



Lutheran Settlement House Friends Foundation for the Aging Final Grant Report

What problem were you addressing? What solution did you propose to address it?

“Aging in place” is among the top priorities for members of LSH’s Center for older adults; however, challenges associated with maintaining health—mental, physical, emotional, spiritual, and social—often get in the way (Member Focus Group, 2022).

[EnhanceWellness \(EW\)](#) is an evidence-based program that connects older adults with a personal health and wellness coach to improve their physical, emotional, and social well-being. Based on the Chronic Care Model, EW is participant-centered and uses motivational interviewing techniques and validated assessment tools. Past research has shown that EW can lead to a 72% decrease in hospital stays; 35% decrease in use of psychoactive drugs; 11% decrease in depression; and 18% decrease in physical inactivity (American Geriatrics Society).

With support from FFA, LSH piloted a Community-Health Worker-led EW program. FFA funding allowed us to expand our Health Coach position and provide health education workshops focused on the most salient issues in EW participants’ Health Action Plans, and open to all 175 Center members.

What actions did you take? What worked and didn’t work toward your objectives? Please share any unanticipated benefits or barriers encountered.

As discussed during our mid-year check-in with Susan, FFA funding allowed us to pilot a CHW-led EW program. Ultimately, after working with two different part-time CHW Health Coaches, we discovered that the EW program needs the full-time attention of one staff member with deep expertise in social work and the social determinants of health. Based on our learnings, this past spring, we recruited a recent Master of Social Work graduate to fulfill the Health Coach position and continue offering EW.

In addition to 1:1 coaching, during the grant period, we hosted a number of health workshops and presentations including:

- Diabetes Presentation hosted by Penn Diabetes
- Managing Chronic Pain workshop series by Pennsylvania Corporation for Aging (PCA)
- Mindfulness & Stress Management Weekly Series hosted by EW Health Coach
- Weekly nutrition and healthy cooking classes hosted by the University of Pennsylvania’s Agaston Urban Nutrition Initiative
- Diabetes Presentation hosted by our Nurse Practitioner consultant, Ayesha Pride
- Cholesterol Presentation hosted by our Nurse Practitioner consultant, Ayesha Pride
- Stroke Prevention Presentation by our Nurse Practitioner consultant, Ayesha Pride
- A busy calendar of health and wellness activities including weekly EW fitness, yoga, Zumba gold, chair yoga, and Qigong classes, and line dancing and music therapy

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How did you measure success--both quantitative and qualitative? What did you learn? Please include numbers and demographics of people touched by the work.

During the reporting period, our EW program engaged:

- 34 older adults in individualized health coaching and pre-health coaching relationship-development.
 - 65% identified as white
 - 20% identified as Black/African American
 - 15% are of an unknown race/ethnicity
 - 71% identified as female
 - 29% identified as male
 - Age:
 - Ages 60-65: 21%
 - Ages 66-71: 30%
 - Ages 72-77: 21%
 - Ages 78-83: 19%
 - Ages 84-89: 6%
 - Ages 90-95: 3%
- Attendance at the health related presentations and workshops described above, ranged from 8-10 Center members per weekly session for our Mindfulness & Stress Management Group to 22 attendees in PCA's Chronic Pain Workshop series.

In addition to collecting demographic data, we also collected stories of impact from EW participants. Below are a few highlights from our Health Coach's work with Center members.

YK: Initially YK was focused on weight loss; YK has since expanded her goals to include family relationships and grief management. Although action plans for weight loss have been challenging, the coaching relationship has fostered trust, allowing deeper issues to surface. YK is actively participating in the pain management course, and creating action plans within that context.

VW: VW has been working on addressing clutter in his home; VW has experienced weekly successes in managing tasks that once felt overwhelming. The regular check-ins with the Health Coach have significantly reduced his stress related to clutter.

JJ: JJ's health journey has involved navigating her eating habits due to medication. Although her health action plans have fluctuated, she has made progress in finding a dentist and has benefited from consistent coaching support, which helps her manage cognitive challenges.

