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BACS Programs

In 1953 the Oakland Council of Churches began programs to create a bridge between churches and social service agencies in Alameda County. The agency transformed over the years (including changing its name to BACS in 1981), but its work to address the needs of Alameda County still holds true today. Current agency programs began on the following dates:

- Towne House CLC: 1969
- South County CLC: 1972
- Four Bridges CLC: 1973
- Supported Independent Living: 1973
- Senior Nutrition: 1974
- Valley Support CLC: 1974
- Hedco House CLC: 1975
- Adult Day Care - Oakland: 1987
- Affordable Home Care: 1989
- Case Management: 1993
- Money Management Assistance Program: 1993
- Woodroe Place Crisis Residential Program: 1996
- Employment Program: 1999
- Adult Day Care - Fremont: 2000
- Adult Day Health Care - Fremont: 2001
- Care Management: 2001
- Senior Transportation: 2002

MISSION STATEMENT

BACS' mission, to the people of our community with specific needs imposed by age or disability, is to improve the quality of their lives through the quality of our services.

We commit ourselves and the resources of the community entrusted to us to:

- *the development of stable support services to promote community-based independent living and other alternatives to traditional institutional care;*
- *the operation of a select range of ongoing services that are safe, healthy, accessible, affordable and cost effective, and that recognize our clients' abilities, interests, cultural preferences, as well as their changing needs.*

F BACS C U S

BAY AREA COMMUNITY SERVICES

Heartfelt donations for homebound seniors

Charlotte Pletcher, 92, is an active Oakland resident and volunteer who donates beautiful, hand-crocheted lap robes to homebound seniors in BACS' programs.

Charlotte crocheted about 60 robes in her first year as a BACS volunteer. It takes her about 25 hours to complete one robe.

"I like to stay active," said Charlotte, who crochets the robes as part of a community project for AARP chapter 1475. "I can't just sit still. I need to do this. It's my therapy. I feel good that the people getting the robes appreciate them."

The recipients, all homebound seniors over 60 years old in BACS' Older Adult programs, say it goes way beyond appreciation.

Pearl Gaines, caregiver to her 97-year-old mother, Mable Johnson, of Oakland, said the robe will come in handy on those soon-to-come chilly days of fall and winter, when she takes her mother outside.

Aurelia Satchel, 93, of Oakland, said, "I felt beautiful when Colin told me I was going to receive a blanket. Colin and all of the people there are always looking out for me."

Colin Smith is BACS' Meals on Wheels Delivery Coordinator. He's also delivered numerous robes, and he knows the impact a gesture like this can have on a homebound person.

"The contact between the Meals on Wheels driver and the client is important because it's often the only contact the senior has with another human being during the course of his or her day," Colin said.

"Many of these people are frail and dependent on a third party providing a meal, health and personal hygiene, and grooming. Each client's needs are very different, but they all need some

Continued inside



COLIN SMITH DELIVERS A LAP ROBE TO LEILA CLARK.



MABLE JOHNSON (L) AND HER DAUGHTER, PEARL GAINES.



AURELIA SATCHELL WITH HER NEW LAP ROBE.

BACS programs strengthen families

Sam remembers when his sister, Isabel, first displayed signs of having a mental illness.

"It started slowly; we saw some changes in her mood and personality," says Sam.

"She started withdrawing and became non-communicative. Her husband had died a few years earlier, and I think that might have contributed to her condition."

Isabel, 48, was diagnosed with bi-polar disorder, sometimes referred to as manic depression. Her first hospitalization lasted nearly 10 days. Now, after being a long-time recipient of BACS Mental Health Services and attending a BACS Creative Living Center, Isabel is stable and living at her mother's home. Sam, his mother and his sisters share the responsibilities of caring for Isabel.

"The Creative Living Center gives Isabel a reason to face the day," says Sam. "It's like a regular job; she gets out of the house and she's there all day. The program frees up my

Continued inside



LAURA AND RUTH WALLACE.

FROM THE EXECUTIVE DIRECTOR

We at BACS are proud that a diverse community of nearly 4,000 Alameda county residents can count on us for services to improve their health and well being.

As we have in past issues of this newsletter, we have included a snapshot of some of the clients we serve and a chart showing the costs associated with doing this work. Compared to the costs, both financial and emotional, of untreated mental illness and the premature institutionalization of seniors, BACS programs are extremely cost efficient. So it is unfortunate indeed that the gap between government funding and the need for the kinds of services we offer continues to grow.

We are, therefore, more than ever grateful for the support of our donors. In addition to the individual gifts our donors provide annually, we have seen an increase in planned gifts. We have featured a story of such a gift generously pledged by Cecile Weaver, one of our longtime friends.

Contributions to our programs come in many forms, all of them wonderful. We are extremely thankful to our many volunteers for the good work they do. I am pleased to share the story of one such volunteer, Charlotte Pletcher, whose hand-crocheted lap robes bring warmth and cheer to homebound seniors. It demonstrates how everyone benefits from the right match between volunteers and recipients. Witnessing this is, for me, a continual source of joy and inspiration.

