

2022 Community Impact

We recently 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 increasingly diverse aging community.



berks**encore**

be yourself...we like it that way

More than 6,500 Older Adults served in Berks County*

*statistics compiled from 2022

MEALS ON WHEELS

153,589 Total meals delivered.

2,210 Blizzard boxes with **10,700** nonperishable meals were distributed.

In partnership with Helping Harvest Food Bank, more than **16,250** bags of fresh fruits and vegetables were given to Meals on Wheels clients in 2022.

- **707** clients per day.
- **1,249** unique clients served.
- **370** new in 2022.
- **180** change of condition situations reported by volunteers were addressed.

PA MEDI COUNSELING

Trained counselors helped **1,455** Medicare clients review their policies, enroll in services, and assist with resolving billing problems.

More than **2,800** calls were received with Medicare questions.

- Savings of more than **\$294,650**.
- **34** Medicare presentations were conducted in-person/online in English and Spanish.
- **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. In addition, East Penn, R.M. Palmer and RACC offer BE Care+ as part of their employee assistance program.

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.

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

WELLNESS & ACTIVITY CENTERS

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

- More than **1200** unique patrons participated in center activities.
- **7** virtual exercise classes were offered weekly.
- **34** exercise classes with **838** participants.
- **29,212** lunch meals were served to **706** unique center patrons.

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 **95** clients with over **2,500** grocery orders.

VOLUNTEERS

Our **732** dedicated volunteers make it possible for us to offer our many programs. More than **54,000** volunteer hours were completed. The estimated value of a volunteer's time is \$29.95/hour, providing a value of **\$1.6 million**. We had **131** new volunteers this year.

BERKS ENCORE is a nonprofit leader of senior services in Berks County. The services provided by Berks Encore offer support for our community's older adults without compromising their independence. Through advocacy, education and referrals, we develop aging-confident individuals to enhance their ability to live well later in life.



610-374-3195



ApplaudingLife@BerksEncore.org



BerksEncore.org