



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The Evolving Nature of Social Connections:

Promoting Well-Being in Times of Crisis
Presented by Central MN Council On Aging



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At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of Natalie Matthewson, Rebecca Hostetler, Steve Hoover, and Darcy Rylander and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

Today's Presenters

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Community Development Supervisor
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Steve Hoover, Ph.D.
Healthy Aging Coordinator with
Central Minnesota Council on Aging

Rebecca Hostetler
Community Connector with Chisago Age
Well

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Central Minnesota Council on Aging

The Evolving Nature of Social Connections

Goal for Session Today:

Discuss two programs designed to make connections between and among individuals and organizations to promote well-being in the aging population

- Chisago Age Well a Silos to Circles community and
- Social Connect: Mindful Stress Management



Chisago Age Well- A Silos to Circles Community



Presenters:

- *Natalie Matthewson- Community Development Supervisor with Central MN Council on Aging and*
- *Rebecca Hostetler- Community Connector with Chisago Age well*

ABOUT SILOS TO CIRCLES AGE WELL INITIATIVE

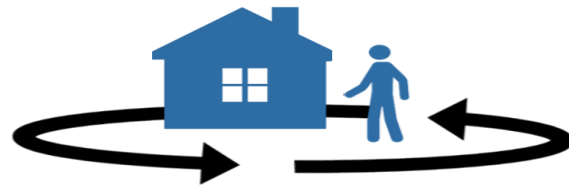
The Silos to Circles Age Well Initiative is designed to strengthened local connections to aging services for seniors, their families, and neighbors. **Too often, community members don't know what's available—and sometimes providers feel like “the best-kept secret in town.”**

The common goal of the four pilots was: increasing awareness of, and connectedness to, the full continuum of local supports for those aging in rural communities.



Connecting Rural Community Assets for Older Adult Independence and Health

Connecting Rural Community Assets for Older Adult Independence and Health



The Aim: To build awareness of and connection to community assets that promote preventive and early care and support

The Need: Rural communities are older and are challenged by geographical dispersion of community resources



The Impact: If more aware of and connected to what already exists in community, older adults in rural Minnesota can achieve great health, independence, and vitality

2016 Planning Process

- 1. Identified needs** of older adults in our community along with **current assets and gaps**
- 2. Articulated and agreed upon shared community goals**
- 3. Outlined a plan** that could help us implement the shared goals
- 4. Pooled rural community plans** together and approached a funder for implementation
Click to add text



Rural Pilots



Silos to Circles partners
with communities to improve
the experience of aging.

*Pilots are active in four communities. Resources, events, and activities available in the communities coming later this year.
[Learn more about Silos to Circles.](#)*

**Chisago
Age Well**

Chisago County, MN

**Clay County
Age Well**

Moorhead, MN

**Cuyuna Area
Connections**

Crosby, MN

**Perham: The
Connection**

Perham, MN

The Conversation Continues...

- Ø 2016 Conversations
- Ø Reconvene October 2017
- Ø Establish Coalition- February 2018
- Ø Implement Work Plan Goals
- Ø Website and Facebook Presence



Chisago Age Well-The Plan

- Community Connectors
- Expansion of Senior LinkAge outreach sites
- Quick Look Reference Guides
- Age Well Expo
- Dine & Discovers
- Website and Facebook Presence



Keeping It Local .

Over 40 local community members and providers

Community Members	County Public Health (SHIP)
County Health and Human Services-Aging & Disabilities	Community Education
Health Systems	Home Care and Hospice Services
Food Services and Assistance	Local Businesses
Regional Area Agency on Aging-Senior LinkAge Line	Regional Libraries
Senior Living Communities	Senior Service Agencies

Chisago Age Well- Mission

Increase *awareness* of, *access* to, and *satisfaction* with existing services and health resources in the community

To *strengthen* the *relationships* between senior community members, service providers, and health systems to benefit older adults and their caregivers



Role of Volunteer Community Connector



- Outreach
- Education
- Connection



Resource Hub and Education

Now Help Is Closer Than You Think!



MINNESOTA'S LINK TO A LOCAL EXPERT

Appointments now available in Your Community!



Senior LinkAge Line® staff provide free, accurate, and unbiased information about:

- Housing Resources ■ Health Insurance ■ Financial Assistance ■ Caregiver Supports
- Transportation ■ Grocery Shopping ■ and more!

