

CRN 47078 Senior Capstone,
Stories From Sirovich,
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12/9/20

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This project is centered Around the lives of certain individuals at the Sirovich Senior Center. One of the great disparities that are evidenced in this project is a lack of interconnectivity between older adults, and their communities. The Pop-Up supper club was created in order for older adults to be interactive with one another, and for them to be given a chance to be both seen and heard by their community. Exponential value was found while making this project, especially when working with the older adults. It can be understood that we are all commoned by a palpable appreciation for one another, which then led to the receptivity of the older adults to this project. This project fits within the discipline of the Communications major because it is hinged on communicative outreach, and how to best positively impact the lives of older adults. Skills learned from the communications major can help aide the perspective career.

Along with this interview project, the business Quantifying Community is being brought to fruition. This online business will allow older adults who audit college classes, to connect via the website with those who do not, or are unable to figure out how. Quantifying Community can provide as a second project that is used in conjunction to this one because both projects share a certain interconnectivity to one another and help to enhance the efforts of the other. Although we are once again in the height of the pandemic, this project will be enlisting the help of transcripts from previous interviews to provide its validity. Quantifying Community is intended to mitigate the gap between older adults and other older adults, as well as their communities. This project seeks to promote interconnectivity at the highest rank because it allows for older adults to speak with others who are on their level. Regardless of intentionality, there persists a disconnect between younger adults and older ones. Through the function of this business, older adults can

stay in their comfort zone and connect with other older adults who are best fit to understand them, and meet their needs.

Following, are four interviews that were conducted in order to gather a general consensus of the older adults about their living situation. They were encouraged to speak about any topic they would like, under the purview of connection and its importance. All individuals spoke both generally about the topic, and personally which provided for a great myriad of thought processes and ways to address the issue. A lack in communication was observed by all of the older adults, which they then urged younger adults to reach out to one another and form intense bonds, so there would not be such a level of disconnect. Many of the older adults did not speak to one another, and after completing this project it was found that many of them sat at the same table, and were less aloof. There was a generalized anxiety to speak with one another, and the older adults were eager to correct this.

The first story is Bob's, and it is an account of his time in Vietnam, as well as his devotion to his wife. Here is his actual account of what took place when I interviewed him. "I served in Vietnam and left my girlfriend behind. There were no words, and no time to tell her how much she meant to me. I was shipped out, and one of my first days I got sick with food poisoning, I was put in the hospital and not allowed on the carrier plane. That same night, my buddies were shipped out and the carrier plane was shot down and I was left the only survivor. After the war, I got home and still could not afford a ring. *At this point tears were beginning to gather in his eyes.* I never was able to tell her, or show her, how much she really meant to me and she passed away this year without ever knowing. My advice, when you find who you love,

hold on to them and tell them right away because you never know when you will be the only one left.”

Evelyn: “I used to work as a nurse. Caring and compassion was everything. I loved working with people and caring about others was my greatest passion. It really helps the world to spin, to have compassion for others is the only tangible thing. I got lucky because I loved my coworkers. It is a special thing you are doing, reaching out. You see how important it is to not just understand, but to listen. No one gives anyone the time of day anymore. Keep reaching out, because as I have learned, the only way to make a difference is to hear and to listen.”

Terrance: “It is essential to read the newspaper. You must connect with people and the world. I mean, look at this story right here, I would not know about it or know how to care about it if it were not printed right before me. Young people today just do not get this. There is no effort in getting the news so how can there be any news. See, look here, someone won the jackpot, and look, there was another shooting. We can’t know the good or the bad unless we look.”

Marion: “I grew up in a predominantly white neighborhood. But I did not find it hard to relate to anyone because there was a certain level of regard to the safety and wellbeing of one another that we all shared. I know, my case is not shared by most black people, especially during this time. There was such hatred going around back then. That is why I say, go out, make as many friends as possible because it is harder to hate and or kill your friends. That is the secret, share the love and commitment to everyone and there will be no need for hatred. Please, tell the young people to make all the friends they can, so the world can be a happier and safer place.”

