



AgeWell at the JCC Annual Report 2022

AgeWell at the JCC, a nationally accredited Senior Center program, is part of a unique partnership of AgeWell Pittsburgh. AgeWell Pittsburgh is a 19-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 HOMECOMING WEEK

MONDAY, MAY 2-FRIDAY, MAY 6

MONDAY, MAY 2 PHYSICAL

9-10 AM
Fitness Tabling
Palm Court

9:30 AM
SilverSneakers
Boom Move
Levinson B

10-11 AM
Ask a Physical Therapist
Palm Court

10:30 AM
SilverSneakers
Classic
Levinson B

11 AM-1 PM
JCC Membership Tabling
Palm Court

J Cafe is back!
Open Daily 11 am-1 pm
Reserve by 4 pm of the
previous business day
Call 412-567-1715

TUESDAY, MAY 3 NUTRITIONAL

9:30 AM
SilverSneakers Circuit
Levinson B

10 AM
Peer-Led
Discussion Group
Room 202

10:30-11:30 AM
Ask a Nutritionist
Palm Court

11 AM
SilverSneakers Yoga
Levinson B

11:30 AM-1 PM
Pickleball
Kaufmann Gym

12:15 PM
The Values Behind Healthy
Eating with Rabbi Ron
Room 202

1 PM
SilverSneakers
Classic/Balance
Levinson B

WEDNESDAY, MAY 4 SOCIAL & INTELLECTUAL

9:15 AM
SilverSneakers
Boom Muscle
Levinson B

10:15 AM
SilverSneakers Circuit
Levinson B

10 AM-12 PM
"Who Done It?" Movie Series and
Discussion
Room 202

11:15 AM
Balance/Arthritis
Levinson B

12 PM
Birthday Celebration
J Cafe

12-1 PM
Center for Loving Kindness Tabling
Palm Court

12-1 PM
Round the Bases—
The Second Inning
Room 202

1 PM
Weekly Movie
Room 202

THURSDAY, MAY 5 MENTAL & EMOTIONAL

9:30 AM
SilverSneakers Circuit
Levinson B

10 AM
Severe Storm Spotter Class with Fred
McMullen
Room 202

10:30 AM
SilverSneakers Yoga
Levinson B

11 AM-1 PM
10.27 Healing Partnership Tabling
Palm Court

12:15 PM
Arts and Quarantine Stories with
Melissa Hiller
Room 202

12-2 PM
10.27 Healing Partnership Canopy
Conversations
Parking Garage Entrance

1 PM
SilverSneakers
Classic/Balance
Levinson B

FRIDAY, MAY 6 SPIRITUAL

8:45 AM
SilverSneakers
Boom Muscle
Levinson B

8:45 AM-12:45 PM
Pickleball
Kaufmann Gym

9:45 AM
SilverSneakers Circuit
Levinson B

10:30 AM
Shabbat with Rabbi Ron and JCC Staff
Palm Court

10:45 AM
SilverSneakers Yoga
Levinson B

12-1 PM
Center for Loving
Kindness Tabling
Palm Court

AgeWell
at the JCC





AgeWell at the JCC Homecoming Week May 2-6, 2022

After a long COVID 19-related hiatus, AgeWell at the JCC staff welcomed back in-person participants for an exciting week of special programs, activities, and dining.



Bridging the Technology Divide at the JCC

Virtual Senior Academy™ (VSA)

The Virtual Senior Academy™ has continued to see an increase in participation over FY22. The program now includes 1,765 Virtual Senior Academy participants and 892 classes provided with 241 of them facilitated by JCC staff. VSA was designed to connect seniors with their peers through video conferencing technology from the comfort of their own residence or in a community setting. Two rooms at the JCC were outfitted in Fall of 2021 with technology to allow for more hybrid programming to take place. Dedicated AgeWell JCC staff work to offer a diverse program with class facilitators from across the country. Two of the most popular VSA courses, which are facilitated by staff from the JCC's Center for Loving Kindness, now occur in a hybrid model (virtual and in person) on the VSA thanks to this updated technology. The VSA has entered many new partnerships with local companies and organizations such as Andy Amrhein from Evey True Value, University of Pittsburgh, National Weather Service, CCAC, Doug Oster from "The Organic Gardner Radio Show" and more.