Call Senior LinkAge Line® for phone assistance Monday thru Friday. If you prefer a face-to-face visit with a Senior LinkAge Line® Specialist call 1-800-333-2433 to schedule an appointment at one of these convenient community locations:

Chisago City Senior LinkAge Line® Site
First Wednesday of the month ■ 1:00 pm to 4:00 pm
Chisago Lakes Area Library
11754 302 Street

North Branch Senior LinkAge Line® Site
Last Wednesday of the month ■ 9:00 am to 1:00 pm
Chisago County Senior Center
38790 Sixth Avenue
North Branch, MN 55056

Wyoming Senior LinkAge Line® Site
Last Thursday of the month ■ 1:00 pm to 4:00 pm
Giese Memorial Library
26855 Forest Boulevard
Wyoming, MN 55092
Funded in part by the MN Board on Aging



***Dine & Discovers-** educational events offered quarterly beginning in June 2018. There was one topic, offered three times within one day. Through June 2020 topics eight topics with 650 in attendance*

In an effort to keep the community members safe and healthy, and in light of the social and physical distancing during the Covid-19 pandemic; this Dine & Discover event will be moved to one virtual event.

Dine & Discover

A Free Virtual Event

Hosted by: Chisago Age Well Coalition

The Covid-19 pandemic and response have presented a dangerous mix of conditions that make us more vulnerable to fraud and has caused financial scammers to mobilize. Fear, uncertainty, and isolation are widespread and the influx of cash in the form of economic relief payments create a "perfect storm".

- New coronavirus scams ■ How old scams have new power
- Focus on consumer protections that eliminate liability for financial loss
- The importance of sharing trustworthy information, especially during these uncertain times

Chisago Age Well, North Branch Community Education, and AARP Minnesota are providing information and resources to help you navigate this crisis in safety, health, and financial security.



Tuesday
June 2, 2020
1:00 - 2:30 pm

Presented by: Jay Haapala, Associate Director
Community Engagement | AARP Minnesota

Register at www.nbaceonline.org & scroll to Senior Options or 651.674.1025
Questions contact: natalie.matthewson@cmcoa.org or 320.227.1658

Note: When you register a confirmation will be sent followed by a second message with link to the event by June 1.



Fraud Watch Network

Quick Reference Guide

CHISAGO AGE WELL QUICK LOOK
Southern Chisago County

SENIOR LINKAGE LINE 800-333-2433
(Resource Line for Older Adults and Family Caregivers)
In-Person Outreach Sites:
Public Libraries in Chisago City and Wyoming
Chisago County Senior Center, North Branch
(Contact Senior LinkAge Line for dates and times.)

MENTAL HEALTH (East Central Crisis Services) 800-523-3333

DISABILITY HUB 866-333-2466 VETS LINK LINE 888-546-5838
(Resource Line for Disabled) (Resource Line for Veterans)

EDUCATION / SOCIAL

Chisago Lakes Community Education.....651-213-2600
North Branch Community Education651-674-1025
Chisago County Senior Center (North Branch).....651-674-8658
Linwood Senior Center (Stacy).....651-462-5565
Well Connected (Senior Center without Walls).....877-797-7299
Lutheran Social Services (Senior Companion Program)..... 888-205-3770

FINANCIAL ASSISTANCE

Chisago County Human Services.....651-213-5600 or 651-213-5200
(Medical Assistance, Elderly Waiver, Supplement Nutrition Assist Program)

Chisago County Housing Authority.....651-674-5664
(Low Income Housing/Subsidized/Section 8)

Lakes & Pines Community Action Council.....800-832-6082
(Energy Assistance, Tax Help, Housing Rehab Loans, Emergency Housing)

- ***Primary providers/ Connections to get started when one may need community-based services.***
- ***Distributed- over 5000 through 2019***

Chisago Age Well's Main Webpage

☰ MENU

[ABOUT](#)

[FIND](#)



[EVENTS](#)

[CONTACT](#)

Find what you need
to **live and age well** in the
Chisago area

Information about activities, transportation, housing,
and support in our communities



Chisago Age Well's Directory Examples

The screenshot shows the top navigation bar with 'ABOUT', 'FIND', and 'CONTACT' links. The Chisago Age Well logo is centered, featuring a sun and waves with the text 'CHISAGO AGE WELL' and 'CARING · COMMUNITY · CONNECTION'. Below the logo is a large 'Find' heading. A red 'DIRECTORY' button is prominent. Underneath, there is a grid of 12 light green buttons, each representing a category: 'Caring for Yourself while Caregiving', 'Food & Nutrition', 'Giving Back & Volunteering', 'Health Care & Wellness', 'Health Insurance Questions', 'Help Staying at Home', 'Lifelong Learning', 'Need a Ride?', 'Planning for the Future', 'Senior LinkAge Line®', 'Things to Do', and 'Time to Move?'.

