

# 2024

## ANNUAL REPORT

Fiscal Year July 1, 2023 - June 30, 2024



*Promoting Wellness, Dignity, & Independence for Older Adults*

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Dear Friends,

As we look back over the last year, one thing stands out: the growth and expansion of Curry Senior Center on so many levels. With the opening of the Tech & Wellness Hub+, we expanded our space to meet the needs of our older adult clients. We also increased the number of older adults served in person as the pandemic retreated into the background.

The Tech & Wellness Hub+ has expanded the number of Tech at Home/ Senior Vitality classes, including the most recent addition for Vietnamese-speaking older adults. The Lunch Bunch, a weekly social program for LGBTQ+ men/male-identifying folks, has grown from once to twice a week with an additional third class every month. Curry added a third Tech Navigator staff; now, one person is always available for walk-in and scheduled troubleshooting and training. These are just a few examples of Curry's growth, and you will find many more in the following pages of this Annual Report.

During the year, we convened the Board, staff, and client representatives to define our strategic direction for the next two years. Curry's strategic direction will focus on our clients, reducing their isolation and improving their health and quality of life. One clearly defined goal is Curry's impact and outcomes; you will see examples in this annual report. Stay tuned for updates throughout the year.

As always, we appreciate those who have supported Curry Senior Center on our journey over the years to ensure that the older adults we serve are treated with the dignity, compassion, and care that we would want for our own family members. Cheers to 2024, as we look forward to an even more successful 2025!

With much appreciation,



Shirley Quitugua,  
President Board of Directors



David Knego,  
Executive Director



Grand opening of the Tech & Wellness Hub+ on March 28 2023

## Tech & Wellness Hub + Grand Opening

With the opening of Curry Senior Center's Tech and Wellness Hub+ on November 2nd 2023, our seniors now have an expansive, brightly lit, safe place where they can gather with other seniors to socialize, and help combat feelings of isolation and depression, which can exacerbate chronic illness. Curry's seniors attend programs dedicated to tech training (phones, tablets, laptops, internet) to communicate with their doctors, order medication, pay bills and communicate with loved ones.

The two private client interview rooms provide a space for 1:1 consultation for chronic disease management, drop-in tech support, personal

tutoring, and a tablet training program. Curry also provides Tech Tutoring for Cantonese Speakers and Vietnamese Speakers.

Many of Curry's LGBTQ classes and social gatherings occur at the Tech and Wellness Hub+ including Ageless, Lunch Bunch, and Women of Wisdom & Wonder (W.O.W. Group). These programs allow seniors to connect, share stories, offer peer support, make connections, and learn about LGBTQ+ history.

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Ashwin Kotwal, MD  
Assistant Professor of Medicine, Geriatrics, UCSF  
Harry Wong  
Curry Senior Center Client

## CURRY SENIOR CENTER LEADERSHIP STAFF

Ma Fatima "Timmy" Beltran, Drop-In Center Supervisor  
Ruben Chavez, Deputy Director  
Maureen DeCoste, Development Director  
Alessia Furlow, Peer Program Supervisor  
Phillip Gerson, Arts & Technology Program Manager  
David Knego, Executive Director  
Cecilia Mak, Clinical Case Manager Supervisor  
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Kathleen Mayeda, Clinical Case Manager Supervisor  
Dr. Beth Prosnitz, Research and Evaluation Manager  
Simone Simms, Support Service Program Manager  
Judy Siu, Community Programs Manager  
John Spohn, Behavioral Health Supervisor  
Anne Tuszynski, LCSW, Director of Clinical Services

# EXPANSION & GROWTH: FOOD

## Community-Centered Grocery Access Program (CCGAP)



*Senior Health Educator, Humberto Pinon, shows off some of the food given to Curry's older adults*

Funded by the San Francisco Human Services Agency, Curry Senior Center oversees a community-centered grocery access program for older adults who live within the 94102 zip code, which covers the Tenderloin, Civic Center, and parts north of Market. With our partners at The Healing Well and Compass Family Services, we serve 150 households every week. Curry Senior Center handles most of these households, managing 99 every Thursday starting in 2023.

