

# Getting Out and About



*Top: walking group meets a fellow with his parrot*

*Left: group enjoys some special desserts*



Social isolation and loneliness have been identified as a major health issue among seniors. There are many reasons why seniors can become isolated and/or lonely; physical changes, inadequate transportation, life changes (such as loss of a spouse), relocation to a new community, to name a few. The Out and About program was developed as a means to address this issue by inviting seniors to socialize and taking care some of the barriers of participation.

Feedback from the participants speaks to the difference this program has made in their lives. An 87 year old woman who was encouraged to join after the loss of a dear friend shared: “My life has changed considerably since that time. I have so enjoyed the friendship of so many people. I can say as a result I have met 5 people who I can say have become friends. The group “Out & About” has made it possible for me to pick up my life again and enjoy the company of people. The leadership of this group has been amazing. I am encouraged by the efficient and generous way the members have been cared for.”

Another member of the group gifted the program with a handmade booklet full of photo memories of her experience with the program and stated: “We are so very fortunate as seniors to have such a great program for seniors to participate in and to get to know one another. We should all be thankful for such a great program, as there are some seniors who would not get out to participate in events, and to meet other people.”

Registered participants are sent a calendar of activities each month to choose from. Examples are lunches at local restaurants, trips to local attractions, walking groups, organized events, lectures, scenic tours, theatre offerings or picnics. There is also a “Mostly Men” group who meet on Fridays at the local Elks Club to socialize. See page 11 for this and other programs offered by Seniors Wellness at OneSky Community Resources.

