

Health Promotion and Disease Prevention Programs 2021 Annual Report



A healthier today

Rush Generations

and a vital tomorrow



Department of Social Work and
Community Health

Health Promotion: Making an Impact in Health Equity and the Field of Social Work

Dear colleagues,

We started the 2021 fiscal year during a global pandemic, facing a complex environment where we didn't necessarily have all the answers. However, our steadfast commitment to promoting the health and wellbeing of individuals and families from neighboring communities has helped our Rush Generations team to tackle ever increasing complex challenges.

Although this past year the setting-based design of our programs looked quite different, with programs taking place online or telephonically, we still addressed priority health and social care problems using culturally competent and evidenced-based approaches.

Certainly, the impactful outcomes that we're sharing in this annual report were possible to a considerable extent to the large number of partners we are very fortunate to have within and outside our institution. These are enthusiastic volunteers and colleagues who promote healthier lifestyles and health equity. Thank you for helping us improve health where people live, learn, work, play, and age!

Grisel Rodríguez-Morales, MSW, LCSW

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



16

Regional, National, and International Conference Presentations



4

Articles or News Spots Highlighting Our Work



1

International News Story in the Associated Press



9,879

Community Members Reached



1

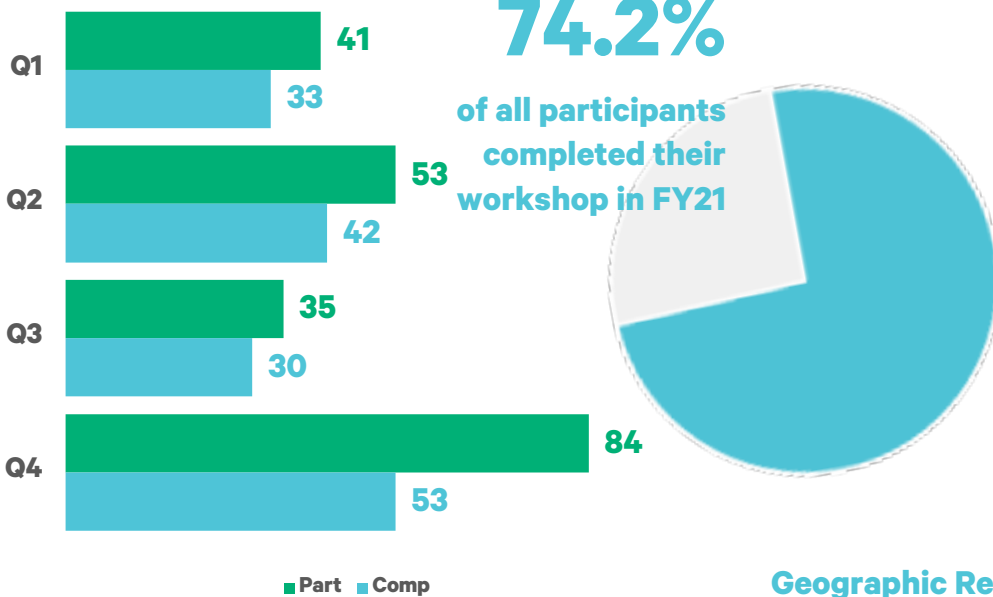
Small but mighty team of 7



Evidence-Based Group Workshops

The evidence-based workshops we offer for older adults, caregivers, and individuals with chronic conditions include Chronic Disease Self-Management, Diabetes Self-Management, Chronic Pain Self-Management, and Cancer Survivorship from the Self-Management Resource Center; Walk With Ease from the Arthritis Foundation; Tai Chi for Arthritis and Fall Prevention; and A Matter of Balance from Maine Health. These programs are rigorously studied and suggested for older adults by the National Council on Aging.

Participants and Completers by Quarter



“I learned how to use communication and assertiveness as part of self-advocacy and fall prevention”

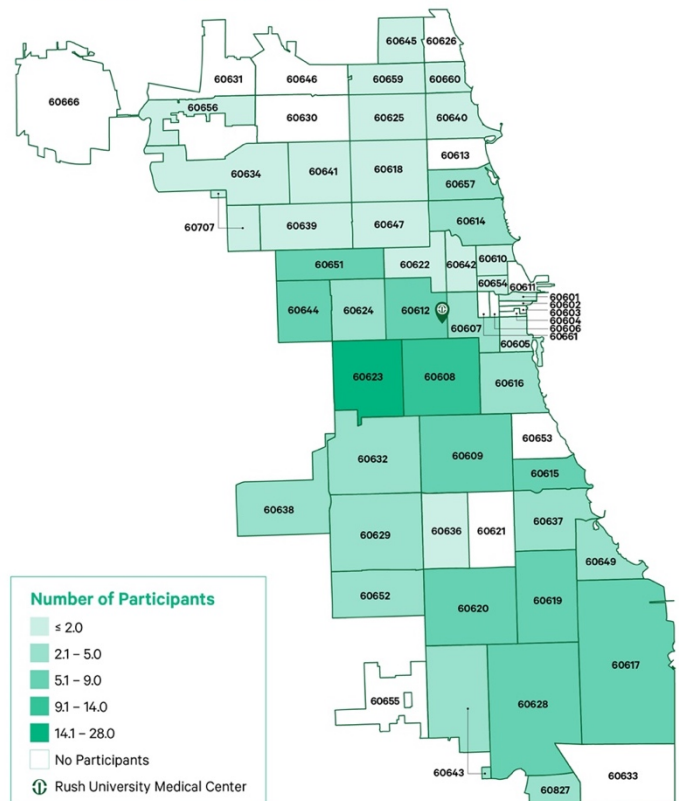
- Matter of Balance Participant, Feb 2021

