

# 2022 Community Impact

In late 2022, we adopted a new tag line “be yourself – we like it that way”. The new tagline reflects the importance of recognizing that each of us is unique and we value the differences of every individual. The challenge, as we think about the future of aging services, is to remember that diversity has many elements. There will be many with insufficient resources to meet their needs. At Berks Encore, we are constantly seeking new and innovative ways to serve the aging community.



## berksencore

be yourself...we like it that way

## More than 6,000 Older Adults served in Berks County\*

\*statistics compiled from 2022



### MEALS ON WHEELS

180 change of condition situations reported by volunteers were addressed  
2,210 Blizzard boxes with 10,700 nonperishable meals were delivered  
In partnership with Helping Harvest Food Bank, Meals on Wheels clients received fresh fruits and vegetables weekly throughout the Summer

156,443 total meals delivered  
667 clients per week  
3,275 unique clients served  
487 new

### PA MEDI COUNSELING

Trained counselors help medicare clients review their policies, enroll in services, and assist with resolving billing problems  
In addition, Berks Encore provides client support with Rent and Property Tax Rebates and Distribution of Produce checks

Savings of more than \$294,651.35  
850 unique clients served  
14 Medicare presentations conducted in the community  
1154 rent and property tax rebates  
360 produce checks distributed



### BERKS ENCORE CARE+

Our Care Managers provide support to clients and their family members with planning and taking action that ensures quality care for an optimal life  
28 clients served

### BENOURISHED

In partnership with Penn State Health St. Joseph and Redner's Markets, we provide medically tailored meals to referred clients with a cardiac or diabetic diagnosis  
30 clients served

### HEALTH & WELLNESS

Our licensed instructors offered  
51 total programs to 588 participants  
61% of the participants were new  
2 new programs were offered

36 Evidence-based programs focused on improving strength, flexibility and balance  
394 participant & 236 new participants  
15 Other health & wellness classes  
194 Other program participant & 102 new participants



### WELLNESS & ACTIVITY CENTERS

Our six Wellness & Activity Centers are located throughout Berks County in Douglassville, Fleetwood, Reading, Shillington, Strausstown, and Wernersville

100+ total unique programs and activities were offered monthly.  
1200 participants visited our centers for activities  
7 virtual exercise classes were offered weekly  
34 exercise classes with 838 participants

### FRIENDLY VISITOR

Through Berks Encore's Friendly Visitors Program, we connect homebound seniors with adult volunteers who agree to call or visit for about one hour per week  
25 volunteers and 15 clients participated

### GROCERY SHOPPING

Our volunteers grocery shop for clients who are unable to go to the store and shop for themselves  
63 volunteers assisted 87 clients this year



### VOLUNTEERS

Our dedicated volunteers help us with packing and delivering Meals on Wheels, Grocery Shopping, the Friendly Visitor Program, Medicare Counseling, Community Events, and Office Support  
Our volunteers make it possible for us to offer our many programs

54,040 hours of service  
732 volunteers  
131 new