



AgeWell Annual Report 2023 at the JCC

AgeWell at the JCC, a nationally accredited Senior Center program, is part of a unique partnership of AgeWell Pittsburgh. AgeWell Pittsburgh is a 20-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.

AGING WELL BEGINS HERE!



AgeWell at the JCC South Hills opens

With support of the Jack Buncher Foundation, the JCC was pleased to announce the pilot of a new Senior Center in the JCC South Hills facility. The expanded services greatly enhance the already robust fitness and wellness programming for older adults at JCC South Hills. AgeWell at the JCC South Hills, based in a newly renovated space at the South Hills JCC, offers low-cost, kosher-style dine-in or grab-and-go lunches and a wide variety of services, classes, and socialization activities.

Since opening on February 14, 2023, AgeWell has welcomed 561 older adults to the program. At our South Hills location, AgeWell offers a variety of health, wellness, and social opportunities for older adults. In the first six months, our staff and volunteers served over 4,000 meals in the new South Hills J Cafe. We currently offer several social clubs including Mahjong, Decades History, Theater, Book, Garden, and Intergenerational Family Dynamics Discussion Group. In addition to lunch and social clubs, other offerings include biweekly blood pressure checks, a walking group, art classes, an information and referral discussion group, a bereavement group, and so much more!

Digital Equity: Bridging the Technology Divide

Virtual Senior Academy

The Virtual Senior Academy™ has continued to see an increase in participation over FY23. The program now includes **2077** active participants. The 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. Dedicated AgeWell at the JCC staff work to offer a diverse program with class facilitators from across the country. A few new classes this year to note include the VSA Rainbow Group, End-of-Life Series, and Highmark Blue Neighbors. VSA continued its partnership with UPMC to offer their Special Needs Plan (SNP) members proprietary access to UPMC materials and education experiences while utilizing the VSA portal website. The South Hills JCC has outfitted the



conference room and large social hall with new technology to offer remote and hybrid Virtual Senior Academy programming alongside the Squirrel Hill JCC location.

Pitt Serves Panel and The Greater Pittsburgh Digital Inclusion Alliance (GPDIA)

The University of Pittsburgh's Pitt Serves Week took place during the week of October 20, 2022. Several members of the GPDIA Steering Committee served as panelists in a community conversation to address the vitally important topic of "Digital Inclusion in our Community." Maddie Barnes, the Director of Technology & Evidence-Based Programming at AgeWell at the JCC, spoke about the effectiveness and importance of programs including the VSA, 1:1 tech tutoring, and small group internet basics classes. Alongside Maddie, representatives from Macedonia FACE, Literacy Pittsburgh, and Age-Friendly Greater Pittsburgh also served as members of the panel. The panel discussion focused on community-driven solutions to bridge the digital divide, success stories and challenges, and building collaborations as well as volunteer opportunities in the community.



Anna Middleton Waite Learning Center Partnership

The JCC partnered with the McKeesport based Anna Middleton Waite Learning Center (AMWLC), an adult learning center that focuses on improving computer skills and providing access to computers and internet connectivity, on an 8-week educational series between March 17 through May 12, 2023, with 14 adults completing the program. The class focused on providing basic skills for participants who do not currently own technological devices and who are also economically vulnerable. After graduating from the 8-week series, participants received a new Chromebook laptop to take home at no cost to the participant.



Technology Tutoring

Weekly 1:1 tech tutoring sessions were provided to 108 older adults by eight student volunteers from the University of Pittsburgh School of Computing and Information Services, School of Public Health, and the School of Social Work. An additional two community volunteers assisted further to reduce the growing waiting list, by providing extra sessions weekly.

Congregate Meals

Building on the idea that social eating is healthier eating, the J Cafe is a kosher congregational 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). The J Cafe has served 18,242 in-person meals in Squirrel Hill and over 4,000 meals in the South Hills with the help of 9 dedicated community volunteers, the AgeWell team, and staff members from several other JCC departments that have volunteered their free time to help make the J Cafe a continued success!





Life Skills & 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 and an educational course on “Legendary Women of Southwestern PA.”



Volunteerism

Getting out into the community and volunteering promotes socialization and combats the feelings of loneliness and isolation, which negatively impacts a person’s health. Volunteerism has seen a sharp decline over the past three years with the emergence of Covid-19. After fully reopening the doors to our Senior Center in the Spring of 2022, the AgeWell team has worked diligently to recruit and train volunteers who were interested in making a difference in the lives of older adults. In FY23, AgeWell at the JCC saw a 17.7% increase in volunteerism throughout our older adult programming. Volunteer opportunities included the J Cafe, Summer Food Service Program, Choral Group, class instructors, tech tutoring, office assistance, CheckMates Program, and more.



