



National Summit to Increase Social Connections

Welcome to Day 1!

Summit Housekeeping

Recording and Slides

- The recording and slides from both days of the Summit will be shared following the event on our website:
www.committtoconnect.org

Q&A

- You can submit questions for the speakers at any time. On the Zoom module on the bottom of your screen, click the Q&A icon, type your question in the box and submit.

Chat

- Engage in the chat to connect with other attendees and conveners.



Accessibility and Support

ASL/CART Services

- ASL/CART services will be provided for this event. A video stream of an ASL interpreter will be pinned on the screen so all attendees can view the interpreter.
- To access CART live transcription of the event, click on the CC Live Transcript button in the control bar at the bottom of the Zoom window.

Technical Assistance

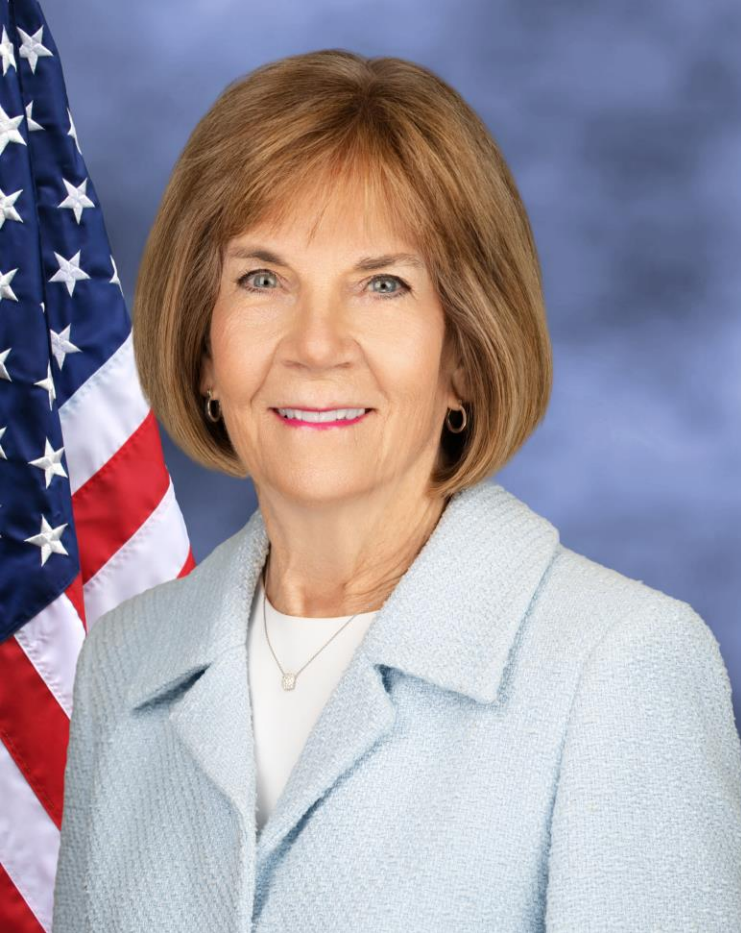
- To get our attention if you need tech assistance: Raise or Lower Hand: Alt + Y

Screen Reader Users: Reduce unwanted chatter

- Request speech on demand: Insert, Spacebar, “S”



Opening Remarks



Mary Lazare

Principal Deputy
Administrator,
Administration for
Community Living (ACL)



Opening Remarks



Art Kleinschmidt

Principal Deputy Assistant
Secretary, Substance Abuse and
Mental Health Services
Administration (SAMHSA)



Social Connection and Health and Wellness Programs

- Moderator: Dr. Matthew Lee Smith, Professor, Texas A&M University
- Christy Lau, Vice President of Community Integration, Partners in Care Foundation
- Lavinia Goto, Director of Operations, Oregon Wellness Network



Health and Wellness Programs: Chronic Disease Self-Management Education (CDSME) and Falls Prevention

Matthew Lee Smith

Texas A&M University

Lavinia Goto

Oregon Wellness Network

Christy Lau

Partners in Care Foundation



Evidence-Based Programs for Older Adults

- Programs deemed to effectively improve health and well-being and/or reduce disease, disability, and injury among older adults
 - Rigorous design
 - Demonstrated effectiveness
 - Peer-reviewed publication
 - Community translation

Healthy
IDEAS

CAPABLE

SMRC
Self-Management
Resource Center



ncoa
national council on aging

ACL
Administration for Community Living

ENHANCE[®]
WELLNESS

Otago
Research-based
Balance treatment

Center for Healthy Aging
Evidence-Based
Program

BINGOize[®]

Stepping
On

CAREGIVER
STRESS-BUSTING
PROGRAMS



Live Healthy,
Work Healthy

tai
ji
quan
Moving for
Better Balance

onthemove
Group Exercise for Improved Mobility in Older Adults[®]

Stay Active
& Independent
for Life (SAIL)