We currently have volunteer openings for drivers in our Oakland Meals on Wheels program. If you have any free mid-day hours, this is a great opportunity to make a difference in the lives of homebound seniors who count on our drivers not only for the food they bring but also for the nourishment of human contact.

If you are interested in finding out more about being a volunteer driver, please call David Havsky, BACS Director of Older Adult Services, at (510) 986-8907. ■

Sincerely



Liz Prince
Executive Director

Homebound seniors



CHARLOTTE PLETCHER IN HER CRAFTS ROOM.

onto my life," she said. "I've been dreaming about this robe. I'm just so happy to get it. I'll bring it with me to church."

As Charlotte knows, it's that little gift of kindness that can make all the difference in a homebound senior's life. ■

Continued from front page

extra support to remain in their homes.

"I've been on a lot of meal deliveries. I see folks sitting in front of the television set, just waiting for their meal to arrive. For many of our clients, life is sitting around the house waiting for friends and relatives to visit them, if they're lucky and they have friends and relatives.

"We also serve many low-income seniors who have high prescription medicine bills and rent, and are left with very little money to spend on food. Meals on Wheels can at least provide a healthy, nutritious meal daily, perhaps the only one the senior gets to eat that day."

The bottom line for most seniors is retaining their independence.

"It's the last thing they can control," Colin said. "Without help from outside agencies it's possible they would not be able to keep living independently in their own homes and would have to move to a skilled nursing facility."

Leila Clark, 91, lives comfortably in her own home in Oakland.

"Meals on Wheels is adding a few years

BACS programs strengthen families

Continued from front page

mom to do other things. We also see that she's getting better, and that makes us feel more comfortable.

"When you have a relative with a disease like this, there are a lot of things in the back of your mind. Having her in this program gives me and my mom and my sisters relief, at least for that short time, from thinking and worrying about my sister."

Ruth and Larry are also caregivers. Ruth's daughter, Laura, attends a Creative Living Center and benefits from the Employment program. Larry's brother, John, also attends a Creative Living Center and receives services from Case Management and Supported Independent Living program.

It's a struggle for Ruth and Larry to maintain the stability of their own lives while they deal with the day-to-day needs of their relatives. They acknowledge that their lives have not been the same since they became caregivers, but are grateful for the mental and emotional relief BACS programs give them.

Ruth, 74, is the mother of Laura, 49, who attends Towne House Creative Living Center in Oakland and found a job through BACS Employment Program. Laura lives with her mom and dad, Madison, in Oakland. When she's not at Towne House, Laura works part-time at Rainbow, a women's clothing store.

Laura, who suffers from depression following a brain aneurysm, was living in her home with her three grown daughters when she was first hospitalized. Five months later, when she recovered she went to live with her parents.

"Laura has been in Towne House about four years, and she's made great progress," says Ruth. "Without Towne House we would be tied down and our lives wouldn't be as full. It frees our mornings. We shop, we stay active with our senior group, do

whatever we want to do. It's a relief for us to know that she's getting help and I don't have to worry about her for those hours."

John, 56, lived with his parents until his mother died five years ago. John has had difficulty managing his symptoms since early childhood.

After several years in BACS Case Management program, and regular attendance at Hedco House Creative Living Center, he has been living in Union City in housing provided by BACS Supported Independent Living program, since March. John gets life skills training at Hedco and he's learned to microwave food, cook spaghetti, and wash, dry and fold his clothes.

John's brother, Larry, 53, is his main caregiver and recently moved to Sacramento.

"It's very important to me that he learns to live independently," says Larry.

"Having John in these programs relieves me of a lot of day-to-day worry," Larry says. "He's in a good home in a good neighborhood and he's learning how to take care of himself. The people at BACS have a written plan for him, something that I couldn't have come up with, and even if I had, I wouldn't be able to execute it. At the end of the plan is independence for John, so that he will not have to live in a group home. The goal is a HUD apartment that he can afford.

"They have relieved me of the worry of having to place John in a board-and-care home, which I worry would be a crowded environment with lousy food and lousy care. And the guilt that would go along with that.

"BACS' programs have changed his life. They've changed mine, too." ■

(Some names have been changed for the privacy of our clients and their families).



Seniors riding in style!

BACS HAS A BRAND NEW OAKLAND SENIOR SHUTTLE BUS, THANKS TO THE SPONSORSHIP OF:

- COUNCILMEMBER NANCY NADEL, DISTRICT 3
 - COUNCILMEMBER JAYNE BRUNNER, DISTRICT 1
 - COUNCILMEMBER HENRY CHANG JR., A-LARGE
- AND THE**
- EAST BAY COMMUNITY FOUNDATION.

Planned giving leaves a lasting legacy

For more than 40 years, Cecile Weaver has supported BACS. By leaving a percentage of her estate to BACS, she and her family will help serve our clients well into the future.

“I know that BACS’ clients need support with the most basic needs,” Cecile says, “and I know that BACS will use my gift well. This makes me feel that my contribution is worthwhile.”

