

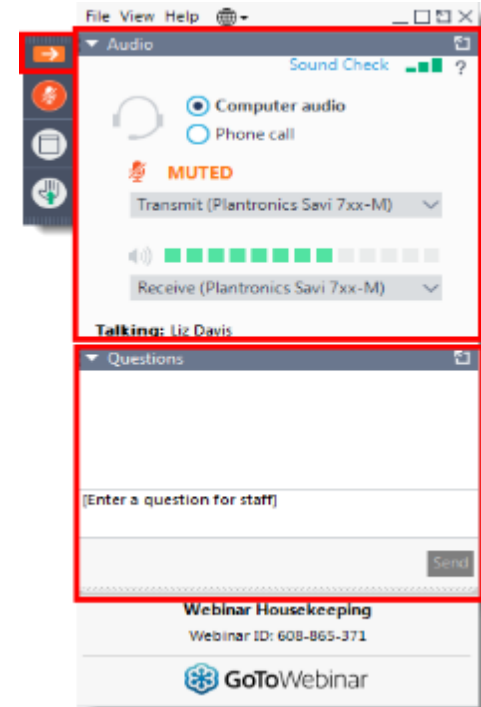
Providing Unique Lifelong Learning Opportunities During COVID-19

January 21, 2021



Webinar Instructions

- **Audio options**
 - Use your computer speakers or dial in to the conference call
- **“Questions” box**
 - Q&A session will be at the **end** of the presentation, but feel free to submit your questions at any time during the presentation. Click on the dropdown arrow icon “▼” to pop out the questions box where you can type and submit your questions.
- **Webinar recording will be available**



engAGED

- National effort to increase social engagement among older adults, people with disabilities and their caregivers
- Administered by the National Association of Area Agencies on Aging (n4a)
- 17 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



Steve Thaxton

Executive Director, National Resource Center for Osher Lifelong Learning Institutes, Northwestern University School of Professional Studies

Maija Dyke

Community Education Supervisor, SeniorsPlus



Anya Metlitsky Herasme

Senior Director of Older Adult Services, PSS

Sonja Shute

Senior Director, PSS Circle of Care

Osher Lifelong Learning Institute Network aka “OLLI”

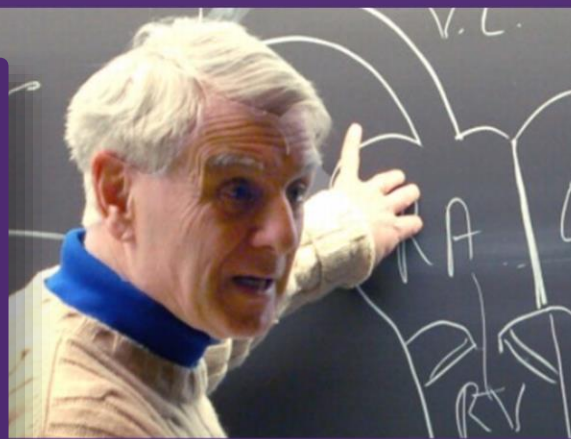
- 124 Institutes
- 393 towns & cities served
- 28 Private & 96 Public Universities
- Oldest OLLI 54 & youngest 3 years old