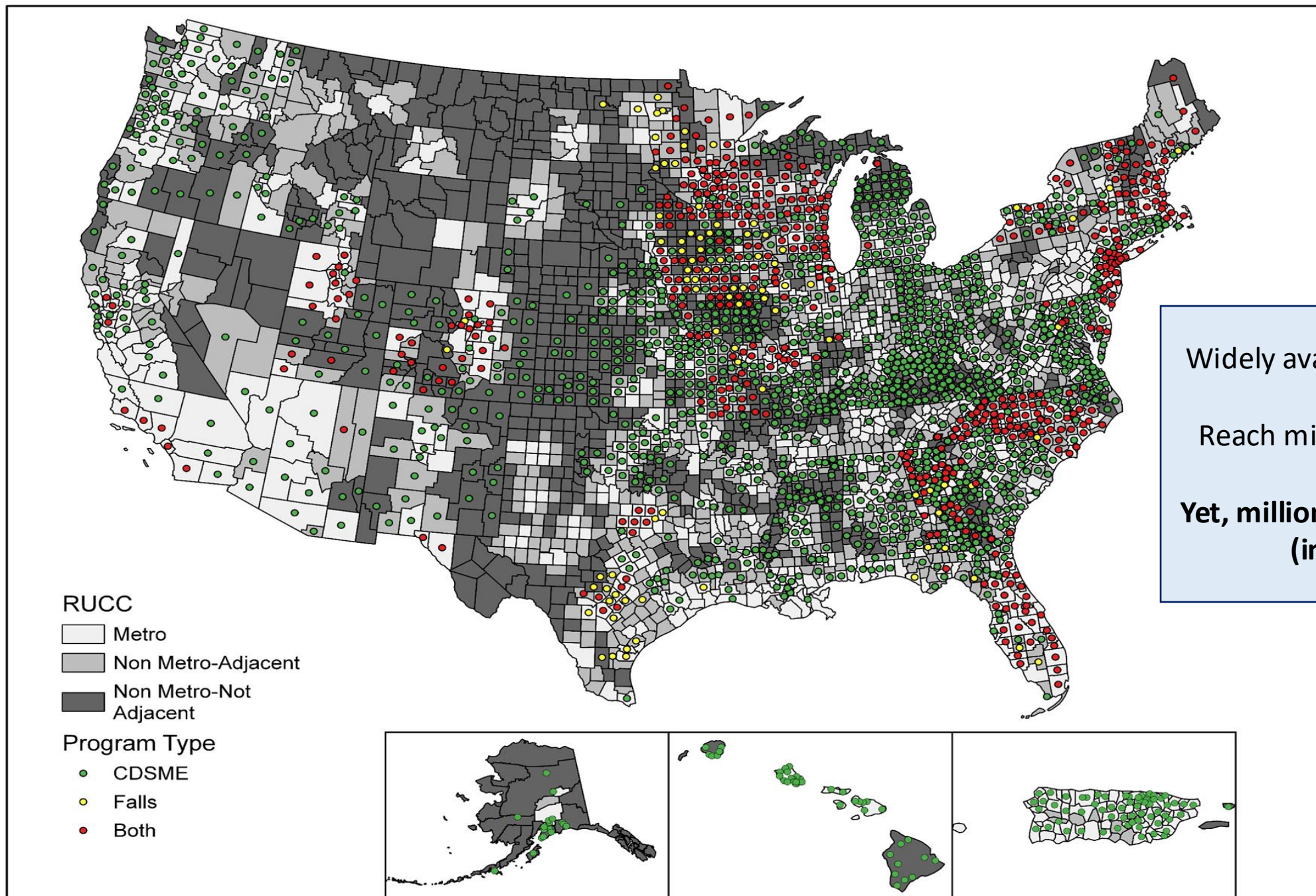
MIND
over
MATTER

HOME MEDSSM

PEARLS
Program to Encourage Active, Rewarding Lives

A Focus on CDSME and Fall Prevention Programs

- Programs developed for specific populations, for specific purposes
 - Risk level, disease state, topic
 - Delivered in settings across the aging network
 - Senior centers, residential communities, healthcare, faith-based, workplace, in-home, etc.
 - Delivered in accommodating formats
 - In-person, virtual, telephonic, hybrid
 - Widely available with a long history of effectiveness
 - Supported through competitive grants since 2003
- Functional performance, mobility, independence
 - Disease symptom management, treatment adherence, reduced healthcare utilization
 - Self-reported physical and mental health improvements
 - Cost savings and return on investment



Widely available across settings

Reach millions of older adults

**Yet, millions more could benefit
(in many ways)**

Source: Smith, M. L., Lee, S., Towne, S. D. Jr., Pickett, A. C., Horel, S. A., & Kulinski, K. P. (2021). Evidence-based programs. In Kaye, L. W. (Ed.). *Handbook of Rural Aging*. Routledge, Taylor and Francis. ISBN:978-1-003-12826-7

Expanding the Evidence Toward Connection

- Although the *direct benefits* of evidence-based programs are well documented, less is known about the ***indirect benefits*** of these workshops in terms of social connection
 - Regular, facilitated interaction (often in small-group formats)
 - Focus on common goals (reducing risk, overcoming challenges, self-improvement)
 - Provide collaborative mechanism for social support (brainstorming, problem solving)
 - Link to healthcare providers and other community resources (navigation support)



Expanding the Evidence Toward Connection

Effectiveness of CDSME to Reduce Loneliness in Los Angeles, CA

- Significant reductions in loneliness across workshop types
- Measure: Campaign to End Loneliness Tool (CEL)



Effectiveness of EBFPP to Reduce Loneliness: A National Examination

- Significant reductions in loneliness across 12 programs
- Measure: Single-item measure of loneliness (5-point Likert)



Effectiveness of CDSME to Reduce Loneliness: A National Examination

- Significant reductions in loneliness across 16 chronic disease EBP
- Measure: Single-item measure of loneliness (5-point Likert)



