

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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Annual Report 2015



AgeWell at the JCC 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 7,000 older adult clients, with 49% 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.



Beneficiary Agency of
Jewish Federation
OF GREATER PITTSBURGH



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Jewish Community Center of Greater Pittsburgh

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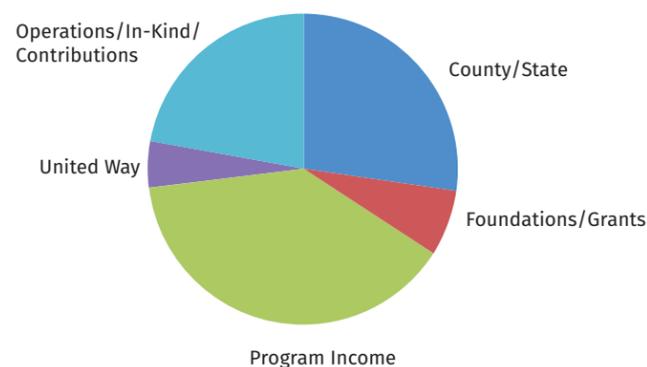
AgeWell
at the JCC



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 **5,000** registered participants
- Program and services attendance averaged **34,000** with an average daily participation of 134 older adults.
- Offered the Silver&Fit® program (American Specialty Health) which is growing in numbers since January 2015 with over **700** registered participants
- 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 **6,000** older adults
- Through a collaborative grant from Allegheny County, Department of Human Services, Area Agency on Aging, Partnered with Vintage Center to jointly apply for Senior Center Accreditation through the National Council on Aging, which would make both centers the first in Western PA to become nationally accredited

AgeWell at the JCC Revenue



AgeWell at the JCC's demographic profile in FY 15 consists of:

Gender		Age	
70% Female		2% ages 60-64	
30% Male		28% ages 65-74	
		36% ages 75-84	
Nationality		34% ages 85+	
89% Caucasian			
9% African-American		Household Income	
2% Asian		19% of participants fell at or below the national poverty level	

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 grant from the Pennsylvania Department of Aging to pilot this innovative approach to Medication Management in a Senior Center environment. Through a partnership with Duquesne University's Non-Profit Pharmacy, over 70 older adults received a HomeMeds assessment.

Walk with Ease (Arthritis Foundation)

With support from a community foundation, the Walk with Ease program was introduced to participants. The program promotes successful physical activity for people with arthritis, arthritis self-management and walking safely and comfortably. 23 participants attended this six-week program.

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. 26 participants attended this four-week course.

Aging Mastery Program (National Council on Aging)

AgeWell at the JCC was invited to participate in a pilot initiative, funded through the PA Department of Aging, managed through the National Council on Aging, and Philadelphia's Center in the Park Senior Center. This behavior change incentive program for aging

well is based upon a philosophy that modest lifestyle changes can produce big results and that people can be empowered and supported to cultivate health and longevity. Classes were offered over an eight-week period, serving over 38 participants.

Building Better Caregivers Stanford On-line Program (National Council on Aging)

This six-week on-line workshop is designed to meet the needs of those looking after someone with cognitive difficulties such as dementia, traumatic brain injury, post-traumatic stress disorder or memory loss. This on-line program attracted over a dozen participants.

Anniversary Milestones

Two long-standing, unique programs celebrated anniversary milestones:

- CheckMates—a peer led telephone reassurance program for older adults celebrated its 10th anniversary, serving over 200 homebound older adults through a dedicated team of over 40 volunteers.
- Elder Express—a transportation program designed to aid senior adults with their activities of daily living has been serving older adults in our community for 12 years with over 6,500 rides provided in 2015.

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.

