

PHYSICAL ENVIRONMENT

A Future “Day in the Life”

Choose one of the postcards. Imagining a future when the Master Plan has been enacted, discuss how the strategies could respond to the needs of the person on the postcard. You might consider the following questions:

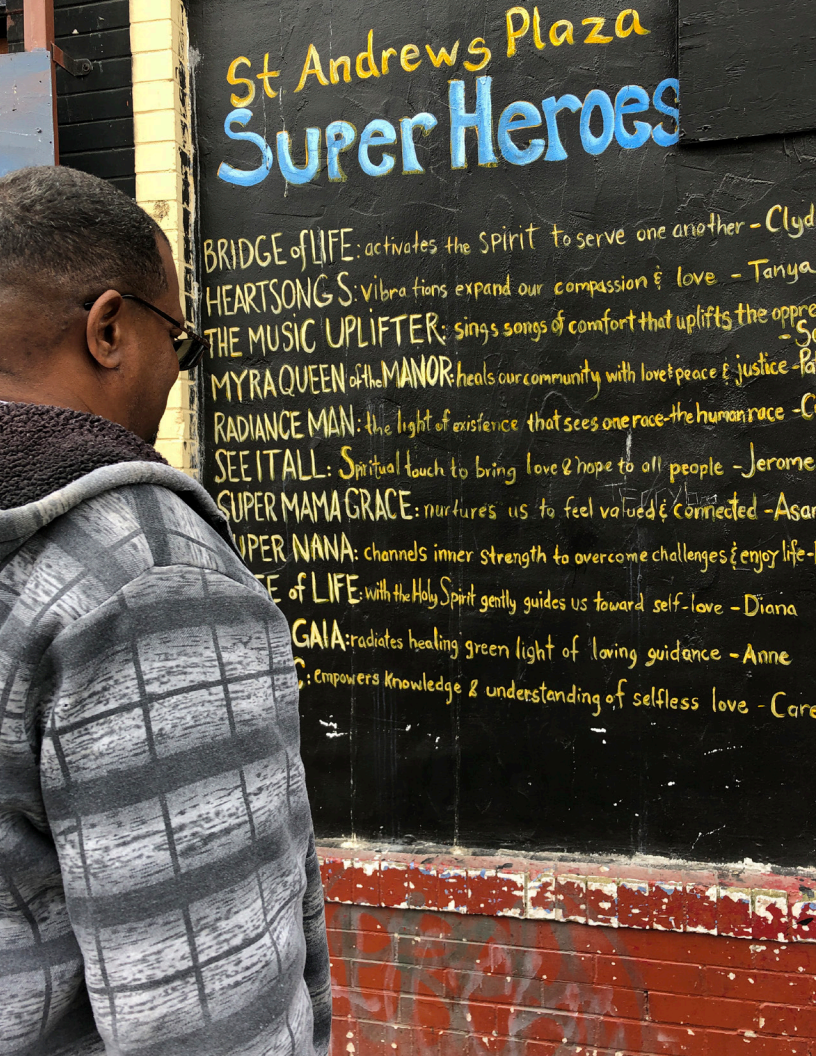
- > **Where does this person live?**
- > **What is this person’s community like?**
- > **How does this person get where they need to go?**

Jerome McIntosh

Alameda County

After a health issue prevented him from continuing to work construction, Jerome found himself facing homelessness. He found transitional housing at St. Mary's Center while he continues to search for a permanent home. As a result of his experiences, he's become an advocate for the rights of those experiencing housing insecurity.





St Andrews Plaza Super Heroes

BRIDGE of LIFE: activates the SPIRIT to serve one another - Clyd
HEARTSONGS: vibrations expand our compassion & love - Tanya
THE MUSIC UPLIFTER: sings songs of comfort that uplifts the oppre
MYRAQUEEN of the MANOR: heals our community with love peace & justice - Pa
RADIANCE MAN: the light of existence that sees one race - the human race - C
SEE IT ALL: Spiritual touch to bring love & hope to all people - Jerome
SUPER MAMA GRACE: nurtures us to feel valued & connected - Asa
SUPER NANA: channels inner strength to overcome challenges & enjoy life -
E of LIFE: with the Holy Spirit gently guides us toward self-love - Diana
GAIA: radiates healing green light of loving guidance - Anne
G: Empowers knowledge & understanding of selfless love - Care

“

The housing crisis is so bad. I've put in maybe 40-45 applications, and so far I've heard from maybe 10, and they put me on the waiting list. The longest waiting list is 7 years. The shortest one is 2 years.”

