

# Webinar: Social Isolation and Seniors During the Pandemic

April 21, 2020



# The Center for Community Solutions

We are a non-partisan, nonprofit that aims to improve health, social and economic conditions through nonpartisan research, policy analysis, communications and advocacy.

[www.communitysolutions.com](http://www.communitysolutions.com)

Twitter: @CommunitySols

## Our Priorities



Advancing Wellbeing of  
Older Adults



Enhancing Behavioral Health  
Access



Improving Maternal and  
Infant Health



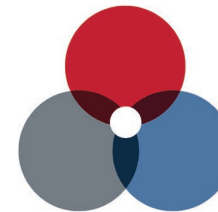
Promoting Comprehensive  
Reproductive Health  
Education



Strengthening Health and  
Human Services Safety Net



Supporting Sound Medicaid  
Policy



**THE CENTER FOR** EST. 1913  
**COMMUNITY SOLUTIONS**  
RESEARCH • ANALYSIS • ACTION

# Today's Presenters



**Emily Muttillo**  
The Center for  
Community Solutions



**Jill Frankel**  
Solon Senior Center



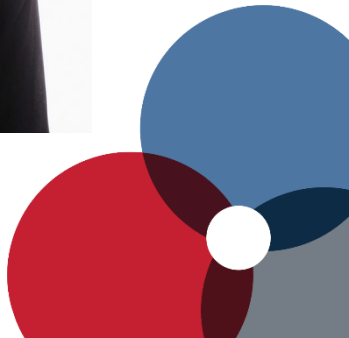
**Mary McNamara**  
City of Cleveland  
Office of Aging