200,000+ People Served



27,000+ OLLI Volunteers



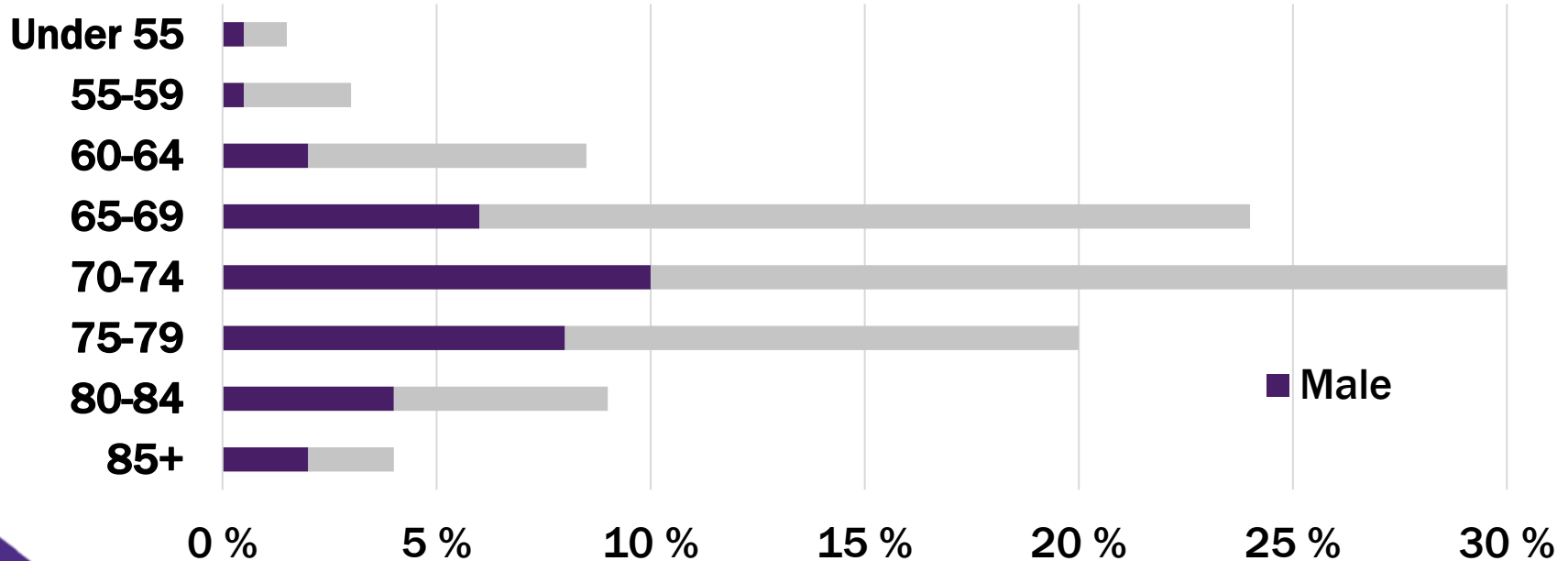
By the Numbers

- Membership median: **1,200**
- Average volunteers: **219**
- Average paid staff: **4**
- Winter/Spring 2021:
 - **82% online only**
 - **18% both online & in-person**



