



2023 Annual Report

The Power of Connection



JABA CEO, Marta M. Keane

JABA has seen the senior population in our region increase to 25% of the total population, with 24% of those living alone. This underscores the importance of JABA's mission - to help all people age in the community of their choice. We continued to expand our services and support to meet this growing need, helping over 20,000 seniors and caregivers during FY23. You will see throughout the report program accomplishments in terms of numbers served and client satisfaction with the help they received.

We are proud of our continual evaluation process to be more effective and efficient in providing services while doing it in a fiscally sustainable manner. This led to a re-organization of the leadership team. We also started a new program, joining another Area Agency on Aging, to provide fee-for-service health assessments to contracted Managed Care Organizations. And through a grant with the Thomas Jefferson Planning District Commission (TJPDC), we are partnering with them to provide a Mobility Management program across the region.

The adult care centers have been re-named to better convey their purpose and dignity for the members - JABA Respite and Enrichment Centers (JREC). During the second half of the year, membership has increased every month. All of our centers are enjoying a growth in member numbers as we leave the intensity of COVID behind and can begin to socialize and engage consistently.

With much thanks to John D'earth, JABA held its first musical fundraiser, Jazz Digs JABA in April, and it was a huge success, bringing many new faces to learn about JABA. These are examples of the collaborations that evolved this year internally and with community partners.

This great year is due to the strong team that demonstrates compassion and caring every day, as they support JABA's mission and maintain a great culture. They live the values. I thank all of you who have supported us this year - staff, volunteers, donors, and community partners - YOU ARE JABA!

Marta M. Keane, CEO

2023 was a year of continued growth at JABA in expansion of programs and in the number of people we were able to support.

Our Mission

to promote, establish and preserve sustainable communities for healthy aging that benefit individuals of all ages and their families.

Our Values

Compassion

Inclusion

Culture of Abundance

Culture of Collaboration

Financial Security & Integrity

Aging Revolution

Impacts by the Numbers

20,820 people received a wide array of services.



45,509 Home Delivered Meals provided.



14,906 people provided information & referrals.



698 volunteers contributed **19,998** hours of service.



Advocacy for **3,857** elders in long-term care facilities.



3,232 people received insurance counseling services.

FY23 Headlines

JABA CEO MARTA KEANE HONORED IN A JOINT RESOLUTION

Virginia State Delegate Sally Hudson and State Senator Creigh Deeds brought forward a Joint House Resolution honoring JABA CEO Marta Keane, presented to her by the Speaker of the House of Delegates in Richmond on Thursday, February 23, 2023.

"JABA is a cornerstone institution for our community -- for seniors, caregivers, and their families -- and we all have Marta to thank for leading its indispensable work," said Del. Hudson. "Now as president of the Virginia Association of Area Agencies on Aging she's sharing her leadership with peers statewide. It's a joy to join the JABA team in celebrating the 10th year of having Marta at the helm!"



SENATOR DEEDS VISITS JABA

NBC29 - Sen. Deeds says what they're doing at JABA to mentally help people as they age is critical for quality of life. He spent Thursday morning touring the facility and learning about some of the services it offers. "I learned about a really exciting program that they have assisting people from all walks of life to sign up for Medicare, which can be a complicated problem," the senator said. Deeds says when people age, they often find themselves sitting at home. JABA gives them an opportunity to find fellowship in a gathering space.



During Deeds' visit, Mary Williams Community Center members raised many issues concerning older adults including the lack of affordable housing available to those on fixed incomes.

FY23 Headlines

JAZZ DIGS JABA FEATURING JOHN D'EARTH AND THE UVA JAZZ ENSEMBLE A SMASHING SUCCESS

Legendary trumpet player John D'earth, along with the UVA Jazz Ensemble and internationally acclaimed French pianist Damien Groleau, headlined our first Jazz Digs JABA concert on April 28, 2023, at Charlottesville's Paramount Theater on the Downtown Mall. The concert included additional special guest performances, including the three tenor saxophone players (Charles Owens, J.C. Kuhl, and Colin Killalea), singer Tina Hashemi and Mistress of Ceremonies Terri Allard. Proceeds from the event benefitted JABA programs and services. VIP ticket holders were treated to a meet and greet with D'earth and enjoyed an after-event reception catered by C&O Restaurant.