“This workshop had so much great information – I’m much better at setting realistic health goals for myself now. The instructors made you feel like part of the group, even virtually”

- TCOYH Participant, April 2021

- 22** Total Workshops
- 213** Participants
- 6** Workshops in Spanish

Geographic Reach



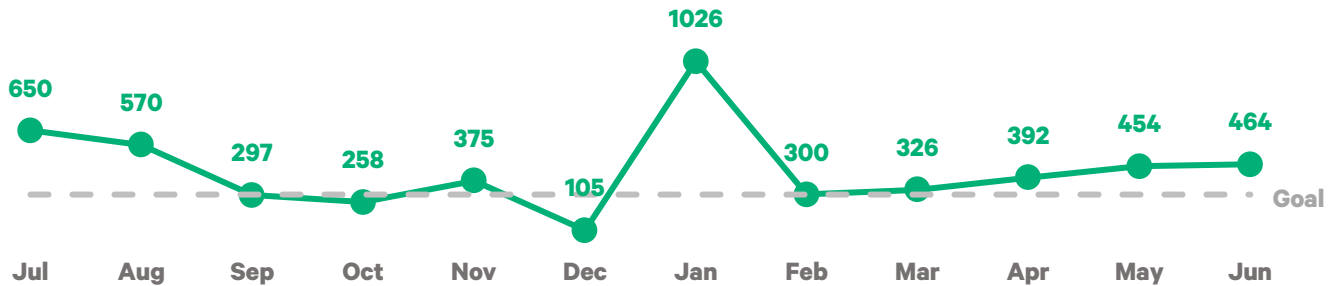
One of my patients completed the CDSMP recently and was moved to tears by how powerful it was for her. She thought the education and peer support were incredible and motivating and have inspired her after such a difficult year of isolation. It’s truly helped her to re-engage in her medical care and have more hope for the future.”

- Referring Provider

Health Education Lectures

We continued to educate community members about key health, wellness, and aging topics through 1.5-hour bimonthly livestreamed lectures featuring Rush providers and community-based partners. The recorded lectures as well as monthly mini-clip videos offer unique engagement via our newly created Rush Generations YouTube Channel. Visit us at cutt.ly/RushGenYouTube

Total Health Education Attendance by Month

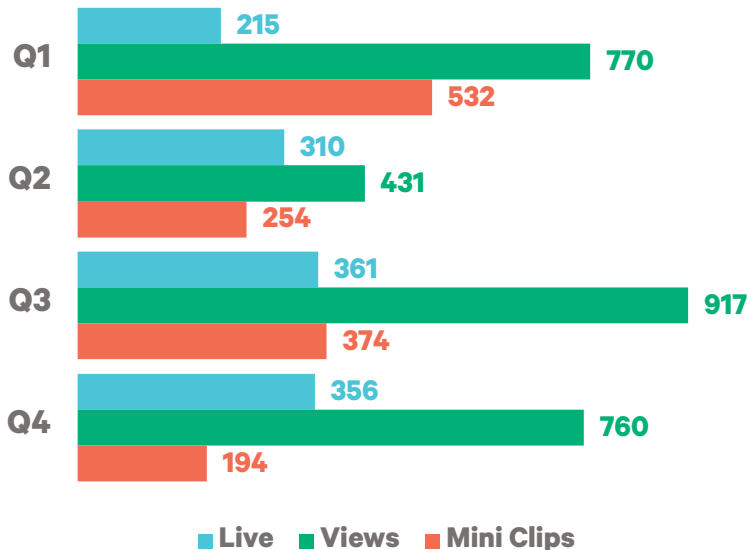


“I’ve had a few people around me pass away recently, and I’ve been very lonely. Logging into the lectures gives me something to look forward to.”

“I attended the lecture on digestive health because my father has digestive problems but doesn’t understand them. The speaker explained it clearly and the information was very helpful.”

