

2021 Age Boom Academy Agenda

Combating Loneliness in Aging: Toward a 21st Century Blueprint for Societal Connectedness

Pre-Academy

Note: All times are ET, and all sessions take place online.

April 27 **Fellow Ice-breaker Happy Hour**

At 6:45pm ET, all journalists are invited to join Caitlin Hawke to meet fellow journalists and senior journalist mentors.

May 3 **Digital Library**

Prior to the Academy, Fellows will have access through our [event portal](#) to journal publications, white papers and other materials provided by our speakers to prepare for the live panel sessions and source future stories.

May 3 **Big but Brief | An On-Demand Video Library**

Prior to the Academy, Fellows will be able to prepare for the live panel sessions by viewing on our [event portal](#) a library of videos of big ideas presented in a brief format. Below is a list of those Big but Brief recordings:

- **Sara J. Czaja, PhD** | *Professor of Gerontology in Medicine, Weill Cornell Medical College, Director, Center on Aging and Behavioral Research*
Dr. Czaja's "Big but Brief" discusses the use of technology training to enhance functional independence and increase connectivity of older adults, bridging the tech divide.
- **Justin S. Golub, MD, MS** | *Associate Professor of Otolaryngology, Columbia University Vagelos College of Physicians and Surgeons and NewYork-Presbyterian/Columbia University Irving Medical Center*
Dr. Golub's "Big but Brief" covers his research on the intersectionality of hearing loss, isolation, and cognition.
- **Dana Griffin** | *Co-Founder and CEO, Eldera.ai*
Ms. Griffin's "Big but Brief" presents this novel, global platform that leverages the wisdom of older adults as a new natural resource for the next generation.

- **Caitlin Hawke** | *Former Board Member and Activities Co-Chair, Bloomingdale Aging in Place; Senior Science and Strategy Officer, Robert N. Butler Columbia Aging Center*
Ms. Hawke's "Big but Brief" will lay out this innovative, all-volunteer, peer-to-peer model built by older adults on the Upper West Side of Manhattan which is 1200 strong with 1500 activities timepoints annually.
- **Karen Ignagni** | *President and Chief Executive Officer, EmblemHealth*
Ms. Ignagni's "Big but Brief" details the EmblemHealth approach to prevention in the community as well as the impact of loneliness on health.
- **Tom Kamber, PhD** | *Founder and Executive Director, Older Adults Technology Services*
Dr. Kamber's "Big but Brief" describes the community-building outcomes from Older Adults Technology Service (OATS)–the largest municipal technology program for older adults in the US.
- **Becca R. Levy, PhD** | *Professor of Epidemiology, Yale School of Public Health and Professor of Psychology, Yale University*
Dr. Levy's "Big but Brief" argues that ageism is a cause of loneliness, and she proposes that a solution for addressing loneliness is to reduce ageism. She shares her research that demonstrates how ageism can impact older persons' health and what we know about solutions to ageism.
- **Lisa Marsh Ryerson** | *President, AARP Foundation*
AARP Foundation has contributed a video to our on-demand library.
- **Roger O'Sullivan, PhD** | *Director of Ageing Research and Development, The Institute of Public Health in Ireland*
Tom Prohaska, PhD | *Dean Emeritus, George Mason University College of Health and Human Services*
The "Big but Brief" from Drs. O'Sullivan and Prohaska present the argument for targeted interventions to maximize the effect of combating loneliness.
- **Carla Perissinotto, MD, MHS** | *Associate Professor of Medicine, UCSF School of Medicine, Medical Director, UCSF Care at Home*
Dr. Perissinotto's "Big but Brief" addresses findings from her research on the effects loneliness has on the health of older adults and the ensuing clinical and policy implications.

