Technology & Partnerships to Meet the Needs of Isolated Seniors

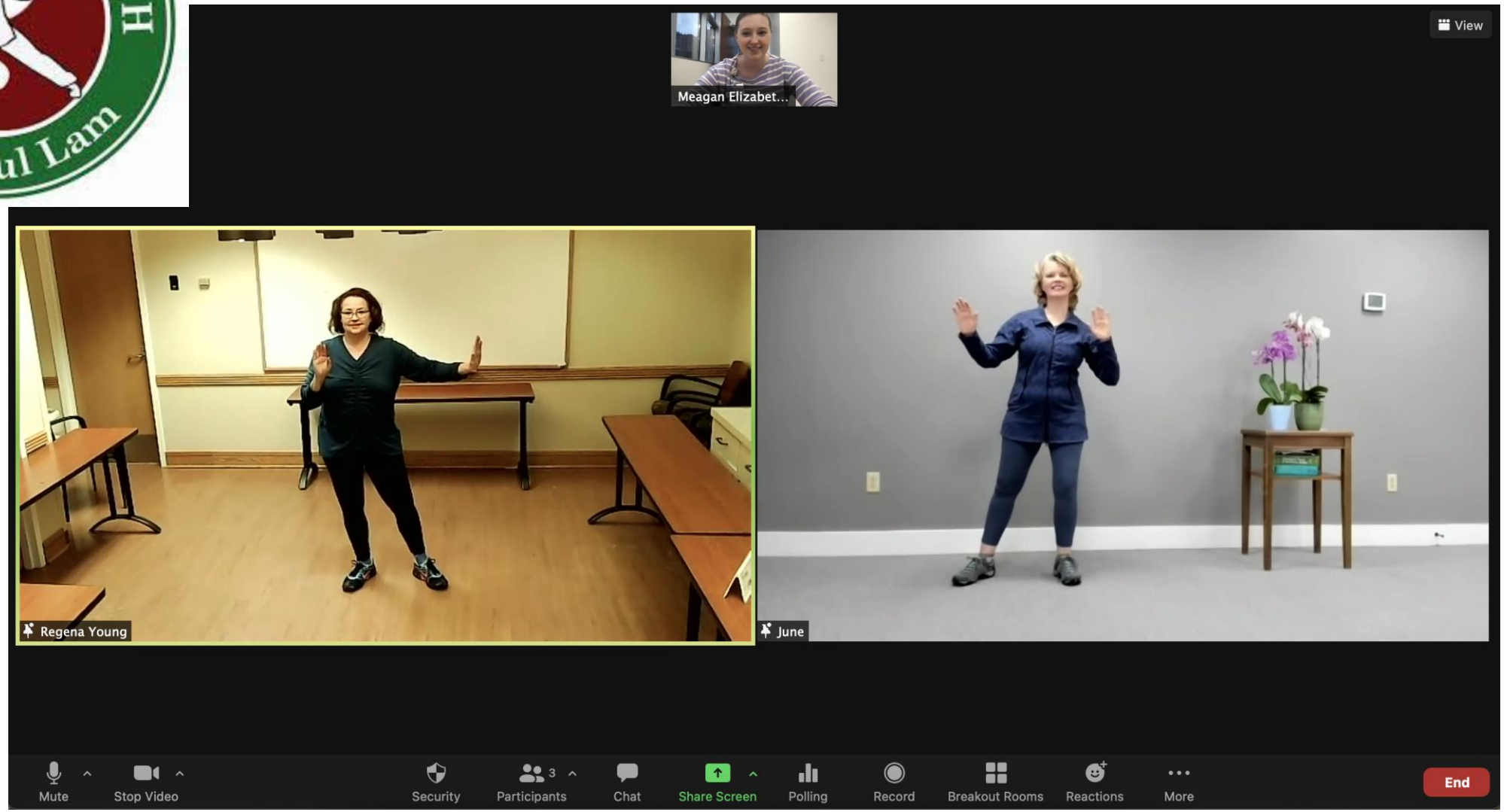
Regena J. Young, BSN, RN
Erlanger Health System
Adult Trauma Services
Outreach & Injury Prevention Coordinator