Ed Frakes

Alameda County

Ed is a retired art teacher and active painter. He lives in Niles, California, in a centrally located home where he is able to access many things - the grocery store, friends' homes, the library - by foot.





“

The senior center is not convenient in terms of getting there...I probably know several people that go there, I don't know, but by Uber it's \$12 or something to get over there.”

Kathy Garner

Kern County

Kathy moved into her daughter's home after her daughter accepted a job and moved away. The apartment complex Kathy lived in prior to her move was full of "drugs and guns and prostitution and everything you can imagine." Although Kathy's new home provides increased safety, it is a financial stretch on her fixed income.





“

If you do something wrong, you can lose your voucher... They never tell you the rules upfront. I called them trying to get a transfer [for housing], somewhere cheaper so I didn't have to be responsible for two extra bedrooms. I didn't go through them, I stayed here and ate the rent increase.”

Curtis Gamble and Donna Lynn

Orange County

Curtis and Donna are close friends and share similar life experiences, both falling into homelessness after losing their jobs and sources of income. They have since found rental assistance and support, but affording the ever-rising rent is a constant challenge. Both actively advocate on behalf of the homeless community and the complex challenges they face. Curtis continues to advocate through his participation on the Continuum of Care Board.





“

I want to be able to get all the homeless people a 30-day bus pass. They have no way to get anywhere. There were benches by the transportation center and they took them out and they have no place to sit. Let's get them transportation because at least they can leave and go somewhere. They can't go nowhere even. And if they go somewhere, then they can't get back to where the food is.”

— Curtis Gamble

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Harold Watkins

Kern County

After a fire destroyed his home, Harold found himself in a homeless shelter in Bakersfield. As a veteran, however, he was able to connect with a veterans assistance program and is now living in transitional housing while he gets some health issues under control.





“

I can only walk about a block. I have to stop and rest. If I walk to the bus stop, it's about eight blocks from here, so I have to stop about eight times before I get there.”

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SUPPORTIVE SERVICES

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Choose one of the postcards. Imagining a future when the Master Plan has been enacted, discuss how the strategies could respond to the needs of the person on the postcard. You might consider the following questions:

- > How does this person take care of themselves?**
- > Who else supports this person’s well-being?**
- > How do they access the support they need?**

Carmen Gueretta

Alameda County

Originally from El Salvador, Carmen is a resident of Alameda County and in her mid-70s. As a single mother, she worked hard to provide for her daughter. As an older adult, Carmen has experienced extreme housing instability and continues to navigate complex processes to get assistance. Luckily, she has been able to find someone that can help ease some of those burdens.





“

I don't even know how [I found her]. If I'm worried about it – Linda! I ask her about everything and she doesn't say no. She maybe gives you the phone number to call, but then you don't have to look for it.”

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Tian Jun Zheng & Quan Xia Liao

Alameda County

Both in their 90s, Tian Jun and Quan Xia live with their daughter and love attending Hong Fook, a community-based adult services center that provides culturally responsive services – activities, meals, exercise, transportation, etc. – to area residents.





“

This service is really good, because a lot of seniors like them really need one station serving everything. Their daughter doesn't know English, and none of them can drive...From the bottom of her heart she says that this service is really good for navigating challenges, especially with their language barrier. They can solve a lot of their problems.”

— Joyce Chan, Hong Fook CBAS employee and translator

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Rosalinda Cruz

Kern County

Rose was a judicial courtroom assistant for 28 years before retiring. She envisioned using her retirement to get back into traveling, a pastime she enjoyed when she was younger. But shortly after, her mother Vera started showing early signs of dementia. Rose would visit her regularly, but her dementia progressed, and eventually Vera moved into Rose's home. Today, Rose is Vera's full-time caregiver.





