

AgeWell at the JCC Annual Report 2025



AgeWell at the JCC, a nationally accredited Senior Center, delivers seamless services that empower Pittsburgh's older adults to live as independently as possible.

The programs foster meaningful social connections and provide comprehensive health and wellness opportunities to support physical, mental, and social well-being.

With two welcoming locations—Squirrel Hill and South Hills—AgeWell at the JCC is one program with a shared mission: to redefine aging at every stage of life.



PROGRAM HIGHLIGHTS

Memory Cafe

AgeWell at the JCC's Memory Cafes, supported by the Jewish Healthcare Foundation and developed based on the dementia-friendly Memory Cafe model, provide meaningful monthly programming for individuals experiencing cognitive changes and their care partners. The program was launched in Squirrel Hill in November 2025 and expanded to South Hills in June. Each session features themed activities, such as music, games, or movement—grounded in reminiscence therapy—to stimulate memory, spark storytelling, and foster connection. This approach has been shown to reduce anxiety and depression, stimulate neural activity, and strengthen caregiving relationships. With rotating themes—such as travel, pets, and laughter—participants engage at their own comfort level, creating an inclusive, supportive, and enriching experience. During FY25 we welcomed 18 new memory cafe participants who attended monthly programming. We are grateful for the Foundation's partnership, which makes this program possible and sustains its growth across our centers.

CELEBRATING THE ARTS

Open Art Studio and Classes

Open Art Studio takes place weekly at the Squirrel Hill JCC, providing a dedicated space for AgeWell artists to pursue individual projects while benefiting from a collaborative group setting. Popular art forms include collage, painting, and drawing; however, members are encouraged to explore any medium of their choice. In FY25, 13 individual artists participated in Open Studio, finding both creative motivation and social connection. This year also marked the return of the Art Club and the introduction of additional classes, including Observational Drawing, Paper mâché, and Origami. With growing enthusiasm and momentum, we look forward to expanding opportunities for artistic expression and bringing even more creative offerings to our community in the year ahead.

Quilling

Through collaboration between our members and staff, our paper quilling group has inspired the creativity of over thirty emerging artists! Paper quilling instructional sessions are held on the



second Wednesday of the month in South Hills, though artists are welcome to schedule practice time outside of formal instruction. Our crafting community continues to evolve through unique card designs, decorated boxes, and beautiful brooches.

CONNECTION THROUGH PLAY

Mah Jongg

One of the most popular social groups within AgeWell at the JCC South Hills is the Mah Jongg club. Mah Jongg is not only a fun social activity, but it also boosts cognitive health for those who play regularly. Many players enjoy lunch in the J Cafe on Tuesdays, then stay for some friendly competition. This group meets weekly and has nearly 100 members. Mah Jongg was a new program offering in Squirrel Hill this year, and the group has grown to 33 members of various skill levels.

Bridge

AgeWell at the JCC Squirrel Hill hosted two 5-week bridge series in the Spring of 2025. 56 adults participated. This series was offered outside of normal program hours in the evenings and was open to the community.

Canasta, Pinochle and Casual Card Club

Other offerings include Canasta and Pinochle, weekly drop-in groups that typically have around 20 players. These games are both mentally stimulating and socially engaging, offering players a fun way to connect while strengthening memory and strategic thinking.

EXPLORING THE COMMUNITY

AgeWell members participated in group outings around Pittsburgh this year, including the Rodef Shalom Biblical Botanical Gardens, the Nationality Rooms at the University of Pittsburgh, and The Roberto Clemente Museum. These trips foster a new sense of learning and exploration within the community and promote social connections.

CONNECTION, SERVICE AND REFLECTION

Encore Career and Volunteer Fair

Each fall, AgeWell at the JCC hosts an Encore Career and Volunteer Fair at both sites, connecting older adult participants with local agencies seeking employees and volunteers. An “encore” career represents a purposeful second act of work or service, allowing older adults to repurpose their professional skills and talents following retirement. In September 2024, AgeWell welcomed 25 community partner agencies to share open employment and volunteer opportunities with members.

