

Older Adult Programs

Agewell Pittsburgh • JCC South Hills

April 2024

Student Spotlight: Jaime Greenberg



Jaime Greenberg is an MSW Intern with AgeWell at the JCC for the spring semester. She is working toward her social work degree through Carlow University, and has enjoyed her experience so far in the AgeWell department. She is thrilled to assist Agewell staff in registering as many people as possible this semester. Her background consists of working with families and children, first as a teacher and then as a CYF Caseworker through Allegheny County. Working with Agewell is "1000% different," and she is grateful to the staff and patrons for welcoming her to the program. In her free time, she is a married mother of two very active daughters, is a Life Sharing Provider through Achieva, and cares for her three dogs, three cats, and two turtles. She is also committed to fitness and gets her workout in every day before the sun rises.

Jamie will be in the South Hills AgeWell office on Tuesdays. You will see her in the J Cafe during lunch and helping out with programs and registrations in the AgeWell office. If you see her around, be sure to say hello!

Save the Date: Encore Career and Volunteer Fair, April 19!



April 21 through April 27 is National Volunteer Week! Did you know that there are significant health benefits associated with volunteering? According to the University of Maryland, there are 7 primary benefits to volunteering:

- Broadening your social network.
- Enhanced mental wellbeing.
- Higher levels of happiness.
- Longer lifespan.
- Lower blood pressure.
- More movement.
- Stress relief.

At the JCC, we are so grateful for all the volunteer hours that make our programs run. To all our volunteers who run social clubs and discussion groups, those of you who help us with lunch, and any other programs that require extra helping hands, know that we are so thankful for your support of our programs!

If you are interested in getting involved with volunteer opportunities in the community, save the date for April 19! The JCC, in partnership with several local nonprofit organizations, will be hosting an Encore Career and Volunteer Fair. An Encore career is a career that one starts later in life. The purpose of this event is to connect older adults who are seeking employment or volunteer opportunities with potential employers and volunteer coordinators. Join us in the South Hills JCC Lobby on April 19 from 10:30 to 12:30 to see what it's all about!

If you have any questions about the Encore Career and Volunteer Fair, stop by the AgeWell office to talk with Hayley.

New in April!

• Monthly Meet and Greet Social

Whether you are new to AgeWell or you have been a regular for a while, this is your chance to connect with other members! **Stop by on the first Tuesday of each month from 10:30 to 11:30 am in the Lobby** to chat with other members and enjoy light refreshments.

• Monthly Movies

Grab some popcorn and bring a friend! April will feature the first of a series of monthly movies with AgeWell. Join us on April 25 at 1 pm in the conference room for a viewing of Erin Brockovich. **Mark your calendars for the 4th Thursday of each month**, and let us know what movies you'd like to see!

• Knitting and Crochet Club

This group is for anyone who would like to get together with other AgeWell members to work on their knitting or crocheting projects. This is not an instructional session- but if you'd like to offer to share your talents by instructing other AgeWell members, let Hayley know! The group will meet on the **second Thursday of each month at 11 am. The first meeting will be on April 11 at 11 am.** Please bring your own supplies.

• Technology Tutoring

Technology tutoring will be offered **on a limited basis in the AgeWell office by appointment only.** If you have questions about your phone, tablet, or computer, this is an opportunity to meet with a volunteer and ask those questions. If you'd like to schedule an appointment, call Hayley at (412) 697-3552. And, if you have any high school or college students in your life who need volunteer hours, have them reach out to get more information about volunteering as a tech tutor!

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(contact Hayley Maher for information or to register)

Meet and Greet Social, April 2 • 10:30-11:30 am, Lobby.

Whether you are new to AgeWell or you have been a regular for a while, this is your chance to connect with other members! Stop by on the first Tuesday of each month from 10:30 to 11:30 am to chat with other members and enjoy light refreshments. You do not need to register for this event.

"The Path to the Path", April 3 • 10 am, Conference Room.