“

When I was working, at one time they had offered us long-term insurance for myself or a parent. And I turned it down and I think God, I should've done it because I could've used it now.”

Maggie M. Edwards

Orange County

Maggie is the full-time caregiver for her mother Catalina, who has dementia. Passionate about nutrition, she goes to great lengths to provide her mother with a healthy diet and regular exercise. Although Maggie cherishes this time with Catalina, she also wishes she had the time to get a job.





“

I don't trust the system, the facilities. Some people are good and really have a heart for it, but some people don't and I don't want them to mistreat or abuse my mother, take advantage of her in her weakest state. She doesn't deserve that because she was a great mom. She's always been a great mom to all the kids. I'm very grateful for what she did for us.”

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SOCIAL AND EMOTIONAL WELL-BEING

A Future “Day in the Life”

Choose one of the postcards. Imagining a future when the Master Plan has been enacted, discuss how the strategies could respond to the needs of the person on the postcard. You might consider the following questions:

- > How does this person spend their time?**
- > With whom does this person enjoy spending time?**
- > What is this person looking forward to?**
- > What does this person worry about?**

Karen Anderson

Alameda County

Karen Anderson is the friendly visitor coordinator of the Lavender Seniors of the East Bay, which works to improve the quality of life of older LGBTQ residents. She lives in Alameda County with her wife Gwen.





“

We need to know somebody cares, because we're having a little trouble caring for ourselves. And sometimes the secret we've held in our hearts for 10, 20, 30, 40 years as to our real identity is busting out now, and we really want to share it with somebody who understands.”

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John and Norma Abbott

Kern County

John and Norma have been married for 52 years. A Vietnam war veteran, John is actively involved in "Police And Community Together," a volunteer organization that assists the local police force, as well as the Historical Society of the Upper Mojave Desert. Norma is a cancer survivor, avid quilter, and engaged member of the local quilting club.





“

For her radiation, the good thing was that she had her circle of friends... For those two months, one day out of five, one friend would drive. The next day another would drive. Then one day I would drive, and then another lady would take the next day... There were 17 or 18 who wanted in on the action”

— John Abbott

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Kathleen Lui

Orange County

A retired educator, Kathleen is a lifelong learner, taking classes in tai chi, investment, and literature through the local community college. She also volunteers with Alzheimer's Orange County and is also engaged in her local community planning committee.