Program Age & Gender Distribution

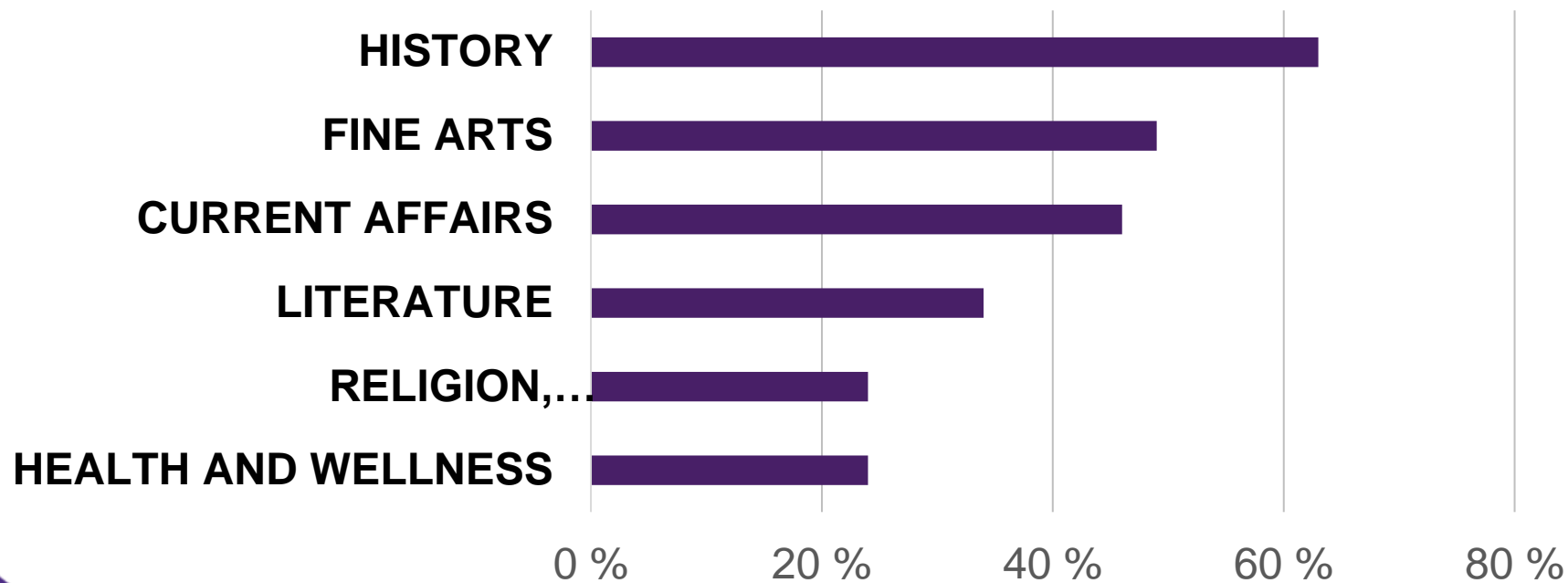
Percent by responding membership



Gender ratio **68%/32%** Nationally

Members Primary Areas of Interest

Percent by responding institutes



In the War on Social Isolation OLLI has it all

- **Volunteering**
- **Intergenerational Programs**
- **Creative Arts**
- **Technology Use**
- **Lifelong Learning**



Osher Network Covid-19 Updates

March:

- **98%** cancelled/postponed
- **48%** established online social engagement
- **65%** began online trainings



Osher Network Covid-19 Updates

May:

- **98%** made the pivot to online delivery platforms
- **92%** chose Zoom as online platform



Osher Network Covid-19 Updates

August:

- **32%** had staff reductions
- **58%** shifted to online only catalogs
- **70%** announced online only format for Spring 2021



OLLI Course Catalog
Summer 2020 Zoom Edition!
Jun 1-Aug 20

UNIVERSITY of HAWAII at MĀNOA
College of Social Sciences

Non-credit courses & events for adults 50+

~ In Times of Social Distancing, Connecting Is Essential! ~
www.osher.socialsciences.hawaii.edu

Special Introductory Rate of \$45 for NEW MEMBERS!

Directors: How do members feel about online distance learning?

30%

**Will not
participate**

31%

**Good
solution
for current
situation**

28%

**Good
solution
with future
benefits**

11%

**Love the
format,
now
preferred**

Typical OLLI Zoom Courses

- **Large Lectures**
- **Small Discussions**
- **Demonstrations**
- **Tech trainings**
- **Instructors from everywhere**
- **Some shared courses between multiple OLLIs**