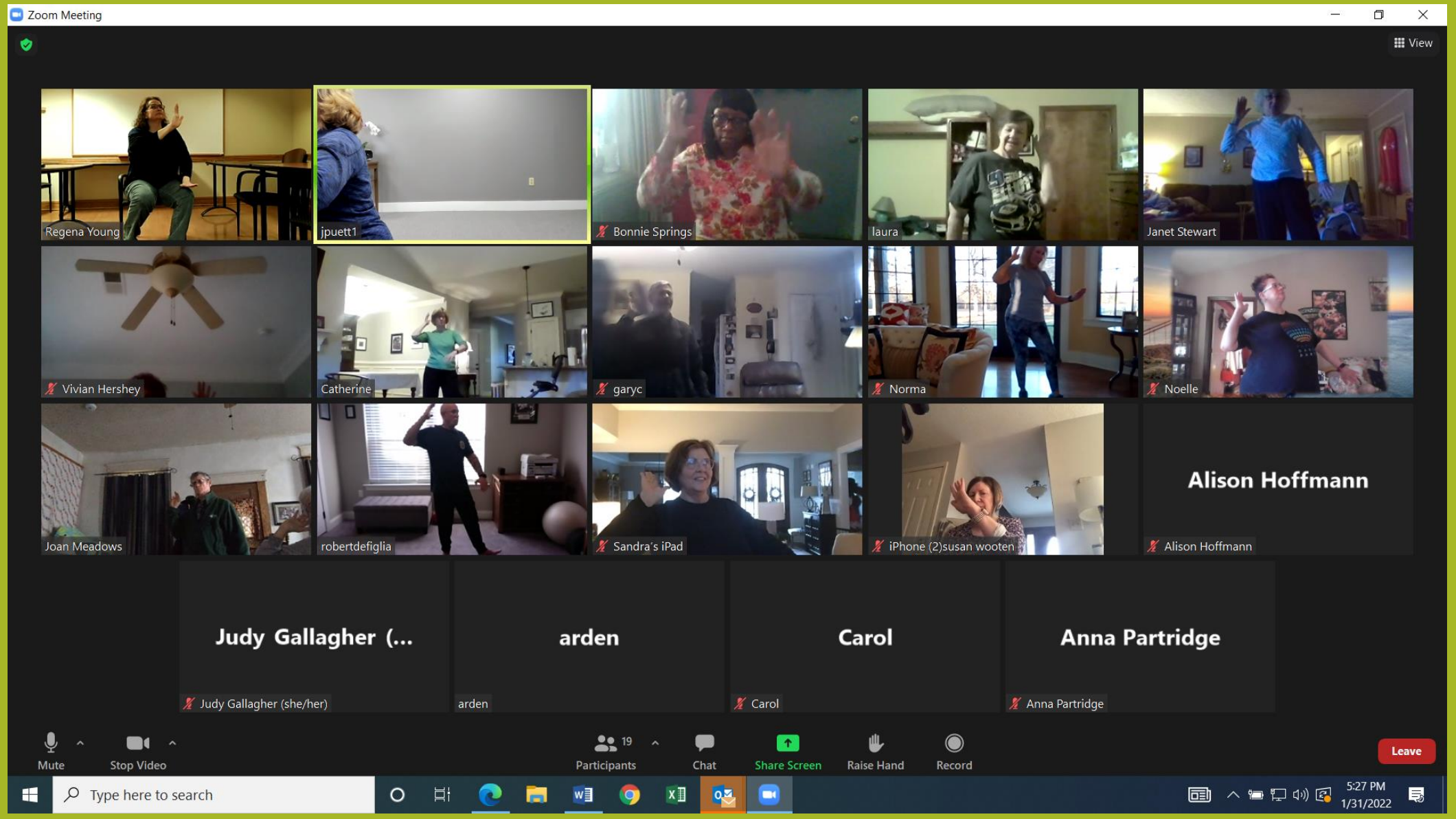
June Puett, MS
Extension Agent- Hamilton County
Family & Consumer Sciences
University of Tennessee Extension

