NANASP PRESENTS:

WHAT'S NEW (DURING A PANDEMIC)
IN NUTRITION INNOVATIONS WEBINAR

PRESENTED BY:
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MATTHEW FULLEN, PHD, MDIV, LPCC (OH) ASSISTANT PROFESSOR OF COUNSELOR EDUCATION,
VIRGINIA TECH & GEORGIA STATE UNIVERSITY
RYAN GADZO, RESEARCH ANALYST, ERIE COUNTY SENIOR SERVICES (NY)
ALEXANDRA BAUMAN, NUTRITION HEALTH & WELLNESS DIRECTOR, IOWA DEPT ON AGING

Thursday, October 1, 2020– 1:00 pm ET
How to Participate Today

- Open and close your Panel
- View, Select, and Test your audio
- Submit text questions
- Raise your hand

- Q&A addressed at the end of today's session
- Everyone will receive an email within 24 hours with a link to view a recorded version of today's session

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WHAT'S NEW (DURING A PANDEMIC) IN NUTRITION INNOVATIONS WEBINAR

PRESENTED BY:
Keri Lipperini, Director, Office of Nutrition & Health Promotion Programs, ACL/AOA
Matthew Fullen, PhD, Assistant Professor of Counselor Education, Virginia Tech
Ryan Gadzo, Research Analyst, Erie County Senior Services (NY)
Alexandra Bauman, Nutrition Health & Wellness Director, Iowa Dept on Aging

Thursday, October 1, 2020 – 1:00 pm ET
Community-Based Strategies for Suicide Prevention

INNOVATIONS IN NUTRITION SERVICES: SUICIDE PREVENTION/INTERVENTION WITH OLDER ADULTS

Matthew Fullen, Ph.D., Assistant Professor, Virginia Tech
Laura Shannonhouse, Ph.D, Associate Professor, Georgia State University
Mary Chase Mize, M.S., APC, Doctoral Student, Georgia State University

DISCLAIMER / ACKNOWLEDGEMENT

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OVERVIEW OF SUICIDE IN LATER LIFE

• Older adults make up 16% of the U.S. population, but account for 18.8% of all deaths by suicide (Drapeau & McIntosh, 2020).

• As of 2018, the suicide rate for individuals over 65 in the United States was 17.4 per 100,000, compared to the national rate of 14.8 per 100,000 (Drapeau & McIntosh, 2020).

• An older adult dies by suicide in the U.S. every 65 minutes (Drapeau & McIntosh, 2020).

BASELINE DATA (Time 1, pre-COVID)

• 493 older persons, Aged: 60-103, Mean = 77.03 (SD=8.99), mostly Female (73.4%) and Minority (72.9%),

• Anxiety (1/2 met criteria on GAD-2); Depression: 1/4 met criteria on PHQ-2

• Pain: 1/2 had daily pain (1 in 5 were extremely isolated and depressed because of pain)

• Suicidality precursor variables
  – Perceived Burdensomeness & Thwarted Belongingness consistent with other samples
  – Fearlessness of Death considerably higher than younger samples

• Risk for suicide (SBQ-R)
  – 77 (15.62%) met clinical cut offs (when asked directly about suicide behavior)
  – 23.73% of homebound older adults reported a history of suicidal ideation and behavior
  – Alarmingly, 65 (of 493) indicated the possibility of ending their life in the future

• Wellness (Five Factor Wellness Inventory)
  – Sample is... More well on Essential Self (spirituality, culture), Less well on Social self (Friendship, love), and Physical Self
  – Gender gap on Social self... older men score low while older women do not

• Key takeaways: These findings tell us that suicide is a problem in the Aging Services Network (ASN), that it is higher than typically reported, and this is before the COVID-19 pandemic.
HOMEBOUND VS. CONGREGATE

- Group differences in psychological distress, perceived burdensomeness, and thwarted belongingness (i.e., greater concern among homebound OA)
- Depression: 22% of homebound vs. 10.1% of congregate (Homebound 2.61x more likely to have depression)
- Anxiety: 29% of homebound vs. 14.1% of congregate (Homebound 2.49x more likely to have anxiety)
- Key takeaway: Attending congregate meal gathering strongly correlated with enhanced mental health; possible buffer due to social connectedness? What are implications for those who transition to home-delivered services?

