



# ANNUAL REPORT 2019

[alliance@caads.org](mailto:alliance@caads.org)

[www.caads.org/alliance](http://www.caads.org/alliance)

Tel: 916.716.8396

1107 9<sup>th</sup> Street Suite 701

Sacramento CA 95814



**Alliance for  
Leadership &  
Education**

*driving innovation and  
quality in adult day Services*

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# 2019 HIGHLIGHTS

## Strategic Highlights

- The ALE Board held two strategic planning sessions in 2019 to reflect on achievements and map out a course for future goals and activities. ALE has not yet achieved its goal of being self-sustaining and therefore relies on grants, donations and fees to support staff and expert consultants. This will continue to be a major focus for the coming year.
- As of July 1, 2018, CAADS and ALE Executive Director, Lydia Missaelides, became a part time employee of ALE and continues to provide consultative support to CAADS' new Executive Director.

## Financial Highlights

- ALE completed an audit of 2017 and will engage a CPA firm to perform audits of 2018 and 2019. Funding for staff will be contingent on successful fundraising.
- ALE applied for a prestigious \$100,000 prize from the Jefferson College of Population Health. Results will be announced in January 2020.

## Message from the Executive Director



It has been an exciting year for ALE, culminating in the August publication of two significant peer-reviewed journal articles. This achieves one of ALE's long standing goals, to support research in the field and translate to the field. The research was the outcome of a project called the Community Based Health Home, initiated with a generous grant from SCAN Health Plan Community Giving program in 2012 and furthered advanced with funding from the Thomas J. Long Foundation.

## What is CBHH?

This first in the nation model, built upon the interdisciplinary adult day health care (ADHC) program, has served as a laboratory for testing how the ADHC model can be modernized to more effectively serve highly complex individuals who require more support than a typical ADHC schedule can provide.

CBHH builds on the comprehensive ADHC service modality by adding a highly trained Nurse Navigator (RN-N) to work flexibly outside of the ADHC's four walls and the participant's scheduled attendance days to unify and improve care across Medicaid and Medicare services. These include the physician's office; emergency room; hospital; pharmacy; rehabilitation center; and home. The RN-N also supports growth of the participant and caregiver capabilities and fosters health literacy, self-care skills and confidence, built over time through a trusting relationship.

*“CBHH is a promising solution to improving care for vulnerable older adults with multi-morbidity, particularly with respect to reducing emergency department utilization and improving socioemotional health (e.g. quality of life, loneliness, depression)” and is associated with favorable results”*

## Research on CBHH

The CBHH serves a low income, at-risk, multi-cultural population reflecting the diversity within the ADHC population. Analyzing standardized evidence based screening and assessment data collected by 12 CBHH sites over a period of five years, Dr. Sadarangani conducted a quantitative analysis to examine the outcome of the CBHH intervention. This was coupled with qualitative interviews of CBHH participants, RN-Ns, ADHC leaders and clinicians at six of the CBHH sites.



Tina Sadarangani, PhD, RN, GNP, ANP

## What are the key findings from the research?

In general, the study concluded that “CBHH is a promising solution to improving care for vulnerable older adults with multi-morbidity, particularly with respect to reducing emergency department utilization and improving socioemotional health (e.g. quality of life, loneliness, depression)” and is associated with favorable results” CBHH also demonstrates the unique capacity and skill of registered nurses in integrating health and social services across community settings. A Mixed-Methods Evaluation of a Nurse-Led Community-Based Health Home for Ethnically Diverse Older Adults With Multimorbidity in the Adult Day Health Setting. Policy, Politics, & Nursing Practice by Sadarangani, T., Missaelides, L., Eilertsen, E., Jaganathan, H., & Wu, B. (2019).

<https://doi.org/10.1177/1527154419864301>

## Nutrition risk research findings

The CBHH study was the first of its kind that clinically examined nutrition risk in the ADHC setting. The key finding is that “*ADHC users are vulnerable to poor nutrition...however, the factors driving nutrition risk are heterogeneous and affect racial communities differently.*”

The study revealed the significant correlation of nutrition risk with other risk factors such as depression and loneliness, and variation by ethnicity and race, suggesting that interventions “should be informed by an understanding of how specific modifiable risk factors for malnutrition contribute to specific communities served by ADHC.” *Racial Disparities in Nutritional Risk among Community-Dwelling Older Adults in Adult Day Health Care.* Tina R. Sadarangani, Lydia Missaelides, Gary Yu, Chau Trinh-Shevrin & Abraham Brody, *Journal of Nutrition in Gerontology and Geriatrics.*

<https://doi.org/10.1080/21551197.2019.1647327>

## Looking ahead

With prior grant supported activities winding down in 2019, ALE will seek to obtain additional grants to focus on specific quality outcomes, continue its research and policy development partnership with New York University and others; expand its Community Based Health Home model and learnings to other states; and develop new sources of funding to sustain the organizational capacity to support staff and consultants in furtherance of the mission.

