



COMMIT TO
Connect

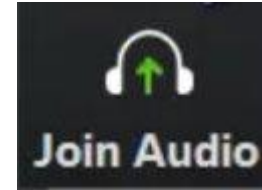
Innovative Volunteer Models to Promote Social Connection

August 1, 2023

Housekeeping

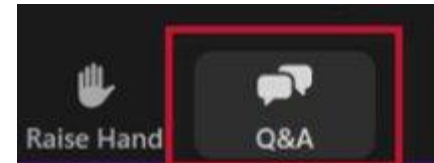
- **Audio Options**

- Use your computer speakers, OR dial in using the phone number in your registration email.
- All participants are muted.



- **Questions and Answers (Q&A)**

- On the Zoom module on the bottom of your screen, click the I&A icon, type your question in the box and submit.
- For any questions that we aren't able to respond to, you may follow-up at info@committoconnect.org.



- **Chat Feature**

- The Chat feature allows webinar attendees, the host, co-hosts and panelists to communicate for the duration of the webinar.



Accessibility and Support

- **ASL services are being provided today and will be pinned**
- **Screen Reader Users: Reduce unwanted chatter**
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- **Webinar participants can view closed caption subtitles, watch a live transcript of the meeting or adjust the size of subtitle text**
 - To control closed captions, click on the Closed Captions button in the control bar at the bottom of the Zoom window
- **To get our attention if you need tech assistance:**
 - Raise or Lower Hand: Alt + Y



Presenters



Katie Clark, Policy Analyst, Office of Interagency Innovation, Administration for Community Living

Greg Burris, President & CEO, United Way of the Ozarks and Founder, Give 5 Program



Cora Scott, Director, Public Information & Civic Engagement, City of Springfield, MO

Julie Ugoretz, NYC Friendly Visitor Program Manager, SAGE



Bill Cawley, Director of the Peer & Family Support Program, Christopher & Dana Reeve Foundation



COMMIT TO
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Commit to Connect Overview

Katie Clark

Administration for Community Living

About Commit to Connect

- Aim is to connect people living with isolation with programs and resources to build the social connections they need to thrive.
- Commit to Connect is funded primarily by the U.S. Administration for Community Living
- USAging serves as the Coordinating Center





Welcome to a Nationwide Network of Champions

Dedicated to Ending Social Isolation and Loneliness

Become a champion!



Connect

Connect with peers, expand your network, and make a difference.

Expand your network



Collaborate

Join in discussions, voice your opinion, and further your knowledge.

Tell your story



Explore

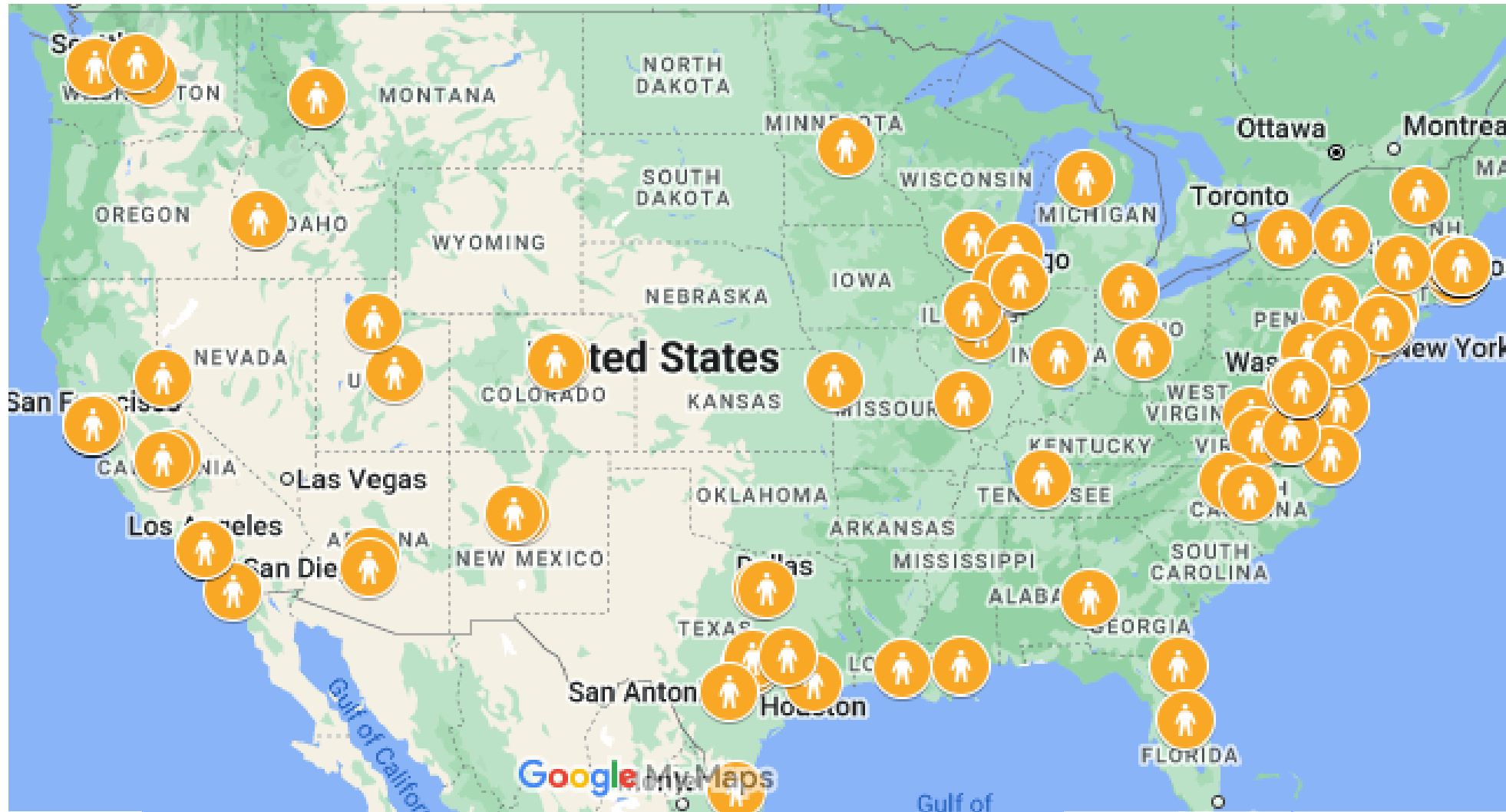
Explore, share resources, and inspire the work in your community.