VIRGINIA GOVERNOR'S CONFERENCE ON AGING

JABA's Volunteer Services Team presented at the 2023 Virginia Governor's Conference on Aging highlighting JABA's robust volunteer program and its positive impact on service and program delivery. Teresa Cooper, Volunteer Services Manager and Winter Broadhurst, Philanthropy and Marketing Specialist shared how JABA's awesome, talented, skilled and caring volunteers expand our capacity to serve older adults, and how other agencies can optimize volunteer talent, too.



JABA offers direct support to meet your needs

JABA connects adults 60+, adults with disabilities, and caregivers to information, assistance, and referrals to meet your needs.

Information and Assistance

If you or someone you love is in need of services or support, contact our Senior Helpline at **434-817-5224** or **833-559-2428**.

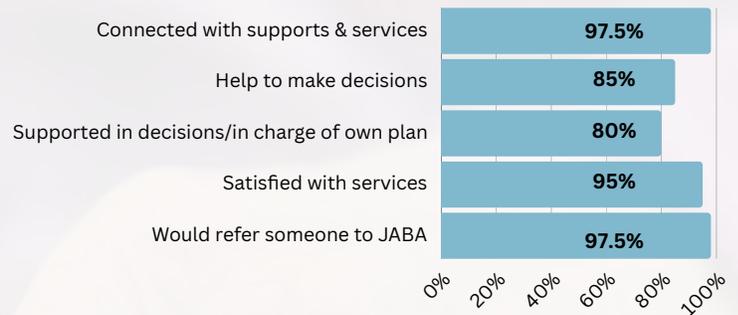
Aging Services Coordination

JABA's Aging Services Coordinators provide unbiased information about available services and support you in decision-making for healthy aging.

2023 Service Outcomes



14,906 Senior Helpline Requests



Nutrition

Nutrition is key for maintaining good health, energy, and independence as you age.

Home Delivered Meals

For older adults struggling to cook, JABA offers free, ready-to-eat, nutritious meals delivered right to your door. 95%

JABA's home-delivered meal options are through a partnership with Mom's Meals and Meals on Wheels. All meals are delivered right to the recipient's door.

Volunteers provide friendly check-in calls and visits if the individual wishes.

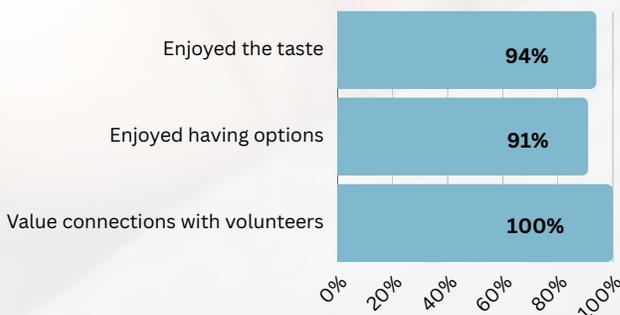
Congregate Meals

Congregate meals are served to adults 60+ at a JABA Community Center or Enrichment and Respite Center.

Meals are prepared in-house by JABA's chef from recipes approved by a registered dietician providing a minimum of 33.3% of the current daily Recommended Dietary Allowances.

In 2023 JABA provided
57,094 MEALS
to older adults in Central Virginia

2023 Service Outcomes



Home Delivered Meals: 45,509



Congregate Meals: 10,700



Shelf-Stable Meals: 885



Socialization & Engagement Community Centers

To alleviate isolation, JABA operates 9 social centers in Central Virginia. In 2023, we provided over **45,000 hours of activity** and socialization and **10,700 nutritious meals** to adults 60+. Members enjoy activities, outings, healthy lunches, and connecting with peers and the community.



