

2023

Annual Report



RICHMOND
AGING AND ENGAGING

About Us

Founded in August 2022, Richmond Aging and Engaging (RAE) supports the health, wellness, and quality of life of low-income older adults by ensuring access to meaningful activities that foster a sense of purpose, build social connections, and empower older adults to live their best lives.

Our programming is conducted on-site where older adults live and is tailored to the needs and interests of each unique community. We engage college student volunteers in all our programming to foster intergenerational relationships and learning.

Program implementation began with the Opening Minds through Art (OMA) program in January 2023. We have since developed and implemented a general leisure and recreation program, a rollator repair training program, and community pop-up repair clinics. Our programming is currently offered in two low-income senior apartment buildings (one in the East End neighborhood, and the other in Northside) and we are preparing to expand to a third building in 2024.

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EIN 88-4094998

Richmond Aging and Engaging is a registered 501(c)(3) organization, incorporated in the Commonwealth of Virginia



Opening Minds through Art

- Opening Minds through Art (OMA) is an evidence-based intergenerational art program developed by Scripps Gerontology Center. Originally created for older adults with dementia, Richmond Aging and Engaging has adapted the program for use with *all* older adults in the community.
- OMA supports the well-being of older adults with a focus on **relationship-building**, **active engagement**, **sense of purpose**, and **accomplishment**.
- The 10-week program brings college students to low-income senior housing buildings to guide older adult artists through the abstract art-making process. The program concludes with an art show and sale of selected works donated by participants.



Opening Minds through Art Highlights



Artworks created by OMA participants Rankin Oliver and Marcia Watkins were selected for display at the Library of Virginia's First Friday event

OMA By the Numbers

3 Number of low-income apartment buildings where OMA was offered

28 Number of older adults who participated in OMA

33 Number of student OMA volunteers

100 Percent of participants who reported their time in OMA was time well spent

129 Number of artworks created

58 Percent of participants who reported improved mood after making art

What Participants are Saying

"Making art brings out something that you didn't know was inside you"

"When I'm making art, it takes me to a different place - happy places. It relaxes my mind."

"I love the different colors and how it makes me happy. If I'm feeling depressed it puts me in a better mood!"

"I like using bright colors and you never know where it will end up going! It's a nice way to express yourself!"

Leisure and Recreation Program

Our Leisure and Recreation Program offers a variety of fun and engaging activities that target the physical, cognitive, and social health of our older adult participants. We work with participant advisory committees to tailor activities to the unique interests and needs of the community. College students assist in leading the activities and socializing with participants, adding a beneficial intergenerational component to our programs.

Physical Activities



Examples of physical activities we offer include:

cornhole
balloon pickleball
bowling
stretch bingo



Cognitive Activities



Examples of cognitive activities we offer include:

board games
cards
family feud
charades



Social Activities



All of our activities offer opportunities to socialize and build community with students and other building residents



Leisure and Recreation Program Highlights



Our flagship building in Richmond's East End has an active and engaged advisory committee that has helped to shape the leisure and recreation program and activities offered.



In collaboration with the tenant's association, RAE participants made decorations for the residents' Thanksgiving dinner.

Leisure and Recreation Program By the Numbers

2 Number of low-income apartment buildings where leisure & rec program was offered

34 Number of older adults who participated in the leisure & rec program

15 Number of student volunteers

What Participants are Saying

"Without you guys, we don't have nothing to really do. We don't - we just sit here. I love it when ya'll come - [I look] forward to getting up to come do some activities, something fun with the rest of the residents."

"If you weren't here, we'd be looking at TV."

"I was sitting out there with nothing to do. I was reminiscing about bad things. Coming here helps me take my mind off of those things"

Rollator Repair Program

Rollators, or four-wheeled walkers, are mobility devices used by many older adults. Rollators allow older adults to safely navigate the community and engage in meaningful activities. However, without maintenance, rollators can break down posing fall risks and safety issues.

Launched in November 2023, the Rollator Repair Program is RAE's newest program. RAE trains health professional students in the basics of rollator repairs and maintenance and conducts pop-up clinics in the community to provide free safety checks and repairs.

Training

RAE developed a training protocol to train health professional students in basic rollator repairs and maintenance. The training includes online didactic modules as well as hands-on practice. All students must pass a competency check before participating in the pop-up clinics.

- 2** Number of occupational therapy students assisting in the development of the training program as part of their doctoral capstone project
- 6** Number of students trained in the inaugural cohort

Pop-Up Clinics

- 3** Number of pop-up clinics conducted
- 16** Number of clients served
- 4** Number of wheels replaced
- 22** Number of brakes adjusted
- 12** Number of handles adjusted



Volunteers

Our programming builds meaningful connections between generations through college student volunteers. It addresses the well-being of older adults and aims to combat ageist attitudes. By facilitating interactions between students and older adults, we promote shared learning, mutual understanding, and empathy. This benefits older adults seeking companionship and support while influencing the perspectives of younger generations, including those pursuing healthcare careers.

Average age of student volunteers: **25**

What schools do our volunteers attend?

- **Virginia Commonwealth University**
- **University of Richmond**
- **Meredith College**
- **George Mason University**

What do our volunteers major in?