Communities of Practice (COP) on Social Disconnectedness

- **COP Phases 1& 2**: Repeated measures with 3-month follow-up
- 3 multi-site networks offering diverse intervention types
- Measure: Upstream Social Interaction Risk Scale (U-SIRS-13)
- **COP Phase 3**: Retrospective only
- 6 Community Care Hubs offering CDSME programming
- Measures: U-SIRS-13 & Retrospective Assessment of Connection Impact (RACI)



Speakers

Lavinia Goto

Oregon Wellness Network

Christy Lau

Partners in Care Foundation



OREGON WELLNESS NETWORK

A COMMUNITY CARE HUB

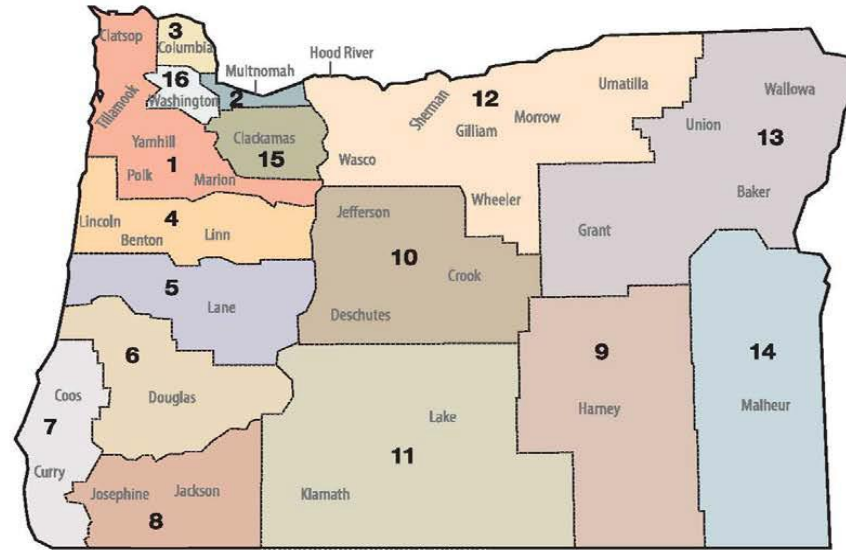


OWN is a **Community Care Hub** that provides a number of administrative services for its network of provider partners; the **16 AAAs** and **Community-Based Organizations (CBOs)**

These services include: centralized contracting and billing, centralized referral hub, statewide training, and umbrella licensing & accreditation

OWN is part of a larger integrated community network called CINO or Community Integrated Network of Oregon.

Oregon Area Agencies on Aging Planning and Service Areas



1. NWSDS - (Type B Transfer) Northwest Senior & Disability Services	7. SCBEC - (Type A) South Coast Business Employment Corp.	12. CAPECO - (Type A) Community Action Program of East Central Oregon
2. MCADVS - (Type B Transfer) Multnomah County Aging, Disability & Veterans Services	8. RVCOG - (Type B Contract) Rogue Valley Council of Governments	13. CCNO - (Type A) Community Connection of NE Oregon
3. CAT - (Type A) Columbia Action Team	9. HCSCS - (Type A) Harney County Senior & Community Services Center	14. MCOACS - (Type A) Malheur Council on Aging and Community Services
4. OCWCOG - (Type B Transfer) Oregon Cascades West Council of Governments	10. COACO - (Type A) Council on Aging of Central Oregon	15. CCSS - (Type A) Clackamas County Social Services
5. LCOG - (Type B Transfer) Lane Council of Governments	11. KLCCOA - (Type A) Klamath & Lake Counties Council on Aging	16. WCDAMS - (Type A) Washington County Disability Aging & Veteran Services
6. DCSS - (Type B Contract) Douglas County Senior Services		

