

Volume 2 / Issue 7

Welcome to our Newsletter!

Welcome to the Heritage Senior Care Inc. Newsletter, we are so excited to share this newsletter with our senior clients, their families and the community.

Heritage Senior Care Inc. has been serving the needs of seniors for over 34 years. Our mission is to help seniors who wish to remain in their homes, but may require assistance with activities of daily life, transportation and companionship.



Connect an isolated senior with resources in your community such as the San Diego 211 hotline. Don't be afraid to reach out- a simple friendly visit, note or other kind gesture could make a world of difference to someone who feels lonely.

Image retrieved from:
<https://khn.org/news/alone-and-aging-creating-a-safety-net-for-isolated-seniors/>
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Hot Topics: Preventing Senior Isolation

After a recent visit to the local center I ran into a friend of mine that I met many years before while interning at the senior center. Larry, who after more than 5 years since we first met, continues to make the senior center a part of his daily routine. Larry regularly attends Laughter Yoga, painting class and loves to eat lunch with his buddy James. But what happens when a senior may not be as actively engaged in the community, such as my friend Larry? What if this person has a lack of support and may be suffering from a recent passing of a spouse/ or loved one? Perhaps this senior is not reaching out to friends/ family or might even live in a remote location. According to the AARP Foundation, 40% of seniors 65 and older, report as being significantly lonely, but why is this so? Below we will briefly discuss what can lead a senior to stop socializing/ interacting with society and what interventions are available to help prevent senior isolation.

Bereavement: It is difficult sometimes to know how to assist someone going through the loss of their spouse/ family member or friend. Studies have supported that the benefits of group therapy far outweigh the outcome of psychiatric interventions. After attending grief therapy sessions for 1 year many people reported that they were able to reach out to their social network and cope with the grief by themselves. To learn about local bereavement groups near you please call or visit your local senior center and speak to their resources coordinator, churches and local community centers also offer weekly meetings. Finally, www.greifshare.org is an online, nonprofit that connects you or a loved one experiencing grief with a local bereavement support group based off your zip code.

Rural/ Geographic Limitations: It is estimated by The Center for Disease Control (CDC), that 15% of the senior population in the nation lives in a rural area. Living in extreme rural locations, where a hospital is many miles away can limit someone to accessing healthcare, resources and connecting with their community. In San Diego County- which encompasses many rural locations- dial 211- which is a free resource that includes 'Project C.A.R.E.,' which was created to provide isolated seniors with a daily phone call and wellness checks, among other resources, for more information about Project C.A.R.E. call: 800-510-2020. If an isolated senior can't connect with their community, or another person- then perhaps they can connect with technology. Alexa, made by Amazon, can be a wonderful resource for an isolated senior, it can offer safety, security and serve as an outlet to the outside world. Skype utilizes a webcam in which seniors can communicate with grandchildren and family that live far away.



Pictured above is an Amazon Echo Dot portable and easy to use for all ages. Retail for about \$49.99.

*Picture retrieved from:
<http://www.lutherseniorelife.org/senior-living/news/2017-05-10/personal-assistant-devices-can-provide-companionship-preserve>*

For More Information and resources about preventing senior isolation please visit:

www.helpguide.org

www.kqed.org

www.projectcare.moonfruit.com

www.211sandiego.org

“People who need people are the luckiest people in the world.”

Barbara Streisand

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