Virtual Tai Chi for Arthritis/Fall Prevention Classes

- January 2021- One 4-session series target Erlanger Health System Employees
- February - March 2021: Six 8-session series general public
- February 2021: One 6-session series + Sensational Seniors series
  - Isolated senior living facility
  - Some in auditorium
  - Others “Zoomed from their room”
- January - March 2022: Three 8-session series general public
- Partner with non-profit for six single session classes

Virtual Tai Chi Classes




Zoom Meeting
View
Regena Young
jpuett1
Bonnie Springs
laura
Janet Stewart
Vivian Hershey
Catherine
garyc
Norma
Noelle
Joan Meadows
robertdefiglia
Sandra's iPad
iPhone (2)susan wooten
Alison Hoffmann
Alison Hoffmann
Judy Gallagher (...
Judy Gallagher (she/her)
arden
arden
Carol
Carol
Anna Partridge
Anna Partridge
Mute
Stop Video
19
Participants
Chat
Share Screen
Raise Hand
Record
Leave
Type here to search
5:27 PM
1/31/2022

Highlights

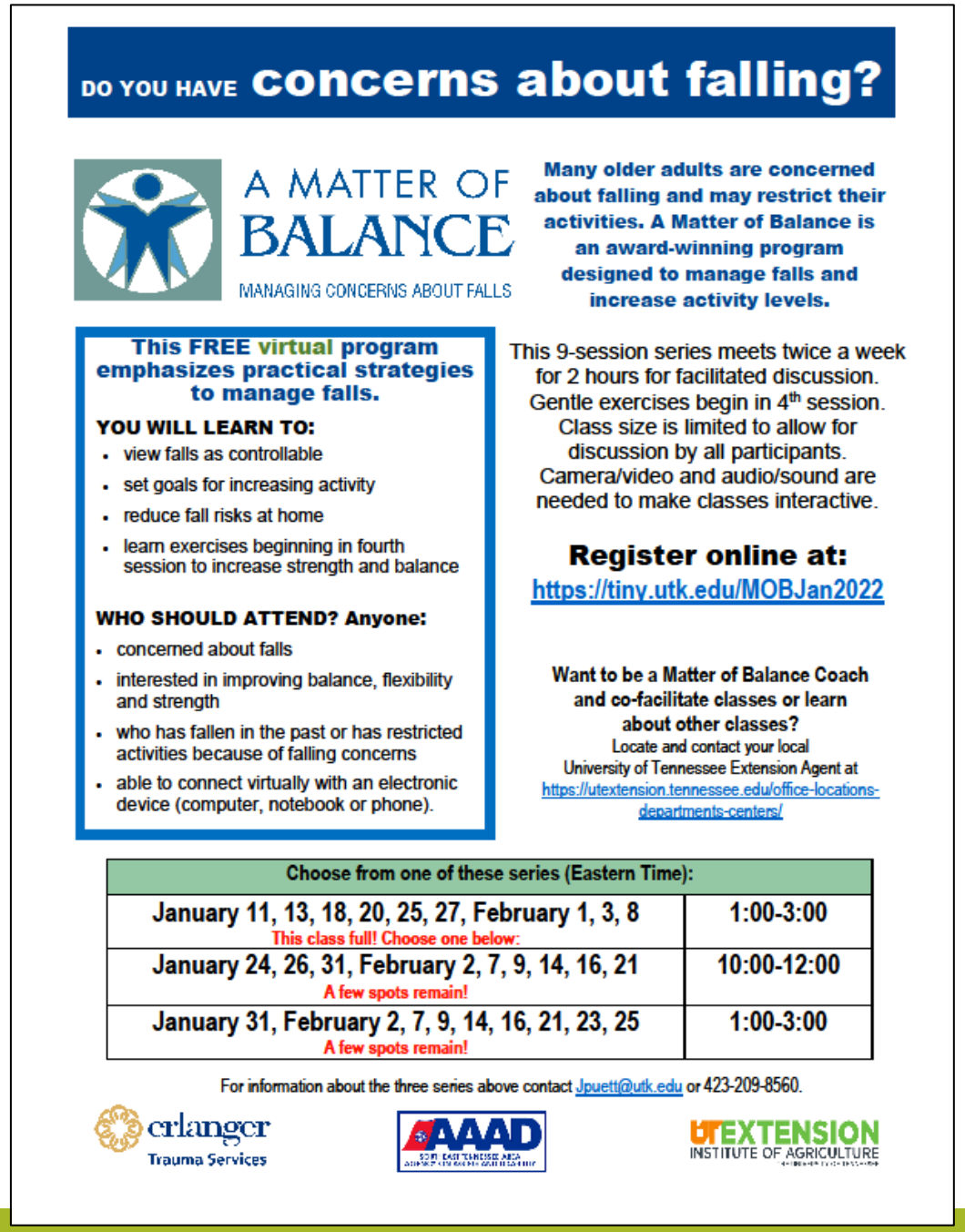
- 2 new volunteers were recruited & certified in 2021.
- 1,543 total participants in 2021 (approximately half virtual attendees).
- 110 participated in 8 of 10 classes- $69,729 economic impact in medical expenses prevention
- Impact: Socialization, Improved balance & strength, Better sleep
- 134 Facebook group members- continue practice w/videos- 1040 views.
- Cross participation MOB, Tai Chi, Move Around Region, nutrition, etc.

