

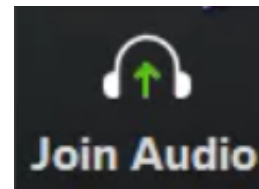
# Addressing Social Isolation in Rural America

November 19, 2021

# Webinar Instructions

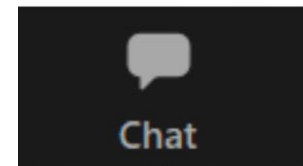
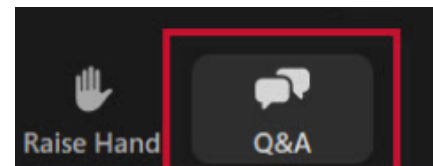
## Audio Options

- Use your computer speakers, **OR** dial in using the phone number in your registration email.
- All participants are muted.



## Questions and Answers (Q&A)

- You can submit questions for the panelists at any time during this presentation. On the Zoom module on the bottom of your screen, click the Q&A icon, type your question in the box and submit.



CLICK HERE TO START CHAT

# Accessibility

- **Screen Reader Users: Reduce unwanted chatter**
  - Request speech on demand: Insert, Spacebar, “S”
- **To get our attention if you need tech assistance:**
  - Raise or Lower Hand: Alt + Y

# engAGED

- National effort to increase social engagement among older adults, people with disabilities and their caregivers
- Administered by USAging
- 18 Project Advisory Committee members representing an array of stakeholders and viewpoints
- Funded by the U.S. Administration on Aging, which is part of the Administration for Community Living
- Visit us at [www.engagingolderadults.org](http://www.engagingolderadults.org)

# Presenters



**Len Kaye, D.S.W., Ph.D.**  
Director, UMaine Center on Aging



**Emily Foreman, MSG**  
Manager of Senior Nutrition Programs,  
Jefferson Area Board for Aging



**Brenda House**  
Director, Wyandotte Nation Title VI  
Aging Program

# Rural Aging: Social Isolation and Engagement



**engAGED Webinar**  
**USAgging**  
Friday, November 19, 2021



Lenard W. Kaye, D.S.W., Ph.D.  
Professor, University of Maine School of Social Work  
Director, University of Maine Center on Aging

# Central Principles for Fighting Social Isolation and its Consequences

- Need to support a productive and engaged aging perspective including creating **universal access** to services and resources in your community
- How to live an engaged and satisfying life into old age is **personally determined** by the individual
- **Everyone has something special** to contribute to the families and communities in which they live
- We all have a responsibility to **fight the nihilistic mentality** that persists in society and fuels elder disengagement and isolation



# Social Isolation: An Emergent Public Health Threat

- Americans more socially isolated than ever before especially in rural and underserved urban areas
- Prevalence was as high as 43% among community dwelling older adults before the pandemic
- Higher risk for caregivers of older adults as well
- COVID-19 has served to escalate isolation and loneliness to unprecedented levels. It has now risen to 75% and higher
- Advances in communications and technology has not served to slow the rise in the loneliness and isolation epidemic

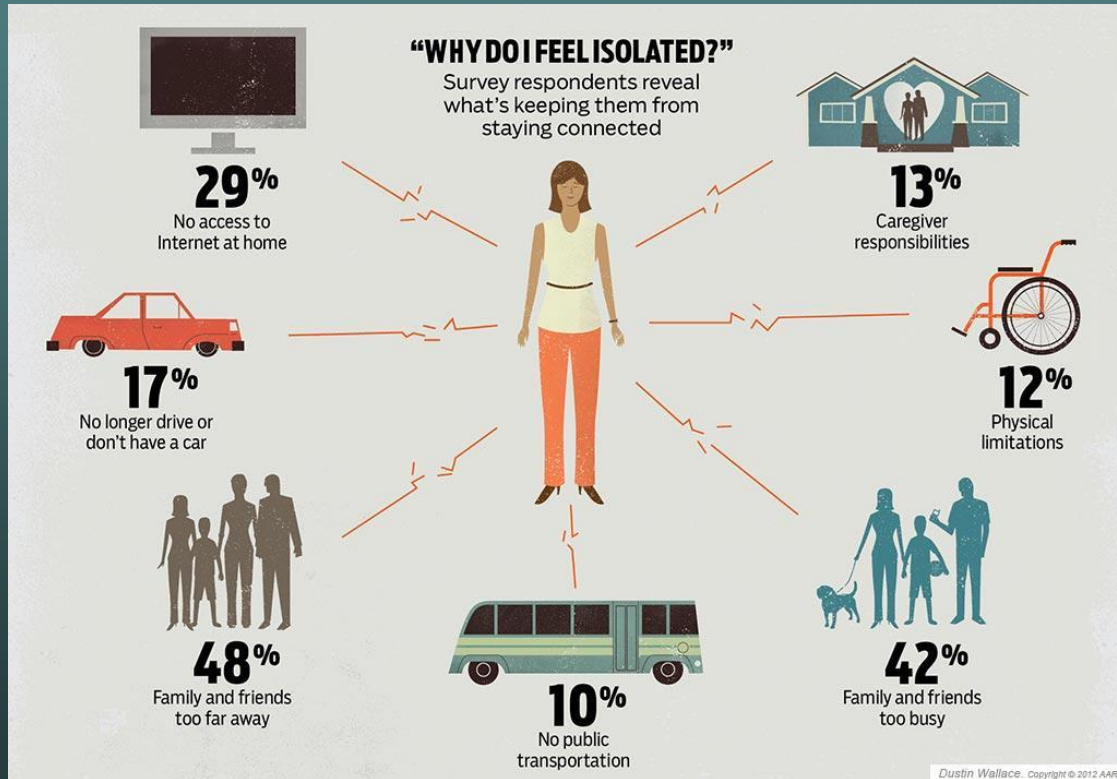


# Classic Conditions That Put Elders at Risk of Social Isolation

- Dependency
- Vulnerability
- Declining Physical and/or Mental Health
- Acquiescence
- Loss
- Stoicism
- Ageism & Discrimination



