

# Changing the Shape of Aging in Lexington

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# ABOUT A CARING PLACE VILLAGE

***Mission:*** Support older adults and individuals with disabilities so they can remain independent, socially connected, and engaged in their communities for as long as possible.

***Health Impact:*** Loneliness is a major health issue in the United States causing premature aging, co-morbidities, and early death.

***Economic Impact:*** Untreated loneliness drives up the cost of healthcare and social services.

***Solution:*** Loneliness is treatable with public health interventions, such as Villages are doing: rebuilding community, trust, and belonging.



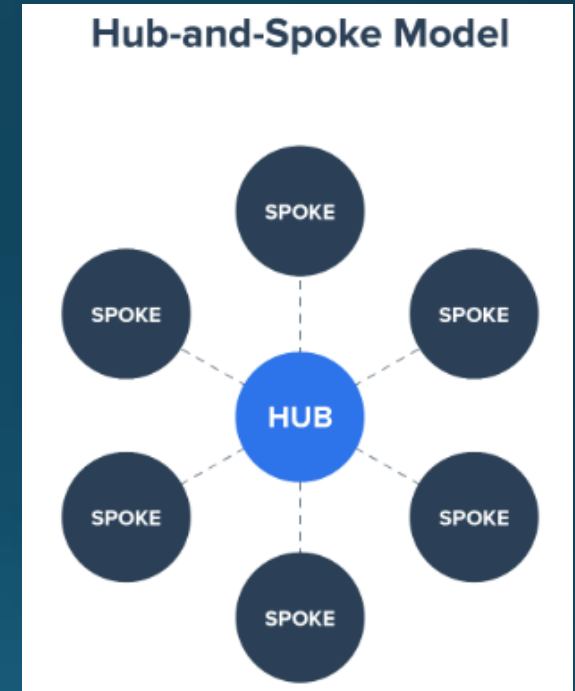
# IMPLEMENTING OUR MISSION:

- **Relationship programs**: Telephone comfort care, Zoom chit chats, home visits when member ready, small community gatherings, annual events, and a card ministry.
- **Education**: Volunteer orientation, on going community education, mandatory annual reviews, on-going leadership training.
- **Health and Lifestyle for members**: Weekly zoom exercises, stress management classes, mentored volunteer opportunities, catered noon meals.
- **Resource Allocation**: Connecting older adults with community services, healthcare, and support networks
- **Intergenerational Approach**: Through our UK Undergrad ACP Chapter which offers exposure to the older adult for the student and an opportunity to share wisdom from the older adult
- **Advocacy**: For the older adult and disabled as the need arises.

# VILLAGE TO VILLAGE NETWORK

We are a member of the **Village to Village Network (VtV Network)** which is a national, nonprofit membership organization that helps communities establish and manage **Villages**—grassroots, community-based networks where **neighbors help neighbors** so older adults can age in place with dignity, connection, and independence.

Currently there are 425 villages across the United States and more are joining daily.



# WHY LEXINGTON?

- ***Growing Senior Population per Census***
  - Nearly **15% of Fayette County residents** are age 65+ in 2020
  - By 2030, that number will approach **22% (1 in 5 residents)**
- ***Living Alone per Neighborhood Data***
  - About **30% of Lexington's seniors** in the Gainesway neighborhood live alone (isolation increases risk of depression, dementia, falls, elder scams, and elder abuse)
- ***Healthcare Costs & Strain***
  - Older adults account for a **disproportionate share of healthcare use**
  - Aging-in-place models like Villages can **reduce costs and ER visits**
  - Per an AARP study, more than 90% of seniors want to stay in their homes and neighborhoods