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. Over 11,000 CheckMates calls and over 575 check-in emails were made to isolated older adults in FY23.

Evidence-Based Programming

Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults. They are based on research and provide documented health benefits, so you can be confident they work. EBP participants build skills to take control of their health, from lowering the risk of falls to better managing chronic conditions, engaging in physical activity, and proactively managing mental health. AgeWell at the JCC and AgeWell Pittsburgh work together to bring a myriad of EBPs to the Western PA community, many which are listed throughout this report. Look for the “EBP” notation next to programs to find out what EBPs were offered in FY23.

Health & Wellness

HomeMeds Medication Assurance Program (Partners in Care Foundation) *EBP

HomeMeds is a Medication Assurance Program developed through the Partners in Care Foundation. This evidence-based program is designed to enable community agencies to keep people at home and out of the hospital by addressing medication safety. With the support of the Allegheny County Department of Human Services Area Agency on Aging, HomeMeds screening was completed in 8 AAA senior centers in FY23 - JCC, Catholic Youth Association, Lutheran Senior Services, LifeSpan, Plum Senior Center, Riverview Community Action Corps, Seten Center, and Vintage Senior Center. In partnership with Giant Eagle Pharmacy, medication reviews were conducted and reconciliations for negative alerts that may put older adults at risk for falls or other serious injuries were provided. Through the AAA, we were able to conduct 260 HomeMeds screenings with continuous follow up support through Giant Eagle Pharmacy. 40% of screens in senior centers required intervention from a pharmacist. Additionally, with support from the PNC Foundation, AgeWell Pittsburgh was able to provide an additional 200 screens to underserved communities across Western PA.



Vaccine Clinics & Resources

Giant Eagle Pharmacy in partnership with AgeWell at the JCC provided multiple vaccination clinics for older adults in the community. Available vaccinations included influenza, pneumonia, tetanus, and shingles. 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. Between September 2022-December 2022, AgeWell at the JCC in collaboration with Giant Eagle Pharmacy provided over 400 vaccinations to older adults in the local community.

The National Council on Aging was awarded a \$50 million grant from the U.S. Administration for Community Living to head a nationwide campaign to ensure older adults and people with disabilities get the latest COVID and flu vaccines. Under the grant, NCOA is providing funding and technical assistance to hundreds of diverse community-based organizations, enabling them to conduct tailored outreach, host vaccine clinics, and more. AgeWell at the JCC was a successful grant awardee for a portion of this national grant to increase vaccination rates, education, and accessibility across Allegheny County, focusing on older adults and people with disabilities throughout the community. This grant began in April 2023 and will continue through April 2024.



Memory Training (UCLA Longevity Center) *EBP

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. 26 participants completed the program in small group classes throughout the year.

Chronic Disease Self-Management Program (CDSMP) *EBP

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. Fourteen AgeWell at the JCC participants completed the 6-session program in the Spring of 2023.

PWR!Moves *EBP

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 54 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. 82 unduplicated participants attended a total of 52 classes (all levels).

Arthritis Foundation Exercise & Aquatic Classes *EBP

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. 151 unduplicated participants attended a total of 186 classes.

Caregivers Aging Mastery Program *Evidence-Informed Program

The Caregiver Aging Mastery Program is based around the art of staying healthy and happy while on your caregiving journey with loved ones. The series was offered during the Summer of 2023 in a hybrid format, utilizing the Virtual Senior Academy and multiuse space at the JCC. Educational topics included “Caregiver Perspectives on Aging Mastery®, Navigating Longer Lives: The Basics of Aging Mastery®, Exercise and You, Sleep, Healthy Eating and Hydration, Advance Planning, Healthy Relationships, Community Engagement, Falls Prevention, and the Caregiver Playbook: Planning, Connecting and Doing.” Participants had the option of joining in all class sessions or choosing what they wanted to attend.

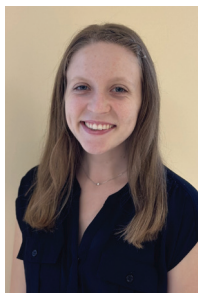
University of Pittsburgh Partnership: Center for Disease Control and Prevention John R. Lewis Public Health Scholars Program

CDC's Office of Minority Health and Health Equity (OMHHE) supports the CDC John R. Lewis Undergraduate Public Health Scholars Fellowship. This program provides internship and fellowship opportunities for qualified undergraduate and graduate students to gain meaningful experiences in public health settings. The Lewis Scholars Program introduces undergraduate students to topics in minority health and health equity and supports their career development.

