

Our Communities

Sibley Plaza is a public housing apartment building located in Northeast DC, on North Capitol Street. There is no age restriction for residence and eligibility is based on income level. The residents vary in age, however, many are over 60.



St. Mary's Court is located in Northwest DC in Foggy Bottom and caters to residents 62 years or older of low to middle income levels.

ISCOPESES Team: This year's diverse team brings experience from many areas including:

- Medicine, Epidemiology, Global Health, Community Oriented Primary Care, Exercise Science, Health Promotion, Environmental and Occupational Health and Maternal and Child Health.
- These different perspectives and backgrounds helped us to create multifaceted activities, that focused on fostering healthy communities.

Our Goals

Building and Nurturing a Health Community

Residents at both sites **live independently**, which maintains their autonomous lifestyle. Yet upon visiting the sites, our team identified a need for a more health- and community-oriented lifestyle. As seen in many communities, **seniors lack engagement and structure** in their life due to retirement or simply new phases of life.

OVERARCHING GOALS:

- Foster health- and community-oriented lifestyles at both of our sites via planned health-related activities.

INDIVIDUAL SITE GOALS:

- **Sibley Plaza:** Community building and health education via engaging games, crafts, and cooking.
- **St. Mary's Court:** Community building with a focus on the social aspects of health via fun exercises and games.

The Process: From Backyard Gardening to Bingo



Started better event promotion

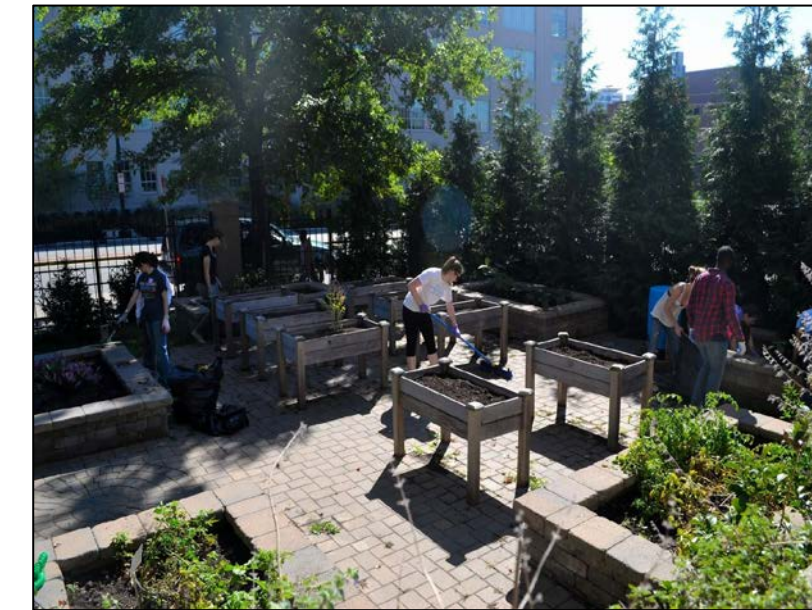
Began catering activity to each community

Started utilizing ISCOPESES office resources

Started incorporating their interests with our own

Don't lose momentum: Consistency is Key

- Individual backgrounds
- Values/ethics
- Assumptions /Biases
- New team dynamics
- Individual Goals



Gardening at Sibley: Minimal resident participation or interest. We had assumed participation at inception.



Zumba at St. Mary's attracted a large audience. We learned that our communities were not homologous as we had assumed.