Feed your inspiration



COMMIT TO
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NNoC includes over 300 members from across the U.S.



Commit to Connect Resources

- Sign up for our monthly newsletter: <https://committoconnect.org/> to learn about upcoming:
 - Topical Guides
 - Webinars
 - Peer to Peer Exchanges
 - Communities of Practice
 - And more!





**"CIVIC
MATCHMAKING"
PROGRAM**

Commit to Connect Webinar – August 1, 2023



Greg Burris

- President/CEO United Way of the Ozarks
- Founder of Give 5 Program
- 10 years as Springfield City Manager
- 25 years at Missouri State University



Cora Scott

- City of Springfield, Missouri
Director of Public Information &
Civic Engagement
- Co-creator of Give 5 Program
- 18 years at Mercy Health

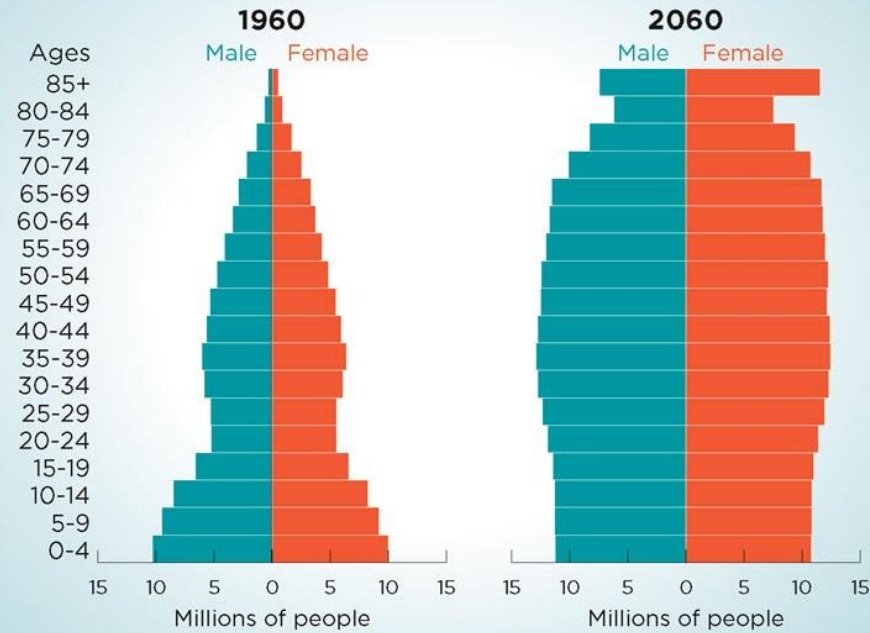




Why?