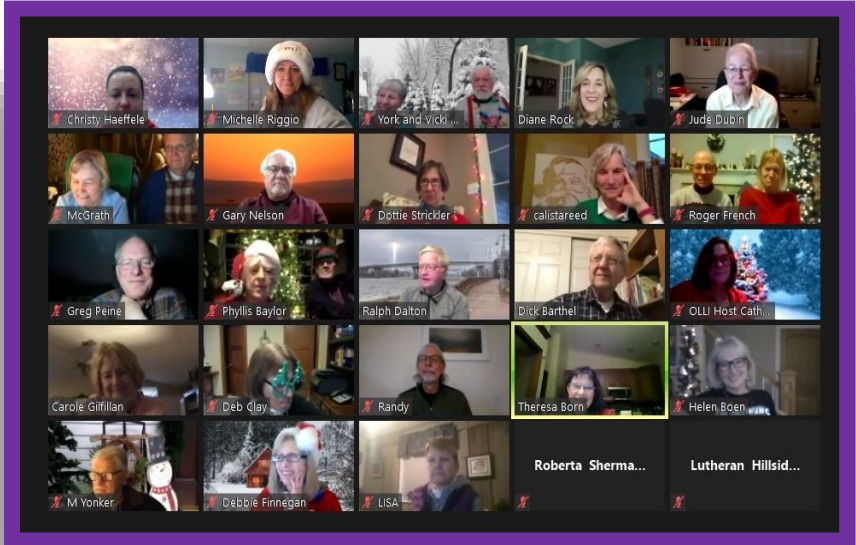
Stories from OLLIs – Univ. of Michigan



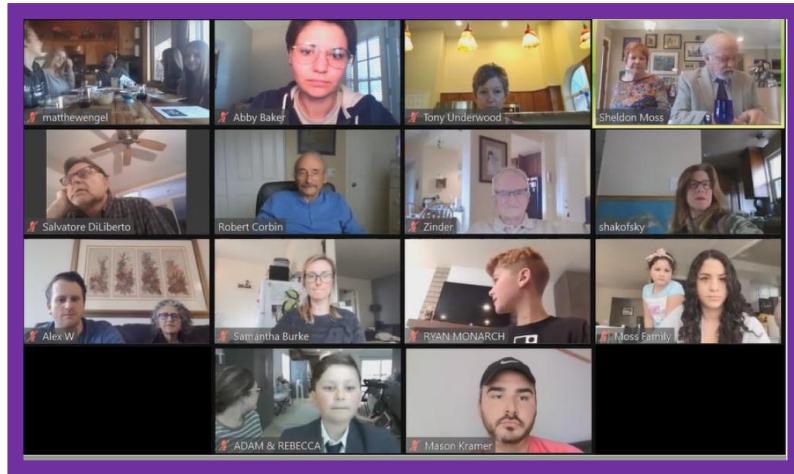
Dr. Charles Galvin

**OLLI at University of
Michigan
Curriculum Committee
Member**

HOLLiday Events – Various Institutes



Zoom “Party Line” – Arizona State University



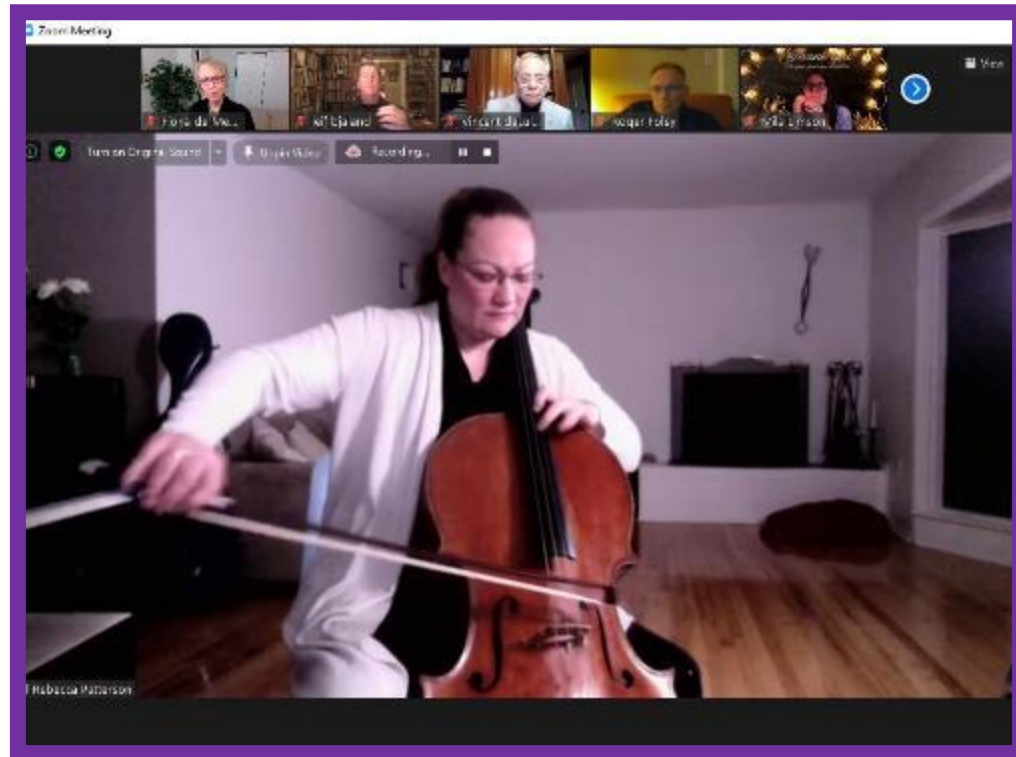
Trivia Tuesdays – Yavapai College



The image displays a trivia game interface on the left and a video conference grid on the right. The trivia interface features a top navigation bar with various icons, including 'RTG_'. Below this is a 'Trivia Categories' section with a row of colorful category tiles: 'COLOR', 'MUSIC', 'MOVIES', 'SCIENCE', 'GENERAL', and 'FOREIGN'. The main area contains several blue buttons for categories: 'ENTERTAINMENT' (with 'Mickey Mouse' above it), 'ARTS' (with '1956' above it), 'SCIENCE' (with 'Sputnik' above it), 'HISTORY' (with 'The Duke of Wellington' above it), 'GENERAL' (with 'Dora Korbut' above it), and 'GEOGRAPHY' (with a question: 'What city in New Mexico was named after the Spanish words "the crosses"?'). The video conference grid on the right shows a 4x2 grid of participants in a virtual meeting.

<https://www.randomtriviagenerator.com>

Appreciation Concert – Univ. of Connecticut



Introduce Your Pet – SF State University



Mask Making – Auburn University



Zoom Dance Party – Ringling College



You're Invited! **ZOOM DANCE PARTY**

Featuring our own **DJ Al Fisher**, spinning your favorite hits from the '50s & '60s

OCTOBER 16, 2020
7:00 - 9:00 PM
ZOOM FROM YOUR LIVING ROOM
RSVP BY OCT 15: OLLI@RINGLING.EDU
TO RECEIVE THE ZOOM LINK.



