

## 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 (optional)**  
At 6:45pm ET, all journalists are invited to join Caitlin Hawke to meet fellow journalists in the program.

May 5 **Solutions Journalism 101 (optional)**  
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](https://zoom.us/webinar/register/WN_iteRPpdUT_a8AvUnxnzdg)

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.*
- **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.*

*[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**

Various speakers will be available for optional, brief, small-group interviews by Fellows. Fellows will reserve their top choice in advance.

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

Various speakers will be available for optional, brief small-group interviews by Fellows. Fellows will reserve their top choice in advance.

Evaluation Form, Part I | [ageboom.columbia.edu/2021Evaluation](https://ageboom.columbia.edu/2021Evaluation)



*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.*



*[Agenda continues on next page]*

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*

- 30 min  
Plenary Discussion & Conclusions  
Linda P. Fried, MD, MPH | *Director, Age Boom Academy*  
Bruce Shapiro | *Co-director, Age Boom Academy*
- Optional until 11:30/11:45  
Farewell Breakouts
- 10 min (independent)  
Evaluation Form Part II | [ageboom.columbia.edu/2021Evaluation](https://ageboom.columbia.edu/2021Evaluation)

Afternoon | Various Times Ask Me Anything Interviews