# Why Do I Feel Isolated?



# The Pandemic Has Made Matters Worse

- Failed to make the distinction between physical distancing and social distancing
- Older adults have felt the brunt of pandemic impacts
- Has increased instances of ageism, age discrimination and the number of elder abuse cases



# Barriers to Engagement By Older Adults

- Personal need for control and self-reliance
- Poor social and interactive skills
- Minimizing problems and resignation
- Physical and geographic barriers
- Distrust of professional caregivers
- The value placed on privacy
- Ageism and discrimination



# At Greatest Risk of Social Isolation and/or Loneliness

## Older adults:

- With physical and functional impairment
- Living alone
- LGBTQ+
- 80 years and older
- Living on low income
- Lacking instrumental support (access to transportation, the internet, telephone, etc.)
- With poor mental health
- Facing critical life transitions
- **With a fragile social network**



# The Negative Consequences of Social Isolation

- **Linked to loneliness and poor outcomes**
- **Negatively impacts health, well-being, and quality of life, including increased risk of:**
  - ✓ Disabilities
  - ✓ Lower self-reported health/well-being
  - ✓ Mortality and morbidity
  - ✓ Dementias
  - ✓ Hospitalizations
  - ✓ Suicide
  - ✓ Falls
  - ✓ Not surviving natural disasters
  - ✓ Poor health practices and infrequent visits to health care providers
  - ✓ Psychological distress
  - ✓ Abuse/neglect/exploitation
  - ✓ Common cold

# The Relationship Between Isolation and Neglect is Undeniable

The strongest risk and protective factors for elder abuse, exploitation, and neglect parallel those for social isolation

- **Risk Factors** (Functional dependence, Poor physical health, Cognitive impairment, Poor mental health, Low income/SES, Living arrangements)
- **Protective Factors** (Social embeddedness and support)

# The Overriding Importance of the Informal Support System

- Provision of social support
- Social influence
- Social engagement and attachment
- Stress buffering
- Access to resources
- Stimulate the immune system





# Your Greatest Allies – Family, Friends and Neighbors

- Reaching older adults through their informal natural helping networks
  - Are more likely to obtain health care information from trusted friends/relatives
  - Have trusting and enduring relationships with friends and relatives
  - Informal supports can serve as health care mediators
  - Important to accommodate family members who accompany elders to appointments



# Rural Life, Isolation, and Loneliness

## Rural Residents Compared to Urban Residents Report Less Social Isolation:

- Have more friends and family in their lives
- Are more likely to rely on their social networks
- Are more likely to feel socially excluded or left out
- Have more structural barriers to overcome in maintaining connections
- 20% are always or often isolated or lonely

## Differences Might be Related to Rural Culture and Tradition

# The Unique Aspects of Rural Social Isolation

- Transportation
  - ✓ Limited availability and infrastructure
- Demographics
  - ✓ Poverty
  - ✓ Aging population
- Culture
  - ✓ Self-sufficient and stoic
- Access to Resources
  - ✓ Scarce services that are at a distance
- Technology
  - ✓ Limited broadband and internet access



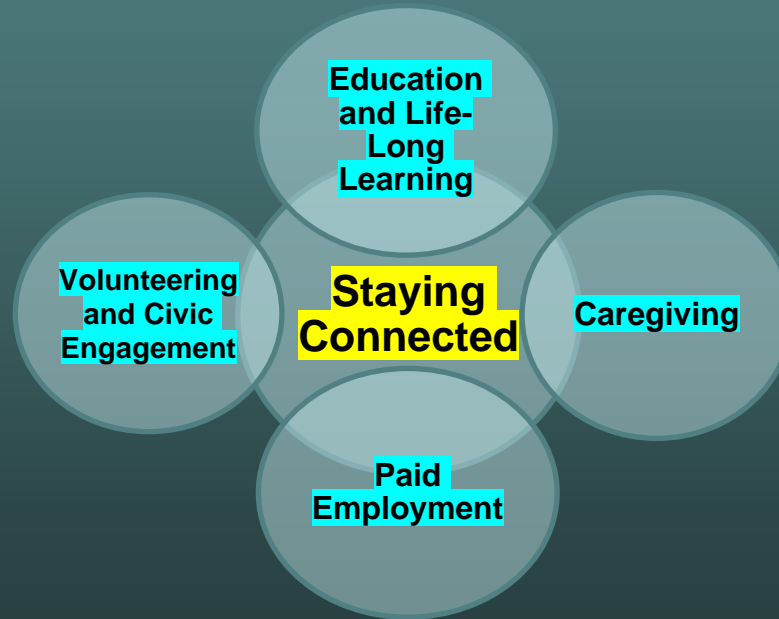
# All Older Adults Have Certain Universal Human Needs

- A source of material support
- A source of identity
- A source of structure
- A source of role and function
- A regulator of life
- A source of meaning
- **A source for social relationships**



