



CURRY SENIOR CENTER

SENIOR INDEPENDENCE

NEWS FOR AND ABOUT THE SENIORS OF THE CENTRAL CITY

An Evening to Remember - 2011 Gala

On May 6th, Curry Senior Center held its annual Salute to Independence Gala in the Crown Room at the Fairmont Hotel in San Francisco. Guests were treated to breathtaking 360-degree views of San Francisco and the bay. As guests streamed into the Crown Room, the festivities for the evening helped create a vibrant atmosphere complete with presentations, silent auction bidding and raffle prizes.



San Francisco Department of Public Health Director Barbara Garcia and Healthy San Francisco Director Tangerine Brigham

The presentation portion of the evening was hosted by Diane Dwyer, News Anchor with NBC Bay Area. Several awards were presented to members of the Curry Senior Center community. This year, the Francis J. Curry Award went to Rae Mignola, wife of Curry Senior Center co-founder, Joseph Mignola, for her tireless volunteer work and support of local charities and organizations such as the Packard Children's Hospital at the Stanford Auxiliary, the Columbus Day Parade Committee and the Madonna De Lume Celebration.

The Joseph Mignola Jr. Award went to Healthy San Francisco, a program providing health care for San Franciscans who could not otherwise afford it. The new Director of Public Health, Barbara Garcia, spoke about the program's successes and lauded the work of Healthy San Francisco Director Tangerine Brigham, who has worked tirelessly to ensure these programs are successful. Last but certainly

Summer
2011

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www.curryseniorcenter.org

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Executive Director
David Knego

From the Executive Director

There has been a lot said and published about Health Care reform - so much so that is hard to determine what is really going to happen and when. However, there are several new policies that have already been implemented which I'm sure you've heard about: pre-existing health conditions can no longer be a basis of denial for health insurance coverage and children will be able to receive health coverage through their parents until the age of 25.

But Health Care reform is also about a vision and direction for the future of health care. And that direction is moving from an acute care system – “seeing the doctor (only) when I’m sick” to “managing health with a health team.” That health team is composed of nurses, health educators, health coaches, in addition to doctors and nurse practitioners.

Curry Senior Center is in the midst of our own reform in how we provide health care in our clinic with a project called Open Access. The goal of Open Access is for a patient to be able to schedule an appointment to see his/her provider (doctor or nurse practitioner) within one day for any reason. This same-day or next-day appointment will result in: 1) better health (ill clients won't have to wait for appointments, will be seen sooner and at Curry Senior Center rather than in the emergency room), 2) increased patient satisfaction (patients won't have to wait for appointments), and 3) increased staff satisfaction (staff will be working with fewer frustrated patients).

Open Access will allow Curry Senior Center to see more patients because more of the health work will be done by the health team. This means that what traditionally takes place before, during and after in the exam room will be redistributed from the shoulders of providers to other team members, such as the nurses and health educators. This will allow the doctors and nurse practitioners to focus their time and to be able to see additional clients. Other innovations include an advice line where elders can obtain answers to questions and be advised if coming to the clinic for an appointment is needed. Triage nurses will screen and advise unscheduled patients who walk-in, whether or not they need to see a provider. Additionally, an increased emphasis on health education services by Health Educators will provide important information to elders on their conditions, the medications they are taking and how to better manage their own health.

The Open Access team is lead by Medical Director Richard Zercher, Nurse Manager Chris Rusev and Principal Clerk Rachel Ainza who are re-working schedules, procedures and practices, along with the Health Education team lead by Senior Health Educator Akilah Cadet. Their hard work will pay off with better care for more people. Stay tuned in later issues of this newsletter for an update after Open Access is rolled out.

I also want to say a big THANK YOU to former employee and long-time supporter, Katherine Sharp. At Katie's recent birthday celebration she begged-off any gifts, asking instead for direct donations to Curry Senior Center. Her selfless gesture raised almost \$2,000 for Curry Senior Center. Thank you Katie.



SENIOR INDEPENDENCE

is a publication of Curry Senior Center.

We welcome comments and suggestions. Please direct them to any of the following members of the Board or Staff at 333 Turk Street, San Francisco, CA 94102 or call us at (415) 885-2274.

