

creativity  
compassion  
community

2023

annual report



HEARTS & MINDS  
ACTIVITY CENTER



# message from our president and CEO

Dear Friends,

This past year Hearts & Minds has been privileged to have been chosen to be one of 7 organizations in California to participate in Cal-COMPASS, a program with the California Department of Aging that is fostering emerging and innovative services for persons with dementia and their caregivers.

Hearts & Minds is focusing on goals to increase services in underrepresented communities, expand services for persons who are newly diagnosed, increase caregiver support and education, and communication.

Hearts & Minds participates in the Cal-COMPASS learning and advisory community which is developing a guide for best practices for dementia care. We have also been working with our local council on aging, Sourcewise, to expand intergenerational services at the Center, with a focus on health and nutrition education and activities designed for youth and seniors.

There is a growing recognition that services for persons living with dementia and their caregivers need to expand to serve more individuals as well as develop more depth in serving the diversity of all persons in our community.

Hearts & Minds has been addressing these issues and, through the funding and efforts of Cal-COMPASS, we have been able to increase resources and efforts to achieve our goals and ensure that Hearts & Minds is a center for all families living with dementia in Santa Clara County.



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*In Memorium*

*“**Hearts and Minds** is the one thing that makes my Dad happy. It gives him **quality of life**, something to look forward to and place where he feels **valued**.”*

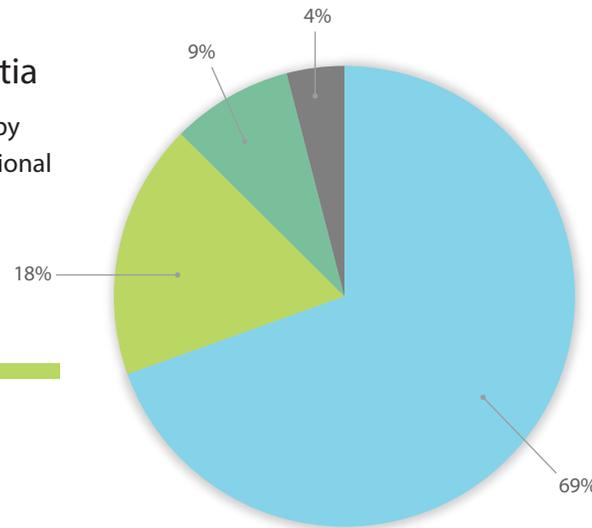
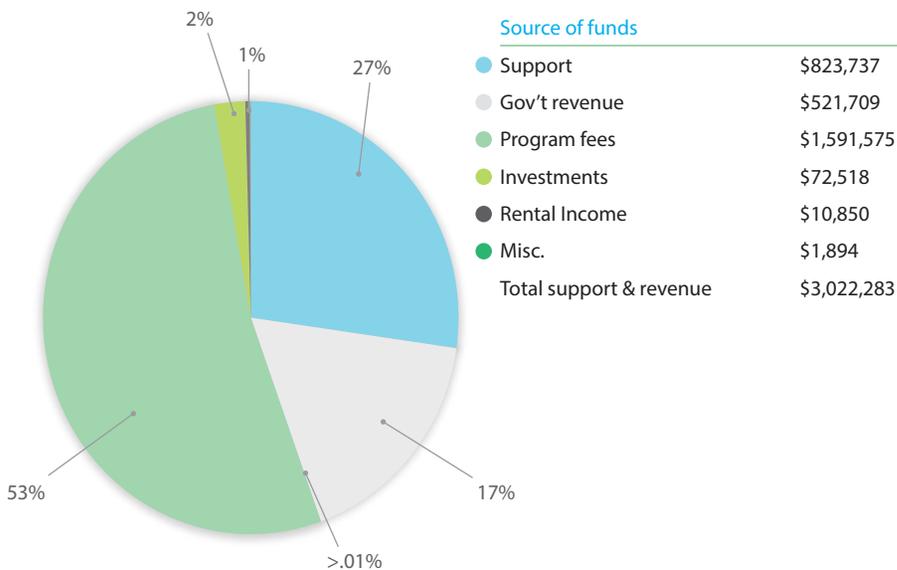
*R. B, Daughter*

# dedicated to our participants

## Dedicated to the Hearts & Minds of those living with Dementia

Hearts & Minds Activity Center's mission is to enrich the lives of individuals affected by Alzheimer's disease and related conditions by providing safe, nurturing intergenerational services and a rich network of support.

