

Rush Generations Annual Report Fiscal Years 2024 and 2025



 RUSH

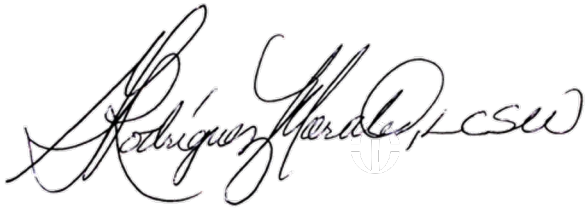
A healthier today
Rush Generations
and a vital tomorrow

Dear Colleagues,

We are excited to present our latest two-year outcomes report, covering fiscal years 2024 and 2025. This report reflects **Rush Generations’ steadfast commitment to promoting the health and wellbeing of individuals and families in our neighboring communities.** It also underscores our unwavering dedication to innovation, collaboration, and excellence in all that we do.

The achievements highlighted within these pages are made possible through **strong partnerships across our organization**—spanning multiple providers and divisions—as well as **meaningful collaborations** with organizations beyond our walls.

We extend our sincere gratitude to our enthusiastic volunteers and colleagues whose passion and dedication help **advance healthier lifestyles** and **champion health equity.** Your continued support and shared vision empower us to make a lasting impact. Thank you for helping us improve health where people live, learn, work, play, and age, and for being an essential part of this journey toward stronger, healthier communities.



Grisel Rodríguez-Morales, MSW, LCSW

Senior Manager of Health Promotion and Disease Prevention
Rush Generations Program Director
Social Work and Community Health



This report reflects Rush Generations’ steadfast commitment to promoting the health and wellbeing of individuals and families in our neighboring communities.



The Rush Generations team makes an impact on the community!



27,707

Community Member Encounters



63

Unique Community Sites



Presentations at Regional, National, and International Conferences



18

Community Collaboratives and Associations



Recognition from the CDC as “emerging best practice” for community interventions



Research Studies and Publications



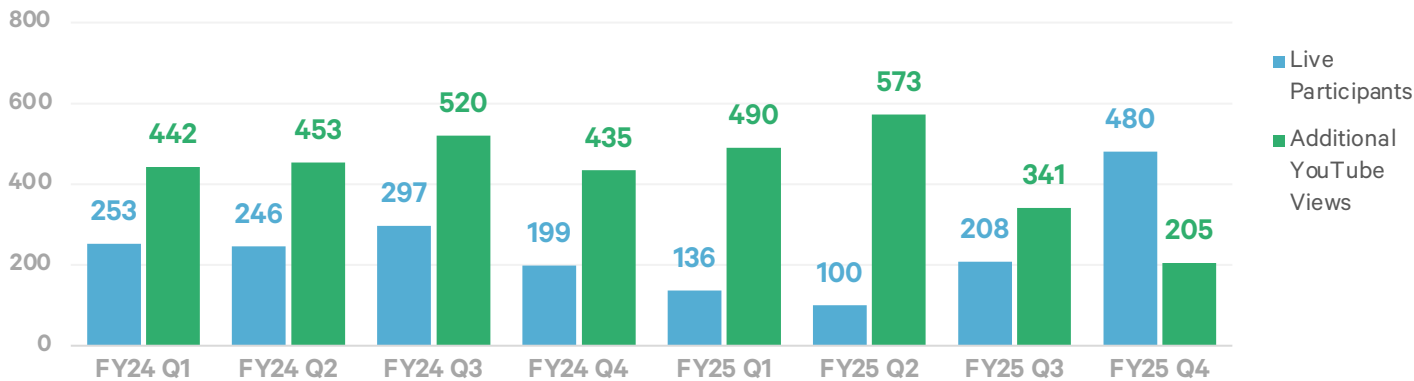
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Rush Generations Health Education Lectures

These innovative and patient-centered health education lectures bring together leading experts from Rush, our community partners, and the nation. Lectures cover a wide variety of key health, wellness, and aging topics. All lectures are livestreamed and available on our YouTube page at cutt.ly/RushGenYouTube

Total Lecture Live Views and Additional YouTube Views, by Quarter



Did you know?

Health education lectures were the first program of Rush Generations, established in 2005– and programs have grown immensely since! Rush Generations celebrated its 20th anniversary in May 2025 during Older Americans Month.

Robyn Golden, AM, LCSW, Vice President and Founder of Rush Generations, and Grisel Rodríguez-Morales, MSW, LCSW, Rush Generations Program Director, pose with the first Rush Generations quarterly newsletter, secured from the Rush Archives

FY24	FY25
3,098 Total Views	2,633 Total Views
24 Lectures provided	24 Lectures provided
45 Rush Providers Featured	37 Rush Providers Featured
8 Community Partners Featured	13 Community Partners Featured
12 Health Professions Disciplines Represented	10 Health Professions Disciplines Represented

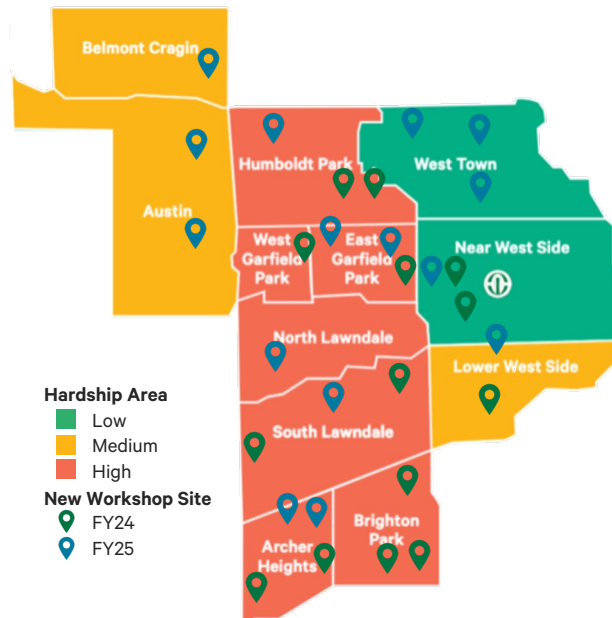
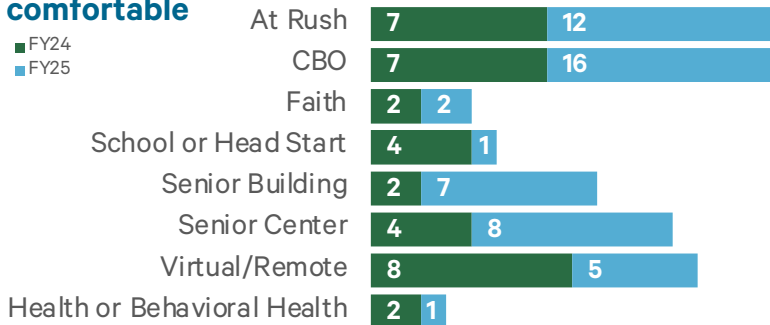
Evidence-Based Group Workshops

