



Together,  
we make a  
*positive impact.*

These are unprecedented times we are navigating as a society. As a nonprofit organization dedicated to supporting and enhancing the lives of older adults, we are committed to working together, facing challenge with optimism and making a positive difference every day. The incredible support from Community Partners, Eskaton families and residents, coupled with the remarkable team that serves each and every day to provide care and reassurance, emphasizes the power of community.

Reaching out and expanding support to our region's older adults who are isolated, or experiencing loneliness, continues to be a top priority for Eskaton. Through Eskaton's Telephone Reassurance program,

we have increased our volunteer base and are serving more people than ever before. This program is free to the public; we are now accepting donations to support critical needs such as groceries and essential deliveries.

This inaugural edition of the Eskaton Impact Report will share stories of people that have been positively impacted by your generosity as a volunteer or donor through the Eskaton Foundation. Together, we are Transforming the Aging Experience.

**With gratitude,**  
*Sheri Peifer, Senior Vice President*



**\$1,007,600** Dollars allocated annually

Dollars allocated to subsidize services to older adults: **Where the Need is Greatest Fund** (for those living in affordable housing that need financial assistance for home support services), **Telephone Reassurance** (providing life-giving calls to socially-isolated seniors each day) and **Eskaton Adult Day Health Care** (older adults who benefit from subsidized services).



**650**

Older adults who received support from Eskaton programs

# The Power of a *Helping Hand* in Affordable Housing

Affordable housing resident Mickey hurt her back cleaning her Eskaton Manor apartment, and became worried her injury would prevent her from staying in her home. Mickey mentioned her concern to the social services coordinator and soon had help on the way from a Live Well at Home caregiver, provided through the Eskaton Foundation's Resident Assistant Fund and supported by generous donors.

Since her injury, Mickey has benefited immensely from the assistance she's received. Fiercely independent, Mickey says the extra help has supported that independence in dramatic ways. "My daughter and her husband live out of state, and I'm just not ready to leave California. Having the help I need to keep me here—that is so important to me."

In addition, the assistance she receives helps her avoid further injury and stay socially engaged. "I just love seeing Bethany [her caregiver]. She tells me what's new in her life and the world out there. I'm learning all sorts of things."

Mickey treasures her independence, so remaining empowered to stay in her own home is incredibly precious to her. "Being able to stay means not having to suffer that loss of identity. It's so important to have one's own things, and one's own space. To be able to be yourself for as long as possible."



## In a time of need, *we are here.*

Over the past several months, your generosity has provided much-needed assistance for employees who face crisis situations. From aiding an employee who had a medical emergency and needed to cover an ambulance bill, to providing groceries to an employee whose child was critically ill, your donations have meant a great difference in their lives.

The Eskaton Foundation's "Where the Need is Greatest" fund helps deploy resources where they are needed most, filling critical needs of employees and older adults across our region.



**\$182,226**

Amount Eskaton raised and donated to partners



**1,344**

Hours of donated nonmedical in-home care



**233**

Donated days of adult day health care



**1,500+**

Hours of spiritual care and chaplaincy visits



**3,045**

Number of therapeutic music visits

AGE  
IS  
Beautiful



Ageism, the only form of prejudice still tolerated in our culture, is negatively impacting our older adults with significant consequences. According to a recent Yale study, age discrimination is responsible for nearly \$63 billion in health-related costs a year, leaving older adults with sub-par healthcare and little say in their own lives.

**To give our seniors the voice they deserve, Eskaton developed the Age is Beautiful public awareness campaign.**

Through written articles and filmed interviews, Age is Beautiful captures the life experiences and wisdom of older adults with still so much to share. In the words of our CEO, Todd Murch, Age is Beautiful is simply “the retelling of life histories that should not be lost from memory.”

In addition to Eskaton’s website and social media channels, Age is Beautiful profiles can be found in various regional publications. You can find these extraordinary stories at [ageisbeautiful.org](http://ageisbeautiful.org) or by visiting the Eskaton website.

**PROMOTING THE HEALTH AND WELL-BEING OF OLDER ADULTS** throughout Northern California is an important part of Eskaton’s vision of Transforming the Aging Experience. Through partnerships with local and regional businesses, such as mall-walking programs, university-based lifelong learning programs, and healthcare partners committed to promoting healthy living and preventing injuries, we are boosting safe exercise and socialization, education, and friendship together.

**Become a part of our collaborative network!**

Quarterly focus areas include:

**Q1: Heart Health, Q2: Brain Health,  
Q3: Fall Prevention, Q4: Power of Gratitude**



Sign up today for **FREE RESOURCES** at [eskaton.org/wellness](http://eskaton.org/wellness)

**JOIN US IN MAKING A DIFFERENCE**

**3 WAYS TO DONATE:**

- ✓ [eskaton.org/give-back](http://eskaton.org/give-back)
  - Where the Need is Greatest Fund
  - Resident Assistance Fund
- ✓ **VOLUNTEER YOUR TIME**
- ✓ **VOLUNTEER YOUR TALENTS**