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Woodroe Place reaches milestone

Woodroe Place, BACS' crisis residential center in Hayward, has reached a milestone by serving its 2,000th resident since it opened in 1996.

Woodroe Place is a crisis residential center providing 24-hour-a-day, seven day-a-week services for people suffering from severe mental illnesses, such as bi-polar disorder and schizophrenia. Residents stay an average of two weeks before moving on to their next step - independent living, families, board and care, shelters, or residential drug and alcohol programs.

"We provide a safe, structured environment," says Director Dan Pratt. "The alternative is a locked psychiatric facility. Woodroe Place allows people to make their transition in a comfortable, home-like setting."

Woodroe Place has an on-site psychiatrist and helps residents with social rehabilitation (education, symptom management, case management, and daily living skills).

"We have people practicing the skills they need to live independently from the time they arrive here," Pratt says. "Our goal is to help people reach their next step in coming to terms with their illness."

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

Older adult programs help clients and caregivers

Robert Haggett has loved his big brother since they were children. That love continued as adults, even as John sank deeper and deeper into alcoholism.

"Caring for my brother has been quite trying at times," says Robert, 75. "He lived in my house in San Francisco for 40 years and he destroyed it. He drank a lot. It ruined his life."

Marc and Elena Whitney and Chandra Chopra are fulltime caregivers to their relatives. Being full time caregivers presents a set of different problems and concerns. What is it like for them, and what are their lives like with this responsibility?

Fortunately, BACS was able to help all three families through its Older Adult Services. Through our Care Management and Adult Day Care/Adult Day Health Care programs, these caregivers are assured that their loved ones are receiving the support and care they need to remain out of institutional care.

For some families, BACS services help relieve the daily stress of caring for a senior. For other families, BACS services help relieve the constant worry felt when the family is not nearby to provide daily care giving.

BETTER HOUSING

John Haggett, who is 77, became homeless for a brief time, living off his meager veterans pension from his service in World War II.

"I picked him up in the Tenderloin one day and took him to Oakland, where the city had lined up a place for him to stay," his brother, Robert, says. "But it wasn't good. The subsequent places he lived in were the same, until his BACS care manager found him a home."

The Veterans Administration referred John to the BACS Senior Care Management Program, where Stephanie, a BACS Care Manager, helped John locate the resources he needed to remain safe and independent.

The Senior Care Management Program is designed to prevent elder abuse, keep seniors independent and provide the resources they need to live safely at home. It serves seniors 60 and older who are in danger of premature institutionalization and is the only program in Alameda County providing these services to low- and moderate-income people for



CAREGIVERS MARC AND ELENA WHITNEY AND ELENA'S MOTHER, DORITA LEE.

free. It's funded by the Richard and Rhoda Goldman Fund and the Alameda County Area Agency on Aging.

Through Stephanie's referral network, she was able to help John locate his current residence and set up Meals on Wheels service to improve his nutrition.

"Instead of staying in a room with exposed pipes in the walls," says Stephanie, "he now has his own private studio with a kitchenette and a TV and a bathroom to himself, which is important."

Robert has noticed the change in his big brother.

"He's been living there for several months and seems to be pretty stabilized," Robert says. "I've always had compassion for him. I get upset with him, but I love him. He's my brother."

A SECOND WIND

Dorita Lee is an artist and was an art teacher in parochial schools for 30 years. She is 89, and is virtually blind from glaucoma and macular degeneration. She lives with her daughter and son-in-law, Marc and Elena Whitney, her full time caregivers for four years.

"We're probably not the most interesting people when it comes to entertaining," jokes Marc Whitney. "Having Dorita in the Adult Day Care and Adult Day Health Care programs is a relief for me because we know she's socializing with other people and her time is occupied, and she's getting the care she needs."

"Having this program relieves us of the responsibility of being her sole source of companionship, and it gives us six hours a day for ourselves, which is wonderful."

Continued inside

FROM THE EXECUTIVE DIRECTOR

The focus of the BACS newsletter is usually on our clients — on the challenges they have faced and the accomplishments they have made.

In this issue, however, we have shifted the emphasis a bit, because, as a community service agency, we serve not only individuals but also the network of children, parents, friends and neighbors — the community — that is the fabric into which the lives of individuals are woven.

As an outcome of serving the needs of individual clients, our services also support the caregivers. Consistently, we are touched to receive so many heartfelt letters from grateful families, letters that remind us that our programs, though designed primarily to improve the lives of our clients, also help relieve stress and bring hope to those upon whom our clients depend.

Tackling the task of caring for a senior or a mentally ill adult can be overwhelming, but it need not be faced in isolation. By helping our clients achieve a new level of independence, BACS is also serving the needs of their loved ones, whether family or friends.

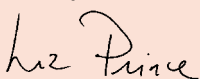
Friends of BACS show their gratitude in many ways. Earlier this year, we received an extremely generous gift, which you can read about on the top of this page.

A long-time friend to our agency who passed away donated a portion of her estate to BACS. The impact of a gift like this is immense. In these times of uncertainty, as we await word about cuts from the state and county, having the flexibility of these unrestricted dollars means that we can bridge gaps in the cost of service, serve that many more clients, and keep BACS strong.

We at BACS are proud of how our services have improved the lives of thousands of people here in our community. We appreciate the many expressions of thanks we receive. But we also know that such gratitude is not for us alone. It is also for our donors, who contribute to BACS year after year, making it possible to offer the range of services we do.