TREATMENT: APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

- ASIST is a 2-day, 14 hour, standardized and manualized suicide intervention training (11th edition)
- Internationally recognized
- SAMHSA Evidence Based Registry
- National Registry of Evidence-Based Programs
- Adopted by branches of the U.S. Armed Forces
- Recognized by the Centers for Disease Control
- Used in crisis centers across the country
HDM VOLUNTEER PERCEPTIONS OF ASIST

- Conducted 22 interviews with HDM volunteers who were ASIST-trained to explore their experiences with the training & application to their meal delivery routes
- Currently analyzing this data
- Preliminary findings:
  - Interviewees raved about the value of ASIST training; found it very meaningful and useful; perceived it as an investment in their role as volunteers
  - Use of ASIST skills emerging, although shifts due to COVID-19 impacted immediate usage; volunteers were eager to return to their routes
  - Potential barriers to using ASIST: 1) brief nature of encounters with meal recipients; 2) some volunteers have different clients each time out; 3) variance in which recipients want “more than a meal”; 4) certain volunteers more adept at knowing when to use skills
- Key takeaways:
  - How might skilled volunteers be matched to HDM recipients who are most at-risk?
  - Are there opportunities to change norms around HDM programs so that volunteers are encouraged to build supportive relationships?

NEXT STEPS

- Development of BE WITH innovation to address social isolation, loneliness, and elevated suicide risk
- PN-RCT (partially nested randomized control trial)
  - 60 volunteers
  - 3,840 phone calls with older adults
  - 2 conditions:
    - (1) “BE” (belonging and empathy)
    - (2) “WITH” (with intentional targeted helping)
  - Calls recorded, and double coded (coding protocol)
  - Goal: to establish higher tiers of evidence for program inclusion on NCOA evidence-based registry
- Replication of ASIST & BE WITH innovation in other parts of the country
ENHANCING SOCIAL SUPPORT TIP SHEET

https://tinyurl.com/ACLsocial

Publications:
- Mental health distress in homebound older adults: Importance of the aging network
  https://www.tandfonline.com/eprint/CIG4HCUYQBUM75MUIAGQ/full?target=10.1080/13607863.2020.1758920
- Addressing suicide risk for older adults: The importance of belonging
- COVID-19 and older adults: When social distancing meets social isolation
- COVID-19 and older Adults: Time to connect
  https://www.psychologytoday.com/us/blog/hope-resilience/202003/covid-19-and-older-adults-0?fbclid=IwAR0Ni3pvDMQ1ZJEmV3L52hsRne1rQnG_0EfExzenrJOpzWCWppn4hwwURYk

Tip Sheets:
- Caring for older adults during Covid-19
- More than a meal: Facts, stress, & coping for home delivered meal volunteers during COVID-19
  https://www.wheaton.edu/media/humanitarian-disaster-institute/tip-sheets/Final_HDM-volunteer.pdf
- Caregiver tips during Covid-19

National Nutrition Resource Center Resource:
- Enhancing socialization through making meaningful volunteer connections during COVID-19
Thank You!

Matthew Fullen, PhD, Assistant Professor, Virginia Tech
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RYAN GADZO
RESEARCH ANALYST, ERIE COUNTY SENIOR SERVICES (NY)

Thursday, October 1, 2020– 1:00 pm ET
Go & Dine was a restaurant dining program that allowed older adults to receive 4 meal vouchers per month to redeem at participating restaurants throughout Erie County. Senior Services partnered with 11 locally owned business to provide meals.

Before pandemic we were serving 350 seniors through this program, but after COVID19 was in full effect, we ballooned to roughly 1,700 older adults.

We also doubled the amount of vouchers per month to 8 and allowed participants to use vouchers for takeout meals while inside dining was prohibited.
Home Delivered Meals

- During the pandemic, Senior Services had to close its 48 senior centers and dining sites. With over 2200 registered congregate diners, we had to make a pivot.
- By working with our 3 Meals on Wheels partners, we were able to provide temporary home delivered meal services to over 1700 older adults from March until now.
- Luckily, we have been able to start reopening our senior centers and dining sites since August 1st, but that is only after getting a proper reopening plan and a site visit by registered dietician and our nutrition director.

Nutrition Education

- One component of the Go & Dine program is a monthly nutrition education component where we send out a monthly flyer pertaining to different topics.
- Some of the topics we sent out during the pandemic were shopping during COVID19, how to properly clean surfaces, information about COVID19, and how to address and reduce social isolation.
- Senior Services also posted videos of our registered dieticians to our YouTube page for discussing various topics regarding nutrition and nutritional awareness.
Social Isolation is one of the many Social Determinants of Health, and with many people staying home during the height of the pandemic, we had to alter the way we provided some of our services we normally offered in person.

These programs were our Club 99 fitness classes, Matter of Balance program, University Express and our Elder Law series.

University Express is a continuing education run by Erie County department of Senior Services, that uses guest speakers to educate attendees about a particular topic. Some topics may include current events, arts, music, science, folklore, local history, and sports.

This program is usually held at the 16 participating sites throughout the county, and we have a Spring and Fall Semester.

