

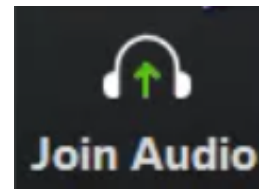
Partners in Social Engagement: Collaborating with Parks and Recreation Agencies

February 22, 2022

Webinar Instructions

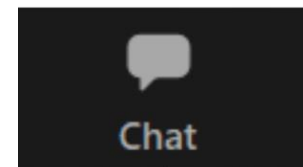
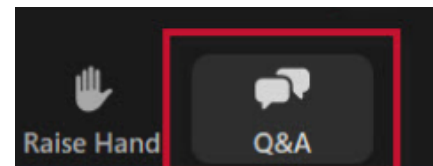
Audio Options

- 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:
www.engagingolderadults.org/partnerships
- Funded by the U.S. Administration on Aging, which is part of the Administration for Community Living

Presenters



Tiff Cunin (they/them)

Senior Program Manager, National
Recreation and Park Association



Pam Plimpton, MSW

Intergenerational Coordinator, County of San
Diego Health and Human Services Agency,
Aging & Independence Services

Supporting Healthy Aging

A Community Based Approach Through Parks and Recreation



NATIONAL
RECREATION AND PARK
ASSOCIATION

A Quick Temperature Check

On this sheep-scale,
how do you feel today?



A Quick Introduction



Tiff Cunin

PhD(ABD), MPH

They/Them

Senior Program Manger for Health

National Recreation and Park Association (NRPA)

tcunin@nrpa.org | healthyaginginparks@nrpa.org



At NRPA...

We seek a future where the full power of parks and recreation is widely recognized for creating a better life for everyone by building strong, healthy and resilient communities.

We advance this vision by investing in and championing the profession as a catalyst of positive change for equity, climate readiness and overall well-being.



The Power of Parks and Recreation





Advancing Community Health and Well-Being

Park and recreation professionals — and the services they provide — are key to a fully integrated public health system.



Park and recreation professionals serve as stewards of Community Wellness Hubs — trusted gathering places that connect every member of the community to essential programs, services and spaces that advance health equity, improve health outcomes and enhance quality of life.



NRPA's Work to Support Healthy Aging



Since 2016, NRPA has:

- Expanded the availability of evidenced-based programs for the prevention and management of chronic conditions;
- Supported the development of innovative delivery systems for evidence-based programs;
- Implemented community integrated health strategies like electronic health record referrals to evidence-based programs offered by P&R agencies.



Older adults participate in a Walk With Ease class, a low-impact walking program, hosted by the Prince George's County (Maryland) Department of Parks and Recreation.

Supporting Healthy Aging: The Role of Local P&R



- P&R agencies are leading providers of services and programming for older adults.
- P&R professionals provide older adults with a wealth of resources that improve mental and physical health including evidence-based chronic-disease management programs.
- P&R agencies and professionals are part of the solution to addressing systemic obstacles to social participation.



The Get Fit Mobile program delivers regular physical activity to citizens in Prince George's County, Maryland, to help reduce the risk of chronic disease.

From Physical Activity to Social Connectedness



- With funding from the CDC, NRPA supported 9-local park and recreation agencies to implement evidence-based physical activity programs in remote settings.
- The remote delivery pilot proved to be effective at expanding access to evidence-based chronic-disease management programs, AND...
- Helped to bridge gaps in social connectedness among older adults who might otherwise experience social isolation.

Why Partner with Parks and Recreation



We are trusted leaders of our communities

We bring lifesaving benefits to our communities

We create and implement upstream solutions to our most pressing challenges

We put people first – centering the lives of those most vulnerable in the equation

We are connected across the community to people and partners

We are maintainers of vital spaces, including treasured outdoors access

We rise when called upon and take swift actions to support health and resiliency

We serve all people, creating welcoming and inclusive environments

We are champions for change, and we get the job done



Partnering with Parks and Recreation



A group of older adults participate in a low-impact fitness class at the City of Troutdale Oregon, Jessica Pohl Center.

- Establish goals early in the relationship.
- Create clear project management structures.
- Fund the work of the partnership.
- Develop a messaging framework.
- Explore other like-minded organizations.
- Include community members in partnership building.



**WE ARE
PARKS AND
RECREATION**



Looking to the Future...



With support from the CDC, NRPA will be able to continue this work for the next 5-years!

Equity will guide our work to expand access to evidence-based programs that improve both physical and psychosocial health among older adults from historically disenfranchised populations.

NRPA will support up to 55 communities to implement NRPA's *Elevating Health Equity in Parks and Recreation: A Framework for Action*.





Tiff Cunin, PhD(ABD), MPH

Senior Program Manager

Health and Wellness Programs

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NATIONAL
RECREATION AND PARK
ASSOCIATION

Thank You



ENHANCING ENGAGEMENT AT PARKS AND COMMUNITY SPACES IN SAN DIEGO COUNTY

Pam Plimpton

***County of San Diego Health and Human Services Agency
Aging & Independence Services***





LIVE WELL SAN DIEGO

Building
Better
Health

Living
Safely

Thriving

Health and Human Services Agency (HHSA)
Aging & Independence Services (AIS)
www.LiveWellSD.org