When Cecile was the Director of Towne House Creative Living Center, and later the Director of Mental Health Services, she felt that an important stabilizing force for the members was having a place they could call their own. While government funding paid for daily operations at the Creative Living Center, it would not support the purchase of property. Cecile quickly learned the importance of fundraising and turned to private donors for support.

Her experiences in raising funds has stuck with her ever since. That first donor who believed in the vision and supported BACS to make it a reality stood as the example for other donors to follow, including herself.

“It was empowering to be a part of this community of support for BACS,” she says.

When determining their estate plans, Cecile and her family had the opportunity to give back to their community and among the agencies that the Weavers chose is BACS.

Bequests to BACS provide the funding necessary to keep our programs strong so that our clients have the support they need to remain independent - now and in the future.

A bequest to BACS may be easily included in your Will or Living Trust when it is written or revised. Sample language might read: *“I give to Bay Area Community Services, a nonprofit 501(c)(3) organization, located in Oakland, CA, USA, (all or a %) of my estate; or the property described herein, for its general purposes.”*

Mary Frizat, BACS’ Development Director, is available to talk to you confi-

CECILE WEAVER, PICTURED AT THE SOUTH COUNTY CREATIVE LIVING CENTER’S OPENING CELEBRATION, HAS LEFT A LASTING GIFT OF SUPPORT TO BAY AREA COMMUNITY SERVICES.

“I KNOW BACS WILL USE MY GIFT WELL,” SHE SAYS.



dentially about your gift and estate plans. If you would like more information about how to include BACS in your estate, please call Mary at (510) 613-0323, or send her the

response form below indicating that you would like more information about BACS planned giving options. ■



YES! I/WE WANT TO SUPPORT BACS

PLEASE CONTACT ME WITH INFORMATION ABOUT INCLUDING BACS IN MY ESTATE PLANS.

My telephone number is: _____

I/we wish to make a monthly pledge in the amount of \$_____ over the next year. (BACS will send monthly reminders upon receipt of your first installment)

I/we wish to make a single contribution. Enclosed is a check for \$_____.

My company will match this gift (please include a matching gift form with your donation).

My/our gift is In Memory Of _____ In Honor Of _____

Please make checks payable to **BACS** or charge to ___VISA ___MC # _____

Amount \$_____ Expiration Date _____

Signature _____

(For your convenience, a donation envelope is attached in the fold of the newsletter)

You may also use our secure website to make a contribution: www.bayareacs.org

THANK YOU!

Bay Area Community Services (BACS) is a not-for-profit corporation federal identification #94-1708069.

Your contribution is fully tax-deductible to the extent allowed by law.

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BACS DEMOGRAPHICS

Older Adult Services

Female	Male	African American	Asian	Caucasian	Hispanic	Other
2044/61%	1307/39%	53%	9%	32%	5%	1%

Mental Health Services

Female	Male	African American	Asian	Caucasian	Hispanic	Other
382/42%	531/58%	34%	9%	47%	6%	5%

In Fiscal Year 2004:

- Senior Nutrition's congregate meals and Meals on Wheels served more than 273,000 meals.
- Senior Transportation provided more than 12,000 rides.

FINANCIAL SNAPSHOT

Budget For Fiscal Year July 1, 2003 – June 30, 2004: \$6.3 million

As highlighted below, BACS' dependence on government funding (79.5% of revenue) remains high. To strengthen the Agency, BACS continues to develop its private support base, which has resulted in a 3% increase in private donations since Fiscal Year 2001.

Expenses

- 44.5% Mental Health Services
- 44.1% Older Adult Services
- 7.4% Management & General Operating
- 1.1% Fundraising
- 2.8% Depreciation

Revenues

- 79.5% Government Contracts
- 10.2% Contributions
- 9.4% Program Fees
- 0.8% Other



Bay Area Community Services

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BACS Telephone Directory

**BACS helps right here at home in Alameda County.
Among our 40 locations are:**

Administrative Offices

Administration	510-613-0330
Accounting/Finance	510-613-0327
Development Office	510-613-0323
Personnel	510-613-0326
FAX	510-569-4589
TDD	510-613-0328

Older Adult Services

Adult Day Care Services & Adult Day Health Care Services, Fremont	510-656-7742
Adult Day Care Services, Oakland	510-601-1074

TDD for Following Programs	510-986-8902
Affordable Home Care Services	510-271-6078
Care Management	510-271-6077
Money Management Assistance Program	510-271-4149

TDD for Following Programs	510-986-8902
Meals on Wheels	510-986-8916
Older Adult Services	510-986-8900
Senior Nutrition	510-986-8900
Senior Transportation	510-986-8913

Mental Health Services

TDD for Following Program	510-271-8832
Case Management/Supported Independent Living	510-272-4797
Creative Living Centers	510-613-0320
Four Bridges, Alameda	510-750-8810
Hedco House, Hayward	510-247-8235
South County, Tri-Cities	510-657-7425
Towne House, Oakland	510-658-9480
Valley, Tri-Valley	925-484-8457
Crisis Residential Program – Woodroge Place	510-537-1688
Employment Program	510-654-7355

World Wide Web: www.bayareacs.org

E-mail: bacs@bayareacs.org