



# Senior Nutrition Program

## Webinar Takeaways

### Socialization

March 18, 2021

[Webinar recording and PowerPoint](#)

This webinar was the third of four events held in March to celebrate the anniversary of the National Senior Nutrition Program, which began in 1972.

### Learning Objectives

- Highlight the importance of community, connection, and innovation for combatting social isolation.
- Demonstrate how to use virtual programming to promote socialization.
- Highlight the importance of community, connections, and innovative ideas for combatting social isolation.

The webinar kicked off with update on the Senior Nutrition Program and resources available, followed by two speakers who addressed how they've successfully adapted programs and strategies to serve communities and grantees during the pandemic.

### Welcome & Program Update

*Kathy Wilson-Gold, MS, RDN, Nutrition Consultant, Office of Nutrition and Health Promotion Programs, ACL*

- [Senior Nutrition Program resources](#) available include:
  - Webinars (February introduction plus March series)
  - Community tools (tips sheets and guides)
  - Social media tools (messaging graphics)
  - Activity guides (how-to sheets for engagement)
- Encouraged people to share how they are celebrating the Senior Nutrition Program, and to promote the work of their programs and how they are making a difference.
  - Submission form available on webpage.

### Speaker #1

*Anna Feltz, Manager, [Silver Linings at Old Bridge](#), New Jersey*

- Silver Linings is a center for adults over the age of 60 in Old Bridge, New Jersey.
- Services have continued in a limited and adapted capacity during COVID-19.
- When the pandemic hit, they launched a Facebook community offering many activities. Post three to four times per day to keep the page active and members engaged.
- Virtual community activities and programming include:
  - Exercise videos (pre-recorded and/or via Facebook Live & Zoom)
  - Sketch classes (pre-recorded sketching assignment and live feedback from instructor)
  - Paint classes (via Zoom with all supplies provided and delivered to their homes)
  - Mindful Mondays – Mental Health posts and live presentations via Zoom
  - Trivia Tuesdays
  - Weekly Photo Challenge
  - Zoom Bingo
  - “Summer School” Sessions – history “lessons” throughout the summer

- Arts & Crafts projects – plastic canvas, knitting, and crocheting. Members sign up for the projects and supplies/kits are delivered to their homes.
  - Technology Thursdays
- All Zoom presentations and programs are available via phone for members without access to technology.
- The Center tapped into the following resources:
  - [snappa.com](http://snappa.com) (graphics)
  - [ACL.gov](http://ACL.gov)
  - [NCOA.org](http://NCOA.org)
  - [SeniorPlanet.org](http://SeniorPlanet.org) (now affiliated with AARP)
  - [AARP.org](http://AARP.org)
  - [idontmind.com](http://idontmind.com) (mental health)
  - [history.com](http://history.com)
  - [YouTube.com](http://YouTube.com)
  - [MyFreeBingoCards.com](http://MyFreeBingoCards.com)
- New/adapted COVID programming ideas:
  - Lunch & Learn: Host via Zoom, with the presentation on any topic: nutrition, scam prevention, health and wellness, etc.
  - Grab & Go Events: Consider a raffle with a giveaway with grab and go meals. You can also have a DJ come out and play music curbside on special days.
  - Pen pals: Connect (via email or snail mail) congregate participants.
  - Care boxes: Partner with an organization in the community (e.g., schools, businesses) and have them donate items/money to make boxes filled with toiletries and various activities, such as puzzles or adult coloring books.
- Ways the Center overcame barriers included:
  - Staffing: used volunteers for wellness calls and grab and go events.
  - Technology: used the basic free Zoom platform and provided a phone number for those without access to/unable to use technology.
  - Budget: tapped into grants, local partnerships, and community at large for support.

## Speaker #2

*Jasmine Aplin, JD, Program Analyst, Office of American Indian, Alaskan Native, and Native Hawaiian Programs, ACL*

- Tribal community faces unique challenges, including:
  - Rural location
  - Grandparents raising grandchildren
  - Cultural competency
- Ways they helped program directors included:
  - Creating a sense of community and support.
  - Hosting weekly chats.
  - Holding a discussion with SAMSHA's Director of Office of Tribal Affairs and Policy about mental health services available.
- Ways Title VI programs have helped their communities:
  - Distributing red and green cards for elders to post in their windows to indicate whether they need to be checked on.
  - Hosting events like car bingo and activities like recipe exchanges.
  - Ensuring that culture and related considerations were incorporated into activities.