# Social Isolation

Emily Muttillo, The Center for Community Solutions

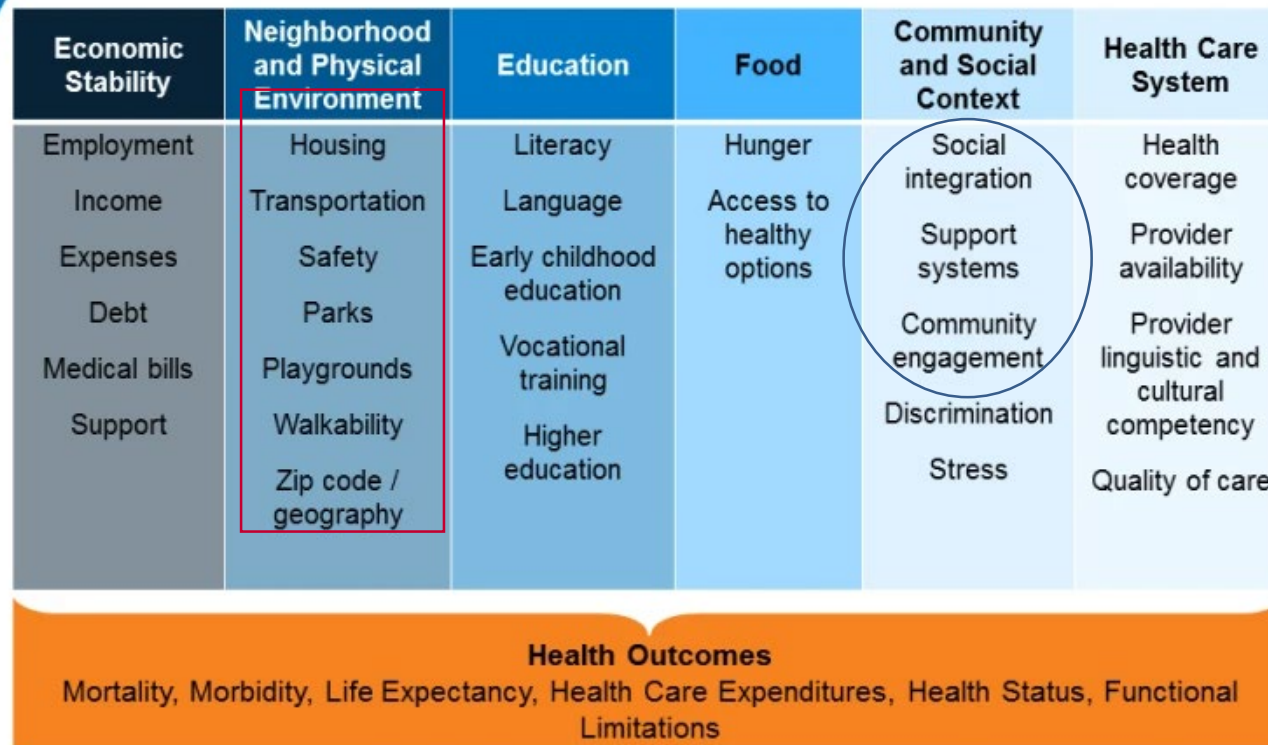
COOP Lunch and Learn Webinar

April 21, 2020



# Social Determinant of Health

Figure 1  
Social Determinants of Health



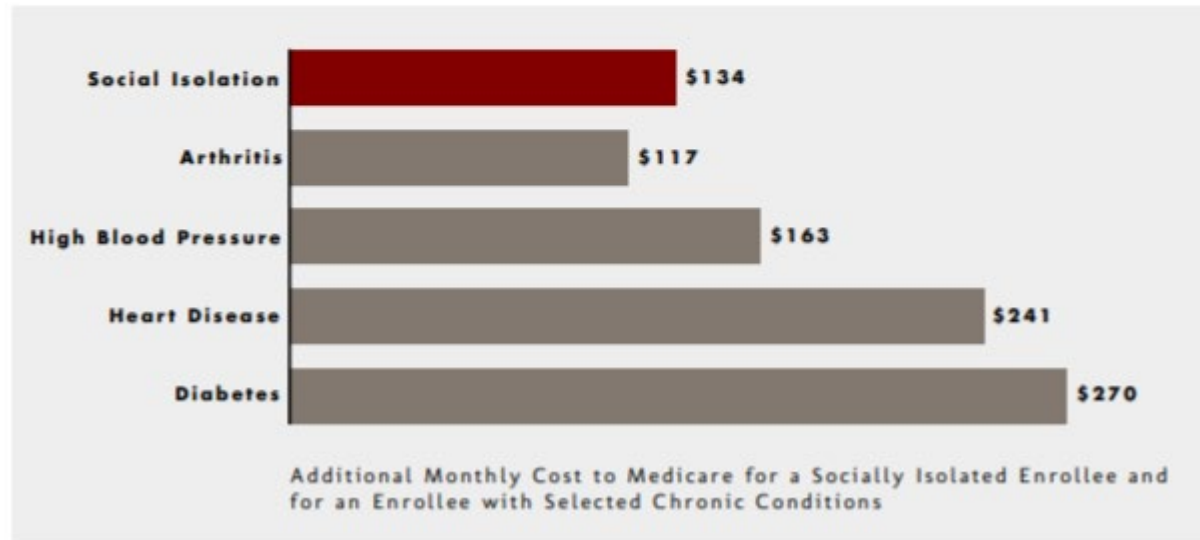


# Relevant Research

- AARP study on socially isolated Medicare patients

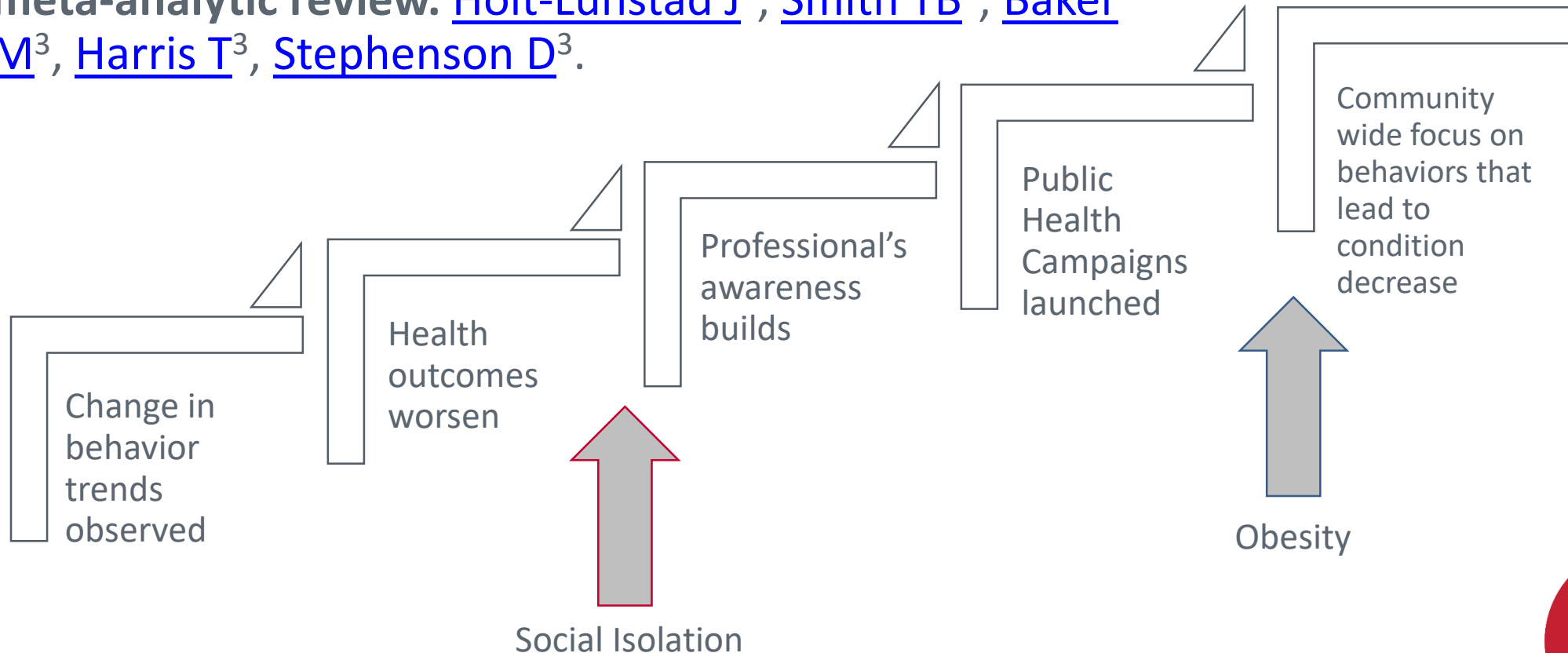
**Social isolation among older adults is associated with an estimated **\$6.7 billion** in additional Medicare spending annually.**

- Each month, Medicare spent an estimated **\$134 more** for socially isolated older adults (\$1,608 more annually).
- The cost of social isolation to Medicare is comparable to that of some chronic conditions.



- Comparisons to Obesity epidemic

- **Loneliness and social isolation as risk factors for mortality: a meta-analytic review.** [Holt-Lunstad J<sup>1</sup>](#), [Smith TB<sup>2</sup>](#), [Baker M<sup>3</sup>](#), [Harris T<sup>3</sup>](#), [Stephenson D<sup>3</sup>](#).



# Social Isolation & Loneliness

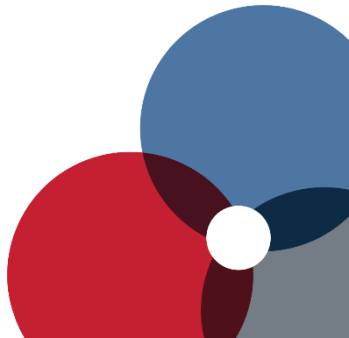
Taken from AgeUK, [ageuk.org.uk](https://ageuk.org.uk)

## How do loneliness and social isolation differ?

***Loneliness is a subjective feeling*** about the gap between a person's desired levels of social contact and their actual level of social contact. It refers to the perceived quality of the person's relationships. Loneliness is never desired and lessening these feelings can take a long time.

***Social isolation is an objective measure*** of the number of contacts that people have. It is about the quantity and not quality of relationships. People may choose to have a small number of contacts.

***When they feel socially isolated, this can be overcome relatively quickly by increasing the number of people they are in contact with.***





# When the Senior Center Closes

Selfhelp Virtual Senior Center  
Offers a platform where socially  
isolated older adults offers live  
interactive, video based classes.

25-35 classes offered each week  
on a variety of topics.



