

“Loneliness and the feeling of being unwanted is the most terrible poverty.”

-Mother Teresa



Social Isolation: Real Hope and Real Solutions

Did you know that 17% of all Americans age 65+ are isolated because they live alone and face barriers related to geographic location, language, or disability? In Santa Cruz, 18% of older adults live alone, and 20% of those over the age of 75 report having contact with someone else less than once a week.

Join us for a roundtable discussion about social isolation and how it is impacting seniors here in Santa Cruz County. Our virtual panel will discuss current trends, resources available and how to find ways to connect while at home.

Featured virtual speakers (click on links for more info about each speaker)

- [Clay Kempf](#), Executive Director, Seniors Council of Santa Cruz and San Benito Counties
- [Cathy Cress](#), MSW, Author of “Handbook of Geriatric Care Management”
- [Yener Balan](#), MD, DFAPA, VP, Behavioral Health & Specialty Services, Kaiser Permanente

BE A PART OF THE CONVERSATION!

WHAT: SOCIAL ISOLATION:

REAL HOPE and REAL SOLUTIONS

WHEN: WEDNESDAY, OCTOBER 21ST @ 10:00AM

WHERE: <https://us02web.zoom.us/j/88150787641>



Hosting organizations



Questions? Email brittb@seniorscouncil.org