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Staenberg-Loup Jewish Community Center Hosts Second Jewish Aging Mastery Program (JAMP) for Older Adults

Program provides courses to help baby boomers age gracefully

DENVER, Colo. – August 7, 2017 – To provide baby boomers in the Denver area with programming to assist in aging successfully, the Staenberg-Loup Jewish Community Center (JCC Denver) is offering the Jewish Aging Mastery Program (JAMP) from Sept. 27-Dec. 20. The 12-week long program incorporates Jewish values and perspectives into aging courses.

The program includes one 90-minute course per week on Wednesdays from 10-11:45 a.m. Courses are held at the JCC Denver and are focused on different topics impacting older adults. Courses are taught by experts from the community in each field. The program combines goal setting, daily practices and peer support to help participants make meaningful changes in their life. JAMP encourages mastery, helping adults achieve sustainable behaviors that will lead to improved health, stronger financial security, enhanced wellbeing and increased connectedness to communities.

“JAMP is an expansion of the JCC Denver’s older adult and intergenerational program,” said Debbie MacKillop, Coordinator of Older Adult & Intergenerational Programs at the JCC Denver. “The JCC is an intergenerational village; people of all ages already use the JCC. Through JAMP, we are working to intentionally create connections among different generations. In addition, we are reaching out to expand our programming for boomers and older adults to help them navigate a new and constantly changing aging experience today.”

Courses include but are not limited to:

- Jewish Perspectives on Aging each week
- Exercise and Falls Prevention with JCC Certified Personal Trainer, Erin Crane
- Advanced Planning with Jamie Sarche, Ted Talk Presenter, Denver Commission on Aging
- Healthy Relationships with Buffy Sophinos, Jewish Family Service
- Community Engagement with Kavod Senior Life, JFS, Boomers Leading Change

Other topics include sleep improvement and how aging affects sleep, the best practices of medication management, sustaining financial stability, nutrition tips about aging needs,

hydration, the importance of gratitude practice and finding purpose and meaning in planning for next chapters of life.

The Aging Mastery Program was created through the National Council on Aging. In 2016, the JCC Denver was one of six pilot programs offering the Aging Mastery Program (AMP). Of the six pilot programs, the JCC Denver is the only organization in Colorado to pilot the Jewish Aging Mastery Program. JAMP gives Jewish adults the benefits of AMP aging well classes with the added layer of incorporating Jewish values and beliefs.

Attendees can include anyone who is approaching or experiencing older adulthood or retirement, those who are helping an aging parent, or those who want to learn more about health and wellness that critically impact the older adult population.

JAMP costs \$150 per person for the entire 12-week program (some scholarship help available). All courses are held in the Phillips Social Hall at the Staenberg-Loup Jewish Community Center located at 350 S. Dahlia Street in Denver.

All are welcome. Membership at the JCC Denver is not required to attend. Space is limited and registration is required. For more information and to register, visit www.jccdenver.org/JAMP, email Debbie MacKillop at dmackillop@jccdenver.org or call 303-316-6324.

ABOUT STAENBERG-LOUP JEWISH COMMUNITY CENTER

The [Staenberg-Loup Jewish Community Center](http://www.jccdenver.org) (JCC Denver) serves the metro-Denver area through educational, social, cultural, fitness, sports and other programs that are rooted in Jewish values. The JCC Denver's mission is to build a community, rooted in Jewish values, where everyone feels like they belong. The J's four program areas focus on connection, community and well-being and include: a robust fitness, sports, tennis and aquatic center; Early Childhood Engagement, including an Early Learning School and a variety of programs for families; the Mizel Arts and Culture Center (MACC) which offers Denver Children's Theatre, JAAMM Fest (Jewish Arts, Authors, Movies & Music), Denver Jewish Film Festival, Wolf Summer Theater Academy, Art Academy and adult art classes; summer camps including Ranch Camp and Camp Shai; intergenerational and older adult programming like the Grandparent Connect Group and Jewish Aging Mastery Program (JAMP). The JCC Denver is located at 350 S. Dahlia St. in Denver. For more information, visit www.jccdenver.org or call (303) 399-2660.

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