

**Tha, Soe Han**

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**From:** Tha, Soe Han  
**Sent:** Wednesday, June 7, 2023 12:00 PM  
**To:** Tha, Soe Han  
**Subject:** Updates from COASC

June 2023

**Coalition for Older Adults' Social Connectedness**

The News



**Message from**

**Dr. Carla Perissinotto**

We are deeply saddened to share that Patrick Arbore, the founder of the Friendship Line, has passed away. We cannot emphasize enough that Patrick's work has been life sustaining for so many older adults and disabled adults who have benefited both directly and indirectly from his interventions.



Given his commitment, we at the coalition are proud to be continuing our work in addressing social isolation and loneliness, with the support of the Long Foundation and in honor of our friend, mentor, and advocate Patrick.

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In 2022, Patrick was interviewed by our research team as part of our evaluation of the Friendship Line. He reflected that he was so happy to be alive to be able to see the recognition that Friendship Line was receiving.



*"I'm so glad, I'm still alive... Friendship Line continues to be viable and provide something that others don't have. And I think what we do very expertly is offer transfusions of hope to a population of people that most people don't give a damn about."*

**~ Patrick Arbore, April 14th, 2022**

Patrick Arbore, Ed.D. was the founder and director of both the Friendship Line and the Center for Elderly Suicide Prevention and Grief-Related Services. His efforts had wide-reaching effects not only here in the Bay Area but throughout California and across the country. We had the joy of interviewing him as part of a program evaluation of the Friendship Line. In this interview, we talked about the history of the Friendship Line, but also about Patrick's dreams and aspirations for the organization and beyond. Patrick is a widely recognized expert in the field of elderly suicide prevention, and he dedicated his life to the cause. The Friendship Line was founded in 1973 to address the concern that traditional suicide prevention centers were largely only attracting younger populations, despite older people having one of the highest rates of suicide of any age population. The work was never easy – Patrick described numerous obstacles to receiving funding and volunteer support to this intervention. Even while acting as director for these organizations, Patrick would continue to do work directly with older adults to keep himself grounded to the daily experience of his employees and volunteers. After 50 years, the Friendship Line remains a flagship intervention, changing the rhetoric of suicide prevention to emphasize the importance of friendship and connection as intrinsic to healthy aging. Patrick passed way on May 27, leaving behind a rich and growing community of staff, volunteers, and partnerships dedicated to the cause of supporting our growing populations of older adults, and of expanding access to these services.

Read more about Patrick and his legacy [here](#).



**Understanding Grief and Loss**, Institute on Aging, June 21 @ 2pm PT

Grief is the reaction to loss, and any kind of loss can trigger grief. People grieve for the loss of someone they love but also for the loss of independence, usefulness, cognitive functioning, and physical abilities. Grief is also a lifelong process: a journey rather than something that is cured. This course will teach people to recognize grief and how to respond appropriately to the grieving person. A final section on compassion fatigue, burnout, and secondary stress includes strategies for professional self-care.

Learning Objectives:

- Define Grief
- Identify three physical changes that affect people as they age to normalize the process, and help people understand important aspects of working with a grieving person
- Identify three myths about grief
- List ways to manage compassion fatigue

Registration and more info [here](#).

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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. **Please share your feedback about our newsletter by replying to this email.**

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