# Successful Aging Often Means Remaining Engaged as We Age

**Engaged Aging Occurs in at Least 4 Activity Areas**



# What We Can Do As Helping Professionals

- Don't equate isolation and loneliness but know that both negatively impact health
- Know that social connection programs need not be extremely costly
- Encourage everyone to become digitally literate
- Use technology as a supplement not a substitute for traditional methods of social contact
- Be an advocate for greater social connectedness in our communities
- Fight systemic and structural inequalities that promote isolation (ageism, age segregation, discrimination, racism)

# Four Strategies for Greater Connection\*

- **Building on existing programs and services**
- **Using technology as a tool for connection**
- **Promoting meaningful engagement**
- **Creating social bonds across the generations**



# Technology Can Help Fight Against Social Isolation

- **Education**
- **Artificial Intelligence**
- **Social Networking with Family and Friends**
- **Phone Buddy Programs**
- **Fraud and Scam Prevention**
- **Virtual Games**
- **Creative Pursuits**



# Reducing COVID-19's Negative Impact on Older Adults

Implementing a series of prevention measures endorsed by the American Society on Aging:

- Improve access to age-friendly health care and age-friendly communities
- Provide work and volunteer opportunities
- Expand telemedicine options
- Provide support for family care partners
- Fund isolation-reducing services
- Increase public responsibility to check-in on our fellow citizens

**Public Health Issues are Community and Societal Issues!**



# Thank You!



Lenard W. Kaye, D.S.W., Ph.D.

Professor, University of Maine School of Social Work

Director, University of Maine Center on Aging

25 Texas Avenue

Camden Hall

Bangor, ME 04401

[len.kaye@maine.edu](mailto:len.kaye@maine.edu)

<http://mainecenteronaging.umaine.edu/>

207.262.7922

# Redefining Community: How JABA Center Programs Re-Emerged during COVID-19 Crisis

RECONSTRUCT REMAKE  
RECYCLE REJUVENATE  
REVAMP REDESIGN RENOVATE  
**REIMAGINE**  
RETHINK REUSE RECREATE  
REFURBISH RESTORE RENEW  
REMODEL REDO REVISE



# JABA

- **JABA- Jefferson Area Board for Aging**
- **Serving Blue Ridge Planning District 10 for 43 Years**
- **To promote, establish and preserve sustainable communities for healthy aging that benefit individuals and families of all ages.**



# JABA- Community Senior Centers

## Spirit

Focus on your emotional needs and seek to provide connection and outlets for expressing those needs

## Community

Enjoy socialization, advocacy, collaboration and partnership that builds and strengthens our center and neighborhood relationships.



## Mind

Challenge and sharpens your brain through education, creativity and enhancing memory

## Body

Learn and use tools for positive nutrition and healthy living no matter your age!

JABA



What a year this  
week has been.

**jaba**  
Live better. Longer.

# JABA



The Next Normal...



**jaba**  
Live better. Longer.

# At Home with JABA



**jaba**  
Live better. Longer.



# At Home with JABA

- **What is At Home with JABA?**
- **How did this program get started?**



# At Home with JABA

- **What Programs do we offer?**
- **How do we offer so many programs?**



# At Home with JABA

visit [jabacares.org/at-home-with-jaba](http://jabacares.org/at-home-with-jaba)



## Two Ways to Connect!

There's plenty to do at home via phone and internet with **At Home with JABA** - BINGO Time, games, informative presentations by our JABA nurses, exercise sessions, and more. Also, join our new **At Home with JABA Facebook Group** at [www.facebook.com/groups/athomewithjaba](https://www.facebook.com/groups/athomewithjaba)

1

### CONFERENCE CALLS

Use the following number:  
800-920-7487.

Type in the participant code -  
86828423#

2

### ZOOM

Meeting ID:  
627 272 9039

Passcode: 183121

Get links/info at [jabacares.org/at-home-with-jaba](http://jabacares.org/at-home-with-jaba)



Get healthy with seated chair exercises!



Bingo every Monday, Wednesday, and Friday at 2PM! With Prizes!



Information sessions from JABA nurses!



## May Activities

Please try to be prompt when joining in on a conference call presentation.

### Monday 5/3:

10:15-11:00 AM Healthy Steps with Danny & the Nelson Crew  
Join the Nelson Senior Center for a fun Healthy Steps Exercise Program! (Zoom)

2:00- 3:00 PM Bingo Time! (Conference Call)

### Tuesday 5/4

10:00-10:30 AM Simple Stretching with Crystal Call in for some simple stretching with Crystal! (Conference Call)

### Wednesday 5/5

10:00-10:30 AM Cinco De Mayo Fun with Crystal  
Call in to learn some interesting facts about Cinco de Mayo as well as some trivia to test your knowledge! (Conference Call)

2:00- 3:00 PM Bingo Time! (Conference Call)

### Thursday 5/6

1:00-1:45 PM Senior Cool Care with Options Counselor Nancy! What is Senior Cool Care? Do I qualify? Call in and listen to Ms. Nancy explain Senior Cool Care and how it might help! (Conference Call)

### Friday 5/7

2:00- 3:00 PM Bingo Time! (Conference Call)

### Monday 5/10

11:00-11:45 AM Seated Tai-Chi with Hiromi  
If you have never tried Tai-Chi this is a great place to start! Hiromi does a remarkable job explaining the exercises! (Zoom)

2:00- 3:00 PM Bingo Time! (Conference Call)

### Tuesday 5/11

2:00-2:45 PM Giggling in the Garden with Crystal Do you like Gardening?! Then this is the activity for you! Join us in a chat about Gardening! Bring your best known secret to share with the group! We will be talking about the benefits of gardening, sharing a few funny jokes and some inspirational quotes related

## May 2021 Newsletter

# At Home with JABA

434-872-3337

[AtHomewithjaba@jabacares.org](mailto:AtHomewithjaba@jabacares.org)

[www.jabacares.org](http://www.jabacares.org)

May is **Older Americans Month!** Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation. So I would like to personally thank you for all you have done to make this world a better place!