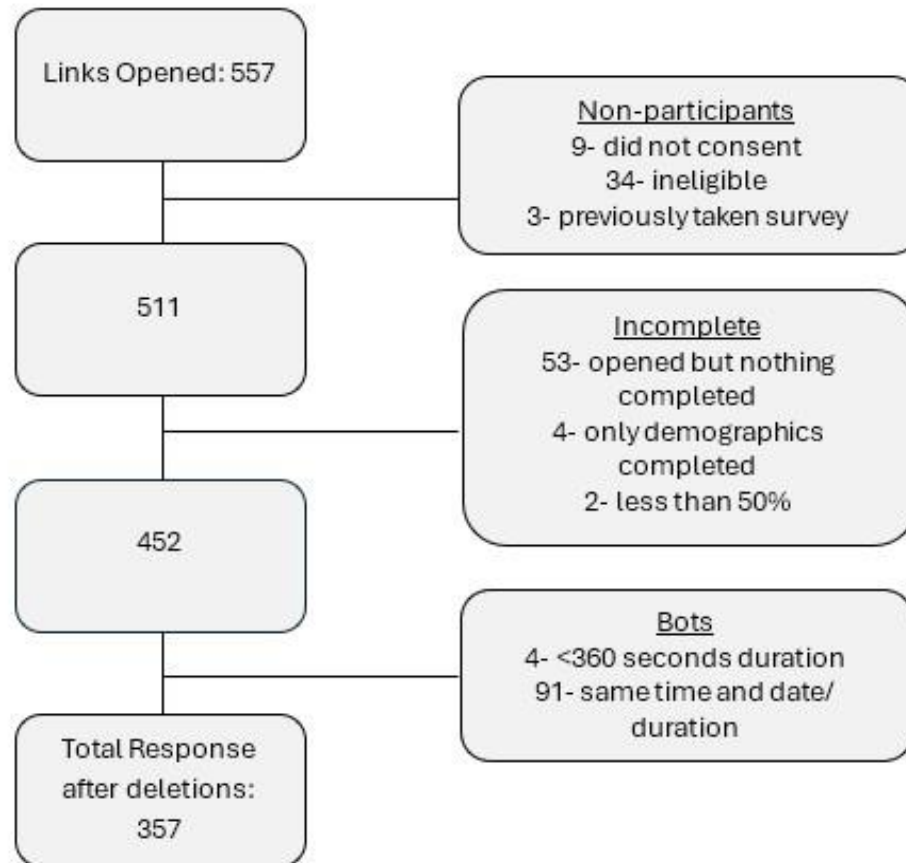


# THE SUMMER CAMPAIGN

- Purpose: Explore whether Villages are possible and needed in Lexington
- With a generous \$150,000 grant from the City of Lexington, A Caring Place Village was able to conduct a feasibility study in partnership with the University of Kentucky College of Social Work, College of Medicine, and College of Education
- Conducted city-wide outreach and engagement
- UK Researchers attended every event, coming early and staying late, working with every individual to complete the needs assessment.
- At each event, we provided a welcoming milieu complete with a light lunch and fellowship.
- Events were noted as town halls as our councilmembers were present to encourage all to provide needed feedback



# COMMUNITY NEEDS ASSESSMENT



# CAMPAIGN STATISTICS: June-August

- 30 Events
- 25 Health Note Speakers
- 460 Attendees
- 960 Volunteer Hours
- Zip codes throughout Lexington are represented in the data
- Many councilmembers participated



# ONE MOVEMENT

"Together, with many community partners, we are changing the shape of aging in Lexington."



# SIX SCOPES OF WORK

1. **Community Needs Assessment** – Still on-going: Dr. Latimer College of Medicine and Social Work and Dr. Bond College of Social Work
2. **Technology Needs Assessment** – Continuing to investigate better and more economical options such as Club Express or Helpful Village: Dr. Oldham: College of Education
3. **Revenue Streams** – 4 major potential sources (Alex Chadwell Masters, Education, University of Kentucky)
4. **HOAs** – completed one listening session – additional session scheduled for Nov 15<sup>th</sup> at Golfview Estates
5. **Subsidized Senior Homes** – completed all 3 listening sessions: Ballard Griffith Towers, Ashland Terrace, and Briarwood.
6. **Village Program Assessment** – Continuing to collect data: Dr. Oldham

