

THE NEWS

Coalition for Older Adults' Social Connectedness

February 2022



COMING UP

- Health Effects of Loneliness in Older Adults: Lessons Learned From COVID, Seniors at Home, 2/23
- A Symposium to Counter Isolation And Loneliness by Saint John's, 4/7-4/9
- Socially Connected Communities: Solutions for Social Isolation report by Healthy Places by Design. See more below.
- Funding Opp: NIH Social Disconnection & Suicide Risk, 3/15
- Funding Opp: RRF Research Grants, 3/1

CLINICIAN'S CORNER

with Dr. Carla Perissinotto

This month we review the effects of the arts on loneliness and the combined effects of social isolation and loneliness.



1. McQuade et al. Arts and Creativity in Later Life: Implications for Health and Wellbeing in Older Adults. A Systematic Evidence Review

Key Points: 73 international studies reviewed. Review included dance, music, visual and creative arts. The results focused on different aspects of wellbeing. Dance is most helpful for physical health and cognitive health. Music and singing had the most evidence for improving social connection and feelings of loneliness.

Why does this matter? Music, singing, and visual and creative arts show preliminary evidence for improving social connection or feelings of loneliness. The arts are an often overlooked strategy to address loneliness and isolation. Music and singing, particularly in a group setting can be helpful to foster community and connection. More data is needed on an economic return on investment.

2. Barnes et al. Cumulative effect of loneliness and social isolation on health outcomes among older adults

Key Points: In large Medicare sample, prevalence of both loneliness and isolation were 9.1%. These individuals were also more likely to use healthcare, have more depression and worse quality of life.

Why does this matter? Both loneliness and isolation can be hard on people, but if you have both this can be more harmful and result in more health care use. As we think about what our programs do to help older adults, we may need to be particularly focused on those that are BOTH lonely and isolated.

3. Golaszewski et al. Evaluation of Social Isolation, Loneliness, and Cardiovascular Disease Among Older Women in the US

Key Points: This is a very large nationally representative sample (>57K women). Both loneliness and isolation are associated with an increased risk of new heart disease.

Why does this matter? We tend not to look at loneliness and isolation when thinking of heart health. This large study confirms, we cannot ignore this, particularly in women.

Member Highlight

The word “kimochi” means “feelings” in Japanese. For our organization, “feelings” for our elders - respect, gratitude, and love - are expressed through services that enable each generation to age with dignity, pride, support, independence and friendship. Kimochi has five sites where a continuum of culturally-sensitive programs and services are brought to all seniors and their families to preserve their dignity and independence, with a focus on the Japanese American and Japanese speaking community. Join us for community-building through origami, tai chi, tech classes, caregiving support, and so much more.

<https://www.kimochi-inc.org/>



We want to highlight your org in future newsletters!
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Socially Connected Communities: Solutions for Social Isolation Report

by Healthy Places by Design

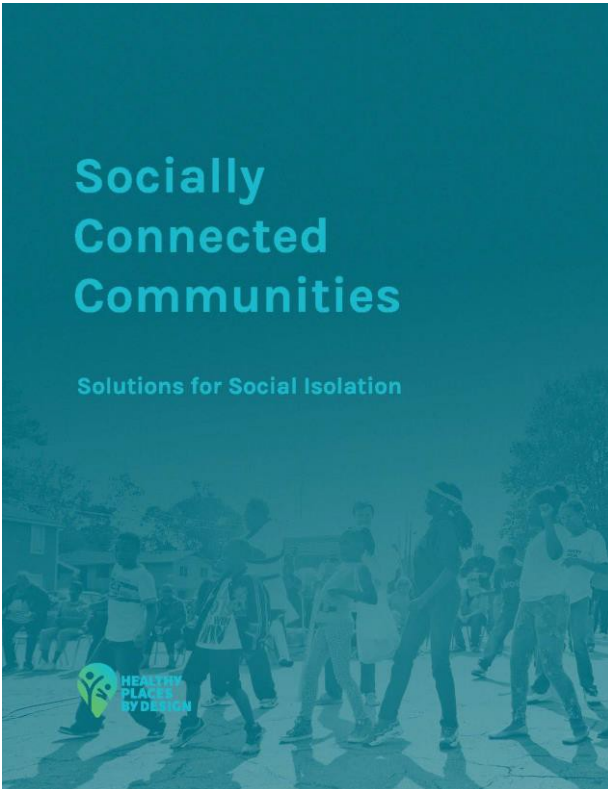
"Social isolation is not a personal choice or individual problem, but one that is rooted in community design, social norms, and systemic injustices."

In 2020, Healthy Places by Design partnered with Robert Wood Johnson Foundation to manage and lead a Social Isolation Learning Network, in which participants from diverse places and organizations candidly shared their efforts to reduce social isolation. Participants in the Social Isolation Learning Network and Healthy Places by Design co-created this report.

This report offers five recommendations for public spaces, transportation, housing, inclusive practices, and community norms.

Socially Connected Communities

Solutions for Social Isolation



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](#).