COMMUNITY INTEGRATED NETWORK OF OREGON

Three Things You Need to Know

Key Partners

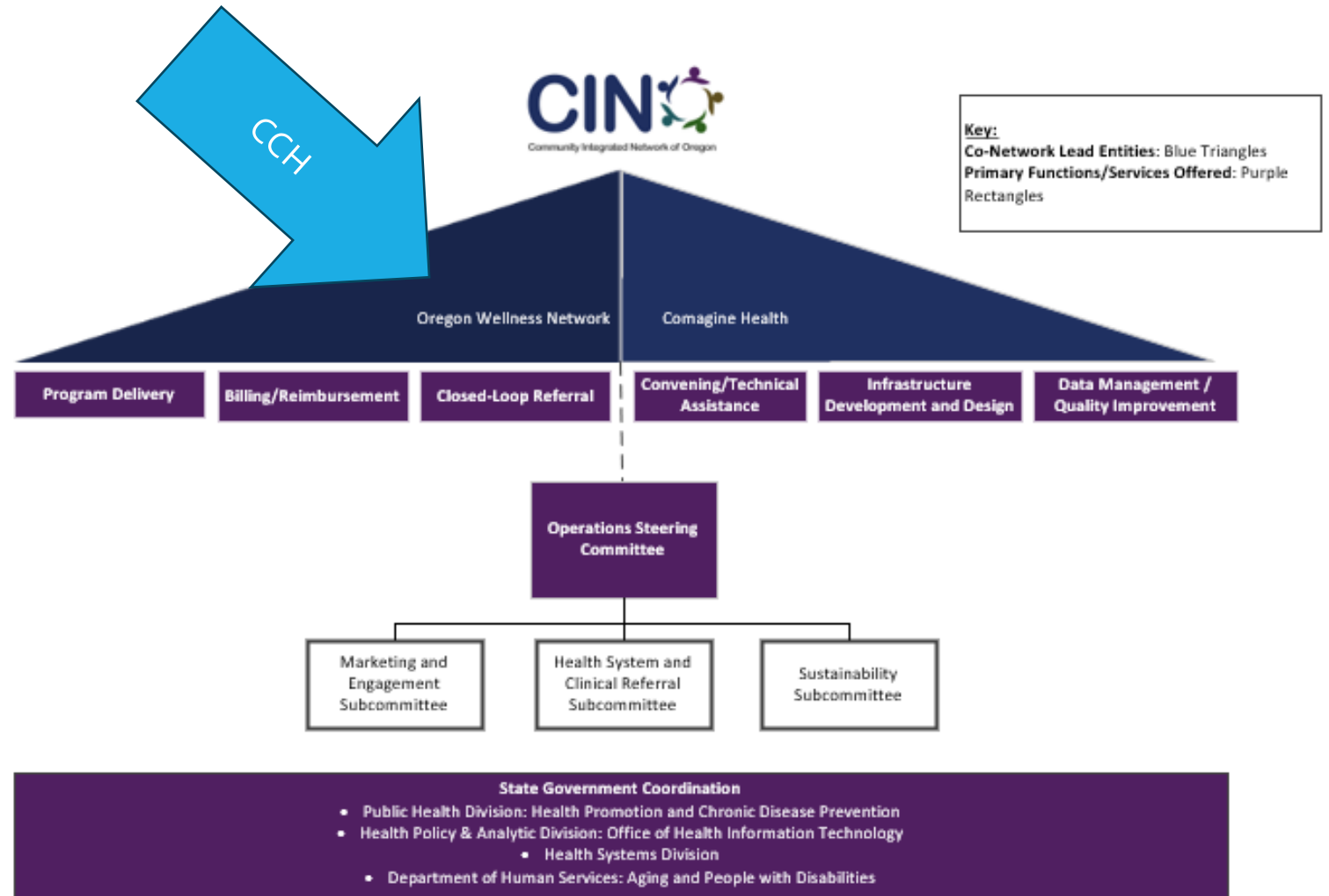
- Oregon Wellness Network
- CINO Network partners
- Oregon Health Authority

Primary Funding Streams

- ACL and CDC Grants
- State Funding
- Medicaid and Medicare Claims

Evidence-based programs

- National DPP
- Diabetes Self-Management Education
- Falls Prevention Programs



OWN'S MISSION & PURPOSE/ SERVICES OUR PARTNERS PROVIDE

- **Build and sustain** the capacity of our AAA and CBO partners to help adults and people with disabilities living with ongoing conditions to live and thrive in the homes and communities of their choice. This is done by providing evidence-based community services designed to **empower consumers** to better manage their chronic conditions.
- These services include but are not limited to:
 - National Diabetes Prevention Program (DPP) and Diabetes Self Management Services (DSMES)
 - Health Related Social Needs (HRSN) and Social Determinants of Health (SDOH) Screening and Referral
 - Health Education and Lifestyle Management
 - Fall Prevention Programs (e.g. Tai Chi: Moving for Better Balance, Otago, Walk with Ease)
 - Behavioral Health Services (e.g. PEARLS, OPAL, Peer Mentoring)
 - Care Coordination e.g. Care Transition, Chronic Care Management
 - Nutrition Services and home delivered meals
 - Caregiver Support Services

EVIDENCE-BASED GROUP CLASSES & SERVICES & SOCIAL CONNECTIONS

There is one thing that all of the E-B classes and services share in common, they intentionally build social connections by:

1. Providing a structured social interaction
2. Shared purpose and similar goals
3. Peer Support and mutual encouragement and validation
4. Routine encounters and accountability
5. Teaching of skills to increase the participant's ability to connect
6. Bridging to community resources

HOME-BASED PROGRAMS

We offer two programs that are targeted towards older adults who are home bound, whether due to physical limitations or psychological ones:

Otago Exercise Program (OEP) – home exercise program designed to build strength and balance to prevent falls through a progressive set of exercises. Includes home safety check and medication review.

Senior Peer Mentor Program (SPM) – trained peer mentors work with older adults in their homes to help them cope with life changes that can lead to mild to moderate depression and anxiety.

ADDITIONAL INFORMATION

- Most of our services the hub supports can be provided virtually or in- person. Please note that in some rural areas, virtual classes may be the only option.
- Most of our programs can also be offered in both English and Spanish.
- Use of technology may be a challenge for some participants; for that reason we can provide some degree of technical assistance and loan out tablets to allow participation in a class or an individual counseling session. Note that tablets come with “data” so patients can participate even if they do not have wi-fi.
- In terms of billing, we can do **invoicing or medical billing** using mutually agreed upon billing codes
- In terms of referrals, we can **accept by fax, email or over the phone through 1-833-ORE-WELL**. We can also accept **referrals through ADRC & Connect Oregon**

PARTNERS AT EVERY LEVEL

From OWN's inception, partners have played a key role and will continue to do so....

Alone we can do so little; together we can do
so much

~ Helen Keller ~

QUESTIONS?

Contact: Lavinia.Goto@nwsds.org or
Call: 503-304-3408 (ofc) or 503-602-8384 (cell)



1-833-ORE-WELL or 1-833-673-9355

OregonWellnessNetwork.org



National Summit to Increase Social Connections

Please enjoy a brief break.