This program is meant to fill the gap of healthy food missing from the Tenderloin neighborhood, a USDA-recognized food desert, where most corner stores do not carry more nutritious food options.

The produce and proteins are offered to the participants in a "farmers market" style set up where they can pick and choose the products they want. An average menu includes 3-4 different fruit choices, 3-4 vegetable choices, 1-2 protein choices, and a grain/pulse.

## Curry Senior Center's Lunch Bunch

Among the various challenges seniors face, the two most common are social isolation and food insecurity. With the rising cost of food in San Francisco, it's sometimes difficult for seniors on a fixed income to ensure they have filling and nutritious meals throughout the week. Curry Senior Center supports our clients experiencing food insecurity by ensuring they get at least one good meal during the week through the Lunch Bunch program.

Lunch Bunch is a weekly social program for LGBTQ+ men/male-identifying folks to connect, share stories, offer peer support, and enjoy a meal together. The program is so popular it has expanded to twice a week, and a third lunch has been added once a month. The lunches are generously provided by Forkable, free of charge. Because food is great for bringing people together, members get to spend quality time with their friends and community peers, which helps them overcome their social isolation. For many clients, it may very well be the best meal they have all week, and it's also one of the rare instances when they get to eat restaurant food.



*The Lunch Bunch at Fort Funston*

## Dining Room Update

Curry continues to encourage our older adults to enjoy breakfast and lunch in person in our Dining Room. We now have a bilingual greeter in Cantonese and English who spends the morning talking to clients while they dine. The greeter spends time with the participants in the dining room to keep them engaged and reduce their social isolation. Curry also increased the number of days we have volunteers at the dining room from twice to four times a week. With these changes, the number of clients accessing breakfast and lunch increased in the dining room. Curry still allows clients to take meals from the dining room if they feel uncomfortable eating in the congregate setting.

## Curry Senior Center Food Pharmacy & Food Maintenance Program



*Healthy food is given to participants of the Food Pharmacy Program*

The Food Pharmacy Program, which is funded by the Hellman Foundation, is designed to use healthy foods and repeated visits with a pharmacist to lower the blood pressure and/or blood glucose levels in patients at the clinic. The program is 10 weeks long and includes a visit with the pharmacist or nurse practitioner, as well as a health educator.

The community health worker ensures each patient gets a box of healthy foods, including fruit, vegetables, protein, and healthy carbohydrates. While with the pharmacist, their medications are adjusted to fine-tune their treatment. The health educator explains their condition in simple and easy terms and suggests changes to their lifestyle to help further reduce their disease burden. Afterward, the patient gets to try a healthy recipe our Community Health Worker prepares and leaves with a box of healthy foods.

After the patients from the Food Pharmacy Program have completed the 10-week program, they move on to the Food Pharmacy Maintenance program for another 10 weeks, which is run by the Health Educator and Community Health Worker.

This hour-long health education program includes discussions, cooking demonstrations, exercise sessions, and nutrition, among others. These group sessions are hands-on and interactive. They also continue receiving a box of healthy foods to supply them with more nutritious food choices for another ten weeks.

After they “graduate” from the program, they are apprised of other healthier food programs that other agencies provide to increase their access to healthy foods as long as possible.



*Humberto Pinon shares healthy cooking recipes and ideas*



# EXPANSION & GROWTH: COMMUNITY SUPPORT

## The Peer Program Expands Throughout California

In partnership with the University of California San Francisco, the Centers for Disease Control recently funded a proposal to replicate the Curry Peer Program across the state to meet the needs of isolated older adults in the LGBTQ+ community. Educational materials and a program blueprint are being developed for dissemination.



*Curry's Peer Program Staff*

A recent evaluation of the peer program funded by the California Department of Public Health and led by the UCSF Social Connection & Aging Lab found that the pandemic spurred innovation in the peer program, including new collaborations across the city and the ability to use virtual, hybrid, and phone programming.

