

A healthier today
RUSH Generations
and a vital tomorrow

Annual Report

Fiscal Year 2023



Brought to you by the
**RUSH Department of Social Work and
Community Health**



A Year of Breaking Barriers to Make a Difference

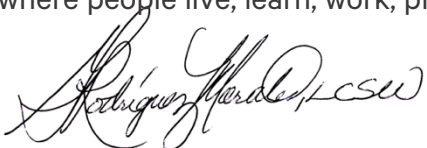
Dear Colleagues,

It is with great pleasure and immense pride that we present the RUSH Generations annual report for fiscal year 2023. This report reflects our unwavering commitment to innovation, collaboration and excellence.

Our success is made possible in large part due to the variety of our partnerships both inside and outside of our RUSH community, promoting our aligned values of improving the health and longevity of every individual, regardless of where they receive their care.

We invite you to explore the pages that follow and discover how — with the support of the Social Work and Community Health department —RUSH Generations is serving diverse communities through innovation, responsibility and a steadfast commitment to excellence.

While 2023 posed its challenges, it also presented us with opportunities to break down barriers, transform, and innovate. We embraced our challenges with determination and turned them into stepping stones toward an exciting journey ahead; to improve health where people live, learn, work, play and age.



Grisel Rodríguez-Morales, MSW, LCSW

Senior Manager of Health Promotion and Disease Prevention
Social Work and Community Health



RUSH Generations is serving diverse communities through innovation, responsibility and a steadfast commitment to excellence.



RUSH Generations makes an impact on the community.



19 Presentations at local, regional, national and international conferences



36 Community leaders trained in our group interventions



18 Organizations on the West Side integrating our evidence-based programs



10,671 Community members reached



10 Social action alliances, collaboratives and committees



7 Publications and news spots written by or featuring our team



280 Graduates from evidence-based group programs

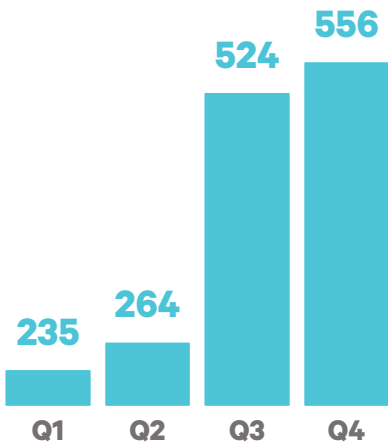


\$625k in grant funding to support and expand our programs

Health Education Lectures

We educate community members about key health, wellness and aging topics through bimonthly livestreamed lectures featuring expertise from RUSH providers and community-based partners. The recorded lectures, as well as quarterly mini-clip videos, offer unique engagement and greater reach via our RUSH Generations YouTube channel. Visit us at cutt.ly/RushGenYouTube.

Number of lecture attendees by quarter

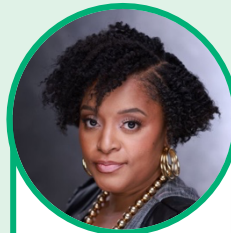


Special topics in 2023



Schaalman Senior Voices Inaugural Thought Leader Lectureship

May 2023



Community, not Chaos: Honoring the Life and Legacy of Dr. Martin Luther King, Jr.

