

Hospitality and Health Outcomes: The Cost of Social Isolation and How to Address It

Agenda

A Story of Radical Hospitality

Loneliness and Its Cost

Tools to Address the Issue

Call to Action

Summer, 2013

I begin shopping at the African Shop in Garden City.



Our Perception of Somalis

"Me and my nation against the world. Me and my clan against my nation. Me and my family against the clan. Me and my brother against the family. Me against my brother."

~ Somali Proverb (so we had heard)

Summer, 2013

I am received with similar skepticism and distrust.



March, 2016



Halima calls Benjamin at 10:30pm.

Invitation for dinner.

March, 2016

A feast in the middle of the night.



March, 2016



March, 2016



One week later, Halima calls Benjamin again,
this time at 8:30pm.

“My mother is sick. Come now.”

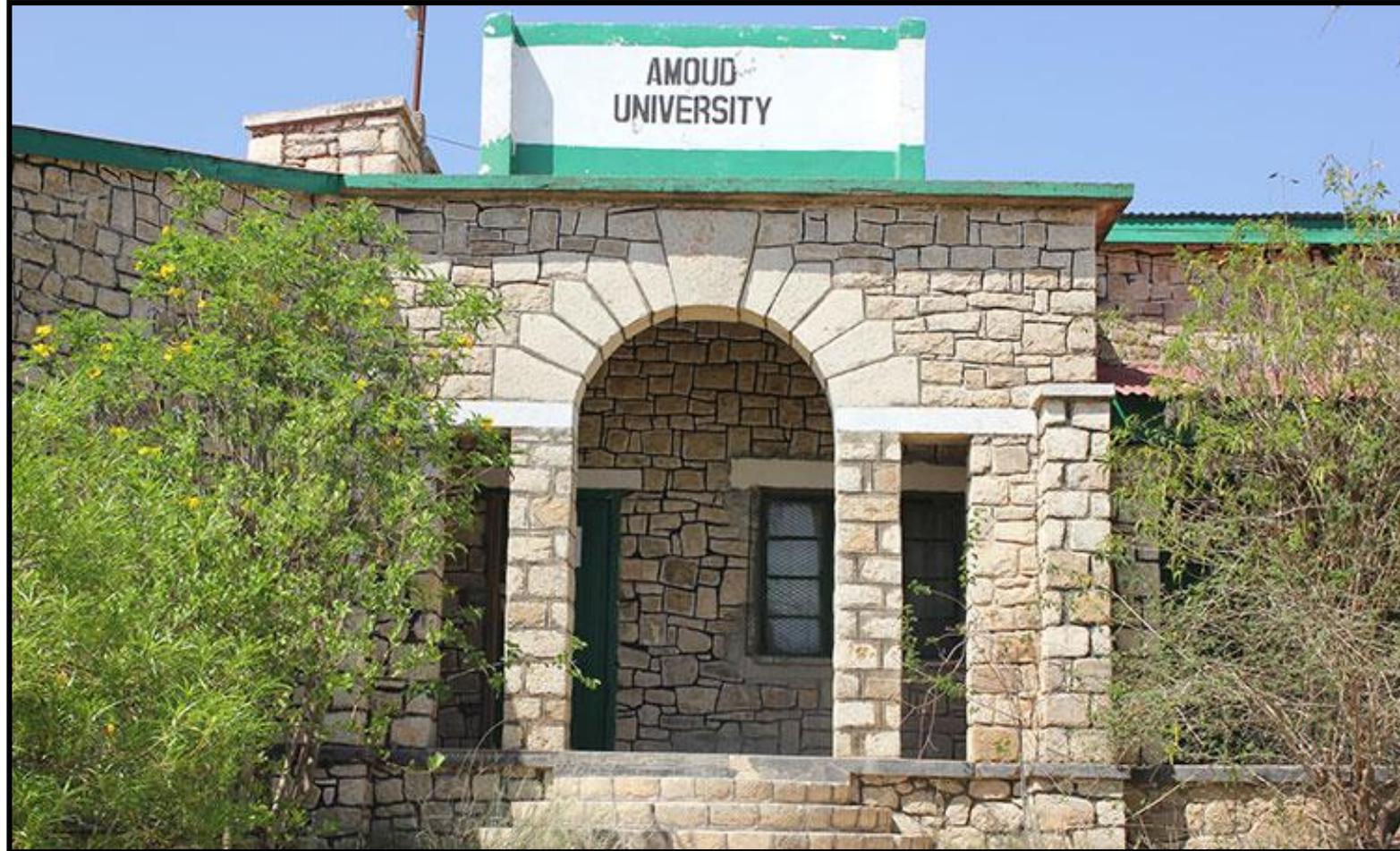
August, 2016

Halima's mom takes a trip on
(a private airplane) to the Mayo Clinic.



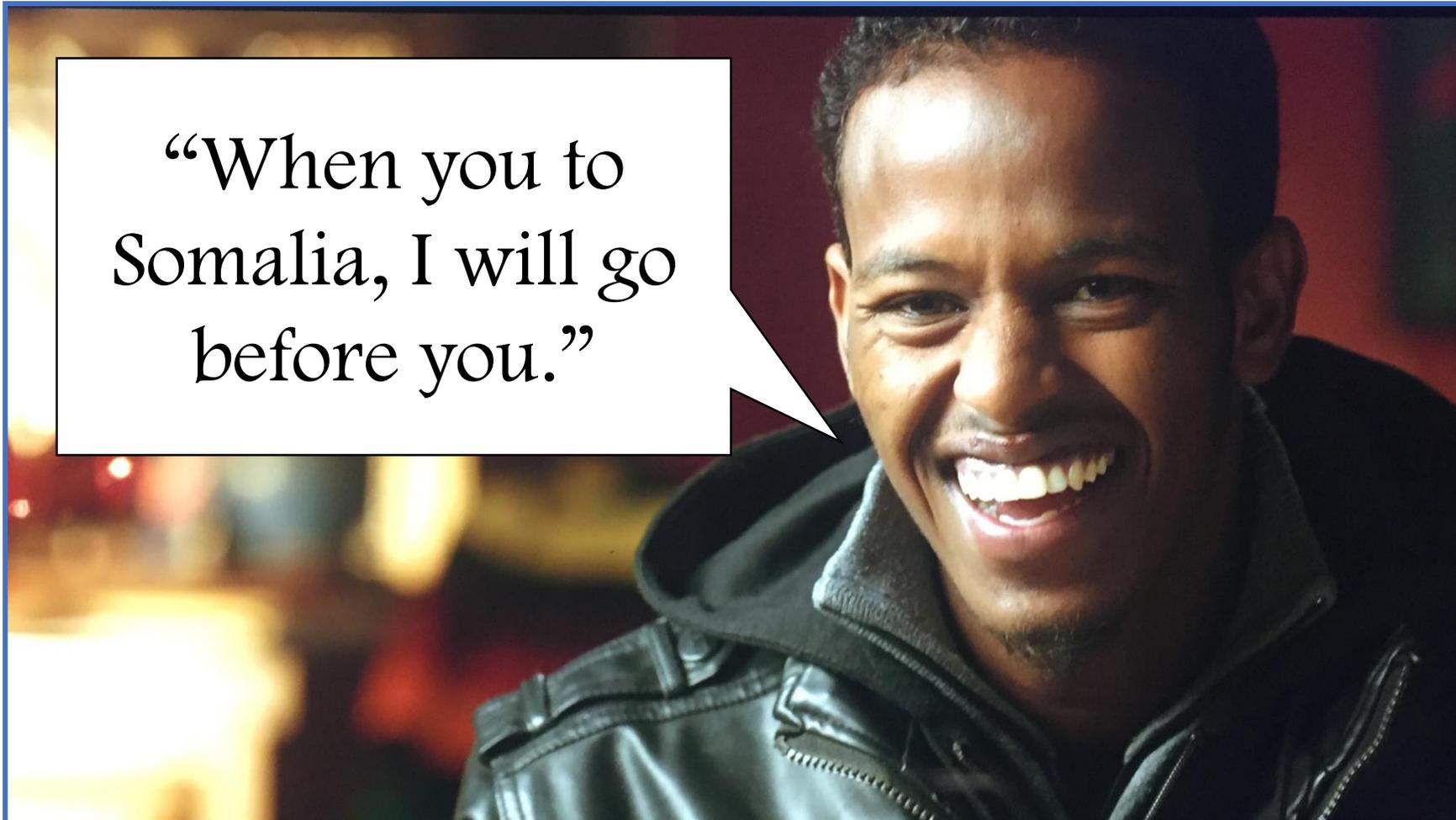
August, 2016

An invitation to teach (and learn) in The Horn.