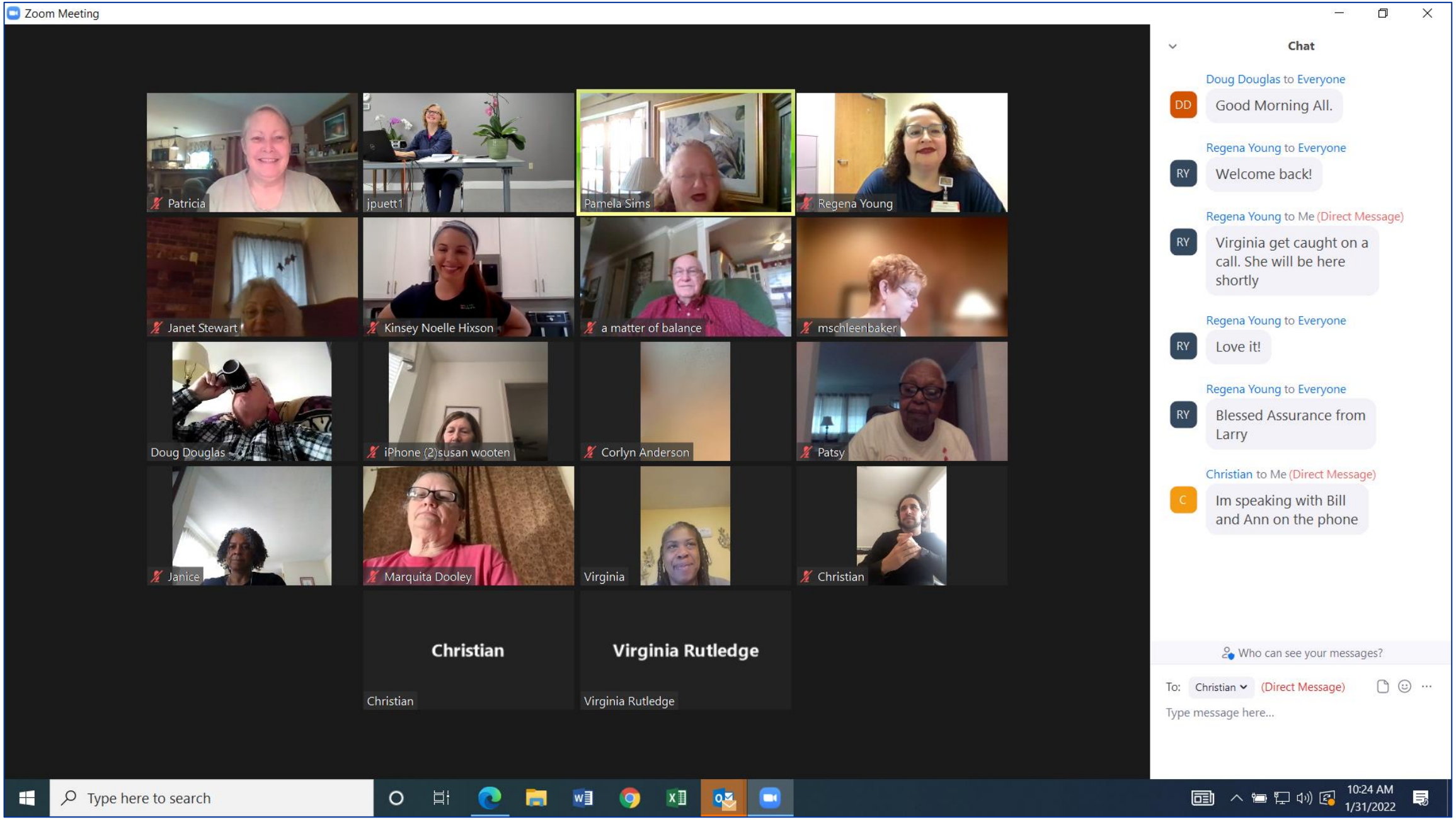
A Matter of Balance

UT Extension received 3-year NCOA grant
MOB-V focus

Chattanooga Area Marketed 3 Classes:
