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 26,800 kosher congregate meals
- Boasts one of the largest SilverSneakers® (Tivity Health) destinations in the country with over 2,700 registered participants (Squirrel Hill)
- Program and services attendance averaged over 40,000 with an average daily participation of 161 older adults.
- Offered the SilverFit® program (American Specialty Health) which is growing in numbers since January 2015 with over 900 registered participants (Squirrel Hill)
- Provided over 950 information and assistance referrals
- Offered volunteer opportunities to older adults culminating in over 6,000 hours
- Offered an array of health, wellness and fitness programs that serviced over 12,000 older adults

AgeWell at the JCC’s demographic profile in FY 18

Gender
- 70% Female
- 30% Male

Nationality
- 88% Caucasian
- 6% African-American
- 4% Asian
- 2% Other

Age
- 12% ages 60-64
- 42% ages 65-74
- 28% ages 75-84
- 18% ages 85+

44% of AgeWell at the JCC members live alone

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 Muller, Program Coordinator for Healthy Aging
Amy Gold, Information & Referral Specialist
Darlene Cridlin, Program Coordinator
Michelle Hunter, Program Associate
Debbie Marcus, Program Coordinator
Shellie Glanz, Program Associate

Advisory Council
Members
JoAnne Berman
Geri Coffey
Nathan Cohen
Lucretia Elson
Joe Finkelpearl
Faye Fischman
Audrey Furcron, Chair
Francine Gelernter
Sarah Honig
Loretta Kinger, Recording Secretary
Jacqueline Richey
Sally Schweitzer
Kathleen Short
Carla Snow
Arthur Solomon
T. Andrew Vaulicisco
Vera Weiss

AgeWell at the JCC, a nationally accredited Senior Center program, is part of a unique partnership of AgeWell Pittsburgh. AgeWell Pittsburgh is a 15-year-old collaborative program of the Jewish Association on Aging, Jewish Community Center of Greater Pittsburgh and Jewish Family & Community Services, 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.
Life Skills and Education
MindMatters
This program, offered through the Pennsylvania Department of Aging and Central PAi PBS Station WITF, consists of presentations by academics and lecturers on subjects via webcast with group discussion following the presentation. This year-long, monthly program drew an average of 28 older adults.

Tablet Cafe
The Tablet Cafe served 119 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.

Ethical Wills
The Center for Loving Kindness and Civic Engagement, in partnership with AgeWell at the JCC, piloted the Ethical Wills program in the North Hills at Temple Ohev Shalom, at the South Hills JCC, and at the Squirrel Hill JCC, with 39 enthusiastic participants. Ethical wills, or legacy statements, are used to pass on deeply held values and beliefs to children and other family members.

Virtual Senior Academy
The Virtual Senior Academy (VSA) is a free program that connects adults age 50 or older in the Pittsburgh region through interactive online courses that are offered throughout the day. AgeWell at the JCC provides the space and technology at our Squirrel Hill location to offer VSA classes “in house” that are taking places at other locations. Some of the classes offered include “The Schenley Experiment Book Review” and “VSA Cooking Demo.”

Volunteerism
CheckMates
CheckMates, a program of AgeWell at the JCC, is a telephone reassurance program consisting of older adult volunteers making weekly phone calls to other older adults who may be isolated, homebound or lonely. Through our trained volunteers and social workers, we are able to connect those CheckMate recipients with additional support and community resources in order to help them remain independent and in their own homes. Through AgeWell Pittsburgh’s active participation in United Way of Southwestern Pennsylvania’s Open Your Heart to a Senior Program, CheckMates entered into an expansion in collaboration with the South Hills Interfaith Movement (SHIM). AgeWell Pittsburgh is providing SHIM technical assistance to guide and support the replication of the CheckMates program to a wider catchment area of underserved older adults.

Arts & Humanities
MusicianFest
The National Council on Aging, in partnership with the Music Performance Trust Fund, invited a select group of senior centers to participate in this new program, which brings live music to older adults through a partnership with the local musician’s union. Four performances were scheduled, attracting 94 older adults.

Art for a Cause
The Pittsburgh 10 is a group of regional artists brought together by Lila Hirsch Brody in 2015 to celebrate their friendship through exhibitions focusing on new work. The artwork was on display and for sale in the Robinson building from July through September. A portion of the proceeds went to the JCC’s Zola Hirsch Fund for Special Needs.

Health and Wellness
The following health and wellness evidence-based and/or evidence-informed programs are offered in the JCC Squirrel Hill location, as well as 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. Ten community senior centers participated—Eastern Area Adult Services, Plum Senior Community Center, Seton Center, Lutheran Service Society, Hill House Association, City of Pittsburgh CitiParks, Catholic Youth Association, LifeSpan, Vintage and AgeWell at the JCC—over a six-month period. A consultant pharmacist managed and resolved all negative alerts that were generated through the assessments, including correspondence with family members and primary care physicians. 137 adults received a HomeMeds Assessment.

Healthy Steps for Older Adults (Arthritis Foundation)
This program promotes successful physical activity for people with arthritis. One hundred % of participants reported they would recommend it to others.

Memory Training (UCLA Longevity Center)
This course combines hands-on 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.

Caregiver’s Aging Mastery Program (National Council on Aging)
Caregiver’s Aging Mastery Program is a 12-week course that educates caregivers and care recipients about the impact of caregiving and provides them with tools to stay healthier and happier in the caregiving journey. Caregiver’s AMP was developed by the National Council on Aging (NCOA).

Better Choices Better Health (Chronic Disease Self-Management Stanford University)
Better Choices Better Health, Chronic Disease Self-Management program, offered through Vintage Senior Center, targets older adults with chronic health conditions such as diabetes, arthritis, high blood pressure, heart disease or anxiety. Trained volunteer leaders provide strategies that help people take charge of their chronic conditions and improve their quality of life. This six-week program was offered twice during the year and served 52 older adults.

Healthy Steps for Older Adults (PA Department of Aging)
This Pennsylvania Department of Aging falls prevention program for adults 50 years of age and older is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources.

Staff Updates
Director Sybil Lieberman Retires
Sybil Lieberman, who worked in almost every department of the JCC over her 29-year tenure, retired at the end of August 2018. Sybil served as the department director of AgeWell at the JCC for the past 10 years where she helped grow the senior center into the nationally recognized and nationally accredited program it is today. Thank you for all your hard work, Sybil, we will miss you!

Sharon Feinman, MA, Promoted
Sharon Feinman was promoted to Division Director of AgeWell at the JCC at the end of August. Previously, Sharon was the Assistant Department Director and supervised community-wide expansion of evidenced-based and evidence-informed programs.

Darlene Cridlin, LCSW, Promoted
Darlene Cridlin was promoted to Department Director of AgeWell at the JCC at the end of August. Darlene is a licensed clinical social worker. Within the AgeWell at the JCC office, Darlene has overseen the accreditation of the program serving older adults.