Ms. C's daughter called JABA seeking resources to help her mother stay home as long as possible. JABA staff met with the family and provided helpful assistance and resource options including connection with the Mary Williams Community Center where Ms. C. enjoys a nutritious meal and activities with friends, alleviating her feelings of loneliness and isolation through socialization, and engagement with peers. Now, Ms. C wakes up early, eager and excited to get dressed and ready for her day and how amazing it is to be around "all of these good people".

At Home with JABA a Virtual Community Center

Providing opportunities of engagement and socialization from the comfort of your home.

- 61 Participants
- 832 Activity packets
- 93 Hours of socialization
- 35 Hours of exercise
- 256 Zoom and conference calls
- 6 Hours of nutrition education with a registered dietician
- 5821 Total units of service



Family and Caregiver Support

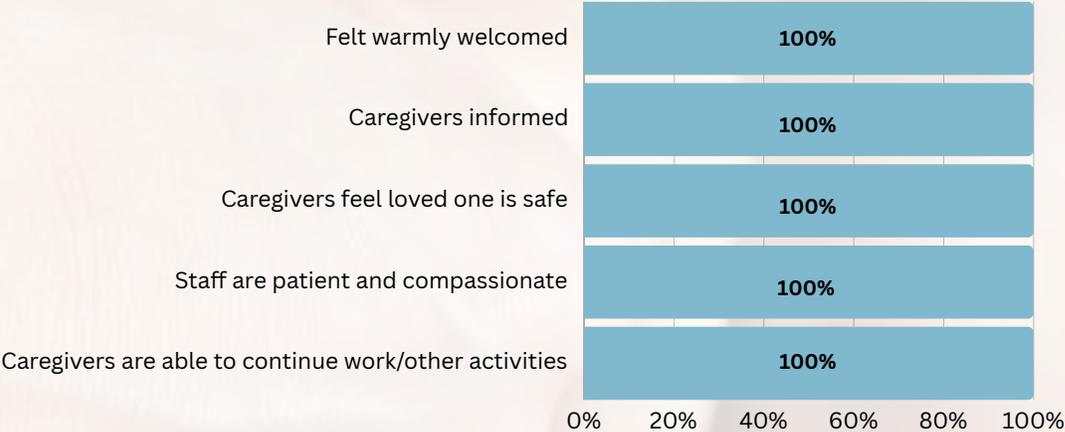
JABA Respite & Enrichment Centers



JABA's Respite and Enrichment Centers (JREC) offer weekday enrichment for older adults (including those with forms of dementia) and those 18+ with disabilities in Charlottesville and Louisa.

JREC Centers provide a safe, loving environment for older adults during the week, allowing them to remain independent at home while offering a welcome respite for their caregivers. The centers are busy, active places where members enjoy activities, outings, professional, personalized care, healthy meals, and socialization opportunities with people of all ages.

2023 Program Outcomes



Active, involved older adults with close intergenerational connections consistently report much less depression, better physical health, and higher degrees of life satisfaction. They tend to be happier with their present life and more hopeful for the future. Intergenerational activities are a staple in our JREC program - from preschoolers to young adults visiting our centers.



Insurance Counseling Program

JABA offers free, unbiased Insurance Counseling guiding individuals through their insurance options including Affordable Care Act, Medicare, and Medicaid. Staff and volunteer counselors empower individuals to choose a plan that works for them year-round and assist seniors in choosing a Part D Medicare prescription plan during Open Enrollment annually.

2023 Program Outcomes



Helped 3,232 people



Insurance Counseling clients saved \$1.8M

An increase of 11% from previous year

Making a Difference

Volunteerism

JABA's volunteers make a great impact in the community by sharing their minds, talents, and skills supporting seniors and intergenerational connections through JABA's programs. Volunteers are critical to our service delivery



Friends in Schools Helping

Adult mentors provide intergenerational connections, preschool through high school, with academic and social support via Zoom or in-person.