- **Elena Portacolone, PhD, MBA, MPH** | Associate Professor of Sociology, Institute for Health & Aging, UCSF.
Dr. Portacolone's contribution to our video library is a full-length seminar she delivered for the Columbia Aging Center on the effects of the COVID-19 pandemic on the lived experience of diverse older adults isolated and in precarity.
- **Atalaya Sergi** | Director, AmeriCorps Seniors
Ms. Sergi's "Big but Brief" demonstrates the AmeriCorps approach to harnessing the social capital of older adults in its three signature AmeriCorps Seniors programs.
- **Joy Zhang** | CEO and Co-Founder, Mon Ami
Ms. Zhang's "Big but Brief" shares the implementation and scaling success of her novel technology platform to connect communities.

May 5

Solutions Journalism 101

At 10am ET, Age Boom Fellows may join this optional pre-Academy session with trainers from the Solutions Journalism Network for an overview of the SJN approach to evidence-based reporting on responses to social problems.

Registration link: https://zoom.us/webinar/register/WN_iteRPpdUT_a8AvUnxnzdg

[Agenda continues on next page]

Academy

Note: all times are ET, and all sessions take place online.

THURSDAY, MAY 6

Session I: Welcome and Framing

Evening | 5:30pm-7pm ET

- **20 min**
Toward a 21st Century Blueprint for Societal Connectedness
Linda P. Fried, MD, MPH | Director of the Age Boom Academy
Dean and DeLamar Professor of Public Health
Director, Robert N. Butler Columbia Aging Center
Columbia Mailman School of Public Health
- **10 min**
Loneliness & Your Beat: Raising the Unseen Stories, Seeding the Solutions
Bruce Shapiro | Co-director of the Age Boom Academy
Senior Executive Director, Dart Center for Journalism and Trauma,
Columbia Journalism School
- **30 min**
If Loneliness is a Construct, Deconstruct It: The SJN Approach
Julia Hotz
Communities Manager, Solutions Journalism Network
Mikhael Simmonds
Multimedia Lead, Solutions Journalism Network
- **30 min**
Session I Plenary Discussion
Moderator: Richard Eisenberg | Managing Editor, Next Avenue

FRIDAY, MAY 7

Session II: The Root Causes

Morning | 9am-10:30am ET

- 20 min

Keynote: The Psychosocial Factors at the Root of Loneliness

Louise Hawkley, PhD | *Senior Research Scientist,
NORC, University of Chicago*

- 40 min

Panel Discussion | Getting It Together: The Future of Loneliness

Linda P. Fried, MD, MPH | *Dean and DeLamar Professor of Public Health,
Director, Robert N. Butler Columbia Aging Center, Columbia Mailman
School of Public Health*

Louise Hawkley, PhD | *Senior Research Scientist,
NORC, University of Chicago*

Becca R. Levy, PhD

*Professor of Epidemiology, Yale School of Public Health and Professor of
Psychology, Yale University*

Moderator: Carol Hymowitz | *Senior Journalist*

- 30 min

Session II Plenary Discussion

Moderator: Kerry Hannon | *Senior Journalist*

Afternoon | Various Times

Ask Me Anything

Fellows begin their 1:1 interviews with presenters.

MONDAY, MAY 10

Session III: The Costs, The Solutions

Morning | 9:30am-11:45am ET

- 45 min

Panel Discussion | The Toll on Health and in Healthcare Settings

Justin S. Golub, MD, MS | Associate Professor of Otolaryngology,
Columbia University Vagelos College of Physicians and Surgeons

Karen Ignagni | President and Chief Executive Officer, EmblemHealth

Carla Perissinotto, MD, MHS | Associate Professor of Medicine, UCSF School
of Medicine, Medical Director, UCSF Care at Home

John W. Rowe, MD | Julius B. Richmond Professor of Health Policy and
Aging, Robert N. Butler Columbia Aging Center, Columbia Mailman School
of Public Health

Moderator: Rodney A. Brooks | Columnist, U.S. News & World Report,
Contributor, National Geographic

- 45 min

Panel Discussion | Revisualizing Civic Design

Charles Branas, PhD | Gelman Endowed Professor and Chair, Department of
Epidemiology, Columbia Mailman School of Public Health

Linda P. Fried, MD, MPH | Dean and DeLamar Professor of Public Health,
Director, Robert N. Butler Columbia Aging Center, Columbia Mailman
School of Public Health

Leslie Hunter-Gadsden | Journalist and Educator

Lisa Marsh Ryerson | President, AARP Foundation

Moderator: Chris Farrell | Senior Journalist

~10-minute Break~

- 30 min

Fellow Breakouts | Introduced by Bruce Shapiro

Senior Journalist moderators Rodney Brooks, Richard Eisenberg, Chris Farrell, Kerry Hannon, and Carol Hymowitz lead five groups of Fellows in breakout rooms to develop the main themes for what solutions need to be implemented.

