

Multi-Cultural, Intergenerational, Ability-Diverse Community Support Center



From the California Commission on Aging (CCoA) Senior Center Innovation Project Dateline November 2011 – *Broadening the Vision of What Senior Centers Can Do*

Through the initiatives of social acceptance, cultural diversity and preventive health, Community Integration Services (CIS) offers a program that promotes health, civic engagement and self reliance for older adults and adults with disabilities. CIS's three main service components include preventive health programs, lifelong learning classes and social-recreational opportunities. The Center promotes volunteerism amongst the membership and places people with functional challenges and disabilities in positions of responsibility to help run the Center's programs. Adults of all ages, some with disabilities, serve as ambassadors in the larger community, helping to change attitudes and dispel misperceptions. The CIS Center is a public/private partnership of the Medvedev Family, Verizon Foundation, John Gogian Family Foundation, SCAN Health Plan, and many other local agency contributors.



Community Integration Services, Inc. (CIS) is a non-profit day services organization in Granada Hills California serving the San Fernando Valley since 2006. CIS serves 160+ high need seniors with aging challenges of various cultures, including the Latino culture, and 40+ adults with developmental disabilities. CIS is a multi-program environment that promotes preventive health, diversity and community membership for people served. CIS particularly has cultural competence in serving the Latino community. CIS is unique - a social-model program as opposed to a medical/clinical model (Adult Day Health Care/CBAS) program. CIS serves participants with modest health challenges with a focus on **preventive health** via naturally therapeutic programs and activities.

CIS works with the Medi/Medi seniors and is a contractor of the SCAN Medicare Advantage Healthplan. SCAN is a non-profit health plan founded in 1977 by a group of California seniors who were frustrated by their lack of access to services and who wanted an organization that addressed their specific needs. SCAN serves approximately 145,000 senior members in California and Arizona. SCAN's "Connections" Insurance Product is California's only *Fully Integrated Dual Eligible Special Needs Plan* that has a contract with the State for fully-integrated care for dual eligible seniors. SCAN has held this contract since 1985. **Integrating social & health care models, such as the CIS model, is integral to the SCAN legacy.**



Above, CIS CEO Peter Medvedev (left) and wife Rita (far right) receive a grant check from the Verizon Foundation's Holly Cole (second from left). The grant helps to fund for **Health Education via Technology** in the CIS Computer Learning Center. Present was John Lee (second from right) from Los Angeles City Councilman Greig Smith's office.



Preventive Health Program



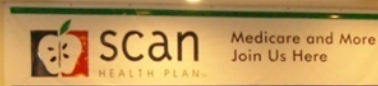
Daily Nutrition



Fitness/Exercise



Arthritis Treatment



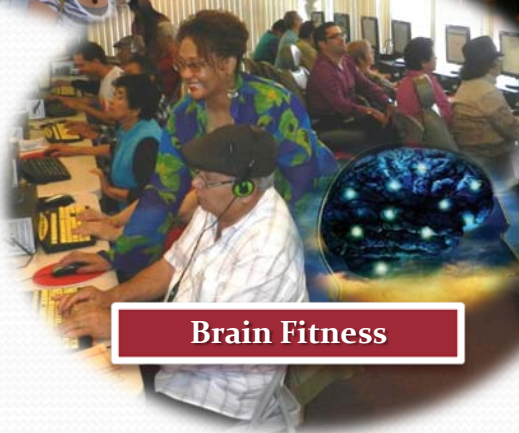
Health
Education &
Screenings



Pharmacy Services



Food Security



Brain Fitness



Care Coordination



Medical Assistance

Programa de Prevencion en la Salud



Shrinking Hospital
Admissions
through Preventive
Health Practices
including Health
Education





Memory Maintenance and Enhancement

How does CIS help persons with memory loss?

In the early stages of memory loss, individuals have different mental, emotional, and physical needs than when the disease progresses. Our structured activity program and unique environment address this early stage by:

- Promoting physical health & increased mental stimulation
- Encouraging creativity through a mixture of visual and performing arts activities
- Decreasing isolation via socialization & sharing experiences
- Developing customized activities based on individual abilities and interests

CIS Posit Science Brain Fitness Gym

CIS has partnered with *Posit Science* to offer San Fernando Valley Seniors a scientifically validated program designed to improve memory, thinking and communication. The web-based, self-paced program includes a series of scientifically based, fun and engaging exercises. These exercises are designed to speed up brain processing and improve memory & brain function.

Visual and Performing Arts (natural therapy)

"Art therapy is becoming increasingly recognized as contributing in quality dementia care. Art therapy, which grew out of psychotherapy, engages a person's creativity - whether through painting, drawing, sculpting or writing - that is healing and whole-making. The very process of being a creator empowers by allowing for a flow of energy and life. It makes well, because it is an essential part of being human. It strengthens by using creative energy to make something external to the person, the work remains even after she or he has forgotten creating the image." Dr. Patricia Baines, author, *Alzheimer's Australia Tas.*

Caregiver Support

Caring for a family member with memory loss can be an overwhelming task, both emotionally and physically. Caregivers can become frustrated and even angry without support and rest. CIS strives to enhance the quality of life for caregivers by providing professional advice about planning for on-going care offering support and educational groups, and allowing caregivers regular, uninterrupted periods of time away from caregiving

Physical Fitness Support -Machine-based circuit training, aerobic chair dance, walking and stationary cycling

Lifelong Learning Opportunities



Jewelry & Crafts



English & Spanish Classes



Computer Literacy



Visual Arts



Performing Arts/Drama

Oportunidades Para Una Vida Saludable



Pool Games



Bingo Games



Pot Luck Parties



Dancing

Community Outings



Hawaiian BBQ at the Park



Lunch at the Mall

Staying
Active in the
Community



Bus Trip to the Casino



Trip to the Beach/Restaurant

Excursiones Comunitarias



Maintaining Dignity
and Self-Worth

Staff, Membership & Outside Entertainment



Entertainment con los Empleados, Miembros y Visitantes



Walking the runway requires
maintaining balance,
practicing physical grace and
getting some positive attention



Cinco de Mayo Celebration





Mother's Day Celebration





Membership Volunteerism
gives a sense of vitality,
continued productivity and
helps to keep the spirit alive.



Additional Services



Western Beauty Institute – No Cost Hair & Nails



**Door-to-Door Transportation
to-from Home & for Shopping**





CIS Hosts District 12 LA City Councilman Candidate Forum