From Pyramid to Pillar: A Century of Change

Population of the United States



United States[™]
Census
Bureau

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
census.gov

Source: National Population
Projections, 2017
www.census.gov/programs-surveys/popproj.html

Give 5 is a WIN-WIN-WIN-WIN

Providing four levels of positive impact for people in one program:



Individuals by addressing social isolation



Nonprofit organizations by increasing capacity



Employers by reintroducing purpose and meaning into retirees' lives



The community's economy and quality of life

Think of Give 5 as . . .

Romance!



At its heart, Give 5 is a
“Civic Matchmaking”
program
[Think of it as eCivicHarmony.com]

On one side of the romance,
Nonprofits are in need of talent.

On the other side of the romance . . .
A wave of skills, talents, and time.



Give 5 was created to simultaneously address five Macro Trends.





At the intersection of these 5 macro trends:

- WAVE OF TALENT ON THE MOVE
- LARGEST BOOMER HEALTH RISK
- STRENGTHEN OUR COMMUNITY FABRIC
- INCREASED IMPORTANCE OF VOLUNTEERISM
- LARGEST TRANSFER OF WEALTH AND KNOWLEDGE

MACRO TREND #1

**Wave of Talent
on the Move**



**10,000
BOOMERS
turn 65 EVERY DAY
for 19 years.**

MACRO TREND #2

**Largest Boomer
Health Risk**





U.S. Surgeon General identified the largest health risk for retirees as:

- a) Cancer
- b) Heart Disease
- c) Isolation
- d) Cell Phones
- e) Red Dye #12



U.S. Surgeon General identified the largest health risk for retirees as:

- a) Cancer
- b) Heart Disease
- c) Isolation**
- d) Cell Phones
- e) Red Dye #12

A recent BYU study indicated that social isolation and loneliness is equivalent to smoking:

- a) 2 cigarettes a day
- b) 4 cigarettes a day
- c) 7 cigarettes a day
- d) 15 cigarettes a day

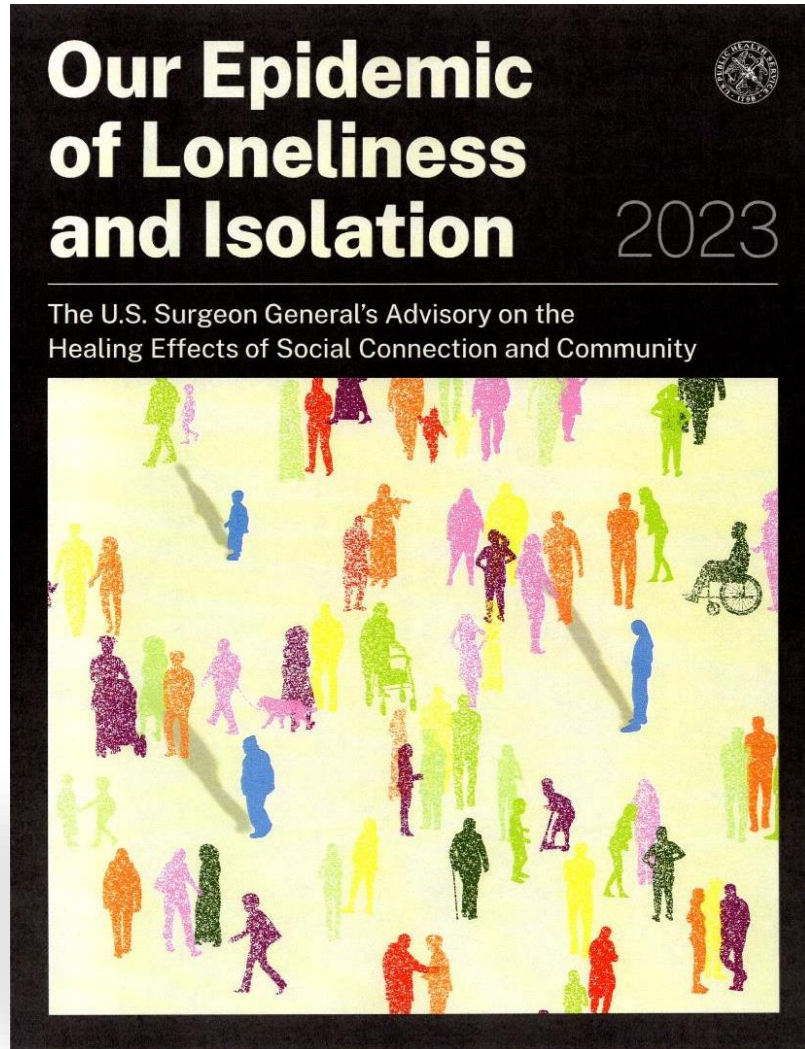


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Source: Dr. Julianne Holt-Lunstad, BYU





U.S. Surgeon General's Advisory - 2023

"Requires the nation's **immediate** awareness and action." – p. 6

"Approximately **half** of U.S. adults report experiencing loneliness." – p. 9

"Social isolation among older adults alone accounts for an estimated **\$6.7 billion** in excess Medicare spending annually." – p. 9

"Every level of increase in social connection corresponds with a **risk reduction** across many health conditions." – p. 10

MACRO TREND #3

**Strengthen Our
Community Fabric**



As a society, we have less empathy.