- **Occupational Therapy (OTD)**
- **Pharmacy (PharmD)**
- **Psychology (BS)**
- **Health Sciences (BS)**
- **Health Services (BS)**
- **Pre-Med (BS)**
- **Gerontology (MS)**
- **Art Education (BA, PhD)**
- **Sociology (BA)**
- **Journalism (BA)**
- **And more!**

What Volunteers are Saying

“The thing I love most about volunteering is being able to connect with the community and listen to their stories while also sharing my own—I always go home having learned something new ”

“This was one of the first volunteer opportunities that I felt I connected with as soon as I read about it..”

“I truly enjoyed this experience and hope I get the chance to participate again!”

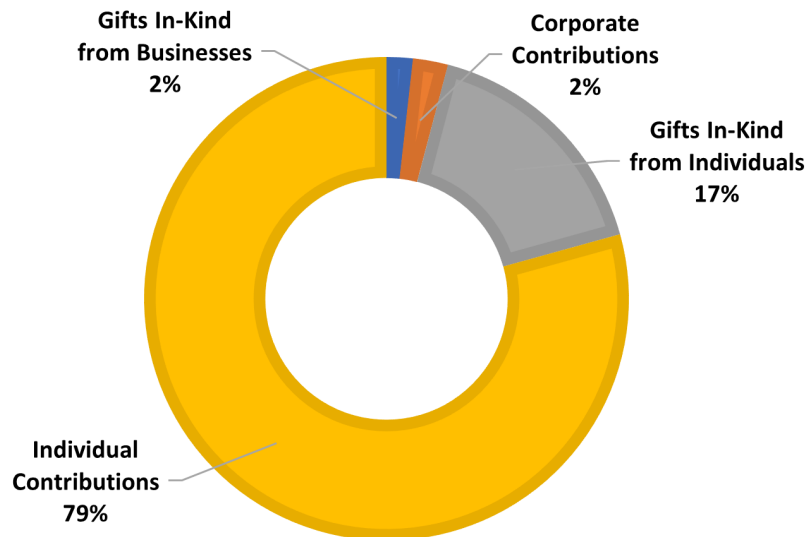


2023 Financials

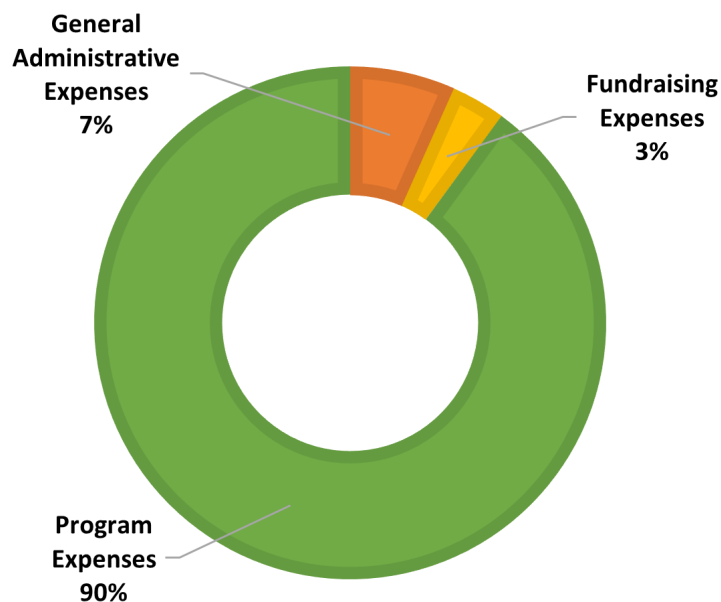
During its start-up phase and first full year of program operation, RAE had no paid staff. Organizational management, including program administration and volunteer coordination (**services valued at over \$40,000**), was provided **pro bono**.

RAE was **approved as a 501(c)(3) tax-exempt organization** by the IRS in November 2023. The exemption is back-dated to the organization's date of incorporation on September 8, 2022.

**Total Revenues =
\$6,233.33**



**Total Expenses =
\$5,103.28**



Looking Forward



After a tremendously successful inaugural year of programming, our sights are set high for 2024 as we embark on a journey of expansion and sustainability. The upcoming year promises to be a chapter of **growth, outreach, and impact** as we seek to expand programming to [additional sites](#), extending our reach to touch the lives of even more communities while fortifying the connections we've already established.

In our commitment to meeting the evolving needs of the older adults we serve, we're actively engaged in [developing new programs and activities](#) and ensuring that our offerings remain tailored and responsive to the unique interests and needs of the community.

Simultaneously, we hope to collaborate with more local colleges and universities. Our vision is to create an enriching intergenerational and interprofessional experience for an expanded cadre of students, fostering an exchange of perspectives and skills that benefits both younger and older generations alike.

To underpin the long-term viability of our mission, we are dedicated to developing [diverse revenue sources](#), including pursuing grants and other funding opportunities. This includes a strategic focus on **securing funding for paid staff**, and recognizing the pivotal role a dedicated team plays in propelling our organization towards sustained growth. This holistic and intentional approach underscores our unwavering commitment to realizing our mission and ensuring our endeavors' enduring success in the years ahead.



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Thank you to our 2023 donors!

We are immensely grateful to all those who believe in our mission. Thank you for helping to support the lives of low-income older adults!

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