All four of these stories are commoned by the theme of interconnectivity and the communicative aptitude of us as individuals and a whole. These accounts made by the older adults at Sirovich are all connected to one another because they all demand that young people take time to appreciate what they have and connect to their environment around them. These older adults were able to clearly understand the value of communicating, and reaching out to one another as humanistically possible. The intertwining idea of connection is beautifully represented in their responses. There is a lack of commoditization of speech which occurs when there is a level of disingenuity, and a falsehood to the approach taken by many companies and individuals. There is a certain stigmatation about older adults and their relevance to society, which is often why they are not properly integrated as members of their communities.

The purpose of this project is to address the issues of living in a senior home; including a general disconnect from their community. This project is intended to promote the message of congeniality as well as allow for older adults to be greater appreciated by the communities they reside in. The aim is to show how beneficial they are to every community, and hone in on the aspect of older adults in senior living centers. This project was created with the intent of raising awareness to the lack of empathy or care taken in regards to older adults because they are primarily left alone and forgotten in those homes. After speaking with a majority of the older adults at the Sirovich Senior Center this idea was shared and brought up. Many of the older adults did not feel welcomed by the community, and a lot of them had family that moved away and they had very little contact with them. When the PopUp Supper Club was created, the general response it got was joy and the feeling of inclusivity. This senior project is intended to

show this response as well as propose a different way of viewing and thinking about the issue of senior living home.

Three research questions that I have for this project are:

1. How can my project best benefit the target audience, who are the older adults that it was designed to help? And how will it achieve this goal, especially during the time of the pandemic where interconnectivity should be prioritized.
2. What were the limitations or restrictions of this project (if any)? And how could they be corrected to make its effectivity better overall?
3. The final question is a bonus one. Although it is listed at the end its importance cannot be overemphasized. It provides itself as the pinnacling idea for the culmination of the project, as well as its creation. This question is, WHAT IS THE PURPOSE OF IT? What is the reason it exists?

The methodological response to these questions is, a matter of trial and error, as primitivistic as this may be, the efforts taken to meet the needs of both the project and the target audience must be those of meticulous, and semi-planned guesswork. There is no clear or definitive answer for these questions until they are instilled into practice. The final question is weighted with a special importance because it is intended to define and satiate the reason why the project SHOULD be created. This project was greatly motivated by How to

Win Friends and Influence People, as well as Start With Why to almost the limit of extensivity. Both Carnegie and Sinek pinnacle their ideas on one simple belief; to care. To create the entirety of the project with the passion that culminated the drive to start it. They equally define this as, 'Purpose'. A reason to exist that resounds in all aspects of the project. Be it the assertion of its creative process, or the 'finished' product. Much of the research that benefits the target audience, is addressing the function of communication, and how it can be best facilitated in their environment, which is found in the interviews above. Tangible sources for the project were supplied, and they allow for its purpose to be more vastly understood. The personal interest in this issue is the fact that my grandfather, Sidney, is 83 years old and is being directly impacted by COVID-19 because it increasing his depression initially brought about by eroding health and degrading physical ability. He is stuck inside and is becoming restless which is in turn augmenting this depression. Sidney is an exclusive case in this matter, because many older adults are alone and isolated from others in an effort to protect them. However, technological skills are often not at their disposal, which increases this isolation.

A general unwillingness to interact was first observed, which made the interviews more challenging to conduct. Many of the older adults were shy, and did not distinguish themselves as individuals who wanted to participate, which then provided them with a greater unwillingness to speak. However, once an environment was facilitated to ensure their safety, and help them to feel comfortable, their personalities came to light. They were highly intelligent individuals whose responses were purposeful, and once they understood their benefit, they spoke up. The efficacy of this project verged on their receptivity because how

well designed and how impactful it was would be proven through their responses. The initial actions of the older adults would have acted as a hindrance to the effectivity of the project, because it was based around their responses and willingness. Their initial response to the project also helped to provide its validity because it showed that a trust was established, and there was a certain level of comfortability that was facilitated. These individuals were extremely receptive to the interview once they felt supported, which is an important aspect of communicative outreach, and also ties into the theoretical outline of empathy, and behaving in an altruistic manner.

