

• SUCCESS STORY:

Journey's Way

Resources and Programs for People 55+,
a program of Intercommunity Action

In 2009, Intercommunity Action, Inc. (Interac) celebrated 40 years of providing high-quality services to vulnerable populations in Philadelphia. Interac hosts a range of programs serving adults and children with behavioral health needs, adults and young people with intellectual disabilities, and people age 55 and over, through the work of Journey's Way. In the past year, Journey's Way served more than 3,000 people. More than 500 volunteers assisted in this effort.

Located at 6012 Ridge Avenue in Northwest Philadelphia, Journey's Way offers an array of resources and programs to enrich the lives of older Philadelphians within their communities and support them through life's challenges. In addition, the agency works to strengthen the community's response to the needs and interests of older adults and their families.

Programs include:

The Center at Journey's Way: For more than 35 years, this senior community center has served as a trusted resource. Counseling is provided on a range of issues, including benefits and entitlements, transportation, information and referrals, and housing issues such as relocation, predatory loans, and home safety. Health education and exercise programs help older adults remain well. Life-long learning programs offer opportunities for members to make new friends and learn new skills.

Adult Day Services at Journey's Way:

This program provides a supportive, caring environment for frail elders who struggle with multiple chronic health and/or cognitive declines. It offers social services, therapeutic activities, nutrition, and nursing and personal care services.

continued on back page

EMERGENCY FUND COALITION BULLETIN

News and resources for those serving emergency needs of older Philadelphians | WINTER 2010

• Dear Reader

With a cold winter predicted by the "Farmers' Almanac," we must be concerned for the many low-income seniors living in Philadelphia who are going to have difficulty paying their heating bills. This winter could prove to be particularly difficult for several reasons. There will not be a cost-of-living increase in Social Security; healthcare costs continue to rise; and there will be less money available for heating assistance through LIHEAP (Low Income Home Energy Assistance Program).

This will be the first time there has been no cost-of-living increase for those receiving Social Security since 1975, when automatic annual increases were adopted. Although consumer prices have fallen, the costs of health care and prescription drugs have skyrocketed. Furthermore, they are expected to continue to rise in the new year. Seniors spend a disproportionate amount of their incomes on health care, and 2010 will prove to be a difficult year for those who depend on Social Security.

Federal funding for LIHEAP has been cut by \$2 billion. Therefore, fewer people will be eligible for heating assistance and the amount of assistance for those eligible receive will be less.

No one should have to choose between paying for utilities or paying for food and/or medication. The Emergency Fund for Older Philadelphians provides a resource for crisis assistance for Philadelphia seniors who have exhausted all other avenues of assistance and who have been referred by a recognized social service agency or member of the clergy. The Emergency Fund continues to need your support to help us get through the difficult winter days ahead.

We hope that everyone who attended the training, Energy and the Elderly: Advocacy and Winter Resources, on November 18 found it as valuable as we did.

The continuing dedication and hard work of the members of our coalition mean so much to those we serve.

Sincerely,



Barbara Russell, EF Coalition Co-Chair
Lutheran Children and Family Service



Susan Hoffman, EF Coalition Co-Chair
JCC's Stiffel Senior Center

Emergency Fund Expenditures

July 1, 2008 to June 30, 2009

Total # Households Served:	1,706
Total \$ Amount Distributed:	\$ 215,993.63
Total \$ Food:	\$ 60,016.00
Total \$ General Expenses (prescriptions medical expenses, etc.):	\$ 53,020.53
Total \$ Fuel (including oil):	\$ 102,957.10
Total \$ Oil:	\$ 65,454.15

● Journey's Way

SUCCESS STORY (continued)

Adult Day Services are instrumental in helping many frail elders remain in the community because they enable caregivers to maintain employment schedules and attend to other needs during the day.

Housing: Pensdale Village, Roxborough's first affordable housing development, is home to 69 older adults whose average annual income is \$11,000. An on-site social worker helps residents address the challenges of aging and connect them to programs and resources.

