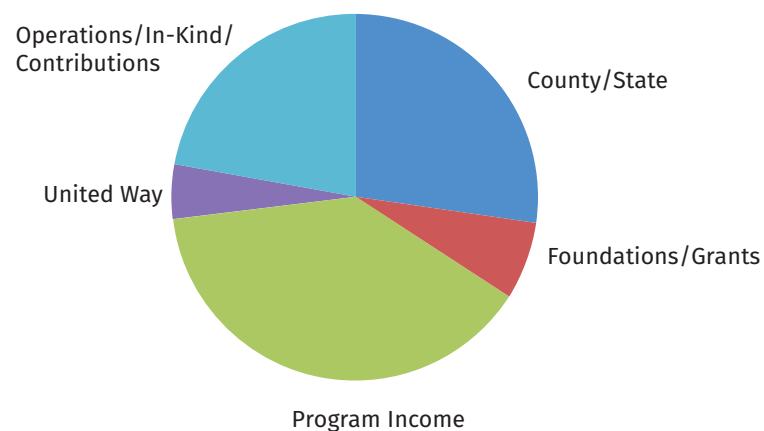


### AgeWell at the JCC Revenue



### AgeWell at the JCC's demographic profile in FY 16

<b>Gender</b>	<b>Age</b>
70% Female	10% ages 60-64
30% Male	36% ages 65-74
	30% ages 75-84
	22% ages 85+
<b>Nationality</b>	<b>Household Income</b>
89% Caucasian	21% of participants fell at or below the national poverty level
9% African-American	
2% Asian	

### Mission

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

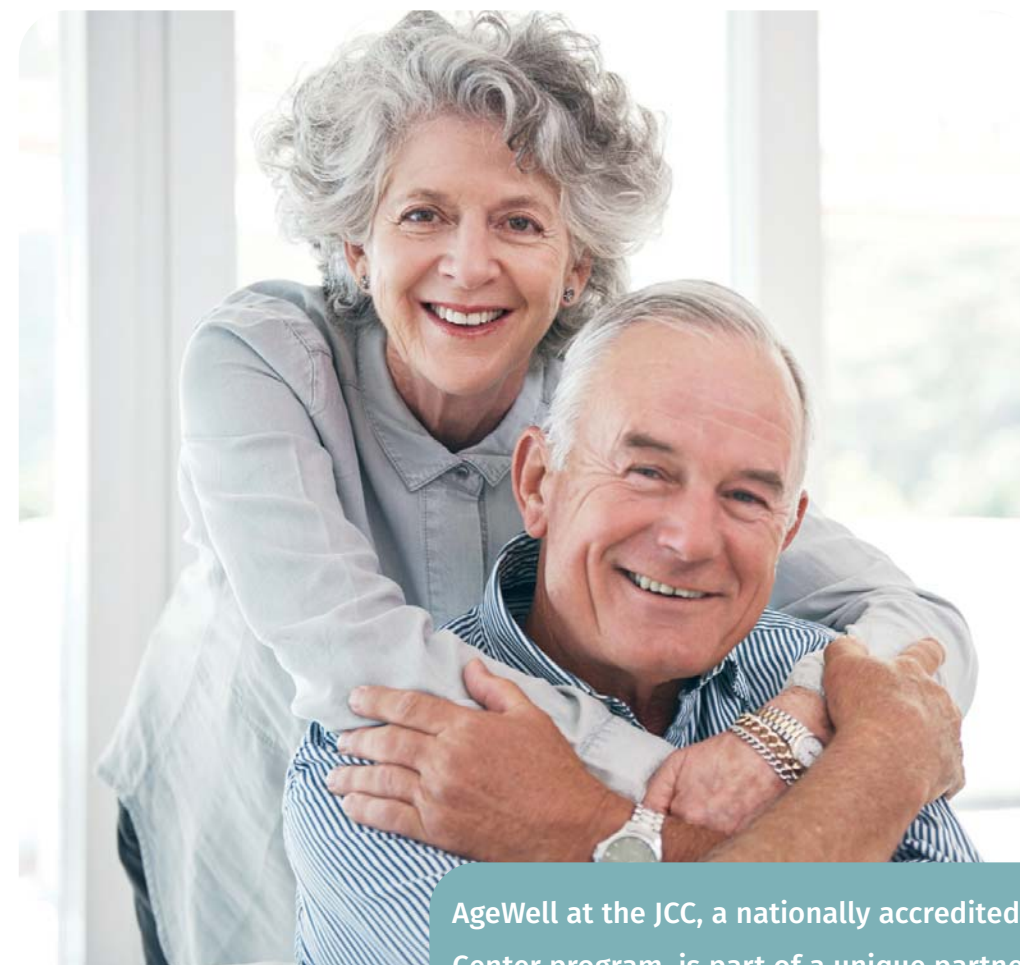
### AgeWell at the JCC

- Alexis Winsten Mancuso, Assistant Executive Director
- Sybil Lieberman, Department Director
- Sharon Feinman, Assistant Director
- Marsha Mullen, Program Coordinator for Healthy Aging
- Amy Gold, Information & Referral Specialist
- Darlene Cridlin, Program Coordinator
- Jeanne Ronschke, Program Coordinator
- Debbie Marcus, Program Coordinator
- Shelli Glanz, Program Associate

### Advisory Council Members

- JoAnne Berman
- Geri Coffey
- Nathan Cohen
- Lucretia Elson
- Joe Finkelppearl
- Faye Fischman
- Audrey Furcron, Chair
- Francine Gelernter
- Sarah Honig
- Loretta Kinger, Recording Secretary
- Sally Schweitzer
- Kathleen Short
- Carla Snow
- Arthur Solomon
- Vera Weiss

# Annual Report 2016



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.

## AgeWell at the JCC



Beneficiary Agency of Jewish Federation OF GREATER PITTSBURGH



United Way Impact Fund AWARD FOR EXCELLENCE

### Jewish Community Center of Greater Pittsburgh

Marc L. Brown, Chair of the Board  
 Carole S. Katz, Vice Chair and AgeWell at the JCC Representative  
 Brian Schreiber, President & CEO



## 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 has been 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's PBS Station WITF. 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 received national accreditation status through the National Council on Aging, which makes us one of two centers in Western PA to become nationally accredited.

### 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 adults received a HomeMeds Assessment.

#### 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)

This course 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.

#### 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 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.



#### 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 referrals and resources. This ½ day program was offered twice during the year.

#### Living Laboratory

AgeWell at the JCC also partners with the local universities by serving as a living laboratory for innovation and research designed to increase the body of professional knowledge related to the healthy aging continuum.