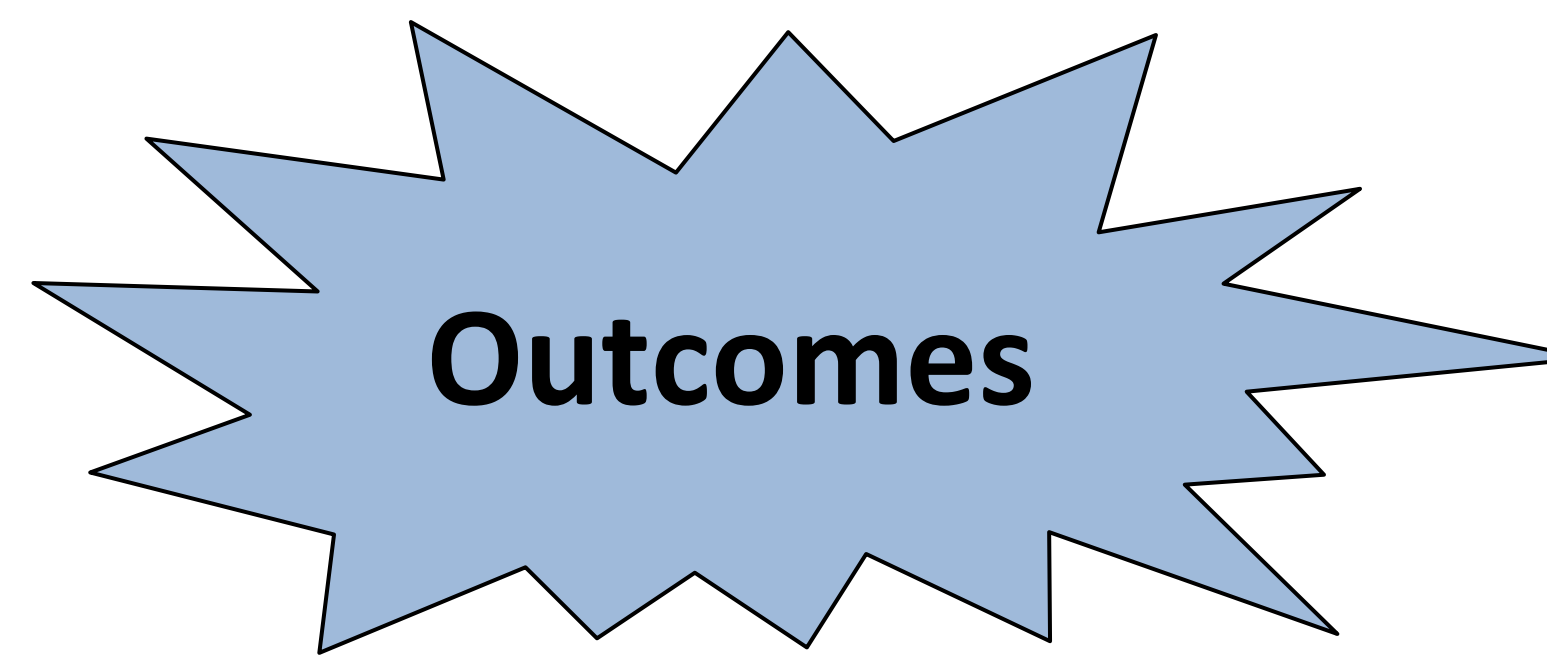
Chair aerobics at St. Mary's was really fun. The ISCOPESES office already had the video, we just had to arrange the space.



Our first successful turnout at Sibley! Why? We knew what the residents liked: BINGO! We combined the resident's interests with our healthy agenda and made the theme "Heart Health Bingo".



Sibley site visit following two events with good turnout. Assumed we would continue to have a good turnout.



- Corrected assumptions
- Knowledge of community needs
- Shared goals
- Resident health awareness
- Sense of community
- Shared responsibility
- Resident engagement
- Refined team process
- Resident gratitude
- Knowledge to pass on to future ISCOPESES members

Recommendations

1. Set deadlines for several days before the real deadline
2. Get contact information to and from all who need it
3. Decide on several goals for each site visit
4. Always have a contingency plan
5. Don't over-reach or expect success immediately; be patient and aware that small impacts matter too

Lessons Learned

What we learned about the sites:

- Despite the similar site populations, the desires and needs of the residents differed greatly and we had to adapt our projects and implementation process to accommodate these differences.
- "No need to reinvent the wheel, just pimp the ride" – Christina
- Promoting "Health" may not always be visibly apparent at the sites. But if we can lift a person's mood, promote social interaction or bring them out of their apartment when they would have otherwise stayed inside alone, we have bettered their health even if only in a small way.

What we learned from our team and from our residents:

- Communication is key - timely, to the point, and constructive
- Don't just step up to the plate, hit a home run! It will make your workshops that much more fun and memorable.