### Note From Crystal, Coordinator for At Home Programs

Good Day! I hope this newsletter finds you doing well and enjoying the sunshine! I cannot believe we are in May already! If there is an activity that you would like to see on our At Home calendar please do not hesitate to give me a call! We want to make this the best program for you!

Just a few notes:

-Please make sure if you are joining our conference calls to state your **first and last name** when asked from the conference call line. If you are new to the program please make sure to contact me so I can capture a little information and get you on our mailing list!

- Starting this month if you participate in any of our activities, your name will go into a drawing to win a prize at the end of the month.

- If you have NOT done our At Home Survey (done January-April) please contact me so you can stay on our program. If I have not heard from you by May 15th you will not receive the activity packet in June.



## Special Days

May 1- May Day

May 5- Cinco de Mayo

May 6- National Nurses Week

May 9- Mother's Day

May 15- Armed Forces Day (U.S.)

May 24- Victoria Day (Canada)

May 31- Memorial Day (U.S.)

### Month Long Observations

Asian Pacific Heritage

Jewish American Heritage

Happy Birthday to our  
May Members!

I wish you a happy day  
full of smiles!

At Home with JABA presents:

## Senior Cool Care

With Options Counselor Nancy Purgason

Are you in need of air conditioning or a fan this summer?

If you are a senior, you may be eligible for a free fan or window air conditioning (AC) unit from JABA — while supplies last! Please join us on May 6th to hear more about this topic and to learn what your local Options Counselors can do for you.

When: May 6, 2021 @ 1 p.m. via Conference Call

Phone Number: 800-920-7487 (participant code – 66828423#)

### Military Search and Solve

Find each of the items from the categories listed below. Search vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

Bow	Army	Army
Deck	Captain	Gate
Outboard	Air Force	
Marines		
Admiral		

Major Stern  
Barracks Navy  
Mess Hall Colonel

C	O	L	O	N	E	L	D	B	I	C	R
F	A	V	M	G	S	N	E	X	I		
C	F	M	E	S	S	H	A	L	L	O	Y
A	L	E	B	C	E	K	O	M	J	E	Z
P	J	T	C	H	D	F	B	I	L	D	S
T	M	P	N	R	O	C	T	N	B	K	J
A	H	A	E	Y	O	R	U	V	C	O	L
I	R	T	R	S	V	F	O	A	C	C	M
N	A	M	T	I	L	A	R	I	N	D	A
G	K	E	O	Z	N	R	N	I	N	Y	J
X	R	Y	M	R	A	E	R	G	A	S	O
N	B	O	W	B	Y	A	S	J	F	Z	R

Find four branches of the military.

Find four ranks of the military.

Find four items that are part of a ship.

Find four items that are part of a military base.

[www.ActivityConnection.com](http://www.ActivityConnection.com)

### Strawberries-and-Cream Breakfast Oat Delight

A no-bake recipe

#### Ingredients:

- 1 1/2 cups old-fashioned oats
- 1 1/2 cups milk
- 1 cup strawberry Greek yogurt
- 2 tablespoons chia seeds
- 3/4 cup diced strawberries (fresh or frozen)



#### Directions

1. Combine all ingredients in a medium bowl.
2. Divide mixture evenly into 3 small jars or cups. Cover and chill for two hours or overnight.

Makes 3 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.

Easy Sudoku Puzzles by Kira Patel, Volume 1, Book 1

## Sudoku #3

4	7	9	1	6	5			
	2	3				8	4	
							1	
	1	4	7	8	5			
6		2	3				9	
	3	6	5	8	1			
8								
5	9			4	2			
7	1	5	2		9	8		

Fill in the blank squares so that each row, each column and each 3x3 block contain all of the digits 1-9.

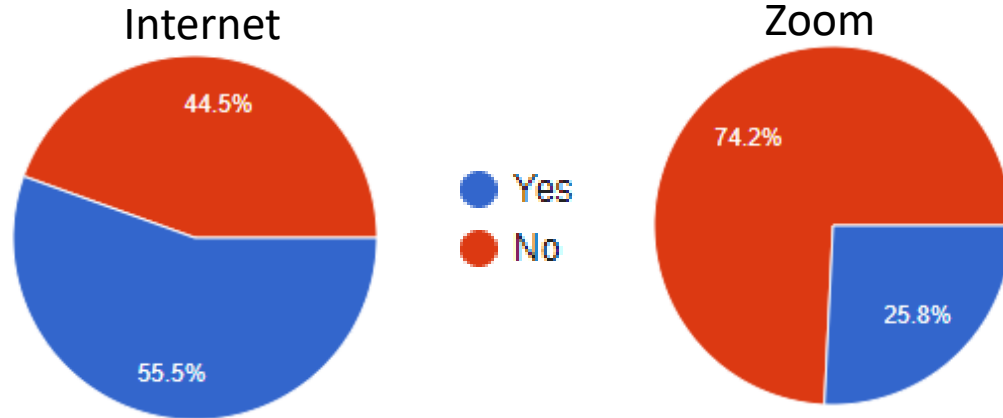
If you use logic you can solve the puzzle without guesswork.