“I recently lost my husband to a stroke. I was so impressed by the stroke lecture that I reached out to the stroke center and made a donation in honor of my husband.”

Health Education Quarterly Engagement by Type



5,217



Total views

28



Virtual Lectures

15



Mini Clips

49



Rush Providers Highlighted

18



Community Partners Highlighted

Wellness Classes

Licensed and certified instructors, from Rush and partner organizations, successfully offered wellness classes via Zoom. Fitness classes included Chair Strength, Gentle Yoga, and Zumba Gold, Plus, special classes such as Mindfulness 101, Art for Emotional Wellness, and Total Control Platinum.

“

“This is an excellent yoga class which provides a wonderful workout. Jaime is considerate of the diverse population of seniors and addresses their needs accordingly; hence, what to do if you are unable to stand, etc... Professionalism and patience appear to be the order of the day.”

Gentle Yoga Participant, April 2021

“Dr. Angela Lorbeck provides us with the working tools to encourage attendees to expand and grow these wellness practices.”

Mindfulness 101 Participant, March 2021

“This class gives me something to look forward to, to get ready for, to get my joints and bones moving. It was nice seeing someone else outside of my home.”

Chair Strength Participant, March 2021

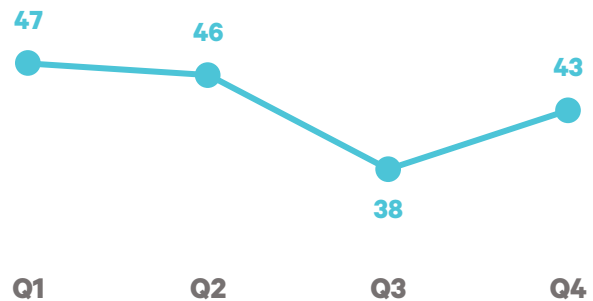
“Rush Generations has been a great motivation to again practice exercise more often and engage in better breathing habits... We’re a few sessions in, and I’m already feeling better in so many ways.

Total Control Platinum Participant, November 2020

“I especially love the instructor’s positive language – ‘See what movement is available to you today,’ ‘Be gentle with yourself.’ She’s very considerate. I have a tremor-type Parkinson’s and the gentle, coordinated movements are very helpful to me.

Gentle Yoga, July 2020

Participants by Quarter

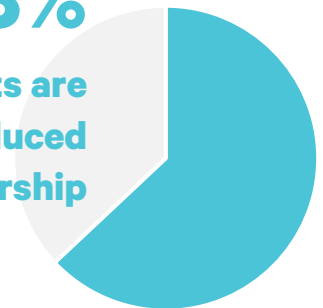


While these classes do have an associated fee, as part of our commitment to health equity, no one is turned away due to inability to pay through our scholarship opportunities.

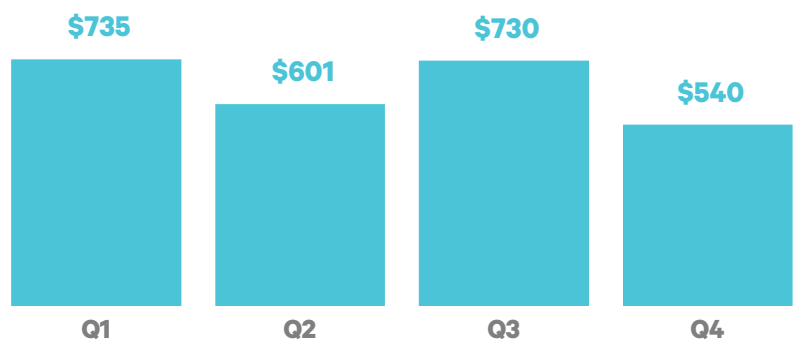
Through Rush Generations, older adults can participate in quality wellness and physical activity classes regardless of their income.

63%

of participants are on a full or reduced scholarship



Scholarships Offered by Quarter

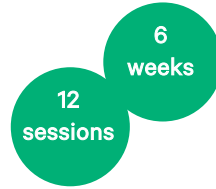


The Health Legacy Program for Women

What is the Health Legacy Program?



A group intervention for women of color, focusing on healthy lifestyle and behavior change



Groups meet twice a week for six consecutive weeks, for two hours each session



Sessions consist of health information and activation, food demonstrations and meal planning, a weekly support circle, and exercise in each session.



