**BACKGROUND**
- Moorhead Tower is a Beacon Community in Pittsburgh that provides affordable housing to low-income older adults and adults with disabilities. Most residents do not have access to internet and have little knowledge about the benefits and uses of technology.
- Needs assessment: Stakeholders from Moorhead Tower reported higher incidences of social isolation and increased feelings of depression and loneliness among residents.

**SIGNIFICANCE**
- Social isolation has been associated with an approximately 50% increased risk of developing dementia, a 29% increased risk of heart disease, and a 32% increased risk of stroke.1
- Engaging in a mix of physical, social, educational, cognitive, and volunteering activities have been identified as beneficial in decreasing social isolation among older adults.2

**OBJECTIVE 1**
- Implementing Virtual Programming during a Pandemic for Low Resident pre

**METHODS**

**PROGRAM OBJECTIVES**

Objective 1: Create and implement an 8-week “activity blitz” at Moorhead Tower to decrease social isolation among residents.

Objective 2: Create an activity binder and establish an activity planning committee composed of Moorhead Tower residents and staff to ensure the sustainability of the program.

**RESULTS**

**ACTIVITY BINDER EXEMPLAR:**

**Change In Perceived Loneliness & Activity Scores**

**Total Participation by Week**

**DISCUSSION**

**CONCLUSION**
- Participants benefited from a program designed to reduce social isolation under the constraints of the COVID-19 pandemic.

**REFERENCES**