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BOCCE

**A FRIENDLY COMPETITION AND FUN-FILLED SOCIAL EVENT
BENEFITING CURRY SENIOR CENTER'S BREAKFAST PROGRAM**

2nd Annual Curry Senior Center Bocce Competition and Social! Saturday, October 22nd at the Marin Bocce Federation

It is with great excitement that we announce the Curry Senior Center Bocce Competition and Social will take place for a second consecutive year! This year's event will be held on Saturday, October 22nd from 10:00 a.m. – 3:00 p.m., at the Marin Bocce Federation in San Rafael. It will feature tournament-style Bocce with 16 teams of four, along with a BBQ and raffle. All proceeds will go towards providing meals for low-income seniors in San Francisco through the Curry Senior Center Breakfast Program. So get out and practice, recruit your team and for more information call Arlo Bushnell at 415-292-1064.

Health Education Update

The Health Education Program at Curry Senior Center helps people make adjustments to their lifestyle in order to benefit their health. With the introduction of a new member to the team, Registered Nurse Jazmine Soubrato, seniors will have even more access to health support as well as the ability to obtain assistance with various chronic health concerns. Additionally, Jazmine will help seniors get their blood pressure and glucometer checked at the clinic.

Rounding out these new additions to the program, the Curry Senior Center will be introducing the My Healthy Living Guidebook this summer, which will give seniors access to resources and tips on exercise, no-cook cooking, as well as nutritional information. Clients of Curry Senior Center are already working towards healthier lives every Tuesday, Thursday and Friday just before lunch with a group exercise session. Led by Kham Vongrasamy, a Laotian senior volunteer, they spend 30 minutes warming up, stretching and exercising. Additionally, sunnier weather will bring different workshops and presentations to educate and empower senior's health knowledge and decisions. If you would like to know more about our Health Education Program or offer your support, please contact Akilah at akilah.cadet@curryseniorcenter.org.



Curry client and volunteer, Kham Vongrasamy, leads the seniors in their workouts

Health Tip: In June, the USDA said goodbye to the food pyramid and introduced My Plate. This new method is used to ensure each meal is balanced between all the food groups. It has already been successfully used with patients but can work for anyone who wants to lose weight and/or eat healthier. For more information, please visit www.choosemyplate.gov. Have a healthy and happy summer!

Special Events and More

The Tenderloin has historically been a magnet for newcomers to the City, particularly immigrants, with many coming from Southeast and South Asia, the Philippines and Russia. For many years Curry Senior Center has embraced the many cultures and traditions through a number of annual events and celebrations. In the past few months we've had Laotian/Cambodian Lunar New Year, Cinco de Mayo, Filipino Independence Day and Juneteenth celebrations.

Since Curry Senior Center is both a senior center and a health center, we rely on our diverse staff to assist with providing health care in eight different languages – Cantonese, Lao, Mandarin, Russian, Spanish, Tagalog, Thai and Vietnamese. Medical translation work is not an easy task, as many seniors have significant health issues due to a lack of regular medical care in their home countries, lack of familiarity with our system of care and significant cultural and linguistic barriers. Curry has four staff members dedicated to medical translations who schedule 48 medical-translations per month on average. In addition, eight other staff members add this translation work to their regular duties, averaging another 20 translations per month. Thank you to Curry staff for your important work!

Agency Transitions . . .from Curry Senior Center's Board of Directors. A fond so-long to member Michelle Wood who brought enthusiasm and hard work to our Board Nomination efforts

and for helping us to recruit the following new members - Beverly Brumfield, Katie Nickol and Zachary Schiller. Beverly and Katie are both familiar faces at Curry as Beverly has been a client of Curry for two years and brings a new perspective to our Board. Katie is the former Development Manager and continues to provide support with Curry's fundraising efforts. We also welcome Zachary Schiller, who's a third generation San Franciscan and adds his expertise to our Finance Committee.

Alexandra Geary-Stock, Behavioral Health Counselor, is our newest staff member and joins us as our third member of the Behavioral Health program. She previously worked at Walden House. Alisa Oberschelp is our new half-time Primary Care Physician who brings a wealth of experience having worked at other community clinics, most recently the Tom Waddell clinic. Armando Jacinto, Case Manager, returns to Curry Senior Center after a few years away working with Saint Anthony's and Seton Medical Center. Jazmine Soubra, Health Educator, will help expand our health program with one-to-one session with patients. Margot Ragosta, Behaviorist, is a new staff member and brings a new program, the behaviorist intervention program, to Curry Senior Center. And we also welcome Masters of Public Health Intern Mariko Sweetnam, who will be helping with system development with the Open Access program.

Support Curry by Donating Your Used Things

The Community Thrift Store

(www.communitythriftsf.org)

is now accepting donations on behalf of Curry Senior Center.

Bring your old clothes, jewelry, books, sports equipment, furniture, CDs, electronics and luggage and tell them you want all sale proceeds to benefit Curry Senior Center.