www.stcmn.org

The screenshot shows the top navigation bar with 'ABOUT', 'FIND', 'EVENTS', and 'CONTACT' links. The Chisago Age Well logo is centered. Below the logo is a red 'DIRECTORY' button. Underneath, there is a grey 'Lifelong Learning' button. To the right of this button is the text 'Sort By: Name of Resource ↑ | Organization Name ↑'. Below this is a section for 'Chisago Lakes Community Education Adult Enrichment and Recreational Classes'. The text describes the classes and lists contact information: 'Areas Served: Southern Chisago County', 'Chisago Lakes Community Education', '13289 St. Croix Avenue, Lindstrom, MN 55045', '651-213-2600', and 'Website: www.isd2144.org/communityed'. Below this is a section for 'East Central Regional Library' with a description of its services.

What Does the Community Think

What have you learned from the Chisago Age well?

That there are so many programs out there, so much information and resources available. Everyone works together as a team, one united front, to assist in any way possible, which I find so refreshing!

I have picked up something new at every single meeting. Knowledge is power!

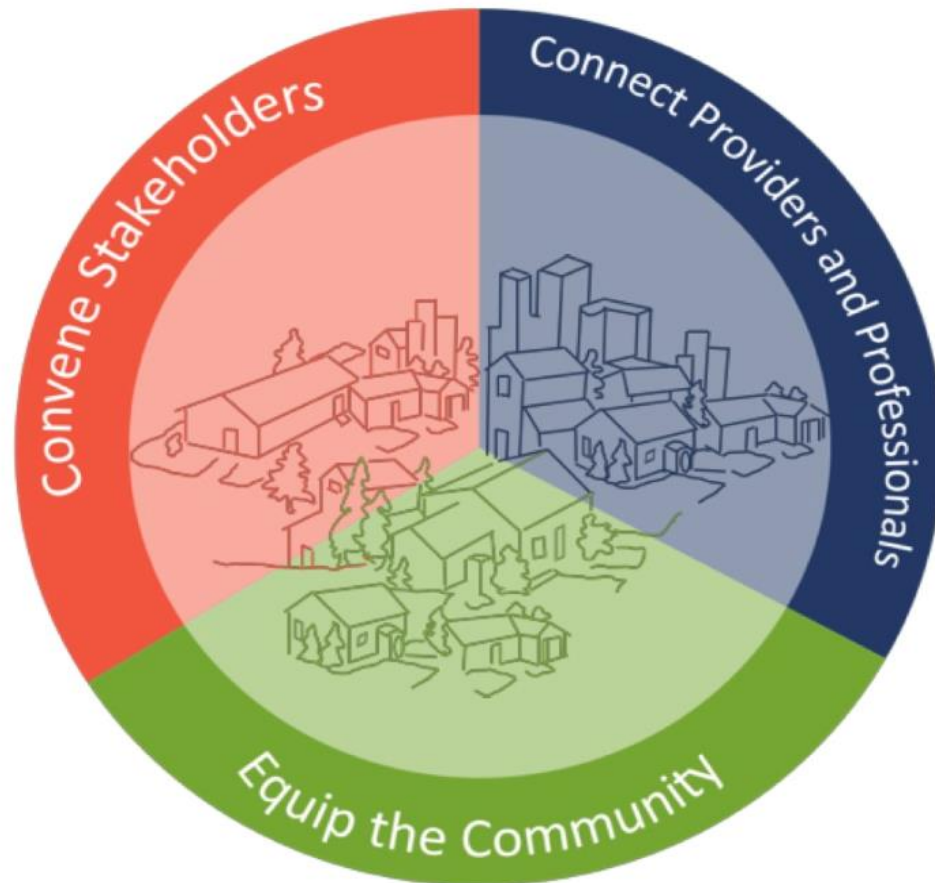
How would you describe the benefits of the project for the local communities?

Absolutely wonderful! One realizes they are not alone with an aging parent, an aging spouse, becoming a senior citizen yourself. One is not judged.

Thanks for all you do for Seniors, we are all better for your kindness.



