

**Age Friendly Louisville Social Inclusion Workgroup Meeting Agenda**  
**January 13th, 2026 | 2:00 - 3:30 PM | 701 W Ormsby Ave, First Floor Conference Room, Louisville, 40203**

Attendance: Bob Tiell, Ruba Musa, Chris Clements, Justin Magnusen, Sandra McGuire, Greg Willet, Lauren Anderson, Debbie Tuggle, Kaye Lawlis, Pam Yankeelov, Julie Hartmann, Whitney Bowell, Diane Clark Curtis, Sophia Banks.

Facilitator: Diane Clark Curtis

Key Takeaways:

- Presenter **Bob Tiell** presented "*Is There a Social Isolation & Loneliness Epidemic in the US?*", exploring the growing issue of loneliness in the U.S. through recent research, key risk factors, generational differences, impacts on work and social connection, and strategies to strengthen community and engagement highlighting the importance of intergenerational connections. The presentation was followed by a **Q&A session**.
- Workgroup members gave brief updates on the developments within the different subcommittees and initiatives.

Item	Discussion
<b>Item 1: Speaker Presentation</b>	<p>Presenter <b>Bob Tiell</b> presented "<i>Is There a Social Isolation &amp; Loneliness Epidemic in the US?</i>", exploring the growing issue of loneliness in the U.S. through recent research, key risk factors, generational differences, impacts on work and social connection, and strategies to strengthen community and engagement. Here are some highlights of the presentation:</p> <ul style="list-style-type: none"><li>• A loneliness epidemic is a public health crisis, driven by a historical shift from collective community to radical individualism, accelerated by technology and the pandemic.</li><li>• Bob discussed his growing focus on <b>loneliness as a public health issue</b>, tracing its roots through historical, cultural, and economic shifts toward individualism, accelerated by the pandemic and increased reliance on technology.</li><li>• Bob referenced national research (AARP, APA, Surgeon General) showing rising loneliness across all ages, with notable generational differences and higher risk among certain populations. Younger adults, especially men, are most vulnerable, lacking the social skills and opportunities to build relationships, creating a "relationship recession."</li><li>• He emphasized that while older adults often cope better with loneliness, younger generations face increasing challenges due to reduced opportunities for social connection and skill-building.</li><li>• The workplace reflects this crisis, with only ~30% of employees engaged and loneliness directly correlating with poor performance and absenteeism.</li><li>• The speaker highlighted the evolution of <b>Encore / CoGenerate</b>, founded by Marc Freedman, emphasizing the shift from age-specific work to <b>cross-generational collaboration</b> as a way to strengthen communities and address social challenges.</li><li>• Bob discussed how having <b>multiple generations in the workplace</b> brings both challenges and significant benefits, and how loneliness negatively affects employee engagement, productivity, and long-term employment outcomes.</li><li>• Loneliness was framed as a <b>growing public health epidemic</b>, driven by individualism, technology, the pandemic, political polarization, and social fragmentation.</li><li>• Highlighted <b>solutions to loneliness</b>, included maintaining and expanding social ties, civic and volunteer engagement, revitalizing social infrastructure (libraries, community centers, dog parks), and supporting <b>intergenerational housing and activities</b>.</li></ul>