With no one being able to meet in person, the director, Katie Earl, was able to use web based meeting platforms to allow people to register and attend the events on their tablets, smart phones or computer.

With senior centers in the area able to re-open under proper safety guidelines, we are getting ready for the Fall semester which starts today! Sites will be able to hold the sessions remotely as well, so people can participate where they feel comfortable, at home or at the center.
Club 99

- Club 99 is an exercise program that was started by our very own Mr. Fitness, Richard Derwald, and has classes within 35 of our 48 senior centers and dining sites.
- Richard uses elastic bands to help assist older adults build strength and flexibility by using the resistance of the bands. This allows participants to exercise at a pace and resistance that they need.
- During the pandemic, Richard also took to our YouTube channel to do a series of 5-10 minute exercise routines to allow viewers to maintain their strength and flexibility while remaining safely in their homes.

A Matter of Balance

- Julie Ruszala, our Health Promotion Coordinator was able to build take home kits for this evidence based program during the pandemic. She was able to drop off these kits at the residences of those who were signed up for the program, who were then able to embark on their own during the pandemic.
- There were weekly meetings that were held for discussion to see how everyone was faring with the program and to ensure that everyone was able to grasp all concepts and to answer any questions they had.
Elder Law Day Series

- Annually we hold a one day event called Elder Law Day. This brings lawyers, Senior Services staff and community leaders together to discuss the rights of older adults, establishing a healthcare proxy and power of attorney, planning wills and estates, as well as providing 15 minute consultations with attorneys to discuss whatever topic the older adult would like.

- This year we took the 13 sessions we normally would hold and turned it into a series of web based events covering the topics listed above and more.

- Our Assistant Coordinator of Neighborhood Services, Christy McKenzie, spearheaded the effort over 13 weeks, not only getting the speakers together, but also helping older adults do their consultations over web based platform.

THANK YOU!

Ryan Gadzo, Research Analyst, Erie County Department of Senior Services
HELLO!

Alexandra Bauman, RD LDN
Nutrition, Health & Wellness Director
Iowa Department on Aging
alexandra.bauman@iowa.gov
Iowa Congregate Nutrition Consumer Participation

60% Decline in Participation in 9 Years

Source: Iowa Department on Aging, Aging & Disability Database

Condition of Iowa's Congregate Meal Program
- August, 2018-December, 2018
- Identified barriers

Nutrition & Health Promotion Trainings
- April, 2019-April, 2020
- Addressing barriers through building new knowledge

Congregate Nutrition Revitalization Action Plan
- October, 2019-present
- Addressing barriers and using new knowledge to develop action plan.
- Addressing system issues
- Implement Mini Grants
COVID-19 Changes

- Local Restaurant and Grocery Store Partnerships
- Lieutenant Governor’s Feeding Task Force
- Virtual Programming

Why did we apply for the Innovation grant?

- Take advantage of visibility now!
- Strengthen community partners
- Plan for re-opening better and stronger
**Goal:** Modernize Iowa’s congregate meal program infrastructure, delivery mechanisms, and outreach to increase the number of consumers and meals served.

**Objectives:**
- Establishing a restaurant partnership infrastructure in the Elderbridge AAA service region
- Developing flexible approaches to congregate meal service delivery mechanisms to target and outreach to two generations of older adults
- Modernizing a streamlined intake process through technology use
- Identifying seniors who may be food insecure, socially isolated, and rural and providing nutrition education
THANKS!

Any questions?
Alexandra Bauman, RD LDN
Contact: alexandra.bauman@iowa.gov

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Q & A

Thursday, October 1, 2020– 1:00 pm ET
Upcoming NANASP Webinars

Re-imagining Your Senior Center in 2020 | Tuesday, October 6, 2020 at 1:00 ET
Presented by: Pat Bohse, Executive Director, Social Community Activities Network (SCAN)

The Congregate Meal Program: Innovation in 2020 and Beyond | Tuesday, October 20, 2020
Presented by: Alexandra Bauman, Nutrition Health & Wellness Director, Iowa Dept on Aging and Tim Getty, MBA, Regional Nutrition Coordinator at Heritage Area Agency on Aging, Cedar Rapids, IA

Brain + Body Healthy Aging: A Community-Based, Scalable, Total Lifestyle Program to Reduce Alzheimer’s Dementia Risk | Friday, November 13, 2020 @ 1:00 pm ET
Presented by: Paul Bendheim MD, Clinical Professor of Neurology, University of Arizona College of Medicine BrainSavers LLC, Chelsea Stillman PhD, Department of Psychology, Brain Aging and Cognitive Health Lab, University of Pittsburgh and Carol Zerial MS, Executive Director, WellMed Charitable Foundation

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