- “Us” vs “Them” – We self-select into ‘bubbles’
- Media “Echo Chambers” – Reinforces our preconceived notions

Can we reverse these trends and build,
“bridging” social capital and
community fabric?

Can we build “Community Ownership”?

MACRO TREND #4

**Increased
Importance of
Volunteerism**



The U.S. labor curve
inverted in April 2018.

There are now more
jobs available than
workers to fill them.



MACRO TREND #5

**Largest Transfer of
Wealth and
Knowledge**





The largest transfer
of wealth in the
history of the
world has begun.

\$30,000,000,000,000

will transfer ownership over the next 30-40 years



At the intersection of these 5 macro trends:

- WAVE OF TALENT ON THE MOVE
- LARGEST BOOMER HEALTH RISK
- STRENGTHEN OUR COMMUNITY FABRIC
- INCREASED IMPORTANCE OF VOLUNTEERISM
- LARGEST TRANSFER OF WEALTH AND KNOWLEDGE

We were not designed to take a 40-year vacation.



“Couch Repellant”

Give 5 was created based upon
one central assumption:

People are Good

Once people see
the need,
they want to help.

Many are just waiting to be asked.



But most retired/retiring Boomers
have been so busy working,
they haven't really seen their community.



Give 5 lets them
see “behind the curtain”
and learn about their
community.



Give 5 lets them
do a “taste testing” of
volunteer opportunities
in their own backyard.

Keys to Achieving the **Biggest Impact**:

- Selecting the social challenge on which to focus
- Selecting 23 nonprofits aligned with that social challenge

Example Focus: Reducing Poverty



How Give 5 Works

Hosted by a local organization

Class size: 20-22

- No cost to participants
- Five program days + graduation
- One day per week x5 weeks
- Physically visit 23 nonprofits

“Seeing is believing”





Graduation

Graduates reveal their choices for volunteer service and celebrate with those nonprofits.

Most participants choose more than one nonprofit.

Local news outlets cover the event and the letters of intent are shared on social media.

Why it's called Give 5

We hope participants will:

- Find a volunteer opportunity they feel passionately about.
- Volunteer a minimum of 5 hours per month with that organization.





The power of a shared experience.

They would not have done this individually.

[Creates a sense of belonging.]



Impact on Community

Springfield, Missouri

Research Findings:

- 350+ retirees have participated in the Give 5 program since late 2017
 - In 2019, Classes 1-5 surveyed: 98 responded