[CommSols.com/PreventingSocialIsolation](https://CommSols.com/PreventingSocialIsolation)

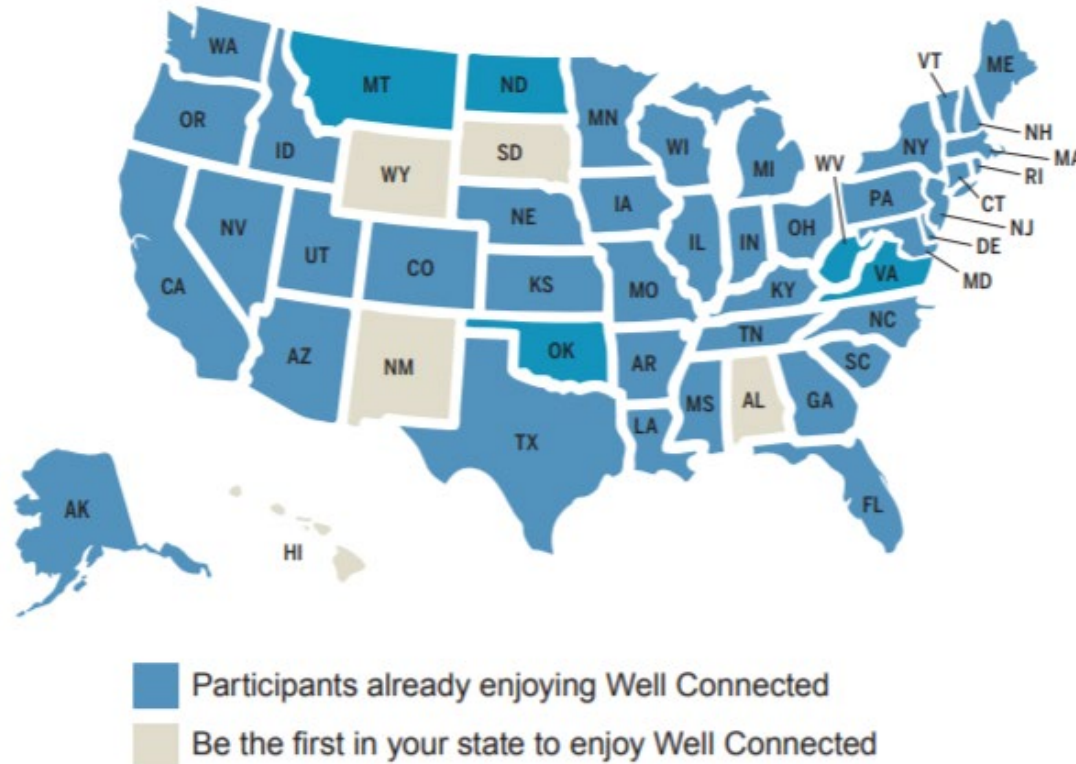
# Well Connected

All classes offered can be joined through a phone call.

Some classes also have an online component.

Handouts can be mailed to those without access to a computer.

Well Connected engages more than 1,800 elders across 44 states



# Conversation



## Across the Miles

**Wednesdays, 1/22, 4/22**

Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations throughout the United States and Canada.

***Facilitated by Amber Carroll, Director of Covia's Well Connected (1/22) and Robyn Heid, Program Coordinator of Family Eldercare's Lifetime Connections Without Walls (4/22)***



## Ask the Attorney

**Fridays, 1/3 – 4/24**

Gerald Richards, a retired California attorney with 42 years of legal experience, mostly in the area of probate, wills and trusts, will answer your questions providing general legal advice. You can call in, or send your question ahead of time to [coviaconnections@covia.org](mailto:coviaconnections@covia.org) to hear the answer on the next call.

***Facilitated by Gerald Richards, Esq., Contra Costa Senior Legal Services Board Member***



## Bird Talk

**Saturdays, 1/4 – 4/25**

Join fellow bird lovers for this informal group to share our admiration and memories of our diverse family of feathered friends.

***Facilitated by Kaevalya Banks***



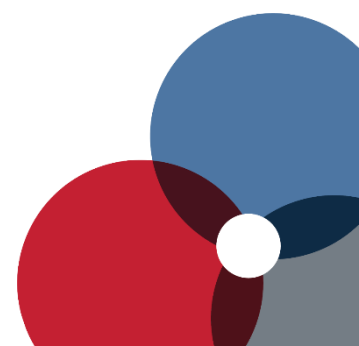
## Coffee Break

**Wednesdays, 1/1 – 4/29 (no group on 1/29)**

**Sundays, 1/5 – 4/26**

Grab a cup of coffee or hot tea and enjoy a mid-morning opportunity to chat and catch up with the Well Connected community.

