for people with chronic conditions.
\$200,000	The Weingart Foundation helped us build a safety net to assist our most vulnerable population with managing their health challenges.

The Time Is Now!

Just over twenty years ago, a team of healthcare professionals recognized a care gap existed between the guidance a patient was given on how to care for themselves by a medical provider, and what those same people were capable of doing once they left the office or medical facility and returned to their home.

The Gaps

Sometimes, this gap was simple to identify – a complication caused by prescriptions that needed to be taken with food when the patient was buying food for her pets rather than for herself. Other times it could be more complex, such as a widower coping with a variety of

ongoing conditions and experiencing significant medical reactions caused by multiple medicines prescribed by multiple physicians. Or, the gap could be as basic as checking to make sure a person living alone had a ride to her next follow-up appointment.

A Mission Takes Shape

These gaps are examples of social determinants of health. For years, they were assumed to be the patient's responsibility once they had left the doctor's office or were discharged from a care facility. It was these gaps that the *Partners in Care Foundation* team saw as their mission to manage, by setting up a system which ensures people have food, know how to take their medicine, identifies multiple medical

prescriptions so they don't cause unintended drug interactions, check that homes are safe, and that transportation is available.

The Time Is Now

The result? Happier, healthier people treated at a lower expense in their own homes and communities. Our work is now recognized as crucial in the overall continuum of care. Studies demonstrate the medical value, life quality and cost savings achieved by addressing social determinants. Health systems and medical practices are following our lead by implementing social determinants services for their patients. *Partners* directly provides assessment, identification, and coordination of services to almost 20,000 people annually. Ultimately, we want to impact millions by changing the shape of healthcare. But most importantly, people's care and health are improving.

Support Change

The Partners in Care Foundation is a non-profit organization that relies on partnership with health care, grants and the generosity of its donors to maintain and enhance services. Your contribution will help us continue a legacy of partnership, innovation, and impact!

To learn more about *Partners* and how you can help further its mission, contact:

June Simmons, President and CEO

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Health Self-Management

Helping People Regain Control of Their Health

Dealing with a chronic condition such as diabetes or arthritis can often feel like illness is taking over, making even the most ordinary daily chores seem impossible. The good news is that there are simple things that can be done to feel better, improve the quality of life and allow an individual to regain control of their health. *Partners'* Health Self-Management evidence-based workshops are designed to help a person develop the skills and confidence needed to manage their chronic condition, maintain independence and make a genuine difference to their life. Each program lasts for 2 1/2 hours once a week, for six weeks.

Led by experienced trainers, many of whom have the same chronic condition as participants, these fun, sociable evidence-based workshops take place in

community settings like churches, senior centers, and libraries across LA County.

Partners' evidence-based workshops are broken down into three types: **Physical Activity & Fall Preventions Programs**, including the Arthritis Foundation Exercise Program, **Health Self-Management Programs**,

including Chronic Disease Self-Management Program and Diabetes Self-Management Program, and **Memory Programs**. Here is an overview of our programs:

Healthier Living

This was developed for people with chronic health conditions. The workshop provides support for normal daily activities and dealing with the emotions created by chronic conditions. A culturally appropriate Spanish-language version of this program, Tomando Control de su Salud, is also available.



Diabetes Self-Management Program

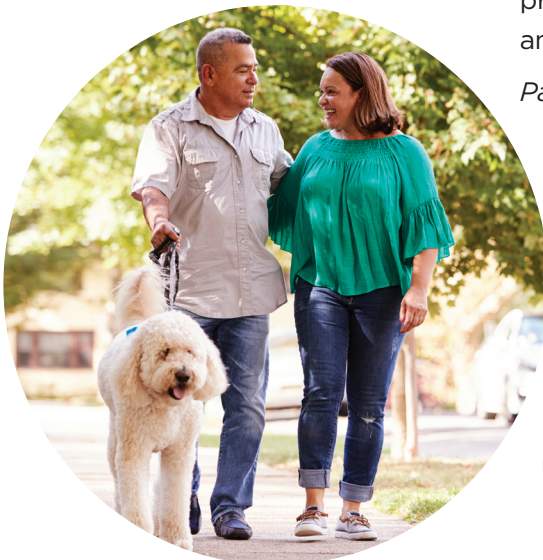
This teaches people how to take charge and control of their diabetes, understand and deal with their emotions, manage medications, make weekly action plans for exercise and healthy eating and how to communicate effectively with family, friends, and health professionals. A Spanish-language version of this program, Programa de Manejo Personal de la Diabetes, is also available.

Chronic Pain Self-Management Program

This workshop is for people with a primary or secondary diagnosis of chronic pain. It helps individuals develop new coping skills. A Spanish-language version of this program, Programa de Manejo Personal del Dolor Crónico, is also available.

A Matter of Balance

For people who have fallen in the past, have a risk of falling and who may be reducing their activities due to a fear of falling. They learn to change their environment to reduce fall risk factors, to view falls and the fear of falling as controllable, set goals to increase activity and exercise to increase strength and balance.



Arthritis Foundation Exercise Program

This offers low-impact exercises and gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. Developed specifically for people with arthritis to suit any fitness level with exercises that can be done while sitting, standing or on the floor.

Arthritis Foundation Walk with Ease Program

This focuses on walking plans that encourage participants to stay motivated, manage their pain and learn to exercise safely, keeping muscles strong and joints stable. The program helps boost participant energy, reduce stress and control weight.

Partners also serves as the Technical Assistance Center for implementation and expansion of evidence-based health self-management programs across California, facilitating coordination between state agencies, counties and community-based organizations. This includes providing administrative support to the California Healthier Living Coalition, technical assistance, and consulting to evidence-based program providers.

Partners' Health Self-Management department is managed by Dianne Davis.



The Social Determinants Specialists

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Our Wish List

Partners is addressing the care gaps in healthcare.
To continue, we need your involvement and support! Here are a few examples:

Volunteer Outreach Support	In high-risk communities, we need volunteers to expand our programs in health self-management.
Wait List Support	Our Medi-Cal programs for frail elders and disabled people have limited capacity and we need funds to support them while they await enrollment.
Medicare in America	Medicare is beginning to fund home and community-based services. Your support will help us build models with health plans and physician groups to meet people's socioeconomic needs.

If you can help with these, contact Karen Schneider
in our Development Office at: 818-837-3775 x 121