July, 2016

“When you to
Somalia, I will go
before you.”



BOMB PLOT SUSPECTS



**CURTIS
ALLEN**



**PATRICK
STEIN**



**GAVIN
WRIGHT**

October, 2016

“Will you carry this bag on the plane with you?”



November/December, 2016
A Trip to The Horn of Africa.



November/December, 2016

An unlikely encounter with an AK-47.



November/December, 2016

A Meeting with the President



November/December, 2016

A Meeting with the President



Delivering the Bag.

November/December, 2016



What Else Was Happening In 1968?

GOOD MORNING

Although the area skies will clear today, the weather will be clouded by a chilly spell.

MORNING ADVOCATE

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43rd Year, No. 273

★

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Baton Rouge, La., Friday Morning, April 5, 1968

Associated Press, United Press International

65 Pages Ten Cents

King Shot to Death in Memphis

Relief Forces Push Close to Khe Sanh

SAIGON (AP)—A U.S. task force pressed close to the Marine combat base at Khe Sanh on Friday, the fifth day of a drive to lift the long siege of the battered fortress in South Vietnam's northwest corner.

Reports Say McKeithen May Ask Fee

Gov. McKeithen may ask the legislature to raise the automobile license tag fee without proposing a constitutional amendment, the attorney general's office said Thursday.

First Asst. Atty. Gen. Carroll Buck said in an opinion requested by the governor that the Legislature may legally impose a license tax in excess of the \$5 now charged annually.

The opinion added that all additional revenue from the tax must go into the long-range highway fund.

The ruling cleared the way for McKeithen to ask lawmakers for a plan to finance a massive new road building program planned by the department.

Highway officials are calling for \$70 million in new funds annually to finance their program.

At last report, lead elements of the relief force were within half a mile Thursday night of the Khe Sanh perimeter and were poised for a final push.

The relief force has met only light opposition from artillery and mortar fire since jumping off from Ca Lu, 12 miles away, on Monday. Soviet reports in London said Thursday that the North Vietnamese were beginning to withdraw as a good-will gesture, but there was no confirmation from Hanoi.

Another reason advanced for the lack of sizeable opposition was the incessant American bombing by planes and from artillery in Khe Sanh itself, of North Vietnamese positions during the past three months.

In other developments early Friday:

Allied military spokesmen said the Viet Cong shelled 11 U.S. and South Vietnamese military positions Thursday night and early Friday. The targets, ranging the length of the country, included the big Tan Son Nhut air base on Saigon's outskirts. The heaviest shelling was at a U.S. Army base east



DR. KING SLAIN—Dr. Martin Luther King was killed Thursday in Memphis, Tenn., in a downtown hotel. He was taken to a Memphis hospital after being shot in the neck and was pronounced dead. —AP wirephoto

Curfew Reimposed; Guard Sent Back

MEMPHIS, Tenn. (AP)—Nobel Laureate Martin Luther King Jr., father of non-violence in the American Civil Rights movement, was killed by an assassin's bullet Thursday night.

King, 39, was hit in the neck by a bullet as he stood on the balcony of a motel here. He died less than an hour later in St. Joseph Hospital.

Gov. Buford Ellington immediately ordered 4,000 National Guard troops back into the city. A curfew, which was clamped on Memphis after a King-led march turned into a riot a week ago, was reimposed.

Louisiana Negroes React

By BARRY ZANDER

The death of Dr. Martin Luther King will "definitely put a strain on Louisiana race relations" was the opinion Thursday night expressed by Emmitt Douglas, leader of the state chapter of the National Association for the Advancement of Colored People, and echoed by many civil rights movement leaders around the

Police said incidents of violence, including several fire bombings were reported following King's death.

