

# South Park Senior Citizens Community Connection Programs

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## ACKNOWLEDGMENTS

We thank the South Park Senior Center (SPSC) for giving us the opportunity to get to know the South Park community. It has been a privilege. We are especially grateful to Katherine Jordan, whose commitment to serving the seniors of South Park is truly inspiring. Working with you has been an absolute delight! We would also like to thank Tammy Dang and Chanthly Luoth whose insights into the diverse cultures served by SPSC were invaluable, and Patricia Barker for providing us so much information, even on the weekends!

Both South Park and the University of Washington are located on the traditional land of the first people of Seattle, the Duwamish Tribe. We would like to acknowledge and honor the land itself as well as the past and present Duwamish People with sincere gratitude. Volunteer or Donate to the Duwamish River Cleanup Coalition (<https://www.duwamishcleanup.org/support>) OR Pay Real Rent! (<https://www.realrentduwamish.org/>)

## Centering Racial & Health Equity in the Nursing Process

Racial and Health Equity are defined as the ability for all people to obtain access to the highest level of health and well-being regardless of racial background, socioeconomic status, education, demographics, or otherwise.

This project was created to help alleviate the social emotional isolation created by the shelter-in-place orders during the COVID-19 pandemic. In order to center racial and health equity in the nursing process, there were multiple factors to consider. The South Park community is highly diverse in language and culture, and each program was translated into four different languages in order to reach the maximum amount of people. During the initial assessment and program design, meetings were set with community stakeholders from each cohort to define specific cultural considerations and preferences. Technological access was considered as a barrier to entry for this demographic, so the program was offered in multiple different formats (phone, mail, email) to allow participation for all.

## Assessment

### South Park Community

- South Park is a thriving diverse community committed to improving environmental and population health.
- The South Park Neighborhood Center includes the senior center and began in 1972 and operates out of a 1920s firehouse
- The South Park Senior Center serves those 50 and older who live in King County (serving hundreds of different elders per year).



### Demographics

Ethnicity	Count	Percent
Hispanic/Latino (All Races)	160	17.8%
African American	31	3.5%
American Indian/Alaska Native	36	4.0%
Asian American	387	43.1%
Caucasian	199	22.2%
Multi-Racial	12	1.3%
Nat. Hawaiian/Pacific Islander	7	0.8%
Other/Unkown	65	7.2%
<b>Totals</b>	<b>897</b>	<b>100%</b>

Age	Count	Percent
Under 50	250	32.0%
50-64	229	21.4%
65-74	214	23.9%
75-84	131	14.6%
Over 85	72	8.0%
<b>Totals</b>	<b>897</b>	<b>100%</b>

### Community's Priorities

#### Address Isolation in Senior Citizens

- Senior citizens used to attend weekly meals at South Park Senior Center. Since the start of the Covid-19 Pandemic in 2020, senior citizens have voiced concerns of isolation and loneliness. SPSC hoped to address this need.



### Determinants of Health

- Life expectancy in South Park is 73.51 years, 8 years shorter than all Seattle.
- 85% of South Park Senior Citizens are low or very low income
- South Park residents are at a high risk of displacement.
- Covid-19 pandemic has exacerbated feelings of loneliness and isolation, particularly in senior populations.
- 160 (17.8%) seniors live alone.
- 36.1% of seniors have disabilities

## Planning

### Goal

To create sustainable inter-senior communication programs to socially engage the South Park Senior Center seniors in their homes thereby increasing their sense of community and overall well-being during the COVID-19 pandemic and beyond.

### Objectives

- Recruit 16 SPSC citizens to sign up for the Community Connection Programs, Pen Pals and/or Phone-a-Friend, by November 20, 2020
- Launch the Pen Pal and Phone-a-Friend programs by connecting respondents together by November 30, 2020
- Program sustainability and an easy transfer of the programs to SPSC staff

## Implementation



## Evaluation

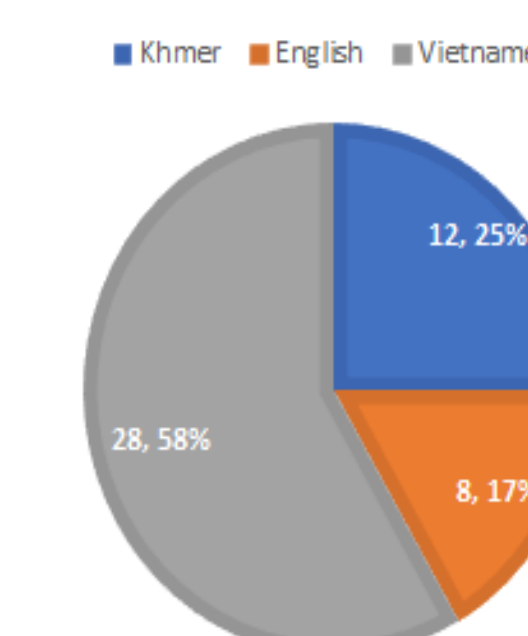
As of November 20, 2020

Response Total: 48 of 500 Invitations

- **Successfully Matched: 37**
  - Phone-a-Friend: 33
  - Pen Pals: 23

- **Unmatchable: 11**
  - We did not have enough contact information to respond to them
  - We did not have a person of the same language to match them with

TOTAL RESPONDENTS BY ETHNICITY



## Carrying the Work Forward

- Mail out a third mailer, for evaluation
  - Make culturally appropriate adjustments to the mailers
    - Ex. Specify the commitment for single gendered partnerships
  - Develop a quarterly recruitment schedule.
  - Have cohort leaders make the matches in the future
  - Promote the programs via the SPSC website, social media channels, and with future newsletters.
- Next Steps:**
- Expand
    - Connect with schools
    - Create affinity groups such as gardening or religious

## References

Jauregui, H. (2020, October). In *Welcome to South Park*. Retrieved from <https://welcometosouthpark.weebly.com/>

South Park Neighborhood Profile. (2019, February). *Outside Citywide: City of Seattle*, 1-25. Retrieved from <https://www.seattle.gov/Documents/Departments/OPCD/OngoingInitiatives/OutsideCitywide/OutsideCitywideSouthParkNeighborhoodProfile.pdf>

South Park Senior Citizens, 2020, [www.spseniors.org/](http://www.spseniors.org/).