It is important to understand WHY this project was started, and its purpose in the long term. Although there is no tangential reasoning to back up how the project will come about due to COVID-19 restrictions, it is understood that WHY is the most important driving force of this project, there is also a collection of numerous stories from some older adults that were interviewed and previously worked with. COVID-19 paradigmatically shifted the physical fulfillments of the project because it was initially intentioned with going back a second time to conduct a second round of interviews to these same older adults. Sadly, some of these individuals did not survive the virus, which is more than deeply saddening. They were asked to start talking about anything they wanted to, something that gave them the passion to speak, or a simply a story that interested them. This project will be premised around the stories that were shared and will tie this aspect into the senior capstone project. These stories to help with Quantifying Community and bringing that dream to fruition.

Senior Living Facilities: A Literature Review

Theme 1: Interconnectivity between older adults to strengthen their ties to society.

Stories From Sirovich is a culmination of discourses of older adults at the Sirovich Senior Center. The centric theme is the interconnectivity between the individuals at the Sirovich Senior Center. Older adults are often undervalued in their communities which translates to their cogitation of society around them and how socialized they are. This inherent lack of socialization leads them to become isolated and depressed because there is no attempt at interconnectivity. The own Pop-Up supper club was created for older adults to be interactive with one another, and for them to be given a chance to be both seen and heard by their community. Genuinity is not as easily discerned or discredited by others which makes it harder to come by nowadays, which is why I understand the importance of reintroducing interconnectivity, and other forms of enjoyment in their lives. We are all commended by a palpable appreciation for one another, and respect of the idea of connectivity. I majored in Communications, and redefining behavioral aspects of communication. If systematic behaviorisms are paradigmatically shifted in appeasement of the needs of older adults, they will reflect such behaviors and become happier. It has been a lifelong dream and aspiration of mine to work with older adults, and I can apply skills that I learned from my major, in my perspective career. I am also seeking to expand this project beyond the scope of interviewing older adults, and writing out their stories. I am working on creating my own online business where older adults who audit college classes, can connect via the website with those who do not, or are unable to figure out how. The title of this website is Quantifying Community.

Senior Citizens and the Elderly Homes: A Survey from Kathmandu, Dhaulagiri Journal of Sociology and Anthropology Vol.2 | 2008. The author Pradeep Acharya delves into the issues of old age homes in Nepal and is articulative of the social and cultural relativism of how respected older adults are, as well as their placement. Acharya explicated that there was a growing sense of urgency situated with the issue of proper housing for the elderly. The author states that there is an increasing need for such care to be taken because older adults are not treated with the respect that they deserve, and they are still not receiving the adequate amount of care. Their situation is one that must change because Acharya argues that the older adults must be humanized, and their stories must be understood and respected, and their living situation must also reflect this point. Three emerging themes that are conjunctual through the similarity of the effects of maltreatment and social isolation of older adults in senior care facilities. The article, *'We Need Each Other': Seniors Are Drawn to New Housing Arrangements, by Paula Span, Published Sept. 27, 2019, The New York Times* is directly related to this theme because Paula Span is the author of a New York Times article, and her primary point is older adults should share housing because it makes the cost of living more affordable, and it decreases loneliness. When older adults are introduced to the idea of socialization and the collaborative efforts are increased by both them and the staff members, it is empirically deduced that the depression rates go on the decline, and older adults behave better and are overall happier. The basis of Span's article is loneliness and she divulges into the argument that there is a generalized feeling of security and happiness when sharing a place with someone of similar circumstance. The two other articles are also conjoined by the theme of loneliness which is further evidence that a sort of resocialization of older adults into their community is a positive advancement in society.

Cohousing can increase joy, and allow for the older adults to have an advanced connectivity with one another which is why it is such an important aspect of senior living. Depression is not uncommon in the senior community, and it is found that communal living allows for older adults to feel a greater sense of inclusivity and joy from sharing a home with a counterpart. The second article further digresses into older adults living on campus and sharing campus life with young adults who are also attending classes and living there. *At Colleges, What's Old Is New: Retirees Living on Campus, Anemona Hartocollis, Sept. 10, 2019 The New York Times*. Anemona Hartocollis recontextualizes the idea of what it means to be an older adult in her article because she is articulative of the relevance of the issue of older adults being on campus. She specifically mentions Purchase College in her article, and speaks about the opinions that students have regarding senior citizens both living on campus and auditing classes. There are mixed reviews that she observes in her article and they exemplify the complexities of the issue, and the nuanced conversations that are created from the topic. Hartocollis found that many students at Purchase College are thrilled with the idea of a senior living home on campus and understand the importance of having older adults share in the campus lifestyle. The idea of housing both younger and older adults is correlational to the theme of hyper-connectivity. The fourth article in relation to this theme is, *'Getting Old Needs a New Look, Covid-19 has exposed the lethal vulnerabilities of nursing homes and assisted-living facilities. Can better design make aging safer?'* Which is a CityLab article written by Patrick Sisson, August 20, 2020, 11:23 AM EDT. Patrick Sisson is addressing the issue of Covid-19 in his article, as well as the outdated methodologies of old age homes in the city. Sisson argues that there is an evident 'vulnerability' in the practice of nursing homes, and this was further evidenced by the recent epidemic. There needs to exist a paradigmatic shift in the way that nursing homes are run and how they treat the