January 2023



RUSH Generations Annual Aging with Pride Lecture

June 2023

3,191
views

25

lectures presented

27

RUSH providers featured

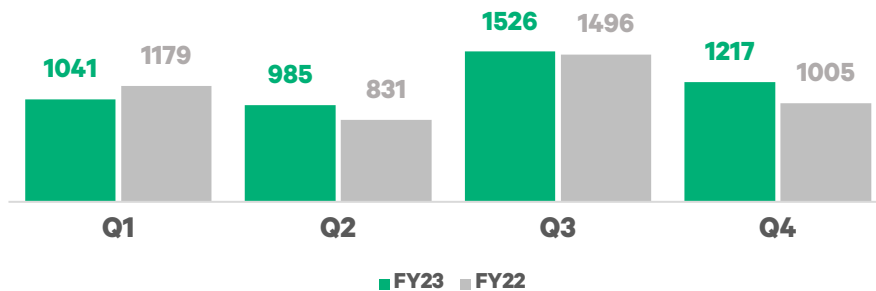
23

Community partners featured

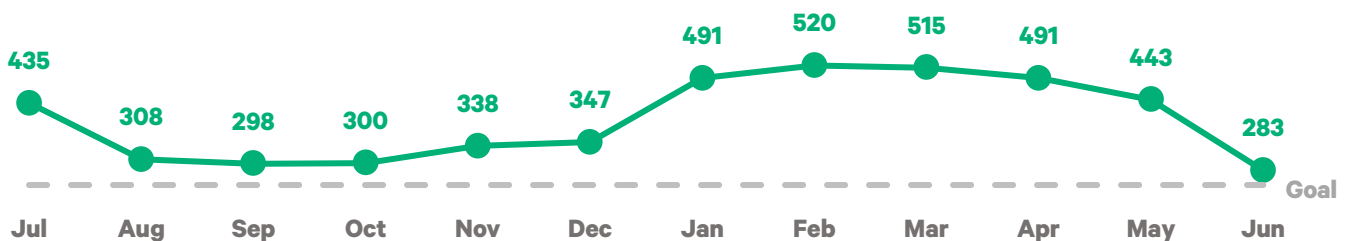
16

Health profession disciplines represented

Attendance in FY23 was generally higher than in FY22



Monthly Health Education Attendees



Wellness Classes

Licensed and certified instructors from RUSH and partner organizations offered wellness classes via Zoom. These classes include physical activity such as gentle yoga and chair fitness, but also social-emotional wellness such as mindfulness and art. These classes help keep our membership active and engaged, providing opportunities for physical activity, socialization and enrichment.

“

“My confidence in moving for one hour standing was low at the first Embracing Aging class. After two months, I was able to stay on my feet and move for the entire class. My endurance improved, my physical fitness level is increasing too. Class activities, like reaching up with my arms to get something, are similar to activities in real life.”

— Embracing Aging Participant

“This has helped me increase my overall day-to-day movement, because I am becoming less stiff and more flexible. It encourages me to move more each day! I have noticed it is becoming easier to do things inside and outside the house. I am able to enjoy my yard more and do more gardening.”

— Gentle Yoga Participant

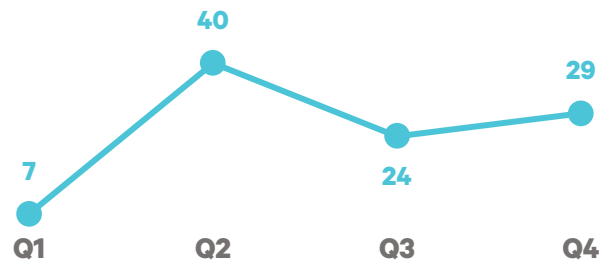
“After class I would feel relaxed and less tense. I take care of my 91-year-old mother and she requires lots of help and assistance.”

— Gentle Yoga Participant

“This was great because it was at a structured time that was convenient for me. Otherwise, I wouldn't stay motivated.

— Embracing Aging Participant

Class participants per quarter



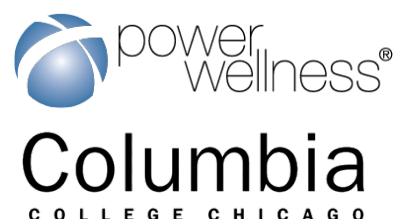
While these classes are offered for a fee, as part of our commitment to health equity, we offer scholarships to ensure that no one is turned away for inability to pay.

Through Rush Generations, older adults can participate in quality wellness and physical activity classes regardless of their income.

71%
of participants
are on a full or
reduced
scholarship



Our wellness classes were made possible through partnership and collaboration with

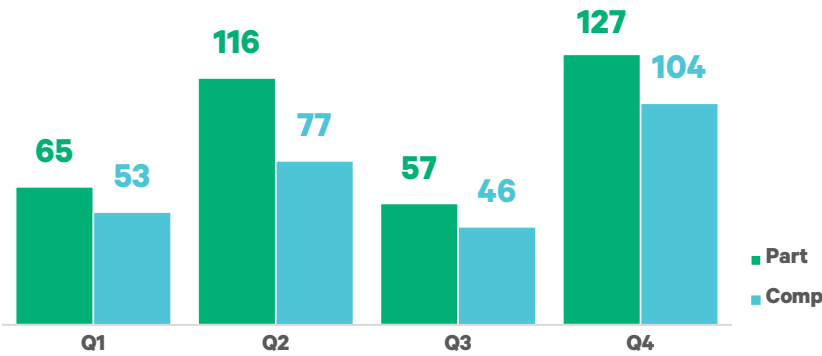


Evidence-Based Group Workshops

The evidence-based programs we offer through RUSH Generations are rigorously studied and suggested for older adults by the National Council on Aging. These group programs empower communities by informing and motivating participants; meanwhile, our team works to empower leaders from the community to lead these workshops through free training and oversight. Offerings include chronic disease self-management education programs and fall prevention programs. These workshops are offered virtually, telephonically, and in person at RUSH and throughout the community, in both English and Spanish.

