

## 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 **26,800** kosher congregate meals
- Boasts one of the largest SilverSneakers® (Tivity Health) destinations in the country with over **2,700** registered participants (Squirrel Hill)
- Program and services attendance averaged over **40,000** with an average daily participation of 161 older adults.
- Offered the Silver&Fit® program (American Specialty Health) which is growing in numbers since January 2015 with over **900** registered participants (Squirrel Hill)
- Provided over **950** information and assistance referrals
- Offered volunteer opportunities to older adults culminating in over **6,000** hours
- Offered an array of health, wellness and fitness programs that serviced over **12,000** older adults

## AgeWell at the JCC's demographic profile in FY 18

### Gender

70% Female  
30% Male

### Nationality

88% Caucasian  
6% African-American  
4% Asian  
2% Other

### Age

12% ages 60-64  
42% ages 65-74  
28% ages 75-8  
18% ages 85+

**44% 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

Alexis Winsten Mancuso, Assistant Executive Director  
Sybil Lieberman, Department Director  
Sharon Feinman, Assistant Director  
Marsha Mullen, Program Coordinator for Healthy Aging  
Amy Gold, Information & Referral Specialist  
Darlene Cridlin, Program Coordinator  
Michelle Hunter, Program Associate  
Debbie Marcus, Program Coordinator  
Shelli Glanz, Program Associate

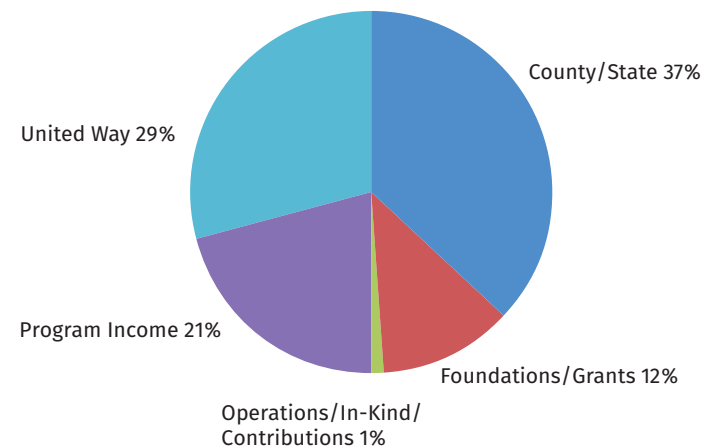
## Advisory Council Members

JoAnne Berman  
Geri Coffey  
Nathan Cohen  
Lucretia Elson  
Joe Finkelppearl  
Faye Fischman  
Audrey Furcron, Chair  
Francine Gelernter  
Sarah Honig  
Loretta Kinger, Recording Secretary  
Jacqueline Richey  
Sally Schweitzer  
Kathleen Short  
Carla Snow  
Arthur Solomon  
T. Andrew Vaulicisco  
Vera Weiss

# Annual Report 2018



## AgeWell at the JCC Revenue



Beneficiary Agency of  
Jewish Federation  
OF GREATER PITTSBURGH



United Way  
Impact Fund  
AWARD FOR  
EXCELLENCE

## Jewish Community Center of Greater Pittsburgh

James S. Ruttenberg, Chair of the Board  
Ina Gumberg, AgeWell at the JCC Board Representative  
Brian Schreiber, President & CEO

**AgeWell**  
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 15-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.



## Staff Updates

### Director Sybil Lieberman Retires

Sybil Lieberman, who worked in almost every department of the JCC over her 29-year tenure, retired at the end of August 2018. Sybil served as the department director of AgeWell at the JCC for the past 10 years where she helped grow the senior center into the nationally recognized and nationally accredited program it is today. Thank you for all your hard work, Sybil, we will miss you!



### Sharon Feinman, MA, Promoted

Sharon Feinman was promoted to Division Director of AgeWell at the JCC at the end of August. Previously, Sharon was the Assistant Department Director and supervised community-wide expansion of evidenced-based and evidence-informed programs.



