

# AGENDA

## Saint Louis University Summit on Loneliness & Social Isolation

Friday, October 6, 2023

9:00 am – 4:15 pm (central time zone)

9:00 AM – 9:30 AM	<p><i>Welcome</i></p> <p>Marla Berg-Weger, PhD, LCSW, Executive Director, Gateway Geriatric Education Center Max Zubatsky, PhD, LMFT, Associate Director, Gateway Geriatric Education Center</p>
9:30 AM – 10:45 AM	<p><b>Addressing Loneliness and Social Isolation: A Global Perspective</b></p> <p>Kaisu Pitkälä, PhD, Professor of General Practice, University of Helsinki, Finland and Anu Jansson, PhD, Department of General Practice and Primary Health Care</p> <p>Drs. Pitkälä and Jansson will describe the prevalence of loneliness and social isolation throughout the world and highlight their decades-long efforts to prevent and combat the impact.</p>
10:45 AM – 11:00 AM	<p><b>Break</b></p>
11:00 AM – 11:30 AM	<p><b>National Initiatives to Address Social Isolation, Loneliness, and Connection</b></p> <p>Jillian Racoosin, MPH, Executive Director, Foundation for Social Connection &amp; Coalition to End Social Isolation and Loneliness</p> <p>This presentation will provide an overview of initiatives and advocacy on the national level, including the work of the Coalition to End Social Isolation and Loneliness (CESIL)</p>
11:30 AM – 12:00 PM	<p><b>Addressing Social Isolation among Older Adults in Missouri</b></p> <p>Jordanna McLeod, MPH, Senior Program Specialist with Missouri's State Unit on Aging within the Department of Health and Senior Services</p> <p>This presentation will review current programs offered in Missouri to address social isolation and future plans to improve social connection among Missouri's older adult population.</p>
12:00 PM - 12:30 PM	<p><b>Lunch Break</b></p> <p>During the lunch break, we will preview a free video on the impact of loneliness on brain health, available from Brain Health Live.</p>
12:30 PM - 4:15 PM	<p><b>Circle of Friends Facilitator Training</b></p> <p>Max Zubatsky, PhD, LMFT and Marla Berg-Weger, PhD, LCSW</p> <p>This workshop will provide participants with knowledge and skills to facilitate this evidence-based non-pharmacologic intervention, Circle of Friends, developed to decrease loneliness and social isolation.</p>