Workshop participants and completers by quarter

76.7%
of all participants completed in FY23 — more than 4% higher than the national average



256
participants in Chronic Disease Self-Management Education

102
participants in Fall Prevention

31
total workshops

10
workshops in Spanish

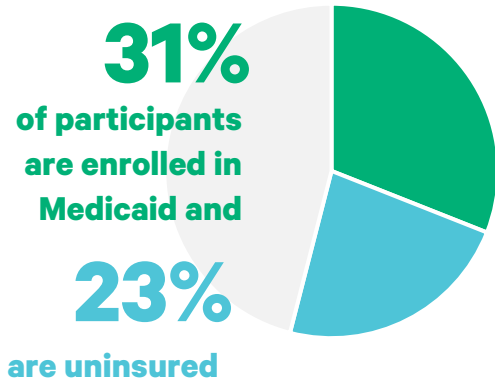
15
in-person workshops

17
participants were connected to social care

85%
of participants felt reduced social isolation and loneliness

81%
of participants increased health confidence

Integrating our programs with community partnerships, we are serving those most in need.



Hardship Index Categories
■ Low
■ Medium
■ High

“

“This workshop helped me to be more confident and persistent when pursuing health care— I have to advocate for myself. This group really helped me find my voice.”

— Take Charge of Your Health participant

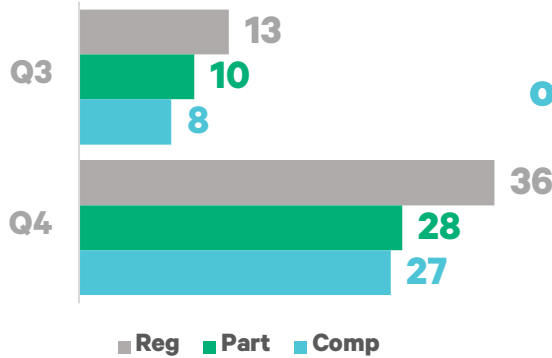
Health Legacy Program for Women

The Health Legacy Program is a 12-session group offered over the course of six weeks, specifically for women of color. This group helps participants learn and practice emotional support, exercise, healthy cooking and nutrition in a supportive environment.

“

“Leaving a legacy really spoke to me. Knowledge really is power. I’ve shared what I’ve learned with family and friends and social media. Thank you.”

— Health Legacy Participant



92%
of FY3 participants
completed
the program.

In 2023, participants reported...



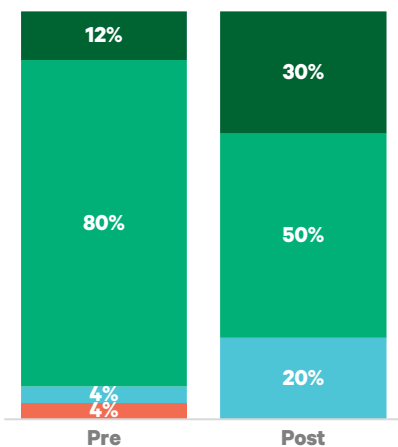
A significant increase in the adoption of healthy habits such as fruit and vegetable consumption and water intake

39.37

38.26

Lower average BMI post-program compared to pre-program.

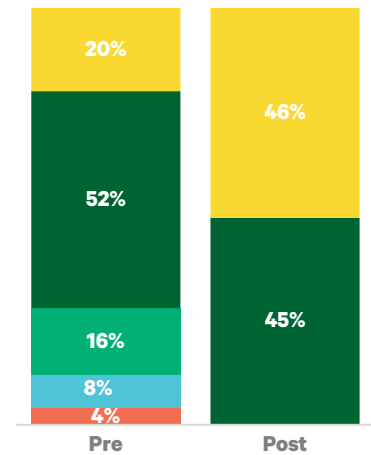
Better self-rated overall health



Improved self-rated quality of life



Increased confidence in reading food labels

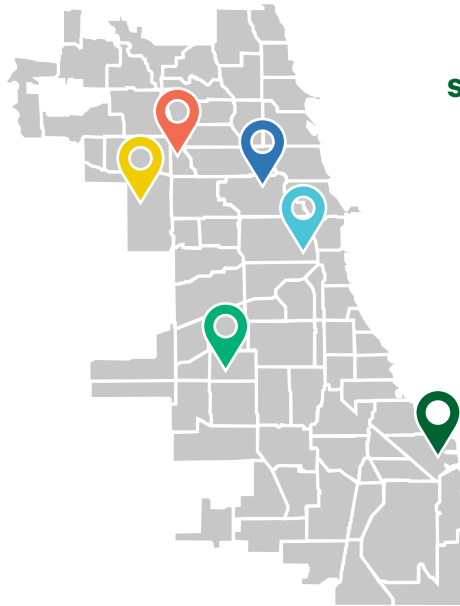


■ Poor ■ Fair ■ Good ■ Very good ■ Excellent

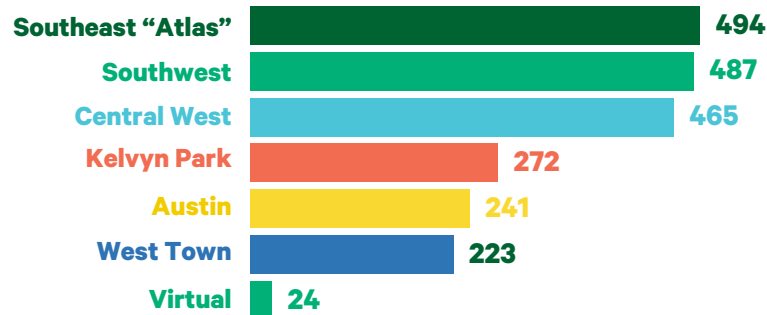
■ Extremely not confident
■ Unconfident
■ Neutral
■ Confident
■ Extremely confident