### End of Year Financials:



#### Use of funds

Adult Day Program	\$1,939,638
Childcare Center	\$500,295
Management & general	\$237,577
Fundraising	\$112,657
<b>Total expenses</b>	<b>\$2,790,167</b>

#### Statement of financial position

	2023	2022
Assets	4,773,080	4,277,390
Liabilities	279,318	152,356
Net assets	4,493,762	4,154,165

*"I appreciate all staff at Heart & Minds Activity Center. I can go to work and **not have to worry** about my mother. I trust all the staff at H&M to **take good care** of my mother. Thank you very much!"*

L.T, Daughter



# enriching daily life



## Participant & Caregivers

Meet M.H. and his wife, J.H.

For two years, J.H. and M.H. have been active attendees at Hearts & Minds; M.H. participating in our adult day care services and J.H. participating regularly in our caregiver support groups and training sessions.

When M.H. was first diagnosed with dementia, J.H. was thrown for a loop and needed guidance for this next stage of her and M.H.'s life. Hearts & Minds' caregiver training sessions helped J.H. get the information she needed about the disease to deal with specific dementia-related situations and the support groups remind J.H. that she is not alone in caring for a loved one with dementia, while also connecting her with other caregivers in sharing best practices and supporting each other.

J.H. is especially grateful for the weekend training sessions, which allow her to attend

and focus on herself while M.H. is being cared for in a safe environment by our adult day care staff. Having a better understanding of dementia and dementia care has eased J.H.'s anxiety, allowing her life to go on.

J.H. has also noted that Hearts & Minds helps M.H. maintain his personhood and personality despite having dementia. She believes that Hearts & Minds has helped slow the progression of M.H.'s dementia and give M.H. a routine and stable environment—a much needed constant in his life. This constant has provided him comfort as his dementia progresses.

## Caregiver Support

This past year, Hearts & Minds provided 676 hours of weekly and monthly support group services, 259 hours of caregiver training, and launched the Info Hub to provide connections to dementia specific community resources, events, services, and information.

*"Hearts & Minds was the **best** option for my mother, **prolonged her life** at least 3-4 years. Gave me the **ability to step away** and take care of other things."*

*L.S., Daughter*



# expanding awareness across generations

## Nurturing Young Minds

Hearts & Minds' childcare program uses a child-centered approach to prepare our students for kindergarten and beyond. Our childcare program serves children 2 to kindergarten in a safe, nurturing, and engaging environment where students can grow their communication and leadership skills and develop themselves socially, emotionally, and cognitively in our integrated learning program.

## Intergenerational Services

Hearts & Minds has the only on-site intergenerational program in Santa Clara County. Our childcare students participate in activities with our adult participants that are cognitively stimulating, such as arts and crafts, story time, music, and games. Through the intergenerational program, our childcare students learn empathy and compassion and important communication skills crucial for their development. Our adult participants always look forward to their visits from our childcare students and forming a special bond that enriches both of their lives.

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*"I like that my child has a chance to **socialize** and **communicate** with the elderly. It has helped my child **develop** a great sense of **respect**, **compassion**, and **empathy** towards others. I really love that this childcare center promotes this."*



*"The **Intergenerational** Program provides an **improved awareness** and **appreciation** for the **older generation**. I also noticed an improved comfort level and enjoyment when interacting with older generations outside of school."*

# our community

## Statistical Report

Hearts & Minds is committed to fostering a community with diversity and inclusivity for our participants, students, and families. Our participants and staff represent a wide range of backgrounds, ethnicities, and socio-economic status and our program goal is to serve individuals who reflect the diversity of Santa Clara County. Last year we hired an Outreach Coordinator who is making connections with all the communities of Santa Clara County to ensure that we are accessible to anyone who needs dementia care and support. This coming fiscal year, we will focus on increasing staff training, awareness, and resources for the LGBTQ+ community and persons with developmental disabilities.