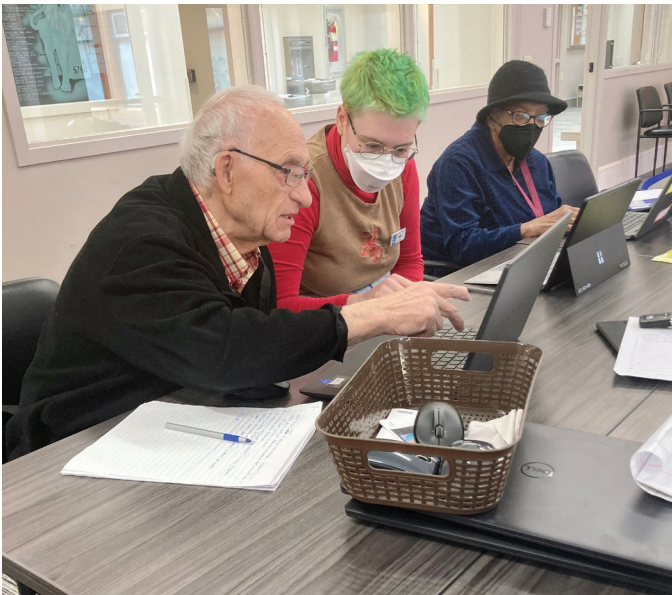
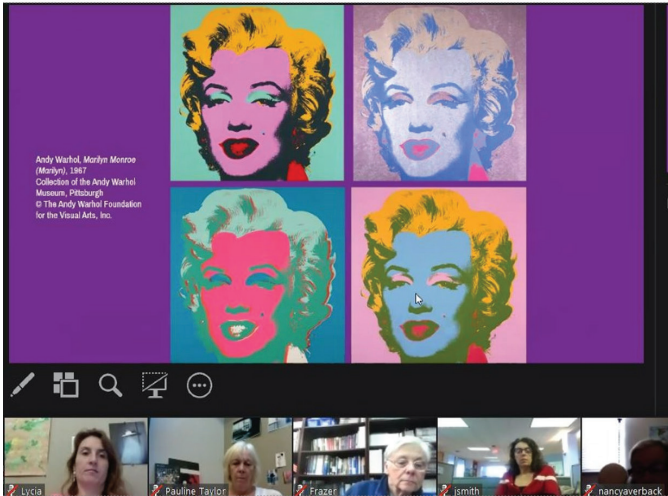
The VSA was highlighted at two annual conferences this year: the Southwestern Pennsylvania Partnership for Aging (SWPPA) Conference in December of 2021 and at the National Council on Aging (NCOA) Conference in June of 2022. At both conferences, AgeWell JCC staff highlighted how the VSA helps to improve the overall health and well-being of older adults, by combatting social isolation and loneliness.

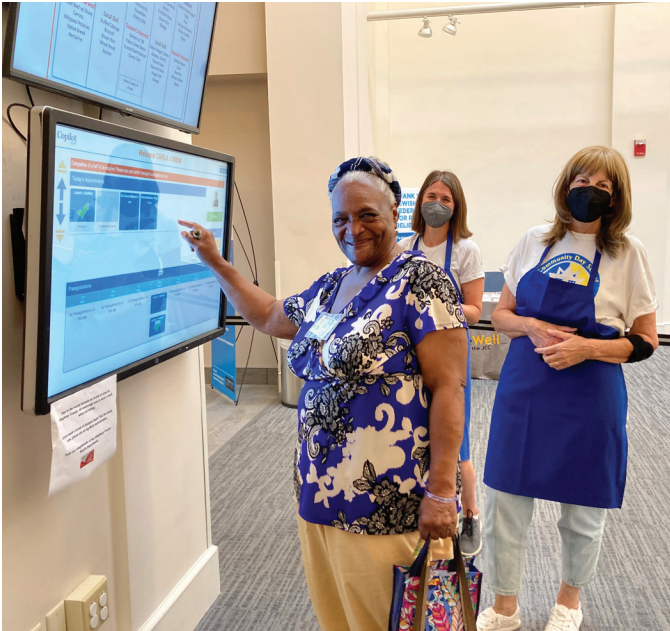
UPMC also partnered with the VSA in December 2021, to offer their Special Needs Plan (SNP) members proprietary access to UPMC materials and education experiences while utilizing the VSA portal website.