The evaluation made several recommendations, including developing and implementing a plan to incorporate Medi-Cal reimbursable peer programs into healthcare settings and CalMHSA, and develop and implement standardized Medi-Cal site certification guidelines across California counties to ensure uniformity. The evaluation also recommends mobilizing advocacy efforts to promote the inclusion of peer services under Medicare coverage by engaging with policymakers to highlight the benefits and need for expanded peer services coverage.



*Dr. Ashwin Kotwal*

*Curry is honored to have Ashwin Kotwal, MD, MS, a Professor of Medicine in the Division of Geriatrics at UCSF School of Medicine, on our Board of Directors. Ashwin was a major contributor to the evaluation of the Peer Program through UCSF's Social Connection & Aging Lab.*

## Expanding Housing & Health Support at the Cadillac Hotel

Support Services at the Cadillac Hotel provide comprehensive onsite care, including Enhanced Care Management and a nursing office with a Registered Nurse dedicated to managing chronic medical conditions for 130 residents. In May, Case Managers worked closely with 29 new residents to promptly secure primary care providers and SSI benefits, and address mental health needs with Curry teams. These teams respond swiftly to residents with high acuity mental health and medical needs, ensuring they are connected to the appropriate resources. This approach supports housing retention and fosters a

strong community, with assistance from long-term residents (7+ years housed) in mentoring new members. Residents are also trained in administering Narcan.



*Staff member Sonya Lister with residents at the Cadillac Hotel*

The Case Management team offers a wide array of weekly services such as nutritional cooking classes, food pantries, food box deliveries, and community leadership groups. and a monthly community meal is organized by the residents, with support from Healing Well. The Cadillac works closely with Zen Caregiving Project, a wellness volunteer group that brings dignity to aging and dieting in place, not a hospital bed alone. The success of these programs is due to a dedicated frontline staff, who work tirelessly to ensure the community remains clean, safe, and organized. The program staff holds weekly meetings with all onsite providers and collaborates with several external teams to review outcomes and continuously improve care.

# EXPANSION & GROWTH: COMMUNITY PROGRAMS

Curry's Community Programs provide a variety of classes, events, and groups that bring together different communities to celebrate their cultures while learning new skills and making friends. The Community Programs are offered in Cantonese/ Mandarin, Laotian/ Thai, Russian, Tagalog, and Vietnamese. Community Programs also provides translation services in the health clinic and case management, helps seniors with filing medical/ Cal Fresh and other forms, and helps with passport and immigration paperwork.

Curry received a grant from the San Francisco Department of Elections to educate our clients on the ranked choice voting, registering to vote, and non-partisan information on candidates and ballot measures for the 2024 election.



Lanterns for the Lantern Festival



Summer Lua Party



Celebrating Hispanic Heritage Month

## Tech & Wellness Hub+

With the opening of the Tech & Wellness Hub+, Curry has expanded the number of participants in some of our most popular programs, including our LGBTQ+ programs for men, women and the trans community, exercise classes, and the gardening program.

Senior Vitality, a program dedicated to tech training, health management, and loneliness reduction, has expanded to twice a week for Cantonese speakers and added a class for Vietnamese speakers. Drop-in tech support programs provide one-on-one tech support, tablet training, and assistance with telehealth appointments.



Exercise classes at the Tech & Wellness Hub+

### The Francis J. Curry Award

#### *Tenderloin Neighborhood Development Corporation*

Since 1981, the Tenderloin Neighborhood Development Corporation (TNDC) has supported residents and neighbors in building transformative communities by providing affordable homes with supportive services, wellness opportunities, and community advocacy. In recognition of their years of service to the community, TNDC was bestowed the Francis J. Curry Award. TNDC led the effort to include the Curry Center's new Tech & Wellness Hub+ in their new location on Turk Streets.