Need a little help? The hint page shows a logical order to solve the puzzle. Use it to identify the next square you should solve. Or use the answer page if you really get stuck.

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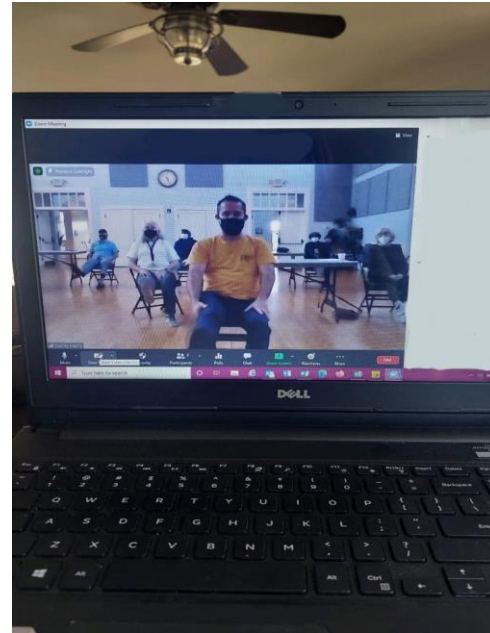
# At Home with JABA

- Capturing Data
- Importance of Technology Assessment Survey



# At Home with JABA

To Zoom or not to Zoom



# At Home with JABA

- **Introducing it to the Community**
- **Expanding the Program**



# At Home with JABA

What do our members have to say about this program?





# At Home with JABA

Emily Foreman, Manager of  
Nutrition Programs

[Eforeman@jabacares.org](mailto:Eforeman@jabacares.org)

434-817-5249

Crystal Donovan, Coordinator for  
Senior Nutrition At-Home

[athomewithjaba@jabacares.org](mailto:athomewithjaba@jabacares.org)

434-872-3337



**“The secret of change is to focus all your energy, not on  
fighting the old, but on building the new”**

**Socrates**



WYANDOTTE NATION



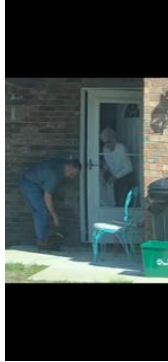
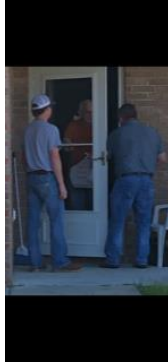
# FROM OUR CHIEF

The Wyandotte Nation, as part of our ongoing effort to reduce the spread of COVID-19 (Coronavirus), will make several changes to keep our citizens, employees and guests safe:

- The Wyandotte Nation will operate with essential employees and limit public access to emergency services effective March 18. If services are needed, please call or email.
- The Bearskin Fitness Center is closed effective at 9 pm March 17.
- Turtle Tots (including preschool, and childcare) is closed effective March 19.
- Wyandotte Nation Cultural Center is closed effective March 18.
- Elders Services (Title VI) will continue to serve lunch as TAKE OUT ONLY from 11 am – 1 pm. No public access to the building will be allowed during this time. Staff will be available to deliver meals to your vehicle. Please stay in your vehicle and drive through the driveway.
- Housing – Activity Center and Community Center closed effective March 17.
- The Bearskin Clinic will provide limited services. Please call before coming to the clinic. Pharmacy services will continue.

Wyandotte Nation Leadership is continually monitoring this situation and will reassess these decisions March 31. Please visit our website or continue to watch our Facebook page for updates. We hope everyone stays healthy and safe!

# Home Delivery/Drive Thru During COVID



# Myrtle



# CAR BINGO



Thursday, April 23, 2020 at 2 p.m.  
River Bend Casino Casino Parking Lot  
100 Jackpot Pl.  
Wyandotte, OK

Lots of Bingo Prizes!!

Make a Funny Car Sign  
to be judged to win a prize!

Cars are to be parked 6 feet apart. There will be attendees assisting with parking.

You must be 55 or older to participate.

You must stay in your car at all times

If anyone gets out of their car everyone will have to leave.

If it rains the bingo will be cancelled.

Sponsored by: Wyandotte Nation, Ottawa/Peoria Tribe, Quapaw Nation, Eastern Shawnee Tribe, and Good Shepherd Hospice



OP  
17

April 23, 2020



Could car bingo

River bend Casino



# CAR BINGO



Friday, May 1, 2020 at 2 p.m.

Outpost Casino Parking Lot

69701 E. 100 Rd.

Miami, OK

Lots of Bingo Prizes!!

Make a Funny Car Sign

to be judged to win a prize!



Cars are to be parked 6 feet apart. There will be attendees assisting with parking.