AgeWell at the JCC was proud to host two brilliant scholars, **Joey Chung** and **Ashwanti Bucker**. Joey and Ashwanti presented their final projects at the CDC in Atlanta, GA at the conclusion of the program. Joey's topic was "Advancing Equity for Older Adults by Bridging the Digital Literacy Gap" and Ashwanti's topic was "Let's Have Lunch: Why Congregate Meal Programs are Beneficial to the Health of Older Adults."



Staff Updates



Hayley Maher

Hayley Maher joined AgeWell at the JCC as a program coordinator at the new AgeWell at the JCC South Hills location in April 2023. Hayley studied exercise science at the University of Mount Union and has a master's degree in dementia care. She is currently working towards a master of social work degree, which she began in August 2023 at the University of Pittsburgh.

Prior to working with AgeWell, Hayley served older adults in Columbus, Ohio, as an AmeriCorps VISTA member.



Gail Michael

Gail Michael joined AgeWell at the JCC as a program assistant in September 2022. Gail has a bachelor's degree in psychology and her Master of Science in Professional Counseling from Carlow University. In her spare time Gail volunteers at Highmark Caring Place and has a true passion for helping people. She retired from CCAC where she was the secretary to the campus

president for 32 years.



Andrea Watson-Lindsey

Andrea Watson-Lindsey joined AgeWell at the JCC as a program coordinator in the spring of 2023. Andrea has a bachelor's degree in human resources from Geneva University and a diverse professional background. Andrea provides our members with valuable information, cultivates relationships, and helps create engaging programming opportunities for our AgeWell

members in the South Hills location. In her spare time, Andrea enjoys traveling, concerts, candle-making and has a true passion for helping people.

Michael Smith

Michael Smith joined our AgeWell at the JCC team as special project program coordinator focusing on community outreach with the NCOA Vaccine Uptake Initiative. Having spent the past 30 years in various non-profit organizations, Michael's passion to improve the lives of older adults in Western Pennsylvania is quite evident. Michael's undergraduate degree is from The Pennsylvania State University in health and human development with a minor in gerontology, and he holds an MPPM degree from the University of Pittsburgh's Graduate School of Public and International Affairs. In his spare time, he works at his family-owned marina, Holiday Harbor, on Chautauqua Lake in western New York.

AgeWell at the JCC

Alexis Winsten Mancuso
Assistant Executive Director

Sharon Feinman
Division Director

Darlene Cridlin LCSW
Department Director

Maddie Barnes
Director of Technology &
Evidence-Based Programs

Hayley Maher, South Hills
Program Coordinator

Marsha Mullen
Program Coordinator for
Healthy Aging

Amy Gold MSW
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Specialist

Michelle Hunter LSW
Program Coordinator

Beth Rudel
Program Coordinator VSA

Andrea Watson-Lindsey
Program Coordinator

Gail Michael
Program Coordinator

Michael Smith
Program Coordinator

Advisory Council Members

Jacqueline Richey, President

Gerry Coffey, Secretary

Carla Snow

Robert Galardi

Sarah Honig

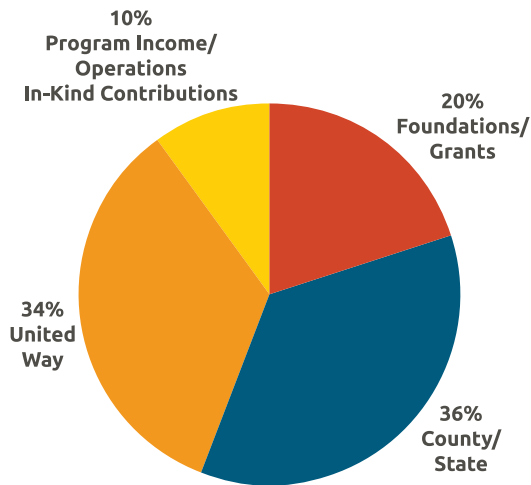
Bruce Hyde

JCC of Greater Pittsburgh

Scott E. Seewald
Chair of the Board

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 **22,544** kosher congregational meals through delivery, to-go options and in-person dining
- Program and services attendance was over **41,000** with an average daily participation of **129** older adults
- Provided over **1,200** information and assistance referrals
- Offered volunteer opportunities to older adults culminating in over **3,673** hours
- Volunteers and staff provided over **11,575** 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

69% Female
31% Male

Nationality

84% Caucasian
5% African-American
5% Asian
6% Other/not answered

Age

37% ages 60-69
44% ages 70-79
17% ages 80-89
2% ages 90+

**42% 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

AgeWell
at the JCC South Hills



United Way of
Southwestern Pennsylvania



JEWISH
FEDERATION
GREATER PITTSBURGH



JCC
PGH