

## Age Friendly Louisville Social Inclusion Workgroup Meeting Agenda

October 14th, 2025 | 2:00 - 3:30 PM | 701 W Ormsby Ave, First Floor Conference Room, Louisville, 40203

Attendees: Cayley Crum, Ruba Musa, Sandra McGuire, Caison Black, Greg Willet, Suzanne Bittenbender, Diane Clark, Sophia Banks.

Facilitator: Diane Clark Curtis

| Item                                                                   | Discussion                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| Recap                                                                  | <p>Members discussed ongoing initiatives such as the Intergenerational School and Library Project, Older Americans Month (OAM), the H.U.G. Reading Initiative and explored potential partners, participating in the Optimal Aging Conference 2026, the Optimal Aging Scholar Program, and the Village to Village Movement. The group also explored potential new collaborations with local organizations and shared ideas for workgroup activities during the holiday season.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Item 1:</b><br><b>General Workgroup Updates &amp; Opportunities</b> | <p><b>September Workgroup Meeting at ElderServe</b></p> <p>Members recapped the September meeting, which included a tour of ElderServe’s facility and its newly opened Adult Day Health Center and finding out more about the other services and programs provided.</p> <p>Workgroup members discusses the following topics of interest:</p> <ul style="list-style-type: none"><li>● <b>Bellarmine’s Veritas Program:</b> The Zoom series <i>“Is There a Social Isolation &amp; Loneliness Epidemic?”</i> began on October 7. None of the present workgroup members attended; follow up next month. Bob Tiell, series presenter, was invited to visit the workgroup as a speaker. Bill T. confirmed availability in January.</li><li>● <b>Commit to Connect National Summit:</b> Virtual event themed <i>“Scaling and Replicating Effective Social Connection Programs”</i> held September 9–10, 2025. Nobody present attended. Follow up next month.</li><li>● <b>Optimal Aging Scholar Program:</b> Free program for students &amp; professionals to advance the health and well-being of older adults focused on age-friendly care and innovation in aging. Information was shared. More info here: <a href="#">Optimal Aging Scholar Program</a></li></ul> <p><b>Partnerships, Outreach Planning, and Holiday Opportunities</b></p> <ul style="list-style-type: none"><li>● The workgroup reviewed upcoming outreach and engagement opportunities, including holiday card-making events and senior resource fairs. Members discussed a possible collaborative outreach project with a youth group and potentially ElderServe in December, to be revisited at the November meeting.</li><li>● The group also reviewed the Optimal Aging Conference, scheduled for April 16–17, which will cover topics such as lifestyle medicine, cognitive and emotional well-being, comprehensive care for older adults, and caregiver innovations. Members volunteered to assist with content development for the conference. Sandra and Diane volunteered to spearhead this idea. “Cognitive and emotional wellbeing” is one of the tracks you can submit a proposal for that could be considered for the workgroup. Sophia will provide details for application and deadline to Diane and Sanda.</li><li>● The group was updated on Loneliness study by UofL’s Envirome Institute and Simmons College</li></ul> <p>Two outreach events were completed and an additional 10–20 scheduled through the end of November. Following IRB</p> |

| Item                                                             | Discussion                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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|                                                                  | <p>approval, interventions are expected to begin by summer. Collaboration with Marie from Wise Connections was discussed to plan social events for seniors.</p> <ul style="list-style-type: none"> <li>Upcoming events include the Caregiver Conference on November 19 and Project ECHO on October 17.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p><b>Item 2:</b><br/><b>Subcommittee</b><br/><b>Updates</b></p> | <p><b>Goals 1 &amp; 2: Intergenerational Initiatives &amp; Connections (Engagement &amp; Education)</b></p> <ul style="list-style-type: none"> <li>Intergenerational Library Project</li> <li>Sandra shared updates from her meeting with the library's youth coordinator and program managers.</li> <li>Presentation received a positive response and generated interest in future collaborations.</li> <li>Opportunities identified for joint initiatives during Older Americans Month (OAM).</li> </ul> <p><b>Intergenerational Initiative</b></p> <ul style="list-style-type: none"> <li>Continued exploration of sustainable, long-term partnerships between schools and nearby older adult communities.</li> <li>Sandra shared an updated list of schools and contact persons for future engagement.</li> </ul> <p><b>H.U.G. Reading Initiative</b></p> <ul style="list-style-type: none"> <li>Virtual tutoring program connecting volunteers with students; currently successful in several counties but facing implementation challenges with JCPS.</li> <li>A new, user-friendly training process was launched for volunteers.</li> <li>Discussion included potential partnerships with Family Scholar House (supporting college students with children) and the outreach to the local Catholic school system (superintendent), as JCPS remains hesitant.</li> </ul> <p><b><u>Goal 3: Village Movement</u></b></p> <ul style="list-style-type: none"> <li><b>Virtual Conference: Village to Village Movement</b> on September 29th - 30th attended (Troy) Access to videos and podcast can be accessed on website: <a href="#">NVVG 2025 Agenda</a> - .</li> <li>Whitney identified new potential stakeholders in District 6.</li> <li>Troy reported that <b>Highland Community Ministries (HCM)</b> approved funding for a part-time coordinator position.</li> <li>Justin will present on Advanced Care Planning at the <b>Lexington Village</b> in December.</li> <li>A <b>Village Movement Outreach Presentation</b> is scheduled for <b>October 16</b>, led by Justin and Pam, to educate mayors about the Village Movement and promote Age-Friendly Louisville initiatives.</li> </ul> |

