

CONNECTION

Creating the Future We Want

MISSION STATEMENT

BACS's 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, and cultural preferences, as well as their changing needs.

Imagine a world

where the entire BACS community — Board, staff, volunteers, supporters, and donors — not only provides services to those in need, but proactively identifies the needs of the community, shapes policy around those needs, and develops and implements programs that effectively address and treat those needs.

This is the BACS vision for the future — a future that we can all play a part in creating.

BACS IS WASTING NO TIME in putting this vision into practice. Currently we have three initiatives underway that will help us enhance our traditional role of providing services to becoming a leader in advocacy and program development for the elderly and those with mental illness.

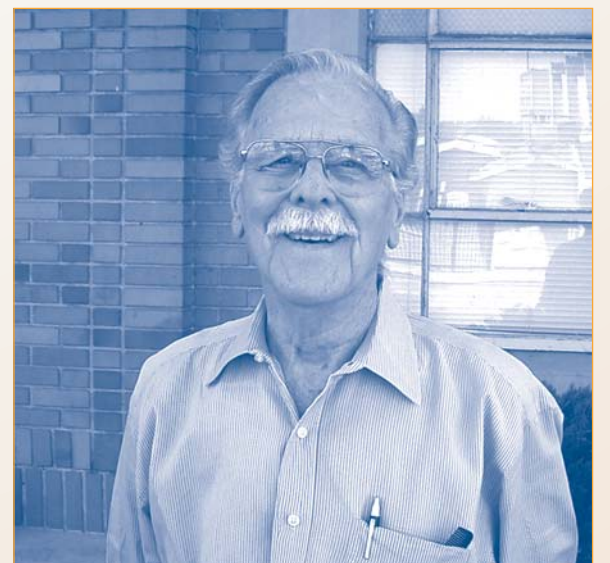
The first of these is the North County Senior Homeless Program (NCSHP), a program for older adults with severe mental illness who are or are at risk of becoming homeless. NCSHP integrates BACS services and forms partnerships with other agencies and Alameda County Behavioral Health Care to create a comprehensive community of care. The second is our work to develop a new program for homebound elderly suffering depression, complemented by our involvement in a case management/ Problem-Solving Therapy (CM/PST) research study.

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See a Need — Meet a Need

AS PART OF OUR VISION to enhance our role as a care leader, BACS, through its North County Senior Homeless Program (NCSHP), is committed to providing a full continuum of care to seniors with severe mental illness who are homeless or at risk of becoming homeless. With NCSHP, BACS makes real our pledge to identify the needs of our community and implement programs to address them.

Take John, an 83-year-old Oakland native. A lifetime alcoholic — with several marriages, bankruptcies, and depression — John now resides at a community homeless shelter. John is one of the first group of potential partners to receive services through NCSHP. A look at his situation provides a glimpse of the promise that NCSHP holds to provide a true continuum of care.



John smiles about his potential future

Finding and Keeping a Home

The most obvious of John's needs is for permanent housing. Though he describes

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FROM THE EXECUTIVE DIRECTOR

October 2007 marks my first year at BACS—and much has been accomplished in that time. We started the North County Senior Homeless Program and are now directly operating the BACS kitchen with our own staff. Our growing continuum of services makes lasting change for 4,000 people each year.

Yet BACS today is doing much more. We are in a strategic planning process to both expand and improve our current programs and develop new ways of serving Alameda County. As one example, research shows that over 40% of homebound elderly suffer from serious depression. This translates to several hundred seniors in Alameda County alone who need help with this affliction.

Furthermore, older adults with depression or other serious mental health problems are three times more likely to be placed in a nursing home than those without. Rather than recognizing and treating depression among the frail elderly, we send them to highly restrictive and costly nursing homes.

BACS is taking a proactive stance to recognize and treat depression in older adults. We are partnering with Dr. Patricia Areán, Associate Professor at UCSE, and with LifeLong Medical to explore current research and evidenced-based practices to develop a comprehensive outreach and treatment model.

As BACS enhances its mission by becoming a leader in identifying problems and developing programs to address them—we call upon all community members to support us in creating new and vital programs in Alameda County.

We have already taken a key first step in bringing aboard Randy Street as Director of Development and Communications, who shares this vision and brings extensive experience in developing partnerships to realize our lofty goals. I welcome each of you to join us as creative partners—offering support in any way, large or small—at this exciting time. Please call me directly at 510-613-0324, come see our programs, and together let's plan for and realize a better future.

Sincerely



Kent Ellsworth
Executive Director

See a Need—Meet a Need (Continued from Cover)

the shelter staff and residents as “wonderful,” he is able to stay there for a maximum of six months only. NCSHP can help find John a permanent home, either through BACS’s own housing program or through an outside agency.

The next step is to make sure that John keeps the housing he obtains. From his own perspective, the keys are “employment in something useful” and “support around my disease”—his alcoholism. For the former, NCSHP has access to a variety of job options—from the BACS employment program to the City of Oakland’s Senior Assets Program—that specifically help seniors find paid work.