# HOW FUNDS WERE ALLOCATED

- Total Amount: \$150,000
  - UK – \$90,000
  - A Caring Place - \$60,000

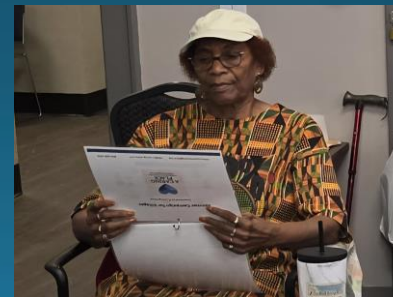


# COMMUNITY RESPONSE

- After the campaign events, **several Lexington neighborhoods** expressed strong interest in becoming part of the Village initiative.
- These neighborhoods see value in being officially recognized as **“spokes” or “circles”** within the Village hub model.
- Continued phone calls and requests for **additional events** and more information as the momentum we have generated continues to spread across Lexington!



# NOW WHAT? BUILDING THE FUTURE



# STEP 1: ANALYZE THE DATA

- Data collection for all 6 scopes of work should be finalized and preliminary analysis begun by January 2026



# STEP 2: CRAFTING OUR STORY

- Communicate via effective marketing our established mission, vision, and values
- Communicate impact to members, volunteers, funders, and agencies



# STEP 3: DISTRIBUTE RESULTS

- Return results to stakeholders who supported our assessments (i.e. community, eldercare community caregivers, council members)



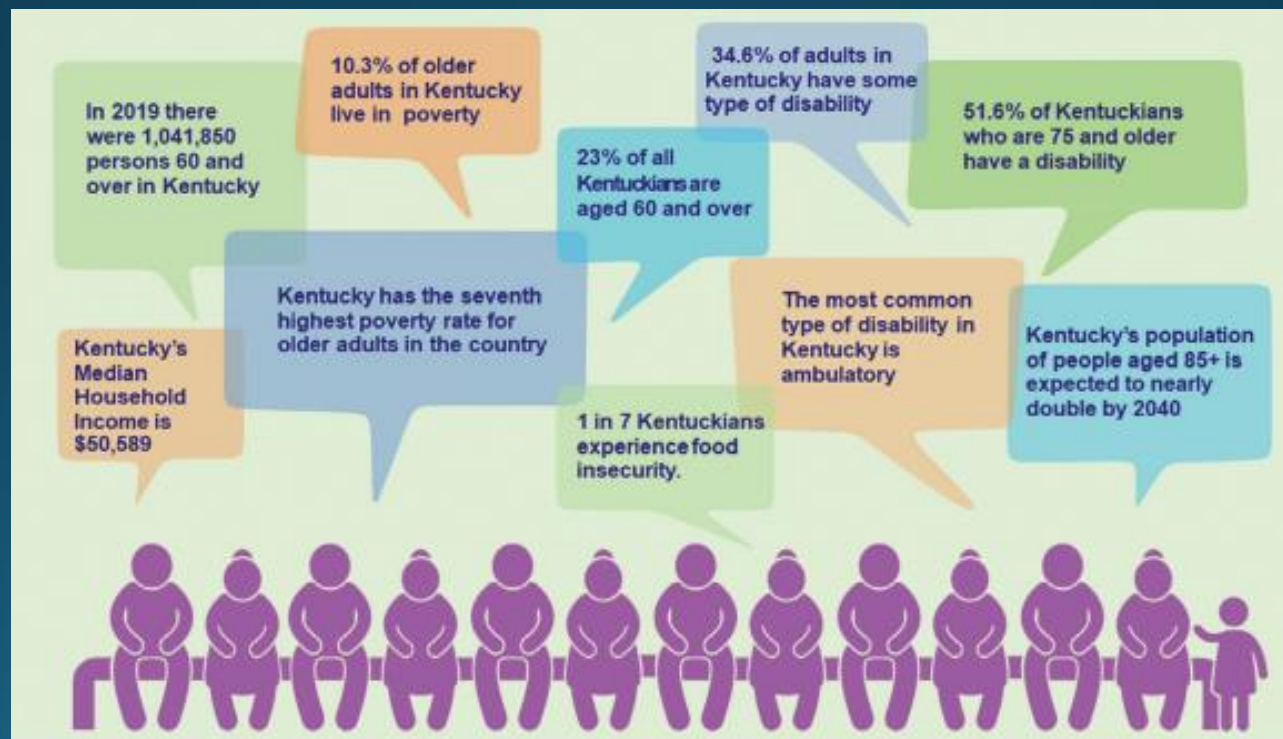
# STEP 4: HOSPITAL COLLABORATION

- Formalize collaboration with hospital administrators
- Add hospital representatives to the Board