Shop: Everyday from 10:00am – 6:30pm
Donate: Everyday from 10:00am – 5:00pm

Address

623 Valencia St.
San Francisco, CA 94110

Contact

Phone:(415) 861-4910
Fax: (415) 861-7483
Email: communitythrift@sbcglobal.net

■ TB Day at Curry Senior Center

On March 24, Curry Senior Center hosted a press conference in support of the 2011 World Tuberculosis Day. This year marked the lowest incidents ever of new tuberculosis (TB) cases, 98, in San Francisco. Tuberculosis can be a devastating disease, with symptoms including a persistent cough, weight loss, low-grade fever, night sweats and fatigue. Most people's immune systems will fight off TB before it becomes a problem, however, for some individuals, especially without treatment once they have the disease, TB can be life-threatening. While anyone can develop TB, those with the most risk are foreign born immigrants, homeless people, incarcerated prisoners and individuals with a weakened immune system. As a nonprofit dedicated to improving the quality of life and health of homeless seniors, Curry Senior Center is particularly dedicated to this cause.

The press conference also celebrated the 100th birthday of Dr. Francis J. Curry, who was instrumental in achieving this reduction in new tuberculosis cases and whom Curry Senior Center is named for. Francis J. Curry, MD, started out with a dream of serving less-fortunate and vulnerable individuals in San Francisco. In particular, Dr. Curry was concerned with the tuberculosis epidemic and took steps to ensure that those suffering from the disease were and continue to be given the support they desperately need. Among those innovative steps was a focus on patient-centered care with clinic hours and locations made more convenient for patients, as well as a study of the effects of one anti-tuberculosis drug on school children. Through these efforts and his documentation of them, he became a leader in TB prevention and care, internationally advancing medical providers' efforts to combat the disease. As such, the press conference also celebrated the change of the Curry National TB Center, also located in San Francisco, to the Curry International TB Center (CITC).

Additionally at the press conference, Dr. Curry was honored by his former colleague, Gay Kaplan, as well as two of his sons. Gay Kaplan is the former Executive Director of Curry Senior Center and worked with Dr. Curry before his passing in 1996. She discussed the early days at the center and what working with the celebrated Dr. Curry was like. Bill, one of Dr. Curry's sons, talked about his father as a role model and further emphasized the legacy he left behind. Additional speakers included Philip Hopewell, MD, Co-Principle Investigator at the Curry International TB Center in addition to his work as a UCSF Professor in the Pulmonary Department and Masae Kawamura, MD, Director at San Francisco TB control. All in all, the press conference both highlighted the progress made in the fight against TB as well as honored Dr. Curry who took innovative strides to impact that fight.



CITC Director Tom Stuebner, Mrs. Curry and son Jim, CSC's former E.D. Gay Kaplan, current Executive Director David Knego, & Med. Dir. Richard Zercher, TB Control Director Masae Kawamura, and CITC Principal Investigator Philip Hopewell

Client Profile – Hahn Le

In 1995, Hahn Le traveled from Vietnam with her husband and daughter to the U.S. as refugees. For ten years, while living here in America, she learned English and worked. After being laid off in 2005, friends introduced Le to Curry Senior Center and she was eager to help. She became a Curry Senior Center client as well as a volunteer and states, "When I volunteer, it helps me stay healthy. I would definitely recommend Curry Senior Center services to other seniors."



Curry volunteer and client, Hahn Le

Since beginning at the Curry Senior Center, case managers have helped Le find housing in the neighborhood and introduced her to the services

Curry offers. Taking advantage of Curry programs such as the Health Education Program, Le has been able to live healthy and happily in the neighborhood. Giving back to other seniors at Curry Senior Center, she volunteers every Tuesday, Thursday and Friday for the Asian Meal Program. Additionally, she helps organize and then participates in cultural parties at Curry. Among these parties are the Chinese/Vietnamese Party, the Black History Month Celebration and the Laotian/Cambodian Party, all of which were held earlier this year.

Le, like many other clients at Curry Senior Center, can benefit from a number of services our staff provides. For example, outings to places around the Bay Area are always well-received events by clients. Curry clients can also take advantage of English as a Second Language (ESL) classes, make use of the Health Education Program such as Le does and make friends in the community by attending some of the social opportunities Curry Senior Center offers. For a more comprehensive list of the activities available at Curry Senior Center, visit <http://www.curryseniorcenter.org/> and go to the Coming Events tab on the top right and then on Program Schedules on the left side bar.

Volunteer at Curry Senior Center

Serve Breakfast or Lunch at the Curry Senior Center Meal Site: Bring yourself or a group of up to five people and serve meals to San Francisco seniors.

