Mission
To provide seamless delivery of services to Pittsburgh’s older adults, providing support to live as independently as possible.

AgeWell at the JCC
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AgeWell at the JCC, a nationally accredited Senior Center program, is part of a unique partnership of AgeWell Pittsburgh. AgeWell Pittsburgh is a decade-old collaborative program of the Jewish Association on Aging, Jewish Community Center of Greater Pittsburgh and Jewish Family & Children’s Service, serving more than 8,000 older adult clients, with one-third of clients falling below the national poverty level. The goal of the collaboration is to provide seamless delivery of services to Pittsburgh’s older adults, providing support to live as independently as possible. AgeWell Pittsburgh offers a one-stop resource that links older adults, their family members, friends and caregivers to solutions for issues related to aging to maximize health and independence for older adults.
New Innovative Program Offerings

Care Shared
Care Shared is a collaboration between AgeWell Pittsburgh, Family Services of Western PA and the Community College of Allegheny County. It is funded by United Way of Southwestern PA and the Jefferson Regional Foundation to provide respite care to caregivers of older adults, so that they can have some much needed time off. This funds and supports students in a Work Study program who provide friendly home visits to older adults (Hosts) who are 60 years of age or older.

The Care Shared program strives to keep older adults connected to our community, interacting with kind and helpful people in their own home, while also supporting caregivers by giving them a weekly break that they can depend on, to go out of the home, socialize or to have time to themselves. Care Shared student respite workers offer weekly home visits for 3 hours each time, free to the Host family.

AgeWell Pittsburgh was paired with CCAC Allegheny Campus, AgeWell at the JCC serving as the employer of record for the students inclusive of onboarding and placement, working with the AgeWell Visits program offered through Jewish Family & Children’s Service.

This two-year program, slated to begin Fall, 2016 targets employment of 10 students/10 families per semester. The intent of this pilot is to use available resources and relationships to create a one-of-a-kind model based on our region’s unique needs and assets. This model will use federal work-study funds to pay students for their work, strengthening the program from sustainability as well as from a workforce development perspective.

Tablet Cafe
AgeWell at the JCC received an innovative grant from Allegheny County, Department of Human Services, Area Agency on Aging to create a learning and social environment that would attract Baby Boomers and Seniors looking for supports to help them successfully navigate and increase their comfort with computer technology by creating a Tablet Cafe. Through the use of AARP’s RealPad, and the incorporation of SeniorNet Learning Center curriculum, older adults were able to communicate with family and friends, as well as educate themselves on pertinent topics. This program served over 80 adults.

MindMatters
AgeWell at the JCC, was invited to participate in this new program, offered through the Pennsylvania Department of Aging and Central PA PBS Station WYTF. This educational program consisted of presentations by academics and lecturers on subjects via webcast from across the Commonwealth with group discussion following the presentation. This year-long, monthly program drew an average of 50 older adults.

MusicianFest
The National Council on Aging, in partnership with the Music Performance Trust Fund, invited a select group of Senior Centers from across the nation to participate in this new program opportunity. The program brings live music to older adults through a local partnership with the local Musician’s Union. Eight performances were scheduled, attracting over 200 older adults.

AgeWell at the JCC serves as a Senior Center Community Focal Point • Funded in part through Allegheny County, Department of Human Services, and Area Agency on Aging • Provided over 30,000 kosher congregate meals • Boasts one of the largest SilverSneakers® (Healthways) destinations in the country with over 2,100 registered participants (Squirrel Hill) • Program and services attendance averaged 38,000 with an average daily participation of 154 older adults. • Offered the Silver&Fit® program (American Specialty Health) which is growing in numbers since January 2015 with over 900 registered participants (Squirrel Hill) • Provided over 900 information and assistance referrals • Offered volunteer opportunities to older adults culminating in over 3,500 hours • Offered an array of health, wellness and fitness programs that serviced over 8,000 older adults

Program Highlights
Along with its collaborative partners, AgeWell at the JCC prides itself on best practices, innovations, new initiatives and community engagement.

Health and Wellness Programs
The following health and wellness evidence-based and/or evidence-informed programs were introduced to participants over the course of the year:

HomeMeds Medication Assurance Program (Partners in Care Foundation)
AgeWell at the JCC received a pilot grant from Allegheny County, Department of Human Services, Area Agency on Aging, to implement the HomeMeds program into three additional Community Senior Centers—Hill House, Vintage and Riverview—over a 3-month period. The AgeWell Pittsburgh Nurse, as well as a Consultant Pharmacist, were deployed to manage and resolve all negative alerts that were generated through the assessments inclusive of correspondence with family members and Primary Care Physicians. Over 70 registered participants between the three sites (inclusive of the JCC) achieved an overall graduation/program completion rate of 70%.

Better Choices Better Health (Chronic Disease Self-Management Stanford University)
AgeWell at the JCC participated in the Better Choices Better Health, Chronic Disease Self-Management program offered through Vintage Senior Center. This program targets older adults with ongoing health conditions such as diabetes, arthritis, high blood pressure, heart disease, anxiety or any other chronic condition utilizing trained volunteer leaders. Leaders work with participants to provide strategies that afford older adults the opportunity to take charge of their chronic conditions and improve their quality of life. This six-week program was offered twice/year and served over 35 older adults.

Healthy Steps for Older Adults (PA Department of Aging)
AgeWell at the JCC participated in the Pennsylvania Department of Aging falls prevention program for adults 50 years of age and older. The program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide proven to improve health and well-being. In collaboration with the JCC’s Department of Jewish Life, the program is slated to begin Fall, 2016.

Aging Mastery Program: AMP (National Council on Aging)
AgeWell at the JCC received an innovative grant from Allegheny County, Department of Human Services, Area Agency on Aging to expand the Aging Mastery Program to two additional Community Senior Centers within Allegheny County: Riverview and Vintage. The AMP program aims to help millions of baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. A total of 80 registered participants between the three sites (inclusive of the JCC) achieved an overall graduation/program completion rate of 70%.

Jewish-Focused Aging Mastery Program: JAMP (National Council on Aging)
AgeWell at the JCC was selected to be among a sample group of JCCs (seven total) from across the country to pilot the Jewish-focused Aging Mastery Program. This program infuses Jewish spirituality and wisdom with actions to improve the healthy aging continuum.

Walk with Ease (Arthritis Foundation)
AgeWell at the JCC sought funding to support further implementation of this important initiative that promotes successful physical activity for people with arthritis, arthritis self-management and walking safely and comfortably.

Memory Training (UCLA Longevity Center)
The program combines trainer presentations with group discussions, memory checks and skill-building exercises and provides an innovative educational program for people with mild memory concerns. 29 participants attended this four-week course.

AgeWell at the JCC received national accreditation status through the National Council on Aging, which makes us one of two centers in Western PA to become nationally accredited.

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Partnerships and Engagement
AgeWell at the JCC prides itself on partnerships and community engagement. These include:

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