Social Connection and Nutrition

- Moderator: Adam Mosey, Special Assistant, ACL
- Shannon Gabriel, Nutrition Director and Registered Dietitian, My Meal—My Way Senior Dining, AAA of Dane County
- Lydia Butler, Advocacy & Community Education Director, Living Well Program, Disability Network Wayne County



My Meal, My Way Restaurant Model

Shannon Gabriel
RDN & Nutrition Director

Area Agency on Aging
of Dane County
Madison, WI



Fellowship, Food  Fun

My Meal My Way: What is it & How does this benefit the older adult?

- ✓ Business partnership between a Senior Center and a local restaurant.
- ✓ No reservations required
- ✓ 3-12 choices on the menu
- ✓ Expanded serving time windows
- ✓ Natural setting for dining
- ✓ Reduces likelihood of “old” or “poor” stigma
- ✓ Attractive to the “A la Carte” generation
- ✓ Encourages intergenerational participation
- ✓ Freshly prepared options to meet most tastes

It's NOT the old restaurant style where adults show up to sit in one area, eat the same option, and dine at a specific time.

How does the restaurant benefit?

- ✓ Increased advertising for the restaurant
- ✓ Generates traffic at a time when the restaurant may be slow
- ✓ Creates loyal patronage and viewed as older adult friendly
- ✓ Helps to rotate new product quickly
- ✓ Avenue for giving back, tax right off

My Meal, My Way single-handedly kept restaurants open and operating during the Covid-19 pandemic. *“Without senior nutrition’s My Meal, My Way Program, our business would have suffered even more without this consistent traffic of customers.”*

How does the senior center benefit?

- ✓ Outreach opportunity to seniors not currently attending senior center
- *back door introduction to aging services*
- ✓ Creates positive image of older adults as contributing to community
- ✓ Improves the visibility of the nutrition program
- ✓ Improved food quality
- ✓ Increased donations to support the meal program

My Meal, My Way single-handedly kept restaurants open and operating during the Covid-19 pandemic. *“Without senior nutrition’s My Meal, My Way Program, our business would have suffered even more without this consistent traffic of customers.”*

Selecting a Restaurant Partner:

Visit as a customer to evaluate the dining environment, Speak with the manager/owner, and schedule a follow-up meeting if interest is shown.

- ✓ Reputation
- ✓ Accessible entryway & bathrooms: *space for walkers, using a cane, wheelchairs*
- ✓ Parking
- ✓ Location / Public Transit
- ✓ Atmosphere
- ✓ Supportive Owner & Staff
- ✓ Menu Variety – ability to meet nutrition guidelines
- ✓ Local

Create a Win-Win Situation:

Leverage business acumen to align their needs with mutually beneficial opportunities.

Are they new? Is there competition? Do they need to generate visibility and traffic?

They say “Yes!” What’s next:



Establish Day and Time – Weekly, Monthly, or Pop-Up dates



Discuss Food/Menu:

- Discuss smaller portions
- Suggest example meal combinations from current menu (Breakfast = cheaper)
- Choice of offering hot tea, coffee, both, or neither
- Milk can be offered as an option. Doesn’t automatically come to the table
- No substitutions
- Nutrition program prints/laminates menu – for customers & kitchen



Discuss Costs:

- Meal price, inclusive of tip
- Determine Payment frequency – Each time or monthly
- Squaring up (site coordinator count matches kitchen count)



Memorandum of Understanding between senior center & restaurant

- 60-day notice of any change (important when reservations aren’t required)
- Responsibilities of site coordinator from senior center vs. restaurant

Site Coordinator Role:

- ✓ Greeting & checking in participants – or - registering new participants
- ✓ Assisting participants with seating if needed
- ✓ Tracking attendance, meals served, and donations
- ✓ Addressing any food quality issues, missing menu items, ensure adequate portions
- ✓ Assessing consumer satisfaction
- ✓ Providing nutrition education
- ✓ Providing outreach for other senior services/activities
- ✓ Assist with arranging transportation (Use Title III B & Tax Levy to fund)

Every restaurant is different in what they need from Senior Nutrition Program staff. Make sure to have a thorough conversation about what support is needed to host the program. Some sites require additional volunteers to assist with filling drinks (drink cart), bussing tables, etc.

SW Dane Senior Center: Fink's Cafe



Laugh
Chat
Visit
Meet



July Attendance

SW Dane Sr. Center/day: 3-4 diners

Fink's Café, 1 day/week: 40-70 diners

Fink's Café served congregate 5x for us in July, bringing in 329 people or 66 people each Tuesday. \$4.31 donations average. \$1.29 at Senior Center site.

Fun Fact: These sites are on the same block!

My Meal, My Way - Mt. Horeb



*Thanks for visiting
a Dane County
Senior Dining Site!*



Welcome:

- ⇒ All seniors age 60+ are welcome regardless of your ability to donate.
- ⇒ Recommended donation: \$5.00 per meal.
- ⇒ Donations are confidential.
- ⇒ Meal cost paid by the Dane County Senior Nutrition program, inclusive of tip. **NO TIPPING PLEASE.**

How it works:

- ⇒ Register or sign in with Senior Nutrition Program Staff.
- ⇒ Put your donation in the My Meal, My Way box.
- ⇒ Choose your seat, and one of the breakfast or lunch options on the back.
- ⇒ Place your order with the wait staff.
- ⇒ Wait for the wait staff to bring you your meal and enjoy!

