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# Journey's Way: Resources & Programs for Seniors

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# Journey's Way: Resources & Programs for Seniors

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## COMMUNITY SITE



Journey's way is part of the geriatric services division of Intercommunity Action, which is an organization that provides services to seniors, the intellectually disabled, and those with behavioral health problems. At Journey's way, people 55 and older are able to take part in enriching activities and access a variety of counseling and social services to ease the challenges they face as they grow older. The activities include health and wellness lectures, fitness classes, meditations, knitting, beading, and weaving. Journey's way also provides opportunities for social gatherings during regularly scheduled meals and bingo games, while also leaving facilities available for members to use to play cards and other games at their leisure.

## ACKNOWLEDGMENTS

Thank you to Rebecca Kochman and Mark Weber for allowing us to having this opportunity and sharing your knowledge. Thank you to the rest of the Journey's way and Intercommunity Action staff, as well as the Senior who spent their summer's with us.

## OBJECTIVES AND GOALS



To educate the elderly on heart health

To educate elderly on oral health

To educate the elderly on different cultures

To educate the elderly on computer literacy skills

To assist the center in maintenance

To take the elderly on a trip to Mutter Museum

## BTG FOCUS AREAS

- Cardiovascular Health
- Oral Health
- Computer Literacy
- Mental Health
- Physical Fitness and Activity
- Cultural Literacy

## PERSONAL STATEMENTS

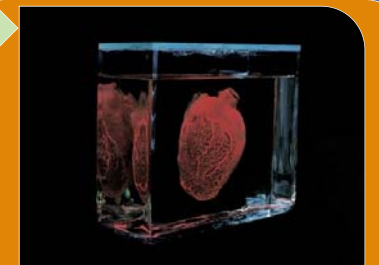
"By being allowed to wake up every morning for most of this summer and be able to come to Journey's Way was truly a privilege. I was able to assist the center in various housekeeping things. We handed out produce vouchers to the elderly population from the local area. But above all, I loved the part where I was able to interact with the elderly population on a day to day basis and understand their challenges, their history and above all their dedication to constantly learn and evolve despite facing the issues of decline of health and increase of age." – Mohammed Junaid Alam

"My time at Journey's Way was all about engaging the members in activities that were mentally stimulating. This group of seniors did not want to be occupied, they wanted to be engaged. I spent much of my time in spirited discussions and intense debates over current and past events. From these conversations, I was able to gain an appreciation for the knowledge one can gain over a lifetime, and observe how well intellect can be preserved at older ages." – John Cugini

## CONCLUSION

Journey's way provides an incredible variety of services to the community. On the surface, it is an activity center offering fitness class, creative opportunities, and time for socialization. Our 7 weeks here have showed that, to many of the members it is much more than that. Journey's way gives people a place to ask for help in whatever area they need. Counseling services are available for psychological issues, and social workers are available to assist with housing or financial problems. People come to the center to escape the heat, have food prepared for them, and get internet access. These are important services because many of the people are unable to physically or financially obtain these things on their own. Thanks to our time here, we now have a better understanding of the trouble of aging and the systems in place to help ease those struggles.

## ACTIVITIES



**Workshops-** Computer literacy, Oral health, Heart health, Cultural literacy

**Field Trip-** Mutter Museum

**Outreach-** Four Freedoms and Falls Ridge apartments to hand out vouchers

**Recreation-** Bingo, Qwirkle, Pinochle, Conversations, News and Views, Arts and Crafts, Fitness