Hosted by OLLI at Ringling College
www.OLLIatRinglingCollege.org

Themed Happy Hours – Bradley University

**Join OLLI for Happy Hour on Fridays at 4:00 p.m.
Plus Intro to Zoom Classes Available Every Week**



Effective Practices Tips



Increase All Communications



**KIT (Keep in Touch) Mail
from OLLI at UCI**

**Monday,
January 11, 2021**

**OSHER
LIFELONG
LEARNING
INSTITUTE**

at University of California, Irvine

**OLLI AT UCI
VIRTUAL OPEN HOUSE
via Zoom**

A Note on Covid Vaccinations

Linda Lowenstein reports that in late December she was "unblinded" in a Pfizer Phase 1 Covid vaccine trial and received her vaccination without encountering any difficulties. Linda encourages all Osher members to get the vaccine when it becomes available.



The collage features several items:

- OLLI at UCI Newsletter:** "Exploring CRCS with Science" by Cheryl Cole, dated January 2021. It lists topics for the next OLLI course session and includes a Zoom meeting screenshot.
- COVID-19 Announcements:** A notice about a COVID-19 screening and testing event on January 11, 2021, at the University of California, Irvine.
- ASHEVILLE Newsletters:** A blue header for Asheville newsletters with a photo of a group of people.
- 2020: Women in Politics:** A blue announcement for a critical commemoration of the 19th Amendment on October 22, 2020, from 6 p.m. to 200m. It lists speakers Dr. Susan Johnson, Dr. Lynn Hovine, and Dr. Tracy Kelly.

Train a Volunteer Tech Team



Offer Regular Zoom Trainings



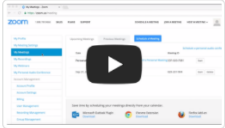
Use Outside Tech Resources

Zoom Meetings and Webinars



Join a Meeting

[Learn More](#)



Scheduling a Meeting

[Learn More](#)



Meeting Controls

[Learn More](#)



Scheduling a Meeting

[Learn More](#)



WED JANUARY 13 | 12:00PM-
12:50PM CST

Hosting A Zoom Meeting

Online

In this hands-on workshop, we'll cover the most commonly used Zoom meeting controls. Hosted by Senior Planet @Avenidas

zoom Help Center



<https://seniorplanet.org/get-involved/online/>

Subscribe to the Osher National Newsletter

- [Osher.net/News/Current](https://osher.net/News/Current) Newsletter – Click into the current newsletter
- Click the link “Subscribe to this Newsletter”

[Newsletter Archives](#)

[Submit an Article](#)

[Subscribe to this Newsletter](#)



Greetings from the NRC OCTOBER 2020

Two of the overarching themes for the Osher Network in 2020 might aptly be **adaptation** and **creativity**. Don't you think these have both proven to be universally necessary for all of us?

Adaptation and creativity are again content themes of this month's National Newsletter. We see them in the innovative work of OLLI at University of Nebraska-Lincoln with their multi-purpose television broadcast of the "OLLI Showcase" program. We see it in the creative collaborations of the multiple sites of OLLI at the University of Delaware. And, we see it in the adaptations of an annual fall favorite book festival at OLLI at George Mason University in Virginia.



The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices.

www.seniorsplus.org

WHO WE ARE



- SeniorsPlus is the designated Agency on Aging and Disability Resource Center that serves Franklin, Oxford, and Androscoggin Counties.
- Older people and people with disabilities will have choices of where they live and will belong to communities that provide healthy, strong social supports. SeniorsPlus offers a continuum of services that are reflective of the needs of people as they age. We help people remain in their homes through wellness and health related supports and activities. SeniorsPlus is a recognized expert on aging.
- Our services are free, unless otherwise indicated, and we are open to anyone.

EDUCATION PRE-COVID VS. NOW

SeniorsPlus' Education Center offers classes and programs that contribute to the health, wellness, knowledge, and interests of older and disabled Mainers.

Through the Healthy Living for ME Network, SeniorsPlus, along with Spectrum Generations , and the Aroostook Area Agency on Aging offer evidence-based programs statewide.

www.healthylivingforme.org

PROGRAMS & ENGAGEMENT



Healthy Living for ME is helping communities across Maine create a culture of health, where prevention and wellness are the norm. Our programs give people the tools they need to take control of your own health and manage it in a way that works best for you and your life. Healthy Living for ME programs provide education, fitness instruction, and self-care strategies for participants. Our evidence-based programs help people across the state experience improved wellness and quality of life.

