

# AgeWell at the JCC Annual Report 2021

**A**geWell at the JCC, a nationally accredited Senior Center program, is part of a unique partnership of AgeWell Pittsburgh. AgeWell Pittsburgh is a 18-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

### Hillman Family Foundation

Building on our regional leadership within the AgeWell Pittsburgh collaborative, expertise with the Allegheny County, Area Agency on Aging, Senior Center network, and our experience in community wide Covid responses, the JCC proposed an enhanced, replicable model of programmatic and related interventions supporting older adults in Allegheny County. The Hillman Family Foundation approved a grant to the JCC targeting investments in technology and advocacy that improves access while lowering barriers for the vulnerable senior population. The JCC thanks the Hillman Family Foundation for their support of our expanding services and programs.

### Virtual Senior Academy™

From virtual hikes to museum visits, Pittsburgh's seniors have been keeping busy online while finding social connection. As covered in a recent Jewish Chronicle Article, The Virtual Senior Academy™ (VSA) has more than doubled participation over the past year!

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 is accessible to all adults 55 and older.

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

VSA was developed by the Jewish Healthcare Foundation in August of 2017 and transitioned over to the JCC in March of 2020.

### 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 congregational meal program for Allegheny



County residents age 60+. The program was designed to ensure that everyone age 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 (ACDHSA).

During the suspension of traditional congregational 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, 52,848 meals were served to older adults in the community. This was made possible through additional funding provided by The Jewish Federation of Greater Pittsburgh and United Way of Southwestern Pennsylvania.

### 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

and older 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.

### Volunteerism

#### CheckMates & Wellness Calls

CheckMates, a program of AgeWell at the JCC, is a telephone reassurance program that consists of 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 with 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 ongoing check-in calls to all registered older adults who found themselves isolated and homebound as a result of the pandemic, to ensure their basic needs were met.

#### 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. With a corps of more than 70 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, Personal Protective Equipment, & 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. Over 250 older adults received 1 or more vaccine at their visit.

Thanks to an anonymous donor, AgeWell at the JCC was able to distribute disposable





face masks to seniors in the community. Masks were included in the congregate meals as part of the meals to go and delivery service.

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)**

AgeWell at the JCC contracted with Allegheny County, Department of Human Services, Area Agency on Aging to administer the HomeMeds Medication Assurance Program throughout the county as well as participate as a site.

Nine community senior centers participated – Catholic Youth Association, JCC, Lifespan Inc., Lutheran Service Society of Western Pennsylvania, Northern Area Multi Service Center of Allegheny County, Plum Senior Community Center, Riverview Community Action Corp., Seton Center Inc., and Vintage Senior Services. AgeWell Pittsburgh contracted with Giant Eagle Pharmacy to manage medication reviews and reconciliations for negative alerts that may put older adults at risk for falls or other serious injuries. 315 HomeMeds screenings throughout Allegheny County were conducted.

All screens were completed telephonically due to the Covid-19 pandemic. 97 generated alerts (31%) 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 pharmacist 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 adapted to an online, interactive platform, utilizing the Virtual Senior Academy™ to accommodate social distancing safety protocols, and offered from May through July. 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. 28 regular participants had the option of joining in all class sessions or choosing what they wanted to attend.

### **Memory Training (UCLA Longevity Center)**

The Memory Training Program combined trainer presentations with group discussions, memory checks and skill-building exercises and provided an innovative educational program for people with mild memory concerns. 30 participants completed the program in small group classes utilizing the Virtual Senior Academy™ platform throughout the year.

### **Chronic Disease Self- Management (Formerly Better Choices Better Health) (Stanford University)**

The Chronic Disease Self-Management Program (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 in-person workshop series led by two trained peer leaders. 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 who cannot access an in-person workshop. The tool kit model is a self-study program that is completed at home accompanied by weekly calls from a trained coach. This approach was utilized by participants given the social distancing requirements imposed by the COVID-19 crisis. Eleven AgeWell at the JCC participants completed the 6-session program in the Spring of 2020.

### **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. Due to safety measures during Covid-19, PWR!Moves was held three days a week online with 4-8 participants per class.

### **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. T’ai Chi returned in-person (outside) in Summer 2021 with 15 participants, led by Master Win-Win.

### **Online Fitness**

SilverSneakers and other adult fitness classes continued to be conducted online since the initial closure in March 2020. Over 25 online classes for older adults were provided weekly for individuals to continue their fitness journeys from the comfort of their living rooms.

## AgeWell at the JCC

Alexis Winsten Mancuso,  
Assistant Executive Director

Sharon Feinman,  
Division Director

Darlene Cridlin,  
Department Director

Marsha Mullen,  
Program Coordinator for  
Healthy Aging

Amy Gold, Information &  
Referral Specialist

Michelle Hunter,  
Program Coordinator

Maddie Barnes,  
Program Coordinator

## Advisory Council Members

Audrey Furcron – President

Loretta Kinger - Secretary

Carla Snow

Nathan Cohen

Geraldine Coffey

Robert Galardi

Sarah Honig

Francine Gelernter

Jacqueline Richey

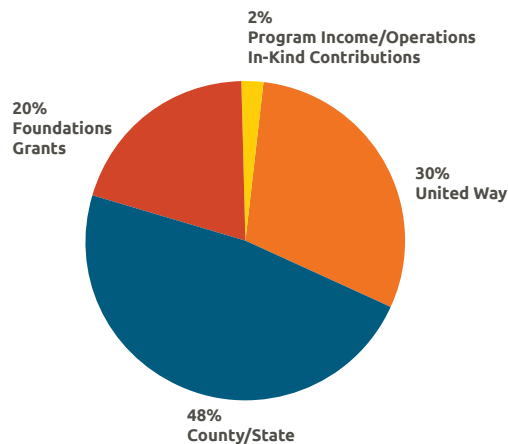
## Jewish Community Center of Greater Pittsburgh

William S. 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 52,848 kosher congregate meals through delivery and to-go options (30,269 To-Go and 22,579 AgeWell Delivers)
- Program and services attendance was over 54,000 with an average daily participation of 210 older adults
- Provided over 1,300 information and assistance referrals
- Offered volunteer opportunities to older adults culminating in over 2,900 hours
- Volunteers and staff provided over 13,000 combined CheckMates and wellness check calls to vulnerable seniors in the community

## AgeWell at the JCC's demographic profile in FY 2021

### Gender

61% Female  
39% Male

### Nationality

81% Caucasian  
5% African-American  
2% Asian  
12% Other/not answered

### Age

9% ages 60-64  
38% ages 65-74  
29% ages 75-84  
24% ages 85+

**52% 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.

JCC  
PGH



Beneficiary Agency of  
Jewish Federation  
OF GREATER PITTSBURGH

