

AgeWell at the JCC Annual Report 2024



AgeWell at the JCC, a nationally accredited Senior Center, provides seamless delivery of services to Pittsburgh's older adults by providing support to live as independently as possible. AgeWell at the JCC programs are designed to foster social networking and offer health and wellness programs designed to help older adults stay fit—physically, mentally and socially. AgeWell at the JCC is one program consisting of two locations: AgeWell at the JCC in Squirrel Hill and AgeWell at the JCC in South Hills. **Our goal is to redefine aging at every chapter of life.**



PROGRAM HIGHLIGHTS

AgeWell at the JCC South Hills Celebrates Year One Success and Growth

AgeWell at the JCC South Hills celebrated one year of service in February 2024. With support from the Jack Buncher Foundation, AgeWell at the JCC South Hills has welcomed over 1,000 adults to the program.

At the South Hills location, AgeWell offers a variety of health, wellness, and social opportunities for older adults. In the first year of service, AgeWell staff and volunteers served nearly 5,000 meals in the J Cafe. The South Hills also houses a vibrant array of social clubs and discussion groups, including theater club, garden club, and mah jongg. In addition to congregate meals and social groups, other offerings include biweekly blood pressure checks, art classes, information and referral services, and technology classes.

Vaccine Clinics & Resources

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-19 and influenza vaccines. Under the grant, NCOA provided 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. Giant Eagle Pharmacy in partnership with AgeWell at the JCC provided numerous vaccination clinics for older adults across Allegheny County, focusing on underserved communities with historically low vaccination rates.

The objective of the JCC grant request was to increase awareness, education, vaccine rates, accessibility, and health and vaccine equity in collaboration with community partners by disseminating information and promoting the need for vaccination.

The COVID-19 & Influenza Vaccine Uptake Initiative grant resulted in 1,885 vaccinations and supportive services administered (377% of stated goal of 500) for older adults and people living with disabilities in Western Pennsylvania. Outreach and education provided through the 31 community events that were hosted generated new opportunities to expand understanding of community needs and increase access to services through new partnerships for underserved communities.



Changes of note in the community on behalf of the work from this grant included: (1) New community organization partnerships established; (2) Sharing of best practices for dissemination of information and resources to provide maximum benefit to each community resulting in increased vaccination rates; (3) Cross-agency collaboration for future vaccination planning, implementation, and support; (4) Future outreach opportunities to share available community health services welcomed into previously isolated communities.



AGEWELL ADVOCACY

National Council on Aging (NCOA) Conference & Hill Day

Members of our JCC staff attended NCOA Hill Day, May 8, 2024. They were invited to Capitol Hill in Washington, D.C. to meet with state legislators to discuss issues affecting older adults in Pennsylvania. They were joined by City of Pittsburgh Healthy Living Learning Center directors.

The goal of attending Hill Day was to advocate for older adults in our region by providing a voice for the organizations and the older adults they serve. They met with Senator Casey's office and Senator Fetterman to advocate for programs and bills supporting seniors including ACL Program Appropriations, Reauthorizing Older Americans Act (OAA), doubling the OAA funding and addressing flexibility, Treat and Reduce Obesity Act (TROA), Medicare Improvements for Patients and Providers Act (MIPAA), and the Affordable Connectivity Program (ACP).



PA Representative Visits

US Senator Bob Casey & PA State Representative Dan Frankel were hosted at the JCC Squirrel Hill to meet directly with older adults and discuss their commitment to protect and strengthen Social Security, Medicare/Medicaid, and long-term support services for older adults. Representative Frankel has now established regular tabling at the JCC with his staff to speak with seniors. Senator Casey has scheduled future visits to spend more time listening to older adults in our community and discussing ongoing issues that affect them.

Allegheny County Area Agency on Aging

The JCC is recognized as a trusted partner and advocate in Senior Center quarterly network meetings to address challenges and opportunities for innovating the senior center model that ensures sustainability for participants and providers. The AAA recently developed a year-long program, Senior Center Re-Imagined: Innovation Management Project (SCRIMP), supported through the Aging Block Grant (ABG) and philanthropic funds for training and technology to successfully adapt Senior Centers to accelerated change in the Aging space. Primary Goals for implementing SCRIMP: (1) identify organizational strengths and growth edges; (2) analyze

innovations underway in other Senior Centers nationally; (3) adapt to changing needs of older adults; (4) bring new technologies while making tech accessible in Allegheny County's centers. JCC and Vintage Senior Center continue to work closely with AAA leadership on SCRIMP initiatives and replication across Allegheny County. This advocacy for AAA recognition of the new JCC South Hills Senior Center to be included in the wider senior center network for services and funding resulted in the South Hills AgeWell at the JCC being recognized as a Focal Point Senior Center with contract to be awarded September 2024.

