



AGING WITH DIGNITY
 Missouri's Master Plan on Aging
Daily Life and Employment Subcommittee



Date: 6/16/2023

Meeting: Daily Life Subcommittee

In attendance: Greg Burris, Nancy Morrow Howell, Wilma Schmitz, Leroy Wade, and Mindy Ulstad

Notes/Highlights

The Committee discussed the daily life activities of older adults and adults with disabilities to determine the major areas to concentrate on for the Daily Life and Employment Subcommittee of the Missouri Master Plan on Aging (MPA).

Mindy Ulstad was asked to explain more about the goal of this sub-subcommittee. Mindy explained that the employment group will work on employment issues. We can focus on other activities such as volunteerism, voting/civic engagement, etc. As different ideas were brought up, Mindy explained to the group if other committees were working on issues. Those that other groups are working on included transportation for volunteers, housing issues, insurance, and retirement planning.

The group then decided to focus on three core areas: Volunteerism; Recreation; and Engagement (both civil and social). The group felt that these issues touched on the recently released [U.S. Surgeon General's Advisory](#) calling attention to the public health crisis of loneliness, isolation, and lack of connection in our country. Additionally, the U.S. Surgeon General recently issued an [Advisory](#) about the effects of social media use on youth mental health. The group felt strongly that including intergenerational programming when possible could help address both of these public health issues.

The group then brainstormed ideas to address each of the three core areas. These have been broken down in the chart below.

Core Areas of Focus for the Daily Life Component of the Daily Life and Employment Subcommittee	
<u>Volunteerism</u>	
1.	Reimagining Volunteerism by doing non-profit training. Some volunteers are capable of doing more than answering phones and stuffing envelopes. Educate non-profits on other ways highly skilled volunteers can be utilized.
2.	Volunteer Fairs should be reimagined as well as those holding them find that people come to the fairs to get freebies and enjoy the other things offered at the fair, but not a great way to get people to commit to the volunteer programs. Utilizing some kind of civic matchmaking can help ensure that individuals are matched with appropriate volunteer positions which benefits the volunteer and the non-profit.
a.	The state should work to develop training for civic matchmaking for non-profits to help them thrive.
3.	Intergenerational programs utilizing either younger or older volunteers paired to work with the other generation should be prioritized. This addresses both the recent surgeon general



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<p>advisories. Anecdotal evidence from other states shows intergenerational programs could lead to more students picking to go into the geriatric fields in both social and medical areas.</p>
<p>a. Work with A+ and other school programs (like credit for physical education) for students to be able to volunteer to work helping older adults in the community. This could include labor activities like mowing and shoveling snow, visiting with seniors, helping seniors with technology, etc.</p>
<p>Recreation</p>
<p>1. Preparing for retirement by becoming involved in civic or social activities to help individuals transition into retirement more smoothly. This helps with connection to the community and there are known positive health benefits of staying active and socially connected to others.</p>
<p>2. Encourage health plans/Medicaid to cover recreational fitness and volunteering which are both shown to increase health and decrease medical expenses.</p>
<p>3. Ensure state, county, and local parks are accessible to all individuals regardless of their age or ability.</p>
<p>4. Increase the "Seniors to the Parks" programs within the state to ensure that all individuals regardless of age or ability can attend the state parks and access all areas they desire to access.</p>
<p>Engagement (Civic and Social)</p>
<p>1. Work with employers on the civic engagement of their workforce. Allow workers to use work time/resources to volunteer in the community.</p>
<p>a. The state should provide education and training to for employers to ensure they are aware of the benefits to their business. (Employee happiness/retention/good exposure of the business to the local community.) An example of this includes the Community Engagement in a Box from United Way of the Ozarks.</p>
<p>2. Increase free or reduced classes in public universities and community colleges for non-traditional older students and create a more inclusive feeling for this population.</p>
<p>a. Community Health Worker Credentialing at community colleges and universities should include courses on working with older adults and adults with disabilities.</p>
<p>3. The Geriatric Workforce Enhancement Programs at the state universities should develop intergenerational programs within the universities to get college students working with older adults in the communities.</p>

Next Steps: The sub-subcommittee will bring these recommendations back to the Daily Life and Employment Subcommittee to further discuss and narrow them down. Once narrowed down, this group will assign members to dig into the focus areas to develop solid recommendations to include in the Daily Life and Employment Subcommittee recommendations to the MPA Advisory Council.