

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® (Tivity Health) destinations in the country with over 2,400 registered participants (Squirrel Hill)
- Program and services attendance averaged over 39,000 with an average daily participation of 159 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

AgeWell at the JCC's demographic profile in FY 17

Gender

70% Female
30% Male

Nationality

89% Caucasian
9% African-American
2% Asian

Age

10% ages 60-64
36% ages 65-74
30% ages 75-8
22% ages 85+

Household Income

21% of participants fell at or below the national poverty level

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 Associate
Debbie Marcus, Program Coordinator
Shelli Glanz, Program Associate

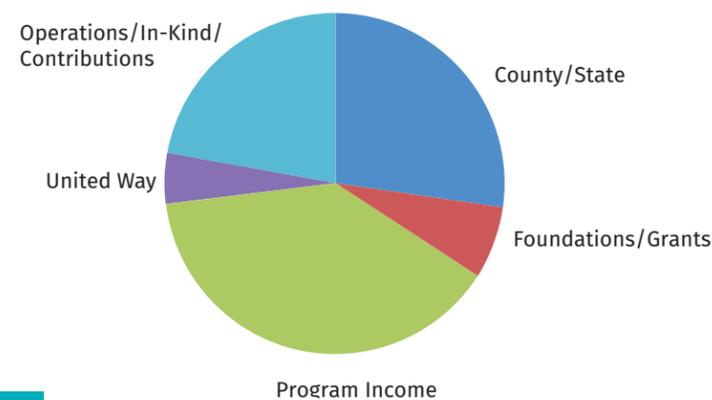
Advisory Council Members

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Nathan Cohen
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Faye Fischman
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Sarah Honig
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Annual Report 2017



AgeWell at the JCC Revenue



Jewish Community Center of Greater Pittsburgh
James S. Ruttenberg, Chair of the Board
Ina Gumberg, AgeWell at the JCC Board Representative
Brian Schreiber, President & CEO



AgeWell at the JCC, a nationally accredited Senior Center program, is part of a unique partnership of AgeWell Pittsburgh. AgeWell Pittsburgh is a 14-year-old collaborative program of the Jewish Association on Aging, Jewish Community Center of Greater Pittsburgh and Jewish Family & Children's Service, serving more than 10,000 older adult clients and their family caregivers. 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.

Program Highlights

AgeWell Pittsburgh Receives the Prestigious Lodestar Award

AgeWell Pittsburgh was selected as the grand prize winner of the 2017 Lodestar Foundation Collaboration Prize. This national prize was developed to "spotlight exceptional permanent models of collaboration among nonprofit organizations" in creative ways that better serve their communities. AgeWell Pittsburgh was selected from among some 350 applicants. AgeWell Pittsburgh, formed 14 years ago, is a joint effort of the Jewish Family & Children's Service, the Jewish Community Center of Greater Pittsburgh and the Jewish Association on Aging. It is a unique collaborative effort that supports seniors in our community, enabling them to remain independent for as long as possible.

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

Care Shared

Care Shared was a collaboration between AgeWell Pittsburgh, Family Services of Western PA and the Community College of Allegheny County. It was funded by United Way of Southwestern PA and the Jefferson Regional Foundation to provide respite care to caregivers of older adults, so that they could have some much needed time off. This program funded and supported students in a Work Study program who provided friendly home visits to older adults 60 years of age or older. The program concluded in June, 2017.



*Alexis Mancuso, Jennifer Baker and Sharon Feinman**

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. Six performances were scheduled, attracting over 180 older adults.

Tablet Cafe

The Tablet Cafe continues to attract participants for a wide variety of reasons. This program, with the support of senior adult volunteers, served over 100 adults. Participants use the Tablet Cafe to learn new skills, get their technical questions answered, educate themselves on pertinent topics via the Internet, connect with family members and socialize with fellow participants.

Programs for Active Adults

Program offerings have been developed to attract the younger seniors in the community. Through partnerships with Lively Pittsburgh and Lively Pittsburgh Again, participants have been able to kayak and hike around Pittsburgh. Programs include a wide variety of opportunities ranging from visiting museums, jewelry making, an informational seminar on the solar eclipse, wine tasting, Paint Monkey and Zen Doodling.

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.

Presentations

- *Alexis Winsten Mancuso, Assistant Executive Director of the JCC, Sharon Feinman, Assistant Director of AgeWell at the JCC and Jennifer Baker, Allegheny County Department of Human Services/ Area Agency on Aging Supervisor, Community Based and Entry Division, were part of a panel discussion and made a presentation on the HomeMeds Program at the AAA Health and Wellness Conference in State College, PA. (pictured above)
- Alexis Winsten Mancuso was part of a panel of presenters on the National Council on Aging's Aging Mastery Program at the American Society on Aging's Annual Conference in Chicago.
- Sybil Lieberman, Director of AgeWell at the JCC, participated in a summit on the future of the Aging Mastery Program at the National Institute of Senior Centers Conference in Chicago, IL.

Health and Wellness

The following health and wellness evidence-based and/or evidence-informed programs are offered at AgeWell at the JCC in the JCC-Squirrel Hill location, as well as the Community Extension sites: The JCC-South Hills and the West Homestead Apartments.

HomeMeds Medication Assurance Program (Partners in Care Foundation)

AgeWell at the JCC contracted with Allegheny County, Department of Human Services, Area Agency on Aging to administer the HomeMeds Medication Assurance Program as well as participate as a site. Five Community Senior Centers participated—Catholic Youth Association, LifeSpan, Eastern Area, Vintage and AgeWell at the JCC—over a six-month period. A consultant pharmacist was 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 300 adults received a HomeMeds Assessment.

Walk with Ease (Arthritis Foundation)

AgeWell at the JCC implemented 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. 31 participants attended this four-week course.

Aging Mastery Program: AMP (National Council on Aging)

AgeWell at the JCC expanded to include two new versions of AMP: Jewish-Focused AMP and Caregiver's AMP. The AMP Program aims to help older adults to improve their well-being, add stability to their lives and strengthen their ties to communities.

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 successfully completed in December 2016.

Caregiver's Aging Mastery Program

Caregiver's Aging Mastery Program is a 12-week course that "wraps around" the successful Aging Mastery Program (AMP). The program offers a pathway to reach and educate caregivers and care recipients about the impacts of caregiving and provide them with tools to stay healthier and happier in the caregiving journey. Caregiver's AMP was developed by the National Council on Aging (NCOA). AgeWell at the JCC is the only site working with NCOA to pilot this version of AMP. AgeWell at the JCC offered four sessions of Caregiver's AMP – two at the main site (JCC-Squirrel Hill) and two at our extension site (JCC-South Hills). The January 2017 session was held at the JCC-Squirrel Hill site with 23 participants. The February 2017 session was held at the JCC-South Hills with 15 participants. The spring sessions were held in April 2017 with

22 participants in the JCC-Squirrel Hill site and 18 participants in the JCC-South Hills site. 100% of the participants would recommend the program to another caregiver.

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 chronic health conditions such as diabetes, arthritis, high blood pressure, heart disease or anxiety. Trained volunteer leaders 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 30 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.