Participants receive referrals and care coordination to primary care, social work, and other screenings



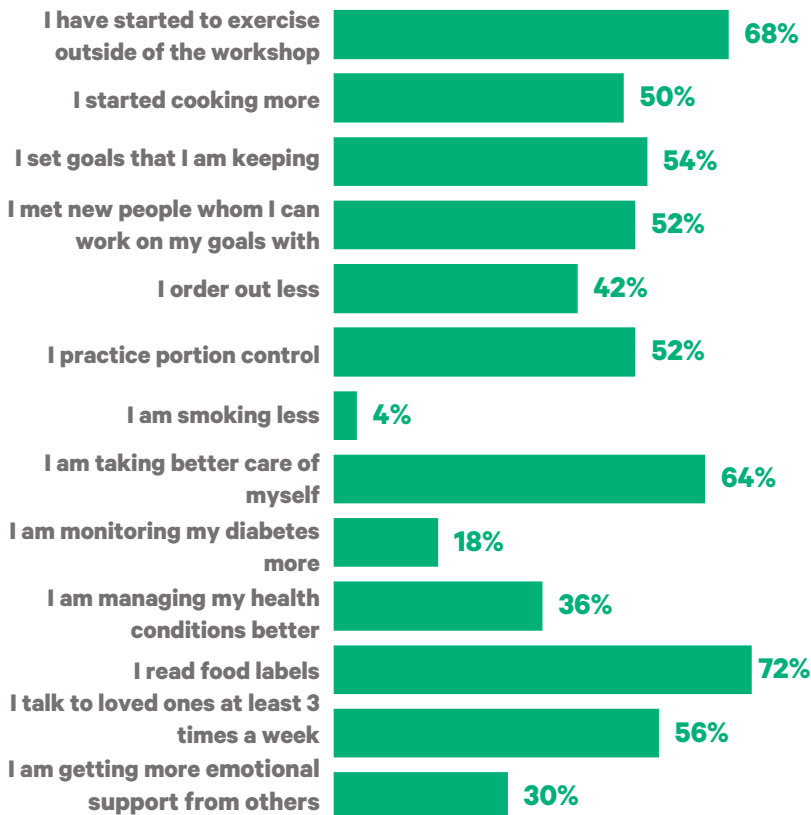
Participants are connected to resources for food insecurity, insurance, transportation, and housing.



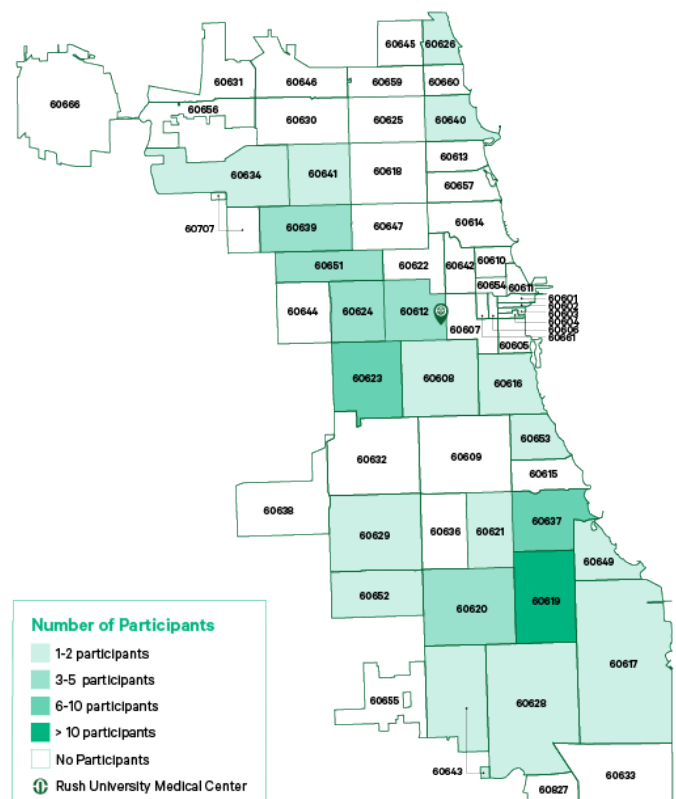
“I am very grateful to have participated this program. It has been a great help to learn how to take care of myself and my family. I hope in the future you have more programs for our community.”

- HLP Spanish Participant, June 2021

After completing the Health Legacy Program, participants are asked to indicate healthy habits they have begun thanks to participating in the workshop.