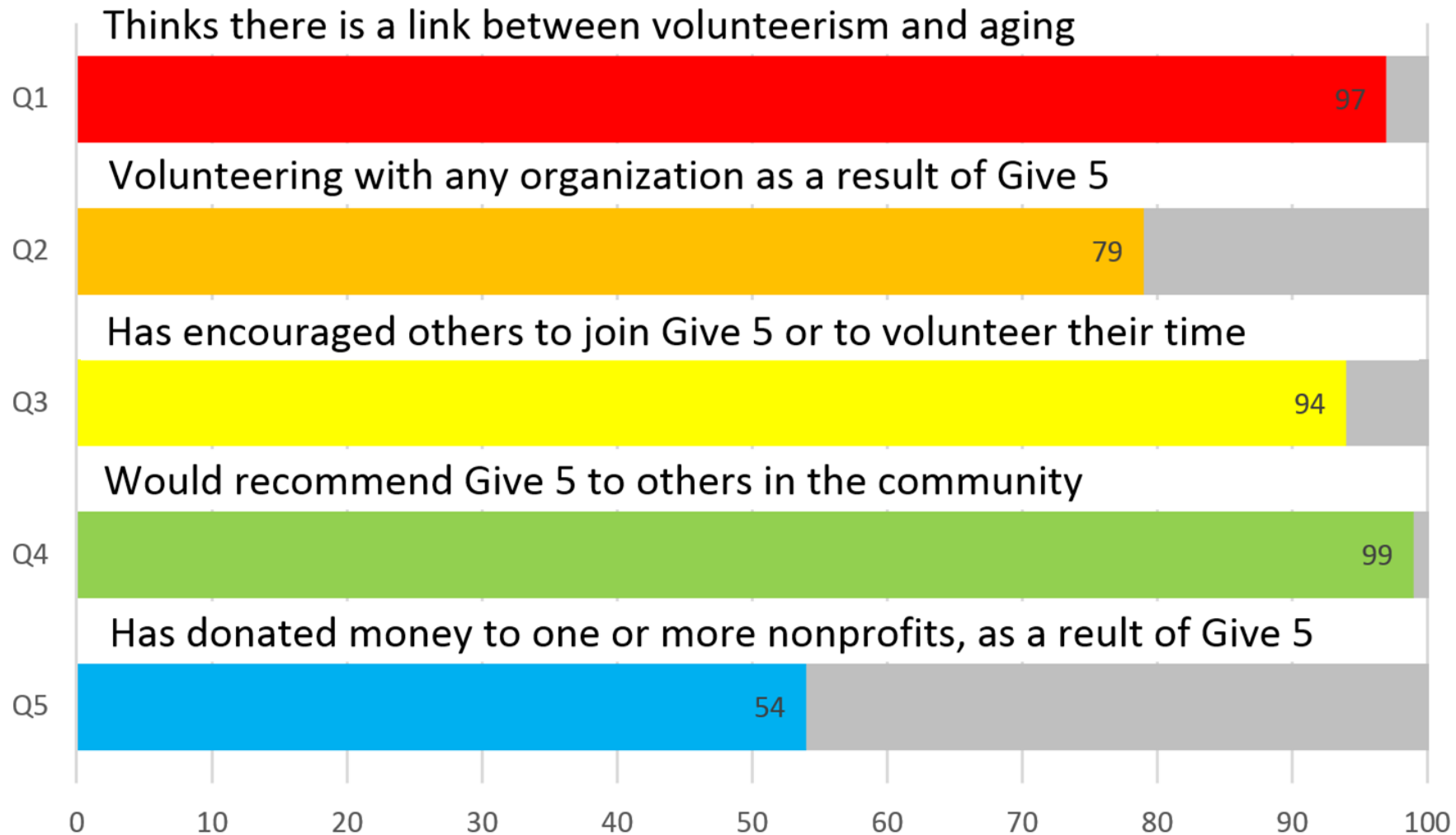
The Results?

Research Findings:

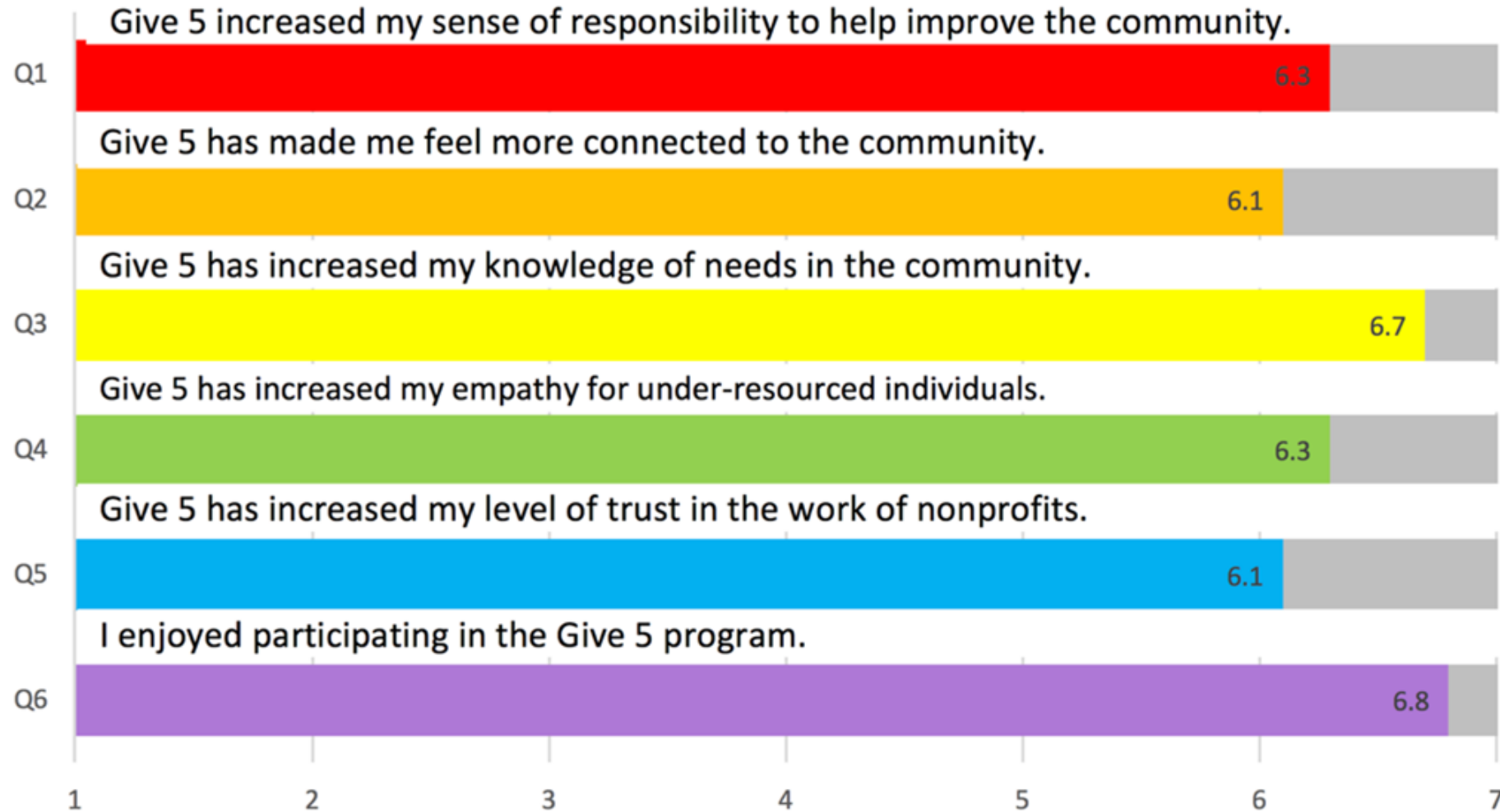
- **79%** of respondents reported still volunteering because of Give 5
- Graduates each average **18 hours of volunteerism** per month
- Total hours volunteered per month (Classes 1-5): **1,028 hours**
- Using independent Sector's value of volunteer work of \$25/hour:
\$25,700 per month
\$308,400 per year