The evidence-based programs offered through Rush Generations are **rigorously studied** and recommended for older adults by the National Council on Aging and the U.S. Administration on Community Living. These group programs **empower communities** by **informing and motivating** participants; meanwhile our team works to **empower leaders from the community** to lead these workshops through free training and oversight from our team. These groups **address disparities** in general **chronic conditions, diabetes, and pain management, emotional wellness, cancer survivorship, balance, and falls prevention**. These workshops are offered virtually, telephonically, and in-person at Rush and throughout the community. All our programs are offered in either English or Spanish.



A Tomando Control de su Salud group graduates at Erie Neighborhood House. Through our partnership with Erie, we were able to bring workshops to migrants in the Chicago shelter system.

We integrate workshops into various community sites, meeting people where they are most comfortable



FY24

FY25

262

Participants in
**Chronic Disease
Self-Management
Education**

343

Participants in
**Chronic Disease
Self-Management
Education**

175

Participants in
Fall Prevention

328

Participants in
Fall Prevention

36

Total Workshops

52

Total Workshops

14

Workshops in
Spanish

17

Workshops in
Spanish

56

Participants were
**connected to
social care**

101

Participants were
**connected to
social care**

17

Unique
**Community Host
Sites**

23

Unique
**Community Host
Sites**



89.47%
improved
their **health
confidence**

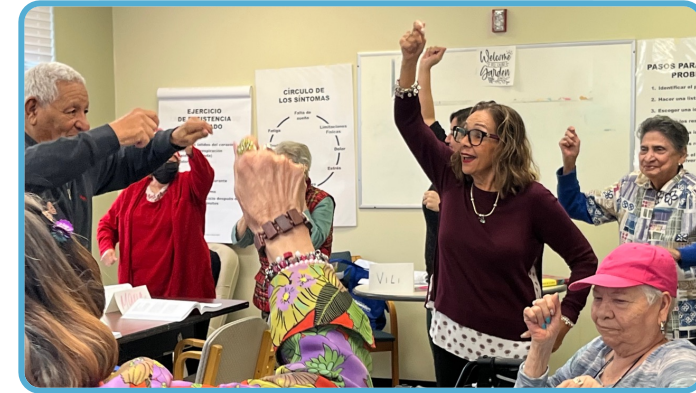
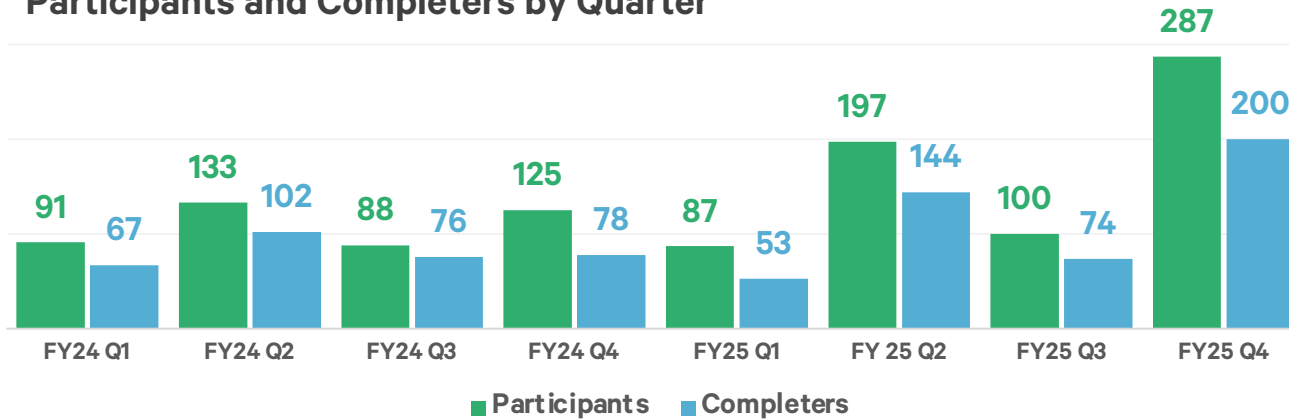


87.72%
decreased
**social
isolation**

Evidence-Based Group Workshops

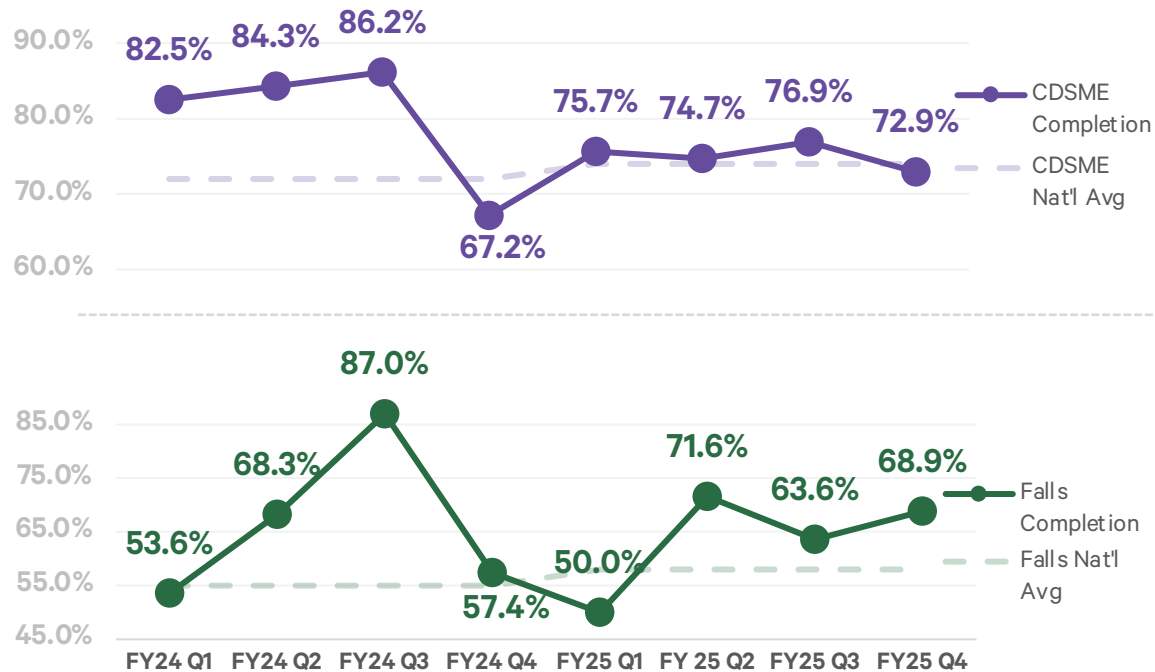
Our team reached a total of **437** participants in FY24 and **671** in FY25-- a **53.55% increase!**