Senior Wellness Program

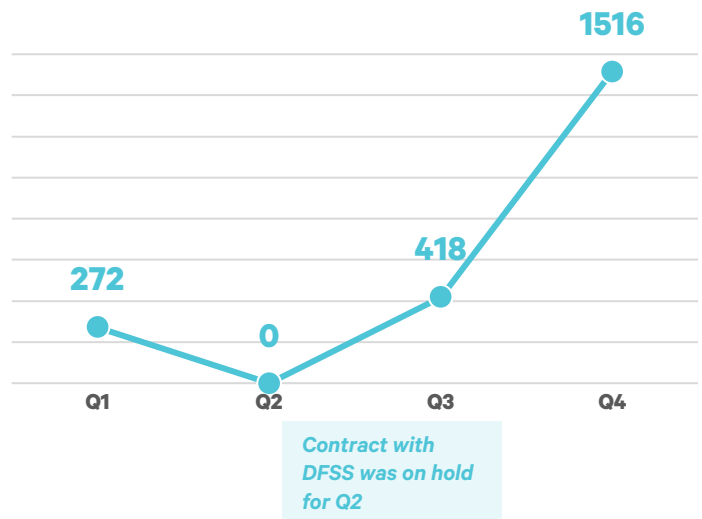
For over 30 years, RUSH has offered clinical services to older adults participating in programs offered by the City of Chicago Department of Family and Support Services (DFSS) Senior Services Division. We have leveraged RUSH Generations virtual programming and offer support to older adults from six regional/satellite senior centers thanks to the commitment of RUSH nursing, social work and nutrition providers.



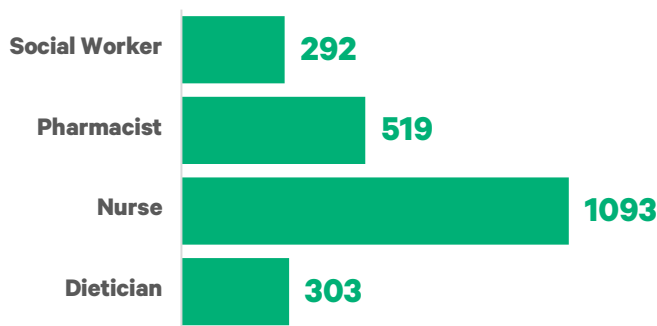
Program participants by site



Number of people served by quarter



People served per RUSH discipline



Special accomplishments include



Hiring a community health nurse



Expanding into the Austin Senior Satellite Center



Integrating Bingocize into our offerings at Central West

Schaalman Senior Voices

Inspired by the example of the late Rabbi Herman E. Schaalman, RUSH’s Center for Excellence in Aging launched the Schaalman Senior Voices (SSV) program in late 2019 to transform conventional thinking and practice about aging, and to empower older adults to express “What Matters” to them. As one of our many strategies to empower older adults, RUSH Generations records videos of diverse older adults throughout the community.

RUSH Generations is also proud to be a key stakeholder for new SSV initiatives to sustain, leverage and grow the program:

- Schaalman Student and Faculty Fellowships for RUSH University
- Schaalman Thought Leader Lectureship Series
- Schaalman Summer Academy on Aging
- Curriculum activities

The additional programming has strengthened the SSV mission of advancing care for older adults and their families through clinical services, research, education, community health equity and policy.

We invite you to watch some of our videos from this year.
We hope they will inspire you, too!



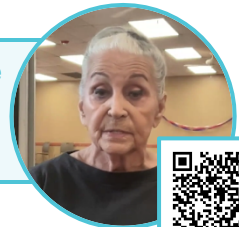
“I understand the importance of a good diet and exercise, but also having social interaction and a strong support network. I feel that these are some of the keys that will enable us to live well, live long, and live happily.”

“Aging feels great. I’m staying healthy and off medications with daily exercise, sobriety, and losing 220 pounds. This has helped me keep up with my grandson.”