Community Guide for Creating an Age Well Initiative



- **3 project success elements**
- **Short videos of pilot projects**
- **Action steps, best practices**
- **Tools that can be downloaded**
- <https://stcmnguide.org/>



Video

Taking the next step

“Aging is an adventure.” Connie Goldman

- ***Learn***
- ***Connect***
- ***Participate***
- ***Support***
- ***Adjustments/Lessons Learned during Physical Distancing***



Social Connect: Mindful Stress Management

Steve Hoover, PhD

Darcy Rylander, B.S., RYT, NBC-HWC

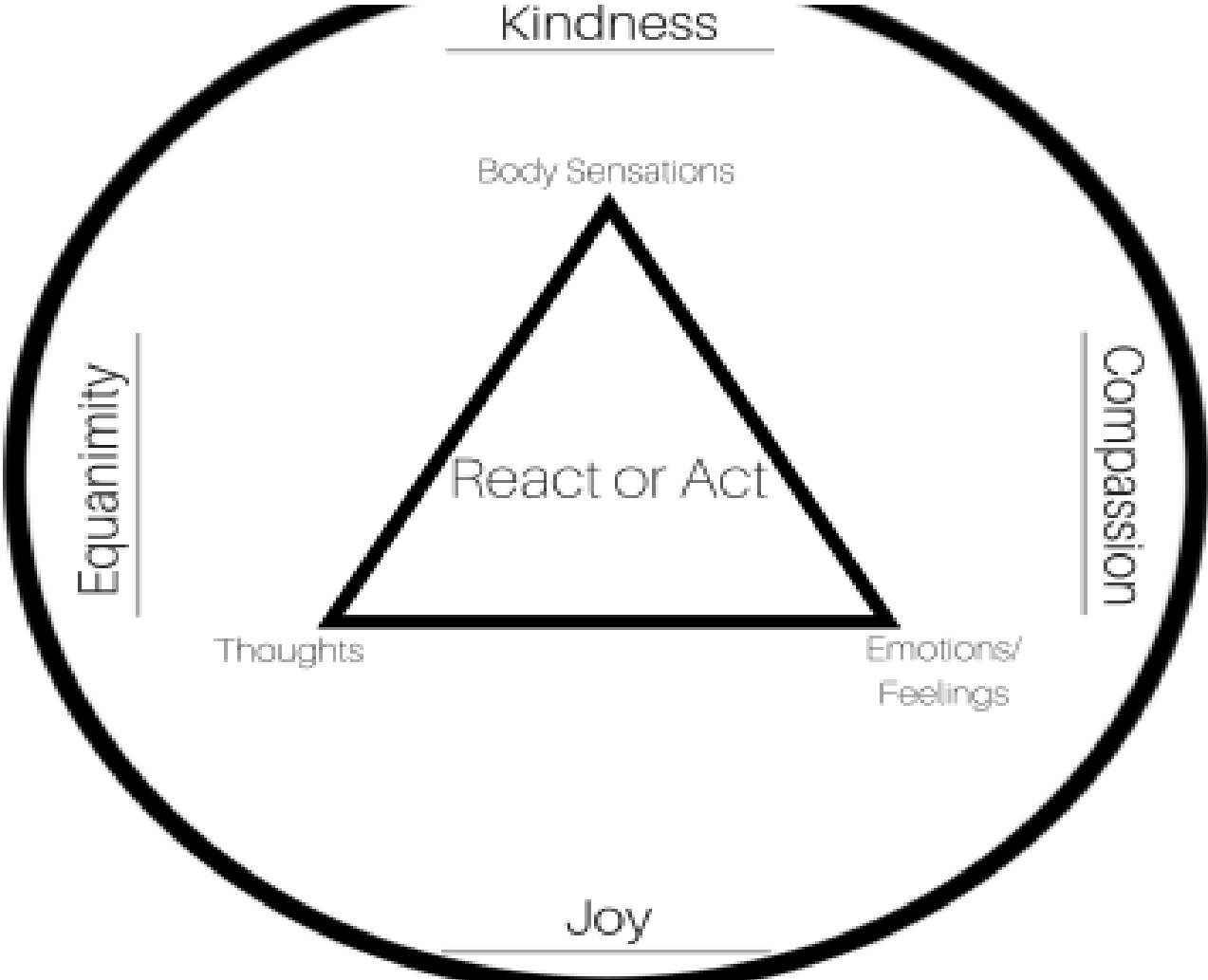
Central Minnesota Council on Aging



Impetus for Development

- Consequences of Social Isolation and Loneliness
- [*Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System*](#)
Report of the National Academies of Sciences and Engineering and Medicine, 2020
- Realities of Social Isolation and Loneliness during the pandemic