Participants and Completers by Quarter



Yolanda Rodríguez, one of our Rush Generations Ambassadors, leads exercise during the break for a Tomando Control de su Diabetes group at Casa Central's Adult Wellness Program.

CDSME and Falls Prevention Completion Rates over time (compared to national averages)



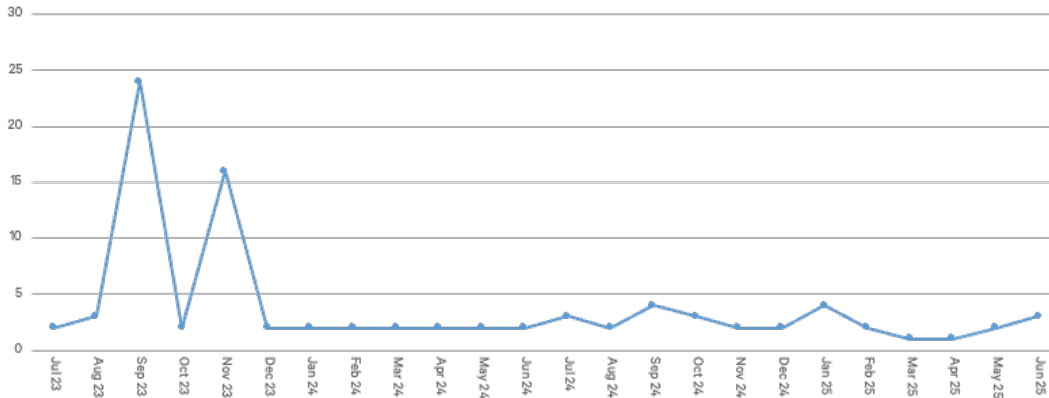
FY24	FY25
80.15% Overall completion rate for CDSME programs	74.64% Overall completion rate for CDSME programs
64.57% Overall completion rate for Fall Prevention	65.55% Overall completion rate for Fall Prevention

Rush Generations' workshop completion rates are markedly higher than national averages, likely thanks to our quality social care alignment

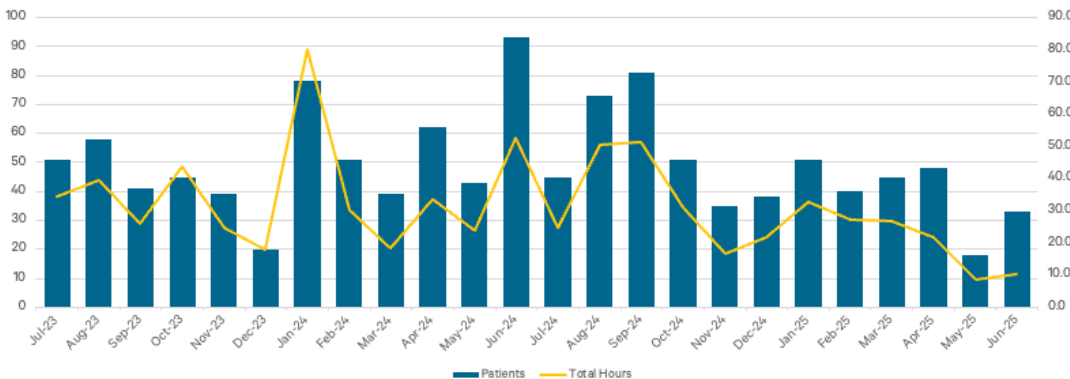
Evidence-Based Group Workshops

Social care alignment of evidence-based program takes time and dedication. Our social workers reach out to patients and community members to find the program that's the right fit for them and to address barriers to participation and completion. **It's worth it-- it's the key to our success!**

Average Number of Outreach Calls per Patient Encounter over Time



Patients Contacted compared to Hours Spent for Group Recruitment and Retention



A Tai Chi for Arthritis and Fall Prevention workshop graduates at the Central West Senior Center. In FY24, we established a contract with the City of Chicago to offer evidence-based programs out of our city's senior centers!

“

This program really did help me “take charge” of my health. I realized I was not taking care of myself the way I thought I was. I learned how to accept my diagnosis, and I accepted that **it's ok to put myself first sometimes.**

Take Charge of Your Health participant

“

I was always extremely fearful of falling, but now **I'm more aware and confident** in my movements. I learned **practical changes** I could make at home to reduce my risk of falling. This program helped me realize that **falling is not inevitable**, and there is **hope.**

A Matter of Balance participant



Scan the QR code here to watch more testimonials from this year!

Patient-Centered Wellness Groups

Listening and responding to the needs of our community and our program participants, we have developed **meaningful and patient-centered** group interventions that help **support participants' goals, wellness, socialization, and continued healthy habits**. These group interventions are offered at Rush or virtually. Scholarships are always available for those with financial limitations.