Older Americans Month Open House

Each May, the Administration for Community Living leads the nation’s observance of Older Americans Month, a time to honor the contributions of older adults and highlight issues related to aging. The 2025 theme, Flip the Script on Aging, encouraged communities to challenge



stereotypes and shift perspectives on growing older. To mark the occasion, AgeWell hosted community open houses at both sites, where 18 community organizations shared information about their services and support with members. At the South Hills location, members also celebrated with a “Purple Party,” inspired by Jenny Joseph’s poem *Warning: When I Am an Old Woman, I Shall Wear Purple*.

Yizkor Service

The bi-annual Yizkor Memorial Service was held to remember all who have died this year and in the past. Participants gathered for prayers, poetry, reflection, music and light refreshments. Members were invited to bring a photo or object to display that represented those whom they were remembering.

HONORING DEDICATION AND IMPACT

The Lillian Goldstein Senior Adult Volunteer Leadership Award

The 2025 Lillian Goldstein Senior Adult Volunteer Leadership Award was presented to Robin Hausman in recognition of her dedication and service to older adults at the JCC. Since retiring in 2019, Robin has been an active volunteer with CheckMates, a program providing weekly reassurance calls to isolated seniors. She is known for building meaningful connections, often encouraging participants to join her for lunch in the J Cafe, helping them reengage with the community. Robin’s commitment reflects the spirit of this award, created by Lillian Goldstein to honor passion and leadership in serving older adults.

AGING ADVOCACY IN ACTION

National Council on Aging (NCOA) Conference & Hill Day

In May 2025, AgeWell staff participated in the National Council on Aging’s Age+Action Conference and Hill Day in Washington, D.C. As part of this national advocacy effort, staff met with Senator Dave McCormick’s office and Representative John Joyce’s office to discuss critical issues impacting older adults in Pennsylvania. Key priorities included advocating for ACL program appropriations, reauthorizing and doubling funding for the Older Americans Act (OAA) and strengthening Medicaid programs. By engaging directly with legislators, our team helped ensure that the voices of older adults in our region—and the organizations that serve them—were heard at the federal level.

USAgging Aging Policy Briefing and Conference

In April 2025, AgeWell staff participated in the 31st Annual USAgging Aging Policy Briefing & Capitol Hill Day, joining aging network advocates nationwide to launch a strong start to the new session of Congress and a new presidential administration. Meetings were held with Congresswoman Summer Lee, Senator John Fetterman’s staff, and representatives from Senator Dave McCormick’s office, with a follow-up conversation directly with Senator McCormick during his weekly Keystone Constituent Coffee. In July, we continued our national engagement at the USAgging 50th Annual Conference and Tradeshow,



which featured workshops, roundtables, and general sessions on emerging trends, advocacy, and innovations in the aging field. These opportunities ensured our organization's voice and priorities were represented at both the federal and national levels.

American Society on Aging: On Aging 2025

In April, members of the AgeWell team attended the American Society on Aging's national On Aging conference, one of the largest gatherings of professionals, advocates, and thought leaders focused on older adults.

This year's theme— "Ageism and Culture"—set the stage for important conversations about how societal attitudes and cultural norms shape the way we view aging. Through keynote sessions, workshops, and peer learning, our staff explored strategies to confront ageism in communities, policies, and systems. We engaged with national leaders who are reframing aging as a time of contribution, growth, and resilience rather than decline.

Sessions examined how culture, diversity, equity, and inclusion intersect with the aging experience, offering insights we are bringing back to Pittsburgh to strengthen our own programs. The conference reinforced the importance of shifting narratives, highlighting the value of older

adults as knowledge-bearers, mentors, and active participants in community life. Our team returned inspired with practical tools and renewed commitment to ensure that AgeWell programs not only meet needs but also challenge stereotypes and celebrate the dignity and potential of every older adult.

DIGITAL EQUITY: BRIDGING THE TECHNOLOGY DIVIDE

Virtual Senior Academy™

The Virtual Senior Academy™ now includes 2,317 active participants. The VSA was designed to connect seniors with 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.