Breakfast shift: 7:30am – 9:30am

Lunch shift: 10:30pm – 12:30pm

Help Chaperon Curry Seniors at an A's Game: Curry Senior Center will be taking groups of seniors to see the Oakland A's on the following dates. We need chaperons for the following day games (12 noon - 5:00pm):

Wednesday, July 6th

Thursday , August 17th

Wednesday, September 7th

Bingo and Meal Service: Bring in a group of up to 7 people to serve meals and play bingo with seniors at the Meal Site. These opportunities are limited and are only available on Saturdays.





SAVE THE DATE

What: 2012 Curry Senior Center Annual Gala

Where: Friday, April 27, 2012

Where: The Crown Room in the Fairmont Hotel

An Evening to Remember - 2011 GALA . . . (continued from pg 1)

not least, Curry Senior Center presented two of their own employees with the first annual Staff of the Year Awards. The recipients were Laurie Josloff, Senior Case Manager, and Dr. Richard Zercher, Medical Director, for their relentless efforts to improve the lives of seniors in the community.

Contributing to the excitement of the evening was a silent auction, with items donated from various organizations and individuals in the community which struck up a friendly bidding competition among guests. Additionally, this year a balloon raffle was also an instant hit with attendees. With the purchase of a balloon, guests were guaranteed winners. The prizes for the balloon raffle ranged from bottles of wine to the grand prize of a helicopter instructional flight. The balloon raffle, silent auction as well as ticket purchases, helped raise over \$44,000 for the Curry Senior Center and its programs.

A special thank you to all of our sponsors: Kaiser Permanente, Bank of Guam, Home Instead Senior Care, Saint Francis Memorial Hospital, Susan Obata, MD and Helen Ripple. Additionally, this event would not be nearly as successful without the support of our talented and dedicated event committee: Amy Garant, Ann Hardesty, Veronica LaBeau, Ashley Lorenz, Heather Madison, Julie McHuron, Sandra Pilon, Jackie Sax, Gina Secchi, Maggie Sidell, Phil Siegel and Shirley Quitugua. Please visit our Web Sites at www.curryseniorcenter.org and click on the 2011 Annual Gala to view pictures of the event.

Thank You . . .

Curry Senior Center thanks the following Foundations and Organizations for their generous support Between February 1, 2011 and June 30, 2011.

- Anonymous
- The Henry Mayo Newhall Foundation
- Myrtle V. Fitschen Charitable Trust
- San Francisco Health Plan
- Scan Health Plan Community Giving
- True North Foundation



Legacy & Longevity

Would you like to leave your legacy and include Curry Senior Center in your will or estate plan?

Please contact David Knego at 415- 885-2274 or dknego@curryseniorcenter.org if you would like more information.

Curry Senior Center
SF-DPH Community Health Network
333 Turk Street
San Francisco, CA 94102



Join Us! Curry Senior Center Open House on September 21st

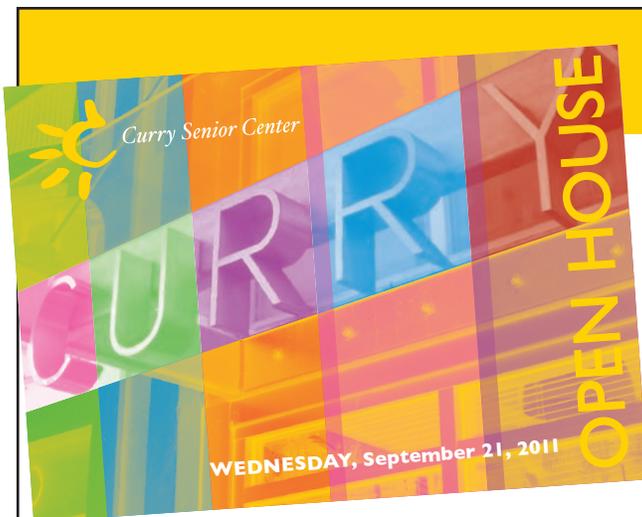
Date: Wednesday, September 21st

Place: Curry Senior Center
315 Turk Street
San Francisco, CA 94102

Time: Pick one option:
12:00 – 1:30 p.m. or 4:30 – 6:00 p.m.

RSVP: Arlo Bushnell, Development Manager
Call: 415-885-2274

Email: abushnell@curryseniorcenter.org



Guests will be given a guided tour of the Primary Care Clinic, Meal Site, Curry's apartments for formerly homeless individuals and activity rooms, serving over 200 seniors daily and 2,000 annually.