



AgeWell at the JCC Annual Report 2020

AgeWell at the JCC, a nationally accredited Senior Center program, is part of a unique partnership of AgeWell Pittsburgh. AgeWell Pittsburgh is a 17-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

Special Update

Virtual Senior Academy™

As covered in a recent TRIB Live article, the Virtual Senior Academy™ (VSA) has moved to a new home at the JCC of Greater Pittsburgh. The JCC will continue to expand the Virtual Senior Academy™ class offerings and community reach.

VSA was launched by the Jewish Healthcare Foundation in August of 2017 to serve seniors living in Allegheny County through an interactive online platform offering engaging educational content on a variety of topics.

The Virtual Senior Academy™ is designed to connect seniors with their peers through video conferencing technology from the comfort of their own residence or community setting. The program allows seniors to stay socially and intellectually engaged, expand their social networks, and foster creativity and life-long learning. VSA will continue to be accessible to all adults 50 and older.

Dedicated staff at the JCC AgeWell office will continue to offer a diverse program with class facilitators from across the Pittsburgh area while collaborating with partner community agencies to expand offerings.

Since transitioning over to the JCC, AgeWell has facilitated over 50 classes on the platform including one-off classes and various series including Social Justice: Eternal Values Applied to Contemporary Issues, Art and Quarantine Stories: Explore Iconic Artworks Throughout History That Relate To Our Current Moment, and Caregiver-AMP.

Special Update

Congregate Meals

Prior to the Covid-19 Pandemic that shuttered 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 congregare meal program for Allegheny County residents age 60+. The program was designed to ensure that everyone age 60+ gets a nutritious meal at low or no cost while also making sure that people don't have to eat alone. The program is partially funded by the Allegheny County Department of Human Services Area

Agency on Aging (ACDHSAAA). September 2019 through early March 2020, AgeWell at the JCC served over 14,000 congregare meals and 671 unduplicated participants.

During the suspension of regular services at the JCC beginning mid-March 2020, AgeWell at the JCC in collaboration with our Food Service provider, Aladdin Foods, was pleased to offer "Lunch Meals to Go" for current AgeWell participants and "AgeWell Delivers" local delivery of meals (in the 15217 zip code) for participants who were already registered in our Senior Center program. This was made possible through a partnership with ACCESS for delivery meals utilizing the AgeWell Elder Express vehicle. AgeWell at the JCC was the only congregare meal provider site in the county that was granted this pilot opportunity to better serve our community through this delivery service. Between the countless JCC staff members across all of our business units who quickly pivoted to provide additional needed support to AgeWell, Aladdin Food Service Management team, Access/Elder Express, and the AgeWell at the JCC team, we have achieved our outcomes of providing seamless meal distribution to our catchment area. Through these programs, we were able to serve over 20,700 meals to older adults in our community.

Life Skills and Education

Tablet Cafe

The Tablet Cafe has served over 187 older 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 around Arts and Crafts, Digital Photography, Pittsburgh Steel and Immigrants, Pittsburgh Trolleys, Stress Less, and Better Together. 59 older adults participated in these program between September 2019-February 2020.

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 CheckMates recipients with additional support and community resources in order to help them remain independent and in their own homes. Prior to the pandemic, CheckMates provided calls to 196 older adults, with the number increasing to 228 recipients of calls post March 2020. During the pandemic, the staff in AgeWell along with volunteers from other JCC departments have been making regular check in calls to all of our now isolating, homebound seniors, on a regular basis to make sure their basic needs are met.

Through AgeWell Pittsburgh's active participation in United Way of Southwestern Pennsylvania's Open Your Heart to a Senior Program, CheckMates entered into a second year of expansion in collaboration with the South Hills Interfaith Movement (SHIM). AgeWell Pittsburgh has provided SHIM technical assistance to guide and support the replication of the CheckMates program to a wider catchment area of underserved older adults.

Arts & Humanities

Musical Performances

In the Fall '19 and Winter '20 musician Ron Bickel performed for an intergenerational audience of our older adults and the JCC's Early Childhood department through the Pittsburgh Musicians Union. Ron is an Adjunct Professor of Jazz Piano at the Mary Pappert School of Music through Duquesne University.

