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# Senior Wellness: Gracefully Aging Across Generations

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# Welcome to the Senior Wellness Learning Community

### St. Mary's Court

\*A private housing community in resource-rich Foggy Bottom, catering to older adults with low to low-middle income. Residents tend to be self-sufficient and socially active within the building and surrounding community.

#### Sibley Plaza

A public housing community adjacent to the upcoming NoMA neighborhood, with families and singles of all ages. Residents tend to be self-sufficient and busy outside the residential building.

The Senior Wellness Learning Community promoted holistic health through nutritional education, lifestyle modification awareness, and social connectedness, by implementing themed activities and snacks. while encouraging large and small group discussions.

### Recommendations

- **DO** actively listen: Encourage participants to share what they know and be an advocate for their own health while still respecting individuals' boundaries. **DON'T** mentally check out while with the seniors or teammates.
- \* **DO** communicate with sites and community partners: Identify key people to enhance and support the team's processes and goals. **DON'T** rate your success on the number of people who show up, but rather on the quality of the time spent with those present.
- **DO** be flexible: Allow room to swap or switch around plans but be sure to keep the larger goals in mind. **DON'T** try to cram too much into one implementation and don't get upset if you don't get to all of the planned activities.
- \* **DO** make the time to know your team: Communication, particularly in person, will be key to building positive team relationships and lead to more effective and meaningful interactions. DON'T only focus on implementations, but focus on your growth as a team and within yourself personally and professionally.
- \* **DO** step out of your comfort zone: Talk to new people, try new things. **DON'T** be afraid to take on

Sibley Plaza residents work with ISCOPES team members on coloring page activities geared at increasing dexterity and visual acuity





Healthy fall themed and Halloween motif refreshments: banana ghosts and clementine "pumpkins"

Apple tasting activity at St. Mary's Court, showcasing different varieties of apples and their multitude of health benefits





Team members Joy and Kevin prepare smoothies for Sibley residents to help demonstrate how leafy greens can be hidden in delicious, fruity mixes

St. Mary's Court residents prepare for Eye and Vision Health bingo with ISCOPES team members and nursing students

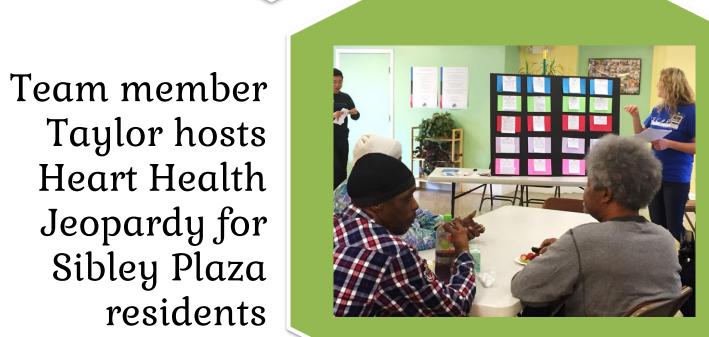




All hands on deck playing Eye and Vision Health Bingo at Sibley Plaza



Nursing





St. Mary's Court residents enjoy waffles with ISCOPES team members during winter themed activity

St. Mary's Court resident decorates snowflake wall art



Senior Wellness Learning Community provides a source of social

interaction for the residents because "social contact may be as

effective as physical activity in improving mood and quality of

encourages seniors to try the nutritious snacks we provide and

through group play, screenings, and discussions that encourage

adopt healthy habits, including trying new foods and activities.

\* We promote healthy eating habits in a group setting which

❖ We conduct health education on topics of concern to seniors

participants to share their own experience and knowledge.

incorporate healthy ingredients in their regular diets.



members Sarah and Sri share a laugh with residents over waffles

student Erin leads gentle yoga at St. Mary's Court





Team Member Joy and nursing student Romaine conduct eye exam for Sibley Plaza resident during eye and vision health activity

## Rationale for ISCOPES Project

Seniors are more susceptible to isolation than other age groups.

"Approximately 35% of seniors suffer from malnutrition."1

Isolation can affect physical health, depress the immune system, and exacerbate pain.

Adopting and maintaining

- at any age.
- Group events promote mutual encouragement among seniors to healthy habits can be difficult
- "Studies connect socializing with quality of life" from Holiday Retirement Web Site http://www.holidaytouch.com/retirement-101/senior-living-articles/socializing-linked-with-quality-of-life

#### What We Learned

"Interprofessional team-based service for me relied heavily on being empathetic and understanding of my fellow teammates – by understanding that everyone has limitations and strengths and how to communicate these with one another so that we may best serve the communities we are working with and support one another." - Kevin Trac

"Collaborating allows us to learn, to consider a challenge from multiple disciplinary perspectives, and be more innovative in creating solutions, an asset as population health becomes increasingly complex." - Angela Bourassa

"From visiting both of our communities I learned that the best way to be involved in a community is to listen to the people that are part of it. We can only work with a group if we try to understand them, their desires, and their needs. This knowledge will help me to be personfocused rather than objective-focused in my future careers, which is invaluable in an increasingly impersonal and digitized world." -Nikki Kupferman

## <u>Kudos</u>

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- \* Liz Anne Ganiban, Sibley Plaza Community Partner
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