That's just the first five classes!

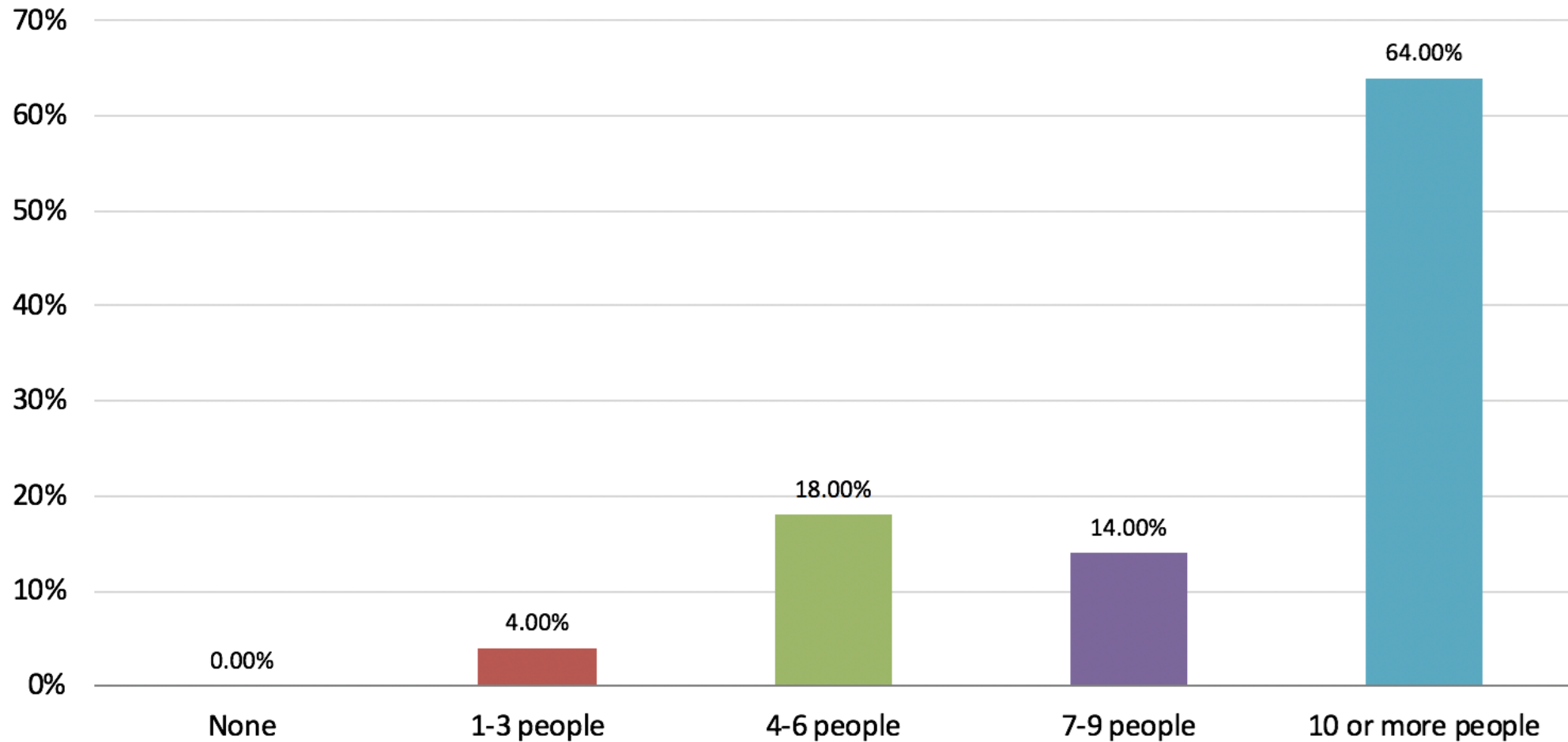
Percent Rated on a Scale from 0 to 100



On a Scale from One to Seven



How many people have you told about the nonprofit organizations you visited during the Give 5 program?



Is It Still Working?

Give 5 Class 20 – Springfield, MO

- 18 graduates
- 70 volunteer commitments/connections . . .
 - . . . at 25 different nonprofits

Dr. Robert Putnam

“Once again, the civic leaders of Springfield, Missouri, are in the forefront of the national movement to reweave the fabric of American communities. Give 5 is a smart way to connect aging Boomers with non-profit volunteering opportunities. It’s a brilliant strategy to solve two growing social problems simultaneously—the dangerous isolation of older Americans and the dangerous isolation of younger have-not Americans. Communities across the land have much to learn from Springfield and the Give 5 program.”

– Dr. Robert Putnam



Give5Program.org



sage
serves™
LGBTQ+ ELDERS

NYC Friendly Visitor Program

Julie Ugoretz, LMSW

LGBTQ+ Older Adults

- A growing population (7 million by 2030)
- Many LGBTQ older adults **live alone** and rely on other older adults for support and **caregiving**.
- A **history of discrimination** leaves many LGBTQ older adults with a general **distrust** of mainstream institutions.

sage

Advocacy &
Services for
LGBTQ+ Elders

We refuse to be invisible[®]

SAGE is the world's largest and oldest organization dedicated to advocacy and services for LGBTQ+ elders. We believe elders of all sexual orientations and gender identities deserve to age with dignity and respect.

Founded in 1978, SAGE offers supportive services to LGBTQ+ older people and their caregivers, advocates for public policy changes, and provides education and cultural competency training.

Programs Offered in NYC

- Senior Centers
- Housing
- Care Management

Benefits and housing assistance

TGNB Support

Caregiver support

- Special Programs

Friendly Visiting

SAGE Vets

SAGE Positive



How Friendly Visiting Works

- Interested clients are assessed and matched with a volunteer for weekly home visits
- Visits are mainly social, but volunteers can help with small errands, accompany on clients walks, or offer tech help
- Volunteers undergo training and background checks, as well as receiving ongoing supervision.



The Program's Impacts



80

Active volunteer
and participant
matches

4000

Hours of volunteer
service in 2022

92%

Of participants feel
their Friendly Visitor
helps connect them to
the wider LGBTQ+
community

100%

Of participants in
our program are
satisfied with their
Friendly Visitors

Participant Reflections

“My volunteer has helped me with shopping and technology lessons.”

“Friendly Visiting helps me connect a younger generation and helps me stay involved with SAGE”

“My Friendly Visitor is caring, sensitive, and warm. If I want to go on a walk, they’re ready. If I need to talk about something, they’re ready.”

Volunteer Reflections

“The afternoons I’ve spent with Arthur* at his desk in his 1-bedroom walk-up apartment on East 57th Street* have shaken and broadened my worldview in ways I could never have imagined. Arthur* has made me more questioning and skeptical of the world in general, and simultaneously more attuned to its magic and infinite possibility.”

*pseudonym/changed for privacy



Volunteers at the Friendly Visitor Conference, Jan 2023

Peer & Family Support Program



CHRISTOPHER & DANA
REEVE FOUNDATION

TODAY'S CARE. TOMORROW'S CURE.®

The Peer & Family Support Program is a national peer to peer mentoring program that provides support and information on local and national resources to people living with paralysis as well as their family members and caregivers.