Aging Our Way, PA: A Plan for Lifelong Independence

The Squirrel Hill JCC hosted two "Aging Our Way, PA: A Plan for Lifelong Independence" listening sessions, one virtual on August 25, 2023 and one in-person meeting on September 13, 2023. The plan is a 10-year-roadmap to meet the needs of the Commonwealth's older adults and improve services for this rapidly growing population. The plan includes priorities, strategies, and tactics to promote health, well-being and quality of life for all Pennsylvanians as we age. Over 100 older adults attended these sessions.

DIGITAL EQUITY: BRIDGING THE TECHNOLOGY DIVIDE

Digital Equity Week: A Community Conversation

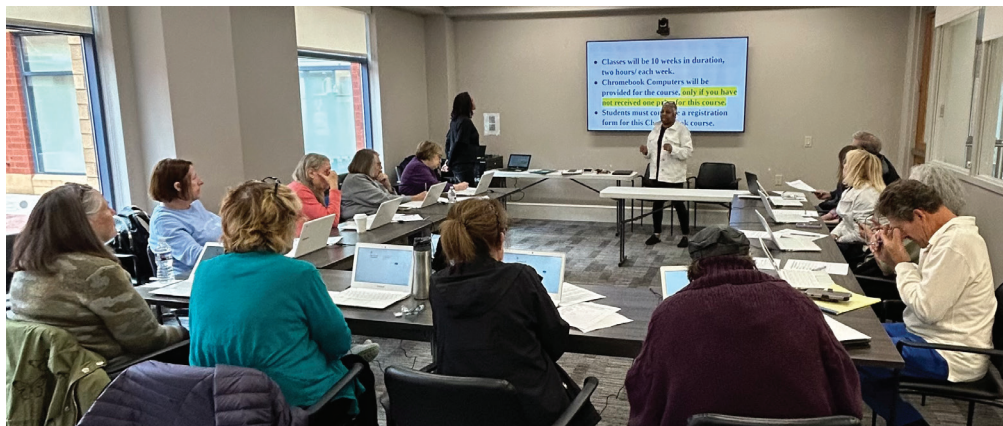
To commemorate Digital Equity Week in the first week of October, "Community Conversation at the JCC: Older Adults & The Digital World" was hosted by the Greater Pittsburgh Digital Inclusion Alliance (GPDIA).

AgeWell at the JCC is a member of the GPDIA, which is a community-wide, multi- sector committee of organizations following the lead of the National Digital Inclusion Alliance to cooperatively address equitable access to and use of technology. The guest speaker was Gigi Sohn from Georgetown Law Institute for Technology & Policy Distinguished Fellow, Benton Institute For Broadband & Society Senior Fellow & Public Advocate. AgeWell members and older adults in the community were given the chance to ask questions and express their concerns surrounding technology accessibility.

Virtual Senior Academy™



The Virtual Senior Academy™ has continued to see an increase in participation over FY24. The program now includes 2,237 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. With the addition of 23 new facilitators this year, we have been able to extend our repertoire of classes. A few new classes this year to note include the Doc' Talks, Science Cafe, and the Caregiver Champion series. 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.



Anna Middleton Waite Learning Center Partnership

AgeWell at the JCC South Hills 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 eight-week educational series between September 15- November 3, 2023, with 18 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 eight-week series, participants received a new Chromebook laptop to take home at no cost.



Technology Tutoring

In Squirrel Hill, weekly one-on-one tech tutoring sessions were provided to 148 older adults by six student volunteers from the University of Pittsburgh School of Computing and Information Services and the School of Public Health. An additional four community volunteers assisted further to reduce the growing waiting list, by providing extra sessions weekly. In the South Hills, a volunteer met with 15 participants individually on a regular basis.