Groups in FY24 and FY25 included:

- **Support groups** for diabetes, chronic pain, and caregivers for loved ones with Alzheimer's
- **Art and Art Therapy groups**, including our multidisciplinary Art for Emotional Wellness—offered in partnership with local art programs
- **Mindfulness and Meditation** classes to help individuals practice self-care and intentionality
- **Physical activity and exercise** classes, held virtually, like gentle chair yoga and chair aerobics

Participant evaluations reflect high satisfaction with the wellness programs, citing strong instruction, **meaningful physical and mental health benefits**, and a clear **sense of community**. Respondents consistently reported **increased mobility, mindfulness, and motivation** to maintain **healthy routines**. Participants described instructors as **“encouraging,” “compassionate,”** and **“knowledgeable”**— and consistently were praised for their modifications, safety, and honoring physical limitations without judgement.

“During each phase of the class Maura fosters a sense of belonging and togetherness, each of us achieving our goals together and as individuals. It is important to me and my well-being in mind and body.”

71.94

Average Age

76.5%

decreased social isolation

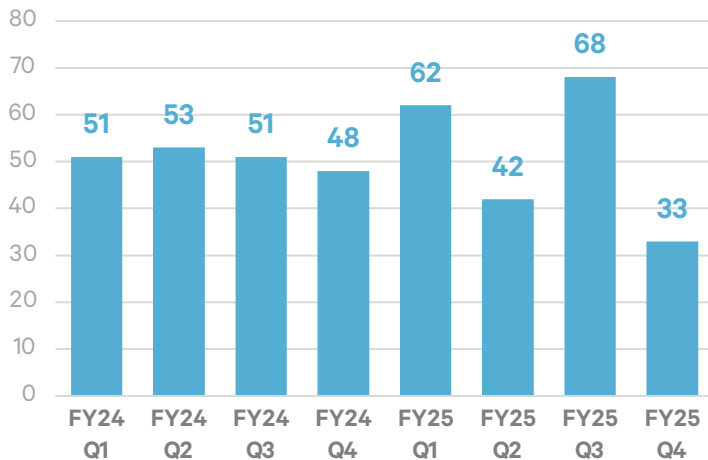
81.3%

improved health confidence

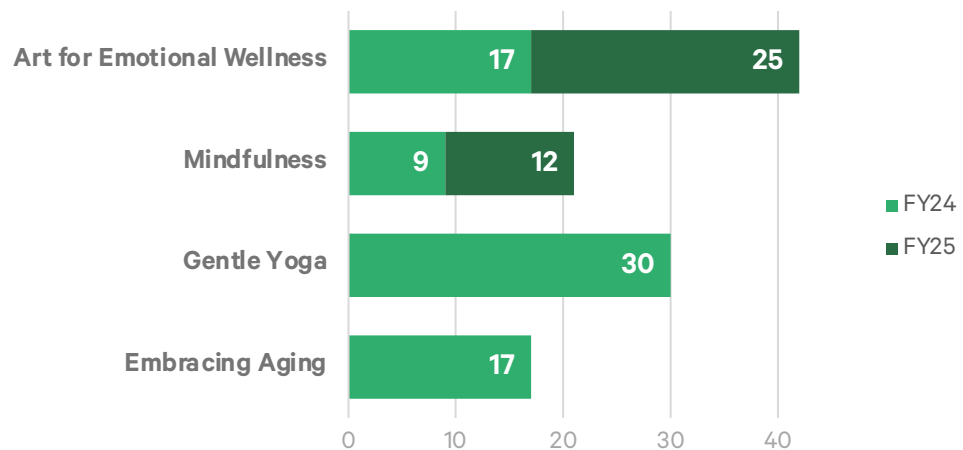
94.1%

made at least one lifestyle change because of the program

Support Group Attendance by Quarter



Other Wellness Group Attendance by Fiscal Year



The Health Legacy Program for Women

This innovative lifestyle change program was developed by Rush Generations, **centering the unique strengths and experiences of women of color** in Chicago. This evidence-informed intervention helps participants learn and practice **emotional support, exercise, healthy cooking, and nutrition** in a supportive environment.

Recognizing that **women of color are often the "health regulators" of their families**, Rush Generations works in collaboration with **community-based organizations and faith-based organizations** to offer this meaningful intervention—and thereby **creating a legacy of health for women and their families**.

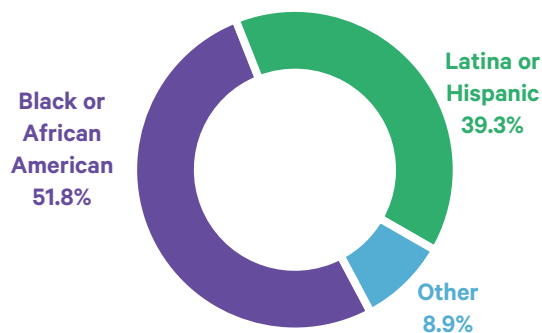


Health Legacy Program for Women participants celebrate their graduation from the program at Oak Park Township in June 2024

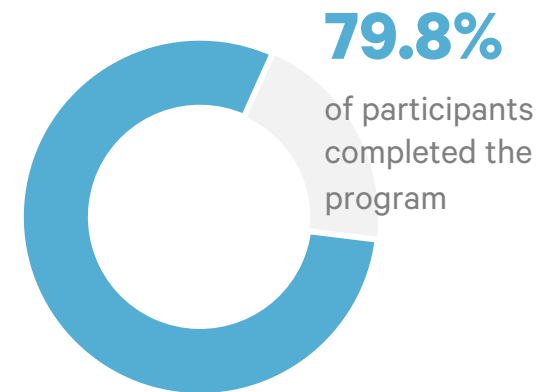
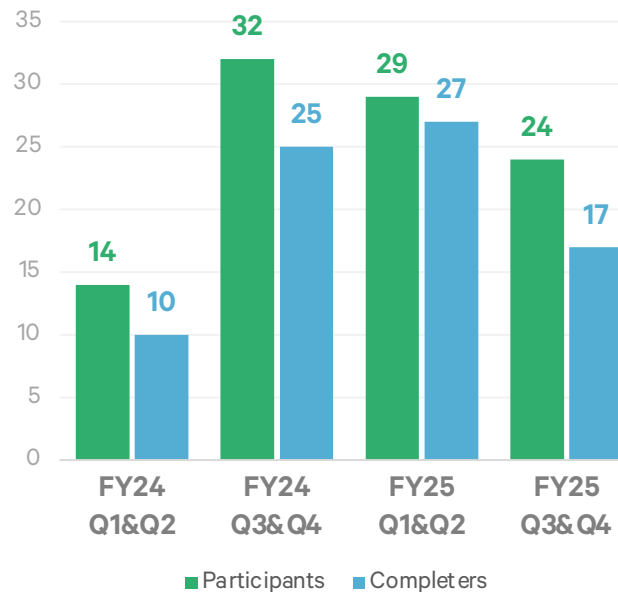
Average increase in healthy behaviors and indicators from pre to post



