

Subject: April News from COASC
Date: Wednesday, April 20, 2022 at 9:39:18 AM Pacific Daylight Time
From: Tha, Soe Han
Attachments: image002.jpg, image007.jpg, image008.png, image015.jpg, image016.jpg, image018.png

THE NEWS

Coalition for Older Adults' Social Connectedness

April 2022



Not to be missed

- [Show me the data! Leveraging Qualitative Data for Impact](#), COASC-SF, 4/27, more below
- [Film Screening & Discussion - All the Lonely People](#), AARP CA, 4/21, more below
- [Connect + Conversations report](#)

CLINICIAN'S CORNER with Dr. Carla Perissinotto

This month we review a single question assessment of loneliness and the moderating effect of positive affect.



1. [Kotwal et al. A single question assessment of loneliness in older adults during the COVID-19 pandemic: A nationally-representative study.](#)

Key Points: This study compared the gold-standard 3-item loneliness questionnaire to a single item question and compared pre-pandemic levels. The single item question performed very well and was more closely related to the UCLA 3-item scale during the COVID-19 pandemic compared with prior suggesting that perhaps it is becoming easier/more normal to talk about loneliness.

Why does this matter? We continue to look for the best, or most feasible way to assess for loneliness. This study shows that a single item question may be a reasonable tool for assessing loneliness.

2. [Beller. J. Loneliness and mortality: The moderating effect of positive affect](#)

Key Points: Having a positive affect may decrease the negative effects of loneliness.

Why does this matter? We are just starting to understand if certain personal characteristics or traits can minimize the negative consequences of loneliness.



Member Highlight

SIR's mission is to enhance the lives of our members through participation in luncheons, activities and events while making Friends for Life. SIR is over 60 years old, and its 12,000 members belong to over 90 Branches that cover most of Northern California from Bakersfield to the Oregon border and San Francisco Bay to Nevada. One can learn more about SIR by visiting www.WeAreSIR.com. Membership inquiries can be processed through the website or through this organization's representative, Ed Benson, at ebensonbwa@aol.com.

We want to highlight your org in future newsletters! [Submit your info here.](#)

Coming Up



KATIE WADE, M.ED

Sr. Director of
Creative Engagement,
Front Porch



**CARLA
PERISSINOTTO,
MD, MHS**

Associate Professor,
Division of Geriatrics,
UCSF



**ASHWIN
KOTWAL, MD, MS**

Assistant Professor of
Medicine, Division of
Geriatrics, UCSF



DANIEL HILL, B.A.

Sr Program Manager,
Curry Sr Center

Show me the data! Leveraging Qualitative Data for Impact

Hosted by
NorCal Coalition for Older Adults' Social
Connectedness

AGENDA

10:00 Welcome and Opening Statement
Carla Perissinotto, MD

10:10 From Anecdotes to Qualitative Data
Katie Wade, M.Ed

This symposium is best suited for an audience of community based organizations. Let's walk through the basics of gathering qualitative data, making sense of what you already have, and key takeaways from a collaborative evaluation project.

Register [here](#).

April 27, 10 am – 12 pm PST

10:45 Evaluation Success Story: Curry Senior Center
Panel: Carla Perissinotto, MD, Ashwin Kulkarni, MD, Daniel Hill, B.A.

11:15 Q&A: **We want your questions about our evaluation! Submit when you register.**

11:45 Closing Statement



AARP CA: Film Screening & Discussion All the Lonely People

Join AARP California, Institute on Aging (IAG) and other attendees from across the U.S. for a screening of the newly released film *All the Lonely People* followed by a discussion with Stu Maddux, the film's director and a leading expert in the field of loneliness – AARP membership is not required.

The viewing link will be emailed to those who registered on 4/19 and will expire on 4/22.

Register [here](#).

Live discussion at April 21, noon PST

We take a moment to recognize the loss of Marcia Johnston, the founder of [Make Room at the Table](#), and honor her passion for creating awareness of and solutions for social isolation and loneliness. Your legacy lives on, Marcia.

Thanks to the Joseph & Vera Long Foundation for their support of the [Coalition for Older Adults' Social Connectedness](#).

This newsletter is intended for individuals who want to stay informed on social isolation, loneliness, and social connectedness efforts in Northern CA. [Subscribe or unsubscribe here.](#)