Technology Help at the JCC

AgeWell at the JCC spearheaded innovative programs aimed at digital access and inclusion, partnering with the University of Pittsburgh School of Computing & Information for tech tutoring sessions. Undergraduate student volunteers were paired with AgeWell members in the Spring 2022 semester for one-on-one tech tutoring sessions. In all, our 4 students worked with 40 seniors, spanning over 87 sessions.

Tech tutoring sessions continued over the summer with volunteer tech professionals seeing older adults weekly. Another partnership, developed with Literacy Pittsburgh, offered small group in-person computer basics classes at the end of summer. These classes of 5-10 seniors covered the basics including accessing the internet, email use, Google, Facebook, etc. These tech tutoring sessions and small group classes all aid in our goal to close the digital divide. AgeWell at the JCC also advocates for digital inclusion efforts by serving





in several local and national digital inclusion workgroups. The Greater Pittsburgh Digital Inclusion Alliance (GPDIA) held their inaugural event at the JCC on June 3, 2022. The goal of this event was to raise awareness about digital inequities and the impact on our communities. A panel of individuals who received services and staff from various organizations within the Greater Pittsburgh Digital Inclusion Alliance spoke about “lived experiences” of the digital divide.

Congregate Meals

Prior to the COVID-19 Pandemic that paused programming throughout the country, AgeWell at the JCC was running a thriving J Cafe Congregate Lunch Program. Building on the idea that social eating is healthier eating, the J Cafe is a kosher congregate meal program for Allegheny County residents age 60+. The program was designed to ensure that everyone aged 60+ receives a nutritious meal at low or no cost while also helping to enhance socialization and decreasing isolation. The program is partially funded by Allegheny County, Department of Human Services, Area Agency on Aging (ACDHSAAA).

During the suspension of traditional congregate meals, AgeWell at the JCC quickly pivoted to ensure that older adults’ nutritional needs were met by offering “Lunch Meals to Go” and “AgeWell Delivers” local delivery of meals in partnership with ACCESS Transportation Systems, for participants registered with the Senior Center program. As a result of countless volunteer hours, JCC staff from all business units, Aladdin Food Service Management, ACCESS Elder Express, and the AgeWell at the JCC team, 11,673 meals were served to older adults in the community. In May 2022, the in-person congregate meal program resumed. Since May 2022, J Cafe has served 6,057 in-person meals. With the help of 20 volunteers and AgeWell staff, we continue to welcome back more participants every day.

Life Skills and Education

CCAC Aging-Life Enrichment/ Education & Training

This program is funded through Allegheny County, Department of Human Services, Area Agency on Aging to provide Life Enrichment opportunities for adults age 60+ to attend classes at community based senior centers. Life Enrichment opportunities included classes in Arts and Crafts with materials provided through CCAC. Items were picked up at the JCC for individuals to participate virtually or with independent instructions, due to the pandemic.





Center for Lovingkindness & AgeWell at the JCC Partnership

The Center for Loving Kindness partnered with AgeWell at the JCC to assist underserved communities and older adults with access to the COVID-19 vaccination. UPstanders served in over 20 vaccination clinics throughout the region that administered over 10,000 vaccines. With a corps of more than 83 volunteer UpStanders and staff, vaccine appointments were secured, transportation arranged, and follow up calls conducted to support the community in crisis, helping thousands of residents in Allegheny County receive a vaccine.

