

Gateway to Hope
UNIVERSITY
Training Program of HHCI

Lunch & Learn Webinar: The Importance of Socialization for Older Adults


PRESENTED BY
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McGee Fellow and Director, CARES
Hope and Healing Center & Institute

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Gateway to Hope University (GTHU)

We offer evidence-based mental and behavioral health training, educational resources, and ongoing support to individuals, faith communities, schools, and workplaces.

We developed GTHU to provide you with the training needed to recognize, refer, relate, and effectively and compassionately respond to those in mental distress.



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Mental Health Coach Training

- Evidence-based training incorporating ongoing research and feedback from GTHU network of Mental Health Coaches.
- Learn essential information, skills, practical scenarios, and actionable steps to compassionately respond to those in mental distress.
- Deepen your knowledge and response skills through our Specialization Trainings:
 - Addiction and Behavioral Health Disorders
 - Child and Adolescent Mental Health
 - Aging and Elder Care
 - Trauma



Mental Health Coach
SIGN UP

MENTAL HEALTH COACH
Purchase this course for \$75.00
Get more...

Specialty Courses: Available once you've completed our Mental Health Coach Course

ADDICTION & BEHAVIORAL HEALTH | AGING & ELDER CARE | ADULT & ADOLESCENT | TRAUMA

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Mental Health Coach Benefits

- Personalized Learning Profile
- Access to Mental Health Coach forum to connect with other Mental Health Coaches
- Access to Directory of Community Resources map
- Certification at the end of Mental Health Coach Training
- Mental Health Coach meetings and online events




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Introduction

- Discuss the importance of socialization
- Identity ways of socializing
- Share examples of socialization opportunities

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In Beginning . . .

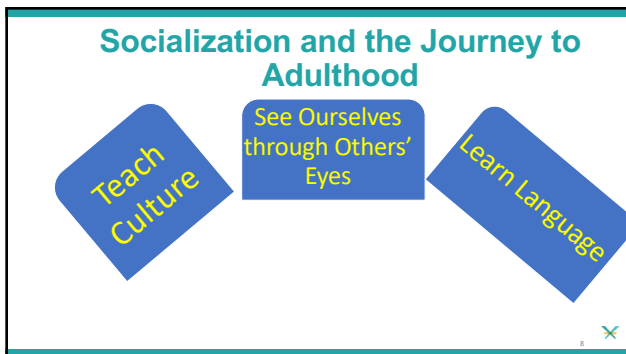


"It is not good that the man should be alone. I will make him a helper as partner."
Genesis 2:18 (NRSV)

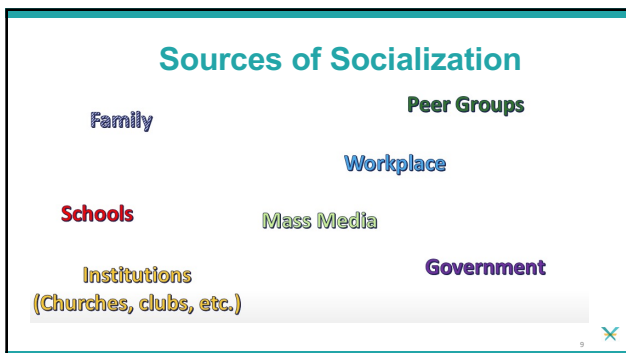
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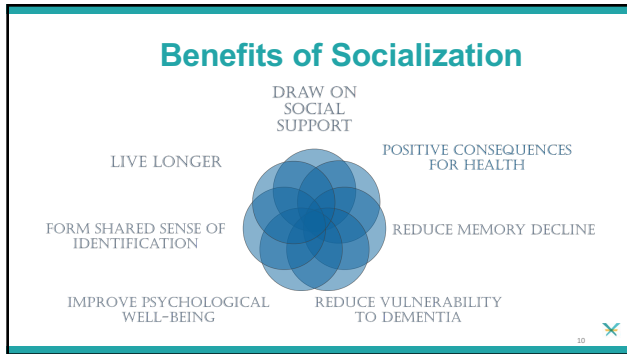
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What Happens with Older Adults?