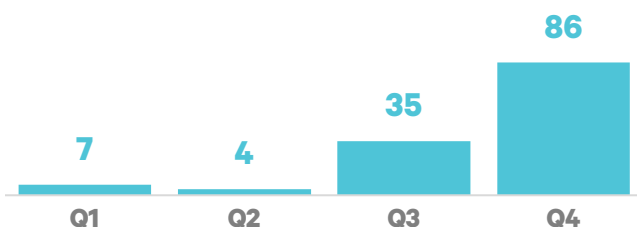


“Attending programs at the senior center, particularly the exercise groups, has improved my health and helped me stay out of the hospital. I love talking with other people at the senior center—I feel like they are family.”

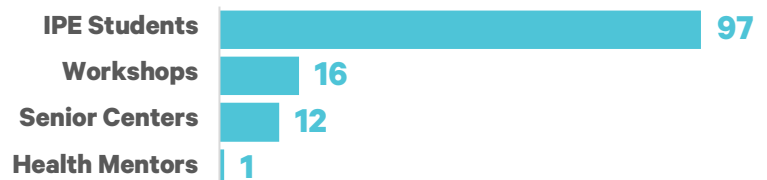
“My idea of being fit and healthy is being able to do your activities of daily living and still have enough energy left over to do whatever you want. I’m 83 years old and hope to live to 100 like my mother did!”



Videos collected per quarter



Sources of Schaalman videos



Community Health Mentor Program

A key clinical component of RUSH University’s IPE programming, the Community Health Mentor Program ensures that future health care providers understand that health management and care happen primarily in the community. Through this course, the students learn how to provide more patient-centered care.

Since 2016, our team has successfully recruited adults with chronic conditions who serve as mentors to hundreds of teams of students from 17 health disciplines. Community health mentors working with IPE students also received telehealth training during the 2022-2023 academic year.

111

Community Health Mentors with health conditions volunteered

656

interprofessional **students** participated across 115 teams

86

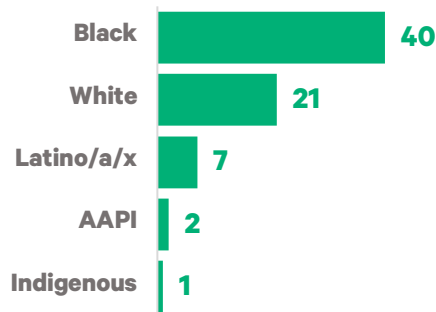
mentors **returned** after previous years

64.4

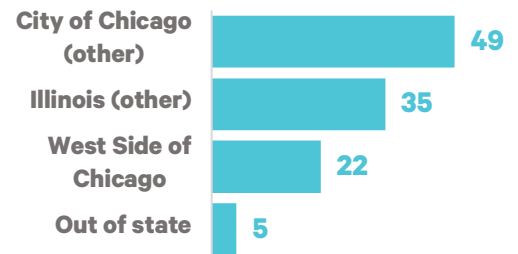
was the **average age** of the mentors,

ranging from **23 to 91**

Community health mentor's race or ethnicity

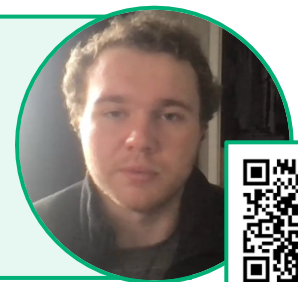


Where community health mentors live

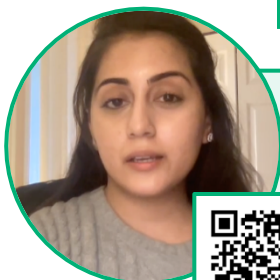


“Volunteering as a community health mentor is a really important role that we can do for our students and our community—building awareness, so that students can really see what it feels like to be on the other side of that discussion.”
— Debra, community health mentor

“I realized that your patients don’t fit in a box. This has made me cognizant of the fact that many patients are dealing with barriers that make it hard to make and [achieve] goal. That will definitely change the way I will interact with older generations in the years to come.”
— Colton, Medical Student



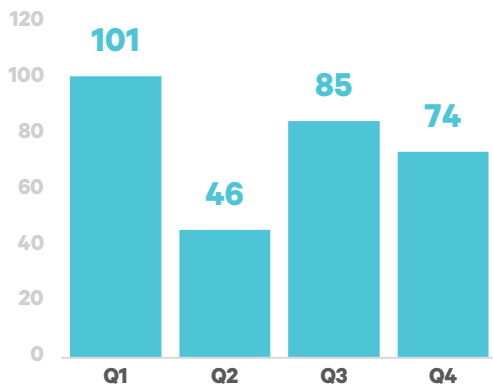
“The sessions helped me develop some key skills that will help me as a pharmacist—more empathy, compassion, and fully listening to and understanding the needs of patients. These skills will make me a more well-rounded practitioner.”
— Summayya, Pharmacy Student



