Seniors’ Agenda Network Summit
August 27, 2014

Accomplishments...

- $4.5 million of Measure A funds allocated for transportation and case management for seniors.

- Walk with Ease pilot programs at Mayfair and Alma Senior Centers a success and expanding to all City of San Jose Senior Centers.

- Nearly 2,000 seniors enjoyed the first Senior Safari Walkabouts at Happy Hollow Park and Zoo. Senior Safari monthly walk will continue as a free benefit to adults 50+.

- Senior Nutrition Program received an additional $400,000 from the County Board of Supervisors for “cook on-site” enhancement.

Keynote Speaker
Patrick Arbore, Ed. D
Program Director and Founder of Center for Elderly Suicide Prevention and Grief Related Services (CESP), Institute on Aging

“Superb!! Wow!! What a great speaker!!”

“Will definitely share what I learned with others!”

“Mr. Arbore really shed light on a lot of the issues that affect seniors. His presentation really tugged at my heartstrings and his message was deeply profound.”

Agenda at a Glance
9:00 a.m. to 12:00 p.m.

9:00 a.m. Refreshments and Networking

9:30 a.m. Welcoming Remarks
James Ramoni, Director
Department of Aging & Adult Services
Mayor Jose Esteves,
City of Milpitas

9:45 a.m. Celebration of Accomplishments

10:00 a.m. Keynote Speaker
Patrick Arbore, Institute on Aging
Loneliness and Connections: A Health Indicator

11:15 a.m. Breakout Session
Brainstorming Ideas for Connecting:
How can you make a connection personally and/or organizationally to alleviate loneliness?

11:45 a.m. Community Initiatives for Seniors

11:55 a.m. Closing Remarks
Bruce Wagstaff, Director
Social Services Agency
What We Did Great

- Networking Opportunities
- Excellent Presentation by Keynote Speaker
- New Resources

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

~Maya Angelou

Evaluation Responses

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<th>Percentage</th>
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<td>Overall Quality</td>
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<td>Location and Accessibility</td>
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<td>Usefulness of Information</td>
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<td>Keynote Speaker</td>
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How can YOU make a connection personally and/or organizationally to alleviate loneliness?

- Just say “Hello”.
- Develop Loneliness Toolkit (Include: resources, training manual, research, media outreach materials).
- Pay attention to people around you and make an effort to connect with people who have difficulty communicating.
- Call or mail a card to someone on their birthday—recognize and acknowledge someone.
- Reach out to the resident manager of senior housing to identify and refer lonely seniors.
- Involve high school students to teach literacy or read to those seniors who are sight impaired.
- Volunteer at a hospital or a nursing home. (Include pets and companion animals)