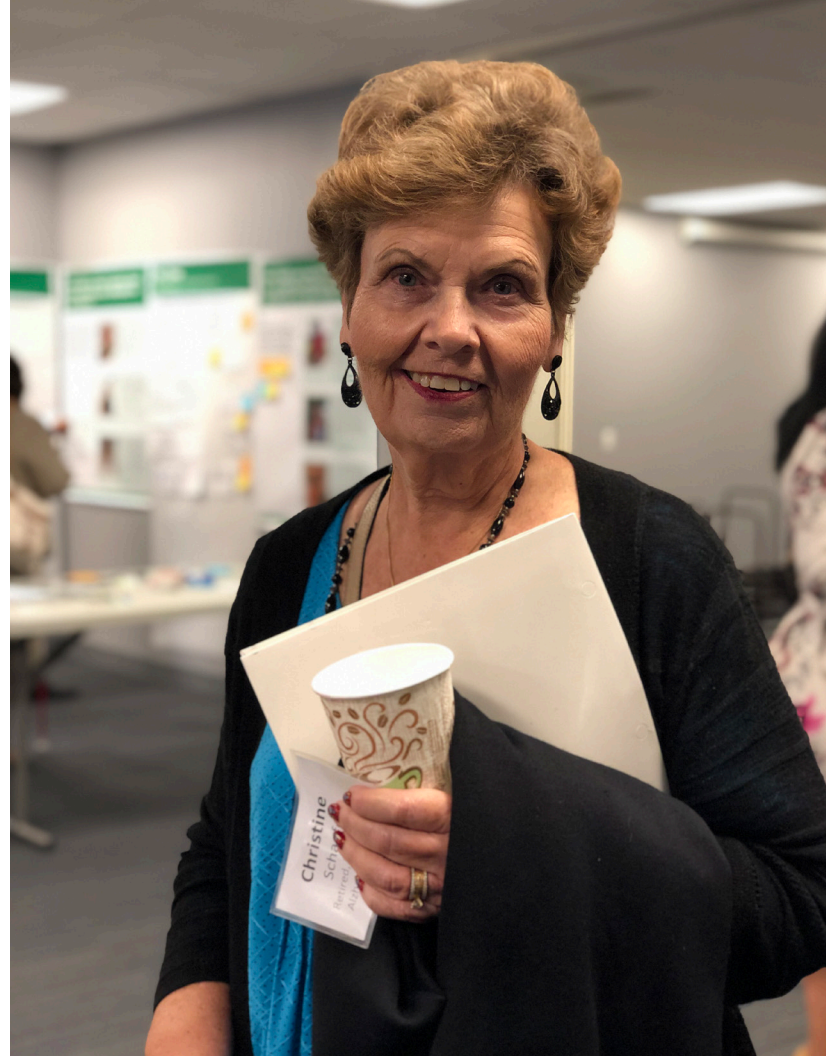
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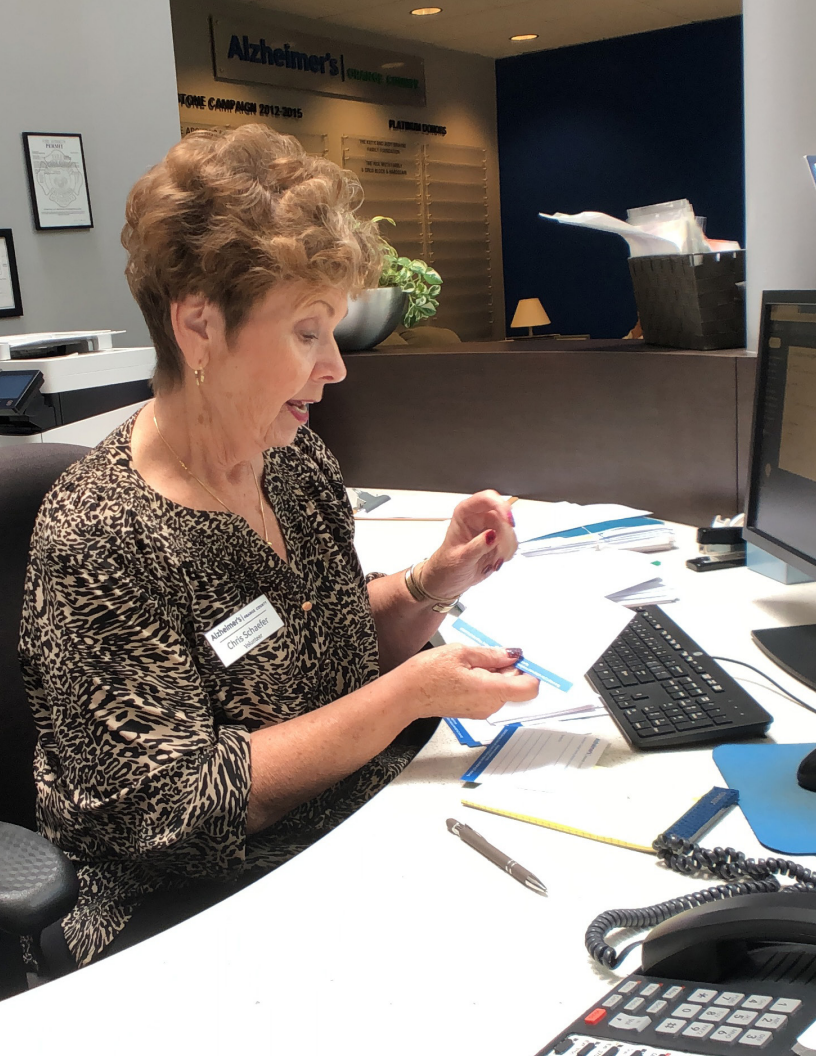
I'm just trying to keep myself independent. That's important for me. I have no children, no husband. I have friends, and I have family, but I want to take care of myself.”