CONGREGATE MEALS

The J Cafe kosher congregate meal program for Allegheny County residents' age 60+ is 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 Squirrel Hill program is partially funded by the Allegheny County, Department of Human Services, Area Agency on Aging (ACDHSAAA) and served 22,517 in-person meals in Squirrel Hill and over 6,200 meals in the South Hills.

The South Hills location is subsidized by the Jack Buncher Foundation and has three dedicated J Cafe volunteers. Volunteers donate their time helping their peers, building relationships and assisting in the daily routine of our meal program. With their help, the AgeWell team, and staff members from several other JCC departments have volunteered their free time to help make the J Cafe a continued success.

LIFE SKILLS, EDUCATION & SOCIALIZATION

Seniors for Safe Driving

AgeWell at the JCC has partnered with Seniors for Safe Driving to host quarterly mature driving classes. Over 100 drivers over the age of 55 have completed this one-day course at both JCC locations. 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

More than a current events class, these discussion gatherings with Rabbi Ron Symons afforded participants the opportunity to ground their perspectives in values that humans have been holding dear for thousands of years and that have the potential to guide us today. Over 40 members engaged in this weekly discussion.



Mah Jongg

One of the most popular social groups within AgeWell at the JCC South Hills is the Mah Jongg club. This group meets weekly and has over 70 members. Mah jongg is not only a fun social activity, but it also boosts cognitive health for those who play regularly. Many mah jongg players enjoy lunch in the J Cafe on Tuesdays and then stay for a weekly game with friends.



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. In FY24, AgeWell at the JCC has worked with 93 active volunteers that help in numerous areas, including the J Cafe, Summer Food Service Program, Choral Group, class instructors, tech tutoring, office assistance, CheckMates Program, Book Buddies, 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 1,300 CheckMates calls and over 100 check-in emails were made to isolated older adults in FY24.

Book Buddies

This intergenerational volunteer program aims to connect members of AgeWell at the JCC South Hills with the JCC's Early Childhood Development Center students.

12 volunteers have been welcomed to the program, and they enjoy reading books with the children. The students love having visitors in the classrooms! All volunteers complete required clearances prior to scheduling reading times and reading takes place in the pre-K classrooms at the JCC.



The Lillian Goldstein Senior Adult Volunteer Leadership Award

Lillian Goldstein created the Senior Adult Volunteer Leadership Award to capture the spirit of working with older adults,

and to recognize dedication, service, and commitment to the JCC. Kathy Jones has been volunteering with us through AgeWell at the JCC South Hills for 2 years, helping to lead one of the program's most active peer-led activity clubs. Each week she leads mah jongg games for over 50 members, keeping track of who will be playing on each day and pairing up groups for a dose of healthy competition. Kathy has been an invaluable partner in creating an inclusive environment that helps support the mind,

body, and soul of older adult members in the South Hills. On more than one occasion, Kathy has commented on the positive impact her efforts have had on her own life as well as the lives of those she serves. We are beyond lucky to have Kathy at the JCC and appreciate her passion and commitment to AgeWell at the JCC.



JCC Volunteer of the Year

Every year, the Pittsburgh Jewish Chronicle seeks to acknowledge a volunteer from each of the region's Jewish organizations who best

exemplifies their missions and goals. Rabbi Elimelech Seidman is the JCC's Volunteer of the Year.

Rabbi Seidman has been volunteering with AgeWell at the JCC since June 2022. He continues to be a lynchpin of our volunteer team, giving his time almost every Friday to serving lunch to older adults in the J Cafe. Rabbi Seidman's efforts help ensure that not only vulnerable seniors receive much needed nutrition and social interaction, but that those who adhere to the laws of kashrut have a place to come and feel welcome. We thank him for his continued dedication to the JCC.



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. 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 FY24.

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. 15 AgeWell at the JCC participants completed the 6-session program in the Spring of 2024.

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. 12 unduplicated participants attended a total of 60 classes.

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. 223 unduplicated participants attended a total of 194 classes.

Aging Mastery Program *EIP

The Aging Mastery is a comprehensive and fun approach to living that guides and empowers older adults to enrich their lives and celebrate the gift of longevity. The series was offered during the Spring of 2024 at the JCC in South Hills. Educational topics included, Basics of Healthy Aging, Healthy Eating and Hydration, and advanced Advance Planning, 23 unduplicated participants participated in the three sessions offered.

