

## 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 **26,700** kosher congregate meals
- Program and services attendance averaged over **40,000** with an average daily participation of 159 older adults.
- Provided over **950** information and assistance referrals
- Offered volunteer opportunities to older adults culminating in over **6,500** hours
- Offered an array of health, wellness and fitness programs that serviced over **12,000** older adults
- The number of older adults who stayed fit with programs through SilverSneakers® and Silver & Fit® grew to **8,363** individuals.
- Elder Express provided **5,020** rides this past year.

## AgeWell at the JCC's demographic profile in FY 18

### Gender

70% Female  
30% Male

### Nationality

80% Caucasian  
9% African-American  
7% Asian  
4% Other

### Age

10% ages 60-64  
37% ages 65-74  
27% ages 75-8  
26% 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  
Sharon Feinman, Division Director  
Darlene Cridlin, Department Director  
Marsha Mullen, Program Coordinator for Healthy Aging  
Amy Gold, Information & Referral Specialist  
Michelle Hunter, Program Coordinator  
Debbie Marcus, Program Coordinator  
Maddie Barnes, Program Coordinator

## Advisory Council Members

Audrey Furcron, President  
Loretta King, Recording Secretary  
Geri Coffey  
Nathan Cohen  
Francine Gelernter  
Jacqueline Richey  
Sally Schweitzer  
Carla Snow  
Sam Blackburn  
Robert Galardi

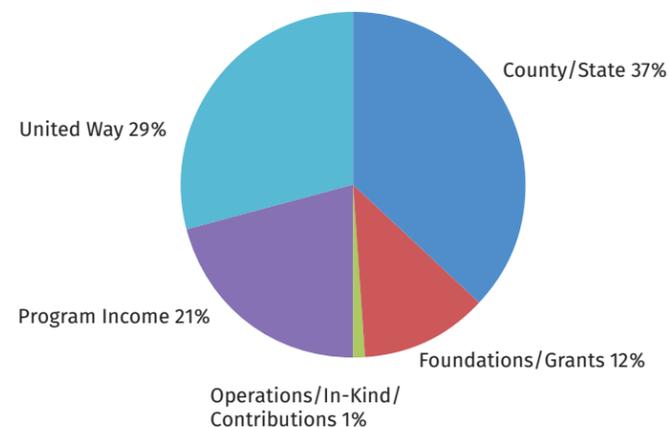
# Annual Report 2019



AgeWell at the JCC, a nationally accredited Senior Center program, is part of a unique partnership of AgeWell Pittsburgh. AgeWell Pittsburgh is a 16-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.

**AgeWell**  
at the JCC

### AgeWell at the JCC Revenue



Beneficiary Agency of  
Jewish Federation  
OF GREATER PITTSBURGH



United Way  
Impact Fund  
AWARD FOR  
EXCELLENCE

### 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

## Staff Updates

### Madeline Barnes, Program Coordinator



Madeline joined the AgeWell at the JCC staff as a Program Coordinator in September 2018. Prior to joining the AgeWell team, she completed an AmeriCorps service year program under the National Health Corps at the Greater Pittsburgh Community Food Bank. Madeline holds a Bachelor of Science Degree in Community Health from the University of Maryland. In her new role at the JCC, she will oversee the expansion of various programs for older adults, including the HomeMeds Medication Assurance program.

## Life Skills and Education

### MindMatters

This program, offered through the Pennsylvania Department of Aging and Central PA's PBS Station WITF, consisted of presentations by academics and lecturers on subjects via webcast with group discussion following the A popular session this year was on the topic of "the Bishops and the Synagogue of Rome."

### Tablet Cafe

The Tablet Cafe served 112 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.

### CCAC Aging-Life Enrichment/Education & Training

This program is funded through the Allegheny County Department of Human Services to provide Life Enrichment opportunities for adults age 60 and older to attend classes at community-based senior centers. Life Enrichment opportunities included classes about health and wellness;

nutrition education; consumer education and self-enrichment. Over 100 AgeWell at the JCC members attended classes with some topics including Arts & Crafts, Pittsburgh Trolleys, Digital Photography, Fashion Through the Ages, and numerous other topics.



## 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.

In April, at the Kimpton Hotel Monaco, downtown, Pat Battaglia was recognized at the United Way Fred Roger's Good Neighbor Awards ceremony. Pat was recognized for her 11+ years of dedication and commitment toward helping local seniors remain safe and independent in their own homes through weekly phone calls with the CheckMates program, an Open Your Heart to a Senior initiative through the United Way. Pat's weekly phone calls have made a difference in so many older adults' lives. Pat has developed some special bonds with the people that she calls and those bonds have extended to some of the recipients' adult children

or other family members. These family members have acknowledged how much Pat's phone calls mean to their loved ones.

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

### 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 August through September. Several of the artists gave weekly talks about their work. 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.

Nine community senior centers participated—Northern Area Multi-Service Center, Penn Hills Senior Service Center, Plum Senior Community Center, Seton Center, City of Pittsburgh CitiParks, Catholic Youth Association, LifeSpan, Vintage and AgeWell at the JCC—over a six-month period. A team of Giant Eagle pharmacists managed and resolved all negative alerts that were generated through the assessments, including correspondence with family members and primary care physicians. 279 adults received a HomeMeds Assessment. Through a grant from the Pittsburgh Foundation, AgeWell Pittsburgh and AgeWell at the JCC have provided an additional 310 HomeMeds assessments for older adults throughout Allegheny County, outside of the AAA contracted sites.

### WALK 15®

Walk 15® group classes, a 15-minute, big calorie-burning system, is designed with walking-based moves so that all fitness levels, all ages, all walks of life, can do it. In our inaugural year of providing this program we served 42 participants!

### 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. 25 participants attended this four-week course.



### 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 25 older adults.

### Allegheny County Senior Resource Fair

AgeWell Pittsburgh participants attended the first annual Allegheny County Senior Resource Fair at Boyce Park on 5/15/2019. AgeWell at the JCC staff attended to promote AgeWell Pittsburgh, and participants had the opportunity to learn more about programs and events happening all over the county. AgeWell at the JCC had 23 participants in attendance and the JCC choral group performed at this inaugural event.

### Pirates Charities CARE-a-van visit the JCC

Pittsburgh Pirates Nick Kingham, Kevin Kramer, Kevin Newman along with coaches Kimera Bartee and Tom Prince stopped by the JCC and the J Cafe Congregate Lunch to meet and mingle along with actually serving lunch! The annual Winter CARE-a-van was presented by the Pirates in partnership with Pirates Charities, the philanthropic arm of the organization.

### 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.

### PWR!Moves

PWR!Moves is an evidence-based exercise program geared toward people with Parkinson's, and designed to counteract its major symptoms, including tremors, rigidity, and incoordination, and to restore function and improve quality of life. 40 participants benefited from this program that is taught by Patricia Murphy, physical therapist and certified PWR!Moves Instructor.

### T'ai Chi

T'ai Chi is often described as "meditation in motion." This mind-body practice, which originated in China as a martial art, has value as a gentle form of exercise that can help maintain strength, flexibility, and balance. 149 registered members have participated in beginner and/or advanced classes taught by our new instructor Hesheng Bao, PhD, founder and director of Win-Win Kung Fu Culture Center. The T'ai Chi program has been growing at such a swift rate that more classes have recently been added!

### Pickleball

A paddle sport for all ages and athletic ability levels, Pickleball is played on a badminton-sized court with a tennis style net. Over 65 of our AgeWell members joined in the fun of this version of "oversized ping pong!"