YEAR 3: BEYOND THE MEAL

CASE STUDY: The Value of Socialization in Older Americans Act Congregate Nutrition Programs in Washington

The National Association of Nutrition and Aging Services Programs (NANASP) received a renewal grant from the Retirement Research Foundation in May 2018 to continue its study of the benefits of socialization in OAA funded Congregate Nutrition programs to the health and well-being of older adults. The information below was collected in the Winter of 2019.

“I enjoy helping others and talking with attendees.”

“Always looking for a date!”

SURVEY FINDINGS:

- 55% of respondents were female
- 50% of participants say they visit the congregate site a few times each week
- 91% say they have more friends now than before they started visiting the site
- 27% of respondents said what they like best about socializing is talking to friends they already know, meeting new friends and getting out of their homes each day
- 97% of respondents said they believe the site allows enough time for socialization
- 53% of respondents said their health has improved since starting to visit the site
- 34% of respondents were widowed
- 85% of respondents were white
- 81% of respondents arrive to the congregate site by car

“I try to make friends and keep them.”

Thank you to Glenda Forga, Executive Director at Lewis County Seniors and Valerie Aubertin-Lamb, Contracts Manager at the Lewis-Mason-Thurston Area Agency on Aging, and Stephanie Penland, Nutrition Coordinator at Senior Services for South Sound.

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