Health and Wellness

Vaccine Clinics & Resources

Giant Eagle Pharmacy in partnership with AgeWell at the JCC provided multiple drive through vaccination clinics for older adults in the community. Available vaccinations included influenza, pneumonia, tetanus, and shingles. The Allegheny County Health Department provided 1,080 COVID-19 test kits to AgeWell at the JCC to distribute to older adults in the community in Spring 2022. Throughout the pandemic, updated health and wellness information and resources were provided to older adults in the community through flyers, e-mail and social media postings. Materials included updated COVID-19 information from the CDC and health department, testing sites, and local vaccine clinic information.

HomeMeds Medication Assurance Program (Partners in Care Foundation)

Seven community senior centers participated- Catholic Youth Association, JCC, LifeSpan Inc, Plum Senior Community Center, Riverview Community Action Corps, Seton Center Inc., and Vintage Senior Services. AgeWell at the JCC contracted with Giant Eagle Pharmacy to manage medication reviews and reconciliations for negative alerts that may put older adults at risk for falls and other serious injuries. 217 HomeMeds screenings throughout Allegheny County were conducted. 97 screens required intervention from a pharmacist (45%). Reasons for intervention included duplicated medication therapy, duplicated medication ingredients, reported dizziness with medication use which increased risk of falls, and increased blood pressure due to medication usage. These participants were contacted by the pharmacist for intervention and coordination with their medical doctor to resolve these issues.

Volunteerism

CheckMates & Wellness Calls

CheckMates, a program of AgeWell at the JCC, is a telephone reassurance program that consists of 19 older adult volunteers who make weekly phone calls to other older adults who may be isolated, homebound, or lonely. Through trained volunteers and social workers, CheckMates recipients are connected to additional support and community resources to help them remain independent and in their own homes. During the pandemic, AgeWell staff, along with volunteers from the JCC's entire workforce conducted check-in calls to all registered older adults who found themselves isolated and homebound because of the pandemic, to ensure their basic needs were met.

Over 8,000 CheckMates calls and over 1,500 check-in emails were made to isolated older adults in FY22.



PWR!Moves

PWR!Moves (Parkinson's Wellness & Recovery) is an Evidence-Based exercise program geared toward people with Parkinson's Disease, and designed to counteract its major symptoms including tremors, rigidity, incoordination, and to restore function and improve quality of life. The exercises performed in this class are the building blocks for everyday movement. 20 unduplicated participants attended a total of 71 classes.

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. 31 unduplicated participants attended a total of 78 classes (all levels).

Arthritis Foundation Exercise & Aquatic Classes

Arthritis Foundation exercise & aquatic classes are evidence-based community recreational exercise programs. Trained instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. All exercises can be modified to meet participant needs. 128 unduplicated participants attended a total of 146 classes.

Memory Training (UCLA Longevity Center)

The Memory Training Program combined trainer presentations with group discussions, memory checks and skill building exercises, providing an innovative educational program for people with mild memory concerns. 20 participants completed the program in small group classes utilizing the Virtual Senior Academy™ platform throughout the year.

Chronic Disease Self-Management Program (CDSMP)

CDSMP was developed in 1996 by Stanford University. Vintage Senior Services is a licensed provider of CDSMP who oversees the program in Allegheny County, of which AgeWell at the JCC is a participant. Research showed that participants who took the program, when compared to those who did not, demonstrated significant improvements in exercise, cognitive symptom management, communication with physician, self-reported general health, health distress, fatigue, and activities limitations. The CDSMP was designed as a six week over the phone workshop series led by two trained peer leaders. Some participants may have enjoyed the group experience for socialization, but most preferred the one-on-one experience. Over time, the developers have added additional modules addressing specific conditions such as diabetes and pain management. More recently, a "tool kit" model was released as a way of reaching those at home. This approach was utilized by participants given the social distancing requirements imposed by the COVID-19 crisis. Nineteen AgeWell at the JCC participants completed the 6-session program in the Spring of 2021.