California’s new policy focus on aging as illustrated by Governor Newsom’s Executive Order to create a Master Plan on Aging provides opportunity to share the Alliance’s expertise and research findings to inform the plan.

The Centers for Medicare and Medicaid authority to approve new supplemental benefits to Medicare Advantage Plan that include services such as adult day care, supplemental nutrition, transportation and other non-traditional services also creates opportunity for ALE to educate providers and health plans about partnerships that will help to achieve the Triple Aim of health care.

ALE also has expertise to share with other states that are interested in expanding their traditional adult day services model outside of the four walls. This will be explored along with training opportunities on key areas of best practice, informed by the research.

## 2019 BOARD OF DIRECTORS

### Stephanie Wilson

Triple 'R' Adult Day Programs  
Sacramento

*President*

### Anna Swift, LCSW

ONEgeneration Adult Daycare  
Van Nuys

*Vice President*

### Daisy Absalon

Eskaton Adult Day Health Care Carmichael  
Carmichael

*Treasurer*

### Terri Whitmire, MA

Lodi Health Adult Day Services  
Lodi

*Secretary*

### Celine Regalia, MSW

Collabria Care  
Napa

*Board Member*

### Vanessa Tatum, MD

Helping Hands for Better Living  
Seal Beach

*Board Member*

### Mallory Vega

Acacia Adult Day Services  
Garden Grove

*Board Member*

### Lydia Missaelides, MHA

Executive Director  
Manager

### Kathryn Atkinson

Operations

## Relationship between CAADS and ALE

ALE has an operational agreement with CAADS that defines the relationship between the two related organizations. The relationship is designed to foster a harmonious synergy between the two separate entities. This is done by creating an overlap of board members and organization members. A member of CAADS is automatically granted membership in ALE.

The CAADS Vice-President serves as the ALE President and CAADS Treasurer serves as Treasurer of both CAADS and ALE. Three Board members are selected by the CAADS membership to serve for a three year term, and two are appointed by the CAADS Board to serve on the ALE board.

# AUDITED FINANCIAL STATEMENTS

For the Year Ended December 31, 2017

Williams & Olds Certified Public Accountants | Sacramento CA

## STATEMENT OF FINANCIAL POSITION

### ASSETS

Cash and Cash Equivalents	145,356
Receivable from related party	1,250
Grants receivables	0

**TOTAL ASSETS** \$146,606

### LIABILITIES AND NET ASSETS

Accounts payable and accrued expenses	6,421
Deferred revenue	<u>72,400</u>

**TOTAL LIABILITIES** \$ 78,821

### NET ASSETS

Unrestricted	52,785
Temporarily Restricted	<u>15,000</u>
<b>TOTAL NET ASSETS</b>	<u>\$67,785</u>

**TOTAL LIABILITIES AND NET ASSETS** \$146,606

## STATEMENT OF ACTIVITIES

### SUPPORT AND REVENUE

Contributions	228,970
Program fees	29,366

**TOTAL SUPPORT AND REVENUE** \$258,366

### EXPENSE

Program services	251,360
General and administration	<u>7,797</u>

**TOTAL EXPENSES** \$261,670

**CHANGE IN NET ASSETS** (3,334)

**NET ASSETS AT BEGINNING OF YEAR** 56,199

**NET ASSETS AT END OF YEAR** \$52,785

# NOTES TO FINANCIAL STATEMENTS

## Organization

The Alliance for Leadership and Education, formerly known as the California Association for Adult Day Services, was established in 1976 and incorporated in 1977.

Alliance is a public benefit corporation dedicated to innovation and quality in adult day services. The mission is to promote the development of high quality adult day services as an integral part of a comprehensive long-term care system.

The Alliance is supported primarily by donations, grant funding, and program fee resulting from program advisory services.

## Accounts

- The Alliance has two temporarily restricted categories of net assets resulting from the creation of a scholarship fund in 2014 and “network feasibility” fund in 2015.
- The purpose of the Nina M. Nolcox Nursing Scholarship Fund is to award educational scholarships to licensed adult day services nurses who wish to further their education and skills. Individual awards will not exceed \$1,000 and will be determined annually by Alliance.
- Network feasibility project purpose is to explore the feasibility of creating a provider network to advance quality clinical standards.