With the addition of 7 new facilitators this year, we have been able to extend our repertoire of classes. A few new classes this year include Art Classes with Liz, Financial Literacy for Older Adults, and Understanding Artificial Intelligence. VSA continued its partnership with UPMC to offer their Special Needs Plan (SNP) members proprietary access to UPMC materials and education experience while utilizing the VSA portal website.

Anna Middleton Waite Learning Center Partnership

AgeWell at the JCC partnered with the McKeesport based Anna Middleton Waite Learning Center (AMWLC) to offer a ten-week educational series. AMWLC is an adult learning center focused on improving computer skills and providing access to computers and internet connectivity.

Between May 15- July 17, 2025, 10 adults completed the digital literacy program at the JCC. 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 class, participants received a new Chromebook laptop to take home at no cost to the participant.

Technology Tutoring

In Squirrel Hill, weekly 1:1 tech tutoring sessions were provided to 114 older adults by five student volunteers from the University of Pittsburgh School of Computing and Information Services and the School of Public Health. An additional six community volunteers assisted further to reduce the growing waiting list, by providing extra sessions weekly.

In the South Hills, four student and community volunteers met with 26 individuals to provide 1:1 tech tutoring sessions. Additionally, a volunteer provided drop-in technology tutoring hours in South Hills to support an additional 30 older adults to answer quick questions about their devices.

JCC MACCABI CAMPUS GAMES

AgeWell at the JCC participants proudly "flipped the script" at the Maccabi Campus Games—trading their usual seats at the lunch table to don aprons and serve meals to teen athletes and coaches. The JCC-hosted Campus Games brought together Jewish teen athletes from across the world for spirited competition, community, and service. Our volunteers loved the intergenerational energy, proving that shared purpose—and a warm meal—can connect generations in meaningful ways.



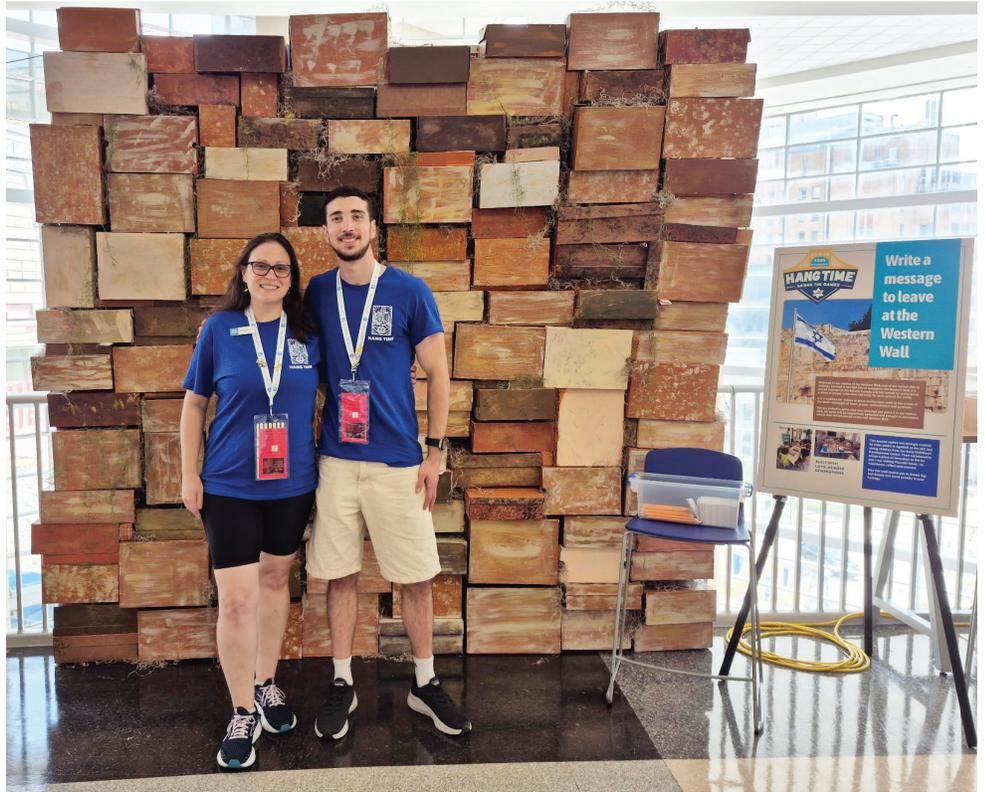
The Western Wall: A Symbol of Connection and Hope

