



# PHILIP JAISOHN Memorial Foundation

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## Friends Foundation Grant Proposal 2023

### Jaisohn Wellness Center

#### I. Executive Summary

The Philip Jaisohn Memorial Foundation (Jaisohn Center) respectfully requests \$15,000 to continue to develop a comprehensive care service model for the Asian American seniors at Advanced Living Communities (ALC) in Lansdale, PA. During the height of the pandemic, we witnessed much inequity in support for the Asian American seniors due to their language, cultural, technology and transportation barriers. In response, we established the Jaisohn Wellness Center inside a senior residence, ALC, at the end of 2021. Since then, we have been learning the seniors' needs and offering classes such as singing, ESL, mindfulness, line dance, technology training as well as preventive healthcare, mental health care and social services support. With the knowledge and trust we have gained, we want to further develop the services and establish a business model that can continue to support the seniors stay active and healthy physically, mentally, and emotionally as they adjust to the new pandemic life with all their barriers.

#### II. Project details

##### 1. What is the problem you have identified? Who will be served?

We plan to address the discrepancies in health and human services received by Asian American seniors due to their language, cultural, technology and transportation barriers by providing a combination of preventive healthcare, mental health counseling, education classes and social service support at the Advanced Living Communities in Lansdale where senior service providers are limited.

Asian American seniors experience many difficulties in their lives due to language and cultural barriers as immigrants. Unfortunately, the pandemic and its social distancing, lockdowns and Asian hate sentiments exacerbated those barriers and even revealed technology and transportation barriers as seniors avoid public transportation. The fear of catching COVID-19 and being victims of Asian hate had forced the seniors to be more homebound, which negatively affected their physical and mental health, feeling isolated and depressed. When the world went virtual after the pandemic, the Asian American seniors were left behind with less resources at hand because they did not know how to do telemedicine and could not receive social service via phone like the mainstream seniors due to their inability to read documents to seek help. Mental

health deteriorated but the seniors do not seek help due to the enormous stigma around mental health in the Asian community.

ALC has about 150 Korean and Chinese American seniors and they do not have much access to health and human services in the area. There are also seniors who are right above the threshold to receive Medicaid and do not qualify for services but unfortunately are not financially able to attend paid programs. Thus, we want to continue serving the seniors living at ALC and the surrounding area.

2. What is the solution you propose to address the problem?

The solution we have proposed and tested last year is providing the support the seniors need in a safe and convenient location that is comfortable for them. We have provided activity driven programs to prevent and to address early phase of mental health, keep seniors physically active, provide opportunity for socialization and provide social/navigation service support.

Since opening of the Jaisohn Wellness Center and offering various programs to the seniors, the registration more than tripled for all classes and we completed 2022 with 21 registrants for ESL class, 46 for singing class, 41 for line dance class and 12 for mindfulness class. We are offering health education classes and have equipped the space with stationary bike and other simple exercise equipments. We have helped 185 seniors through our social services office and offered 65 counseling sessions in 2022. We are also providing a safe space for the community to gather at Jaisohn Wellness Center for various meetings and events. We are off to a successful start where our senior participants even hosted an anniversary performance themselves showcasing their work in 2022 for their friends and family.

3. What actions will you take?

- We will continue to provide the services we currently offer.
  - Line Dance, ESL, Singing, Mindfulness classes
  - Counseling Sessions
  - Social Service support
  - Health Education classes
- We will further develop new programs like Jaisohn WELLNESS WALK for Physical and Mental Health and offer the program to other ethnic community seniors to start replicating the services.
- We will expand programs like technology training for seniors.
- We will offer new classes like art therapy class.
- We will continue to listen to the seniors and learn about their needs to meet them where they are.

4. Do you have other partners for implementation or funding?

We have strong partnership with the Advanced Living Communities, Montgomery County Korean Seniors Association, Korean Montgomery Presbyterian Church where we offer health

education classes and our 7 Asian American Coalition partner communities – Indian, Chinese, Korean, Filipino, Vietnamese, Bengali and Nepali. We have also developed good relationships with the Montgomery County office and the Montgomery County Senior Services office.

We have been awarded \$5.25 million dollars of ARPA funding from the Montgomery County to purchase a building so we can expand our services to support a larger Asian American community in Montgomery County. With the ARPA funding, we will establish Community Wellness Plaza and become a “one stop shop” for health and human services, a central hub of information and services connecting the county and service providers with the Asian American communities with service needs.

Currently, we have some funding from the VNA Foundation to continue developing our services at the Jaisohn Wellness Center and we will be applying for additional funding from VNA Foundation. HealthSpark Foundation has changed their funding strategy so we will be hiring a new part-time social service/navigation staff for other Asian language community with the HealthSpark funding. Thus, we will be seeking new funding sources to continue the work at Jaisohn Wellness Center.

5. How will you know your actions are having an impact?

When we sought funding from Friends Foundation and other grantors to start this work, our goal after one year was to secure a steady 20 participants. Our numbers show that we are beyond our initial goal and the feedback from the participants inform us that we are having a positive impact. Many seniors have shared verbally that they are joyful being part of a learning community and thankful for the offerings we provide.