For more than 50 years, our community has made a commitment to supporting BACS and, by doing so, to helping Alameda County seniors and adults with mental illness. With your continued generosity, BACS is guaranteed a healthy future.

Sincerely



Liz Prince
Executive Director

Generous gift has lasting impact

Elisabeth Turner Gorski lived a quiet, private life in Oakland, but her passing last year has had a resounding impact on the services we are able to offer.

Mrs. Gorski was born in Illinois, and moved to Oakland in 1950 with her husband, William. She was an executive secretary for the city of Oakland until her retirement. A long-time supporter of our agency, Mrs. Gorski, who was 79 when she died April 15, 2003, left a portion of her estate to BACS that totaled more than \$80,000.

"A gift of this magnitude," says BACS Executive Director Liz Prince, "can really go a long way. An unrestricted gift of this size helps the agency to support the programs that have the greatest financial

needs. And in a year like this, where the state and counties are looking at such deep cuts, a gift of this size can sustain a program until future funding can be secured. It is an example of how private support from donors can strengthen this agency immeasurably.

"What is so lovely about this donation, beyond the impact it has to keep our programs financially stable," Liz adds, "is the unexpected reminder that the work we do touches lives in meaningful ways."

If you would like more information about estate planning or to receive wording for a bequest to BACS, Mary Frizat, our Development Director, is available to assist you. Her direct line is (510) 613-0323. ■

Older adult programs



RAJ KUMARI (BELOW) AND HER SISTER, CHANDRA CHOPRA.

"Having this program relieves us of the responsibility of being her sole source of companionship, and it gives us six hours a day for ourselves, which is wonderful."

Continued from front page

"If you're not raising someone (a child), you're helping them in the last stages of their life," says Elena. "That's a good feeling. But it's also challenging. Having my mother go to the center makes her living with us much easier. When she's there it gives us a second wind and refreshes our resolution to care for her.

"She's much happier since she's been going, that's the most noticeable change. She's much more in touch with what's going on in the world. She was always positive, but now even more so, because she's connected to something. And that makes me happier."

RELIEF FROM WORRY

Raj Kumari, a former elementary school teacher in India, joined her sister, Chandra Chopra, and brother-in-law, Manmohan, in the United States 10 years ago. She is 73.

Raj attends the BACS Adult Day Care/Adult Day Health Care programs in Fremont, which provides social, recreational and rehabilitative services for adults over 18. This includes exercise, arts and crafts, music, games, a hot lunch and two snacks a day (Day Care) and nursing, social work, physical, occupational and speech therapy, and psychotherapy (Day Health Care).

"Six hours a day, five days a week; that's a lot of time," says Chandra. "The program gives me this time to do whatever I want to do without worrying if my sister is OK. I really appreciate what they do for me."

Chandra goes to lunch with friends, socializes and does her household chores while her sister is at the center.

"Having this time for me is a great help," she says. "I feel it's my time, and I can do my own things. This wouldn't be the case without this program.

"I take care of my sister because she has nobody else. I feel good about doing this." ■

BACS' mental health services' caregivers will be highlighted in our fall 2004 issue.

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Employment Program provides opportunities for employers and clients

If you shop at Target, Costco or Ross, attend movies at Fremont's Cinedome 8, or go to events at the Pleasanton Fairgrounds, chances are you've been helped by one of the clients of BACS' Employment Program.

One client packs and ships items in a warehouse, one is a security guard, another does general office errands for a cement company. Others are file clerks at the Mental Health Association of Alameda County and the American Cancer Society.

Thanks in part to partnerships with these firms and others listed in the box at right, BACS provides a full range of employment services to individuals with psychiatric disabilities throughout the county. The employment program is successful working with individuals who have no previous work experience as well as with job seekers who are re-introducing themselves back into the workforce.

"Working enhances their self-esteem, helps them develop relationships with others and dispels the myths surrounding mental illness," says Employment Program Coordinator Duane Berger. "The program has been extremely successful in helping individuals with psychiatric disabilities re-integrate into their communities by giving them the opportunity to work in supportive environments doing meaningful work and earning competitive wages."

Where and how are these jobs found? Many have come from referrals from BACS donors who have mentioned the program to business owners and managers in their communities.

Duane is looking for these types of jobs:

EMPLOYMENT PROGRAM EMPLOYERS

- **The Mental Health Association of Alameda County**
- **East Bay Depot for Creative Re-use, Oakland**
- **Sunrise Court Condominiums, San Leandro**
- **Reach-Out of Alameda County**
- **Ross Dress for Less, Emeryville**
- **Jet Set Cement, San Leandro**
- **Costco, Hayward**
- **Target, Dublin**
- **Rajala Rehab Products, Pleasanton**
- **Cinedome 8, Fremont**
- **Newark School District**
- **Domino's Pizza, Oakland**
- **Pleasanton Fairgrounds**
- **Manpower, Pleasanton**
- **American Cancer Society**

- Food service in an institutional kitchen.
- Stock person in a clothing store.
- Office helper in a small office environment.
- Gardening/landscaping for a contractor.

"If an individual has the desire to work, he or she can learn the skills to have a responsible job despite mental illness," Duane says. "Having a psychiatric disease doesn't have to stand in the way of an individual's ability to work."

Please contact Duane at (510) 654-7355 with your referrals. ■



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

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

TDD for Following Programs

Meals on Wheels	510-986-8902
Older Adult Services	510-986-8916
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

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