*Roxanne Huey and Katie Lamont, Co-Executive Directors, accept the award for TNDC, along with Curry's Executive Director Dave Knego, and Board member Diane Dyer*



*Curry Board member Jim Illig with Mawuli Tugbenyoh, interim Executive Director at the SF Human Rights Commission*

### The Vera Haile Dalenberg Award

#### *The San Francisco Human Rights Commission*

Curry Senior Center was proud to present the The Vera Haile Dalenberg Award to the San Francisco Human Rights Commission for its work in service of the City's anti-discrimination laws to further racial solidarity, equity, and healing. Their Dream Keeper Initiative led to the book, "My Life, My Stories", stories of Curry Senior Center's African American seniors in the Tenderloin communities, and a follow-up book "Do Ask, Do Tell", which gives voice to seniors in the LGBTQ+ community.

### The Joseph Mignola, Jr. Award

#### *Waymo*

Curry Senior Center was thrilled to present the Joseph Mignola Jr. Award to Waymo in recognition of their partnership with Curry. With a focus on using Waymo's autonomous vehicles to help reduce social isolation, Waymo provides many of Curry's older adults a way to safely get out and about in the community. Waymo is committed to giving back to San Francisco through volunteer service, financial support, access to Waymo's fully autonomous ride-hailing service and delivering goods to those in need.



*Diane Dyer with Rachel Kamen, who accepts the award on behalf of Waymo, and Dave Knego*





Delta Dental



Tasi Bank



Heffernan Insurance

## Thank You to Our Supporters

### Government Funders

San Francisco Department of Disability and Aging Services  
 San Francisco Department of Homelessness and Supportive Housing  
 San Francisco Department of Public Health  
 San Francisco Human Rights Commission  
 San Francisco Human Services Agency  
 San Francisco Mayor's Office of Economic and Workforce Development, Sustainability Initiative

### Major Donors

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 Tori Seidenstein  
 Kevin & Diane Shannon

Curry is enrolled in the Enhanced Care Management (ECM) through the San Francisco Health Plan to provide support to patients/clients with complex medical and social needs. We are currently pursuing additional ECM contracts with other health plans, such as Anthem Blue Cross and Kaiser. We are also pursuing other CalAIM programs (Community Supports and Community Health Worker) with the SF Health Plan.

**Curry continues to exceed their program goals** under the Behavioral Health Services Act (BHSA). Our Senior Drop-In Center had a goal of 150 seniors to attend wellness-based activities offered by Peer staff by June 30th, 2024. 423 seniors attended wellness-based activities, exceeding our goal by 282%. Curry's Addressing the Needs of Socially Isolated Older Adults program saw a 107% of the goal that 75% of isolated older adults screened and identified as having a behavioral health need will be referred to appropriate behavioral health services (including case management, substance use, mental health, and social support groups).

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## Curry Senior Center's New Medical Director Sona Aggarwal, MD

Curry Senior Center welcomes our new Medical Director. Curry's health clinic is in partnership with the Department of Public Health. Originally from the East Coast, Sona completed a residency in Primary Care Internal Medicine at UCSF/San Francisco General Hospital in 2005 and a Preventive Medicine Residency with the California Department of Public Health in 2016.

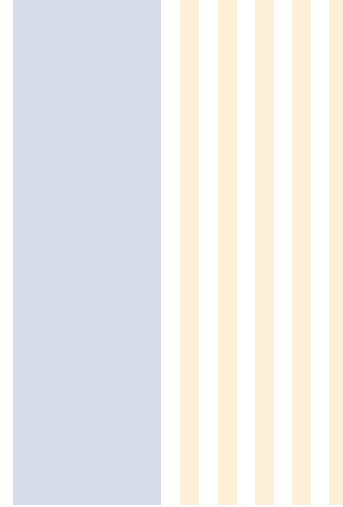
Over the last 2 decades, she has worked in primary care and performance improvement in several Bay Area safety net systems, including SF Jail Health Services and California prison health services, the San Francisco Community Clinic Consortium, CPMC, and San Mateo County primary care.

At home in the Lower Haight, she likes to get her hands dirty gardening, fixing and making things, and planning events for the school PTA when not trying to keep up with son Vihaan (7), husband Manuel, and puppy Dashi.