### Darlene Cridlin, LCSW, Promoted

Darlene Cridlin was promoted to Department Director of AgeWell at the JCC at the end of August. Darlene is a licensed clinical social worker. Within the AgeWell at the JCC office, Darlene has overseen the accreditation of the program serving older adults.



## Life Skills and Education

### MindMatters

This program, offered through the Pennsylvania Department of Aging and Central PA's PBS Station WITF, consisted of presentations by academics and lecturers on subjects via webcast with group discussion following the presentation. This year-long, monthly program drew an average of 28 older adults.

### Tablet Cafe

The Tablet Cafe served 119 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.

### Ethical Wills

The Center for Loving Kindness and Civic Engagement, in partnership with AgeWell at the JCC, piloted the Ethical Wills program in the North Hills at Temple Ohav Shalom, at the South Hills JCC, and at the Squirrel Hill JCC, with 39 enthusiastic participants. Ethical wills, or legacy letters, are used to pass on deeply held values and beliefs to children and other family members.

### Virtual Senior Academy

The Virtual Senior Academy (VSA) is a free program that connects adults age 50 or older in the Pittsburgh region through interactive online courses that are offered throughout the day. AgeWell at the JCC provides the space and technology at our Squirrel Hill location to offer VSA classes "in house" that are taking place at other locations. Some of the classes offered include "The Schenley Experiment Book Review" and "VSA Cooking Demo."

## 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 CheckMate recipients with additional support and community resources in order to help them remain independent and in their own homes.

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

## Arts & Humanities

### MusicianFest

The National Council on Aging, in partnership with the Music Performance Trust Fund, invited a select group of senior centers to participate in this new program, which brings live music to older adults through a partnership with the local musician's union. Four performances were scheduled, attracting 94 older adults.

### Art for a Cause

The Pittsburgh 10 is a group of regional artists brought together by Lila Hirsch Brody in 2015 to celebrate their friendship through exhibitions focusing on new work. The artwork was on display and for sale in the Robinson building from July through September. A portion of the proceeds went to the JCC's Zola Hirsch Fund for Special Needs.



## Health and Wellness

The following health and wellness evidence-based and/or evidence-informed programs are offered in the JCC Squirrel Hill location, as well as the JCC South Hills and the West Homestead Apartments.

### 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. Ten community senior centers participated—Eastern Area Adult Services, Plum Senior Community Center, Seton Center, Lutheran Service Society, Hill House Association, City of Pittsburgh CitiParks, Catholic Youth Association, LifeSpan, Vintage and AgeWell at the JCC—over a six-month period. A consultant pharmacist managed and resolved all negative alerts that were generated through the assessments, including correspondence with family members and primary care physicians. 347 adults received a HomeMeds Assessment.

Through a grant from the Pittsburgh Foundation, AgeWell at the JCC and AgeWell Pittsburgh collaborated with Wesley Family Services and North Hills Community Outreach to provide an additional 150 HomeMeds assessments for older adults throughout Allegheny County.

### Walk with Ease (Arthritis Foundation)

This program promotes successful physical activity for people with arthritis. One hundred % of participants reported they would recommend it to others.

### 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. 26 participants attended this four-week course.

### Caregiver's Aging Mastery Program (National Council on Aging)

Caregiver's Aging Mastery Program is a 12-week course that educates caregivers and care recipients about the impact of caregiving and provides them with tools to stay healthier and happier in the caregiving journey. Caregiver's AMP was developed by the National Council on Aging (NCOA).

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

Better Choices Better Health, Chronic Disease Self-Management program, offered through Vintage Senior Center, targets older adults with chronic health conditions such as diabetes, arthritis, high blood pressure, heart disease or anxiety. Trained volunteer leaders provide strategies that help people take charge of their chronic conditions and improve their quality of life. This six-week program was offered twice during the year and served 52 older adults.

### Healthy Steps for Older Adults (PA Department of Aging)

This Pennsylvania Department of Aging falls prevention program for adults 50 years of age and older is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources.