The 1964 Nobel Peace Prize winner, was standing on the balcony of his motel here, where he had come to lead protests in behalf of the city's 1,300 striking garbage workers, most of them Negroes, when he was shot.

Two unidentified men who were arrested were released several hours later.

As word of King's death spread through the stunned city, Negroes in scattered areas also looted stores, stoned police and fire trucks and tossed several fire bombs. Two policemen were injured, mainly by flying glass when a shotgun blast

LBJ Postpones Trip to Hawaii

WASHINGTON (AP)—President Johnson, preparing for a week-end Vietnam strategy conference in Honolulu, delayed his departure overnight Thursday because of the assassination in Memphis of the Rev. Dr. Martin Luther King.

The President went before television cameras and radio microphones to declare America is "shocked and saddened" by the tragedy. He condemned violence, lawlessness and divisiveness.

Johnson goes to Honolulu amid growing caution here about the prospects of preliminary peace talks.

The White House did not indicate whether Johnson would

change his earlier plan to meet at March Air Force Base, Calif., to talk with former President Dwight D. Eisenhower.

The original plan called for Johnson also to meet in Hawaii Sunday with South Korea's president, Chung Hee Park.

Earlier in the day, Hanoi charged that American planes bombed a North Vietnamese (Continued on Page 10-A, Col. 1)

Governor, HHH Hold Confidential Talk

NEW ORLEANS (AP)—Gov. McKeithen revealed Thursday he had a private, half-hour telephone conversation with Vice President Hubert H. Humphrey, but their discussion was "confidential."

The governor would not say if a possible Humphrey - McKeithen ticket for president was in the making. However, he said, "I certainly would consider being a vice presidential candidate with Humphrey."

Satellite Is Hurling Into Wrong Orbit

Is the hospitality described
in this story common?

Why not?

Do Rural Americans Audition for New Family Members Well?

(Raising two fingers and a thumb off your steering wheel is not hospitality.)



By a show of hands, how many of us
have invited a new person into our
home in the past 6 months?

Success with Recruiting Physicians to Kearny County



Feedback from Newcomers

”They love what I do for them,
but they don’t love me.”

Feedback from Newcomers

”This is a great place to train if your desire to move to a closed country where people are suspicious of outsiders. We haven’t been in a single home in our first year in this community.”

Feedback from Newcomers

”For the first six months after I arrived here, I wondered if I had unknowingly done something that had caused people in the community to think poorly of me. I now realize it’s not that they think poorly of me. They don’t think about me at all.”

Feedback from Newcomers

”This is a great place to practice medicine, but a tough place to live. If only we had family here.”

man Bldg.

MEN WANTED

for hazardous journey, small wages,
bitter cold, long months of complete
darkness, constant danger, safe re-
turn doubtful, honor and recognition
in case of success.

Ernest Shackleton

4 Burlington st.

MEN — Near-appearing

young men of
between ages



Yes WE'RE
OPEN

How we view our
hospitality toward
others.

How others view our
hospitality toward
others.



What is the cost of loneliness?



What is the cost of loneliness?

Lack of social relationships is as strong a risk factor for mortality as are smoking, obesity or lack of physical activity.

Older adults who are lonely have an increased risk of dying sooner and are more likely to experience a decline in their mobility, compared to those who are not lonely.

Perissinotto CM, Stijacic C, I, Covinsky KE. Loneliness in older persons: a predictor of functional decline and death. Arch Intern Med 2012 Jul 23;172(14):1078-83.

Luo Y, Hawkey LC, Waite LJ, Cacioppo JT. Loneliness, health, and mortality in old age: a national longitudinal study. Soc Sci Med 2012 Mar;74(6):907-14.



A Conversation with a Wise Woman



A Conversation with a Wise Woman



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“People are not wired to be alone. The consequences of widespread loneliness are catastrophic and costly.”

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What is the cost of loneliness?