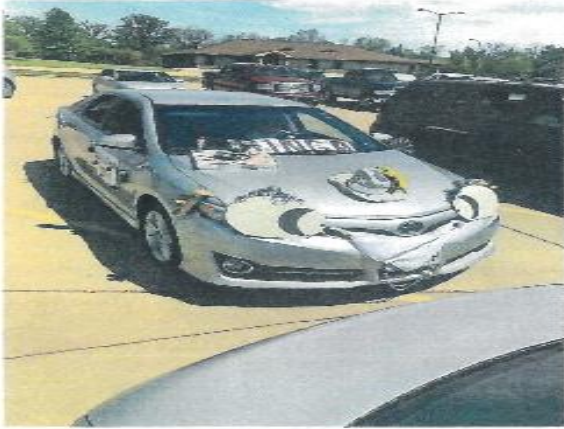
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Sponsored by: Wyandotte Nation, Ottawa/Peoria Tribe, Quapaw Nation, Eastern Shawnee Tribe, and Good Shepherd Hospice



00/4

# CAR BINGO



Thursday, May 21, 2020 at 2 p.m.

High Winds Casino Parking Lot

61475 E. 100 Rd.

Miami, OK

Lots of Bingo Prizes!!

Make a Funny Car Sign  
to be judged to win a prize!



Cars are to be parked 6 feet apart. There will be attendees assisting with parking.

You must be 55 or older to participate.

You must stay in your car at all times

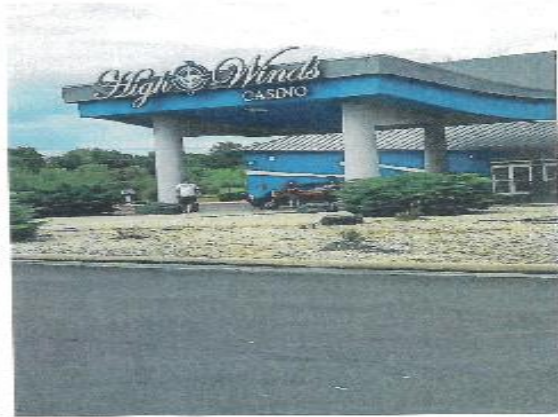
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Sponsored by: Wyandotte Nation, Ottawa/Peoria Tribe, Quapaw Nation, Eastern Shawnee Tribe, and Good Shepherd Hospice







#/6



7/3

May 21, 2020

Covid Car Bingo



Highlands Casino



4





H  
5





# CAR BINGO



Thursday, June 18, 2020 at 9 a.m.

First Christian Church

2424 N Main

Miami, OK

Duke Mason will sing from 8-9am

Lots of Bingo Prizes!!

Make a Funny Car Sign

to be judged to win a prize!

Cars are to be parked 6 feet apart. There will be attendees assisting with parking.

You must be 55 or older to participate.

You must stay in your car at all times

If anyone gets out of their car everyone will have to leave.

If it rains the bingo will be cancelled.

Sponsored by: Wyandotte Nation, Ottawa/Peoria Tribe, Quapaw Nation, Eastern Shawnee Tribe, and Good Shepherd Hospice



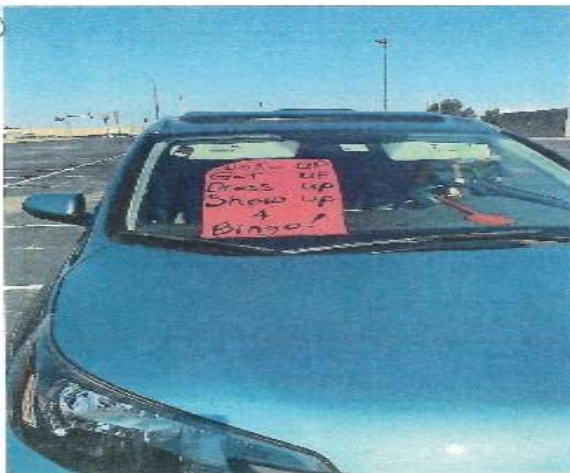
FC  
S



EC/4

First Christian Church - Covid Car Bingo

June 18, 2020



CC  
/ 2

# CAR BINGO



**Tuesday, June 30, 2020 at 9 AM**

**Bordertown Casino Parking Lot**

**West of Seneca at**

**129 Oneida St.**

**Wyandotte, OK**

**Duke Mason will sing from 8-9am**

**Lots of Bingo Prizes!!**

**Make a Funny Car Sign  
to be judged to win a prize!**

Cars are to be parked 6 feet apart. There will be  
attendees assisting with parking.

You must be 55 or older to participate.

You must stay in your car at all times

If anyone gets out of their car everyone will have to leave.

If it rains the bingo will be cancelled.

**Sponsored by: Wyandotte Nation, Ottawa/Peoria Tribe, Quapaw  
Nation, Eastern Shawnee Tribe, and Good Shepherd Hospice**





6/3

June 30, 2020

Casino Covid Car Bingo



Border town



6/2

# CAR BINGO



Thursday, Sept 10, 2020

Duke Mason performing from 1pm to 2pm

Car Bingo begins at 2pm

**First Christian Church**

**2424 N Main**

**Miami, OK**

Medicare Part D Event

**Drawing for a Beautiful New Recliner**

Lots of Bingo Prizes-Snacks-Goody Bag

**Make a Funny Car Sign**

**to be judged to win a prize!**

Cars are to be parked 6 feet apart. There will be attendees assisting with parking.

You must be 55 or older to participate.

You must stay in your car at all times

If anyone gets out of their car everyone will have to leave.

If it rains it will be cancelled.