Item	Discussion
	<ul style="list-style-type: none"> <li>Work and community engagement were shown to play a critical role in combating isolation, with examples like the <b>long-term unemployed project</b> demonstrating that re-entering work can restore social connection and well-being.</li> </ul> <p>The presentation will be followed by a <b>Q&amp;A session</b>.</p>
<b>Item 2: Subcommittee Updates</b>	<p><b><u>Goal 1 &amp; 2: Intergenerational Initiatives &amp; Connections - Engagement &amp; Education</u></b></p> <ul style="list-style-type: none"> <li><b>Intergenerational Library Project:</b> Libraries interested in OAM &amp; Krout &amp; Elmore Children's Book Award list <ul style="list-style-type: none"> <li>Sandra informed the group that the JCPL youth coordinator has been invited to the workgroup meeting several times but due to a scheduling conflict that exists with the library's monthly meeting, alternate attendance options will be explored.</li> </ul> </li> <li><b>Intergenerational Initiatives:</b> Exploring ways for deeper connections, longlasting between schools with surrounding older adult communities. (Debbie) <ul style="list-style-type: none"> <li><b>H.U.G. Reading Initiative</b> → Sandra gave updates on <b>Help Us Grow</b> remain on hold due to an ongoing stalemate with JCPS. Tutoring at HUG is expected to restart soon; follow-up is needed to coordinate with families and confirm details.</li> <li><b>Scholar House &amp; Catholic School/Superintendent outreach</b> (Caison) - No update at this time.</li> <li><b>Brownsboro Park Service Learning project:</b> Kyra shared via email an update on this engaging intergenerational project. Residents exchanged letters with kindergarteners comparing toys and games from the 1940s–50s with those played today, and students recreated some of the vintage games in class. In January, residents will host a <b>Board Game Day</b> with fifth graders, who are studying senior loneliness, rotating through five game stations at Brownsboro Park.</li> <li>Youth group connections and initiatives (Diane) - No update at this time.</li> </ul> </li> </ul> <p><b><u>Goal 3: Village Movement</u></b></p> <ul style="list-style-type: none"> <li>Justin presented on Advanced Care Planning to the Lexington Village in December on topics related to aging and addressing social isolation; the session was well received and prompted interest in developing shared member resources.</li> <li>Justin and Troy are staying in contact: Highland Community Ministries is exploring development of a Village model; a new coordinator will begin onboarding, learning the framework, and connecting with Lexington Village leadership and will start attending the Social Inclusion workgroup meeting regularly facilitated through Justin.</li> <li>Justin also briefly reviewed the Village model as a community-based approach to supporting aging in place through volunteers, services, and social connection.</li> <li>Pam mentioned a potential volunteer-focused organization in Tennessee as a model worth exploring. The initiative is called <b>Blount County SMiles</b> (Senior Miles).</li> <li>Participants noted that <b>outreach, communication, and resource-sharing</b> remain common challenges across many organizations, not unique to this group.</li> <li>There was consensus that improving how opportunities and resources are shared is an ongoing hurdle.</li> </ul>

Meetings are always the 2nd Tuesday of every month.  
**Location: 701 W Ormsby Ave, First Floor Conference Room, Louisville, 40203**

### **Item 3: Sharing of Current Events & Resources**

- **Chris shared that there is another Blood Drive planned in honor of Kaitlyn Clements:** 72 donors participated in the last drive. A follow-up drive is on **Jan 20, 9 AM–2 PM, St. Joseph Children's Home, Crescent Hill**. Community support and prayers are welcome.

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.

- Join Center of Accessible Living (CAL) staff for a screening of ***Cycle of Memory*** this Thursday, **Jan. 15 at 6 p.m.** at the CAL Lou office, with drinks, snacks, and a virtual Q&A with the director. RSVP here: [bit.ly/cyclefilm](https://bit.ly/cyclefilm)
- The **Episcopal Retirement Services** Center for Memory Support and Inclusion offers a **free dementia guide** with practical information on understanding dementia, supporting brain health, effective communication, and navigating day-to-day safety and caregiving challenges. Access the guide at [episcopalretirement.com/corporate/make-sense-of-dementia-guidebook?utm\\_medium=email&utm\\_source=govdelivery](https://episcopalretirement.com/corporate/make-sense-of-dementia-guidebook?utm_medium=email&utm_source=govdelivery) or email Teran Herthel at [therthel@erslife.org](mailto:therthel@erslife.org)
- The Department for Behavioral Health, Developmental and Intellectual Disabilities (DBHDID) is offering a free, limited-capacity virtual training series (January–June) led by Dr. Steven Kniffley through the KY SIX grant, featuring 1-hour sessions on trauma-informed topics to support professionals and community partners across Kentucky.
- Join **Project ECHO**: Care of Older Adults and the Kentucky Coalition for Healthy Communities (KCHC) and the Trager Institute offers healthcare providers and community members brief trainings, case discussions, and resources on age-friendly care, lifestyle medicine, and best practices for supporting older adults. Next virtual workshop ***Life Celebrations*** on **January 16 at 12 p.m.** Register: <https://loom.ly/gigBLs4>
- The UofL Trager Institute is offering a free virtual six-week **Diabetes Self-Management Program** on Thursdays, **Jan. 15–Feb. 19 (6:00–8:30 p.m.)** to help individuals with diabetes or pre-diabetes build skills to manage their health and prevent complications. Register here: [tragerinstitute.org/dsm](https://tragerinstitute.org/dsm)
- **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
- **The Twilight Wish Foundation**, inspired by a simple act of kindness in 2003, is a national nonprofit dedicated to granting wishes for seniors, having fulfilled over 7,100 wishes across the U.S. to honor, celebrate, and uplift older adults. Find the KY chapter here: [twilightwish.org/chapter-locations/louisville-kentucky/](https://twilightwish.org/chapter-locations/louisville-kentucky/) or contact Julie Hartmann at [hartmannj055@gmail.com](mailto:hartmannj055@gmail.com)
- 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. More info at [uofl.me/mhm](https://uofl.me/mhm)