Geriatric Counseling Services: This program addresses the high incidence of depression and other disorders among the elderly. It reaches many older adults who do not use more traditional behavioral health services, providing professional assessment and treatment to clients in their homes or at accessible community sites. The "Touching Lives 55+" peer counseling program, initiated in 2006, has trained more than 60 peer counselors and has served more than 800 older adults in 10 different sites in Philadelphia.

Neighbor to Neighbor: Journey's Way assists the aging in Northwest Philadelphia by mobilizing neighbors to help elders in need. Volunteers provide social contact, rides, home repairs and help with chores.

Journey's Way is expanding! A new affordable senior housing community, Pensdale II, will offer 38 apartments. It will also house a new state-of-the-art Adult Day Services Center, which will accommodate more participants and provide a modern, secure and home-like environment. A new senior center is also being constructed in the same vicinity. It will offer 10,000 square feet of space for programs, dining, technology and fitness areas, and specialized art and education rooms.

Journey's Way is open Monday through Friday, 8:30 a.m. to 4:30 p.m.

For more information, call 215-487-1750 or visit www.journeys-way.org.

● CASE STUDY

Jewish Family and Children's Service

Submitted by: Eric Freda, Care Manager

Mr. G. is a 63-year-old single man living alone in a rental apartment in Northeast Philadelphia. His sole monthly income is \$700 from SSI, plus \$200 in food stamps. Mr. G. is a long-time client of Jewish Family and Children's Service of Greater Philadelphia (JFCS). He has experienced financial crises over the years due to the challenge of living on a limited income, plus having to manage such unforeseen expenses such as dental and medical needs.

In February 2009, Mr. G. experienced another crisis when he was unable to pay his PECO bill after incurring unexpected medical expenses.

JFCS turned to PCA's Emergency Fund for assistance and requested a payment to PECO of \$98.30, the minimum needed to avoid a shut-off. At the same time, JFCS requested help from the Emergency Fund in the amount of \$50 to enable Mr. G. to purchase food from ShopRite market. Thanks to this generous help from the Emergency Fund, JFCS was able to help stabilize the consumer's situation last February.

JFCS continues to work with Mr. G. to help him manage his finances, access community resources, and provide ongoing support.

Milestones e-news

Milestones e-News Delivers Current News, Health, Finance & Caregiving Resources to Your e-mail

PCA has created a new weekly electronic publication for consumers, offering national headlines on health, fitness, consumer news, employment, volunteering and finances, along with local features, opportunities and events. Milestones e-news provides information and resources to help people balance work, health, elder caregiving, and plan for the future.

Visit www.pcamilestones.org/enews to read this week's issue.

To subscribe or comment, e-mail communications@pcaphl.org.

● EFC MEMBERS

- AGAPE AFRICAN SENIOR CITIZENS CENTER
-
- ALBERT EINSTEIN MEDICAL CENTER
-
- CAMBODIAN AMERICAN SENIOR ASSOCIATION
-
- CENTER AT JOURNEY'S WAY
-
- CENTER FOR ADVOCACY FOR THE RIGHT AND INTERESTS OF THE ELDERLY (CARIE)
-
- CENTER IN THE PARK
-
- THE CONSORTIUM, INC.
-
- HADDINGTON MULTI-SERVICES FOR OLDER ADULTS, INC.
-
- JEWISH FAMILY AND CHILDREN'S SERVICE OF GREATER PHILADELPHIA
-
- KLEIN AND STIFFEL JEWISH COMMUNITY CENTERS
-
- LIBERTY LUTHERAN SERVICES/ LUTHERAN CHILDREN AND FAMILY SERVICE
-
- MAYOR'S COMMISSION ON SERVICES TO THE AGING
-
- NORTH CENTRAL VICTIM SERVICES
-
- NORTH CITY CONGRESS
-
- PACIFIC RIM RESOURCE CENTER
-
- PHILADELPHIA CORPORATION FOR AGING (PCA)
-
- PHILADELPHIA SENIOR CENTER
-
- PHILIP JAIHOHN MEMORIAL CENTER
-
- POLISH AMERICAN SOCIAL SERVICES
-
- THE SALVATION ARMY
-
- SENIORLAW CENTER
-
- UTILITY EMERGENCY SERVICES FUND