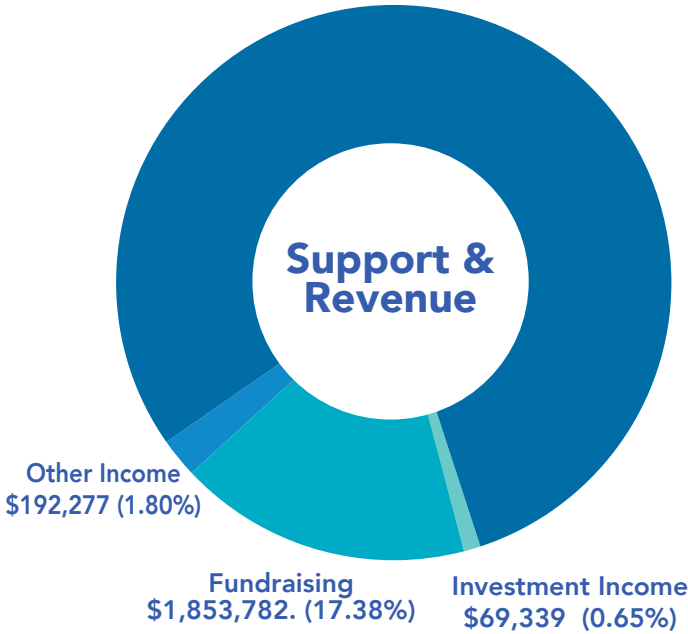


# YEAR END FINANCIALS

Fiscal Year July 1, 2023 - June 30, 2024

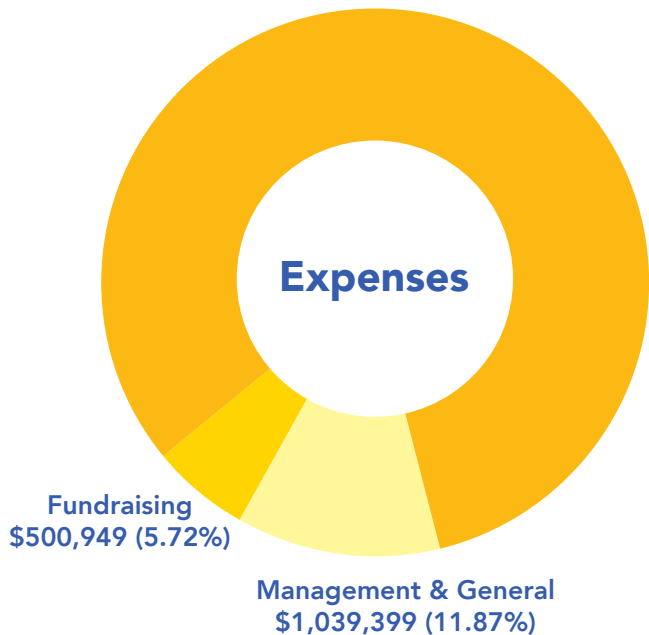


**Government Grants & Contracts**  
\$8,552,349 (80.17%)



Government Grants & Contracts	\$8,552,349	80.17%
Fundraising	\$1,853,782	17.38%
Other	\$192,277	1.80%
Investment Income	\$69,339	.65%
<b>Total Revenue</b>	<b>\$10,667,747</b>	<b>100.00%</b>

**Programs & Services**  
\$7,213,859 (82.40%)



Programs & Services	\$7,213,859	82.40%
Management & General	\$1,039,399	11.87%
Fundraising	\$500,949	5.72%
<b>Total Expenses</b>	<b>\$8,754,207</b>	<b>100.00%</b>

Curry is proud that over 82% of our budget is spent on Programs and Services. According to the Better Business Bureau and Charities Review Council, at least 65% of a budget should be spent on programs and services, with the remaining percentage allocated towards administrative costs and fundraising efforts; a higher percentage, closer to 75%, is considered highly efficient for a non-profit organization.



333 Turk Street  
San Francisco, CA 94102



### Special Thanks to Sutter Health/CPMC

With support from Sutter Health/CPMC, Curry trained staff to improve the quality of data collected to better identify the needs of each client's mental health-related services. Curry's Behavioral Health Licensed Clinical Social Workers (LCSW) and Case Managers provided over 60 older adults with mental health and substance use disorder services and programs.