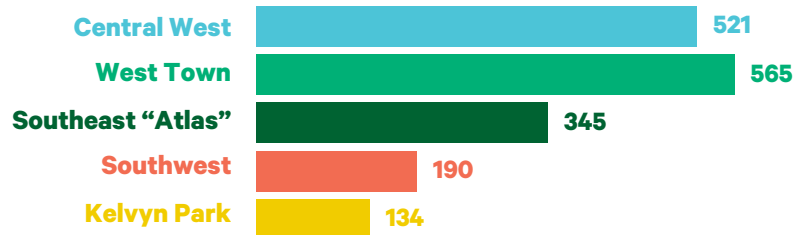
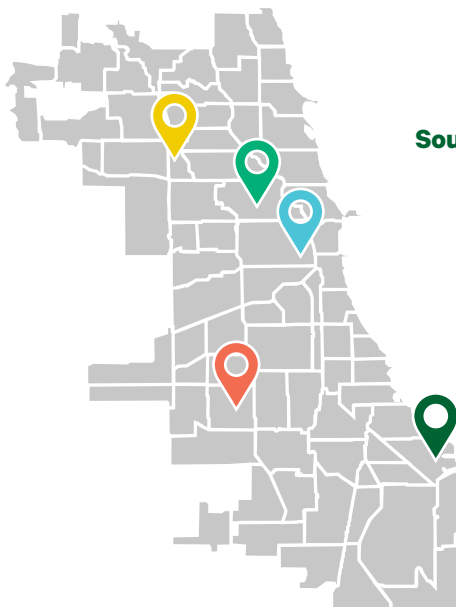
Geographic Reach



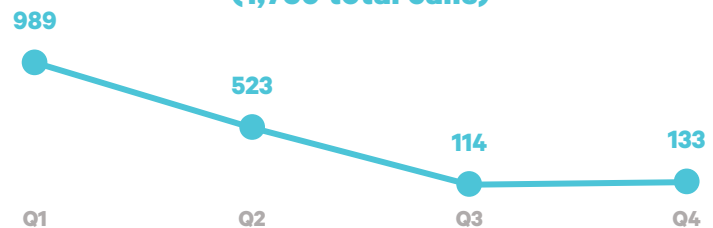
Senior Wellness Program

For over 30 years, Rush has offered clinical services to older adults participating in programs offered by the City of Chicago Dept. of Family and Support Services (DFSS) Senior Services Division. We have leveraged Rush Generations virtual programming and offer support to older adults from five regional/satellite senior centers thanks to the commitment that Rush nursing, social work, and nutrition providers have for this population. During the pandemic, our social work team completed wellness calls to participants from the senior centers we service.

Total Calls by Site



Call Volume Over Time by Quarter (1,759 total calls)



Referrals Made



44.2%
of seniors we
connected with
live alone



Total Calls	1,759
Total Connections	215 (12.2%)
Total Hours	119 hours
Avg Min/Call	4 min per call

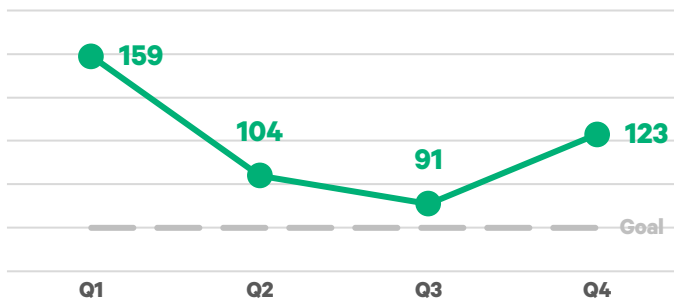


Our team was also brought in to facilitate a training for contact tracers and outreach workers for DFSS

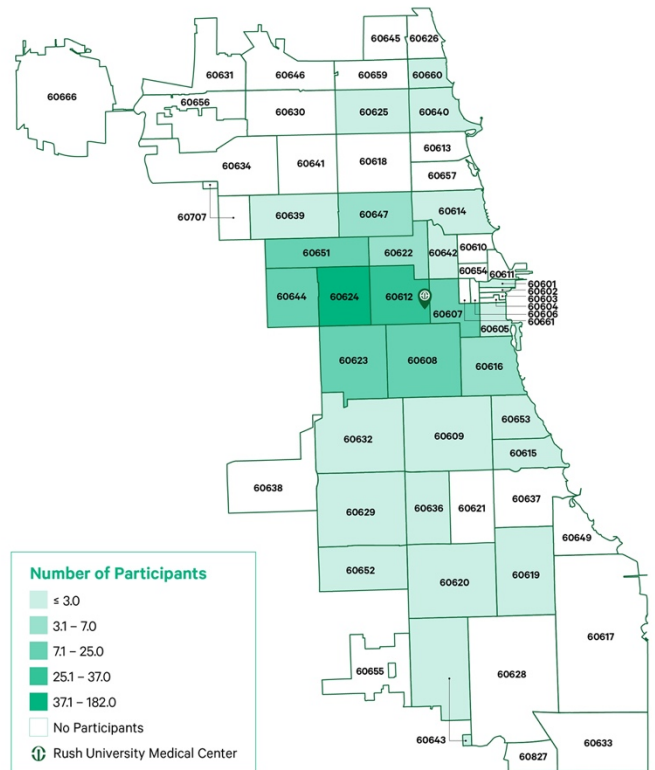
Friendly Caller Program

Socially isolated older adults from neighboring communities have been quite pleased with the regular calls they've been receiving from trained volunteers throughout the pandemic. Although these friendly calls are designed to be conversational and participant-centered, our volunteers are able to escalate social care concerns and needs whenever identified. The average age of participants for FY21 was 73.8 and 93% of call recipients found the program "extremely helpful" (74%) or "very helpful" (18%).