PROGRAMS INCLUDE:

- Falls Prevention Workshops
 - Tai Chi for Health & Balance
 - Matter of Balance
- Savvy Caregiver
- Chronic Disease Self-Management Programs
 - Living Well for Better Health
 - Better Health Now Toolkit
 - Living Well with Diabetes
 - Better Health Now with Diabetes Toolkit
 - Living Well with Chronic Pain
 - Better Health Now with Pain Toolkit

SeniorsPlus is helping Western Maine communities connect to our services and offerings; through classes, support groups, social groups and classes, evidence-based workshops, and more.

SOME EXAMPLES INCLUDE:

- Monthly class offerings which vary
 - Advance care planning
 - Legal services
 - Fraud & Scams
- Monthly caregiver support groups
- Monthly bereavement support group
- Medicare Made Simple
- Knitting group
- Crafting class
- Book club
- Technology resources/support

[January 2021 Online Education Center Calendar](#)

REGISTRATION & REFERRAL PROCESS

- Implemented an Ed Center Hotline for general callers
- Created an Ed Center mailbox, edcenter@sensorsplus.org
- Can still call SeniorsPlus directly at 1-800-427-1241 OR 207-795-4010
- Internal or external referrals
- Through our HIPAA Compliant Referral Form: [SeniorsPlus' Referral Form](#)
 - After this page opens, you can right click on the page, select 'create shortcut' then select yes when it asks if you want to create the shortcut on your desktop.
 - Doctor's offices, discharge planners, APS, DHHS, hospitals, rehab facilities, etc. use this link to send us secure referrals. If you don't see the name of your agency under 'name of practice or agency', please reach out to us directly so we can add it.
- Healthy Living for ME specific information:
 - Self referral and/or registration through our website
 - Email info@healthylivingforme.org
 - Can still call Healthy Living for ME at 1-800-620-6036

WHAT'S NEXT?

- SeniorsPlus' planning and next steps
- Long-term goal for our programming

Maija Dyke, Community Education Supervisor at SeniorsPlus
8 Falcon Road, Lewiston, ME 04240
Direct line: 207-513-3744
Email: mdyke@seniorsplus.org

The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices.



PSS Life! U Overview

- A bit about PSS
- PSS offers a wide array of events and classes via PSS Programs & Centers
- PSS Life! University launched in January, 2019
- Offered close to 300 events to 4,000 participants in Year 1

PSSLife! University offers a robust schedule of informative presentations, workshops, activities and events.



Virtual Caregiver Support Group

REGISTER

PSS Circle of Care offers a six-week support groups series where caregivers meet in a non-judgmental and comfortable setting. The goal is for caregivers to make connections by sharing their caregiving experiences with one another while gaining insights, tips, and ideas.

For registration information, please contact Chidi at cchizor@pssusa.org.

Tuesday March – May 2020 Series

Tuesday, March 31, 2020
 Tuesday, April 7, 14, & 28, 2020
 Tuesday May 5 & 12, 2020
 11:00 AM to 12:30 PM



Bronx Caregiver Support Group

REGISTER

PSS Circle of Care offers a six-week support groups series where caregivers meet in a non-judgmental and comfortable setting. The goal is for caregivers to make connections by sharing their caregiving experiences with one another while gaining insights, tips, and ideas. We offer in-person and over the phone support groups. Over the phone support group series will be listed below as Tele-Chat Series, when available.

For more information, location and/or Tele-Chat Series Phone Number of each support group series, please contact Madison at mmcqueen@pssusa.org or Medge at madam@pssusa.org.

Tuesday Tele-Chat Series

- Tuesday, March 31, 2020
- Tuesday, April 7, 14, 21, & 28 2020
- 1:00 PM to 2:30 PM



Tuesday, March 31, 2020
 2:00 PM to 4:00 PM

Webinar/Online

Advances in Dementia Caregiving

REGISTER

Experts in the field will present current research on topics of interest to families caring for an older adult with memory loss. Speakers include Dr. Sara Czaja, Division of Geriatric and Palliative Medicine Center at Weill Cornell, Dr. Mary Mittelman, Alzheimer's Disease and Related Dementias at NYU Langone Health, and Jed A. Levine, President/CEO at Caring Kind. In partnership with 305 West End Assisted Living, Weill Cornell, NYU Langone Health and Caring