| Item                                | Discussion                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <b>Item 3:</b><br><b>Next Steps</b> | <p><b>Next Steps</b></p> <ul style="list-style-type: none"> <li>● Follow up with Kate (Library Contact) on potential OAM collaboration.</li> <li>● Explore H.U.G. Program implementation with the Catholic school system.</li> <li>● Support Village Movement presentation to mayors (Justin &amp; Pam).</li> <li>● Bring information about the CenterWell event to the next meeting or send to Sophia.</li> <li>● Follow up with the Veritas Program speaker for a possible presentation.</li> <li>● Connect with Stephanie Henderson regarding connectedness projects.</li> <li>● Check with Debbie about attendance or updates from the Commit to Connect National Summit.</li> <li>● Review Optimal Aging Conference topics and consider submitting a presentation proposal.</li> <li>● Caison to connect with Shayla (H.U.G. Program) and Family Scholar House about partnership opportunities.</li> <li>● Reach out to the local Catholic school superintendent as an alternative collaboration route for H.U.G.</li> <li>● Provide an update at the next meeting regarding any developments involving Andrew and Family Scholar House.</li> </ul> |

**Next Meeting: November 11th, 2025, 2 PM**

Meetings are always the 2nd Tuesday of every month.

**Location: 701 W Ormsby Ave, First Floor Conference Room, Louisville, 40203**

**Item 4: The following aligned current events and resources were shared and discussed in the last segment of the meeting.**

Opportunity for members to highlight relevant programs, events, and tools that could benefit the group's work. Send any event and resources to [agefriendlylouisville@gmail.com](mailto:agefriendlylouisville@gmail.com) to share in the newsletter and with workgroup members.

- The Kentucky Department for Aging and Independent Living will host its **1st Annual Caregiver Conference: Coffee and Conversations with Caregivers** virtually on **Wednesday, November 19, 2025, from 9:00 a.m. to 1:00 p.m. (EST)**; a relaxed, discussion-based event designed to connect and support caregivers across the community. See flyer.
- The **Alzheimer's Association & Episcopal Church Home** invite you to a free **four-part dementia education series** at Dudley Square Clubhouse; practical tools and compassionate guidance to better understand dementia, improve communication, and navigate care options. Next dates are on **November 6th** and **December 4th**. Register by calling 1.800.272.3900.
- Join **Project ECHO**: Care of Older Adults and the Kentucky Coalition for Healthy Communities (KCHC) and the Trager Institute for *The Unseen Crisis: Substance Use Disorder and Older Adults*, a virtual workshop on **Oct. 17 at 12 p.m.** Learn about substance misuse in older adults and age-friendly care approaches. Register: <https://loom.ly/gigBLs4>
- **"Is There a Social Isolation & Loneliness Epidemic?"** The **Veritas Society at Bellarmine University** is offering a six-week Zoom course exploring this timely topic. Sessions run Tuesdays, **October 7 – November 11**, from 3:30–4:45 PM. See the flyer for registration details.

- **Walk to End Alzheimer's** on **Sunday, October 19** at Lynn Family Stadium | 350 Adams St Louisville, Ceremony at 2:30 PM, Walk starts at 3 PM. Contact Lisa Young for more info | 502.473.5341 | layoung@alz.org
- Join a **FREE six-week Diabetes Self-Management Program (DSMP)** to learn about healthy eating, blood sugar monitoring, physical activity, avoiding complications, and risk reduction. See flyer or visit [loom.ly/GOKZp4k](https://loom.ly/GOKZp4k) **Next Session: November 4th - December 9th.**
- **The Blitz — 43rd Annual Free Window Plastic Installation** - Saturday, **November 1** & Saturday, **November 8**; for Seniors 60+ and individuals with disabilities are invited to receive free window plastic installation to help stay warm this winter. Residents of Jefferson County who meet eligibility requirements are welcome. See the flyer for details and registration. Call 502-636-9276 to volunteer.
- **The Louisville Metro Office of Aging and Disabled Citizens** updates its **Senior Resource Guide** twice a year, offering a comprehensive list of helpful services and supports for Kentuckians. View the July 2025 Updated senior guide on OADC website at [louisvilleky.gov/government/office-social-services/office-aging-disabled-citizens](https://louisvilleky.gov/government/office-social-services/office-aging-disabled-citizens)
- **TRIAD Meeting - Communities Educating Older Adults About Crime**  
Second Tuesday, Networking 11:00 am, Lunch 11:30 am, Meeting 12:00-1:00 pm, LOCATION: Our Mother of Sorrows Cafeteria, 770 Eastern Parkway
- A Loneliness study by UofL's Envirome Institute and Simmons College is surveying adults 50+ this summer on neighborhood factors and loneliness; More info at [UofL.me/ubn2](https://UofL.me/ubn2)
- **The Program to Encourage Active, Rewarding Lives (PEARLS)**, free counseling program from UofL Trager Institute for adults 60+. It supports mental well-being by addressing depression, life challenges, and social isolation. Teletherapy available. Call 502-588-3471 or visit [tragerinstitute.org/PEARLS](https://tragerinstitute.org/PEARLS)
- **MHM - My Health Matters:** Community Health Education and Support → Every **Monday at 6:30 pm**, virtual