Total Friendly Calls by Quarter

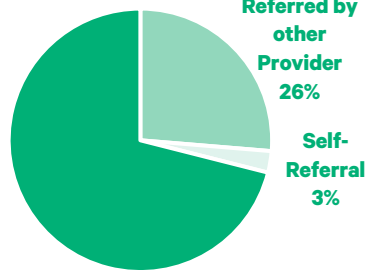


Geographic Reach

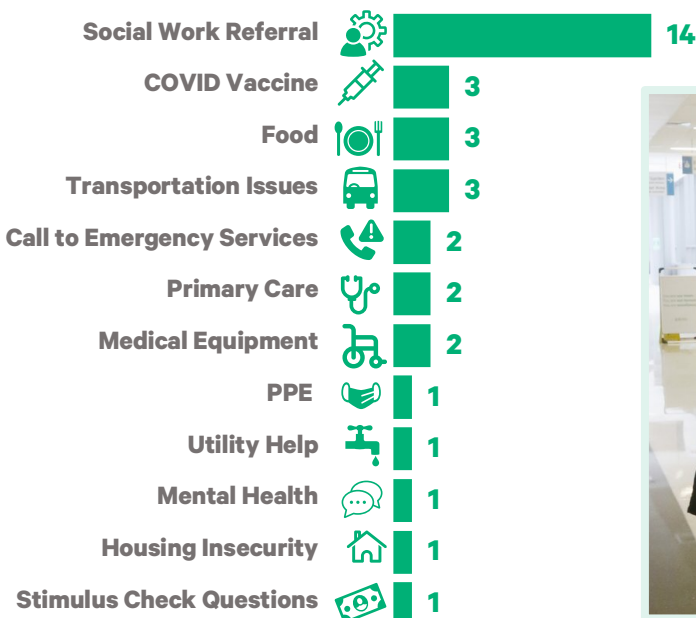


71%

of those referred to the friendly caller program in FY21 were referred by their social worker, while 26% were referred by other Rush providers.



Referrals Made from Friendly Calls



Friendly call volunteer Janine and recipient Diane grab lunch together after being interviewed by the Associated Press, March 2021

“

“It is so nice that someone is calling me and checking up on me.”

“It’s nice to talk to someone. This is the only phone call I receive all week.”

“I feel better knowing I have a call to look forward to.”

“I got my food and there was so much chicken and lots of other things! That was so nice.”

Community Health Mentor Program

A key clinical component of Rush University's interprofessional education (IPE), the Community Health Mentor Program ensures that future health care providers understand that health management and care happen mostly in the community. 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 2020-2021 academic year.

 **121 health mentors**

 **699 students**

 **124 teams**

 **124 community assessments completed**

 **379 reflection videos**

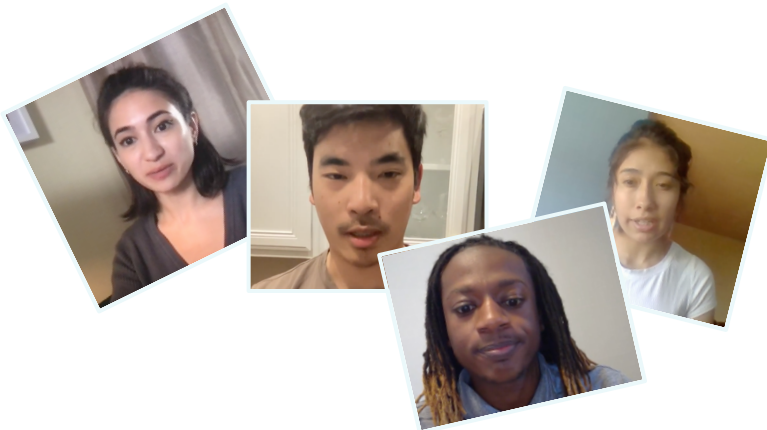
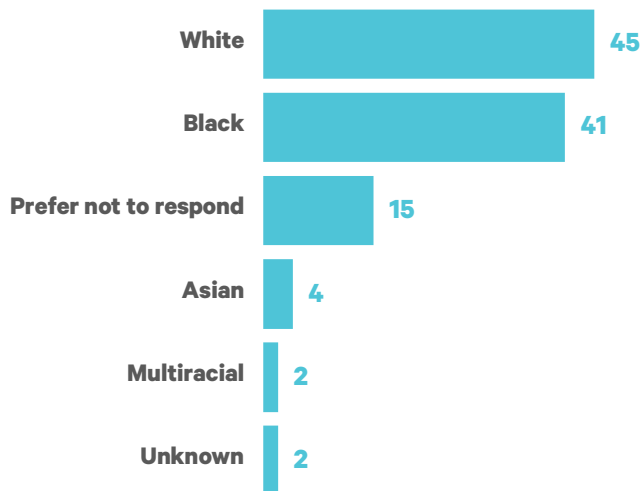
66.1 average age (ranging from 30 to 88)

30

66.1

88

Community Health Mentor Demographics



“

“The group was beyond wonderful to work with. It was both medically helpful for me, and a joy indeed, to have this time with such outstanding, concerned, informed, and helpful people.”