Medicare spent an estimated \$134 more monthly (\$1,608 annually) for each socially isolated older adult than it did for those in the connected category who had more typical levels of social contacts. The aggregate impact is \$6.7B annually.

This additional spending is comparable to what Medicare pays for certain chronic conditions, such as high blood pressure and arthritis.

How can we measure loneliness?

Total number of children, other family members, and friends with whom they have a close relationship.

Number of friends with whom they have a close relationship.

Whether they have different types of relationships or whether their relationships are all of a single type (e.g., relationship only with children or with children and friends).

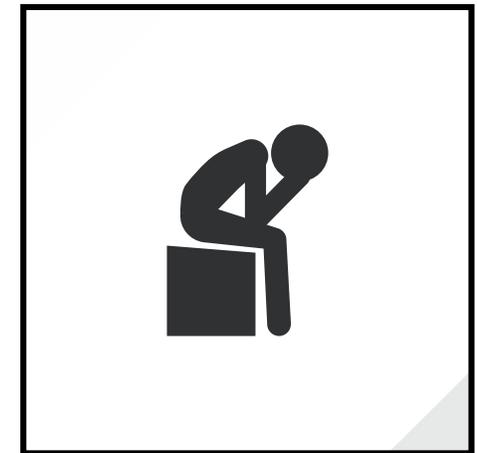
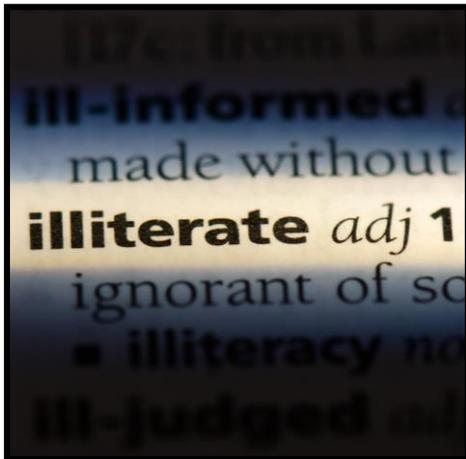
How often they have *any form of contact* (broadly defined as meet, talk, or write) with their children, other family members, and friends.

How often they have *in-person meetings* with their children, *or* family members, *or* friends.

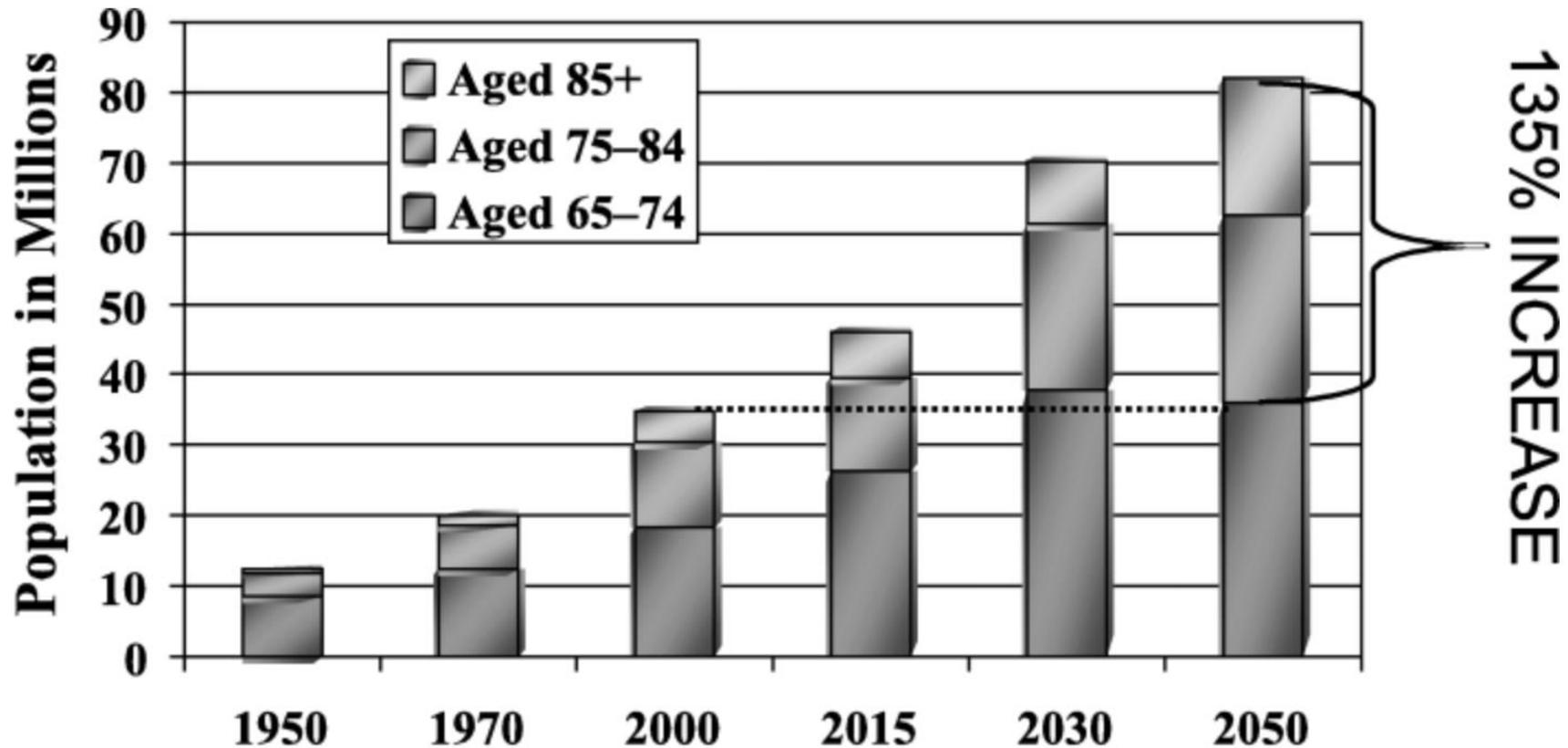
Do you remember Don George?