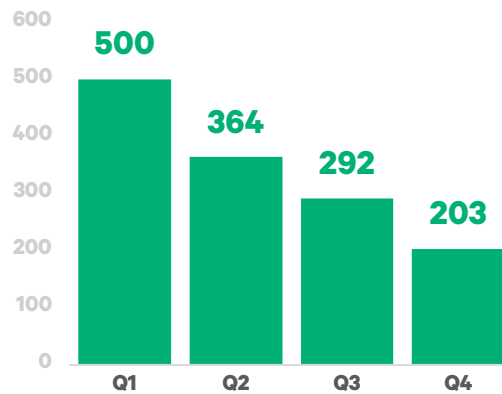
Community Outreach and Engagement

RUSH Generations frequently collaborates with community partners throughout the West Side of Chicago and beyond. Our RUSH Generations ambassadors often represent our programs at health fairs, and our staff provides informative talks on various topics, including our programming. A key part of our capacity to participate in health fairs is our Ambassador program—a volunteer opportunity for older adults, caregivers, and other community members who want to join our team.

People reached through community talks



People engaged or screened at health fairs



RUSH Generations staff and ambassadors **attended**

48

health fairs

Provided

12

community talks

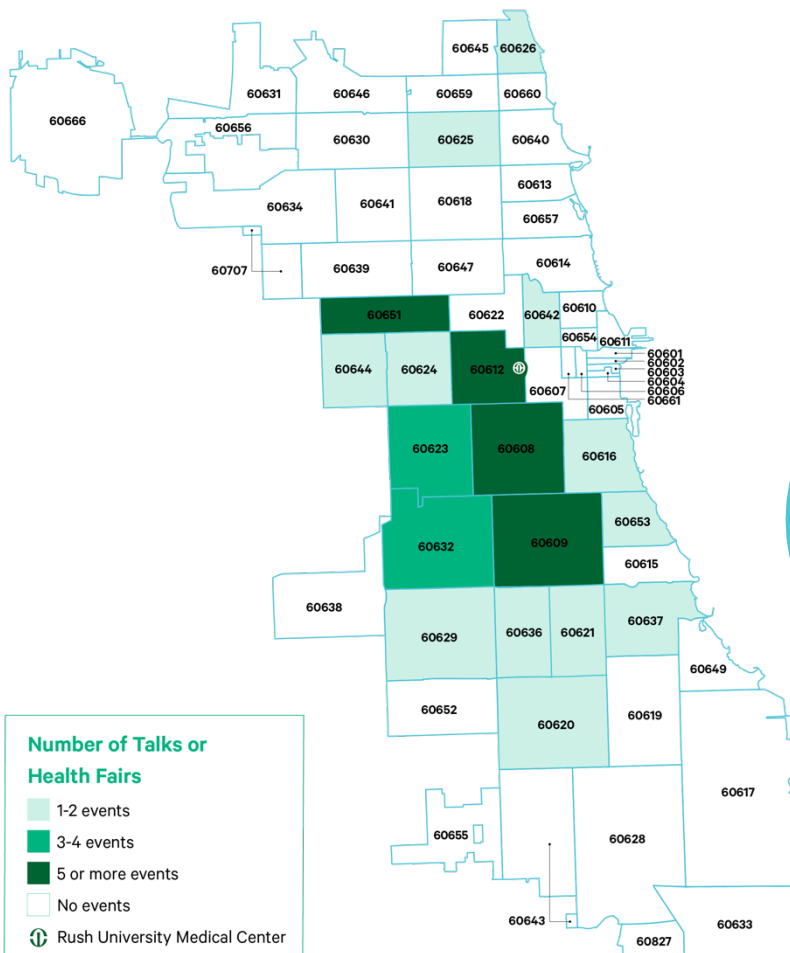
Our outreach spanned

28

zip codes

12

RUSH Generations members **became ambassadors**



RUSH Generations Membership

RUSH Generations membership is free. Members receive a quarterly newsletter in the mail and a monthly e-newsletter with information on healthy aging and our programs. RUSH Generations is proud to have more than 18,000 members, hailing from every corner of Illinois and reflecting the vast diversity of the areas we serve.

