

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 leadership roles.

Sibley Plaza residents work with ISCOPE S 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 ISCOPE S team members and nursing students



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



Team member Taylor hosts Heart Health Jeopardy for Sibley Plaza residents



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

St. Mary's Court resident decorates snowflake wall art



Team members Sarah and Sri share a laugh with residents over waffles

Nursing 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 ISCOPE S 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 healthy habits can be difficult at any age.

- ❖ 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 life."¹
- ❖ We promote healthy eating habits in a group setting which encourages seniors to try the nutritious snacks we provide and incorporate healthy ingredients in their regular diets.
- ❖ We conduct health education on topics of concern to seniors through group play, screenings, and discussions that encourage participants to share their own experience and knowledge.
- ❖ Group events promote mutual encouragement among seniors to adopt healthy habits, including trying new foods and activities.

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 person-focused rather than objective-focused in my future careers, which is invaluable in an increasingly impersonal and digitized world."
 - Nikki Kupferman

Kudos

We want to extend our thanks to

- ❖ Susan Walker, St. Mary's Court Community Partner
- ❖ Liz Anne Ganiban, Sibley Plaza Community Partner
- ❖ Minh-Tam Le, Team Advocate
- ❖ Angie Hinzey, Semira Kassahun, Donna Javellana, ISCOPE S Leadership Team
- ❖ Kiel Bush, Erin Morgan, Stephanie Owusu, Betsy Richards, and Romaine Scott, GW School of Nursing Key Stakeholders
- ❖ The Residents of Sibley Plaza and St. Mary's Court

¹ "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>