- Horowitz and Vanner (2010): Residents in assisted living engaging in activities have higher life satisfaction, with better mental and physical health, physical functioning, and vitality
- Hwang et al (2019): Community-based socialization program helped participants reduce their loneliness and social isolation
- Elder Care Alliance (2017): Developing positive sources of social support can reduce stress, alleviate anxiety and depression, and reduce some physical health concerns as well as improve memory and longevity
- Fu et al (2018): Participating in a group singing program helps cognitive function, lung health, and quality of life
- Cacioppo et al (2011): Social isolation can have same effect on mortality as smoking, obesity, sedentary lifestyle, and high blood pressure

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Different Ways to Socialize

Volunteer (Hospital, Foster Grandparent, Other)

Paint

Reminiscence/Storytelling

Day Tripper

Classes (Cooking, College, etc.)

Garden

Exercise/Yoga

Woodworking

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What Happens When People Don't Socialize?

- 36% of adults >60 are lonely
- Increase in mental health issues:
- 67% increase in anxiety
- 76% increase in depression
- Poor sleep

Koren et al, 2021; Siddiqua et al, 2025



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Volunteer Opportunities in Houston

- Service Corps of Retired Executives (SCORE): provides volunteer consulting to small businesses; 8701 S Gessner Rd, Ste 1200, Houston, TX 77.4; 713-487-6565.
- Harris County Long-term Care Ombudsman Volunteer Program: Managing Local Ombudsman (MLO) Greg Shelley; 713-500-9930; Gregory.K.Shelley@uth.tmc.edu.
- Volunteer Houston: connects individuals, groups, and companies with nonprofit agencies to transform the Greater Houston community for good through volunteerism; 713-533-3190; <https://volunteerhouston.org>



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Volunteer Opportunities in Houston

- Memorial Hermann Memorial City Hospital (Volunteer Director Bailey Curtis); 713-242-3000; Bailey.Curtis@memorialhermann.org.
- The Amazing Place (Susie Howard, Volunteer Director; showard@amazingplacehouston.org).
- Foster Grandparent Program, Evelyn Rubinstein Jewish Community Center (Bea Rivas; 713-595-8198; brivas@erjcchouston.org); <https://www.erjcchouston.org/seniors/foster-grandparent-program>.
- Institute for Spirituality and Health, Interfaith Spiritual Care Visitors; Dr. Virgil Fry, vfry@ish-tmc.org.



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Opportunities at HHCI in Houston

- Senior Narrative Program, Dr. Peggy Determeyer, pdetermeyer@hhci.org
- Retiree Support (Coming Soon)
- Individual Coaching, Dr. Peggy Determeyer, pdetermeyer@hhci.org; Rabbi Seth Stander, sstander@hhci.org.



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Social Groups for Older Adults in Houston

- St. Luke's Methodist Church, Thursdays with Friends (Mary Schuler, Coordinator of Intergenerational and Senior Adult Ministries; 713-402-5008; mschuler@stlukesmethodist.org).
- Memorial Drive United Methodist Church (Dany Attal, Director of Older Adult Ministries [Boomers, Seniors, & Singles]; 713-468-8356, ext. 119, DanyAttal@mdumc.org).



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References



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- Siddiqua, A., Parisi, J. M., Manini, T. M., Kaufmann, C. N., & Smail, E. J. (2025). Effects of Situational Loneliness on Mental Health and Sleep Health Outcomes among White Older Adults during the COVID-19 Pandemic. *Prevention Science*, 26(1), 31–42. <https://doi.org/10.1007/s11121-024-01760-0>



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GTHU Websites



GatewaytoHopeUniversity.org



Learn.GTHU.org



MischerBehavioralHealth.org

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GTHU Resources

- Unlock the Power of Knowledge with Grace**
Our goal is to empower you with knowledge and support, ensuring you never feel alone on your journey to better mental health. Learn more at MischerBehavioralHealth.org
- The Hope Line: Relief. Just a Call Away.**
Are you going through a tough time? Do you need someone to talk to? Call The Hope Line.
- Download our Mental Health Gateway App**



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