- Community Health Mentor

“As we got to know our community health mentor, we came to understand that being able to live on her own, her independence, was of great value to her. We also learned that she greatly values interpersonal relationships with her family, friends, neighbors, and church communities. Those values informed the goals that we informed together.”

- Caroline, HSM Student

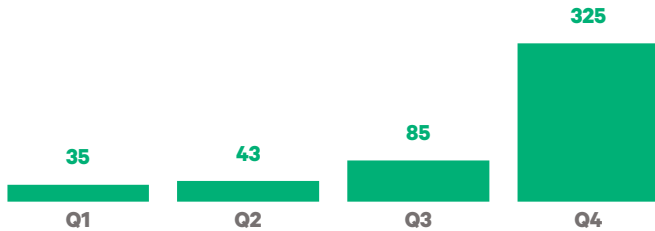
Learning about what matters most to aging adults helped me to understand my patients have many priorities, and seeking medical care is just one of them.”

- Daniel, Medical Student

Schaalman Senior Voices

Inspired by the example of the late Rabbi Hermann E. Schaalman, Rush's Center for Excellence in Aging (CEA) 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. At Community Voices events that provide older adults with the opportunity to share their personal stories and words of wisdom, our team builds an invaluable resource for caregivers, health professionals, and students committed to working with older adults.

Videos Recorded by Quarter



488

Total Videos

257

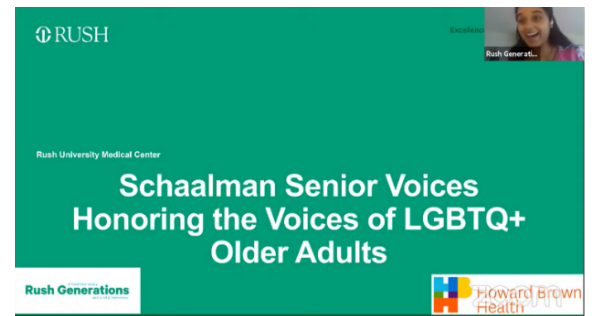
Community Event Attendees

Accomplishments of the Schaalman Senior Voices Program in FY21



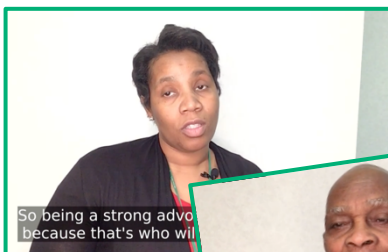
Engaged diverse populations of older adults to participate in virtual Community Events:

In June 2021, SSV collaborated with Howard Brown Health to host the first SSV event discussing the LGBTQ+ experience. The event, *Learning from the Voices of LGBTQ+ Older Adults*, was hosted on Zoom and YouTube. A total of 71 participants attended live. The recording continues to attract new viewers and can be found at <https://youtu.be/RDWdhe2BcZg?t=40>.



Provided education and engagement with health professions students:

Rush Generations and CEA staff continue to support Rush University's Community Health Mentor Program, the clinical experience for graduate students in the Interprofessional Patient-Centered Collaboration course. During the 2020-2021 academic year that just concluded, we are pleased to share that 350 students recorded videos reflecting on the importance of attending to What Matters to older adults seeking health care. These are being added to the video library at <https://aging.rush.edu/schaalman/what-matters-education-research/>.



“

“Taking the time to understand what matters to individuals in these later stages of life gives health care professionals the tools to empower this patient population to continue to engage with the world in a way that facilitates meaning, connection, and life”

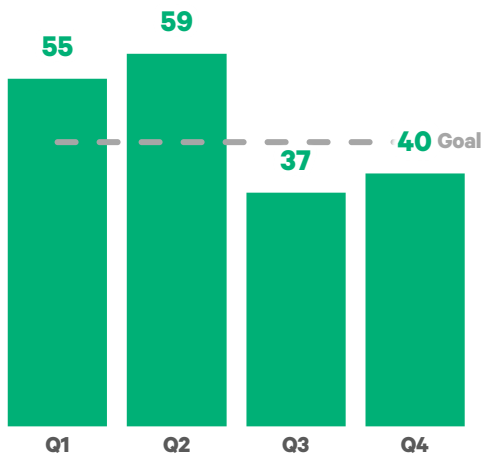
-Rush Physician Assistant Student

Support Groups

During this fiscal year, we have continued to offer our support groups both through Zoom and through conference call. We continued our Friends and Family of People with Memory Loss support group and our Diabetes Support and Education Group, but also maintained our new group to help address social isolation—Coping and Connection in the Time of COVID support group.