Don's life was complicated.



“The 2030 Problem”



Source: (NP-T4) Projections of the Total Resident Population by 5 Year Age Groups, Race, and Hispanic Origin with Special Age Categories: Middle Series, 1999 to 2100

Population of Americans Aged 65 and over, in Millions

There is not enough money in our economy to pay
to replace the American family.



So what do we do about it?

Recharge family concept and value of seniors in American culture.



Redefining the Value of Seniors

We must reassess the responsibilities and assets of elders.
All ages need roles in life.

Elders must pass on to future generations what they have learned from life.

The elderly are a growing resource in the US and an opportunity to be seized. More than half of all elderly volunteer their time.

Physical Integration Between Generations

Although some towns have seen a trend toward “senior-only” housing, others are exploring options in integrated apartment buildings.

Most older people prefer a mixed-age neighborhood over one restricted to people their own age.

Some community centers are integrating senior centers with child-care centers, facilitating cross-age interaction and at the same time conserving space and resources.

Baby Boomers have made an art of enjoying and taking pride in everything about caring for children.



The needed cultural shift is for children and communities to find more enjoyment and pride in providing for the care of parents and neighbors.

In rural America, there are no purchasable replacements for family.



Elderly people aren't the only ones who are isolated.



Our teen suicide problem.



The Beauty of Rural America



To recharge the concept of family, we must redefine with whom we break bread.



Hospitality doesn't need to look like a Pinterest page.



It can look like this.



Hospitality requires reciprocal relationships.
“We’re having folks over. What can you bring?”



Guess Who's Coming to Dinner



Are acts of hospitality strategic or tactical?

One-time events are tactical...favors.

Ongoing events to integrate people into a community may require more energy, resources, and commitments.

Question to Consider

What are the distinctive characteristics of hospitality in your home, church, civic group, organization, or community?

Question to Consider

What would community health look like in ten years if hospitality is an accomplished outcome for your home, church, civic group, organization, or community?

Question to Consider

Imagine being able to truthfully say,
“No one is lonely in our community.
Everyone has family here.”



It is not sustainable for you to
do this alone.