Participant Racial Breakdown



HLP Program Participants and Completers Over Time



The Health Legacy Program for Women

Qualitative responses from Health Legacy Program participants demonstrated

- Increased self-prioritization and empowerment: a dominant theme in responses was a shift toward self-care, self-worth, and personal agency. Many participants who are balancing family and caregiving roles described learning to place their own health first.
- Practical health knowledge and behavior change: participants cited concrete gains in health literacy, especially related to nutrition, label reading, hydration, portion control, and incorporating more movement into everyday life.
- Holistic Impacts on Physical, Mental, and Emotional Health: Feedback reflects a strong understanding of health as multidimensional. Participants noted improvements in physical habits, but also in emotional resilience, stress management, and motivation. Discussions around mindset, positivity, and emotional well-being were seen as equally as valuable as nutrition and exercise components.
- The Power of Group Support and Shared Experience: Participants highlighted the importance of peer connection, open dialogue, and mutual encouragement, noting that shared experiences reduced shame and increased accountability.

“I learned that if I don’t take care of myself, I can’t take care of anyone else.”

“A mí misma, tengo que ponerme en prioridad... cuidar de mí misma, amarme, respetarme, quererme más.”

“This program helped me see that taking care of myself is not so hard, and it’s so worth it.”



Health Legacy Program participants at El Valor Guadalupe Reyes Center take a photo break after their aerobic exercise. Our partnerships with HeadStart programs allow us to serve busy parents and grandparents in a familiar location.



Health Legacy Participants at Garfield Park Fieldhouse smile for a photo after their exercise session with facilitators Zion Banks (social work intern) and Daniela Mitchem, MSW, LCSW.



Scan this QR code to watch participant testimonials!

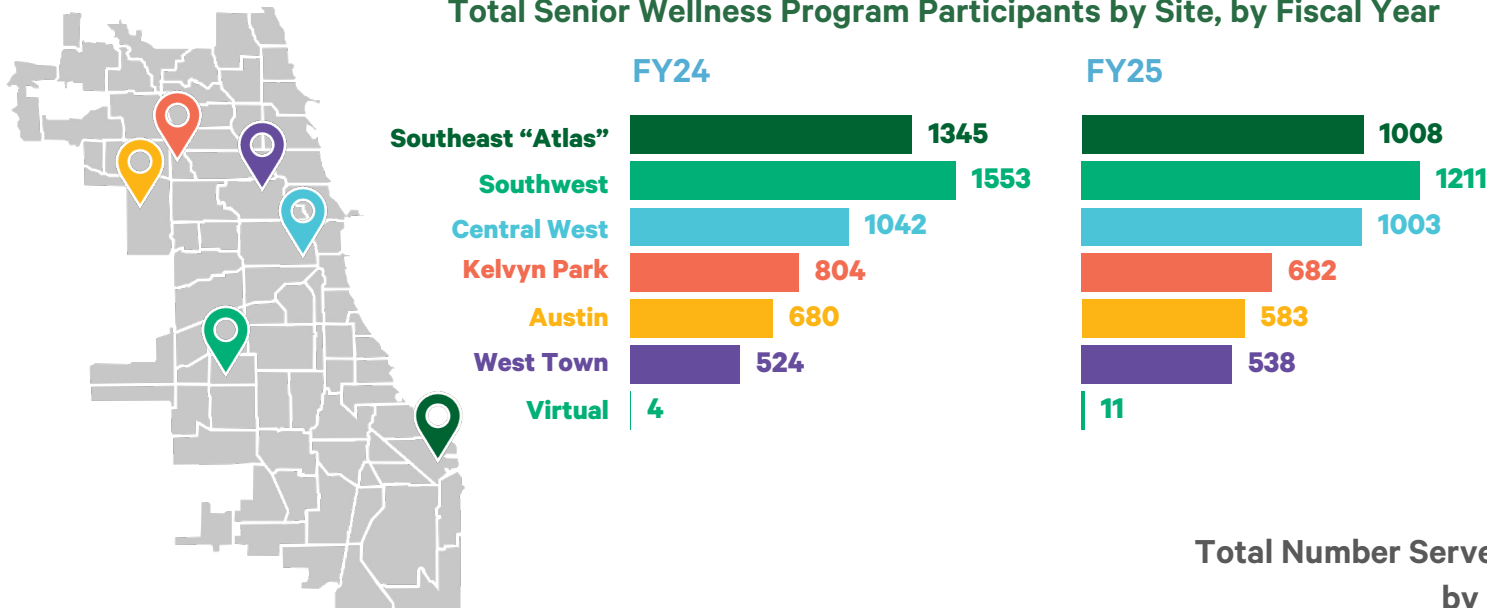


Senior Wellness Program

Led by Rush Generations, Rush provides social work, nursing, pharmacy, nutrition services, and interpretation to older adults across six of the City's regional/satellite senior centers. For over 30 years, Rush Generations has offered clinical services to older adults participating in these senior centers through a contract from the City of Chicago Department of Family and Support Services (DFSS) Senior Services Division.