Support Group Attendance by Quarter

Total = 191



“

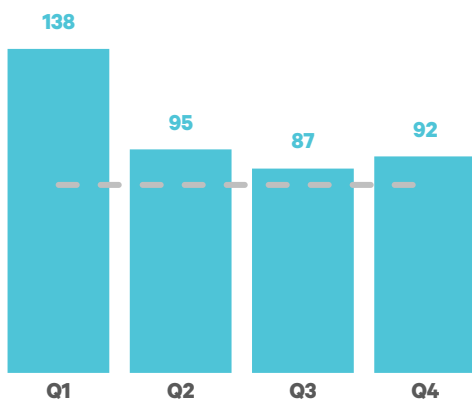
This group has been very supportive and very caring. I am really glad I joined.”

- Coping and Connection in the Time of COVID Participant

Rush Generations Membership

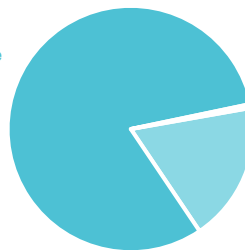
New Memberships by Quarter

Total 412



Gender

Female
81%



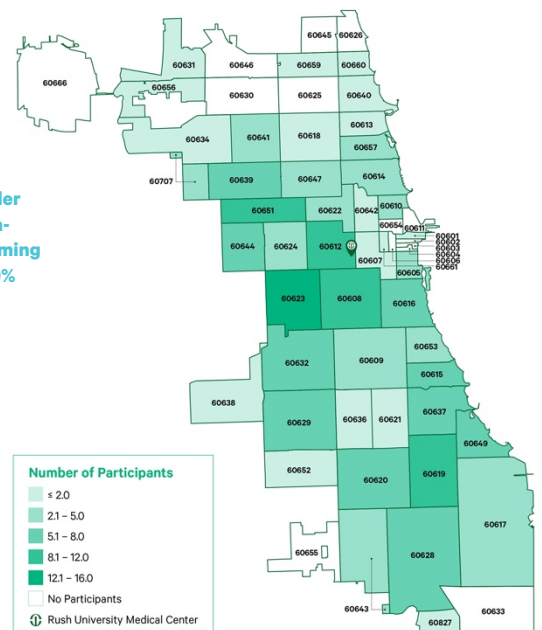
Gender Non-Conforming
0.5%

Male
18%

67.78 average age

24 lowest

94 highest



HPDP Program Attendance

FY21

Program	Q1	Q2	Q3	Q4	Monthly Trends	Year-End Totals	% Goal	Achieved?
Health Education - Total	1,517	738	1,652	1,310		5,217	145%	
Live Participants	215	310	361	356		1,242		
YouTube Views	770	431	917	760		2,878		
Mini Clips	532	254	374	194		1,354		
Evidence-Based Workshops	41	53	41	84		219	101%	
Health Legacy Program	0	38	13	19		70	97%	
Classes	47	46	38	43		174	124%	
Support Groups	55	59	37	40		191	106%	
Schaalman Senior Voices	182	0	0	75		257	143%	
Schaalman Videos	35	43	85	325		488	153%	
Community Health Mentor	0	151	0	0		151	122%	
Friendly Caller Program	159	104	91	123		477	149%	
Community Outreach	1,079	658	177	319		2,233		
Senior Wellness Program	989	523	114	133		1,759	133%	
EBW Program Recruitment	90	135	63	186		474	113%	
Membership	138	95	87	92		412	129%	
Total Attendance	3,239	1,985	2,207	2,448		9,879		

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

Adrienne Otkins, MSW, LCSW

Volunteer, Rush Generations

Alejandra Lastra, MD

Alicia Quebrado The Resurrection Project

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Aoife Lee, DMin, BCC

Ayesha Jaco, MAM West Side United

Barb Andrews AgeOptions

Brenda Lara Volunteer, AgeOptions

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Cathleen Jensen, MS, OTR/L

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Christine Zacharia, MD

Cindy Nissen, MSN, APN

Cristina Perez Universidad Popular

Daniel Bunzol, MD

Danielle Riley, MSW AgeOptions

Darlene Hightower, JD

David S. Lee, JD, MA, MMin

Deborah Lynch, APRN

Denia Ivette Perello The

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James Herdegen, MD

Jaylen Lockhart

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And many others...



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