Age-friendly
Communities



Dementia
Friendly
America

Dementia-friendly
Communities

**Age Well
San Diego**

INTERGENERATIONAL EFFORTS & MODELS





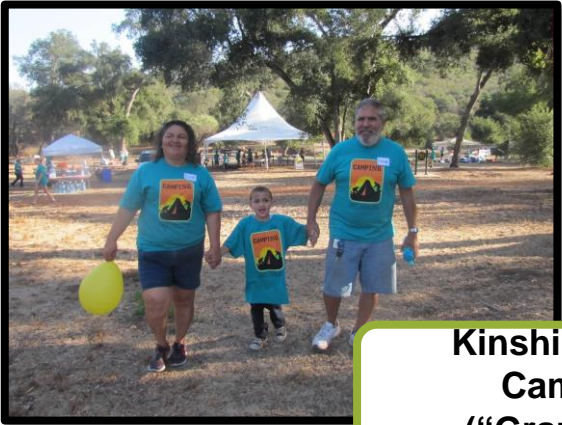
**Kinship Family
Campout
("Gramping")**



**Kinship Family Pampering
("Grampering")**



**Other Family
Enrichment Events**



**Kinship Family
Campout
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**Kinship Family Pampering
("Grampering")**



**Other Family
Enrichment Events**

ENHANCING INCLUSION



Activities/Programming

Accessibility

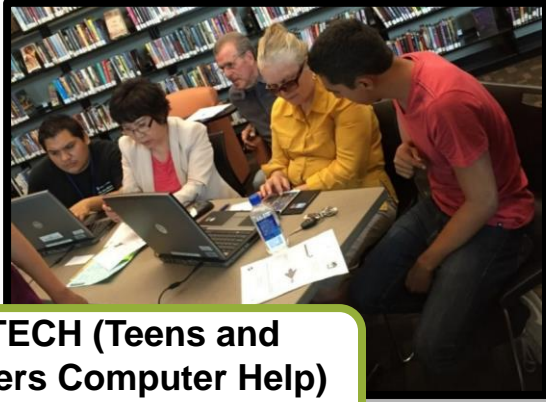


Safety Features

PROMOTING CONNECTION ACROSS THE GENERATIONS



**LIVE WELL
SAN DIEGO**



TECH (Teens and Elders Computer Help) classes

Intergenerational Games

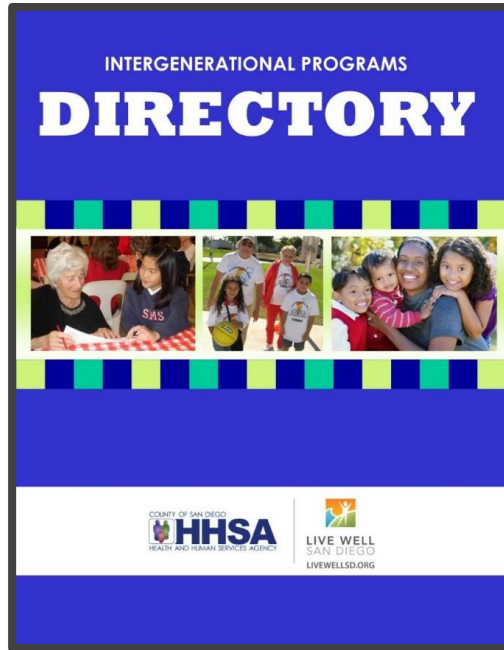


Intergenerational Dance

- **Look for common goals**
- **Remember that small and simple steps make a difference too!**
- **Tap into the upside of the outside**



SHARING WAYS TO GET INVOLVED



www.livewellsd.org/intergenerational



WAYS TO ENGAGE!

Great Ideas for San Diego County Homebound Older Adults & Persons with Limited Mobility to Get Involved

Recreational Opportunities for Homebound:
San Diego County Libraries Books by Mail: <http://www.sdcl.org/books-by-mail.html> (Toll Free: 1-866-279-9629 or Email: books.bymail@sdcounty.ca.gov) *Certain criteria apply.
San Diego City Libraries www.sandiego.gov/public-library (lib@san-diego.gov) (central-library@can-center@homebound) (For specific questions about home delivered books or books-by-mail, call the Oliver McMillan at the I CAN! Center at 619-238-6665.) *Certain criteria apply.


Selfhelp VSC (Virtual Senior Center) Where Seniors Connect, Learn & Play Online <http://vscm.selfhelp.net/> (Contact) David Dring, Exec. Dir of Selfhelp Innovations, darding@selfhelp.net For Service: <http://vscm.selfhelp.net/service> To Volunteer: <http://vscm.selfhelp.net/volunteering>

Homebound Volunteering:
VolunteerMatch <https://www.volunteermatch.org/search/?l=San%20Diego,%20CA,%20USA> (Select Virtual-can be done from computer or home; additional filters available.)

RARE Bear Program (Rare Science) Sewing volunteers that help make one of a kind bears for special one of a kind kids <https://www.rare-science.org/rare-bear-program/>
How to Get Started: <https://www.rare-science.org/getting-started/>
Register to become a RARE Bear maker today! <https://www.rare-science.org/rare-bear-program/rare-bear-army-signup/> How to Email, contact info@rare-science.org

Covia Well Connected
Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are or no cost to you.
<https://covia.org/series/well-connected/> (Call Well Connected English: 877-797-7299/Well Connected Español: 877-400-8867.)

This document is brought to you by the Age Well San Diego Social Participation Theme Team (Rev. 2/14/2022)





Building livable communities for all ages across the lifespan





LIVE WELL
SAN DIEGO

Pam Plimpton

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County of San Diego Health and Human Services Agency

Aging & Independence Services

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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
- Facebook: @engAGEDCenter
- Twitter: @engAGEDCenter
- 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

<https://committtoconnect.org/>

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. There is also a brief 3-month survey.
- The recording will be available on www.engagingolderadults.org.
- Thank you for attending today's webinar!