6 Coaches: Extension, Erlanger, AAA&D,
4 Tech Support: Extension, BCBS

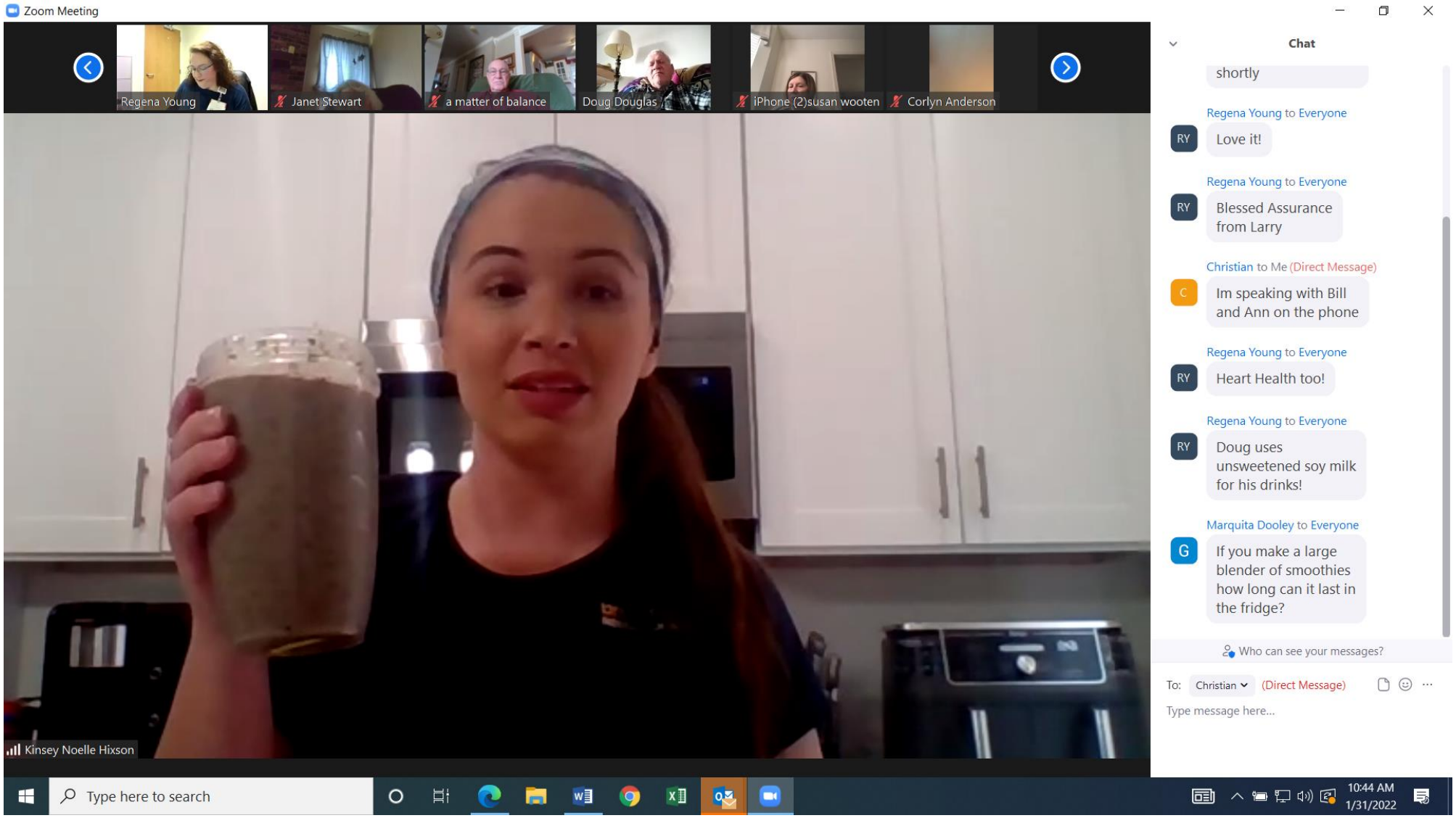
Led to Deaf Services Partnership:
MOB & Tai Chi Classes