During the JCC Maccabi Games, AgeWell at the JCC and our Early Childhood Development Center created an intergenerational replica of the Western Wall (*HaKotel HaMa'aravi*), one of Judaism's holiest sites. The installation invited visiting teens—and our broader Pittsburgh community—to participate in the timeless tradition of placing handwritten notes of hope, prayer, remembrance, and gratitude in the wall's crevices. All messages were respectfully collected and brought to Jerusalem to be placed in the real Western Wall. Built with love by older adults and young children working side by side, this project brought a piece of Jerusalem to our campus, fostering reflection, cultural pride, and connection across generations.

CORE PROGRAM INITIATIVES

Congregate Meals

Building on the idea that social eating is healthier eating, the J Cafe is a Kosher congregate meal program for Allegheny County residents aged 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 J Cafe program is partially funded by the Allegheny County Department of Human



Services Area Agency on Aging and has provided 34,432 kosher congregate meals through to-go (South Hills) and in-person (South Hills & Squirrel Hill) dining options.

Life Skills, Education, and Volunteerism

Seniors for Safe Driving

AgeWell at the JCC has partnered with Seniors for Safe Driving (SFSD) to host mature driving classes. Across both AgeWell at the JCC sites, 115 drivers over the age of 55 have completed this one-day course. SFSD is a PennDot approved mature driver improvement course that aims to help older drivers understand how aging impacts driving abilities. Information is provided on rules of the road, defensive driving, PA vehicle laws, and the effects of medication, fatigue, and visual or auditory limitations on driving ability, among other topics.

Center For Loving Kindness & Civic Engagement Neighbor's Circle

Rabbi Hindy Finman led discussion groups surrounding the most important issues of our day. More than a current events class, these gatherings afford us the opportunity to ground our perspectives in values that humans have been holding dear for thousands of years and that have the potential to guide us today. 86 members engaged in monthly discussions at both locations.

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 1,400 CheckMates calls and over 100 check-in emails were made to isolated older adults in FY25.

Volunteerism

Getting out into the community and volunteering promotes socialization and combats the feelings of loneliness and isolation, which negatively impact a person's health. In FY25, AgeWell at the JCC worked with 134 active volunteers who helped in numerous areas, including the J Cafe, Choral Group, class instructors, tech tutoring, office assistance, CheckMates Program, Book Buddies, and more! These volunteers clocked more than 5,000 hours of their time and we thank them for their dedication.

Book Buddies

The intergenerational volunteer program at the JCC South Hills connects AgeWell members with students in the Early Childhood Development Center through shared reading experiences. In FY25, eight volunteers engaged in the program, contributing to 56 reading sessions that fostered learning, connection, and community across generations.

10.27 partnership

The 10.27 Healing Partnership offered a variety of holistic programs to promote resilience, relaxation, and community connection for people of all ages, including older adults. Weekly trauma-informed yoga provided a safe and supportive space for all bodies and abilities, while community drum circles encouraged creativity and social bonding through the healing power of rhythm. Sound healing sessions with crystal and Tibetan singing bowls, paired with mindfulness and Reiki practices, invited participants to experience deep calm and balance. Together, these programs created meaningful opportunities for healing, growth, and healthy aging.

EVIDENCE-BASED & EVIDENCE-INFORMED 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 of which are listed throughout this report. Look for the "EBP" notation next to programs to find out what EBPs were offered in FY25.

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 nine AAA senior center providers in FY25 - AgeWell at the JCC, City of Pittsburgh HALC Greenfield, LifeSpan, Lutheran Senior Services, Plum Senior Center, Northern Area Multi Services Senior Centers, Seton Center, and Vintage Senior Services.

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. 69% of screens in senior centers required intervention from a pharmacist.

