

# CFI

 **Project Access**  
Resource Centers  
Education. Engagement. Empowerment.

## 2016 OWNER ANNUAL REPORT

**SERVING RESIDENTS IN**  
▪ SORRENTO TOWER ▪

**100%**

of residents would recommend Project Access Resource Center's services to neighbors

**100%**

of residents reported that Project Access Resource Center staff was helpful

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## 164 RESIDENTS

served with health, education, and employment services



## 2,256 UNITS OF SERVICE PROVIDED



**\$19,057**

In-Kind Gifts Received

**\$104**

Grant Funding Received



## HEALTH

**Goal:** Provide education to increase knowledge of proper nutrition, preventative services, and access to health resources to improve residents' health.

**114**

residents participated in health education programs such as preventative screenings (i.e. glucose, blood pressure), health fairs, exercise classes, nutrition and food distribution programs

**45**

residents combated obesity by participating in nutrition and exercise programs

**23**

residents were connected to local community health clinics and received preventative services such as blood pressure and glucose screenings to prevent emergency care

**81%**

residents reported that health workshops, screenings, nutrition classes and referrals increased healthy behaviors in their family



## OTHER HIGHLIGHTS

Our residents received a multitude of health screenings to help prevent emergency care. They received **audible, dental, BMI, and blood pressure** screenings for free!

In 2016, our residents were encouraged to participate in field trips to increase neighborly interaction and experience outdoor activities. Our residents visited **Clairemont Library** as part of our reading program and **Rite Aide** for free health screenings.

## COMMUNITY PARTNERS & PROVIDERS

- Audible Hearing Center
- SAY San Diego
- San Diego Public Library
- SCAN Health
- Clairemont Library
- San Diego Humane Society
- San Diego Project Heart Beat
- St. Pauls Place



# VOLUNTEERS MAKING AN IMPACT

**60** people volunteered and donated **359** hours of their time, a value estimated at **\$23.56** per hour for a grand total of **\$8,464!**



## INDEPENDENT LIVING FOR SENIORS

**Goal:** To decrease social isolation and improve their quality of life to help keep the residents living independently.

- 141** seniors participated in socialization and transportation programs
- 89%** of seniors reported an improved sense of community
- 81%** of seniors reported increased health behaviors



## TECHNOLOGY

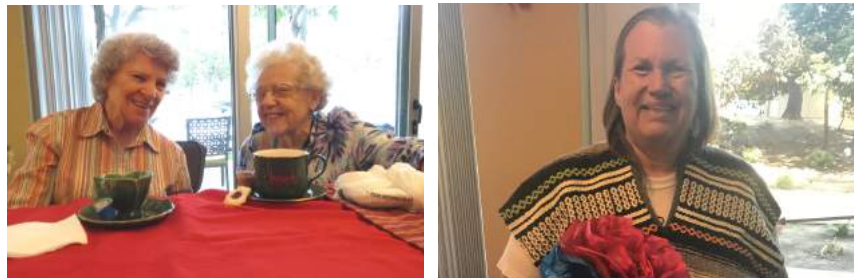
**Goal:** Narrow the digital divide and increase residents' access to technology.

- 61** adults and youth accessed technology through Project Access computer labs or participating in computer classes
- 33%** residents reported that Project Access computer labs have improved their access to information such as job opportunities, health resources and social connections

## CAPACITY BUILDING FOR ADULTS

**Goal:** Assist residents to attain or retain employment; gain skills to increase earning potential; and improve knowledge on saving money, reducing debt and building financial assets.

- 25** residents received employment readiness, financial literacy, parenting programs, and English learning assistance





# COMMUNITY-BUILDING EVENTS & INFORMATION REFERRAL SERVICES

121

residents participated in community- building events to build social capital

180

residents received a referral to an off-site service; **467** different referrals were made in total

89%

residents indicated that services helped them form strong relationships with their neighbors

## RECONNECTING FAMILIES

Jess is an active participant at our Sorrento Tower Resource Center. He is often seen volunteering - helping to set-up decorations during the holidays, playing movies for residents in the media room, and often hosts bingo nights at the Center to encourage resident participation.

Although an active member of the community, Jess found himself disconnected from his family. Not having access to a phone or computer at home made it difficult for Jess to communicate with his family in Arkansas. With the support of Project Access, we were able to enroll Jess in a government program that gave him a free lifeline smartphone.

After participating in a 5 week course on the basics of using a computer and smartphone, Jess now had the tools he needed to connect with his family. Today, Jess is able to message, skype, and email. With these new skills, Jess was able to reconnect with his son, daughter and granddaughter who he had not seen for years. This past year, Jess scheduled a vacation to Arkansas where he was able to see his family for the first time in over 4 years. "Without Project Access, I wouldn't have had the opportunity to reconnect with my family and to see my granddaughter, I am truly thankful for the Center and their support in making this happen."



**MEET JESS!**  
AGE 65



## THANK YOU!

Project Access delivers resident services onsite at Family and Senior Resource centers located in housing communities. Providing services where people live enables Project Access staff to target the specific needs within the community and eliminates traditional barriers to services, such as transportation. The programs and services provided at the Resource Centers are critical for residents, allowing them to not only find and utilize available resources, but also access the support needed to become more self-sufficient. In 2016, Project Access served 61 communities in California, Arizona, Colorado, and Georgia. Thank you for choosing Project Access to provide services to your residents!