



MISSOURI DEPARTMENT OF  
**HEALTH &**



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

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Notes and information from the meeting held on June 16, 2023

# Key Takeaways for Today

Group Discussion lead to three core areas

Addressing U.S. Surgeon Generals' recent Health Advisories is important in all of the MPA's work when possible.

Developed Suggested Actions for each of the core areas

Information on National Service Volunteer Program for Missouri

The workgroup needs your input to develop recommendations for these core areas for Daily Life. What did we miss? What would you remove?

# Core Areas

- Volunteerism
- Recreation
- Engagement (Both Civic and Social)

# U.S. Surgeon General's Health Advisories

- Calling attention to the public health crisis of loneliness, isolation, and lack of connection in our country.
- Calling attention to the public health crisis of the effects of social media use on youth mental health.
- The Daily Life workgroup felt that including these health advisories in our planning is not only important for this subcommittee but for all of the Master Plan on Aging Subcommittees to consider as they work on recommendations.
- Utilizing intergenerational models can help with both of these public health issues.

## 1<sup>st</sup> Core Issue

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 engaged.

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.

Reimagine Volunteerism to ensure that individuals are matched with appropriate volunteer positions which benefit the volunteer and the non-profit.

- a. The state should work to develop training for reimagining volunteerism for non-profits to help them thrive.

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 advisories. Anecdotal evidence from other states shows intergenerational programs could lead to more students electing to go into the geriatric fields in both social and medical areas.

- 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.



Volunteerism

## 2<sup>nd</sup> Core Issue

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.

Encourage health plans/Medicaid to cover recreational fitness and volunteering which are both shown to increase health and decrease medical expenses.

Ensure state, county, and local parks are accessible to all individuals regardless of their age or ability.

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.



Recreation

## 3<sup>rd</sup> Core Issue

Work with employers on the civic engagement of their workforce. Allow workers to use work time/resources to volunteer in the community.

- a. The state should provide education and training 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.
- b. Any employers who are subsidizing their retirees' health insurance may be very interested in allowing their soon-to- retire employees the opportunity to develop a plan for their retirement to help avoid the social isolation and loneliness (and associated health impacts) that can come from NOT having a plan and, thus, sitting on the couch.

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.

- a. Community Health Worker Credentialing at community colleges and universities should include courses on working with older adults and adults with disabilities.

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.



Engagement (Civil and Social)



AmeriCorps Missouri Information  
Corporation for National Community Service





**WE WANT  
YOUR  
FEEDBACK**



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# QUESTIONS?



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[health.mo.gov/seniors/masterplanaging/daily-life-employment.php](http://health.mo.gov/seniors/masterplanaging/daily-life-employment.php)



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