Registration for our Zoom events is easy

Website

Newsletters

Facebook

Social Media



Virtual LifeU! Programs Offered:

- 2020 Census presentation in English/Spanish
- Montefiore: Small Steps, Big Rewards - Diabetes, Covid-19 and Safety at your doctor's appointment (English/Spanish)
- Tips for Living with Vision Challenges during COVID-19
- NY's Sultry Musical Duo: Acute Inflections
- Planning for a Better End of Life, a guide to navigating today's health care system (in Spanish)
- Medicare Overview in English/Spanish

Virtual Wellness Events



Art As Gift Giving: A Free Workshop for Caregivers

Gift yourself with this engaging and interactive virtual art experience! Participants will be painting a wooden jewelry box with direction from our guest facilitator. Your creation will be a gift to yourself. You deserve it!

All art supplies will be mailed in advance, please make sure you type out your mailing address completely. You must be a caregiver (caring for someone that is ill, frail, and/or experiencing memory loss) or a kinship caregiver that resides within the 5 boroughs of NYC.


Space is limited! Register now! November 25th is the last day for registration to allow time for shipping art supplies.

 **DATE**

Dec 11 2020

 **TIME**

11:30 am - 1:00 pm

 **MORE INFO**

[Read More](#)

 **CATEGORY**

[> Arts & Culture](#)

[> Caring for Family & Friends](#)

[REGISTER](#)

[SHARE THIS EVENT](#)



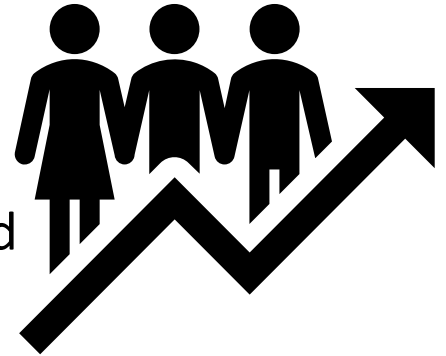
Digital Capacity-Building

THE CHALLENGES:

- Our world is becoming increasingly web-focused
- Nearly impossible to conduct critical personal business without an email account and strong web-use skills

GOAL:

- Improve Older Adult's navigation of their digital world





Digital Capacity-Building

TASKS:

- Determine the “digital capacity” of our core audiences
- Increase skills with their personal digital devices

PROCESS:

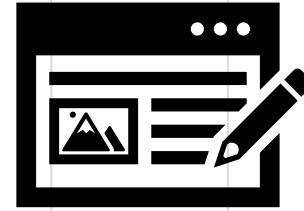
- Create and distribute a survey to ask general questions about - devices used, purpose of use, current confidence levels, and interest in learning more.