Senior Dining

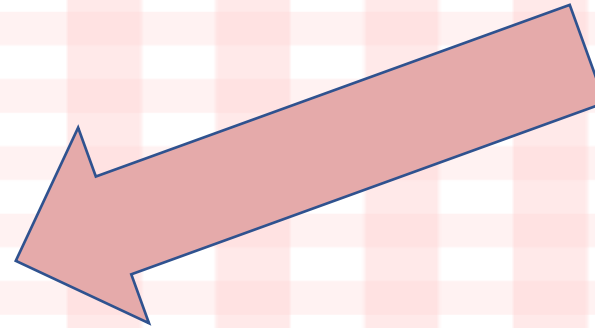


Fellowship, Food & Fun

*Enjoy your
meal!*



Let's talk about
how it works...





OJ, Coffee & Milk, too.



Offered milk, but ordered a diet coke – paid for that separately.

Wednesday
10am-1pm

My Meal, My Way Menu Options

B1 THE WHOLESOME <ul style="list-style-type: none"> ♦ Hearty Rolled Oats, loaded with Nuts and Dried Fruits ♦ Whole Wheat Toast, topped with Butter ♦ Fruit Cup 	L1 GRILL FILET <ul style="list-style-type: none"> ♦ Cod ♦ Baked Potato ♦ Coleslaw ♦ Roll ♦ Fruit Cup ♦ Dessert of the Day
B2 HOT OFF THE GRIDDLE I <ul style="list-style-type: none"> ♦ French Toast served with Syrup ♦ American Potatoes ♦ Sausage ♦ Fruit Juice 	L2 SOUP AND SALAD <ul style="list-style-type: none"> ♦ Cup of Soup (Your choice) ♦ Garden Salad ♦ Cottage Cheese ♦ Fruit Cup ♦ Dessert of the Day
B3 HOT OFF THE GRIDDLE II <ul style="list-style-type: none"> ♦ Pancake served with Syrup ♦ American Potatoes ♦ Sausage ♦ Fruit Juice 	L3 SOUP AND ½ SANDWICH <ul style="list-style-type: none"> ♦ Cup of Soup (Your choice) ♦ ½ Sandwich ♦ Coleslaw ♦ Fruit Cup ♦ Dessert of the Day
B4 THE COUNTRY <ul style="list-style-type: none"> ♦ Home-Style Biscuits smothered with Sausage Gravy ♦ Scrambled Egg ♦ Fruit Cup ♦ Juice 	L4 CAFÉ GRILL <ul style="list-style-type: none"> ♦ Grilled Cheeseburger with Lettuce, Tomato and Onion ♦ Coleslaw ♦ Fruit Cup ♦ Dessert of the Day
B5 THE SUNRISE <ul style="list-style-type: none"> ♦ Farm Fresh Scrambled Egg ♦ Hash-Brown Potatoes ♦ Ham ♦ Whole Wheat Toast, topped with Butter ♦ Juice 	L5 THE COMFORTER <ul style="list-style-type: none"> ♦ Open Faced Roast Beef OR Hot Hamburger in Gravy ♦ Mashed Potatoes and Gravy ♦ Garden Salad ♦ Fruit Cup ♦ Dessert of the Day

Coffee and Milk are included, available upon request.

No substitutions please.

DeForest Family Restaurant



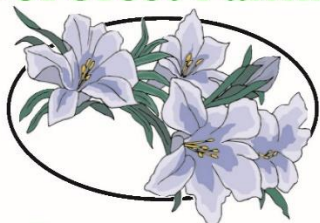
**Wednesday
10am-1pm**

Serving Average

Senior Center: 21 people/day. Donations: \$0.84/person

DeForest Family Restaurant – open 1 day/week - 73 people/day. Donations: \$4.21/person

DeForest Family



Restaurant



NO SUBSTITUTIONS OR CHANGES PLEASE

BREAKFAST

(Available All Day)

HOT OFF THE GRIDDLE

- Fruit topped French Toast or Pancake
- Choice of Potato
- Sausage or Ham
- Fruit Cup or Juice

POTATO PANCAKE

- 1 Potato Pancake
- Egg
- Sausage or Ham
- Fruit Cup or Juice

OMELET

- 2-Egg Cheese Omelet
- Toast
- Choice of Potato
- Fruit Cup or Juice

THE COUNTRY

- Home-Style Biscuits smothered with Sausage Gravy
- Scrambled Egg
- Choice of Potato
- Fruit Cup or Juice

BREAKFAST SANDWICH

- Farm Fresh Scrambled Egg with Cheese
- Choice of Ham or Sausage Patty
- English Muffin or Croissant
- Choice of Potato
- Fruit Cup or Juice

THE SKILLET

- Egg Scramble with Sausage, Tomato, Onion, Mushroom
- Toast
- Choice of Potato
- Fruit Cup or Juice

LUNCH

GRILLED TO PERFECTION

- Hamburger or Grilled Chicken Patty with Cheese, on a Bun
- Coleslaw, Salad, or Veg
- Choice of Potato - Mashed, American Fries or Hashbrowns
- Fruit Cup or Juice
- Ice Cream

EVERYDAY SPECIALS

- Liver & Onions or Chopped Steak
- Coleslaw, Salad, or Veg
- Choice of Potato - Mashed, American Fries or Hashbrowns
- Roll
- Fruit Cup or Juice
- Ice Cream

SOUP & SANDWICH

- Cup of Soup of the Day
- 1/2 Sandwich Choice - Chicken Salad or Deli
- Coleslaw, Salad, or Veg
- Choice of Potato - Mashed, American Fries or Hashbrowns
- Fruit Cup or Juice
- Ice Cream

SPECIAL

- Meatloaf or Baked Cod
- Coleslaw, Salad, or Veg
- Choice of Potato - Mashed, American Fries or Hashbrowns
- Roll
- Fruit Cup or Juice
- Ice Cream

ENTRÉE SANDWICH

- Turkey Sandwich or Chicken Club Wrap
- Coleslaw, Salad, or Veg
- Choice of Potato - Mashed, American Fries or Hashbrowns
- Fruit Cup or Juice
- Ice Cream

SALAD ENTRÉE

- Taco Salad with Chips or Grilled Chicken Salad with Croutons
- Fruit Cup or Juice
- Ice Cream

All meals include milk and coffee, available upon request.