New Art Class: Introduction to Watercolors

Artist Robert Bowden brought this art class vision to life through a four-week winter session that quickly sold out and had rave reviews. In this class, method and process were the main focus as well as using materials to the best advantage. Color mixing, drawing and composition were discussed and demonstrated.



Health and Wellness

AgeWell Wellness Day

On November 12, 2019, AgeWell hosted a health and wellness community event. The program consisted of 36 different older adult serving organizations, AgeWell partners and programs and services offered at the JCC. The JCC saw over 200 participants throughout the morning who were actively engaged in securing information on healthy aging programs and services. In addition, adult fitness classes were offered FREE for the morning to encourage new participation and engagement with all classes filled! Participants had a chance to talk to dietitians, take a yoga class, test out their skills with Pickleball, receive a free massage, and more!

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.

Eleven community senior centers participated – Catholic Youth Association, City of Pittsburgh, JCC, Lifespan Inc., Lutheran Service Society of Western Pennsylvania, Northern Area Multi Service Center of Allegheny County, Penn Hills Municipality, Plum Senior Community Center, Riverview Community Action Corp., Seton Center Inc., Vintage Senior Services. AgeWell Pittsburgh engaged Giant Eagle Pharmacy to assist with medication reviews and reconciliations for negative alerts that

may put older adults at risk for falls or other serious injuries. The program moved from in person to telephonic assessments in March due to Covid-19 and sites conducted 311 HomeMeds screenings with continued follow up through Giant Eagle Pharmacy.

211/311 (68%) of these screens were conducted telephonically due to Coronavirus Pandemic procedures. 93 generated alerts (30%) were flagged for medication review by the pharmacist partner. Alerts 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 pharmacy partner for intervention and coordination with their medical doctor to resolve these issues.

Caregiver Aging Mastery 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 quickly was adapted to an online, interactive platform, utilizing the Virtual Senior Academy to accommodate social distancing safety protocols. Class topics included: Caregiver Perspectives on Aging Mastery®, Navigating Longer Lives: The Basics of Aging Mastery®, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, 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, and classes averaged 10 participants per session.

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 FY20 this program served 63 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. A small class was able to participate in late Fall of 2019, but Spring classes were canceled due to Covid-19.

Better Choices Better Health

(Chronic Disease Self-Management Stanford University)

This class was scheduled for May and June 2020 but was unable to occur in person due to the pandemic (no online version available at the time). An online, self-directed version is currently in development.

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. In the Fall, our PWR! Parkinson's Wellness and Recovery led by Trish Murphy, DPT had grown to at least 8-12 participants a session, twice a week.

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. A new T'ai Chi Master started late summer of 2019 and our beginner class was packed every session with a 25 person max. AgeWell at the JCC added Saturday Adult class for the community with at least 20 members weekly. The advance class doubled in size throughout the Fall!

Pickleball

A paddle sport for all ages and athletic ability levels, Pickleball is played on a badminton-sized court with a tennis style net. Pickleball is the fastest growing sport in the country and has been a huge hit at the JCC - Adults could play 3 days a week on the courts.. It grew so popular we purchased additional nets for open play weekdays in the Robinson gym. Over 90 AgeWell members joined in the fun of this version of "oversized ping pong."

AgeWell at the JCC

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Brian Schreiber,
President & CEO



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 34,700 kosher congregational meals
- Program and services attendance averaged over 44,000 with an average daily participation of 174 older adults.
- Provided over 1,100 information and assistance referrals
- Offered volunteer opportunities to older adults culminating in over 4,504 hours
- 1,904 Older adults participate in AgeWell at the JCC onsite health and fitness activities prior to March 13, and over 300 Older adults participated in an average 20 LIVE virtual senior fitness classes each week since then.

Mission

To provide seamless delivery of services to Pittsburgh's older adults, providing support to live as independently as possible.

AgeWell at the JCC's demographic profile in FY 2020

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**

**JCC
PGH**



Beneficiary Agency of
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