Roy Cumby works on his fine motor skills with Jill Scheffelin, an occupational therapist.

Roy Cumby Thrives After Silent Stroke

Donors like you help daughters preserve the family

Do you remember when Neil Armstrong landed on the moon? Roy Cumby helped make possible live television broadcasts like the Apollo 11 landing.

Four years ago, Roy had a silent stroke.

Thanks to your support, Roy is safe, happy and healthy. Financial assistance from Eskaton Foundation allows him to come to Eskaton’s Adult Day Health Center three days per week.

The help enables his daughters Colleen and Corinne to take care of him at home.

“One thing they really did for me that was great was remove the worry about his health. He sees the nurse here, and they coordinate with his doctor ... he can’t tell you he’s in pain,” says Colleen.

The respite also allows Colleen to attend to the housekeeping that comes with caring for a loved one with disabilities at home.

Thanks to your support, Roy is safe, happy and healthy. Financial assistance from Eskaton Foundation allows him to come to Eskaton’s Adult Day Health Center three days per week.

Roy’s health and living situation are stable now. But it wasn’t always that way.

Back in fall 2011, it was not obvious that Roy had suffered a stroke. His life began falling apart and no one knew why.

“He wasn’t safe there,” recalls Colleen. Within two months, she and Corinne moved their dad into their home.

They were overwhelmed. After two years, Colleen had to leave her job as a corporate trainer to care for her father. Corinne stayed in her job at U.S. Bank to support the family.

Taking care of her father full-time took a toll on both Colleen

continued on page 4 >
LETTER FROM THE PRESIDENT

AT&T AND THEIR GENEROSITY

Dancing, dancing, dancing...dancing machine ooh baby, ooh ooh baby! That’s what it was like in the parking lot of our local Raley's market when I first read the email from our immediate past chair. In fact, his very brief text said only, “Uh huh!! 90k.” You can see by the photo that indeed, AT&T recently made a very generous gift of $90,000 to support our Transportation Plus Program.

“Giving to senior causes is not always popular, but AT&T sees it differently. We believe in making sure that seniors can get to their doctor appointments and that someone is checking up on them, especially the isolated,” said Tim Ray, VP External Affairs for AT&T. On behalf of the Eskaton Foundation Board of Directors, it is my pleasure to publicly thank Tim and AT&T for making this gift possible.

Thank you.

Tim Ray, VP, External Affairs for AT&T, presents Kim Rhinehelder, President of Eskaton Foundation, with a $90,000 donation.

WHAT DOES A DAY OF GOLF DO FOR SENIORS?

Golf sponsors help us get hundreds of low-income seniors to critical appointments through our Transportation Plus Program.

Why should you join us for the 2016 Wes Justyn Swing for Seniors Golf Classic?

- You want to help us reach our goal of 2,850 round trip rides.
- You can make a difference in the life of a senior.
- Your logo would look great on a golf cart!
- Your vacation home in Tahoe makes a great rental to be auctioned.
- You love to golf and enjoy a great day with like-minded people!

We are currently securing sponsorships and seeking live auction experiences, raffle items and volunteers. Please call Nicole at Eskaton Foundation, 916-334-0810, to join us.
CHUCK LAU SMASHES TRADITIONAL HUSBAND MOLD

Enjoys golden years with wife with help from donors like you

“When we were young, we didn’t spend that much time together,” admits Chuck Lau, who lives with his wife in an Eskaton affordable housing apartment.

The Resident Care Fund’s goal is to prevent low-income seniors from being forced to move into skilled nursing facilities prematurely.

Fifty-five years after they married, he helps his wife with everything. That includes cooking, cleaning and bathing.

Fifty-five years after they married, he helps his wife with everything. That includes cooking, cleaning and bathing. “That’s my responsibility. There’s no doubt about it,” he declares.

San San uses a walker and cannot take more than a few steps on her own.

Now in his mid-80s, Chuck is physically unable to care for his wife and do the housework.

Chuck receives up to four hours of housekeeping each week. The caregiver takes on big and hard-to-reach jobs like cleaning the kitchen and bathroom.

Chuck appreciates the help and the ability to spend quality time with his wife, “This is the best way to spend the rest of our lives together in our golden years.”

The Resident Care Fund’s goal is to prevent low-income seniors from being forced to move into skilled nursing facilities prematurely.

Eskaton Foundation thanks Vicky Beaton for providing interpretation and photography services for this article.
ROY CUMBY THRIVES AFTER SILENT STROKE  (continued from page 1)

and Roy. “We struggled in this way for over a year, both of us tired, frustrated and depressed,” said Colleen.

Last year, they found their way to the Adult Day Health Center.

“It has made a huge difference. Dad is happier, he has friends at the center and is more social and mobile. He has regained his balance through the physical therapy he gets there and even participates in their talent shows and singing,” says Colleen.

Eskaton Foundation launched Adult Day Health Cares, a financial assistance program, in 2014 with pioneering support from Don Bromley. An Eskaton resident, Don wanted to help less fortunate families who are caring for their loved ones.

CONGRESS PERMANENTLY PASSES LEGISLATION TO EXTEND THE IRA CHARITABLE ROLLOVER

For those aged 70 ½ or older, it is possible to make tax-favored charitable gifts from your IRA.

A total of up to $100,000 can be transferred directly from traditional or Roth IRAs to one or more charities free from federal income tax each year. Amounts given this way count toward required IRA minimum distributions for the year of the gift.

To make such gifts, it’s important to not withdrawal funds prior to a gift, but have the gift amount distributed directly from an IRA to the charity. For those with check writing privileges on their accounts, this may be the most efficient way to make a gift directly from an IRA. Please check with Eskaton Foundation, your IRA administrator or your tax advisor for more information.

Be a part of the Greater Sacramento Big Day of Giving on May 3!

Donations made to Eskaton Foundation through the Big Day of Giving website will support the Resident Care Fund. Help low-income seniors continue to live independently!

For more information about Eskaton Foundation visit:
Eskaton Foundation website — eskaton.org/foundation
Eskaton Facebook page — facebook.com/eskaton
Eskaton Twitter page — twitter.com/eskaton

5105 Manzanita Ave, Carmichael, CA 95608
916-334-0810