older adults living within their confines. Sisson argues for a complete ‘reinvention’ of senior living homes in partial response to the pandemic, and also due to their outdated practices, which will lead to a more respectable treatment of older adults.

Theme 2: Direct impactability of facility size on the mental and physical health.

Some oppositional viewpoints to these three articles are *The Salience of Social Relationships for Resident Well-Being in Assisted Living* Debra Street, Stephanie Burge, Jill Quadagno, Anne Barrett. *The Journals of Gerontology: Series B, Volume 62, Issue 2, March 2007, Pages S129–S134, Published: 01 March 2007*. The authors primarily found that the facility size provided as an aspect for the wellbeing of the residents. This is an oppositional point to make because they are not speaking to the individualistic aspect of the issue, the size of the facility is being spoken about here. There is a greater importance stressed on the reinvention of relationships, rather than the continuation of past ones, and this can primarily be done in a smaller space. Although the theme of interconnectivity remains in this article as well, a different avenue is being taken to reach this point. Older adults who were able to form new relationships in the facility had improved both their mental and physical state. These assisted living facilities become home for many older adults, and their way of life can be drastically improved by them. When the correct measures are taken by the facility, the wellbeing of the older adults is improved, and they are resocialized into that way of life and social standing. The speculative advances of the authors are that smaller facilities provide a greater sense of connectivity and homeliness because they introduce a more interactive environment, and one that is better suited to facilitate the feeling of care and responsibility. Older adults living within the confines of these

facilities have a greater wellbeing and are better adapted to the lifestyle, and are more social than those in larger facilities.

Theme 3: Erroneous and isolationistic effect of dementia.

A second article that is slightly contradictory to the theme of the first ones is *Efficacy of a Psychoeducative Group Program for Caregivers of Demented Persons Living at Home: A Randomized Controlled Trial* Rejean Hebert, Louise Levesque, Jean Vezina, Jean-Pierre Lavioe, Francine Ducharme, Carole Gendron, Michel Preville, Louis Voyer, Marie France Dubios *The Journals of Gerontology: Series B, Volume 58, Issue 1, 1 January 2003, Pages S58–S67*. The authors of this journal analyze the process of taking care of an older adult with dementia, and the depressive effects of the disease. The other articles do not digress into this channel of thought because they do not bring to point the psychological effects of dementia, and what an isolating disease it is. This issue is an important one that must be addressed because of how impactful it is on many individuals, and how separate it is from the sole issue of lack of connectivity. Individuals with dementia have a lack of connectivity to themselves, let alone others, and it is the best aspect of interconnectivity to address. The authors articulate the fact that individuals with dementia affect those around them, and care must also be given to those who aide them. This is a multifaceted issue, and because of these complexities it must be addressed through many separate mindsets and thought processes. There is a lack of care given to individuals suffering from this erroneous disease, as well as to the caregivers who aide those individuals because it is not a well-addressed issue, and needs to be destigmatized and taken as a higher importance.