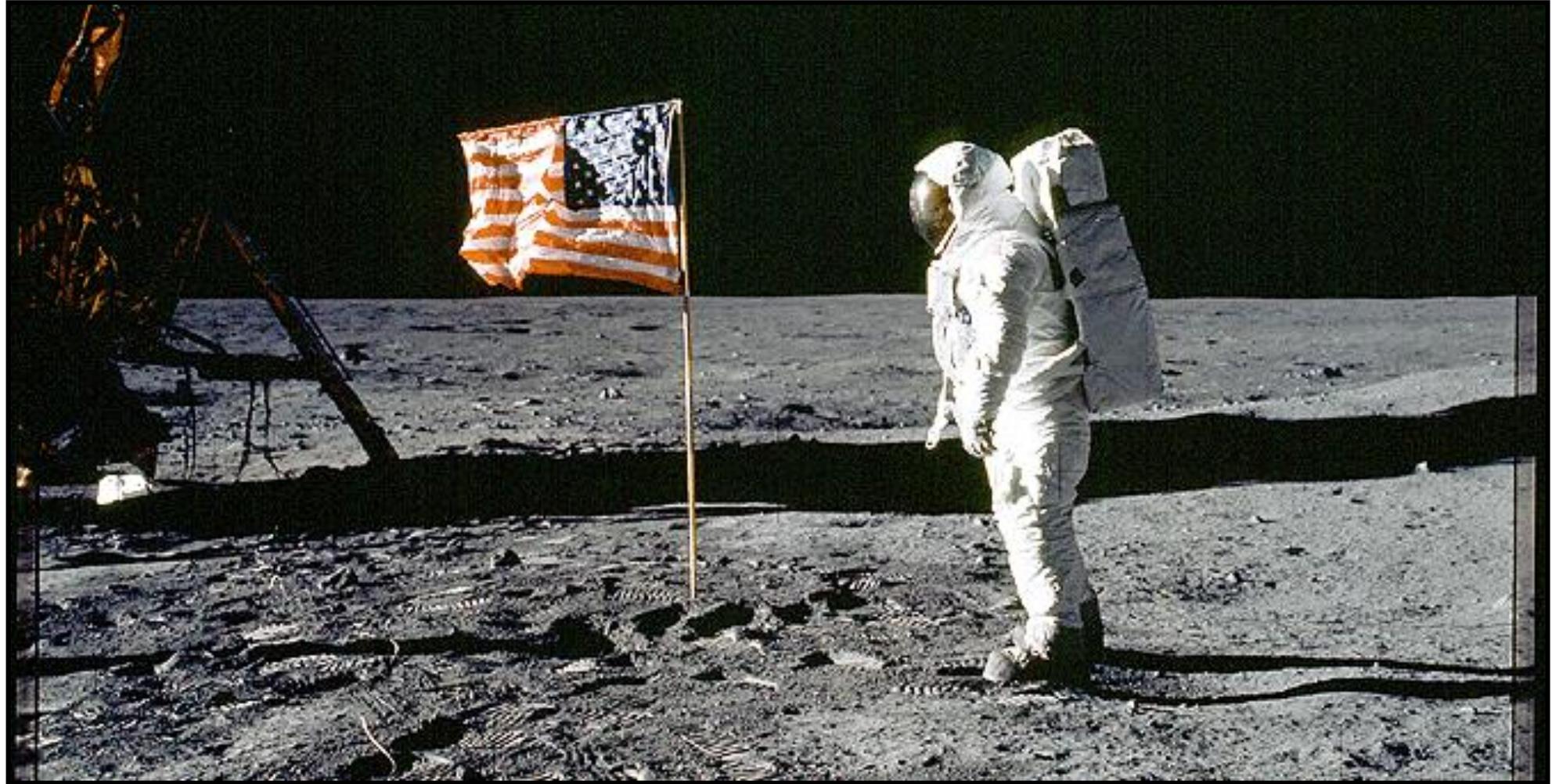
(It's a good thing you're a
leader.)

WHAT	OUTCOME NEEDS IMPROVEMENT?
WHO	ARE THE STAKEHOLDERS?
WHERE	ARE OPPORTUNITIES TO SHARE?
WHY	ISN'T IT ALREADY HAPPENING?
HOW	DO WE MEASURE ITS SUCCESS?
WHEN	DO WE EXPECT TO SEE PROGRESS?

