



Seniors' Agenda

Seniors' Agenda Network Summit

August 27, 2014

Participation

124	Registrants
144	Attendees
48%	First time participants
80	Agencies
8	Cities



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*

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.





What We Did Great

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



Evaluation Responses

94%	Overall Quality
74%	Location and Accessibility
96%	Usefulness of Information
99%	Keynote Speaker

“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

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)

