



South Carolina Institute of  
Medicine & Public Health

## **TASKFORCE:**

### **Social Isolation in Older Adults**

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These meeting notes are from the Social Isolation in Older Adults Taskforce Meeting.

**NOVEMBER 16, 2022**

**10:00 AM TO 12:00 PM**

**VIRTUAL MEETING – ZOOM**

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#### Attendees:

Chair: MaryGail Douglas

Tom Amaro

Elizabeth Bernat

Justin Blomdahl

Kara Bopp

Bob Breen

Jennifer Brewton

Ali Burnette

Tracey Coleman

Cindy Corbett

Shelia Cotton

Chandra Dillard

Charmaine Fuller Cooper

Rowan Goodrich

A'netra Hardy

Marisette Hasan

Nancy Kennedy

Thomas Kilpatrick

Joe Kunkel

Connie Munn

Michelle Nienhius

Christy Phillips

Lori Phillips

Melissa Price

Lisa Ragland

Lesley Ross

Jessica Seel

Andrea Smith

Davia Smith

Eleanor Stein

Alex Tovar

Lakesia Tucker

Janice Wright



South Carolina Institute of  
Medicine & Public Health

IMPH Staff:

Maya Pack

Justina Siuba

Hunter Sox

Yair Centeno

Karina Howell

Julie Norwood

Keynote Speaker:

Julliane Holt Lunstad

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## Notes

Agenda item: Welcome

Presenter: Director Connie Munn, SC Department on Aging

SC Department on Aging Director Connie Munn welcomed everyone to the second meeting of the Taskforce and thanked everyone for their time and commitment to helping older adults in our state.

Maya Pack introduced Mary Gail Douglas, Chair of the Social Isolation Taskforce and Ms. Douglas expressed her excitement about the taskforce and shared about her work to support older adults.

Agenda item: Keynote: Social Connection and Health

Presenter: Julianna Holt-Lunstad

Discussion:

Defined Social Isolation, Loneliness and Social Connection

Shared impacts and outcomes of social isolation

Shared COVID-19's impact on social isolation and loneliness

Shared worldwide social isolation and loneliness statistics

Shared resulting behaviors of social isolation and loneliness

Shared that older adults, people with disabilities, minority groups and LGBTQIA+ community members are at higher risk of experiencing social isolation

Discussed mitigation strategies



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Please see slides

Agenda item: Recommendation Workshopping

Presenter: Karina Howell

Discussion:

What makes a good recommendation?

The recommendation workshopping form will be sent to taskforce members as a Survey Monkey after the meeting

Timing: Taskforce members make recommendations from November to February

Taskforce members aid in revising and finalizing recommendations in March and April

Agenda item: Breakout Sessions

Facilitators: Steering Committee Members

Discussion:

Breakout rooms used 30 minute to answer three questions:

Based on the presentation by Dr. Holt-Lunstad: what's your biggest takeaway?

Dr. Holt-Lunstad introduces the concept of "Health in All Policy" from the WHO and suggests that policies should consider the social ramifications across sectors of health, transportation, housing, employment, nutrition, water and sanitation. Why is it important for social isolation to become a part of the discussion with developing or updating policies that impact older adults in South Carolina and how will you explain this to others?

To make an impact on social isolation in older adults in South Carolina, what would be your priority?

Meeting attendees met as a large group after small group sessions to discuss takeaways and discussion from the small group sessions

Please see Recommendations to Date document

The next meeting is January 18, 2023 and will be VIRTUAL

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