Zoom Meeting
Patricia
jpuett1
Pamela Sims
Regena Young
Janet Stewart
Kinsey Noelle Hixson
a matter of balance
mschleenbaker
Doug Douglas
iPhone (2)susan wooten
Corlyn Anderson
Patsy
Janice
Marquita Dooley
Virginia
Christian
Christian
Christian
Virginia Rutledge
Virginia Rutledge
Chat
Doug Douglas to Everyone
DD
Good Morning All.
Regena Young to Everyone
RY
Welcome back!
Regena Young to Me (Direct Message)
RY
Virginia get caught on a call. She will be here shortly
Regena Young to Everyone
RY
Love it!
Regena Young to Everyone
RY
Blessed Assurance from Larry
Christian to Me (Direct Message)
C
Im speaking with Bill and Ann on the phone
Who can see your messages?
To: Christian (Direct Message)
Type message here...
Type here to search
10:24 AM
1/31/2022

Technology at Work

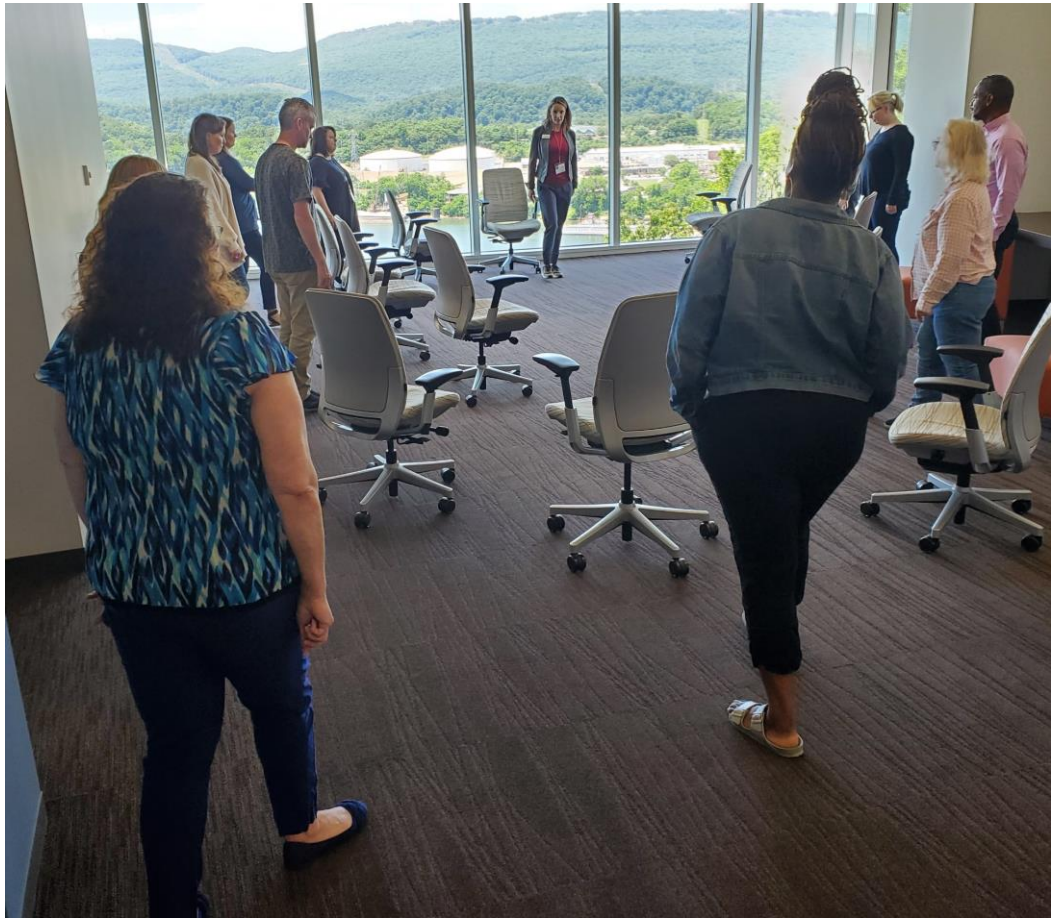
Value Added Programs

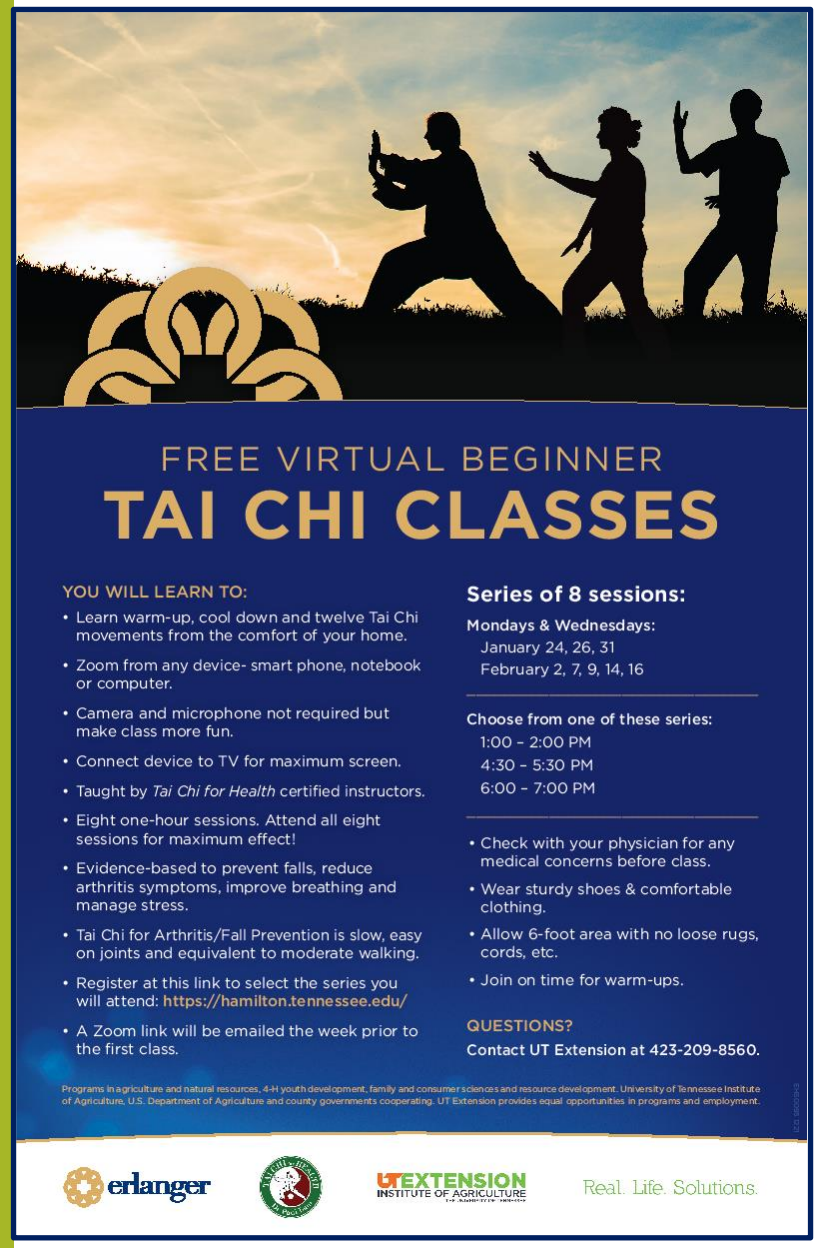


In-person Graduation Celebration

Attendees:
Drove from 4 Counties
BCBS Tech Support

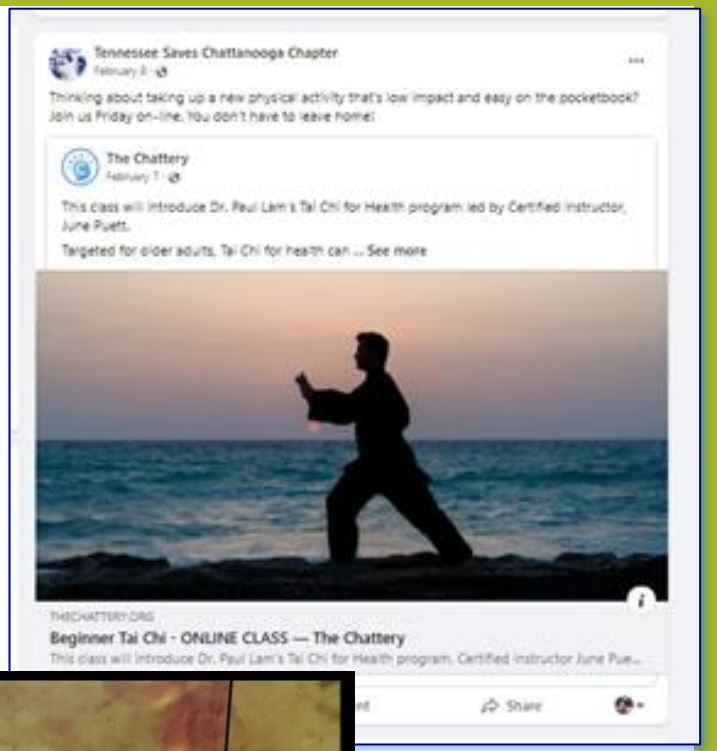
Blue Cross Blue Shield Partnership- 2 Employee Trainings





Marketing

Conducted Introduction to Tai Chi virtual program for Tennessee Commission on Aging statewide webinar for Fall Prevention Week.