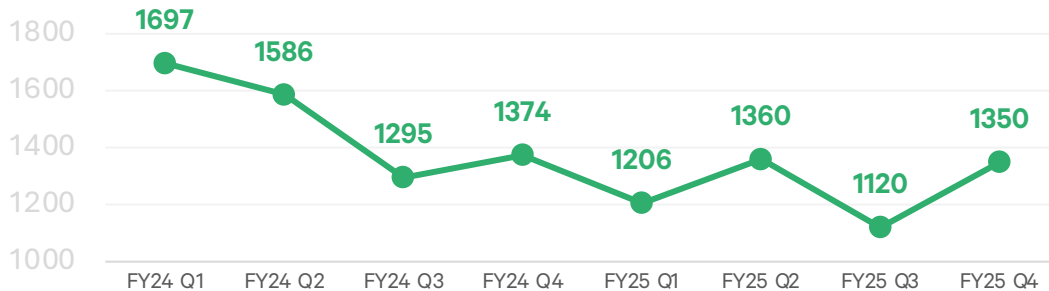
FY24	FY25
1,851	3,215
Blood Pressure Tests	Blood Pressure Tests
1,507	2,587
Blood Glucose Tests	Blood Glucose Tests
42	51
Social Needs Escalated	Social Needs Escalated

Total Senior Wellness Program Participants by Site, by Fiscal Year

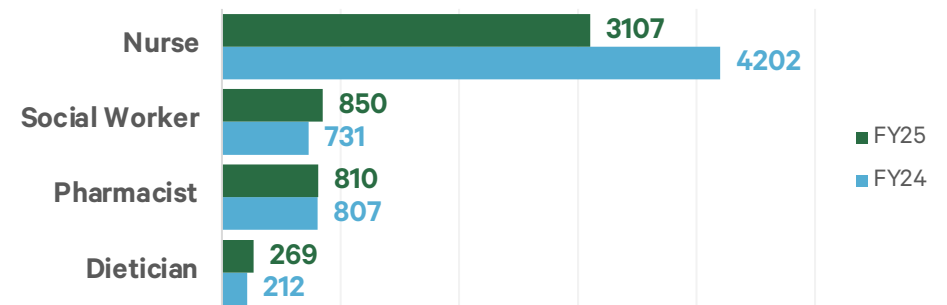


Across both fiscal years, **42.9%** of the **5,066 Blood Pressure** Screenings were abnormal; **32.7%** of the **4,094 Blood Glucose** screenings were abnormal.

Total Number Served by FY Quarter



Total Number Served by Profession, Compared by Fiscal Year



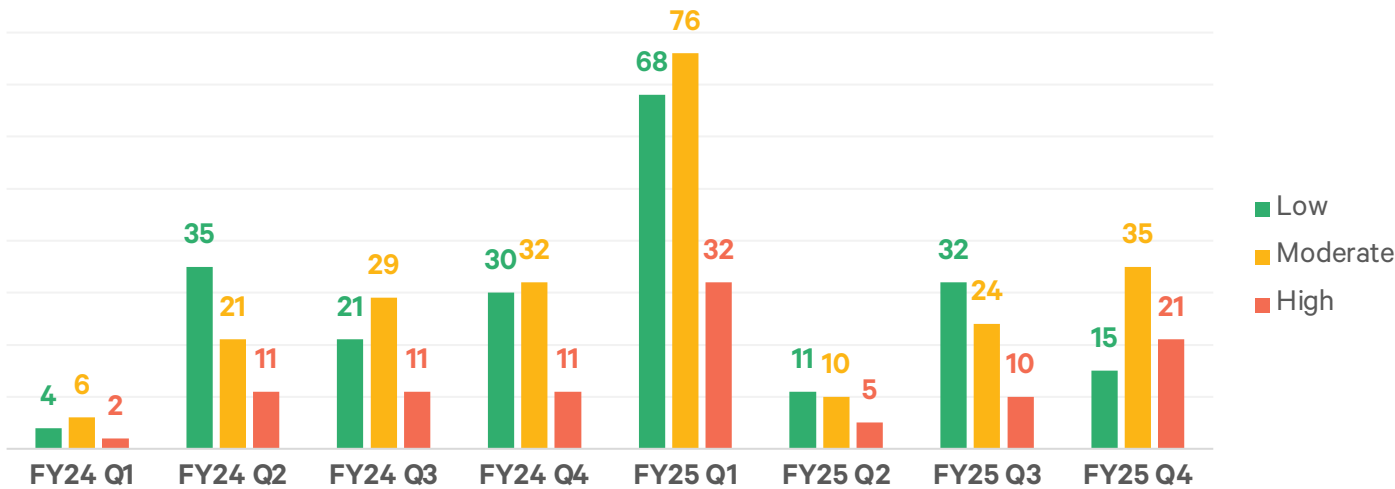
Community Outreach and Screenings

Rush Generations frequently collaborates with community partners throughout the West Side of Chicago and beyond. Rush Generations ambassadors often represent our programs at health fairs, and our staff provides informative talks on various topics, including our program. A key part of our capacity to participate in health fairs is our **Ambassador program**— a volunteer opportunity for older adults, caregivers, and other community members who want to join our team!

Through a grant from the **U.S. Administration for Community Living**, Rush Generations also provides **two monthly balance screenings** throughout the West Side. These screenings are conducted by doctoral occupational therapy students from Rush University alongside Rush Community Health Workers, all to **ensure community members are screened for falls risk** and are referred for appropriate follow-up.

FY24	FY25
20	24
Balance Screenings	Balance Screenings
21	45
Health Fairs	Health Fairs
6	8
Community Talks	Community Talks

Balance Screening Results by Quarter



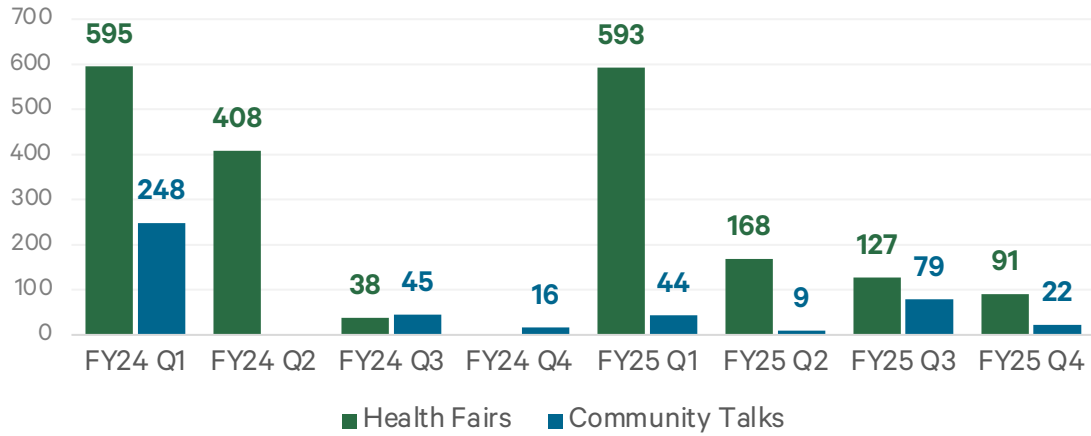
213 community members were screened in FY24, and 339 in FY25. Of these screenings, 42.2% were moderate fall risk and 18.7% were high fall risk. All were screened for social needs and had their needs escalated to social care. 11 individuals were connected with a primary care provider.