GaitBetter: Falls Prevention Program *EBP

After attending the NCOA conference in 2023 and 2024, AgeWell staff encouraged the implementation of GaitBetter for older adults at the South Hills JCC. This gait training and falls prevention program features virtual reality training that allows older adults to improve their ability to complete tasks like balance, speed and endurance, obstacle negotiation, dual tasking, and attention skills. This program has been offered as a personal training service at the South Hills JCC.

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 screenings were completed in 8 AAA senior center providers in FY24—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, 260 HomeMeds screenings were conducted with continuous followup support through Giant Eagle Pharmacy. 71% of screenings in senior centers required intervention from a pharmacist.

HEALTH & WELLNESS

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) supports 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 Erandi Urrieta, a nursing student from Marquette University. She presented her final project at the CDC in Atlanta, GA at the conclusion of the program. Erandi's topic was "Let's Connect! The Importance of Group Activities in Reducing in Older Adults."

Blooming Health

In March 2024, the Allegheny County Area Agency on Aging invited the JCC to be part of a new pilot communication platform for reaching older adults. This AI-assisted platform promotes engagement and facility program utilization through text messaging, email, and automated phone calls. The feedback received from our members has been overwhelmingly positive and we look forward to our continued work with Blooming Health and further building out this platform over the next year.

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. 62 unduplicated participants attended a total of 84 classes (all levels).

Liz Sherlock

Liz Sherlock joined AgeWell as a Program Coordinator in 2023. Her first year with us was a service year through PULSE (Pittsburgh Urban Leadership Service Experience). She's also a two-time alum of AmeriCorps NCCC. Liz has a BFA in Illustration from Pennsylvania College of Art and Design. She assists with daily office operations and programs, J Cafe lunch, and tech tutoring. Liz can be reached at lsherlock@jccpgh.org or 412-278-1785.



Mickey Benson

Mickey joined AgeWell at the JCC as a Program Coordinator in 2024 in our South Hills location. Mickey finds innovative ways to make people feel seen and celebrated. Following nearly a decade of service on crisis hotlines, Mickey is excited to be working within the South Hills community through AgeWell at the JCC!



Through the unlikely fusion of an Albion College degree in Religious Studies and a surprising knack for line dancing, Mickey has crafted a unique path to success that seamlessly blends the sacred and the spirited. They recently completed a master's degree in Jewish Nonprofit Management from the Zelikow School of Jewish Nonprofit Management at Hebrew Union College. Mickey can be reached at mbenson@jccpgh.org.

STAFF UPDATES

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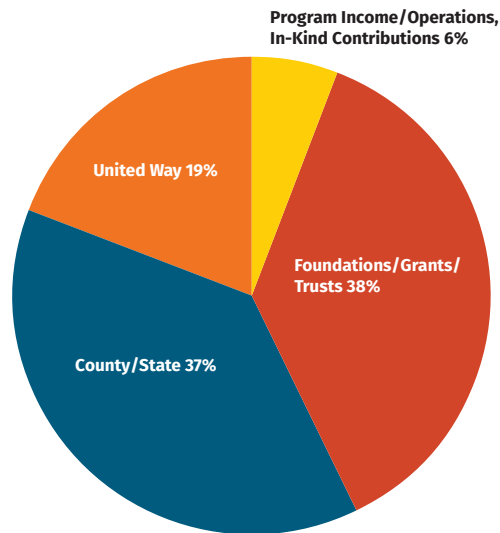
JCC of Greater Pittsburgh

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 **28,717** kosher congregational meals through delivery, to-go options and in-person dining
- Program and services attendance was over **53,421** with an average daily participation of **161** older adults
- Provided over **1,200** information and assistance referrals
- Offered volunteer opportunities to older adults culminating in over **3,676** hours
- Volunteers and staff provided over **9,000** 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



JEWISH
FEDERATION
GREATER PITTSBURGH

AGEWELL AT THE JCC'S DEMOGRAPHIC PROFILE IN FY 2024

Gender

69% Female
31% Male

Nationality

89% Caucasian
4% African-American
4% Asian
3% Other/not answered

Age

25% ages 60-69
48% ages 70-79
22% ages 80-89
5% ages 90+

Average age is 75

**40% 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.

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

Zikhranam leBerakhah

זיכרונם לברכה

AgeWell

Pittsburgh

AgeWell at the JCC is part of a unique partnership of AgeWell Pittsburgh, a 21-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.