

TAB 6: Project Amenities and Services

SJNP II is equipped to support seniors as they age in place. The development will feature a wellness center that will advance the physical, mental, emotional, social, and spiritual well-being of tenants as well as low income seniors in the wider community. This center will function as a satellite of St. Charles Senior Center, a National Council on Aging accredited senior center. Through St. Charles' contract with the Philadelphia Corporation on Aging, services and programs will be extended two miles south. Operated by Catholic Health Care Services (CHCS), this center will leverage the Archdiocese's significant programmatic assets, build upon CHCS' experience and success, and integrate existing community-based services.

Programs will address the physical, mental, social, recreational, and spiritual needs of seniors. A variety of classes from Zumba, tai chi, and meditation to art classes and sewing circles, from nutrition to smoking cessation to fall prevention, from book clubs to faith sharing, from support groups to facilitated discussions on the psychology of aging, all will promote mind, body, and spiritual wellness. While some of these programs will be taught by a live teacher—either from an organization or a volunteer—the use of Smart TV will provide limitless opportunities for learning: from travel to history to languages, access to any type of exercise class, crafting lessons, even video games.

Technology offerings in the computer lab will include memory enhancement programs, games for spatial recognition and fact recall, and programs that foster social connection such as video chats with family and friends far and near. Parties, game nights, and movie screenings will facilitate social engagement and stem isolation among fellow seniors. Exercise equipment will be available for use and the Program Aide can train users on safe use of this equipment. A Volunteer Opportunities bank will facilitate continued civic and community engagement.

Services at Wellness Place will include:

Geriatric Care Management — The Care Manager (GCM) will complete a holistic assessment and develop a unique care plan is developed for each resident. The plan facilitates referrals to community programs and benefits such as home health care, outpatient rehabilitation, hospice, meals, durable medical equipment, pharmacies, physicians, PACE Programs, adult day, transportation, among others.

Ask the Nurse—Sponsored by CHCS, this program provides seniors with an opportunity to meet with a Community Registered Nurse. The nurse assesses the senior, develops a care plan, and connects the senior to medical and social resources to assist with the management of chronic disease. In addition, health and wellness programs are provided such as blood pressure and glucose monitoring, medication management, respiratory system monitoring, among others. Utilizing the data gathered, programs will be developed to address the specific needs of the seniors at the wellness center.

Catholic Clinical Consultants—CHCS' behavioral health provider offers counseling, depression screenings, dementia assessments, and education seminars such as managing stress, aging gracefully, and dealing with loss, and bereavement groups.

In-Home Services Program—This PCA funded, CHCS program addresses the needs of seniors who are temporarily homebound. Information and referral, meals, transportation, errands, cleaning, and companionship are the services most in demand to support this population.

Nutritional Development Services of Catholic Human Services—Services through NDS will respond to food insecurity and enhance nutrition.

Mercy Life—Mercy Life has partnered with SJNP to support the independence of those residents who would be eligible for nursing home care but who wish to remain in their home. This partnership will be extended to SJNP II.

The Wellness Center will be a mix of flexible open space with a café to facilitate socialization, offices for professionals to work with residents, classrooms, exercise space, and a portable technology lab with wireless connectivity throughout for Smart TV's and educational programming.

St. John Neumann Place II is designed accessible throughout in order to support enriched senior living, even as independent seniors become less mobile. Additionally, there are many design features that support aging in place comfortably and safely:

- Two outdoor spaces: a plaza and garden with walking path which will encourage seniors to be outdoors and to be active.

- Residents of the proposed building will be able to join those of St. John Neumann Place I in attending the activities and games played on the Neumann-Goretti High School playing fields, which are part of this intergenerational campus.
- The use of glazing well beyond the typical affordable multifamily building and oversized windows in order to provide more light into each apartment.
- 100% of the apartments will be Visitable.
- 100% of the apartments will feature roll-in showers and adaptable baths and kitchens to support aging in place.
- Six (6) of the apartments will be fully accessible for wheelchair users, and the apartments will be leased with a preference for seniors with mobility impairments.
- Three (3) of the apartments will be fully equipped for those with vision and hearing impairments and will be leased with a preference for seniors with sensory impairments.
- Medical alert system

In addition to the Wellness Center, there will be a 1,593 sf common room within the housing so that the tenants have private space that will not be open to the wider community, as the Wellness Center is. There is a patio off this common room that opens onto the corner of 27th and Mifflin Street to foster interaction with the neighborhood.