Bridget Hahn, OTD, OTR/L conducts a balance screening for a participant at the Steppin' Into Summer Health Fair in May 2025. Dr. Hahn trains and supervises doctoral occupational therapy students to collaborate with CHWs for our community-integrated balance screenings.

Community Outreach and Screenings

Health Fair Participants Engaged* and Community Talk Participants



*Rush Generations tracks the number of health fair participants we engage at our tables, so that our numbers reflect actual engagement, not just health fair attendance.



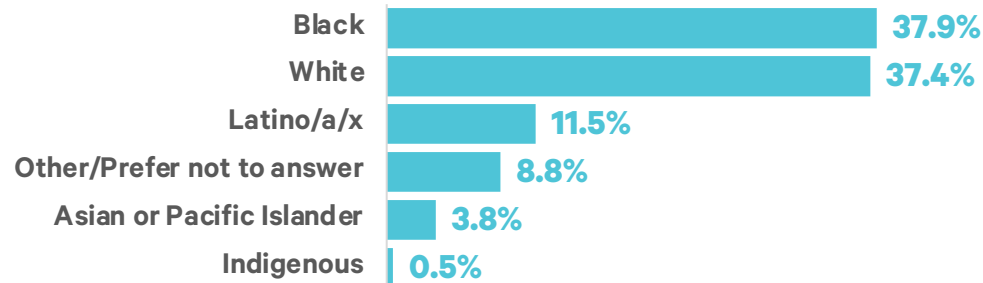
Older Adult Empowerment and Socialization

Community Health Mentor Program

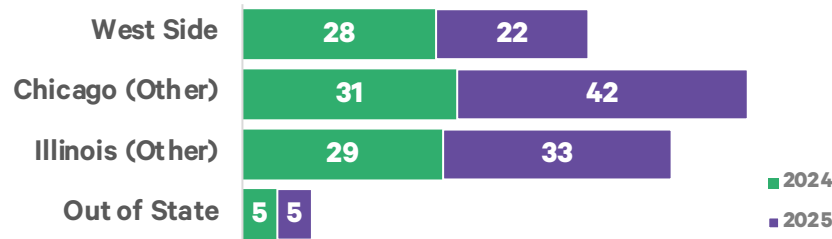
Through this program, older adults and other community members with chronic health conditions **volunteer to mentor an interprofessional cohort of Rush University Students** as a key part of their Interprofessional Education (IPE) course. This program ensures that future health care providers provide more **patient-centered care** and understand that **health management and care** happen primarily in the community. Since 2016, the Rush Generations team has recruited and trained these volunteers to serve as mentors to IPE students.

FY24	FY25
644 students	616 students
102 Mentors	104 Mentors
345 Reflection Videos	347 Reflection Videos
64.7% of mentors returned from previous year	70.1% of mentors returned from previous year

Health Mentors' race or ethnicity



Location of Mentors



“

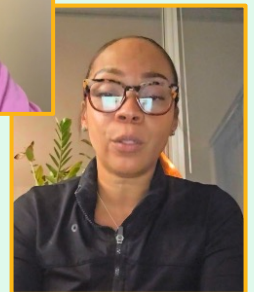
I appreciated how they pushed me to define goals without overwhelming me. I benefited from their perspectives as well, and their advice was helpful in helping me tackle different barriers I had regarding my health

Interacting with these young people who have chosen professions dedicated to healing and helping provides me with a sense of hope and joy for the rest of us.

Hear from our mentors



And our students!



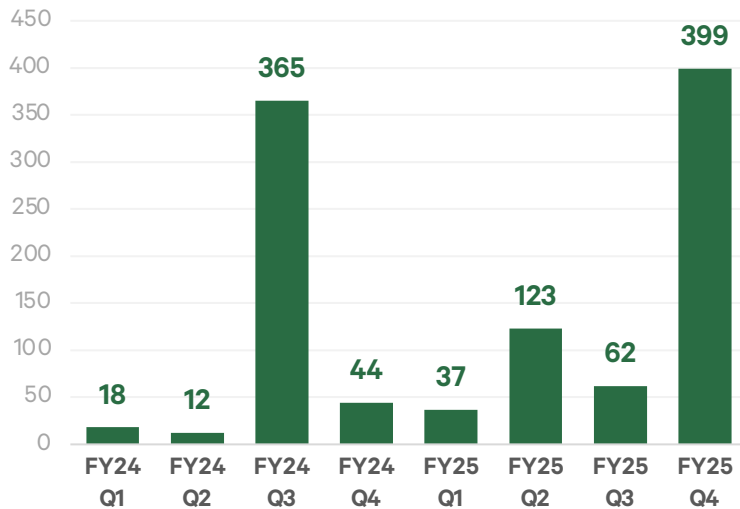
Older Adult Empowerment and Socialization

Schaalman Senior Voices

Inspired by the example of the late Rabbi Herman E. Schaalman, Rush's Center for Excellence in Aging launched the Schaalman Senior Voices program to transform conventional thinking and practice about aging, and to empower older adults to express "What Matters" most to them. As one of our strategies to empower older adults, Rush Generations records videos of diverse older adults throughout the community. Rush Generations also helps the Center for Excellence in Aging to coordinate our annual Summer Academy on Aging and the annual Schaalman Faculty and Student Fellowship programs.



Schaalman Senior Voices Videos Collected



Schaalman Student & Faculty Fellowships

Three students and three faculty from the RUSH College of Nursing, Medical College, and College of Health Sciences, are selected annually for the fellowship. The student fellows are responsible for developing and implementing a project based on the 4Ms of an Age-Friendly Health System, and the faculty fellows are responsible for developing curriculum to integrate the 4Ms of an Age-Friendly Health System into their existing department coursework.