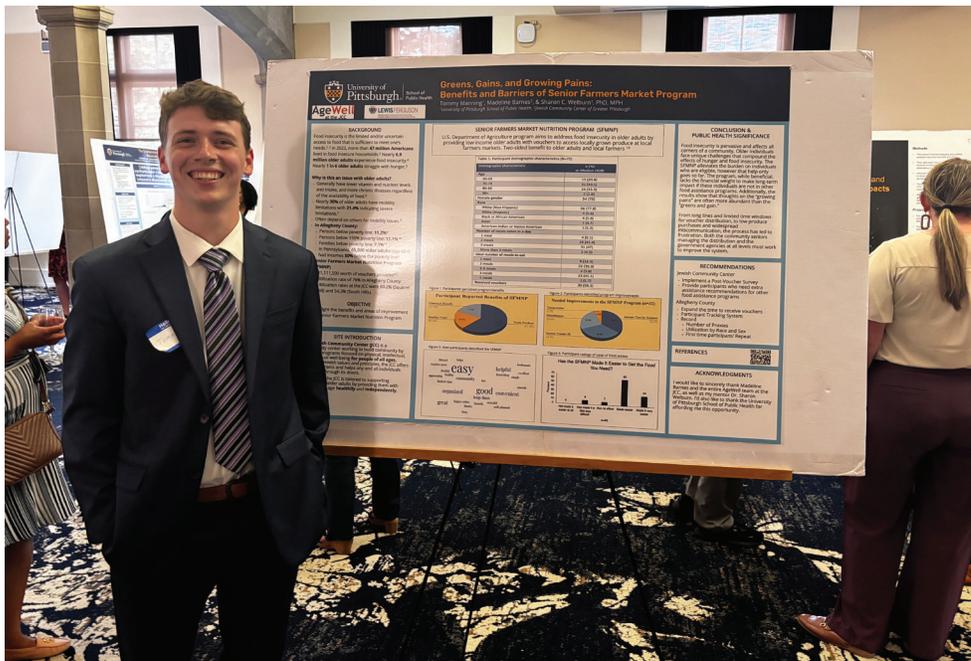


Arthritis Foundation Exercise & Aquatic Classes *EBP

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. 89 unduplicated participants attended a total of 137 classes in Squirrel Hill and 62 unduplicated participants attended a total of 54 classes in South Hills.

Vaccine Clinics & Resources

AgeWell at the JCC hosted vaccination clinics at both our Squirrel Hill and South Hills locations, ensuring older adults had convenient access to preventive care. More than 200 participants received flu, pneumonia, tetanus, and shingles vaccines, along with supportive services. These efforts reflect our commitment to safeguarding the health and well-being of older adults across our community.



at the conclusion of the program. Tommys topic was “Greens, Gains, and the Growing Pains: Unpacking the Benefits and Barriers of the Senior Farmers Market Nutrition Program.”

Duquesne University Nursing Partnership

During FY25, AgeWell at the JCC South Hills partnered with Duquesne University to host 22 undergraduate nursing students as part of their clinical rotations related to population health and older adults. Students toured the JCC, offered blood pressure screenings, participated in SilverSneakers classes, served lunch in the Jcafe, and presented health-related discussions for participants. This collaboration provided valuable learning for the students while enhancing wellness opportunities for JCC members.

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 physicians, self-reported general health, health distress, fatigue, and activities limitations. 13 AgeWell at the JCC participants completed the program in the Spring of 2025.

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, and incoordination, and restore function to improve quality of life. The exercises performed in this class are the building blocks for everyday movement. 10 unduplicated participants attended a total of 41 classes in Squirrel Hill in FY25. The class was reintroduced in South Hills in July 2025 to reach even more participants.

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. 71 unduplicated participants attended a total of 63 classes (all levels) in Squirrel Hill.