Sponsored by: Wyandotte Nation, Ottawa/Peoria Tribe, Quapaw Nation, Eastern Shawnee Tribe, and Good Shepherd Hospice







DELAWARE COUNTY CAREGIVER  
DRIVE THRU



# HEALTH FAIR

150

GROVE CIVIC CENTER, GROVE, OK  
9:00AM-NOON

NOV  6<sup>TH</sup> 2020

*Lunch • Music • Prizes*

Health Screenings and Car Bingo.  
Door prizes - 2 recliners, money tree and more!  
Music by Duke Mason.  
Participants must remain in their cars at all times!

Sponsored by:



Quaker Hill

Health Services



PEORIA TRIBE



good shepherd  
HOSPICE



## Delaware County Elder Day Roundup 2020

I hope that this finds you healthy and safe from this pandemic we are experiencing. I would like to invite you to participate in the Delaware County Elder Day Roundup 2020. This health fair has always proven to be an exciting opportunity for many businesses to reach a large population of area residents and we hope that it will continue to be with this new drive thru format.

This event will take place at the Grove Civic Center 1702 S. Main, Grove on November 6, 2020 from 9am to noon. While the setup is quite different, this event is open to the public with all participants remaining in their vehicles at all times. Lunch will be provided and Duke Mason will provide music. Vendors are asked to have items individually bagged for recipients and to provide their own tables, chairs, sanitizers and masks. In addition, we are asking all vendors to bring a (2)door prizes worth approximately \$25 in value each, there is no vendor booth fee this year. You can begin setting up your booth on the morning of Nov 6<sup>th</sup> at 8 am.

We hope your organization will be able to participate in the health fair this year, we are looking forward to seeing everyone again! Please reserve your booth space by November 2, 2020 by way of mail to: Debbie Hopkins – P.O. Box 114, North Miami, Ok. 74358 or fax 620-848-3017 or email: [quaker.outreach@americareusa.net](mailto:quaker.outreach@americareusa.net) . Please call Debbie Hopkins 918-919-1400 or Hannah Weinrich 918-961-1137 with any questions.

*150 attendees*





# CAR BINGO



Friday, April 30, 2021  
Duke Mason performing from 2pm to 3pm  
Car Bingo begins at 3pm

**Bordertown Casino & Arena**  
**129 Oneida St.**  
**Wyandotte, OK**

**Medicare Part D Event**  
**Drawing for a Beautiful New Recliner**

**Lots of Bingo Prizes-Snacks-Goody Bag**  
**It will be cancelled if there is a downpour**

**Cars are to be parked 6 feet apart.**  
**There will be attendees assisting with the**  
**parking**

**Sponsored by: Wyandotte Nation, Ottawa/Peoria Tribe,  
Quapaw Nation, Eastern Shawnee Tribe, and Good Shepherd  
Hospice**

**Bearskin Healthcare & Wellness Center  
20<sup>th</sup> Annual Health Fair**

*Lunch ~ Music ~ Prizes*

**October 22,  
2021**

**9am-1pm**

**Bordertown  
Parking Lot**  
129 Oneida St  
Wyandotte, OK 74370

***Fair on the Border! Come Join us!***

- *Live music by Duke Mason*
- *Lunch*
- *Door prizes including two televisions and more!*
- *Ice Cream Truck*

**Sponsored by**

*Quapaw Nation, Wyandotte Nation, Eastern Shawnee Tribe, Ottawa Tribe, Peoria Tribe,  
Ottawa County Senior Companions, Grand Gateway, Seneca-Cayuga Nation, Quaker H,  
Skilled Nursing, Good Shepherd Hospice, Grandwood Assisted Living*





# CAR BINGO



Thursday, May 20, 2021  
Duke Mason performing from 2pm to 3pm  
Car Bingo begins at 2pm  
**First Christian Church**  
**2424 N Main**  
**Miami, OK**  
Medicare Part D Event

**This event is for 55 yr. and older**

Lots of Bingo Prizes-Snacks-Goody Bag

It will be cancelled if there is a downpour

Cars are to be parked 6 feet apart. There will be attendees assisting with parking.

Sponsored by: Wyandotte Nation, Ottawa/Peoria Tribe,  
Quapaw Nation, Eastern Shawnee Tribe, and Good Shepherd  
Hospice



**VETERANS DAY**  
HONORING ALL WHO SERVED

Please join Wyandotte Nation for the  
Annual Veterans Day Drive Thru Luncheon.

Thursday, Nov 12<sup>th</sup> 2020

64700 East Hwy 60, Wyandotte, Ok  
Flag Ceremony and Pledge of Alligance  
will begin at 11:30 in the parking lot.

We will be honored to salute all of our area  
Veterans for their Service to our Country, without  
These Brave Men and Women we would not have  
The Freedoms that we have today.

Thank You for Your Service

*34 Veterans Honored*



**DELAWARE COUNTY ELDER DAY ROUNDUP**

# **TAILGATE PARTY**

**GROVE  
CIVIC  
CENTER  
PARKING LOT**



**NOVEMBER  
5TH  
9 AM - 1 PM**

**MUSIC BY DUKE MASON  
CAR BINGO  
LUNCH  
MEDICARE PART D  
ICE CREAM TRUCK  
LOTS OF DOOR PRIZES  
HEALTH SCREENINGS / FLU SHOTS**

**FREE**

**SPONSORED BY:**

QUAKER HILL SKILLED NURSING  
GRANDWOOD ASSISTED LIVING  
GOOD SHEPHERD HOSPICE  
GRAND GATEWAY,  
DOC'S INC.  
WYANDOTTE NATION  
EASTERN SHAWNEE TRIBE  
OTTAWA TRIBE  
PEORIA TRIBE  
SENECA-CAYUGA NATION  
QUAPAW NATION  
SENIOR COMPANIONS

