

The Impact of Your Gift

Caring for Older Adults in Our Community

Report on Fiscal Year 2019

CJP is proud to partner with donors like you to support a variety of programs and services for older adults throughout Greater Boston. By increasing access to a variety of services and by combatting social isolation, together we build a more inclusive, vibrant, and caring community. We are pleased to share a few examples of how your support helps care for older adults in our community.

Access to a Breadth of Services

Our Jewish community's approach to meeting the unique needs of older adults and their families runs along a continuum. By providing older adults and caregivers with access to consultation and care management, together we fill a critical need and enhance their health, wellbeing, and quality of life. This expertise and compassion can be an invaluable source of support and assistance both in times of crisis and in day-to-day life. During this past year:



372 older adults received free assistance with their medical appointments through the Jewish Family Service of Metrowest (JFS) Patient Navigator program



911 older adults, family members, and other caregivers received free information and referral services for a wide range of eldercare issues through CJP SeniorDirect.



410 older adults received geriatric care management services from Jewish Family & Children's Service (JF&CS) and JFS; many of these older adults have low incomes and would otherwise go unserved.



403 older adults participated in JFS Healthy Aging programs, which provide opportunities for cognitive activity, social engagement, and spiritual and religious connections.



This past year, 58 volunteer Patient Navigators provided 1,984 of hours of free assistance to older adults. Many older adults served by this program have mobility impairment, and most suffer from at least five chronic conditions. By increasing their access to medical appointments and follow-up care, Patient Navigators help keep older adults healthy and stable so that they can avoid hospitalizations or placements in skilled nursing facilities.

Combatting Social Isolation

Research shows that social isolation and loneliness are directly tied to physical and mental decline among older adults. To help identify those who may be at risk of social isolation, CJP is supporting the use of the Lubben Social Network Scale (LSNS) at JFS. This tool is used to measure the number of social supports adults aged 65 years and older receive from family and friends. Through our use of this scale, we have observed a strong correlation between poverty and social isolation among 33% of the older adults who receive support through CJP's Anti-Poverty Initiative (API). Because low scores on the LSNS have been correlated with mortality, hospitalizations, and depression, this tool is instrumental in identifying people served by the API who can benefit from being connected to other resources.



100 Jewish elders housed in assisted living and nursing homes participated in monthly Shabbat services and other holiday events



76 older adults participated in Lunch and Learn events featuring a kosher dairy lunch and information sessions led by physicians and experts on dementia and health care



41 older adults participated in JFS Healthy Aging exercise programs, such as bowling and walking groups, chair yoga, and aerobics

"I love the different lectures that you bring in. I learn something new every time."

"I love all the 'extracurricular' activities JFS brings to us (BBQ, Drum Circle, speakers.)"

"I really appreciate the exercise classes. I try to make good use of them since I often can't get out to walk (I'm afraid of getting hit by a car if I walk in my neighborhood) or get to the Y. The guest speakers are very helpful and informative."

—Healthy Aging Participants

This year, CJP convened our social service and senior housing partners and CJP volunteer leadership to discuss new strategies to mitigate social isolation and loneliness among older adults. As a direct result, CJP will pilot a Jewish Village Project that increases access to social and recreational activities at Jewish affordable housing communities. Older adults who are isolated and living on their own in the community will be able to access transportation and benefit from the latest programs at Hebrew SeniorLife and 2Life Communities.

Thank you

Looking ahead, CJP will continue to explore strategies that will enable us to better meet the needs of our community's rapidly growing population of older adults. Your generosity and commitment this past year has helped us maintain essential supports for this expanding demographic while piloting new models and approaches that help older adults manage their health, improve their quality of life, and live independently in the community.