I DID SOMETHING GOOD TODAY
FOUNDATION

An Overview of Our Program
ABOUT THE FOUNDATION

The I Did Something Good Today Foundation (IDSGT Foundation) is a 501(c)(3) public charity and was founded in 2018 to address the needs of the senior population within Los Angeles County who are facing social isolation.

Human beings are naturally social and connection to others is vital to their well-being. However, as we age, we tend to become less social and spend more time alone which can lead to social isolation and loneliness. Related issues such as a decline in cognitive ability, heart disease, and depression can also arise as a result of becoming less social.

The IDSGT Foundation creates programs that assist in alleviating social isolation within the senior population and currently has three programs; Adopt-a-Grandparent, GoldenTALK, and T.A.Y.’s and Grays.

**Adopt-a-Grandparent** matches seniors with caring volunteers who commit to calling their grandparents two to three times a week and participate in an outing with them once per month. Our outings consist of going to jazz concerts, plays, sporting events, philharmonic, restaurants and more.

**GoldenTALK** is a chat and crisis line for seniors who are 60 years of age and older that operates 24 hours a day / 365 days a year. GoldenTALK assists seniors facing social isolation through warm conversations and providing referrals in the event of a crisis.

**Tays and Grays** is an intergenerational program that bridges the gap between seniors who feel a lack of purpose with young adults who have lacked a parental figure and could benefit greatly from having such a figure in their lives.
OUR WORKING MODEL

The IDSGT Foundation operates on a volunteer working model and uses a community organizing approach.

In keeping with the organization's motto "Community uplifting Community", taking the approach of community organizing assists in profound change and community awareness. This, in turn, creates a high volunteerism rate, community involvement, and awareness.

Volunteer Screening

Due to the vulnerability of the senior population, volunteers are thoroughly screened and must successfully pass a background check. Volunteers must attend and successfully complete a one-week training course prior to being matched to any of our programs.
Effects of Social Isolation

What is Social Isolation?
According to Wikipedia, social isolation is a state of complete or near-complete lack of contact between an individual and society.

8 Social Isolation Facts

- Senior isolation increases the risk of mortality.
- Feelings of loneliness can negatively affect both physical and mental health.
- LGBTQ+ seniors are much more likely to be socially isolated.
- Perceived loneliness contributes to cognitive decline and risk of dementia and Alzheimer’s disease.
- Social isolation makes seniors more vulnerable to elder abuse.
- Social isolation in seniors is linked to long-term illness.
- Loneliness in seniors is a major risk factor for depression.
- Loss of a spouse is a major risk factor for loneliness and isolation.

Rising Number of Seniors

The census predicts that the number of Californians aged 65 and older is anticipated to climb by 2.1 million by 2026.

One in Six

Seniors face barriers that isolate them from their peers and community.
Strategic Planning Task Force

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