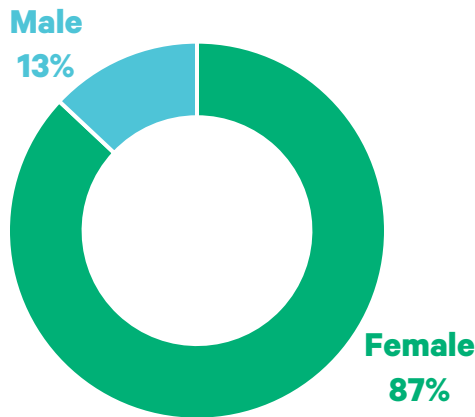
441
new RUSH
Generations
members

62
average age of new
members

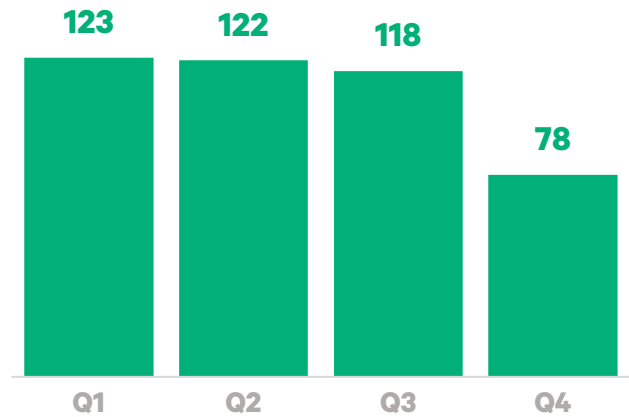
New members
ranged in age from
24 to 97

26.3%
of new members are
family caregivers

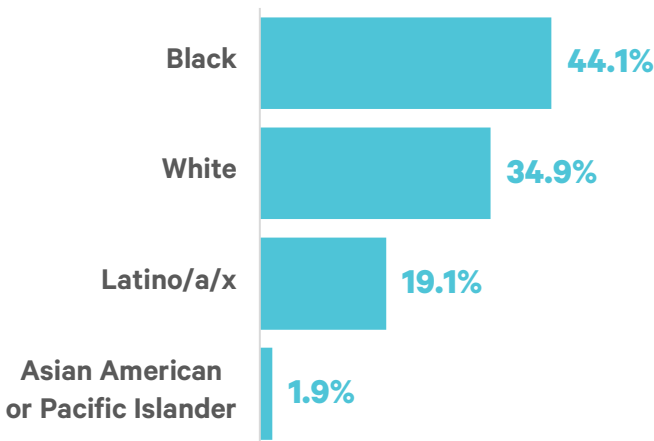
New members' gender



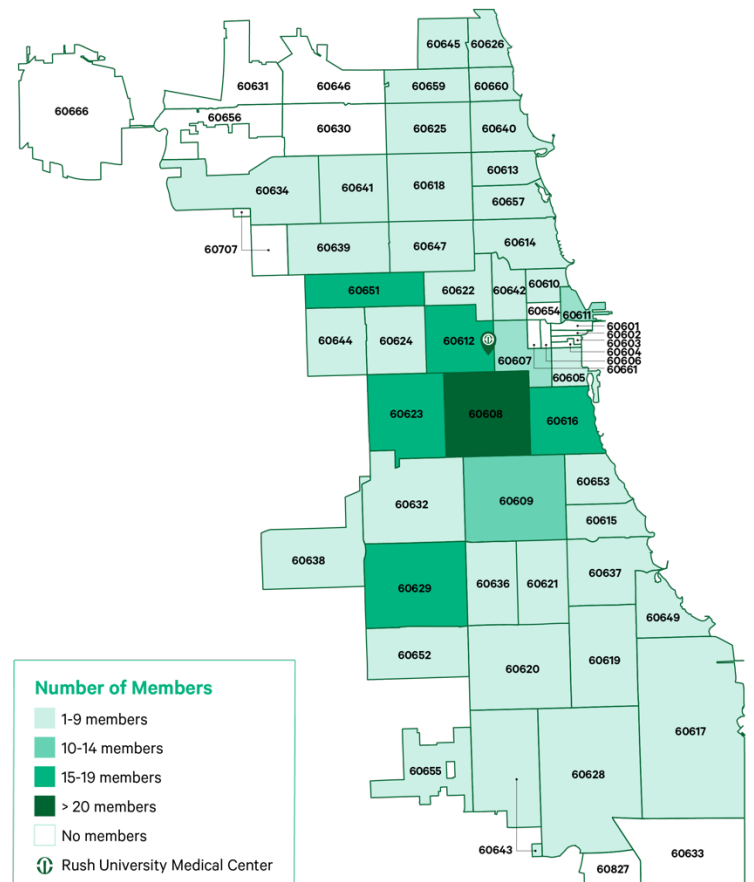
New members by quarter



New members' race or ethnicity



Where new members live



Special Accomplishments and Highlights

Empowering



Storytelling Training for Older Adults, with Lily Be

May
2023

Engaging



May
2023

“Steppin’ Into Summer” health fair

Expanding



Awarded \$549K to expand programs and screenings that help West Side residents prevent falls

April
2023

A special thanks to our colleagues and partners who made this year possible...