Regarding John’s alcoholism, NCSHP again offers an array of resources. The program provides both integrated dual-diagnosis treatment and intensive community treatment/case management, with personal service coordinators available to consult with consumers. Other resources include access to drug and alcohol support services and whatever other services are needed.

“You’ve given me hope that I can live on my own and do something for the benefit of other people who have addiction problems.”

—John, *A potential NCSHP client*

Above and Beyond

Perhaps most noteworthy about NCSHP is its pledge to locate resources for any need that it cannot immediately meet. This fulfills the larger BACS mission to recognize, comprehend, and address the full range of needs of those we serve.

Even knowing that his involvement with NCSHP is not guaranteed, John marvels at the potential for such a wide-reaching program. He says, “In describing this program, you’ve given me hope that I can live on my own and do something for the benefit of other people who have addiction problems.”

A Special “Thank You” for Remembering BACS

As BACS continues to grow and expand its reach, new and exciting opportunities present themselves to join in as a supporter and partner towards reaching our goals. Fortunately, there are as many different ways to support BACS as there are needs for support. One method that can offer beneficial tax and financial incentives to donors is to remember BACS in your estate planning process.

If you have designated BACS as a recipient of a gift from your estate—in the form of a bequest, as beneficiary of a life insurance policy or retirement account, or other planning tool—you are automatically eligible to be enrolled as a Charter Member in our new planned giving association, the **BACS Benefactors Society**.

Benefactors Society members have access to special events and briefings, as befits those who have shown themselves to be true stakeholders in the mission and programs of BACS. Recognition and induction of **BACS Benefactors Society Charter Members** will take place at our upcoming donor appreciation event on **November 15, 2007**. You and other committed supporters will be honored before an audience of other major donors.

Simply contact **Randy Street, Director of Development & Communications**, at **510-613-0323** or **rstreet@bayareacs.org** to add your name to the list. You do not need to disclose details of your gift at this time; we simply wish to acknowledge your support and lay the groundwork for enriching our partnership in “*Keeping Adults Connected to Their Communities*.”

And please remember, there are many other ways to give. For example, between now and December 31, 2007, there is a provision for qualified charitable contributions from Individual Retirement Accounts to charities. While there are limits, under the right circumstances, there are benefits for donors. If you are 70 ½ or older at the time of the gift, you have an unprecedented opportunity to help BACS.



BACS Bulletin

Here is a glimpse of some upcoming events and of the exciting activities that have taken place at BACS.



Seniors swinging at a Week of Caring

❖ Oakland Adult Day Care WEEK OF CARING

The BACS Oakland Adult Day Care program is collaborating with the United Way and the Volunteer Center of Alameda and Contra Costa Counties for our annual Week of Caring. This multi-day event gathers volunteers from all three organizations to give our seniors safe, fun, and friendly activities. Please join us Wednesday, September 26 from 10AM-12 noon for an old-fashioned social experience. Your talents may be culinary to help make sandwiches, desserts, and a variety of teas; creative to help fashion hats for the ladies and bowties for the gentleman; musical to provide the necessary ambiance; or simply social to encourage everyone to have a good time. *If you're interested in volunteering, please call Roberta Tracy or Amanda Cartwright at 510-601-1074.*

❖ BACS Transportation Shuttle Takes Seniors on Field Trip

On Tuesday, August 9, seniors and staff from the BACS Oakland Adult Day Care program boarded BACS transportation shuttles for a trip to the Fogwatch picnic area on Treasure Island. They brought along sack lunches, outdoor games, and disposable cameras. Pictures from the outing will be included in a group memory book—we invite family and friends to visit and view the book. *Please contact Roberta Tracy at 510-601-1074 to schedule a visit.*

❖ iGive.com

Join iGive.com for free and donate up to 26% of your purchases made online to BACS. *For more information, visit iGive.com or contact Julie Ha at 510-613-0330.*

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❖ Seniors Win 1st Place for Art Exhibit

Tuesday clients at the Fremont Adult Day Care program saw their creativity recognized and rewarded when Arts and Crafts teacher Caryl Johnson entered their art work at the Alameda County Fair. For the second year in a row, participants won first-place blue ribbon. Congratulations for their repeat victory!

❖ Fremont Ducks for Bucks

Sponsored by the Kiwanis Club of Fremont, the Ducks for Bucks Benefit Race helps nonprofit organizations raise funds by selling ducks for prizes. This year South County CLC raised \$866, which will be used for supplies and outings for the CLC.



Towne House members ready for action

❖ Towne House Summerfest

Towne House CLC hosted its 15th Annual Summerfest Spaghetti Luncheon and 23rd Annual Raffle on July 27, raising over \$5200 to pay off the Towne House mortgage. Members were involved in selling tickets and logging sales, cooking the delicious spaghetti luncheon, and preparing the grounds for the outside luncheon, reflecting the Towne House philosophy of giving members the opportunity to contribute to fundraising for the program. This year many donors chose the option of donating their raffle tickets to members, which resulted in 21 very happy members winning prizes at the raffle.