Juice must be 100% juice. Choices may be limited. Ask your server.



September 2024

9/4	Meatloaf Dinner <ul style="list-style-type: none"> • Meatloaf • Mashed Potatoes, Gravy • Dinner Roll • Peas • Fruit of the Day 	Soup and Sandwich Soups and Sandwich's vary each week. See "specials" board for this weeks choices <ul style="list-style-type: none"> • Coleslaw • Fruit of the Day 	Fish Dinner <ul style="list-style-type: none"> • Fish (no breading) • French Fries or Baked Potato • Dinner Roll • Coleslaw • Fruit of the Day
9/11	Ham Dinner <ul style="list-style-type: none"> • Ham • Scalloped Potatoes • Dinner Roll • Green Beans • Fruit of the Day 	Soup and Sandwich Soups and Sandwich's vary each week. See "specials" board for this weeks choices <ul style="list-style-type: none"> • Coleslaw • Fruit of the Day 	Fish Dinner <ul style="list-style-type: none"> • Fish (no breading) • French Fries or Baked Potato • Dinner Roll • Coleslaw • Fruit of the Day
9/18	Spaghetti & Meatballs <ul style="list-style-type: none"> • Meatballs • Spaghetti pasta • Green Beans • Dinner Roll • Fruit of the Day 	Soup and Sandwich Soups and Sandwich's vary each week. See "specials" board for this weeks choices <ul style="list-style-type: none"> • Coleslaw • Fruit of the Day 	Fish Dinner <ul style="list-style-type: none"> • Fish (no breading) • French Fries or Baked Potato • Dinner Roll • Coleslaw • Fruit of the Day
9/25	Swiss Steak <ul style="list-style-type: none"> • Swiss Steak • Mashed Potatoes, Gravy • Dinner Roll • Carrots • Fruit of the Day 	Soup and Sandwich Soups and Sandwich's vary each week. See "specials" board for this weeks choices <ul style="list-style-type: none"> • Coleslaw • Fruit of the Day 	Fish Dinner <ul style="list-style-type: none"> • Fish (no breading) • French Fries or Baked Potato • Dinner Roll • Coleslaw • Fruit of the Day
Coffee, Water and Milk are available upon request.			

Kavanaugh's Esquire Supper Club

Wednesday

11am-1:30pm

Open 1 day/week

100-130 people/day

Donations: \$2.49

Serving 30-40 people per day
at Madison Senior Center
Donations: \$0.45

Great example of how a restaurant uses up product to reduce costs, but also add variety!

- BREAKFAST -

TWO TRADITIONAL CREPES OR PANCAKES

Choice of apple,
strawberry, cherry, peach
or blueberry fruit topping.
Fruit or 100% fruit juice.
Sausage or ham.

EGG & CHEESE OMELET

Two egg omelet with
cheddar cheese, two
pieces of toast and
hashbrowns

BISCUITS & GRAVY (HALF ORDER)

One biscuit with
sausage gravy, one
scrambled egg,
hashbrowns, fruit or
100% fruit juice

SKILLET DELIGHT

One egg scrambled with
sausage, mushroom, onion,
cheese, hashbrowns, one
piece toast

HUEVOS RANCHEROS

One egg scrambled with
cheese, rice, tomatoes,
onions, and beans on a
tortilla

- LUNCH -

INCLUDES DESSERT

PHILLY CHICKEN SANDWICH

Chicken, green pepper,
onion, and mozzarella on
an Italian roll, with fruit and
choice of potato

TURKEY CLUB SANDWICH

Turkey, bacon, lettuce,
tomato and mayo, with
fruit and choice of potato

TACO SALAD

Choice of beef or
chicken in a flour
tortilla shell, filled
with lettuce, onions,
tomatoes and
topped with cheese,
sour cream, and
salsa, fruit

HAMBURGER

Burger patty topped with
lettuce, tomato and onion,
with fruit and choice of
potato

GRILLED CHICKEN WRAP

Tomato basil flour tortilla,
filled with chicken, bacon,
lettuce, tomato and onion,
with fruit and choice of
potato

MILK AND COFFEE AVAILABLE UPON REQUEST

NO SUBSTITUTIONS



EST. 1975
Sugar River Senior Center



Senior Dining



Fellowship, Food & Fun

Kitchen menu

BREAKFAST

Two Crepes or two Pancakes 2 crepes / pancakes	Two egg cheese omelet 2 eggs, 1 oz. cheese	Skillet Delight 1 egg, 1 oz. cheese, 1 oz. sausage	Huevos Rancheros 1 egg, 1 oz. cheese, ½ cup tomato & onion	Biscuits and Gravy 1 egg, ½ cup sausage gravy
Fruit topping ½ cup	Hash Browns 1 cup	Mushrooms and onions ½ cup	Rice ½ cup	Biscuit 1 biscuit
Fruit or Juice ½ cup fruit -or- 8 oz. juice	Toast 2 pieces	Toast 1 piece	Tortilla 1 tortilla	Fruit or Juice ½ cup fruit -or- 8 oz. juice
Sausage or ham 3 oz.		Hash Browns 1 cup	Beans ½ cup	Hash Browns 1 cup
Milk 8 oz.	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.