*"This has been **life-changing** for my very social father. He enjoys the staff, other participants and is **surrounded by people and life** during his visits. Thank you very much!"*

*K.L, Daughter*

## Volunteer Reports

Hearts & Minds is very fortunate to have an amazing volunteer task force that supplement both our adult day care program and our childcare program. They provide meaningful assistance and socialization in our programs, forming a special bond with our participants. Our talented volunteers have niche skillsets that they generously share with us by providing entertainment, pet therapy, art therapy, music performances, and much more. Students from the Santa Clara University Arrupe Program continued to volunteer in our programs and enrich our activities. This fiscal year, Hearts & Minds had 70 volunteers, providing a total 1,191 volunteer hours, 36 hours of pet therapy, and 74 hours of music and art therapy sessions.



*"I'm so **grateful** for the Center. I know my dad is **well cared for** and I feel **cared about** as his caregiver too."*

*A.G, Son*



# moving forward

## Upcoming Projects

Hearts & Minds has several projects planned for this fiscal year to enhance our activities. In addition to our implementation of computer technology into our program activities, Hearts & Minds has purchased a 3D resin printer that would allow us to create activities that combine technology with art for fun and sensory stimulating activities. Staff and participants decide which designs to print and, once printed, participants will be able to paint their creations. Hearts & Minds has also purchased a ceramic kiln with plans to start ceramics classes on site in the Summit Building this fiscal year. Ceramics will provide our participants with an engaging way to experience art therapy and sensory stimulation. We are fortunate to have partnered with two volunteer groups who are painting murals in our front lobby hallway, Ruby Room, and the back fence in our yard to help beautify these spaces while also providing sensory stimulation.

## Technology Implementation

Hearts & Minds strives to incorporate technology solutions into our activities. This past year, we opened a computer lab in our Summit Building, furnished with 8 new desktop computers for our participants to use as well as a Nintendo Switch to implement new physical activities into our program, blending movement and technology. This has allowed our participants to engage in cognitive and socially stimulating games as well as participate in small group activities exploring travel and hobbies. Our participants enjoy playing sports games on the Nintendo Switch that allow them to physically mimic actual sports such as bowling, volleyball, badminton, golf, and tennis. The combination of technology and sports has created new ways participants can have multi-modal cognitive and physical stimulation, an important tool used to slow the progression of Alzheimer's Disease and dementias.



*"Thank you, Hearts & Minds Activity Center, for providing a **safe and engaging** place for my husband."*



celebrating forty years



*Save the Date*

For Hearts & Minds

*7<sup>th</sup>*

Annual Benefit Gala

*Individual Ticket:*

**\$150**

*Table Sponsor:*

**\$2000**

*Celebrating forty years of supporting our local community.*

Saturday, May 18th 2024

5:00 - 7:30 pm

2380 Enborg Lane, San Jose



# leaving a legacy

## Legacy Giving

You can create a legacy so your compassion and care for persons living with dementia can impact our community for generations to come.

Including Hearts & Minds as a beneficiary of your life insurance policy or annuities is one way for you to offer legacy support.

Gifts through wills and trusts or giving directly from your IRA are other ideas for continuing your support. Many gift options offer the benefit of tax savings.



# thank you to our donors

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*“Hearts & Minds Activity Center allowed her **innate social ability** to come back, which allowed a **better long term placement** with where she is now. **Much gratitude to Hearts & Minds Activity Center!**”*

We are proud to acknowledge the partnership and impact of the following contributors.  
Thank you for your support which makes it possible to serve our families and community!

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HEARTS & MINDS  
ACTIVITY CENTER

Hearts & Minds Activity Center  
(408) 279-7515 | [heartsandmindsactivitycenter.org](http://heartsandmindsactivitycenter.org) | [maria@hearts-minds.org](mailto:maria@hearts-minds.org)  
2380 Enborg Lane | San Jose, CA 95128