



## QUARTERLY IMPACT REPORT

### Resident Care Provides Safety Net for Manor Residents

When Jacoba Noll, 95, received a drastic cut in her In-Home Supportive Services (IHSS) hours, she faced losing her independence and possibly her home. Eskaton Foundation's Resident Care program, through the generosity of donors, was able to step in and supplement the costs of care needed.

"IHSS cut her hours by mistake," explained Social Services Coordinator Amanda Raynal. Each year a caseworker is sent to assess how many hours the resident qualifies for. Those hours mean help with driving, cooking, laundry, housework or other activities of daily living (ADLs).

"Normally they'll have the same caseworker come out every year and they'll have kind of a baseline," said Amanda. But after seeing how positive Jacoba was and hearing about all the things she could do, they assumed she didn't need much help and cut her hours of care. "You know, I'm so independent," shared Jacoba. "And I keep that impression that instead of 95, I'm 59! But I am 95."

The Resident Care Program provides supplemental and non-medical emergency care hours in situations where a resident in one of Eskaton's 13 affordable housing communities might need assistance with their activities of daily living (ADLs). The program provides a critical safety net for residents like Jacoba in times of need.

Jacoba first came to the U.S. from the Netherlands in 1956. She moved to the 100 unit affordable housing community in Placerville three years ago, after losing her home in Grizzly Flats to the Caldor Fire. "I've had to learn to adapt in life," she shared. "I'm a survivor!"

The program has been a vital resource to the community, explained Amanda. "One resident had an emergency hip replacement surgery and was not eligible for IHSS," she shared. "The Eskaton Foundation was able to pay for private in-home care for her so that she could have ADL assistance during the recovery process." They were also able to help prevent eviction for residents dealing with hoarding situations who weren't physically able to help themselves and didn't have IHSS hours. Through the generosity of donors the Eskaton Foundation was able to pay for non-medical caregiving hours so that the apartment could be cleaned out of everything that was violating the terms of lease. The resident did not have to leave their home because of this generosity.

Jacoba says she feels blessed to be at the community and has adapted very well. "It's beautiful. It's classy. People are nice. So what else can I say?" she said. "I keep on going and enjoy life!"



## Message from Sheri Peifer, President and CEO

As part of Eskaton’s strategic plan, we have five (5) pillars of focus. One of these is our commitment to creating impact in the lives of older adults throughout Northern California. We are dedicated to inspiring generosity and positive change focused on healthy aging and longevity. Our organization recognizes that the key to vibrant, fulfilling lives in our later years comes from access to two critical resources: safe, quality housing and strong social engagement.

Through our programs and partnerships, we provide resources that enable older adults to age in place with dignity and security. Equally important is fostering community connections, combating loneliness and enhancing overall well-being. By investing in initiatives that build affordable housing and support engagement in social activities, we are shaping environments where older adults can thrive physically, emotionally and socially.

Together, we are building communities that empower individuals to lead enriched, purposeful lives. Please consider making a gift to the Eskaton Foundation in supporting the needs of those we serve.



## Fruit Trees Bring a Living Legacy of Generosity to Eskaton Land Park

When Eskaton Land Park resident Edna Wong celebrated her 100th birthday in 2023, instead of gifts she and her family asked friends and loved ones to donate to the Eskaton Foundation. From these donations, fruit trees were purchased, as they were on a wish list of items that residents from Land Park had, bringing beauty and bounty to the community.

The fruit trees aren’t just for viewing. “Our gardens of mature trees include our beloved persimmon tree which produces the fruit for Chef Lin’s community signature persimmon cookie,” said Executive Director Tristan Benjamin. “Through the generosity of donors we have lots of tree varieties within our community grounds.” On campus you will find a lemon tree, lime tree, fig tree, cherry tree, olive tree and a loquat tree.

The persimmon tree has become a historical staple in the community. Over the years, we have had many families visit and rave about the persimmon cookies they enjoyed during their first visit. Some even drop off their own persimmons so that Chef Lin can make cookies out of them with her secret recipe! According to Edna and Adriana Inclan, Director of Resident Services, these cookies are “kind of like the secret sauce and the magic of the community.”



Chef Lin also makes lots of great lemon-based desserts, shared Adriana. Eventually, Edna’s new persimmon and kumquat trees will flourish and that will translate to delicious new items on the menu. “That’s the goal!” they said with a smile.

