

# Older Adult Programs

Agewell Pittsburgh • JCC South Hills

June 2023

## Featured Class of the Month: Balance



Our Balance class meets weekly on Mondays from 10 – 10:30 am. If you have noticed a decline in your ability to balance, if you feel unsteady when going through your usual daily activities, or if you have fallen or are afraid of falling, this class can help you.

Research has shown that balance begins to decline in midlife, starting at about age 50. An easy test is determining how long you can balance on one foot. Generally, if you can't stand on one foot for more than 10-15 seconds, you could be at a greater risk of falling than someone who can master 30 seconds or more. There are many factors that affect our ability to balance including: increasing age, numerous medical issues, some medications, inner ear problems, visual or auditory impairment, loss of muscle strength, depression, dehydration, and lack of sleep. Medical or Physical Therapy help can be needed in some cases, but everyone can take the time to do some work on their own in a balance class.

Balance training involves doing exercises that strengthen the muscles that help keep you upright, including your legs and core. These kinds of exercises can improve stability and help prevent falls. The class varies weekly, as we work on all the body systems, muscles and movements that work together to keep you upright.

The class is low to no impact and is suitable for anyone. Chairs are available for support while doing the balance work.

## Featured Club of the Month: Decades History Club



In March, we talked about all things 1960. In June, you can come and relive the 1940's.

Our newest club is just getting off the ground. Started by recently retired volunteer Randy Detweiler, this club is for anyone who loves history, or wants to spend some time looking back through both the serious and the fun things that happened in prior decades. Randy researches history, economics, influential people, social trends, music, movies and more about each decade and presents one per month.

The club meets the second Wednesday of every month at 1:30 pm. The meetings will be lively and interactive as there is time for discussion and reminiscing during and after the presentation. Be part of history when you join us for the Decades History Club!

## June AgeWell Programs *(contact Hayley Maher for information or to register)*

**Bereavement Group** will meet on Wednesdays at 11 am beginning in June. Members must meet individually with the psychologist leading the group before attending the weekly meetings.

### 10.27 Healing Partnership Counseling

A volunteer counselor from the 10.27 Healing Partnership program will be available on a walk-in basis to meet with members or staff as the trial for the antisemitic synagogue shooting gets started. Mondays from 11 am – 1 pm.

**Conversations with Amy.** The JCC's information and referral specialist, Amy Gold, will be available on Wednesday, June 28 at 1:30 in the conference room for members to chat and learn about resources and referrals to services.

**Volunteers Needed:** If you are a retired medical professional skilled at measuring blood pressure, and willing to volunteer your time to help our members, we'd love to have you! Please see Hayley in the AgeWell office to volunteer.

## June Club Meetings *(contact Kathy Wayne for information or to join)*

**Mahjong Club-** Weekly meeting on Tuesdays · 1 pm

**Garden Club-** Thursday, June 8 · 12 pm

**Decades History Club-** Wednesday, June 14 · 1:30 pm

**Theater Club-** Monday, June 19 · 12:15 pm

**Book Club-** Tuesday, June 20 · 1:30 pm

**Intergenerational Dynamics Discussion Group-** Wednesday, June 21 · 12:30 pm

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## Staff Spotlight: Hayley Maher

Hayley joined the JCC in April 2023 and has jumped right into her responsibilities in the AgeWell Department. If you have signed up for AgeWell, any AgeWell programs or lunches, you've probably met Hayley by now. Hayley has loved getting to know all of the new AgeWell members and getting to plan programs and events. In addition to her direct work with members, Hayley is working on bringing new programs to South Hills and is busy planning fall activities now.

Prior to starting with the JCC, she graduated from the University of Mount Union in 2022 and then studied dementia in a graduate program in Ireland. In the fall, she will begin classes at Pitt for her Master Social Work degree. She enjoys working with older adults because she has so much to learn from them. Outside of work, Hayley enjoys reading, running or hiking, and traveling. She loves being in the sunshine and spending time with friends and family.



## Member Spotlight: Joanne Zarelli

Joanne has only been a member for about a month, but so far she's off to a good start! She takes the SilverSneakers Classic class and the Monday Balance class and is aiming to take a Circuit class soon. Her first impression upon coming into the JCC is that "everybody is so nice. That includes staff, instructors, and other members." She's met some class members and loves taking classes.

Joanne joined the JCC after her husband passed away and is grateful to have something to look forward to each day. She had spent years caring for him, with help from hospice workers, and now felt the need to get out and take care of herself. She says she noticed that she is "always tripping over my feet" and that her balance was getting worse, so she has been working to improve that in balance class. She also just wants to keep active and keep moving, so the SilverSneakers classes were a good fit to help her meet those goals. Like many new class members, Joanne says she still is working on "knowing my right from my left" during the movement portions of the class!



## June is LGBTQ+ Pride Month

Every year, during the month of June, the global LGBT+ community celebrates Pride Month and holds special events recognizing the influence LGBT+ people have had around the world. It is a time to celebrate these individuals for who they are and the unique offerings they bring to our communities and the world. Why was June chosen? Because it is when the Stonewall Riots took place in 1969.

Our JCC AgeWell staff have all recently completed Sagecare LGBT Cultural Competency Training. We are one of only a handful of organizations to complete the Platinum level credential as we recognize that there is cultural difference when working with LGBT older adults in comparison to their younger counterparts, largely in part to the robust history of the LGBT community as they have fought for equal rights and to be recognized across aging services. We are honored to have completed and received the Platinum Level of Sagecare LGBT Cultural Competency Training Certification and to serve all older adults in our community.

Joanne is fortunate to have nearby nieces and nephews who enjoy taking her out to lunch, and she also gets out frequently with friends. Right now her garden is taking up much of her time, and luckily she's still strong enough to spread topsoil and seeds to repair some recent work in her yard. She isn't fond of sitting still, so the JCC classes and her garden are perfect for her!