

Engaging Leaders of Evidence-based Programs

Maintaining and Building your Program Capacity

Engaging coaches/master trainers

- Start an email chain with coaches to touch base. Keep in touch with coaches and plan for fall programs.
- Help coaches use Zoom to update training as well as PowerPoint presentations and webinars
- Open an AMOB page on Facebook for coaches, attaching an inquiry form for later. Include a link directly to [NIH Go4Life](#) exercises.

Engaging older adults virtually/remotely

- Implement a “Friendly Callers” program to include past and present participants to provide information and resources, i.e., local grocery store hours and creating a Newsletter
- Create a script to use for all AMOB past and present participants to check in, including having coaches refer to local resources
- Create A Senior Friend line, phone, text, chat feature on website
- Refer and register older adults to other programs, such as Walk With Ease and CDSMP, which can be offered virtually
- [Senior Center Connect](#): National Institute of Senior Centers, National Council on Aging: List of ideas to promote social connection, including a compilation of programs, webinars, and resources
- Use “[Telephone Topics](#)”: A toll-free number to listen to a wide range of interesting discussions and programs
- Help with technology to connect seniors with family members as well as assisting with tablet distribution and securing of more tablets.
- Instagram and social media to send videos to participants
- Refer to [Meditation](#) resource
- Plan to contact local TV station to show exercises for those without computers
- Encourage participants to share photos of walks, pets, etc., with others

Alternate activities that contribute to older adult health and wellness

- Send out packets of information, COVID-19 Safety, CDC recommendations, physical activity and home safety, preventing falls, and staying active through the creation of Newsletters and Press Releases
- Help seniors with tax preparation
- Help seniors complete the 2020 census
- Work with community partners to distribute food and life skills videos.