Episcopal Senior Communities (ESC) cultivates and builds healthy communities with a continuum of residential and innovative aging services that actively promote intellectual, physical, social, and spiritual well-being.
Goals

• Understand how to enhance the quality of service provision in your community.

• Understand how loneliness and social isolation can be addressed through Senior Center Without Walls, and other community resources.

• Understand how to access resources to build a supportive housing model that meets all dimensions of wellness.

• Replicate this model in your housing community.

Research

Research About Loneliness and Social Isolation

• Health risks associated with loneliness.
  - Increased risk of dementia
  - Depression
  - Decreased mobility
  - Cardiovascular diseases
  - Equivalent to smoking 15 cigarettes a day

• 63% of the people who reported loneliness are married! About 27% lived alone.

• Loneliness knows no real bounds, and we can’t make assumptions by knowing demographic information.

• A lonely person is significantly more likely to suffer an early death than a non-lonely one.

• Social isolation increases your risk of death by an astounding ~30%, and some estimates have it as high as 80%!

• There is a heightened risk of mortality from loneliness in the same category as smoking 15 cigarettes a day and being an alcoholic.

• Loneliness is the social equivalent of physical pain, hunger, and thirst.

How to Engage Residents with ESC Programs

• Senior Center Without Walls
  - Facilitate groups
  - Connect small groups of residents to SCWW groups
  - Plug & Play programs as group activity
  - Encourage and support residents with registration process
  - Encourage residents to become group facilitators
  - Join Facilitator Support groups

• Senior Produce Markets
  - Help recruit and coordinate volunteers
  - Encourage residents to shop and volunteer
  - Provide nutritional information, recipe tips, and other information

• ElderWISE
  - Refer residents who might enjoy a one-on-one friendly visitor
  - Encourage residents to become ElderWISE volunteers themselves

• Telephone Reassurance
  - Refer residents who might enjoy a one-on-one friendly call
  - Encourage residents to become Telephone Reassurance volunteers themselves

• Senior Resource Directors
  - Refer residents to specific programs offered within counties
  - Utilize as resource for information, referral, and assistance
Senior Center Without Walls
An ESC Senior Resources Program

- An award-winning program offering activities, education, friendly conversation, and an assortment of classes, support groups, and presentations to older adults.
- All programs are accessible by telephone from the comfort of home.
- Many programs are accessible by computer or tablet.
- All programs are free to participants.

SCWW RSC Facilitation

The Good Stuff, Thursday, 10:30 – 11:00 am
Join us to share thoughts about “the good stuff” in life – small pleasures of the everyday, favorite words of encouragement, great childhood memories, and more! You’re sure to leave this group uplifted.
Facilitated by Resident Service Coordinators of Episcopal Senior Communities, a new facilitator each week.

Guess What?, Thursday, 1:30 – 2:00 pm
Join us for a surprise trivia topic each week – some weeks will have themes, others will be a delightful buffet of questions. No winners or losers, just lots of fun.
Facilitated by Resident Service Coordinators of Episcopal Senior Communities, a new facilitator each week.

Facilitation topics have included: money management, great childhood memories, self-care through healthy living, something I do for myself every week, trivia about 50 states, camping, Oscar-winning movies, general encouragement, breast cancer support, Cinco de Mayo, and much more!
Groups can be about ANYTHING!!!!

How does it work?

1. Register
2. Choose groups
3. Call or log-in
4. Enjoy!
How to encourage participation?

- Add it to your activities calendar
- Tell it to that one resident who knows everyone
- Use handy dandy flyer to advertise specific groups.

Audio Clip

- To be added

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9/13/2017
Gratitude

Senior Center Without Walls
An ESC Senior Resources Program

Dimensions of Wellness
What we can do without resources  What we can do with support

Benefits
• Decreased feelings of loneliness and isolation
• Increased feelings of social connectedness
• Intellectual stimulation
• Increased feeling of value
• Improved mental health
• Improved physical health
Data
• Will update before conference

What People are Saying
• “This program has saved my life and given me something to look forward to.” - Participant/Facilitator
• “I've done four different groups over three days and I feel so much less lonely!” - Participant
• “I have contact with the world again, and I’m developing interests I never knew I had.” - Participant
• “When I'm in a group with others and we're talking, I feel like I'm somewhere else. There is no wall there anymore. For me, Senior Center Without Walls has removed the walls that have imprisoned me.” - Participant
• “It went very well, I had a blast doing it. They were very interactive, answering questions, asking questions. One even said, ‘I am really enjoying this topic!’” - RSC Facilitator
• “This is a wonderful experience, learning and getting to know them, I really enjoyed it!” - RSC Facilitator
• “I have contact with the world again, and I’m developing interests I never knew I had.” - Participant
• “All the programs I have participated in are excellent help me grow as I age.” - Participant/Facilitator

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