ACADEMIC PARTNERSHIPS

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

The CDC’s Office of Minority Health and Health Equity (OMHHE) support the CDC John R. Lewis Undergraduate Public Health Scholars Fellowship with the University of Pittsburgh. 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 Tommy Manning, a public health undergraduate student from the University of Pittsburgh. He presented his final project at the University of Pittsburgh

STAFF UPDATES



Hillary Green joined AgeWell at the JCC in 2024 as a Program Coordinator. She brings a unique background to her role, having practiced law for two decades as

an assistant federal defender—arguing cases on behalf of indigent clients before the Second Circuit Court of Appeals—and as a confidential law clerk to a federal judge in New York. Following her passion for serving older adults, Hillary pursued a Master of Social Work with a certificate in Gerontology at the University of Pittsburgh. During her studies, she interned with Jewish Family & Community Services, supporting clients to remain in their homes, access benefits, and secure quality medical care. With AgeWell, Hillary coordinates the Memory Café program at the both JCC locations, facilitates therapeutic life review, and coordinates a variety of educational and health-related program offerings. Hillary can be reached at hgreen@jccpgh.org or 412-278-1780.

AgeWell at the JCC

Alexis Winsten Mancuso
Chief Aging Services Officer

Sharon Feinman
Division Director

Darlene Cridlin LCSW
Department Director

Maddie Barnes
Director of Technology &
Evidence-Based Programs

Hayley Maher Krebs
JCC South Hills
Department Director

Marsha Mullen
Program Coordinator for Healthy
Aging

Amy Gold MSW
Information & Referral Specialist

Beth Rudel
Program Coordinator VSA

Gail Michael
Program Coordinator

Liz Sherlock
Program Coordinator

Mickey Benson
Program Coordinator

Hillary Green
Program Coordinator

Advisory Council Members

Robert Galardi • Sarah Honig

Bruce Hyde • Linda Meldrum

Carla Snow • Sandra Caffo

Cyndy Glynn • Lester Fortney

Julianna Petshot

Bobbie Polasky

Barbara Supinka • Debra Vosel

Myles Zuckerman

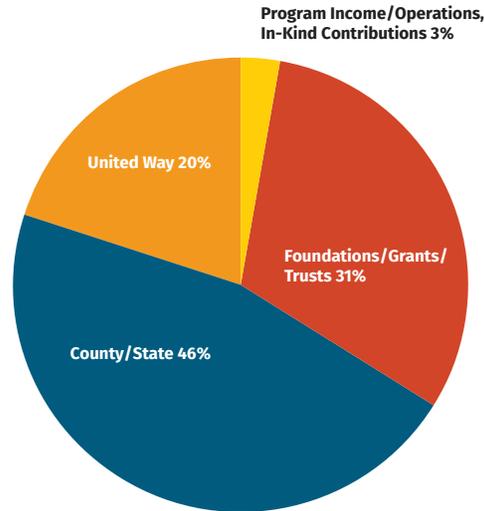
JCC of Greater Pittsburgh

Scott E. Seewald
Chair of the Board

Jason Kunzman
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 **34,432** kosher congregational meals through delivery, to-go options and in-person dining
- Program and services attendance was over **52,216** with an average daily participation of **128** older adults in the South Hills and attendance of **96,087** with an ADP of **235** in Squirrel Hill.
- Provided over **1,157** information and assistance referrals
- Offered volunteer opportunities to older adults culminating in over **5,000** hours
- Welcomed **1,229** new clients in South Hills and **497** in Squirrel Hill
- Volunteers and staff provided over **9,500** combined CheckMates and wellness check calls and emails to vulnerable seniors in the community

AgeWell
at the JCC South Hills

AgeWell
at the JCC



United Way of
Southwestern Pennsylvania



AGEWELL AT THE JCC'S DEMOGRAPHIC PROFILE IN FY 2025

Gender*

72% Female
28% Male

Race*

90% Caucasian
4% African-American
3% Asian
3% Other/not answered

Age

32% ages 60-69
50% ages 70-79
16% ages 80-89
2% ages 90+

Average age is 73

**37% of AgeWell at the JCC
members live alone***

**self reported*



MISSION

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

IN MEMORIAM

We'd like to take a moment to remember those that we have lost over the past year. We hold their memories very close to our hearts. May their memories be a blessing

Zikhronam leBerakhah

זיכרונם לברכה

AgeWell Pittsburgh

AgeWell at the JCC is part of a unique partnership of AgeWell Pittsburgh, a 22-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 adults and their family caregivers.

The goal of the collaboration is to provide seamless delivery of services to Pittsburgh's older residents, 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.