

# 2023 Community Impact

As the non-profit leader of senior services in Berks County, our staff and volunteers are working to make a positive impact on the lives of older adults in our community. Our programs support aging in place, helping to deliver valuable services that promote independence and well-being.



berksencore

be yourself...we like it that way



## Meals on Wheels

- **136,020** total meals delivered.
- **4,092** blizzard boxes distributed.
- Average of **639** clients per day.
- In partnership with Helping Harvest food bank, **14,664** bags of fresh fruits & vegetables were provided.
- **1,034** unique clients served.
- **688** volunteers completed **53,431.5** hours of service.
- The estimated value of a volunteer's time is \$31.80/hour providing a value just under **\$1.7 million**.

## Health & Wellness

Our Master Trainers held **68** programs with **1,160** participants.

**41** Evidenced-based programs focused on improving strength, flexibility, and balance with **479** total participants.

## Wellness & Activity Centers

More than **1,905** unique patrons participated in activities.

**7** virtual weekly exercise classes offered.

**43** exercise classes with **1,030** participants.

Served **33,279** lunches to **752** unique patrons.

## Medicare Counseling

PA-Medi counselors helped **1,230** Medicare clients review their policies, enroll in services, and assist with resolving billing problems.

Medicare clients saved a total of **\$208,134**.

## BE Care+

Support our clients and their families with planning and taking action that ensures quality care for an optimal life.

Partner with local companies to provide professional help to family caregivers.

BE Care+ is a fee for service program.

## Grocery Shopping

Volunteers grocery shop for clients who are unable to go to the store and shop for themselves.

**75** volunteers shopped for more than **2,400** grocery orders.