



*Supporting seniors and family caregivers*

# WellMed Charitable Foundation: Partnership Opportunity for a Dallas Senior Center

# WellMed Charitable Foundation

*Supporting seniors and family caregivers*

## Established in 2006 by Dr. George Rapier

- ⦿ Independent non-Profit, 501(c)3 Foundation
- ⦿ Philanthropic partner of WellMed Medical Management



## Mission

- ⦿ Support programs that serve seniors and their family caregivers

## What We Do

- ⦿ Philanthropic Giving in our WellMed communities
- ⦿ Senior Centers
- ⦿ Caregiver Services



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# WellMed Charitable Foundation: Direct Services

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9,788 →  
Caregivers



← 5 Caregiver  
Resource  
Centers



15 States →



← 9 Senior  
Centers (TX, FL)  
← 34,808  
Members



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# WCF Texas Senior Centers

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Senior Center	Members Since Opening	2018 Members YTD	Average Daily Attendance
Austin	2,715	890	115
SA - Cisneros	10,803	2,037	357
SA - Griffin	6,159	1,431	251
SA - Lopez	9,945	2,117	404
McAllen	1,569	449	111
Harlingen	1,817	431	171
Corpus	863	398	78
<b>Totals</b>	<b>33,871</b>	<b>7,753</b>	<b>1,487</b>

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\* Data Current as of 10/9/16

# Why Senior Centers

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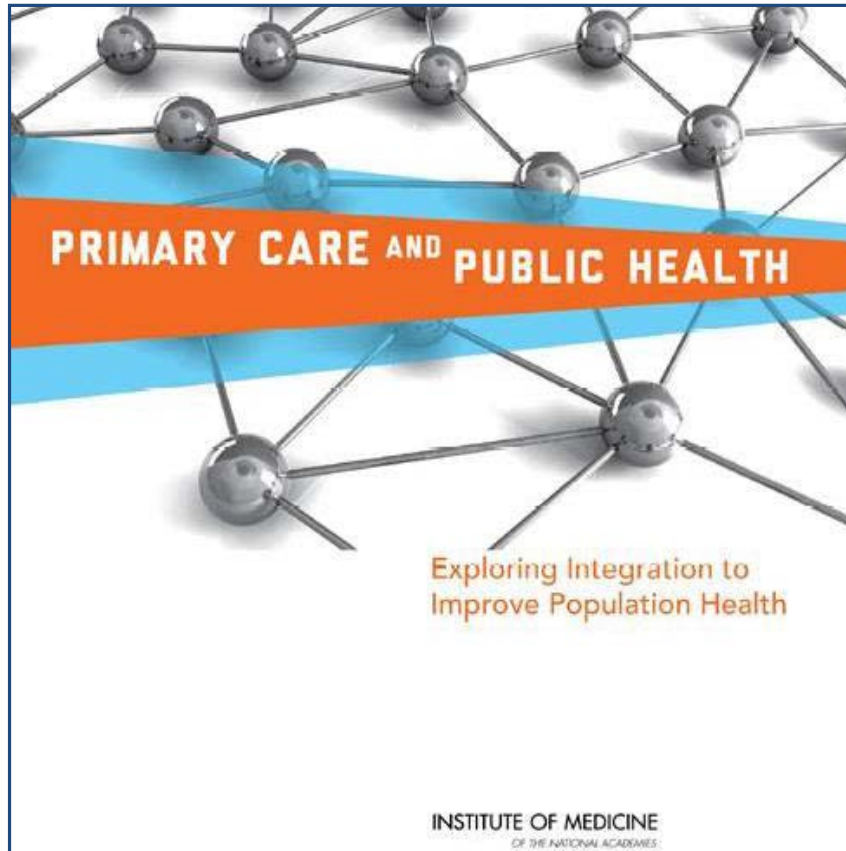
- Realization that health and behavior change don't happen in the clinic
- It's one thing to say go exercise – another to have a vibrant senior center right outside the clinic door
- Peer support, physical activity, nutrition, socialization, creative arts, etc. can all lead to improved health outcomes
- Our WellMed Charitable Foundation senior centers may be one of the few locations where we own the senior center data AND can compare to health care outcome data



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# NIH Study: Primary Care and Senior Center Innovation



*“There is great potential to leverage the infrastructure of community resources such as senior centers to deliver effective interventions to improve health outcomes in lower income and minority individuals”*

# NIH Research Innovation: Study Methods

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## Design

- 9 month prospective, mixed-methods observational study

## Setting

- 3 WCF senior centers in San Antonio, TX serving predominantly low-income, Hispanic neighborhoods

## Partners

- UT Health
- WellMed Medical Management
- WellMed Charitable Foundation

## Participants

- New senior center members
- 65 years of age or older
- With self-reported pre-diabetes or type 2 diabetes (T2D)



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# Primary Care and Senior Center Innovation: Results

## Patients:



More likely to engage in activities that improved diabetes control



Reduced HbA1c

## PCPs:



More time for discussions and higher quality diabetes care

Regardless of whether patients or providers initiated the discussions; the study findings were consistent with other research that physician discussion or encouragement of lifestyle change is associated with health benefits.



# Primary Care and Senior Center Innovation: Results



# Impact: Mercedes Alvarado

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- Fell several times the year before joining the center
- Depended on a walker
- Joined the Griffin Center in early February
- Began working out on the recumbent bike and took Stretch Yoga and Tai Chi classes.
- Soon only used a cane when walking at the center.
- Hasn't needed the cane for over a month and continues to take exercise classes.



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# Senior Center Eligibility

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- Age 60 and over
- No Cost
- Open to the community



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# Senior Center Activities\*

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## Information & Education

- Computer Classes - Cybercafé
- Nutrition & Cooking Classes
- Ask the Doctor
- Family Caregiver Services
- Advanced Directives

## Supportive Services

- Medicare Information Center
- Food Bank Commodities
- City & WellMed Social Services
- Health Screenings/Health Fairs
- Possible Daily Hot Lunch

\*Examples of activities

## Recreation

- Fitness Advisory on Site
- Dance Classes (Zumba, African Dance)
- Tai Chi, Yoga
- Strength Training
- Art & Creative Writing
- Needlework
- Chair Volleyball, Pool, Ping-pong
- Movie Theater
- Dances, Parties and Celebrations



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# Why Dallas?

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- Dallas is now the largest market in the WellMed system
- We wanted to find a location for a senior center where we could help revitalize the neighborhood
- We believe the Dallas Park and Recreation Department shares our philosophy of improving the lives of seniors through a comprehensive program and providing dignity and respect.



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# WCF Dallas Contributions

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2017:

- \$140,000 to support Dallas Park and Recreation Active Senior Adult Program annual membership fees and monthly dues

2018:

- \$140,000 renewal for ASAP program
- \$1,329,400 Senior Center Buildout

2019:

- \$563,880 Staff and Center Operations



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# Next Steps

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- Enter into a multi-year agreement with Dallas park and Recreation Department
- Promote the new senior center during construction period
- Projected Opening Date: December 2018



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# Questions??



# Contact Information

*Supporting seniors and family caregivers*

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