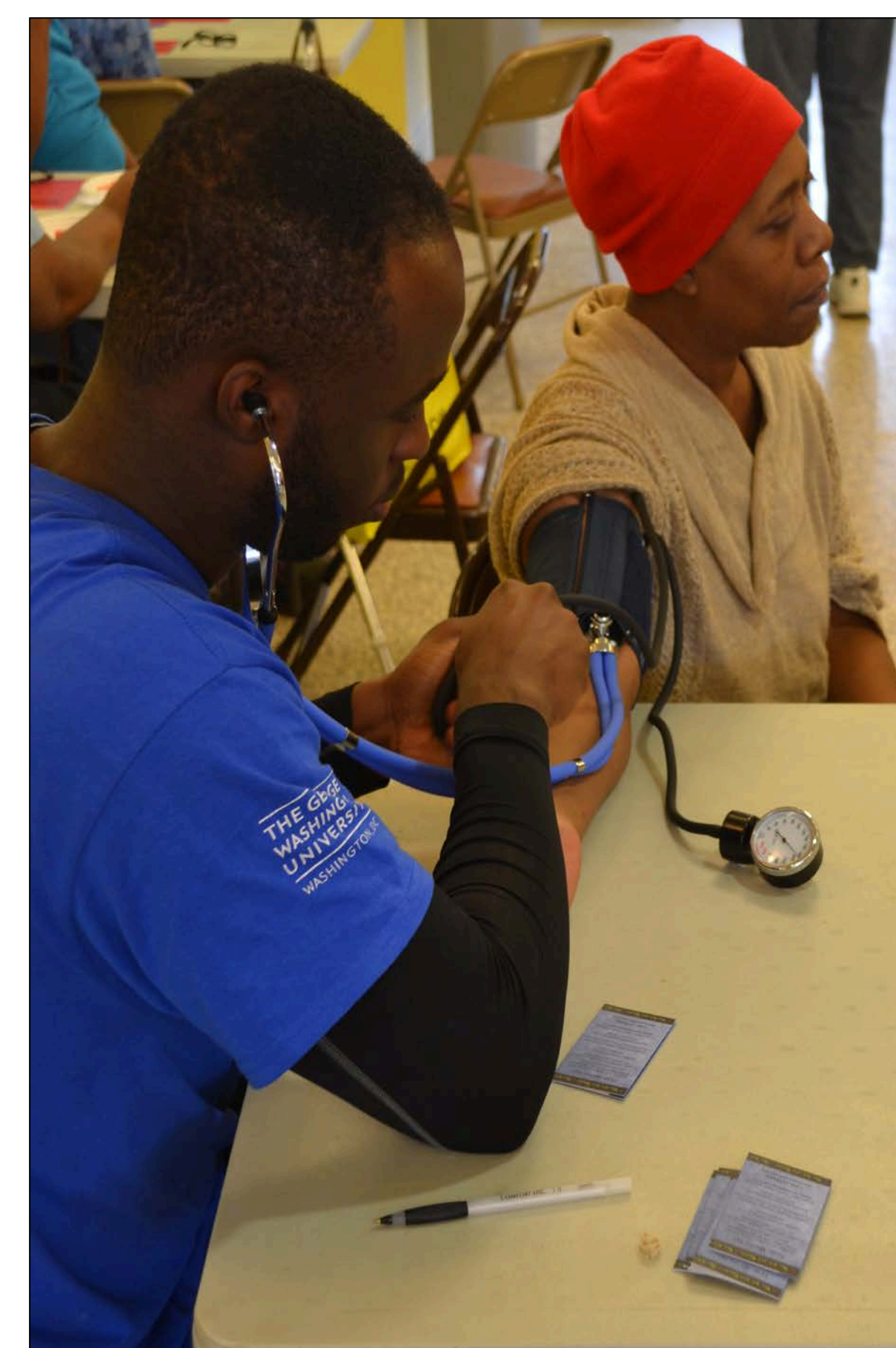
"Our seniors have invested so much in us that we owe it to them to invest in their well-being as well."

- Alfred Larbi

Kudos

A big thank you to the following superstars:

- **Susan Walker**, St. Mary's Community Partner
- **Liz Anne Ganiban**, Sibley Plaza Community Partner
- **Nicolette Bazel, Lauren Violette, and Adnan AhmedUddin**, Team Advocates
- **Angie Hinzey and Donna Javellana**, ISCOPESES Leadership Team
- **Sarah Meadows**, Team Advisor
- **The Residents of Sibley Plaza and St. Mary's Court**



Alfred taking Alice's blood pressure at the heart healthy event



Christina and William showing off their bingo prizes



Molly and Rosa enjoying watermelon and bingo