❖ Jazz Benefit Concert

In May, BACS partnered with United Seniors of Oakland and Alameda County to hold Jazz for Life, a jazz benefit concert. Featuring New-York based Jazz for Peace, the concert raised funds to keep seniors safe and healthy in their homes. All proceeds went to the BACS Meals on Wheels program, which provides food and companionship to the homebound elderly. Thanks to all our sponsors, whose support has enabled us to provide over 1,200 warm, nutritious meals a day to Oakland seniors.



Randy Street, Director of Development and Communications, BACS

❖ New Directions in Development: Welcome Randy Street

Reflecting our vision to provide expanded and enhanced services, in April BACS welcomed Randy Street as our new Director of Development and Communications.

Randy comes to BACS having served as Development Director for Salem Lutheran Home, affiliated with the Elder Care Alliance, and for the Center for Theology and the Natural Sciences, affiliated with the Graduate Theological Union at UC Berkeley. He has a long history of fundraising as a volunteer and Board member at Grace Cathedral and the Ohlhoff Recovery Programs in San Francisco.

At Salem Lutheran Home, Randy raised charitable care funds to continue providing long-term care for residents who had outlived their resources.

Coming to BACS, he says, “is a way of expanding this. Here we are dealing with people who may not be able or willing to enter long-term care facilities. This is a very important mission: keeping people independent in their homes.”

He continues, “What drew me here is the opportunity to help so many people, addressing a wide range of needs. Keeping them connected with other individuals, preventing the isolation that causes depression and rapid decline, while seeing to their mental and physical health is critically important.”

And Randy sees a new direction for his role, as well: “In the past, the agency has relied very heavily on government funding. We will still partner with municipal, state, and county organizations, but to be more secure and to expand our programs, we need to go into the private sector much more. I bring experience with stewardship and major donor fundraising to the organization and hope to expand our funding sources.”

Randy invites all members of the community who want information on donations, program tours, planned giving, and more to contact him directly. He can be reached at **510-613-0323** or rstreet@bayareacs.org. He looks forward to meeting and working with you!

BACS BOARD OF DIRECTORS

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Creating the Future (Continued from Cover)

Seeing—and Solving—the Problem

The problem of isolated, homebound elderly suffering from major depression has huge personal and social impact, yet very little has been done to address this issue. Older adults with serious depression receive lower quality of care and have higher mortality rates than those without a mental disorder. They are also three times more likely to be placed in nursing homes. Simply by recognizing and treating this depression, we could both improve quality of life for affected seniors and provide a cost-effective solution for society as a whole.

BACS is taking a proactive stance to develop a comprehensive assessment and treatment model to help solve this problem. Our approach will both serve clients here in Alameda County and serve as a model for addressing this issue nationwide. The program links to primary care and brings Problem-Solving Therapy and full case management directly into seniors' homes, helping ensure that they receive the full continuum of care that they need.

Likewise, our participation in a study being conducted by the National Institute of Mental Health, UCSF, and Cornell University puts us in the forefront of evidenced-based research on effective treatment approaches

for depressed, low-income seniors. Starting in September 2007, the study compares a traditional case management (CM) model with home-delivered CM-PST to determine the efficiency of the combined CM-PST approach in improving depressive symptoms.

Partners in the Vision

While these groundbreaking changes take place, one thing remains the same: BACS's involvement in key partnerships to turn vision into practice. One of these partners, Dr. Patricia Areán, Associate Professor at the University of California San Francisco Department of Psychiatry, is involved in all three of our new initiatives. Dr. Areán is training staff in the NCSHP program, helping develop and implement the frail elder depression program, and conducting the UCSF portion of the CM-PST study. Likewise, LifeLong Medical Care, which runs clinics providing model programs for low-income elderly patients, is our partner in both NCSHP and the frail elder depression program.

BACS invites all members of the community to join us in realizing our vision—to not only provide services in the present, but to create the future that we want to see.

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

TDD for Following Programs	510-986-8902
Adult Day Care Services, Fremont	510-656-7742
Adult Day Care Services, Oakland	510-601-1074
Affordable Home Care Services	510-271-6078
Care Management	510-271-8843
Meals on Wheels	510-986-8900
Money Management Assistance Program	510-271-6075
North County Senior Homeless Program	510-271-8844
Senior Nutrition	510-986-8907
Senior Transportation	510-272-4796

Mental Health Services

TDD for Following Programs	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 – Woodroe Place	510-537-1688
Employment Program	510-654-7355

Website: www.bayareacs.org

E-mail: bacs@bayareacs.org



Keeping Adults Connected
to Their Communities.

Since 1953.

Bay Area Community Services

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