Staff Update



Beth Rudel

Beth joined the AgeWell at the JCC team in September 2021 as a Program Coordinator for the Virtual Senior Academy and Evidence-Based Programming. She works with facilitators to cultivate and create content and relationships for our older adults and programs that are beneficial for them to maintain their independence. Beth

holds a bachelor's degree in communications from Penn State University and brings with her a robust background in technology sales and marketing communications. Beth enjoys photography and volunteering her time coordinating service projects cleaning up the Pittsburgh area rivers.

PULSE Fellowship

AgeWell at the JCC hosted a PULSE fellow from September 21-July 22. PULSE (Pittsburgh Urban Leadership Service Experience) is a fellowship program for university graduates to partner with Pittsburgh nonprofits, to gain leadership experience. The AgeWell at the JCC PULSE Fellow, Gabi Szabo, aided in developing an age-friendly technology guide for seniors. They also worked to connect programming and educational opportunities interdepartmentally in the agency.

AgeWell at the JCC

Alexis Winsten Mancuso
Assistant Executive Director

Sharon Feinman
Division Director

Darlene Cridlin LCSW
Department Director

Marsha Mullen
Program Coordinator for
Healthy Aging

Amy Gold MSW
Information & Referral
Specialist

Michelle Hunter LSW
Program Coordinator

Maddie Barnes
Director of Technology &
Evidence-Based Programs

Beth Rudel, Program
Coordinator VSA

Gabi Szabo
PULSE Fellow FY22

Advisory Council Members

Audrey Furcron – President
Loretta Kinger - Secretary

Carla Snow
Nathan Cohen
Geraldine Coffey
Robert Galardi
Sarah Honig
Jacqueline Richey

Jewish Community Center of Greater Pittsburgh

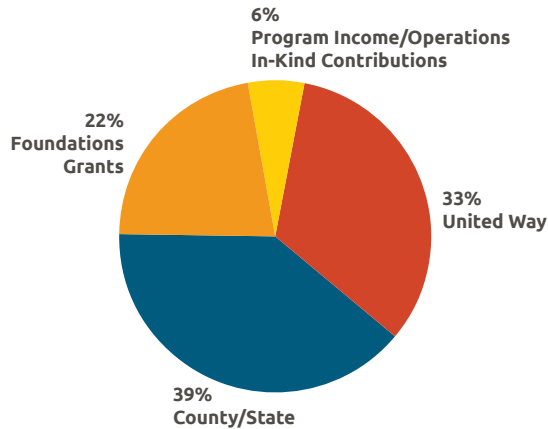
William Goodman
Chair of the Board

Ina Gumberg, AgeWell at the
JCC Board Representative

Brian Schreiber,
President & CEO



AgeWell at the JCC Revenue



AgeWell at the JCC serves as a Senior Center Community Focal Point

- Funded in part through Allegheny County, Department of Human Services, Area Agency on Aging
- Provided **17,730** kosher congregate meals through delivery, to-go options and in-person dining
- Program and services attendance was over **32,500** with an average daily participation of **128** older adults
- Provided over **1,053** information and assistance referrals
- Offered volunteer opportunities to older adults culminating in over **2,970** hours
- Volunteers and staff provided over **9,500** combined CheckMates and wellness check calls and emails to vulnerable seniors in the community

AgeWell at the JCC's demographic profile in FY 2022

Gender

70% Female
30% Male

Nationality

83% Caucasian
4% African-American
3% Asian
10% Other/not answered

Age

30% ages 60-69
44% ages 70-79
20% ages 80-89
6% ages 90+

**40% 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.



Beneficiary Agency of
Jewish Federation
OF GREATER PITTSBURGH