A second article that supports this theme is, *Journal of Gerontology: PSYCHOLOGICAL SCIENCES* 1998, Vol. 53B, No. 5, P300-P310 Copyright 1998 by The Gerontological Society of America Predictors of Aggressive Behaviors: A Longitudinal Study in Senior Day Care Centers Jiska Cohen-Mansfield¹⁻² and Perla Werner³ ¹Research Institute of Hebrew Home of Greater Washington, Rockville, Maryland. ²Georgetown University Medical Center, Washington, D.C. ³University of Haifa, Israel. Mansfield and Werner wrote on the effect of aggressive behaviors exhibited by older adults suffering the effects of dementia and depression, both intercorrelating with one another. Meaning, equally augmentative to the effect of the other, leading to actions taken by the older adult to lash out both verbally and physically. Dementia is erroneously to the mental and physical aspect of the individual, and they are often unable to think with a certain lucidity. The effects that the disease has on the individual is deprecating to their health and the wellbeing of those around them because there is a relational disconnect which can lead to them not receiving the proper care they should be subject to. Also, the authors argue that there is less of an ability to provide them aide because of these behaviorisms. ‘Physical and verbal aggressions’ were recognized in these individuals which often conceded to them being sent to a different care facility, and did not help to strengthen the relations the older adults had with their previous caretakers.

This literature review is multidisciplinary due to the myriad of topics and themes that can be addressed. Once these themes are addressed and properly understood, decisive action to change the way older adults are treated and understood must be taken. In this literature review one aspect that was not spoken much about was the reintegration into society, and this is a large

issue to correct because of how stigmatized older adults are in terms of their beneficialness. To fill the gap in the research, this capstone will take real life accounts to lend as data, and delve into the harmful effects of isolation, be it from dementia, too large of a facility, or lack of care.

Analysis:

The interviews that were conducted are explicative of the purpose for this project because one thematic reasoning that was proposed by all of the older adults was an apparent lack in connectivity. This project is veiled under the intention of advocacy for communicative outreach because it is understood that with an inherent lack of such communication certain individuals are alienated. In this project, the target audience was older adults, and these individuals were determined to be more socially limited due to a deficiency in technological competence, as well as a general unwillingness to connect from both their peers and the community. After working with these individuals it was inherently clear that these older adults saw it a necessary act to speak and interact with one another. A generalized anxiety was observed while working with them, because many of them chose to distance themselves. This project was intended to allow for the older adults to understand both their purpose and the purpose of their counterparts who were the younger adults. The younger adults that worked under the veil of this project were also able to understand its importance and see the older adults in a different perspective. This allowed for the older adults to form stronger bonds with their community and become comfortable with sharing their theories of interconnectivity with the expanse of society. The seniors of Sirovich were able to understand their function through this project, and were thus able to apply it to helping one another become further integrated into the community.

The impactability of the PopUp Supper Club was evidenced by the responses of the older adults as well as the staff that worked with them. Many of those individuals had an aide who helped them with daily tasks, and they were also receptive to the interview and learning how to better communicate with their recipients. This project also entailed accountability, both individualistic and interpersonal because the caretakers were able to recognize that those they were helping were struggling socially, and were not connecting properly to those in their environment. A process was then instilled into practice to help the older adults who were not properly socializing with one another, as well as to aide their community into learning better acceptance. The PopUp Supper Club allowed for older adults to feel like an integral part of their community and valued members within their own community. This project has also provided the opportunity for these individuals to discern their own value, and change the way others felt. Because these older adults had a heightened sense of responsibility, they impacted a positive change in their immediate environment, and took what they learned to help others like them who were also struggling to come to terms with connecting. There was a general resilience to connect with others, and a fear of sitting with those who might be likeminded.

What initiated the PopUp Supper Club was an observed issue with senior living facilities, which was a generalized disconnection from the community. There was a noticeable alienation of older adults with their community because the senior center was not very well known, and there was a general indifference about having the older adults there. The purpose of the Supper Club was to raise awareness to the existence of the senior center, and to increase care towards those situated there. After speaking with the older adults in the interviews, it was made clear that there was a certain determination for connecting with others and the community. All of those

who were spoken to urged the younger generation to reach out immediately and make all the connections that they could so they could set in place a certain system of values, one where inclusion was the goal for everyone regardless of their age, race, religion, ethnicity, etc. The older adults who were interviewed understood the importance of communicating with others as well as those who shared a similar story. The seniors of Sirovich were all commoned by one important element which was loneliness, and they all found comfort in camaraderie. Although these individuals came about this conclusion differently, they were all able to share the wish and yearning to connect to one another and the community better. This Supper Club was created under the intention of allowing for these older adults to feel like integral parts of the community, and it was especially successful in this goal.