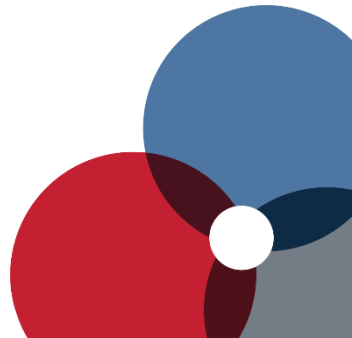
***Facilitated by Andy Andersen (Wednesdays) and Lisa Wynne (Sundays)***



# And the survey says....



- Some agencies have discontinued in-house services to older adults
- Some agencies report seeing an increase demand for home delivered meals
- Grab and Go lunches being offered at congregate meal sites
- Difficulty getting PPE for staff going into older adults homes
- Meal delivery reduced from daily to twice weekly
- Distribution of donated DME reduced
- Case management and mental health services delivered by phone



# Staying Connected during COVID 19



Mary McNamara,  
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216-664-3811



**CITY OF CLEVELAND**  
Department of Aging



# Helping People Stay Connected



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# Helping People Stay Connected



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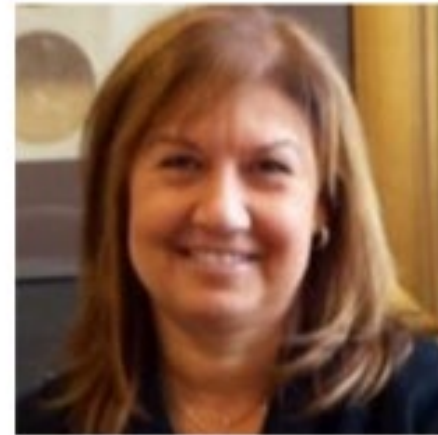
# Helping People Stay Connected





# Social Isolation

Jill Frankel, Solon Senior Center  
COOP Lunch and Learn Webinar  
April 21, 2020



