

# Community Health Programs for Seniors

Katie Ryan, Director of Public Policy and Advocacy

Colleen York, LSW, MSW  
Senior Peer Counseling Program



**Dignity Health**<sup>TM</sup>  
St. Rose Dominican

# We Are Community Health

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## Community Benefit – Dignity Health-St. Rose Dominican

<b>FY17</b>	<b>Total Community Benefit</b>	<b>Total Including Medicare</b>
Rose de Lima	24,470,412	49,555,945
Siena	59,494,437	93,955,252
San Martin	23,109,446	46,719,063
<b>Market</b>	<b>\$ 107,074,295</b>	<b>\$ 190,230,260</b>

<b>FY</b>	<b>Rose de Lima</b>	<b>Siena</b>	<b>San Martin</b>	<b>Market</b>
FY17	49,555,945	93,955,252	46,719,063	<b>190,230,260</b>
FY16	41,031,758	82,453,101	41,373,336	<b>164,858,195</b>
FY15	37,080,168	61,217,244	41,152,930	<b>140,008,157</b>
FY14	27,539,155	48,687,335	29,714,924	<b>105,941,414</b>
FY13	22,459,559	47,158,717	25,845,222	<b>95,463,498</b>
FY12	21,088,520	39,077,720	23,081,423	<b>83,247,663</b>
FY11	20,344,690	33,891,222	20,450,679	<b>74,686,591</b>

## Dignity Health Local Grants 2018 - \$364,332

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- Boulder City Lend a Hand - \$25,000
- Catholic Charities & VMSN Homeless Care - \$75,195
- Las Vegas CHIPs - \$60,000
- Nevada AIDS Research & Education Trac-B Exchange - \$25,000
- Vegas PBS Keeping Kids Fit - \$25,000
- Veggie Buck Truck - \$99,503
- Vision y Compromiso - \$54,634

# Evidence-Based Disease Management Programs

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- Stanford CDSME (Chronic Disease Self-Management Education)
  - Diabetes Self Management (English & Spanish)
  - Cancer Thriving & Surviving
  - Positive Self Management for HIV
- CDC Diabetes Prevention Program
- ADA Diabetes Lifestyle Education
- Kidney Smart
- CHAMP (Congestive Heart Active Management Program)
- Stepping On: Fall Prevention
- Powerful Tools for Caregivers

# Wellness Core Programs

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- Enhance Fitness & Tai Chi
- Medical Nutrition Therapy
- Cholesterol Control & DASH: Eating for a Healthy Heart
- Medication, Yoga & Stress Management
- Senior Peer Counseling
- Freedom From Smoking and Better Breathers COPD Club
- Heartsaver CPR
- Hypnosis for Smoking, Weight and Positive Thinking

## 12 Community Health Workers & Promotores

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- Nevada Health Link and Medicaid Enrollment
- SNAP Enrollment
- Needs Assessment – Transportation, Food Security, Social Support, Housing
- Navigation for Wellness Programs
- RED Rose Referrals

# Diabetes Lifestyle Centers

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- Prediabetes
  - CDC Prevent T2-Diabetes
  - 12 months: 5% weight loss, 150 minutes of exercise per week
- Newly Diagnosed
  - Individual 1:1 with Certified Diabetes Education
  - 10 hour comprehensive class – Meters, Nutrition, Meds
- Living with Diabetes
  - Stanford Diabetes Self Management Program
  - 6 week behavior modification





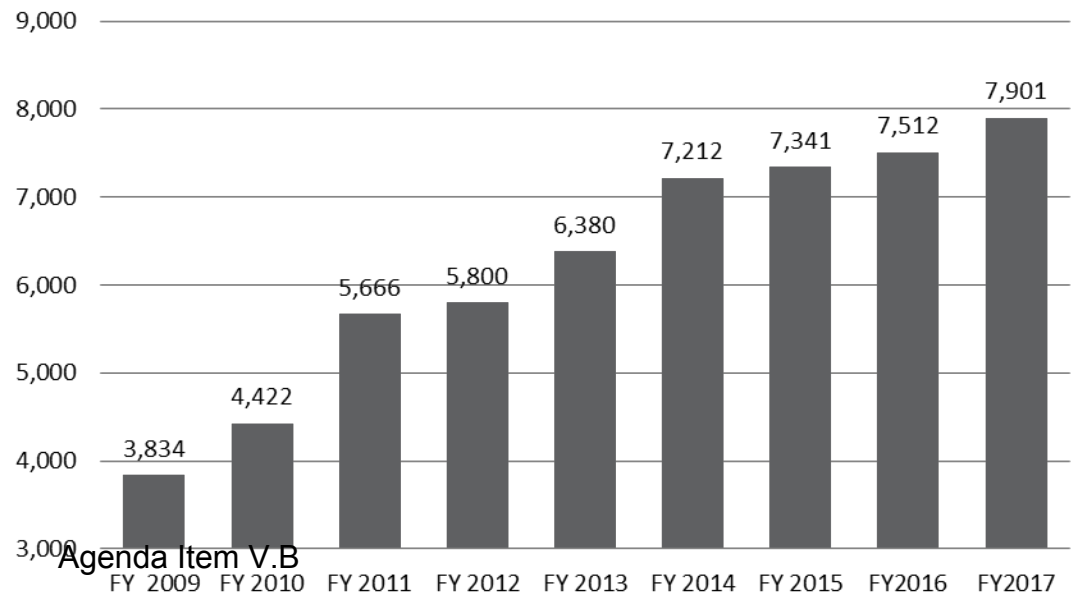
# Stanford Chronic Disease Self-Management Program

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- Total Participants: **386** (355 in English, 31 in Spanish)
- Completion Rate: **English 70%, Spanish 77%**
- Total Classes: **28** in English, **2** in Spanish
- Total Leaders: **81** (57 English, 24 Spanish)
- Total Workshop Locations: **20**

# Helping Hands

- **562** seniors enrolled
- Current round-trip rides: **7901**
- **79** on waiting list
- **37** volunteer drivers
- **3 full-time drivers, 1 part-time, 1 per diem**
- **5** vans



# Senior Peer Counseling Program

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- **The Senior Peer Counseling Program** is a nationwide program developed by the Center for Healthy Aging **for adults 50+**
- Trained volunteer seniors provide **confidential, personal and supportive counseling for seniors** facing the challenges and concerns of growing older such as:
  - Feelings of **sadness and loneliness**
  - Dealing with **caregiver stress**
  - Adjusting to **loss and bereavement**
  - **Relationship concerns** with family and friends
  - Being **overwhelmed and isolated**
  - Caring for **aging parents**
  - Managing **retirement and changes in lifestyle**
  - Addressing and dealing with **health problems**



## Dignity Health Senior Peer Counselors

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- Launched program in **2007**; funded by a grant and **fees for services are voluntary** depending on client's financial situation
- Currently, **20 senior peer counselors** are trained, serving an average of **30-35 clients per month**
- Senior peer counselors receive **72 hours of required training** with continuous, bi-monthly supervision sessions
- Program overseen by **Dr. Judy Nelson**, Clinical Psychologist and **Colleen York**, LSW, MSW (Coordinator/Social Worker)
- For more information: <https://www.dignityhealth.org/las-vegas/classes-and-events>

The background of the slide features a stylized illustration of two hands, one dark brown and one light grey, cupping a central orange heart. The hands are rendered in a simple, graphic style with thick outlines and no facial features. The heart is a solid orange color and is positioned in the center of the frame. The overall color palette is dominated by shades of orange, brown, and grey.

Unleash the  
healing power  
of humanity