Other key issues Center members are interested in addressing through health coaching and related health and wellness programming include:

- Diabetes

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- Anxiety
- Smoking cessation
- Stress
- Navigating the healthcare system
- Care coordination (for self and for loved ones); several members are caregivers for aging parents and/or children with disabilities
- Managing personal finances (paying bills, planning expenses)
- Managing household chores, including cleaning and laundry – both managing the physical labor and managing the logistics
- Using communication devices (phone, email, health portals) to coordinate care, schedule/modify medical or transportation appointments, access health records and test results, etc.
- Health literacy and understanding new diagnoses
- Self-neglect and involvement with Older Adult Protective Services

We've noticed that, following health presentations and workshops, Center members new to EW often reach out to our Health Coach to learn more about the program. Additionally, our Nurse Practitioner consultant and Center Social Worker have been instrumental in suggesting health coaching to members who might benefit from it. Awareness of the EW program is increasing, with participants gaining a clearer understanding of health coaching and the value of developing an action plan. We are excited to see continued engagement and positive outcomes as we move forward!

How did partnerships/collaborations enhance or challenge the project?

Our partnerships with the University of Pennsylvania Agatston Urban Nutrition Initiative, Penn Diabetes Program, and PCA have enabled us to provide members with expert health education and advice. Additionally, our ongoing partnership with Nurse Practitioner, Ayesha Pride has facilitated regular access to personalized healthcare information and support. Ayesha spends one day each month at The Center, hosting open "office hours" and offering health presentations and workshops that complement the EW work led by our Health Coach.



Budget and actuals for the project during the reporting period

EXPENSES

Personnel	Budget	Actuals - FFA	Actuals - Other Sources
Senior Services and Nutrition Director @ 10%	6,297	2,954	3,343
Senior Services Activities Coordinator @ 20%	7,354	0	7,354
EnhanceWellness Coach @ 100%*	41,600	14,272	14,186
Volunteer Manager @15%	6,644	0	6,644
Senior Services Office Manager @ 10%	3,890	0	3,890
Senior Center Social Worker @ 20%	7,428	0	7,428
Deputy Executive Director @ 5%	4,615	0	4,615
Fringe Benefits (25%)	19,457	2,921	16,536
Total Personnel	\$97,286	\$20,147	\$63,997
Program Costs	Total	Actuals - FFA	Actuals - Other Sources
Activity and Class Instructor Fees	20,000	1,440	18,560
EnhanceWellness Fees	850	703	147
EnhanceWellness Staff Training	1,000	1,000	0
Shelf Stable Food for Food Pantry	2,500	860	1,640
Food Pantry Supplies	1,000	0	1,000
Printing, Marketing, and Office Supplies	3,500	250	3,250
Total Program Costs	\$28,850	\$4,253	\$24,597
Operating Costs	Total	Actuals - FFA	Actuals - Other Sources
Accounting Fees	1,000	0	1,000
CiviCore Organizational Database	500	600	0
Utilities	1,250	0	1,250
Insurance	1,000	0	1,000
Total Operating Costs	\$3,750	\$600	\$3,250
Indirect Costs (10%)	\$12,989	\$0	\$12,989
Total Budget	\$142,874	\$25,000	\$104,833

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*We had some turnover in the Health Coach position; therefore we didn't spend the anticipated salary amount.

REVENUE

Source	Anticipated	Actuals
The Gordon Charter Foundation	15,000	15,000
ELCA Foundation	10,000	10,000
Philadelphia Corporation for Aging	55,874	55,874
Friends Foundation for the Aging	25,000	25,000
Philadelphia Works	5,000	5,000
Patricia Kind Family Foundation	5,000	5,000
The Leo & Peggy Pierce Family Foundation	5,000	5,000
Sarah Ralston Foundation	22,000	22,000
Total	\$142,874	\$142,874

What conversations have you had on how to sustain the project after the grant, and do you have plans to share your results with other organizations?

The funding we received from the Friends Foundation helped us attract additional funding from foundations like the Sarah Ralston Foundation. We are continuing to study the impact of the EW program and related health and wellness offerings with a multi-year grant from the Sarah Ralston Foundation and support from the Evangelical Lutheran Church of America (ELCA) Foundation. We're excited to continue growing EW!

Feedback on your interaction with FFA would be helpful. How have we helped? Made it harder? What else can we do to facilitate your work?

We really appreciated the opportunity to connect with Susan at the mid-point of our grant period. Her feedback and encouragement were incredibly helpful.

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