**Jill Frankel**  
Solon Senior Center





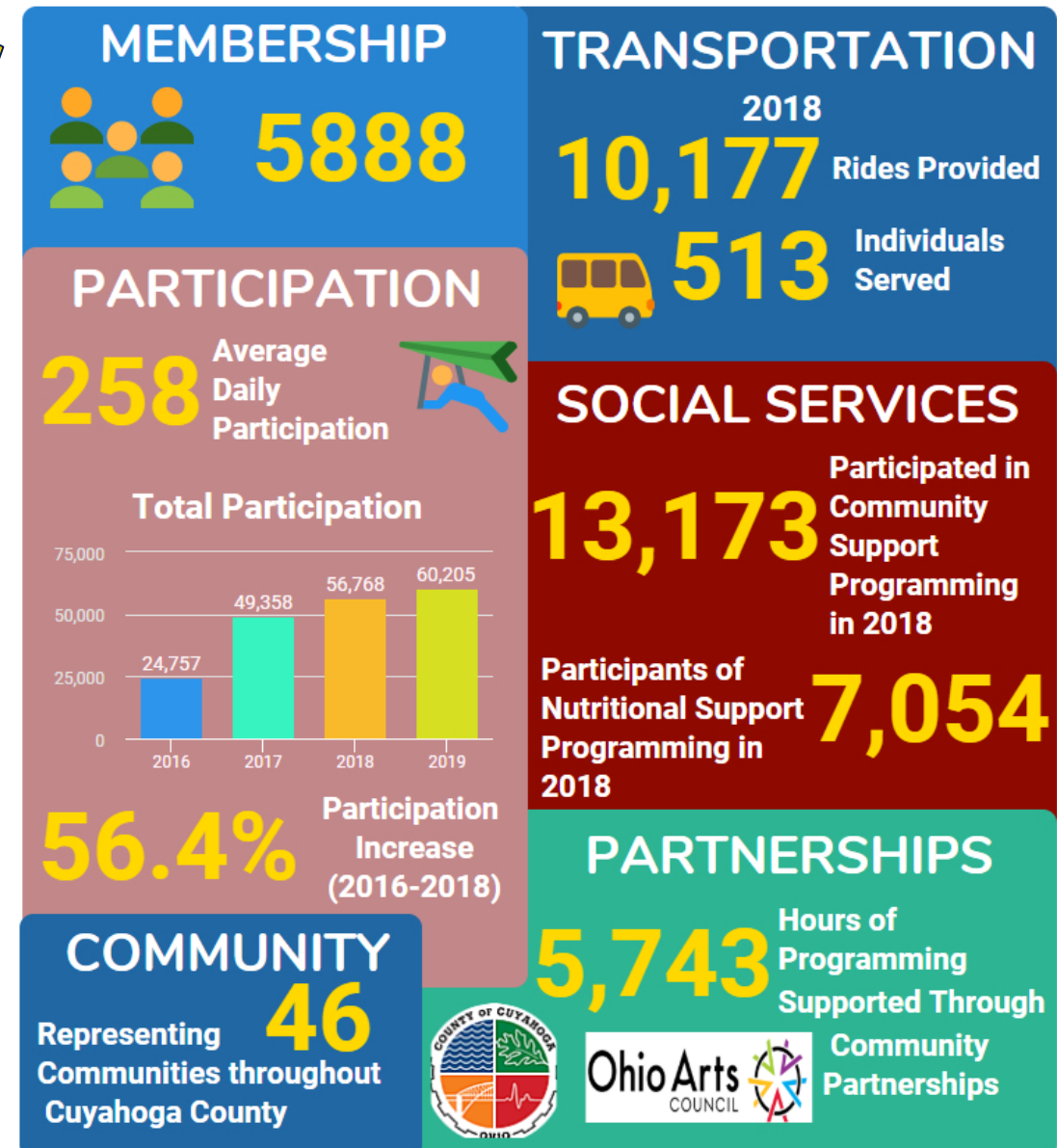
# The Solon Senior Center



# The Solon Senior Center

The Solon Senior Center serves as the nucleus for health, fitness, socialization and life-long learning programming, as well as the administration of supportive services.

The Solon Senior Center is a vibrant multi-service facility for older adults over the age of 60 and offers a wide array of activities, group fitness, as well as community living supportive services to assist Solon residents in remaining active and engaged members of the community.



# COVID19 Response

**How do we keep our local older adults safe, health and engaged?**

- Outreach & Communication
- Nutritional Support
- Virtual Programming


# COVID19 Nutritional Support

- Grocery Procurement/Delivery
  - Local Grocery Partners
- Mobile Pantry
  - 166 Individuals Served
- Prepared Food Delivery & Commodity Boxes
  - Residents Most In Need
  - 187 Prepared Meals Delivered
- Volunteers
  - 77 Community Volunteers

# COVID19 Virtual Programming

- Live & Recorded Fitness Classes
  - 1,627 Views
  - 245 Programming Hours Viewed
- Telephone Games
  - Engaging Those Without Technology
- Support Groups
  - Via Telephone or Zoom
- Speakers & Senior Center Groups
  - Act II Singers
  - TED & Jill Talk

# COVID19 Outreach & Communication

- Community Outreach Calls
    - 3,900 Residents
  - Community Mailing
    - Targeting Residents & Members
  - Social Media
    - Solon Senior Center Facebook
  - City of Solon Website
    - Updates & Alerts
- 

# THE SOLON SENIOR CENTER

# MAKING AN IMPACT

## ENGAGING SENIORS DURING COVID-19 THROUGH,

**3,900**

LOCAL OLDER ADULTS CONTACTED FOR SUPPORT AND OUTREACH

### MEMBER OUTREACH

- Outreach Calls
- Mailers



**166**

MOBILE PANTRY PARTICIPANTS

**187**

PREPARED FOOD DELIVERIES

### NUTRITIONAL SUPPORT

- Commodity Boxes
- Grocery Delivery
- Prepared Food Delivery
- Solon Mobile Pantry



### COMMUNITY SUPPORT



- Volunteers
- Donations

**77**

LOCAL VOLUNTEERS

**5,000**

PPE ITEMS DONATED

### COMMUNICATION



- Email Blasts
- Webpage
- Facebook

**24%**↑

FACEBOOK ENGAGEMENT

**33%**↑

FACEBOOK FOLLOWERS

**1,627**

VIRTUAL PROGRAMMING ENGAGEMENTS

**245**

HOURS OF VIRTUAL PROGRAMMING VIEWED

### MEMBER ENGAGEMENT

- Virtual Programming
- Telephone Game
- Support Groups





# Contact Information

## The Solon Senior Center

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Solon, OH 44139

440-349-6363

Jill Frankel, Director

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440-337-1410



Website: <https://www.solonohio.org/255/Active-Adults-Senior-Services>

Facebook: <https://www.facebook.com/Solon-Senior-Center-175784165951417/>



# Questions?



**Emily Muttillo**  
The Center for  
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Solon Senior Center



**Mary McNamara**  
City of Cleveland  
Office of Aging