**HAVE QUESTIONS?**

**CONTACT:**

**DEBBIE 918.919.1400**

**HANNA 918.961.1137**



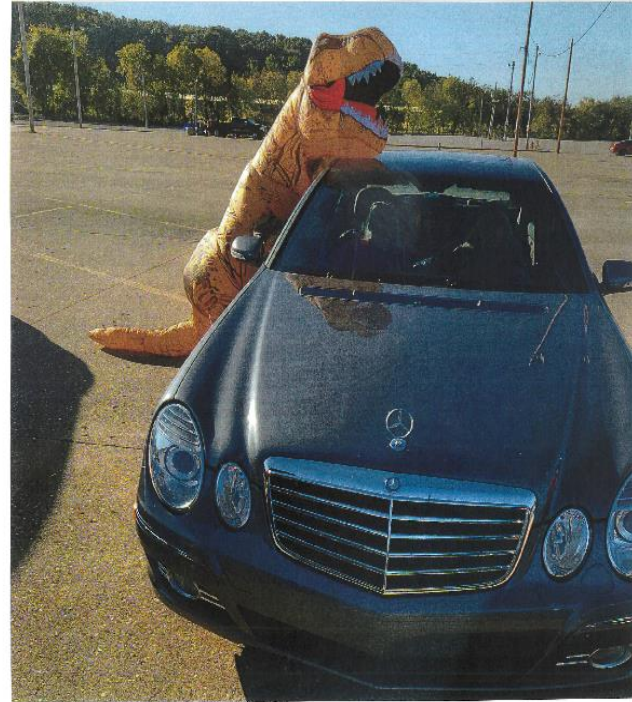
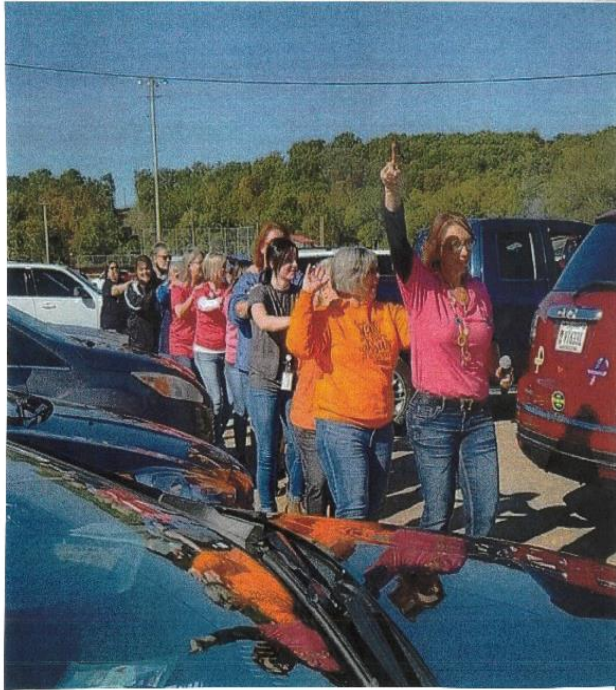




# We are serious about our health!



But we like to have fun too!





June Jamboree Sr. Prom (207)  
 June 4, 2021 9:30 am - 1:30pm  
 1129 E St. SW Miami, Ok. Fairground Show Arena  
 Medicare Part D

(Breakfast & Lunch will be provided)

Door Prizes - Free Recliner

Entertainment by: Duke Mason

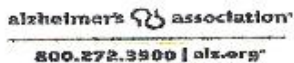
Educational Resources - Event for 55 & older

For reservations call: Good Shepherd Hospice 918-786-6182

*37 Volunteers  
170 Elders*



Sponsored By:











# Veterans' Day 2021



**Honoring All Who Served**

**Wed., Nov. 10<sup>th</sup> – 11:15am**

**Wyandotte Nation Title VI**

**Lunch served 11:30am-1:00pm**







## VETERAN'S DAY

Our Elder Services Department honored Veterans on Friday November 10, 2021, during a lunch and presentation in advance of Veterans Day. Helping with the presentation were the Wyandotte Nation Honor Guard (Larry Hamilton and John Webb), as well Beth Marsh with Good Shepherd Hospice and Hannah Weinrich with Grandwood Assisted Living.





**Those who served**

**Honoring**





# engAGED Resources

- Innovations Hub
- Toolkits and template materials
- Videos
- Consumer brochures
- Newsletter and blog
- Resources and research links
- Information on upcoming events

# Connect With Us!

- [www.engagingolderadults.org](http://www.engagingolderadults.org)
- Facebook: @engAGEDCenter
- Twitter: @engAGEDCenter
- [info@engagingolderadults.org](mailto:info@engagingolderadults.org)

# Commit to Connect

- ACL campaign working to combat social isolation through:
  - Network of champions
  - Connection to resources
  - Establishment of partnerships
  - Sharing of successful initiatives



COMMIT TO  
**Connect**

[acl.gov/CommitToConnect](https://acl.gov/CommitToConnect)

# Questions and Discussion

Please submit your questions or comments  
through the Q&A.



# Thank You!

- Please complete the survey which will be displayed in your browser after Zoom closes.
- The recording will be available on [www.engagingolderadults.org](http://www.engagingolderadults.org).
- Thank you for attending today's webinar!