



Celebrating 60 Years of Impact at Berks Encore

In 2025, Berks Encore proudly celebrated 60 years of serving older adults across Berks County. Our 60th Birthday Party marked this milestone, honoring six decades of impact and the supporters, volunteers, and partners who have made this work possible. Throughout the year, our commemorative 60th anniversary logo served as a visible reminder of the legacy built over six decades and the lives touched along the way.

As we move forward, that celebratory mark gives way to a renewed focus on the work happening every day—especially Berks Encore delivers Meals on Wheels Berks County. For thousands of older adults, Meals on Wheels is far more than a nutritious meal; it provides safety checks, connection, and the ability to remain independent at home. With the growing needs of our aging population, this program remains central to our mission now and in the future.

Our 60th anniversary was both a celebration of how far we've come and a commitment to what's ahead—continuing to strengthen services, expand impact, and ensure older adults across Berks County can age with dignity, purpose, and support.



In 2025, Berks Encore's Meals on Wheels program delivered **136,872** meals to an average of **650** clients weekly, ensuring consistent access to nutritious food. The program also provided **1,303** blizzard boxes, ensuring that clients had meals during winter emergencies.

We served **1,716** unique clients across every district in Berks County with the help of **544** dedicated volunteers, who contributed **39,228** hours of service valued at over **\$1.7 million**.

2025 PROGRAM VOLUNTEER STATS

PA Medi:

14 volunteers - 1,560.50 hours

Grocery Shopping:

56 volunteers - 2,698 hours

Board:

20 volunteers - 94.5 hours

Administrative:

17 volunteers - 3,234 hours

Friendly Visitor:

21 volunteers - 360 hours

Center Activities:

8 volunteers - 285.5 hours

Health & Wellness:

3 volunteers - 250 hours

For more information about Meals on Wheels Berks County, or to learn how you can get involved, visit BerksEncore.org or call 610-374-3195.

Medicare Counseling

During 2025, PA Medi Counselors assisted **1,419** Medicare beneficiaries by guiding them through policy reviews, enrolling in essential services, and resolving billing concerns.

During the Annual Open Enrollment Period, we supported **731** clients, resulting in more than **\$146,198.52** in savings.

Health & Wellness



In 2025, our Master Trainers delivered **98** programs that reached **1,454** participants and supported healthier lifestyles. Among these were **47** evidence-based programs centered on enhancing strength, flexibility, and balance, serving a total of **545** participants.

Grocery Shopping Program

Berks Encore's Grocery Shopping Program supports clients who are unable to shop independently by pairing them with committed volunteers. In 2025, **56** volunteers completed more than **2,000** grocery shopping trips, providing reliable access to essential items for **81** clients.



Wellness & Activity Centers



Berks Encore's six senior centers provided a vibrant hub for connection and wellness in 2025, with over **2,351** unique patrons participating in various activities. The centers offered **5** virtual weekly exercise classes and **48** in-person exercise sessions, engaging more than **1,600** participants. Additionally, **27,600** nutritious lunches were served to **947** unique patrons, supporting both physical health and social well-being.



Friendly Visitor Program



Berks Encore's Friendly Visitor Program matches homebound seniors with compassionate volunteers who provide regular companionship through weekly visits or phone calls, nurturing lasting connections. In 2025, **21** volunteers served **21** clients, making a meaningful difference in their daily lives.

BE Nourished

Berks Encore, in partnership with Reading Hospital and Redner's Markets, was pleased to offer our second pilot of BE Nourished, a medically tailored meal program created specifically for seniors living with a cardiac or diabetic diagnosis.

The program was designed to support older adults in managing chronic conditions through proper nutrition, education, and personalized care. Each meal was thoughtfully planned by a certified dietitian to meet specific dietary needs, helping participants safely manage heart disease and diabetes while enjoying fresh, flavorful, and nutritious food made with quality ingredients.



For many seniors, maintaining a healthy diet can be challenging due to health limitations, mobility concerns, or fixed incomes. The BE Nourished program helped reduce these barriers by delivering nutritious meals directly to participants' homes, promoting independence, improving overall health outcomes, and providing peace of mind to both seniors and their families.

Participation in BE Nourished was voluntary, and eligible participants received ongoing medical care and monitoring, in-home visits with personalized support, and two freshly prepared meals plus a healthy snack delivered daily. Enro

llment in the program was provided at no cost to participants for a period of 90 days.

By addressing both nutritional needs and supportive care, BE Nourished helped seniors maintain strength, manage their conditions more effectively, and improve their overall quality of life.

In 2025, **29** participants successfully completed the BE Nourished program—each taking an important step toward better health and well-being.