# STEP 5: CONNECT TO STATE PLAN

- Align with Kentucky State Aging Master Plan
- Ensure Village efforts are part of broader policy goals



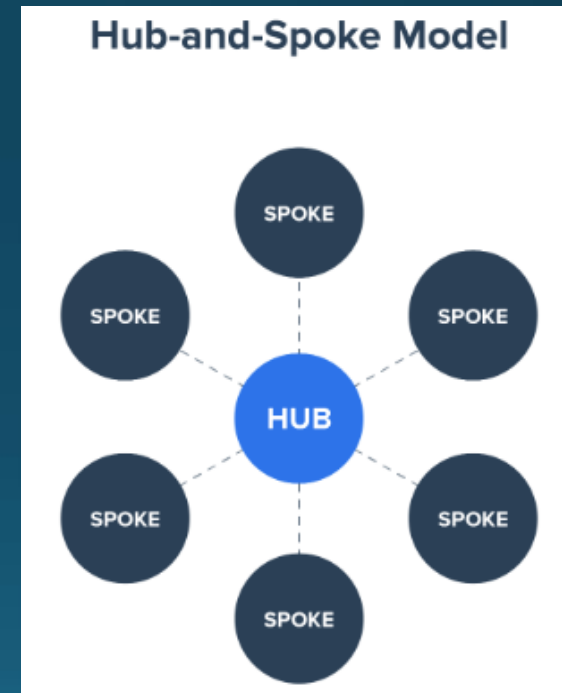
# STEP 6: EXPAND PARTNERSHIPS

- Identify partners at local, state, and federal levels
- Explore additional opportunities for funding, training, and services



# STEP 7: ORGANIZATIONAL DEVELOPMENT

- Establish defined roles within the Resource Center (hub) + Social Circles (spokes)
- Modify present bylaws to ensure inclusion of the hub and spoke business model.
- Develop an MOU with Beaumont/Gardenside (combined neighborhoods) to pilot test



# STEP 8: SUSTAINABILITY & GROWTH

- Identify and apply for seed funding opportunities
- Determine budget & membership dues
- Develop Member & Volunteer Handbooks
- Use needs assessment to guide services



# ACKNOWLEDGEMENTS

- **People who work in eldercare** – their skill, knowledge and compassion is awesome! Including Alzheimer's Assoc., N YMCA, DFL, Silver Lexington, Pastor Jon Roller (BPC), Blue Grass Navigators, Elder Law and SHIP, etc.
- **City of Lexington** – for championing community care and connection
- **BUILD (26 Lexington Churches)** – for your united voice and unwavering commitment to justice: Special Mention of Judy Maxson and Deborah Gerth who went up and above in their contributions.
- **UK College of Medicine, Education and Social Work** – for nurturing the next generation of compassionate professionals
- **Age Friendly Lexington & Reimagining Home** – for envisioning dignity and belonging for all
- **Host sites** – Especially our Churches: Unitarian Universalist, St Raphael's Episcopal, 2<sup>nd</sup> Presbyterian, Beaumont Presbyterian, Christ the King Catholic, Tates Creek Presbyterian, St Elizabeth Ann Seton Catholic, St Peter Clavier Catholic
- **Volunteer Leadership of A Caring Place** – for being the heartbeat of our mission with your time, care, and dedication: Stacy Federico, Ann Mendenhall, Sharon Turpin, Steve Katz, Rose Cheney, Patti Burke, Patty Cody, Sue Dozier, Darryl Tacket, Marion Joseph, Ron Cheney, Mark Alexander, Beth Alexander, Deep Patel, Janice Lewis