Conceptual Foundation

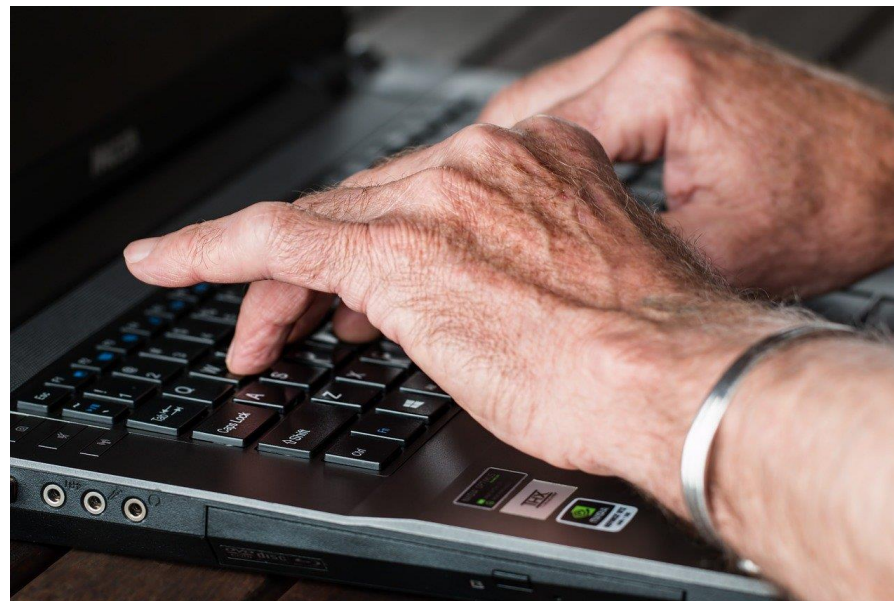


Program Elements

Remotely Delivered

Six 45-minute sessions, twice/week.

Three equal elements

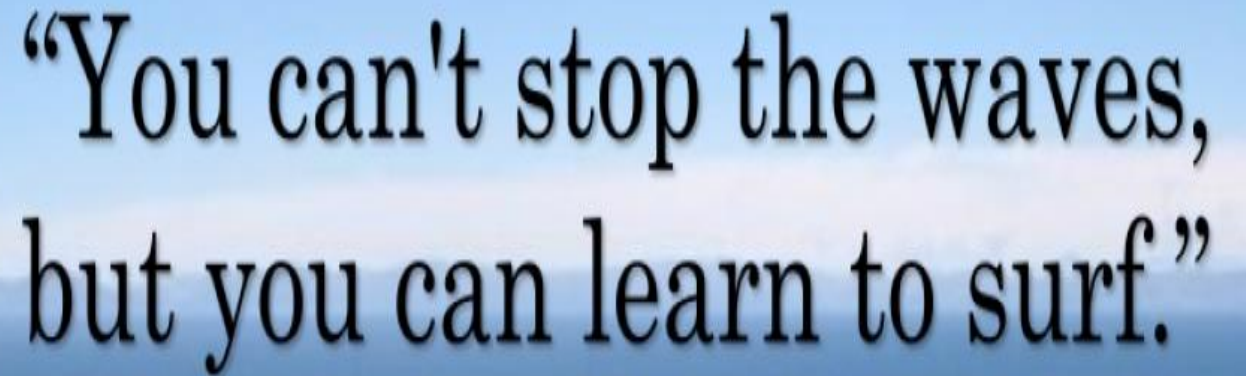


Gentle Seated Movements

- Loosen muscles and joints
- Increase circulation
- Reduce stress and tension
- Calm the nervous system

Mindful Stress Management

- Awareness of Body Sensations
- Awareness of Emotions
- Awareness of Thoughts



“You can't stop the waves,
but you can learn to surf.”

Jon Kabat-Zinn

Sharing and Connecting

- Opportunities to share practices of movement and mindfulness.
- Forum for discussing events and sharing.
- Place to connect with others.

Lessons Learned

- Expand to one hour.
- Share mindful activities post classes for practice
- Once weekly for six weeks.

Sample Activities





Thank you to our presenters!

Questions?