Program Goals

- Provide support and information to people living with paralysis, their family members and caregivers so that they can maintain independence and improve their quality of life
- Provide mentoring for people living with spinal cord injuries as well as any other paralyzing condition
- Provide mentoring for newly injured/ newly diagnosed and for people living with paralysis over any period of time

Peer/Mentor Matching

Level of injury

Gender

Age

Marital
status

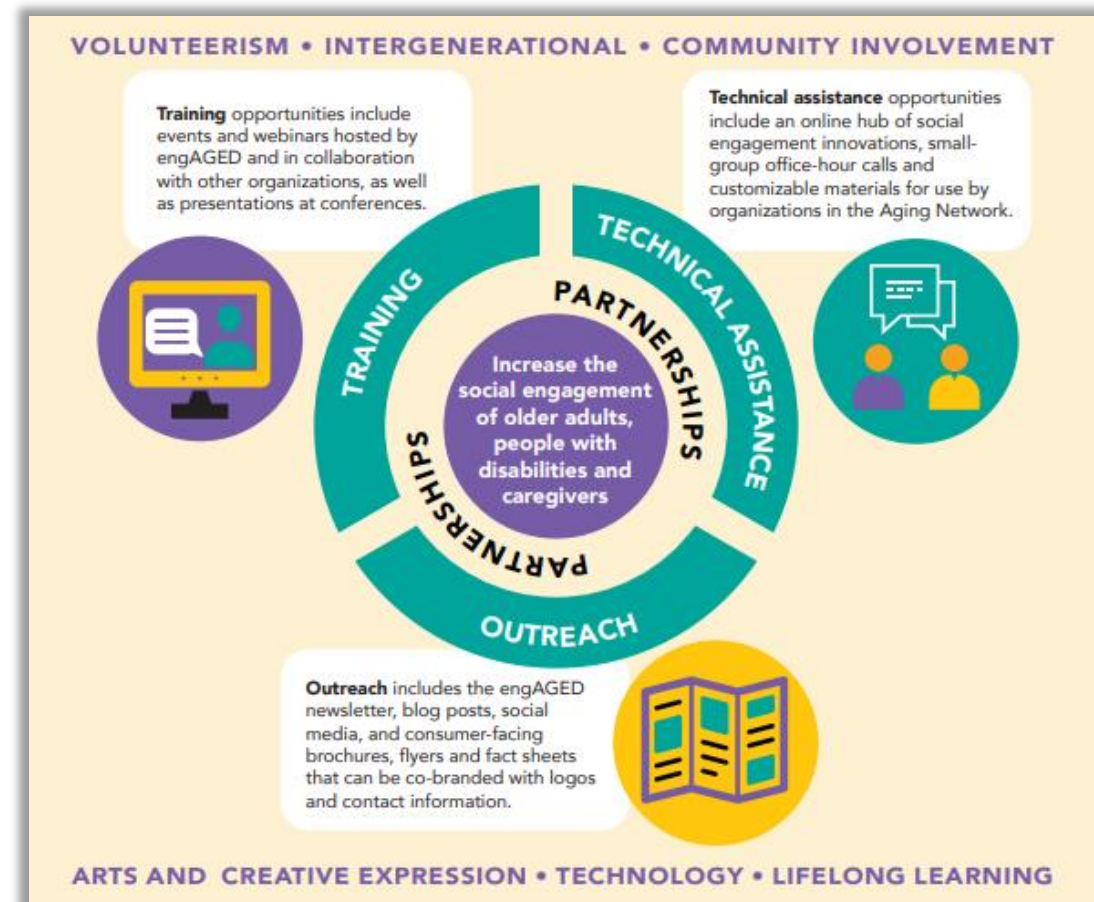
Cause of
paralysis (SCI,
MS, Spina
Bifida, etc.)



Overview of engAGED

- National effort to increase social engagement of older adults, people with disabilities and caregivers
- Administered by USAging
- Funded by the U.S. Administration for Community Living

www.engagingolderadults.org



engAGED Resources

- New! Connecting Generations: Finding Intergenerational Activities Within Your Community
- New! 2023 What Works: Social Engagement Innovations and Best Practices
- Other resources:
 - Social Engagement Innovations Hub
 - Community Awareness Toolkit
 - Videos
 - Consumer brochures
 - Monthly newsletter and blog
- www.engagingolderadults.org



WHAT WORKS: Social Engagement Innovations and Best Practices





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Questions and Discussion

Please submit your questions or comments through the Q&A.

Thank you!

- Please complete the survey which will be displayed in your browser after Zoom closes.
- The recording will be available on www.committoconnect.org

For further questions, contact us at:
info@committoconnect.org