Christine Schaefer

Orange County

Christine lives with her husband in Orange County, where she enjoys volunteering with the Alzheimer's Orange County and spending time with her large extended family. She strongly believes that older adults are undervalued in society today and wants to see this perception shift.





“

Christine: *It's not that we didn't think about getting older, but we didn't see ourselves doing it.*

Deborah: *I just think we didn't worry.*

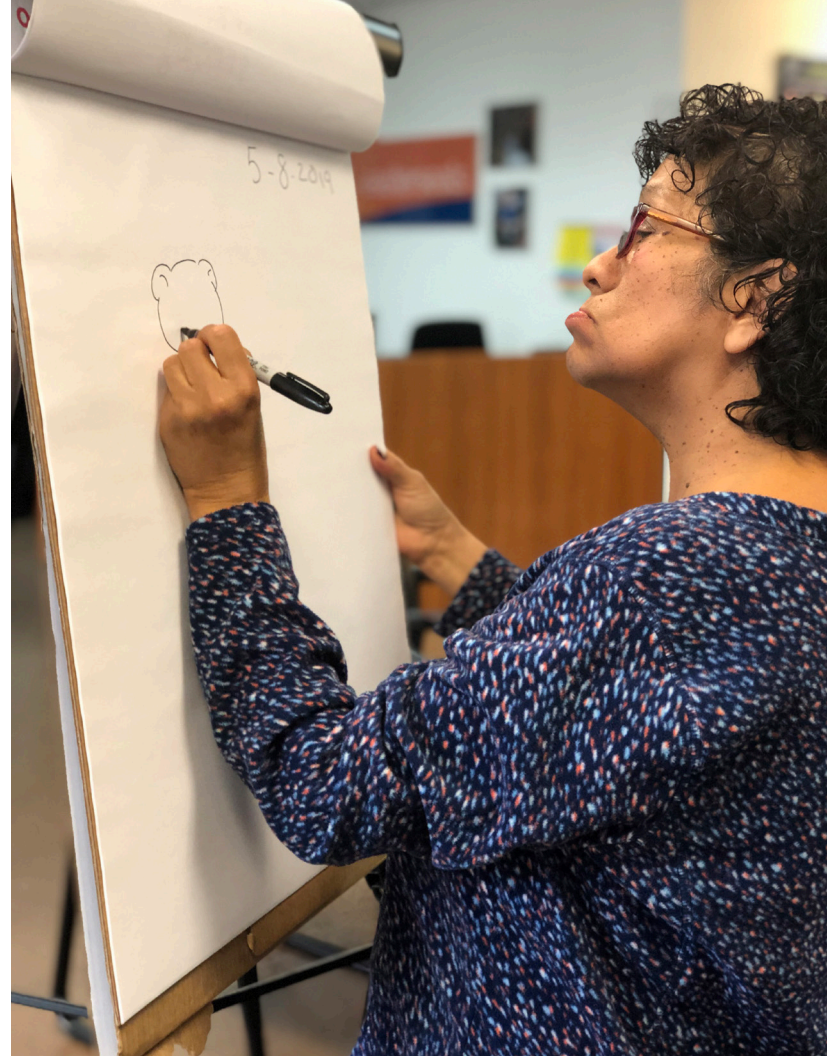
Christine: *Well, we didn't know.”*

— Christine Schaefer and Deborah Chaput

Barbara Vega

Orange County

Barbara lives with her brother in Orange County. Born with a developmental disability, Barbara receives a number of social services that provide support with her disability and allow her to lead an active lifestyle. She loves attending her local Easterseals daily, where she oversees lunch prep and teaches art classes.





“

So I'm a teacher for the art class [at Easterseals]. Well I enjoy doing, helping, you know. One time I got a job somewhere and then they took my SSI so I didn't want that. So I decided no, I'll just volunteer where I want to and come whenever.”