

TAB 10: Supportive Services Plan

Services to Residents

The residents of SJNP II will be served by the Geriatric Care Manager (GCM) who will oversee all service provision to seniors living on the campus. The GCM will assess the needs of each resident within two weeks of their moving into St. John Neumann Place and in conjunction with the resident create a workable plan to address those needs which could include transportation, senior programs, meals, durable medical goods, home health care, and referrals to professionals. This process will be repeated every six months or more often if an urgent need arises.

In addition to referring residents to service providers, the Social Service Coordinator will work with each resident to identify and/or create a support system that would include family members, friends, former neighbors, and fellow church members. This network of support will serve as a source of on-going support as well as be engaged during times of crisis.

Catholic Health Care Services is committed to supporting residents in their desire to live independently for as long as possible and to that end, has partnered with the Mercy Living Independently for Elders (LIFE) to comprehensively address their needs. The GCM makes referrals to LIFE, follows the assessment process through to insure that the resident is eligible for enrollment. Once part of the LIFE program, the resident will receive transportation to the LIFE Center four blocks away from St. John Neumann Place II and have an aide come to their home if assistance is needed in getting ready. At the LIFE Center the resident could be bathed, have their laundry done, set up their medication box, see their doctor, as well as enjoy the interaction with the other seniors. The GCM meets regularly with the Mercy LIFE staff to ensure that the needs of each resident are being addressed.

In addition to the provision of services through Geriatric Care Management, SJNP II will include a Wellness Center. The center's 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 within the Wellness Center will include:

Ask the Nurse—Sponsored by CHCS, this monthly program for seniors with medical concerns provides medical monitoring and triage services. Equally valuable, the data gathered from the presenting problems (i.e. depression, hypertension, pain, obesity, etc.) informs the center programming.

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, among other topics, and bereavement groups.

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

Nutritional Development Services—Services through NDS will be sought to respond to food insecurity and to enhance nutrition.

Service Provider

Catholic Health Care Services will provide social and health promoting services to the residents at SJNP II. CHCS provides seniors with the services necessary to maximize their well-being and foster dignity throughout the aging process. Under the auspices of Catholic Human Services of the Archdiocese of Philadelphia, CHCS has created a continuum of care to respond to targeted levels of need through a variety of health promoting, community-based programs as well as an array of residential

programs. Our commitment to excellence in the provision of care stems from the belief that all people are created in the image and likeness of God and therefore possess an innate dignity.

The work of CHCS dates back to 1913 when St. Francis Country House was established to care for the incurably ill. Over the course of 100 years, additional facilities and programs have been added and adapted to meet the changing needs of the aging population. CHCS formally emerged in the early 1990's as a means of coordinating resources and enhancing health care services already established and operating throughout the five county Archdiocese of Philadelphia.

Today CHCS consists of a system of three residential and offers a host of community-based programs including four senior centers, senior clubs, behavioral health services, and geriatric care management. The services provided by our competent and compassionate staff afford our clients a reasoned, state of the art continuum of services that maximizes their health, stability, and well-being by meeting their physical, psychosocial, and spiritual needs. Within South Philadelphia, CHCS provides the following services and programs:

Program	Description
St. Charles Senior Center	Comprehensive, multi-purpose senior center providing congregate meals, health and wellness programs and exercise, socialization and recreational activities, consumer education, van transportation to center, medical appointment, and shopping.
In-Home Support Program	Short-term care management program contracted by PCA to support those who are temporarily home-bound.
St. Monica Eldercare Program	Geriatric care management program and in-home support provided to parishioners of St. Monica Parish and St. Edmond's Parish
Senior Care Partners	Provides private geriatric care management services in-home support within the five county area. South Philadelphia office is at 15 th and Porter.
Catholic Clinical Consultants	The behavioral health arm of CHCS which treats clients in their own home and outpatient offices in Catholic Human Services sites.
St. Mary's Residence	Independent, supportive, congregate living for female seniors 55 and older.