Develop a clear strategy for hospitality in
your home, church, civic group,
organization, or community.

Write it down and get it done.

What happened the year after 1968?



“We choose to go to the moon. We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win, and the others, too.”

President John F. Kennedy
Moon Speech at Rice University
September 12, 1962

and do the other things

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“Americans are not great at making friends and developing authentic relationships.”

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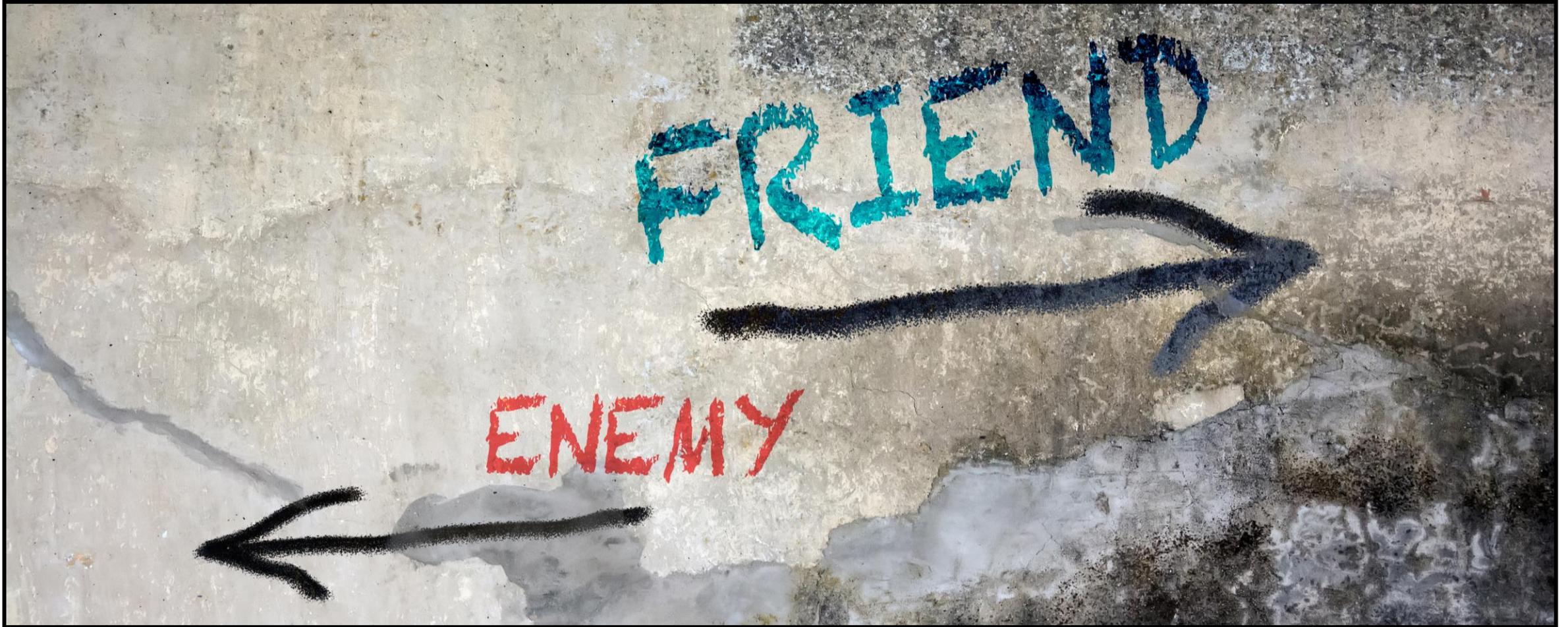


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Not for the faint of heart



Inviting someone you don't know or trust into your home for a meal is a simple act of courage.



An effective way to understand loneliness is to intentionally place ourselves in an environment where we are outsiders. It is important to do so with humble heart and a grounded sense of personal identity.

We don't have to compromise our own values to surround ourselves with people who are different from us.

The Greatest Nation in the World.



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