Who We Surveyed

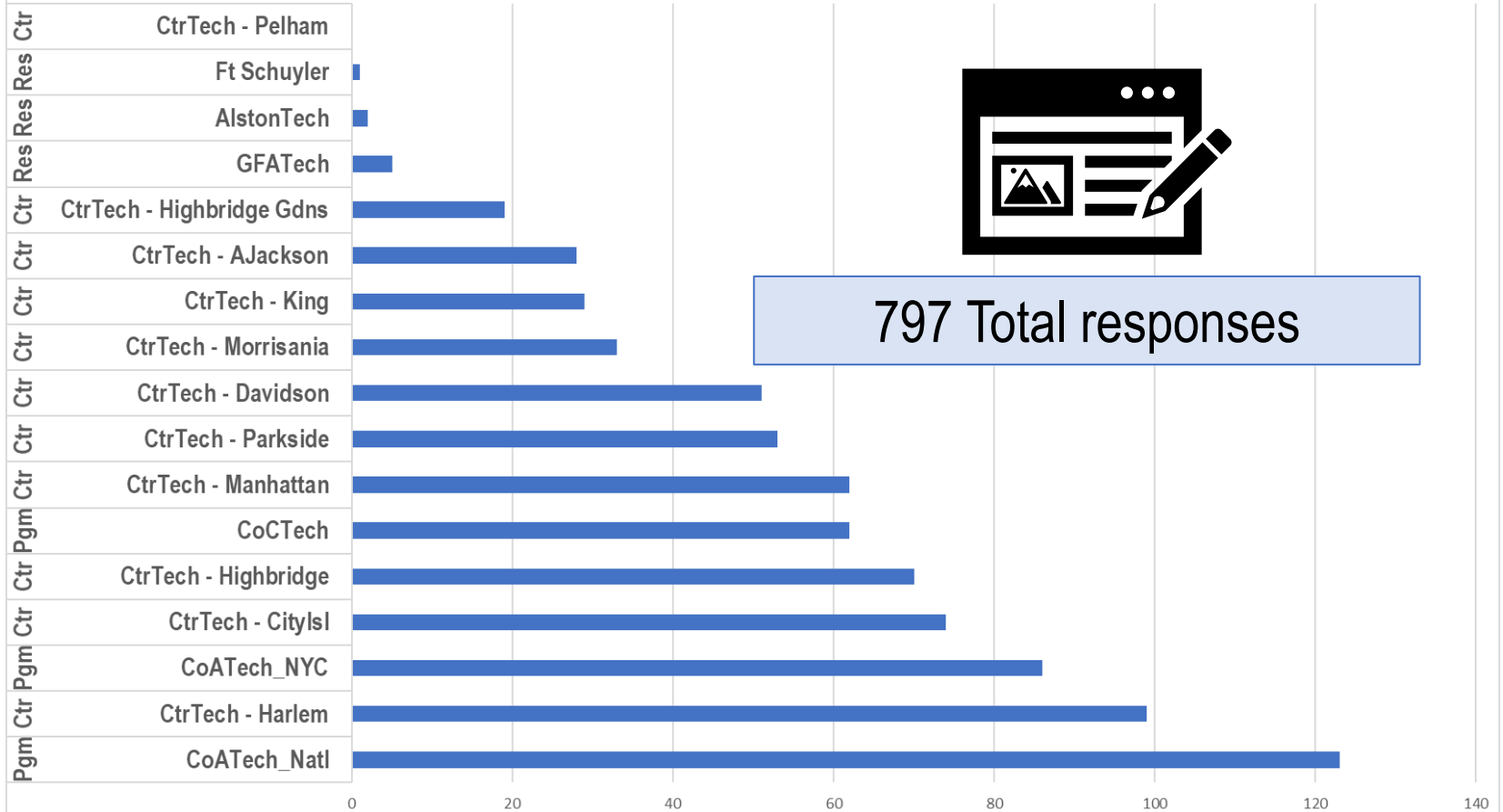
- PSS Centers & Residences
 - Bronx, Manhattan & Queens
 - Center Members and Residents
- PSS Circle of Care
 - Caregivers in All five Boroughs
- Coming of Age – NYC & National
 - Older Adults of all backgrounds



SURVEY RESPONSE BY PROGRAM or CENTER



797 Total responses



Top-Level Findings



ABILITY vs FEELINGS



- About 2/3 state an ability to use their device
- BUT... many, approximately 1/3 also state feelings of discomfort to try anything new



Top-Level Findings

- Over half (53%) of center members/residents find it difficult to get information online, send or receive emails or make purchases.
- Nearly half (42%) of center members/residents do not have wifi, and rely on their cell plan, public wifi or friends and family to access the internet



Take-aways

We have complex audience needs to meet...

- Wide difference between Programs and Centers
 - Ability
 - Access
 - Interest
- There is no cookie-cutter plan
- Need to be flexible and dynamic



Strategy

Collaboration & Partnership

- Seek funding to support mission
- Increase staff capacity to bring content to members and clients (encourage staff to participate in trainings)
- Identify experts that can bring the knowledge & expertise to our client base
- Use data and information gathered from the survey to inform programming



Lessons Learned

- Help educate clients on the benefits to them
- Provide a safe space where people are comfortable to ask questions
- Repetition is key is to learning especially for Older Adults
- Break lesson into S.M.A.R.T. goals to not be overwhelming and allow participants to observe and celebrate progress along the way





CONCLUSION

Our events are free! Please visit us and share with your clients/staff www.pssusa.org/events

Opportunities to partner to offer your events and/or share your content with our members.

Contact Sonja Shute at sshute@pssusa.org
or call 917 734 6428.

Connect With Us!

- www.engagingolderadults.org
- Facebook: @engAGEDCenter
- Twitter: @engAGEDCenter
- info@engagingolderadults.org

Call for Innovations

- Launched to identify social engagement innovations
- All programs nominated considered for inclusion in the engAGED Clearinghouse
- Open through February 19

www.engagingolderadults.org/clearinghouse

Questions and Discussion

Please use the questions tab in your GoToWebinar module to submit your questions or comments.

Thank You!

- Thank you for attending today's webinar!
- The recording will be available on www.engagingolderadults.org.