In preparation for the total solar eclipse on April 8, join us for a viewing of the documentary "The Path to the Path". This documentary was created by the American Astronomical Society Solar Eclipse Task Force, which is comprised of astronomers, scientists, community organizers, artists, science educators, transportation experts, tourism leaders, and dedicated eclipse chasers. You do not need to register for this program.

Healthy Eating and Hydration, April 10 • 10 am, Conference Room.

Join us for the first presentation in the Spring 2024 edition of the Aging Mastery Program! AMP is an engaging and behavior-change incentive program for aging well. This series will cover a variety of health-related topics. April's topic is Healthy Eating and Hydration, presented by Judith Dodd, MS, RDN, LDN, FAND. Judy brings over 40 years of experience as a professional educator of dietetics. You do not need to register to attend this session.

Seniors for Safe Driving, April 10 • 2-6 pm, Social Hall.

Seniors for Safe Driving has been presenting the PennDot-approved Mature Drive Improvement Course since 1994. During the course, information is provided on rules of the road, defensive driving tactics, Pennsylvania motor vehicle laws, and more. AgeWell at the JCC will be hosting this one-day course in South Hills

on April 10, July 10, and September 18 in 2024, and drivers over the age of 55 who complete the course are eligible for a discount on car insurance. Stop by the AgeWell office for a registration form, or visit seniorsforsafedriving.com.

Fabric Scrap Wreath Making, April 11 • 2 pm, Social Hall.

Join us for an afternoon of crafting! We will create beautiful wreaths from fabric scraps. Wreath frames will be provided, and a limited selection of fabric will be available. You are encouraged to bring your own fabric if you'd like to use a specific color or pattern. Register by Friday, April 5 by contacting the AgeWell office at (412) 278-1795.

Managing Chronic and Acute Pain, April 16 • 11 am, Conference Room.

Dr. Rick Plowey of Keystone Pain Consultants will share information about minimally invasive techniques to manage chronic and acute pain. Dr. Plowey will speak about ways to decrease the frequency, intensity, and duration of chronic or acute pain. You do not need to register for this program.

Conversations with Amy, April 17 • 1:30 pm, Conference Room.

Join AgeWell's Information and Referral Specialist, Amy Gold, for a conversation related to resources for older adults. Each month will feature a new topic for discussion. You do not need to register for this program.

Monthly Movie, April 25 • 1 pm, Conference Room.

Grab some popcorn and bring a friend! April will feature the first of a series of monthly movies with AgeWell. April's movie will be Erin Brockovich. Mark your calendars for the 4th Thursday of each month, and let us know what movies you'd like to see! You do not need to register for this event.

April Club Meetings (Contact Kathy Wayne for information or to join)

Book Club –

Tuesday, April 16 • 1:30 pm

Card Club –

Thursday, April 4 & April 18 • 1 pm

Garden Club -

Friday, April 26 • 12 pm

Intergenerational Family Dynamics Group –

Wednesday, April 17 • 12 pm

Mah Jongg Club –

Weekly meeting on Tuesdays • 1 pm

Remember When Club –

Wednesday, April 3 • 1 pm

Theater Club –

Monday, April 15th • 12 pm.

Please note: The AgeWell office will be closed on **Tuesday, April 23** and **Monday, April 29** in observance of Passover. As a result, J Cafe lunch RSVPs for Wednesday, April 24 must be placed by 12 pm on Monday, April 22 and RSVPs for Tuesday, April 30 must be placed by 12pm on Friday, April 26

Ongoing Programs:

• **Blood pressure screenings with JAA:** Tuesday, April 9 • 10-11 am

• **Counseling Hours:**

Monday, April 9 and 22 • 10 am-1 pm

• **Reiki-Infused Sound Bathing with the 10.27 Healing Partnership, Dance Studio:**

Friday, April 5 and 12 • 10-11 am

Registration is available online; stop by the AgeWell office for more information. Please note the change in date from the previous session.

• **Puzzle Swap:** Available every day during AgeWell office hours.

• **HomeMeds Medication Screening:** By appointment only.