



Senior Center Without Walls

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An ESC Senior Resources Program

# **Increasing Social Engagement in Your Village**

# What is SCWW?

- A virtual program that offers activities, education, friendly conversation, and an assortment of classes, support groups, and presentations to older adults.
- All programs are accessible by telephone from the comfort of home.
- Many programs are accessible by computer or tablet.
- Activities are free to individual participants.

# Village Research

- 59% of Village members are over the age of 75.
- 86% of Village members report their health to be good, very good, or excellent.
- Village Services Offered by Volunteers and Staff
  - 95% host Social Events
  - 88% provide technology assistance
  - 79% provide health promotion programs

# Loneliness Interventions

- Leverage social engagement to improve cognition.
- Use the internet to improve social connections and engagement in older adults.
- Promote socially meaningful roles.

“I have had great experiences working with SSWW. From referring my own patients, to being a guest speaker, I have seen first hand what this program can do to address feelings of loneliness. If there are any downsides, they are only that the program should be nationally recognized and known as a critical loneliness intervention.”



~Dr. Carla Perissinotto, UCSF Associate Chief for Geriatrics Clinical Programs

# How does it work?

1. Register by phone or online.
2. You will receive a current catalog and a calendar with information about how to access groups.
3. Some activities are accessible online or include handouts. Let us know which of those you would like to join.
4. Join activities of interest and enjoy!

# Types of Activities



**Museum Tours**



**Conversation**



**Health & Wellness**



**Armchair Travel**



**Supportive Groups**



**Fun & Games**



**Good Reads**



**Philosophy**



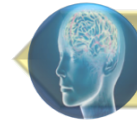
**Writing & Poetry**



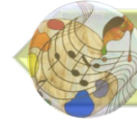
**Cultural Celebrations**



**Reflections & Meditation**



**Brain Health**



**Art & Music**



**Special Events**

MON	TUE	WED	THU	FRI	SAT	SUN
9:00 Gratitude	9:00 Gratitude	9:00 Gratitude	9:00 Gratitude	9:00 Gratitude	9:00 Gratitude	9:00 Gratitude
9:30 Improv	9:30 Breast Cancer Support	9:00 Parables of Christ	9:45 Rekindling Spanish	9:30 Let There Be Light	9:00 Bingo	9:00 Trivia
9:30 Watch Your Language!	10:30 Meditation	10:00 Coffee Break	11:00 Meditation	10:15 Book Discussion	10:00 Bingo	10:00 Poetry
<b>10:00 Growing an Elder Community</b>	<b>11:00 Health &amp; Wellness</b>	10:30 Meditation	11:00 - 12:00 Living with Vision Loss	11:00 Meditation	10:30 Meditation	10:30 Meditation
11:00 Meditation	12:00 Gratitude	10:30 Diabetes Support	12:00 Gratitude	12:00 Gratitude	11:00 Pet Tales	11:00 Coffee Break
12:00 Gratitude	<b>12:15 Across the Miles</b>	<b>11:00 Museums at Home</b>	<b>1:00 Memorial Service</b>	<b>1:00 Special Events</b>	11:30 Mystery Melody	12:00 Picture My World
12:30 Readings by Ricki	12:30 Write for Life	12:00 Gratitude	2:00 Living with Chronic Pain	<b>1:00 Blue Christmas</b>	12:00 Where Were You When?	1:00 Gratitude
1:00 LGBTQ Chat	1:00 Support for the Blind	1:00 Low Vision Support	2:30 Noggin Joggin'	2:15 Song Lyrics and Other Hysterics	2:00 Bird Talk	1:30 Write For Life: Men's Group
1:00 Socrates Café	2:00 Tall Tales	2:00 Poetically Speaking	3:00 Short Stories Read Aloud	<b>3:00 DJ Jeff's All Request Show</b>	2:30 Grief Support	3:00 Writing Workshop
2:00 Gratitud	<b>3:00 Personal Storytelling</b>	3:00 Book Reading	4:30 Perfecting Our French	4:15 Meet Me in the Kitchen	3:00 Book Share	4:00 New Year's Eve Celebration
<b>2:00 State of SCWW</b>	<b>3:00 Tombstone Talk</b>	<b>3:30 Armchair Travel</b>	5:00 Meditation	5:00 - 5:45 Potpourri	3:00 Story Time	4:30 Meditation
<b>3:15 Advocacy Now</b>	5:00 Meditation	4:30 Meditation	6:30 Open Mic	4:00 Gratitude	4:00 Meditation	5:00 Keys to Joy
5:00 While We're Together	5:00 Magic Moments	5:00 Books I've Known		4:30 Meditation	5:00 Keys to Joy	7:00 Guided Imagery Meditation
6:00 Trivia	5:00 Perfecting Our French	<b>5:30 Electric Sound Collective</b>		7:00 Inspiring Stories		
	6:00 Sports Talk	6:00 Grief Support				



# Benefits

When asked how SCWW benefitted participants lives:



- Intellectual stimulation – 83%
- Social connections – 76%
- Feeling valued – 66%
- Improved mental health – 63%
- Provided critical resources – 51%
- Improved physical health – 35%

# Village Partnership Ideas

- Encourage members to register for SCWW.
- Encourage members to share their skills, hobbies, and areas of expertise and interest.
- Recruit Village members through SCWW participants.
- Utilize SCWW infrastructure to host localized Village events and programs.
- Include SCWW as Village activity.

# Plug & Play

with Senior Center Without Walls

Senior Center Without Walls presents an affordable and easy way to bring quality activities to your community!

- 1) Choose up to 16 activities each month.
- 2) Advertise activities on your calendar.
- 3) Connect a computer with wifi to a large screen.
- 4) Enjoy the presentation!
- 5) Invite residents to stick around for more conversation or snacks!

TRAVEL  
**ART**

*Creative Writing*

**BRAIN  
GAMES**

Current  
Events

**Health  
and  
Well-  
being**

Book  
Discussion

**Friendship**

**SUPPORT GROUPS**

technology

...AND MORE

For more information: (877) 797-7299 | [scww@jtm-esc.org](mailto:scww@jtm-esc.org)



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# Creative Aging Symposium 2018: **Power to Change**

*Power to Change*, sponsored by Senior Center Without Walls and Creative Aging San Francisco; is a first-of-its-kind event. Elders are looking for ways to have their voices heard, to create change in their lives, and the lives of others. We believe older adults can continue to transform the world and we want to ignite that belief in each symposium attendee.

Join us as we remind each other that we all possess the *Power to Change* our world.

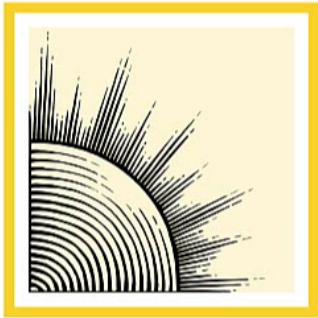
**January 17, 2017**

10:00 – 4:00 (Pacific) | 11:00 – 5:00 (Mountain) | 12:00 – 6:00 (Central) | 1:00 – 7:00 (Eastern)

# What Participants are Saying

- “SCWW amazes me with depth, variety, and inclusiveness of its calendar...Thank you for the grace and light and joy you bring to my life.”
- “It [SCWW] has been a lifesaver for me.”
- “I love SCWW! It keeps me active in the social scene.”
- “It’s lots of fun! I’ve made new friends and find myself growing because of the diversity. Love the program!”
- “One of the most wonderful things about SCWW is making friendships! I enjoy being both a participant and a facilitator.”

# Gratitude



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# Contact Information

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