



# berksencore



As the trusted leader in senior services throughout Berks County, Berks Encore is dedicated to empowering older adults to live independently, age gracefully, and thrive within their communities.

In December 2024, we proudly adopted the Meals on Wheels Berks County brand, reaffirming our commitment to combating senior hunger, enhancing nutritional health and shining a light on a program that has been central to Berks Encore's mission for decades. Through our diverse programs our staff and volunteers provided essential services, fostered meaningful connections, and created lasting impacts that support the well-being of older adults in our community.

## Meals on Wheels

In 2024, Berks Encore's Meals on Wheels program delivered **211,544** meals to an average of **600** clients daily, ensuring consistent access to nutritious food. The program also provided **3,086** blizzard boxes, ensuring that clients had meals during winter emergencies. In partnership with Helping Harvest food bank, **17,506** bags of fresh fruits and vegetables were distributed to support clients' overall nutrition. The program served **1,010** unique clients with the help of **690** dedicated volunteers, who contributed **54,877.5** hours of service valued at over **\$1.8 million**.



## Medicare Counseling

PA Medi Counselors provided valuable assistance to **1,416** Medicare clients in 2024, helping them review policies, enroll in services, and resolve billing issues. Their support resulted in a total savings of **\$201,740** for clients.

## Health & Wellness

In 2024, our Master Trainers led **96** programs, engaging **1,687** participants in activities that promote healthier living. This included **46** evidence-based programs focused on improving strength, flexibility, and balance, which benefited **606** participants.

## Grocery Shopping Program

Berks Encore's Grocery Shopping Program helps clients who are unable to shop for themselves by connecting them with dedicated volunteers. In 2024, **63** volunteers completed over **1,900** grocery shopping trips, ensuring access to essential items for those in need.

## Wellness & Activity Centers

Berks Encore's six senior centers provided a vibrant hub for connection and wellness in 2024, with over **2,080** unique patrons participating in various activities. The centers offered **7** virtual weekly exercise classes and **55** in-person exercise sessions, engaging more than **1,300** participants. Additionally, **33,260** nutritious lunches were served to **866** unique patrons, supporting both physical health and social well-being.

## Friendly Visitor Program

Berks Encore's Friendly Visitor Program connects homebound seniors with compassionate adult volunteers who provide companionship through weekly visits or calls, fostering meaningful connections. In 2024, **19** volunteers dedicated their time to brighten the lives of **19** clients.

## BE@ Night

Berks Encore @ Night is an outreach program designed to connect with older adults during evening hours, offering engaging learning opportunities outside of our regular senior center programs. Held at various community locations, including our senior centers, these events provide valuable education and social interaction in a convenient format. In 2024, we hosted **3** programs with a total of **49** participants, expanding access to enriching experiences for the older adults in our community.

## BE Care+

BE Care+ supports senior clients and their families by providing guidance and actionable plans to ensure quality care for an optimal life. The program offers professional assistance to family caregivers and clients who need help navigating the maze of aging services. BE Care+ is a fee-for-service program designed to deliver expert support and peace of mind.