53 Mentor placements



1,647 Hours of mentoring



FRIENDS IN SCHOOLS HELPING

Financials



Thank you for your steadfast support of our programs and services this past year.



Local and State Funding



Donors, Grants, and Foundations



Agency Partners and Volunteers

In 2023 JABA raised

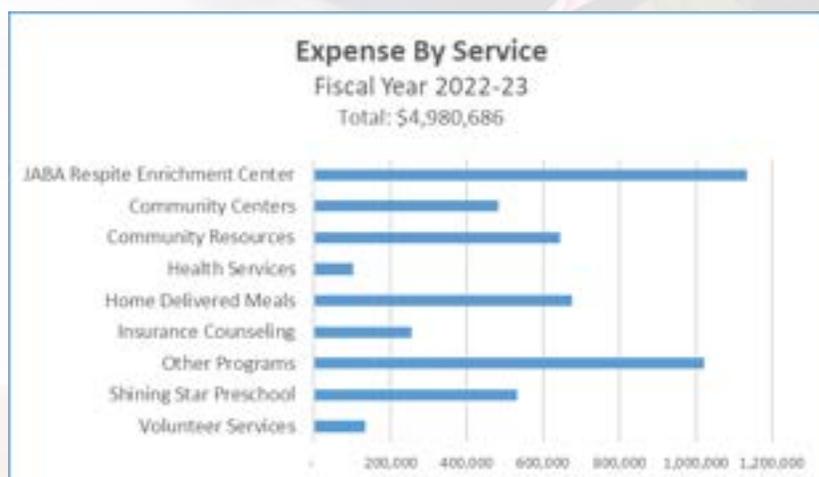
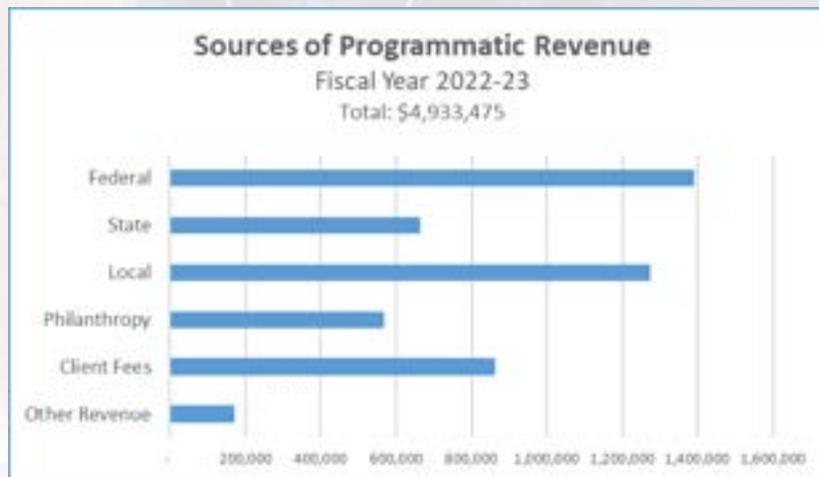
\$607,678

to support programs and services for older adults and adults with disabilities in Central Virginia

Financial Summary

Fiscal Year Ended September 30, 2023 Audited

82.7% of JABA's funding goes directly to programs and services



OPPORTUNITIES FOR COMMUNITY ENGAGEMENT

Learn More

About JABA's programs &
services: www.jabacares.org

Donate

Funds: www.jabacares.org/give-to-jaba

Time: www.jabacares.org/become-a-volunteer

Engage

for updates on our programs,
services, events, and additional
community resources:

Follow us on social media



Subscribe to JABA's newsletter!
www.jabacares.org



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Find a **jaba** Center Near You

Live better. Longer.



www.jabacares.org

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