Darci Alexander, PTA Tai Chi for Health Institute
Tyler Alexander Workshop leader
Rosalinda Alvarado, MD
Lexi Artman, MS-HSM
Yasmin Asvat, PhD
Sara Avalos El Valor
Stephanie Bailey, MSW, LCSW
Paula Basta, MDiv Illinois Department on Aging
Magdalena Bednarczyk, MD
Pamela Bejarano Workshop leader
Renee Bertgold, MSc, RRT-RPFT
Teresa Berumen
Citlali Blanco Workshop leader
Caryn Blanton, MSW, LCSW
Jennifer Burak
Anne Burgeson
Lydia Bryant-Pettus, RN
Ald. Walter Burnett 27th Ward
Alejandra Cabrera Workshop leader | Latino Organization of the Southwest
Florencia Carmona Sinai Health System
Salvador Castañeda CATCH-On
Sen. Javier Loera Cervantes Illinois Senate District 1
Lizzi Chandler, MSW, LCSW
City of Chicago Department of Family and Support Services, Senior Services Division
Tiffany Clements, JD Center for Elder and Disability Law
Monique Colbert, NP
Lori Crawford
Rukiya Curvey Johnson, MBA
Tocarra Daniel
Arjun Dayal, MD
Janet de la Luz Parent University
Shivani Dua, MD
Cindy Duran Workshop leader
Miguel Durón The Resurrection Project
Thelma Eloby Rush Volunteer Services
Eve Escalante, MSW, LCSW
Erin Emery-Tiburcio, PhD, ABPP
Eric Eugenio-Viooronet, LCSW, CDP Chicago Methodist Senior Services
Bonnie Ewald, MA
Jori Fleisher, MD, MSCE, FAAN
Amy Folker, NP
Colleen Frankhart
Jennifer Gaspers, LMT

Maureen Gecht-Silver, MPH, OTD, OTR/L Workshop leader
Robyn Golden, AM, LCSW
Laura Guerrero Workshop leader
Kristin Gustashaw, MS, RD, LDN, CSG
Alicia Gutierrez The Circle Resource Center
Ebony Henderson Workshop leader
Amy Huang Xilin Association Senior Center
Jonathan Huang, MD
Susan D. Imus, MA, LCPC, BC-DMT, GL-CMA Columbia College Chicago
Patricia Inks, MS, RDH
Victoria Infante Parent University
Rep. Lilian Jimenez Illinois 4th District
Charlie Jolie
Salina Lee, MD
Angela Lorbeck, DACM, MSTOM, MPH, Lac, DiplOM
Carrie Lord
Shavette Lovemore Central West Senior Center
Soo Lyon, PhD Erie Neighborhood House
Laurin Mack, PhD
Diane Mariani, MSW, LCSW, CADC
Catherine Marieneu, PhD DePaul University
Mariana Martinez, CHES
Amanda Mathew, PhD
Yoko Meusch National Council on Aging
Annette Mileski Workshop leader | Center for Life and Learning
Abigail Milian Workshop leader | Erie Neighborhood House
Natalia Mojica Workshop leader
Valencia Myles AgeOptions
Ryan Nagdeman
Sara Neely, RN
Michelle Newman, MPH
Veronica Nieto El Valor
Tiffany Ngyuen
Gerri Norington Workshop leader
Rebecca O'Dwyer, MD
Nina Orłowski, LCSW AgeOptions
Reis Padjen
Victoria Parra Workshop leader | Erie Neighborhood House
Brian Pastor Illinois Department on Aging
Neepta Patel, MD
Jaime Peña AgeOptions

Laura Plunkett, MPH, CHES National Council on Aging
Tyanna Powell Bethel New Life
Maria Pulvino, RN
Joseph Quijano Xilin Association Senior Center
Nicaya Rapiet, MPH, Blue Door Neighborhood Center
Kimberly Richardson Workshop leader | Black Cancer Network
Ruth Richman, LCSW
Abbas Rizvi, DO
Walter Rosenberg, MSW, MS-HSM, LCSW
Ald. Rossana Rodríguez 22nd Ward
Gela Ruiz RUSH Volunteer Services
Maria Sánchez Parent University
Felipe Sanchez Southwest Senior Center
Rebecca Sarran, MD
Michelle Scott
Ald. Byron Sigcho-Lopez 25th Ward
Rev. Bobby Smith Workshop leader
Jacquelyn Smith
Meghan Sovell Orozco Academy
Leshia Spencer-Brown U.S. Administration on Community Living
Ayana Sumlin HLP Leader
Christy Tangey, PhD
Steven J. Taylor, PhD, OTD, OTR/L
Terre Taylor HLP Leader
Jennifer Thomas Workshop leader
Debra Thompson Age Friendly Englewood Village
Carolyn Torkelson, MD University of Minnesota
Yolanda Vazquez Workshop leader
Estrella Vazquez Illinois 4th District
Octavio Vega, MD
Maria Velazquez Telpochcalli Community Education Project
Jewell Wilson Southwest Senior Center
Melissa Wittenberg Chicago Lighthouse
Jessica Young

... and many others!