Discussion Questions:

- What are the main propelling forces of loneliness today?
- What are the main obstacles to societal connectedness?
- What policies or funding are missing?
- How do you report on cohesion and community?
- What is missing in current coverage? What story ideas might you pursue?

Afternoon | Various Times

Ask Me Anything

Fellows continue their 1:1 interviews with presenters.

Evaluation Form, Part I



During the period between May 10 and June 11, Fellows will develop stories and convene in a small group setting led by our Senior Journalist moderators.



THURSDAY, May 20

Fellow & Mentor Mixer

Evening | 7pm-8pm ET

- 60 min

Fellow & Senior Journalist Moderator Mixer

Caitlin Hawke | *Host*

Speed acquainting in breakouts followed by choice-your-own breakout ('talk to the editor', 'freelancers', 'health reporters', 'rural', 'urban').

THURSDAY, JUNE 10

Mixer with Older Adults

Evening | 7pm-8pm ET

- 60 min

Fellow Mixer with Older Adults from the Bloomingdale Aging in Place Community

Caitlin Hawke | *Host*

After brief introductions of 10 community-dwelling members of this NYC community, Fellows will have the chance to mix with other fellows and to breakout with older adults to ask them about their community engagement and experiences during Covid-19 isolation.

FRIDAY, JUNE 11

Session IV: Interventions Showcase

Morning | 9am-11:30am ET

- 30 min

Panel Discussion | Community-based Interventions for Healthy Aging: What Works in Which Contexts

Julia Hotz | *Journalist, Solutions Journalism Network*

Roger O'Sullivan, PhD | *Director of Ageing Research and Development, The Institute of Public Health in Ireland*

Thomas Prohaska, PhD | *Dean Emeritus, George Mason University College of Health and Human Services*

Moderator: Linda P. Fried, MD, MPH | *Dean and DeLamar Professor of Public Health, Director, Robert N. Butler Columbia Aging Center, Columbia Mailman School of Public Health*

- 30 min

Panel Discussion | Tech: 2gather 2gether

Sara J. Czaja, PhD | *Professor of Gerontology in Medicine, Weill Cornell Medical College, Director, Center on Aging and Behavioral Research*

Dana Griffin | *Co-Founder and CEO, Eldera.ai*

Tom Kamber, PhD | *Founder and Executive Director, Older Adults Technology Services*

Joy Zhang | *CEO and Co-Founder, Mon Ami*

Moderator: Carol Hymowitz | *Senior Journalist*

- 30 min

Panel Discussion | Keeping It Hyperlocal: Grassroots and Community Building

Caitlin Hawke | *Former Board Member and Activities Co-Chair, Bloomingdale Aging in Place; Senior Science and Strategy Officer, Robert N. Butler Columbia Aging Center*

Atalaya Sergi | *Director, AmeriCorps Seniors*

David Vincent, PhD | *Chief Program Officer, SAGE*

Moderator: Richard Eisenberg | *Managing Editor, Next Avenue*

- 40 min

Plenary Discussion | Bruce Shapiro, moderator

The Way Forward on Reporting on Solutions to Loneliness

- How examples from today's sessions relate to the beat, region or city that you cover?
- What story ideas might you pursue?

- 10 min

Conclusions | Linda P. Fried, MD, MPH, Director, Age Boom Academy

Deploying Policy, Public Health, and Social Capital in the Service of Social Connectedness

- 10 min

Evaluation Form Part II

Afternoon | Various Times

Ask Me Anything

Fellows continue their 1:1 interviews with presenters.