

**Zoom Chat Box from October, 19th WHI Participant Webinar | Social Support and Your Health:
What WHI has Taught Us**

Question: Have you heard of OLLI (Osher Lifelong Learning Institute? (e.g. OLLI - Univ. of Oregon)

Response: Please enter your questions in this chat box -we will do our best to address each question

Response: I have not heard of this one specifically but MANY of our nation's universities have programs such as this to support learning throughout life--thanks for sharing!

Question: How are you adjusting your evaluation of the responses on social networks with COVID effect?

Question: This is my first meeting. At the end of this session how to I find the other recordings. What steps.

Response: These data in the first few slides presented here by Dr. K were at the time of study enrollment -what we call "baseline" -so well before COVID

Response: All the other webinar recordings can be found on our website here:
<https://www.whi.org/ppt/pptwebinar>

Question: Are people who are socially isolated more likely to get cancer?

Question: Does it matter if social support is arranged or self-selected?

Question: I was the caregiver for my husband for many years. He had heart and lung problems. I would like to see social support for all, not just cancer.

Question: I'm a colon cancer survivor and MCI. Am having a hard time finding a support group. Kaiser has none for MCI that I have found.

Question: Four good questions to ask a patient would be: Do you feel Invited, Informed, Involved or included in any group in your life i.e. place of worship, bowling, book etc. group, local charitable organization work etc etc? AND are you comfortable with using Zoom and or other virtual networks to connect with friends?

Question: Do we need to think about the quality, not just the quantity of social support?

Question: It seems that the definition of social support is critical. Some studies show it helps, others did not.

Remark: In two years of COVID, I've had 6 or 8 visits from one of my kids, 3 outdoor work days with my landscape guy, & one friend. That sounds appalling but I'm amazed & worried that I almost like the isolation. However, I live on Zoom, mostly classes, & occasional social events on Zoom.

Remark: That is one friend visited in the house in the two years, but I see her & others a couple times a week on Zoom, OLLI-UO/

Remark: Greetings. Ladies. My dear 94 year old mother has been with this group for 30 years(?) She had a stroke last year and is in recuperation mode. So, I told her I would "check in", on her behalf. FYI: She represents the BLACK married female with husband (4 children) whose husband passed away during this study period. She has maintained a very healthy lifestyle with no other health problems other than hypertension. Best wishes, Judith

Remark: Oh CoVid! I am so fortunate, my husband and I have an excellent relationship. Our 3 children, their spouses and our 9 grandchildren and 4 significant others, some friends have been able to spend quality time with us. FaceTime with some who are far away and Zooming religious services, classes and some entertainment Lots of phone calls, have kept me from isolation. I too, enjoy the periods of being without others (except my husband) I am fortunate to be healthy at 82

Question: How important are cat or dog companions?

Remark: Many times others treat you differently when they know of your illness than they did previously. This can be too much "support" or less support. The pandemic has forced me to reevaluate my social relationships.

Remark: Zoom has been wonderful way for me to connect and even make new and wonderful friends. I have recently joined the Multicultural Team at my UU Fellowship and done volunteering with them. Now in person plus online. by a dear friend, I'm taking two or three courses on line in the area of racial equity and inclusion with OLLI (Osher Lifelong Learning Institute through Duke) and moderating one on Broadway Musicals. When we were isolated in 2020 even through 2021 I participated with my UU choir in making recorded choral presentations and ditto with a hand bell group using my smart phone and computer. I'm also currently on the steering committee of a special interest group of OLLI dealing with "courageous Conversations about Race". I'm 83 and healthy and not taking any prescriptions, exercising moderately and an adult son lives with me so I'm blessed.

Remark: We as WHI women could be support and a connection to one another over zoom.

- Remark:** Volunteer in an area of interest for you.
- Remark:** There is an organization called Make Room at the Table to deal with social isolation. I don't know how people connect with it, but it serves a good purpose.
- Remark:** Most every community has a Library. I am a volunteer at a library and also there are many programs at a library.
- Remark:** As a gerontologist, I observe that those with MCI, often withdraw from interaction because they know they are declining mentally and they don't want friends and family to find out so they withdraw/
- Remark:** There are OLLI's at all the major universities and colleges in the U.S. Cal State Fullerton, California, has a huge one
- Remark:** AARP
- Question:** Maybe senior centers offer opportunities for interaction.
- Remark:** Thank you, mentoring!
- Remark:** Hospitals have activities too
- Remark:** I'm 4 hours across the Cascade Mountain from U of O in Eugene. You don't have to be in the same town!
- Remark:** many museums have opportunities for volunteers
- Remark:** There is such a need for volunteering and just gathering for conversation with ESL students. Check out the local library for this. I am working with two women from Romania and Russia. Both are "senior citizens."