



SteppingStone

Your Path to Health and Independence

Licensed as North and South of Market Adult Day Health, Corporation

December 2010

Dear Friends,

Sometimes, it seems that regardless how much I plan, it often feels like it can all down to luck. I see this every day with the frail elderly that we serve at SteppingStone. There are no guarantees that any of us can control our aging process even with enough money, a healthy lifestyle, friends and family around us, or a stable home. As we age we simply are more vulnerable. Sadly, many aging San Francisco residents—a number that is increasing rapidly every year—are not so lucky. They live alone, have no primary caregiver, subsist on a very limited income, and are isolated from friends and from the community.

For those who aren't fortunate enough to have family, friends, or a caregiver, SteppingStone is a home away from home, and for many, we are the only "family" in their lives. With our nurturing, professional health care staff monitoring each individual's well-being, combined with a familiar community of friends, SteppingStone is a place that participants are eager to come to each day. And like a loved one, we notice when someone isn't looking well or is unstable and we see that they get the care they need, often preventing a health crisis or sudden hospitalization. It's the kind of care we all hope will be available to us should it be needed some day.

In the spirit of this season of giving, won't you please consider making your most generous tax-deductible contribution to support SteppingStone's efforts to provide compassionate and comprehensive care to hundreds of San Francisco's frail seniors and disabled adults?

Just last week, the nurses at our Mission Creek Center noticed that Mrs. Bautista looked pale and her energy was unusually low. Quickly our social worker stepped in to set up an appointment for her to be seen by her doctor the next day. A blood test revealed that she had a previously undetected blood disease and with medication she can be treated. That same day our occupational therapist was instrumental in getting Mr. Yang an eye exam because she noticed he was having difficulty with depth perception while doing his exercises in the gym.

Without the compassionate care that our more than 350 participants like Mrs. Bautista and Mr. Yang receive at SteppingStone, it is likely that their health would continue to decline until which time they could no longer manage to live independently.

(over, please)

www.steppingstonehealth.org

ESTABLISHED IN 1984

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Mission Creek Center**
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Golden Gate Center
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Mabini Center
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San Francisco, CA 94107
TEL: (415) 882-7301
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Presentation Center
301 Ellis Street
San Francisco, CA 94102
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SteppingStone not only provides compassionate and comprehensive care to our participants, but we also provide critically important respite for family caregivers. Before enrolling her mother, Mrs. Sanders at SteppingStone, Valerie R. had missed several days at work due to the responsibilities she had for caring for her mother. Her siblings lived out of state so Valerie shouldered all of the responsibility for overseeing mom's day-to-day care. In addition to caring for her mom, Valerie also had a family of her own-- a husband who travelled often for work, and three children still at home.

" I had become so overwhelmed and stressed out. I was trying to do the best I could but no one was getting the level of attention they needed. I had many sleepless nights trying to figure out how I could possibly make it through another day let alone another week...SteppingStone offered an affordable, quality care solution. Best of all, my mom loves going to the Center, she has made many friends, and her health has improved. I have the confidence in knowing that she is being well cared for and happy. SteppingStone has given me peace of mind and you can't put a price tag on that!"

Despite the very difficult economy which has resulted in a reduction in donations, and persistent threats from the Governor and members of the Legislature to eliminate ADHC benefits for MediCal recipients; cutback the number of eligible service days; and delay payment to us for our services; we have, with hard work and dedication, sustained full enrollment at each of our four ADHC centers. We now have a growing waiting list to respond to the growing community need for adult day health services.

Without financial support from individuals like you, our programs' long-term viability will continue to be in jeopardy. With you by our side, we will continue to provide critical, comprehensive, and compassionate healthcare and socialization services to San Franciscans who need our help. In 2010 alone, SteppingStone provided more than 50,000 service days!

Please help us reach our year-end fundraising goal of \$25,000 by making your most generous tax-deductible contribution today.

From all of us at SteppingStone, thank you for helping us provide compassionate and comprehensive care for San Francisco seniors who need our support.

Best regards,



Moli Steinert
Executive Director

P.S. To read more stories about our participants, please visit our website at <http://steppingstonehealth.org/Participants.html>. To see first-hand the impact that your donation is making, please feel free to contact me to schedule a time to tour one or more of our Centers. I can be reached at molisteinert@steppingstonehealth.org or by phone at 415-974-6784, ext. 25.