Here are some anecdotal evidence that we are making an impact.

- Singing class, male participant informed us that he can breathe better after joining the singing class and learning to breathe with his diaphragm.
- Line dance class participants shared that their balance has improved since joining the class.
- A cancer patient told us that participation in the WELLNESS WALK in the fall has helped her circulation and foot problems after her surgery and she feels happy and excited to continue with the WELLNESS WALK.
- A male participant in late 70s with diabetes and chronic dizziness felt mentally safe to leave the house and go on Jaisohn WELLNESS WALK with a group of trusted peers. This gave him more confidence about being active and the family members are thrilled.

6. Brief statement of your organizations’ history and competence for this project.

Philip Jaisohn Memorial Foundation was established in 1975 as a non-profit 501(c)(3) organization, with a medical clinic to assist Korean immigrants with medical needs. Since then, Philip Jaisohn Memorial Foundation has expanded and now offers medical, home health care, home care, mental health counseling, social services, insurance services, as well as community programs to more than 10,000 people. Jaisohn is now the premier organization in the Greater

Philadelphia region including Philadelphia, Montgomery, Bucks and Delaware County areas that provides bilingual/bicultural healthcare and welfare support to Korean/Asian American (almost 90%) and African American (10%) senior adults.

### **III. Addressing DEI & FFA Values**

At Jaisohn Wellness Center, we are working with a vulnerable community that has truly experienced the inequity of our society during the pandemic and was the recipients of blatant hatred and violence. Through Jaisohn Wellness Center programs, we are closing the gap in services for our seniors who are challenged by their language, cultural and technology barriers. We are providing a safe space for them to gather, socialize and be active both physically and mentally which improves their emotional health.

The work that we are doing at the Jaisohn Wellness Center aligns with the Friends Foundation's values of Integration of Services (Programs), Collaboration, Service to Diverse Populations and Potential to Create Change. Jaisohn is known for providing a full range of medical, mental health counseling and human service programs. By establishing a combination of integrated programs/services, we are preventing serious physical and mental health issues for the seniors we serve. Our language and cultural experiences plus our resources enable us to provide services for vulnerable minority seniors in the Montgomery County area who cannot be served by the mainstream service providers. At some point, we hope to expand some of our healthcare services for the majority low income white/non-white senior population as well. This service strategy will improve the health and safety of our seniors from the pandemic and Asian hate exposures.

### **IV. Budget**

Our budget is at about \$120,600. We have existing funding from VNA Foundation and will be seeking additional funding for this new year. The remaining costs will need to be covered by Montgomery County and Jaisohn Center if we pursue a full scope staffing/programs; however, we will pursue these scopes in stages to minimize negative financial impact.

## Budget for 2023 Friends Foundation Grant Application

Jaisohn Wellness Center

### EXPENSES:

Items	Unit Cost	Period	Subtotal (\$)	Narrative #
Rent	\$1,200/mo	12 Months	\$ 14,400	1
Admin Assistant	\$13/hr	3days/wk, 12 mos	\$ 16,224	2
Counseling Manager	\$35/hr	1 day/wk, 12 mos	\$ 14,560	3
Social Service/Navigation	\$13/hr	2days/wk, 12 mos	\$ 10,816	4
Instructors	\$35/hr	2days/wk, 9.5 mos	\$ 21,000	5
Program/Event Costs	\$2,000/event	5 events	\$ 10,000	6
Meal Costs	\$12/meal, 30 people	2 days/week	\$ 28,800	7
Travel Costs	\$150/month	12 Months	\$ 1,800	8
Phone & Utility Costs	\$150/month	12 Months	\$ 1,800	9
Office Expense	\$100/month	12 Months	\$ 1,200	10
<b>Total:</b>			<b>\$ 120,600</b>	

### REVENUES:

VNA Foundation			\$ 25,000	11
Friends Foundation for the Aging			\$ 15,000	
Sarah Ralston Foundation			\$ 30,000	12
MontCo Senior Services			\$ 28,800	13
Philip Jaisohn			\$ 21,800	14
<b>Total:</b>			<b>\$ 120,600</b>	

1. Space rental at the Advanced Living Communities for our staff and services for 12-month period will be \$14,400.

2. Administrative assistant will provide daily office and programmatic support.

3. Our counseling manager will plan and oversee the services and activities at JWC.

4. Our social service staff will provide social service and navigation services.

5. We will hire 5 instructors to teach various courses for 3 hours per week for 40 weeks during the 12 months.

6. We will host various events throughout the year.

7. We want to provide meals 2 days a week but hope to partner with an entity like Montgomery County Senior Services.

8. Travel costs will be used to cover any travel expenses for staff, instructors and/or guest speakers.

9. Phone and utility cost will be used for the office landline and any other utility expenses we may incur.

10. Office Expense will cover various office supply needs.

11. VNA Foundation is highly supportive of our work at Jaisohn Wellness Center.

12. Sarah Ralston Foundation grant for general operating funds will be pursued.

13. Meal plan program will be dependent on receiving support from Montgomery County Senior Services.

14. Jaisohn board has already approved this spending plan to support the growth of Jaisohn Wellness Center.