These individuals understood their purpose, and urged the listeners to understand it as well. These individuals simply strove to be heard and understood in the greatest capacity, both viscerally and cognitively. Many of the older adults asked to be seen more frequently by the community, and they loved the project because they believed that they were finally being listened to. It doesn't take much to change the communicative standards of society and the community, they must both first share a commonality and an appreciation for one another. The older adults at Sirovich simply wanted to be recognized by their community because they felt isolated, and this Supper Club was able to raise awareness about this need.

Evelyn was a strong supporter of this idea of interconnectivity because she saw the erroneous effects of losing this connection. "Evelyn was able to admire the purpose of the project and fully understand its impact, when she said, "you see how important it is to not just

understand, but to listen. No one gives anyone the time of day anymore. Keep reaching out, because as I have learned, the only way to make a difference is to hear and to listen.” She was speaking to the importance of not simply listening, but also hearing what was being said. Evelyn was able to discern the emotive function of reasoning because she emphasized on the point of reaching out. There she claimed that this was the only way in which to make a difference and see an impact in the actions of this project. Evelyn was one of the older adults that was able to gain a lot from this project because of how immersed she was in its message. She, like many others was tired of the divide between the community and them. She sought to see a change and an integration, because she saw fit the seriousness of proper connection. When a common understanding is reached, it is easier to be empathetic for one another. Evelyn has learned this lesson throughout her life. Sadly, she was one of the older adults to fall victim to COVID-19, but her message does not alter its impact. Evelyn’s wish for greater connectivity is further strengthened by COVID-19 because during this time people have a greater sense of connection and reaching out to one another. The fragility of life and connections is now fully understood by most, and her message is especially important in current times.

The messages of the older adults are all concurrent with today’s standards because COVID-19 set a strain on all relationships, and allowed all individuals to apply humanistic obligation to their communicative efforts. Before the virus speaking to one another was a simple commodification of linguistic function which allowed for such a divide to take place between the older adults and their community. However, during the height of the virus there is a new understanding of connectivity and individuals are beginning to see the importance of outreach and caring for the community. Evelyn was one of the older adults who saw the importance of

interpersonal outreach before it became a necessity, which in turn, made her more receptive to the interview and willing to spread her message.

Since the virus there is a greater willingness to speak and verbally interact with one another because there is a higher placement of importance on interconnectivity. The older adults who shared their opinions in 2016 were able to remain concurrent to issues that are being discussed in a more modernistic standpoint. The Coronavirus has negatively impacted so many lives, it is important to place a greater importance on caring about one another, and connecting to one another's story. After creating the PopUp Supper Club it was clear that the older adults did not see themselves as valued members of their community, and they valued one another more in a different light. They were within reason to think this way because that was how they were being treated by those around them. This project was created under the intent of altering the communal view of these older adults, and to reemphasize their purpose. These older adults were able to gain a different perspective from this project because they began to understand themselves and their own purpose in a different light. In 2016 they were interviewed by someone who was seventeen years old. They were able to understand their purpose because they felt cared for, and were cared for, and when they shared their messages they were exceptionally proud because they were being heard. The seniors of Sirovich were able to understand that they were being recognized as valuable members of society, and this provided them with a renewed sense of obligation. They became livened with this obligatory sense, and found a belief in one another and their community, and they were able to then spread their message of interconnectivity. They were posited by the new idea of their benefits, and were able to change their outlook to help the community, and be seen as integral parts of it.

The project Quantifying Community is an extension of this first interviewing project because with the knowledge of this first project its methods can be perfected. Quantifying Community is an important second project because of how connected it is to the first one. The older adults who interviewed were privy to the business that was being created, and showed interest in it. On a broader scale, both projects, as a conjoined effort could be exceptionally beneficial to the community because they are both promoting of integration of both idealism and perspectives. The seniors of Sirovich have shown nothing but enthusiasm and interest in speaking about their own communicative efforts and the importance of staying connected. This is the grounding message of Quantifying Community, and what propels it further into a state of actualization. This interview project has allowed for the older adults to feel a heightened sense of obligation for both one another and the community that they are a part of. Before the interviews took place, they did not believe that they fit into their community, and communicative efforts were lost on both ends. After this project reached a culmination, the older adults were able to feel like more integral parts of the community. The purpose of this project was to allow for them to understand their purpose, and to speak to this effect.