There is a wealth of research indicating that gardening yields various physical health benefits, including enhancing physical activity, providing essential vitamins, promoting socialization, boosting mood and feeling a sense of reward. Gardening also fosters mindfulness and even improves balance and coordination in older adults.

# Eskaton By The Numbers



14

Residents  
received assistance  
\$358,000



10

Employee  
Scholarships  
\$33,000



## Kids Connection

491 Buddies    3 Classrooms  
5 Affordable Housing Communities  
5 Residential Living Communities

## A Fresh Fall Start

Perhaps more than any season, fall is when we think about family, friends and the causes important to us. You may be thinking about a special gift you want to give to someone who means a lot to you.

To make a meaningful impact on the people and causes you care about, consider setting up a beneficiary designation on accounts like your bank, retirement or IRA accounts. This process is usually straightforward and can be completed by visiting your account administrator's website and filling out a quick form. You'll retain full access to these accounts during your lifetime, and when you pass away, any remaining funds will go directly to the individuals or charities you designate. This ensures your gift reaches them without the time and expense of probate.

If you need help making a beneficiary designation gift to achieve your goals, please contact us. We can help you maximize the benefits of giving to the people and causes that mean the most to you.

## Nicole Zamora, CFRE, FCEP Eskaton Foundation

Director of Fund Development  
nicole.zamora@eskaton.org

## Contact the Eskaton Foundation

- ☎ 916-334-0810
- ✉ foundation@eskaton.org
- 🌐 eskaton.org/give-back
- 📍 5105 Manzanita Ave.  
Carmichael, CA 95608
- 📄 Tax ID #68-0227233

Help us make an IMPACT by donating to the Eskaton Foundation today!



Give Online at  
eskaton.org/give-back



Make a Tribute Gift to honor  
a loved one



Consider a Gift that Gives Back  
with Charitable Gift Annuities



## Estate Planning

Leave a legacy of support and love for your friends and community — make a planned gift to the Eskaton Foundation. By doing so, you ensure that residents will have access to life-enriching services and quality care for generations to come!

## A Safe Space for Creativity, Connection and Support, using Art to Focus on the Creative Process

Art has been linked to improvements in memory, reasoning and resilience in aging adults. The art expression sessions foster self-esteem, confidence and a sense of purpose, celebrating each person's unique contribution. From moonlit forests and sunsets over the sea, to vibrant autumn trees and bright spring blossoms, participants focus on different themes and learn simple step-by-step techniques using watercolors and acrylics, working at their own pace as they receive guidance on brushwork, color blending and the creation of layers and textures.

Julia didn't consider herself an artist, so she approached the painting lesson with caution. Soon, with encouragement, she began to open up and created a beautiful, vivid pink and purple sunset. When asked if she'd like to add birds to the sky, she hesitated, saying, "Well, I hope I can." Using a hand-over-hand technique, instructor Tiffany Ramirez guided her, helping her feel the gentle movements of the brush. At the end of the session, she was so pleased with the results that she expressed her gratitude, saying, "Thank you. You helped me very much. It was wonderful to be here, and I felt supported."



Monthly sessions led by Ramirez across all levels of care, including Memory Care, Assisted Living and Independent Living, provide a safe space for creativity, connection and support - encouraging participants to focus on the joy of the creative process rather than the final product. Since February 2022, there have been more than 450 pieces of artwork created and total attendee count of just over 415 participants throughout many of our Eskaton communities.

Participants often encourage and compliment each other as they create. Sally painted a lovely seascape, but said she was not pleased with it. Larry made her smile when he said to her, "It's beautiful! Yours is going in the Guggenheim Museum." It was Larry's first painting class. As he created simple birds against a beautiful, blended sky he shared, "It was good to learn something new."

The groups have many discussions about their work as they're creating and are always supportive of one another. Jan told Sally, "That's the best one you've done. I'm serious. You better keep it." Margaret said her painting was pink "somehow."



When the instructor replied, "I love it, it's very you and your style with how soft it is," Margaret started screaming with joy and jumping up and down exclaiming, "I have a style?!" She exclaimed to a fellow participant, "Della! Della! Did you hear that? I have a style. You made my day."