Qualitative Impact

- “Deeply appreciate the opportunity to participate in quality programs. These programs are a wonderful service to the community and I encourage others to participate.”
- “I enjoyed the Tai Chi classes. It was a new experience and I learned some new things. June and her team are concerned and knowledgeable instructors.”
- “I do the Tai Chi moves with the Facebook group video to keep in practice and keep in shape.”
- “I brought 3 friends to the live class because I had so much fun in the winter virtual class.”
- “I am learning arm and leg coordination in my tai chi class.”

Featured in International Tai Chi for Health Newsletter

Full Steam Ahead for the June Zoom Workshops!

View this

The 17th Annual Workshop USA, June 2019, Cin

Dr Lam Tai Chi for Health Newsletter
- Issue Number 248, April 2022

In this issue:

- From me to you, Paul Lam
- Upcoming Workshops by Dr Paul Lam
- Product of the Month
- University of Tennessee Partners with Erlanger Health System
- Changing the Planet in Wonderful Ways, Bill Douglas
- Product Review Prize Winners
- Humour, Laughter and Radiant Health, Dr Bob McBrien
- Gallery

University of Tennessee Partners with Erlanger Health System

Bill Pickett, Master Trainer, Knoxville, TN, and June Puett

The University of Tennessee Extension partners with Erlanger Health System to provide TCA/FP classes in the Chattanooga, Tennessee area. We adapted to virtual classes for hospital employees in January 2021 as a stress management tool during a COVID case surge.

We expanded to three classes a day/twice a week for the public. A special series was held for a senior living facility whose residents were socially and physically isolated.

Two volunteers were recruited from the virtual classes. They attended virtual training and helped expand the program's reach.

Classes were held outdoors and at indoor facilities when possible during summer months. Rising Covid cases in Fall 2021 caused all classes to move outdoors.

Economic Impact of Program Graduates

- $33,768 36 Matter of Balance (2022)
- $69,729 110 Tai Chi for Arthritis/Fall Prevention (2021)
- $17,749 28 Tai Chi for Arthritis/Fall Prevention- Virtual (2022)
- $57,689 91 Tai Chi for Arthritis/Fall Prevention- In person (2022)