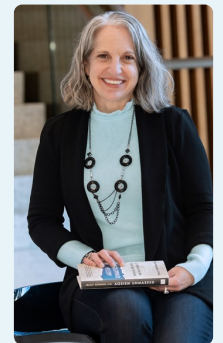
To watch presentations about each fellow's project, scan the QR code or visit <https://aging.rush.edu/schaalman/what-matters-education-research/fellowships/>



Annual Thought Leader Lecture Series

Each May in observance of Older Americans Month, Schaalman Senior Voices hosts the Thought Leader Lecture Series. In May 2024, Rush welcomed **Jeremy Nobel, MD, PhD**, author of *Project UnLonely: Healing our Crisis of Disconnection* for a talk on "From Isolation to Inspiration."

In May 2025, we were joined by **Tracey Gendron, PhD, MS**, Director of the Virginia Center on Aging and author of *Ageism Unmasked: Exploring Age Bias and How to End It*, for a talk on "The Age and Age Perception Disconnect."



Rush Generations Membership

Membership is free! Members receive a quarterly newsletter in the mail and a monthly e-newsletter with information on healthy aging and our programs. Rush Generations is proud to have more than 18,000 members, hailing from every corner of Illinois and reflecting the vast diversity of the areas we serve.

FY24

FY25

252

429

New Rush
Generations
Members

New Rush
Generations
Members

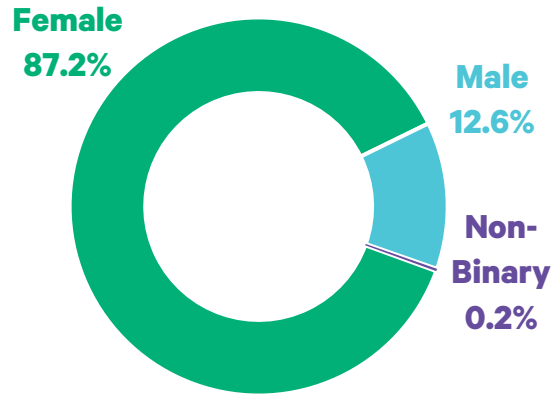
74.5

Average Age of New Members

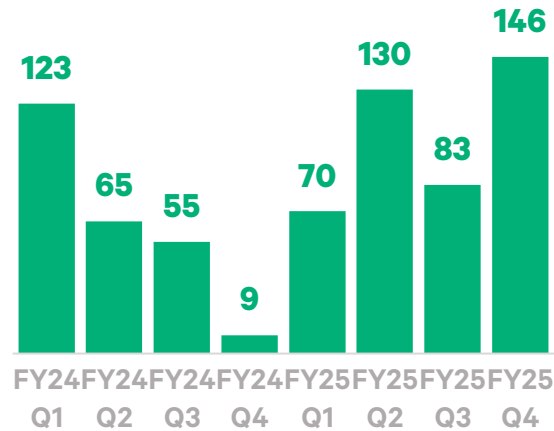
26.6%

of new members are family caregivers

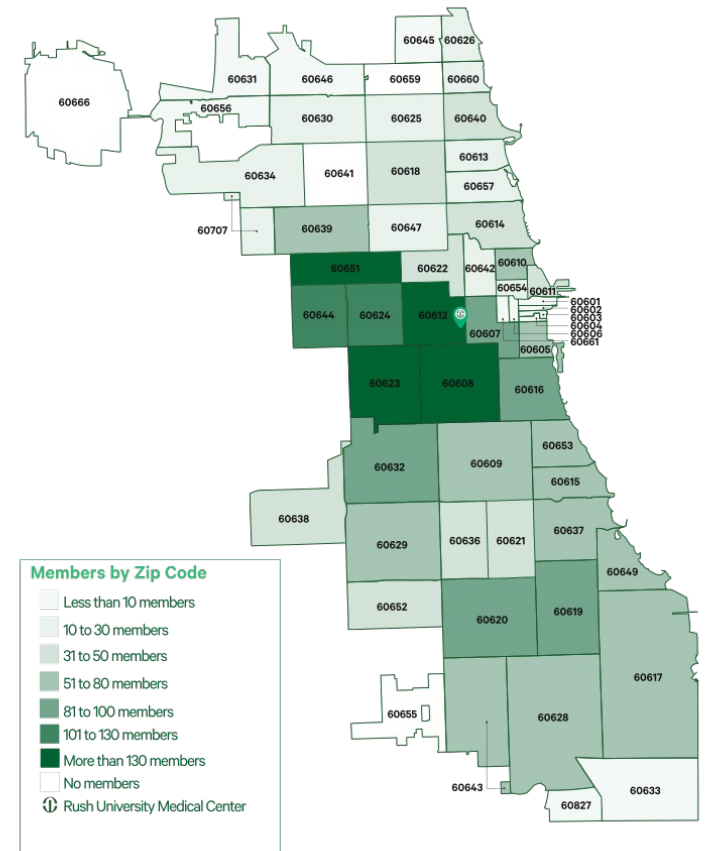
New members' gender



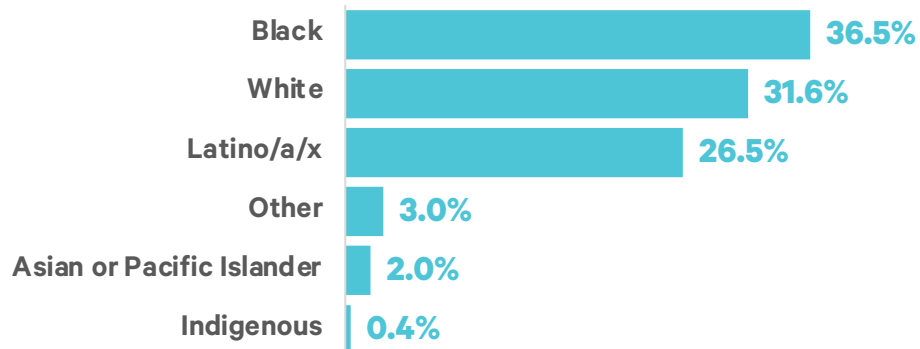
New members by quarter



Geographic Distribution of Members



New members' race or ethnicity



A healthier today

Rush Generations

and a vital tomorrow

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