

Tha, Soe Han

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Subject: November News from COASC

November 2022

Coalition for Older Adults' Social Connectedness

The News



Not to be missed:

- [Memory Café](#), Jewish Family and Children's Services, **Nov 24, 1pm - 3pm PST**, Caring for a loved one with memory loss doesn't have to be a lonely job. Memory Café is a bi-weekly gathering for people experiencing mild to

moderate memory loss and their caregivers (spouses, family members, or friends). Enjoy time with your loved one and meet others who are dealing with similar issues in a supportive and welcoming environment.

- [Senior Self-Defense \(Virtual\)](#), Community Living Campaign, **Dec 7, 3pm - 4pm PST**, Build your resilience and gain self-defense skills with instructor Janet Gee. She has spent her life teaching all kinds of audiences, from martial arts masters to seniors, to people with disabilities, transgender, and youth.
- [Feel this way: Virtual Opening Celebration](#), **Dec 8, 2pm - 3pm PST**, Every year, Ruth's Table and Creative Spark partner with older adults communities, local nonprofits, and intergenerational partners to bring together older adults and adults with disabilities through inclusive and engaging creative experiences. In 2022, Feel This Way theme encouraged us to use creative process to identify, examine, and capture the way we feel through art.
- [2022 NIH Behavioral and Social Sciences Research Festival](#), **Dec 8-9, 10am - 1:30pm PST** each day, more info below

CLINICIAN'S CORNER

with Dr. Carla Perissinotto

This month we review the connections between social isolation, loneliness and cardiovascular disease. We then take a look at any influences pet ownership and social prescribing may have on social isolation and loneliness (SIL).



[Golazewski et al. Evaluation of Social Isolation, Loneliness, and Cardiovascular Disease Among Older Women in the US.](#)

Key Points: In this 8-year cohort study of about 58,000 older women in the US, SIL were associated with an 8% and 5% higher risk for incident cardiovascular disease, respectively. Those with greater social isolation and greater loneliness had a 13% to 27% higher risk of the disease compared to those with less social isolation and less loneliness.

Why does this matter? SIL are growing public health concerns, and both have been associated with increased risk of cardiovascular disease among older adults, as highlighted in this article. Note though that this specific sample lacked both racial and educational diversity: 89% of the sample identified as non-Hispanic white; 35% attained some college or vocational training and 48% attained a college degree or higher.

[Kretzler et al. Pet ownership, loneliness, and social isolation: a systematic review.](#)

Key Points: The authors reviewed 24 studies on pet ownership to identify any links between pet ownership and SIL. Though the findings of these studies did not indicate a significant link between pet ownership and loneliness, the findings suggested a possible link between pet ownership and social isolation among adult populations.

Why does this matter? This review highlighted a lack of consensus in the literature on pet ownership and SIL, signaling that it is still too early to draw any concrete takeaways. The authors, after noting that all studies in their review took place in high-income countries, urge future researchers to look at the effect of pet ownership in low- and middle-income countries.

[Liebmann et al. Do people perceive benefits in the use of social prescribing to address loneliness and/or social isolation? A qualitative meta-synthesis of the literature.](#)

Key Points: Social prescribing, the practice of referring patients to social interventions in effort to treat SIL, has recently garnered the increased attention of the medical community. This meta-analysis evaluates 19 qualitative studies with the goal of determining if social prescribing does actually address loneliness or isolation and how.

Why does this matter? The analysis found that overall, studies report greater benefits over drawbacks of social prescribing if tailored to the individual's needs but also cautions prescribers to be aware of potential harms of the practice if it is not the right fit for the patient. As we move toward using more social prescribing, clinicians will need to be clear on what we mean by social prescribing and we need more evidence based interventions to prescribe.



NIH Behavioral and Social Sciences Research Festival

Date: 8-9 December 2022

Time: 10am - 1:30pm PST each day (online)

This annual meeting, organized by the Office of Behavioral and Social Sciences Research (OBSSR) and the NIH Behavioral and Social Sciences Research Coordinating Committee (BSSR-CC), informs the wider BSSR community,

interested parties, and NIH Institutes and Centers (ICs) about the latest BSSR funded by the NIH and its overall impact and importance across the entire field of biomedical research. Additional goals are to assist the ICs with the establishment of research priorities and the coordination of their programmatic efforts, thus minimizing redundancy and maximizing returns on NIH investments in BSSR. The festival highlights exciting research results, emerging areas, and innovations in health related BSSR. This NIH-wide event enables efficient leveraging of NIH resources and expertise. The BSSR-CC members contribute diverse and comprehensive perspectives on the NIH BSSR portfolio, thus facilitating the selection of an outstanding array of research results that are highlighted at the festival. View the agenda [here](#).

Register

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.

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