LUNCH

Philly Chicken 2 oz. chicken 1 oz. cheese	Turkey Club 2 oz. turkey, 1 oz. bacon	Taco Salad 2 oz. beef / chicken, 1 oz. cheese	Hamburger 1 patty	Chicken Wrap 2 oz. chicken, 1 oz. bacon
Sandwich Roll 1 roll	Bread 2 slices	Flour tortilla shell 1 tortilla	Bun 1 bun	Tomato basil flour tortilla 1 tortilla
Green pepper, onion ½ cup	Lettuce, tomato ½ cup	Lettuce 1 cup	Lettuce, tomato, onion ½ cup	Lettuce, tomato, onion ½ cup
Fruit ½ cup	Fruit ½ cup	Onion, tomato, salsa ½ cup	Fruit ½ cup	Fruit ½ cup
Choice of Potato ½ cup	Choice of Potato ½ cup	Fruit ½ cup	Choice of Potato ½ cup	Choice of Potato ½ cup
Milk 8 oz.	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.
Dessert	Dessert	Dessert	Dessert	Dessert

Customer menu



Contact Info:

Shannon Gabriel, RDN, CD, CSG
Area Agency on Aging of Dane County
Gabriel.Shannon@danecounty.gov

Senior nutrition
programs
decrease
social isolation
and increase
meaningful
connections

27%
of Americans
over 60
live alone.



63%

of participants say their social opportunities
increased because of congregate meals.

#SeniorNutritionProgram • acl.gov/senior-nutrition

- National Survey of Older Americans Act Participants, 2019.
- Older people are more likely to live alone in the U.S. than elsewhere in the world. Pew Research Center, 2020.







Who we are

We are a community service, community resource and advocacy nonprofit organization.

Our Mission

To empower, educate and advocate for individuals with disabilities while prompting independent living, inclusion and accessible pathways.

5 core services include



INFORMATION &
REFERRAL



Independent Living
Skills



COMMUNITY
TRANSITION
SERVICES



Advocacy



Peer Support

Living Well Program

Disability Network Wayne County Detroit provides a “Living Well” program for seniors and people with disabilities. This comprehensive wellness program helps our participants build healthy lifestyles that include eating balanced diets, being physically active, engaging in stress-reducing activities, and preventing specific health problems.



Living Well Program

Adults with disabilities are at risk for secondary health conditions, including pressure sores, chronic pain, fatigue, isolation, depression, and others. Healthy habits can prevent many secondary conditions, and people with healthy lifestyles usually feel better.

The “Living Well” program is a ten-week course grounded in consumer choice and peer-support. It teaches people to use tools that help them continue or begin to do things that lead to a healthy lifestyle.



Living Well Program

During the orientation we give a self-evaluation that the participants will also complete at the end of the program to get data to make sure that the program is beneficial. Some of the questions asked on the evaluation are:

1. Do you eat meals with other people or by yourself?
2. Do you believe that you have good daily eating habits?
3. Do you currently have anxiety or frustration about eating healthy or having access to healthy food?



Living Well Program

1. Do you eat meals with other people or by yourself?

Only 25% answered that they eat with others.

2. Do you believe that you have good daily eating habits?

Only 33% answered that they have good daily eating habits.

3. Do you currently have anxiety or frustration about eating healthy or having access to healthy food?

Currently 41% have anxiety or frustration about eating healthy. While 58% do not have anxiety or frustration about eating healthy.



Living Well Program

Many of our participants don't understand that nutrition supports healthy aging, reduces risk to chronic conditions (heart disease, diabetes, osteoporosis), and boosts energy and mood.

Most of the senior and disabled participants don't understand that eating with others encourages healthier eating habits, reduces loneliness and depression, creates opportunities for sharing culture and traditions, and promotes emotional and mental well-being.

The "Living Well" program focuses on teaching practical strategies for healthy eating, tools like sharing recipes and portion tips, provide resources for affordable nutritious food, and encourages group meals and peer-support.



Key Takeaways

- **Stay Connected:** Share meals at senior centers, with family/friends, or through potlucks/virtual gatherings.
- **Eat Smart:** Focus on nutrition basics, label reading, healthy cooking, and portion control.
- **Benefit Together:** Eating with others reduces loneliness and boosts well-being.
- **Live Well:** Healthy eating + social connection = longer, better quality of life.



For More
Information
Contact

Dr. Lydia Butler

Advocacy & Community Education Director

313.985-2823

lydia.butler@dnwayne.org



Social Connection and Technology Programs

- Moderator: Steve Ewell, Executive Director, Consumer Technology Association Foundation
- Suzanne Syzdek, Assistant Director for External Affairs, New York State Office for the Aging
- Willie Gunther, CEO, Illinois Assistive Technology Program





Office for
the Aging

<https://aging.ny.gov/innovations-aging>



Join Us Tomorrow, September 10th

- Day 2: Strategies to Grow, Replicate, and Scale Social Connection Programs
 - Outreach and Partnerships
 - Collaboration With Health Care Through Community Care Hubs
 - Lessons From Building Statewide Coalitions



Thank you!

Stay connected with us!

- Visit www.committoconnect.org for key resources.
- Contact the CTC team at:
info@committoconnect.org
- Please complete the poll available in the chat.