The seniors of Sirovich have been vastly impacted by the efforts of this project because they have a renewed sense of belonging within their community, and have a new voice to speak to one another. These older adults have been able to recognize their own impactability, one they believed they lost a long time ago because they lost the effort to connect to one another. It was the responsibility to the project to get these individuals to come together as a cumulative effort and understand one another on a more visceral level. The older adults became more receptive to listening and sitting with one another after the project came to a close. They were able to feel a

heightened sense of obligation to one another as well as to their community. These seniors of Sirovich found their strength in interconnectivity, a message that they were initially eager to spread. At the end of the project these individuals were more adjusted to society, and one another, and they felt more comfortable in their community.

From an analytical standpoint, the seniors of Sirovich were able to fully come to terms with their abilities and benefits because they then applied these in the project, and their community. The older adults who were interviewed, grasped fully the concept of connection, and used it to promote their purpose. These older adults were able to use the project to help one another because towards its culmination it was observed that there were more groups of individuals sitting together and conversing. These older adults were able to understand the importance of interconnectivity, and were yearning to get to know one another better.

Conclusions and Recommendations for Future Research:

In order to improve future projects and research, there must be a greater amount of older adults who are interviewed from differing senior living homes. This is only feasible after the Coronavirus because interconnectivity will still be of a greater importance, and the older adults will be more receptive to guests. Future research will consist of both interviews and statistics from these combined interviews because there will be more information to validate its efforts. The project will continue along the lines of interconnectivity and outreach and will seek to reach out to older adults who are alienated from their community. This research must be furthered by interviewing a greater expanse of individuals because then there would evolve a contesting in

ideals and further the validity of the project. When there is more of an opportunity for opposition, there also breeds the chance for more ideas, and a greater sense of camaraderie because these individuals can recognize their differences and still seek to connect to one another. After the virus there is a greater chance for interconnectivity because of the vast isolation, and older adults seeking to connect with others will chose to use the platform of the business that is being created, and they will be more receptive on supplying feedback on its effect. These older adults will be able to feel a greater sense of connection to one another and use it to impact a positive change in their community, and it can be used to strengthen the effect of their message of interconnection.

A recommendation for further research will be to speak with younger adults about the topic to encourage more diversity into the issue. This project is very binaric, which is effective to an extent. For future research there must be the incorporation of younger adults on the issue because they can offer an alternate perspective on the issue. However, an anchoring of this project was to be solely premised around older adults to allow for them to be most comfortable. Because regardless of how understanding and open the younger adults are, they are numerically challenged. They will still not have the years of experiences and stories to appropriately speak to these older adults. This project will be facilitated by older adults, and tailored to only the needs of older adults because of this commonality. This is how they will be best integrated into the expanse of the community, because they will be coming about it from a place of comfortability and familiarity. In future research, the only way that this project is feasible is if it is then lead by older adults who have a greater sense of connection to one another. For future projects, a recommendation will be to speak to all ages about the topic so it is all inclusive, and alternate

perspectives can be included. This is feasible after the virus because there will be a greater need for community outreach, and more receptivity to speak to the effect of connection both by the older adults and the younger ones. This time has shown such a level of disconnection that there will be such a demand for interconnectivity. Of course this is merely a projection, but one grounded in actualizing facts, which is severe isolation. This has led individuals to feel a greater sense of connection to one another, and older adults are optioned to be more receptive to one another because of this isolation.

After walking in the last day of the project, it was highly evident that these seniors felt more connected to one another because there was not one table with only one person at it, and the room was bustling with laughter and chattering. The older adults all looked up and waved, and provided their thanks, as well as remembered one another's name. The seniors of Sirovich all performed a play in Mandarin and laughed with one another. Many of them mumbled the lyrics that they did not know, but they still showed signs of engagement in the task. It was a beautiful thing to witness, the laughter and smiles on the faces of the older adults sitting with one another and watching the performance. The sense of camaraderie was so impactful and hopeful, it is a sure thing that it will be one day spread to the full extent of the community. In the end, Evelyn came up and said, "it has been a while since I haven't been in a room with strangers." The seniors of Sirovich were able to overcome their indifference to one another and the community and seek to outreach. The seniors of Sirovich were more than willing to connect to one another, and shared an eagerness to adapt to the ideas of one another. The older adults saw the importance in one another and sought to connect to each other.

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