

The Village of Lexington



LEXINGTON



Our mission remains the same: to reach out to the elderly and disabled to reduce social isolation, mitigate burdensomeness and advance personal health literacy among elderly, caretakers and disabled individuals throughout our many programs.

1. 501 c3
2. Volunteer based grassroots organization
3. Member Driven

Stewardship of Council Funding

2024 Council Investment – \$150,000

University of Kentucky Research – \$90,000

- Community feasibility study
- Resident surveys and focus groups
- Data analysis and evaluation
- Evidence-based recommendations for implementation

A Caring Place Operations – \$60,000

- Hospitality for 25+ community engagement events
- Community outreach and marketing
- Meeting and event space rental
- Public engagement throughout the feasibility campaign

2025 Council Investment – \$50,000

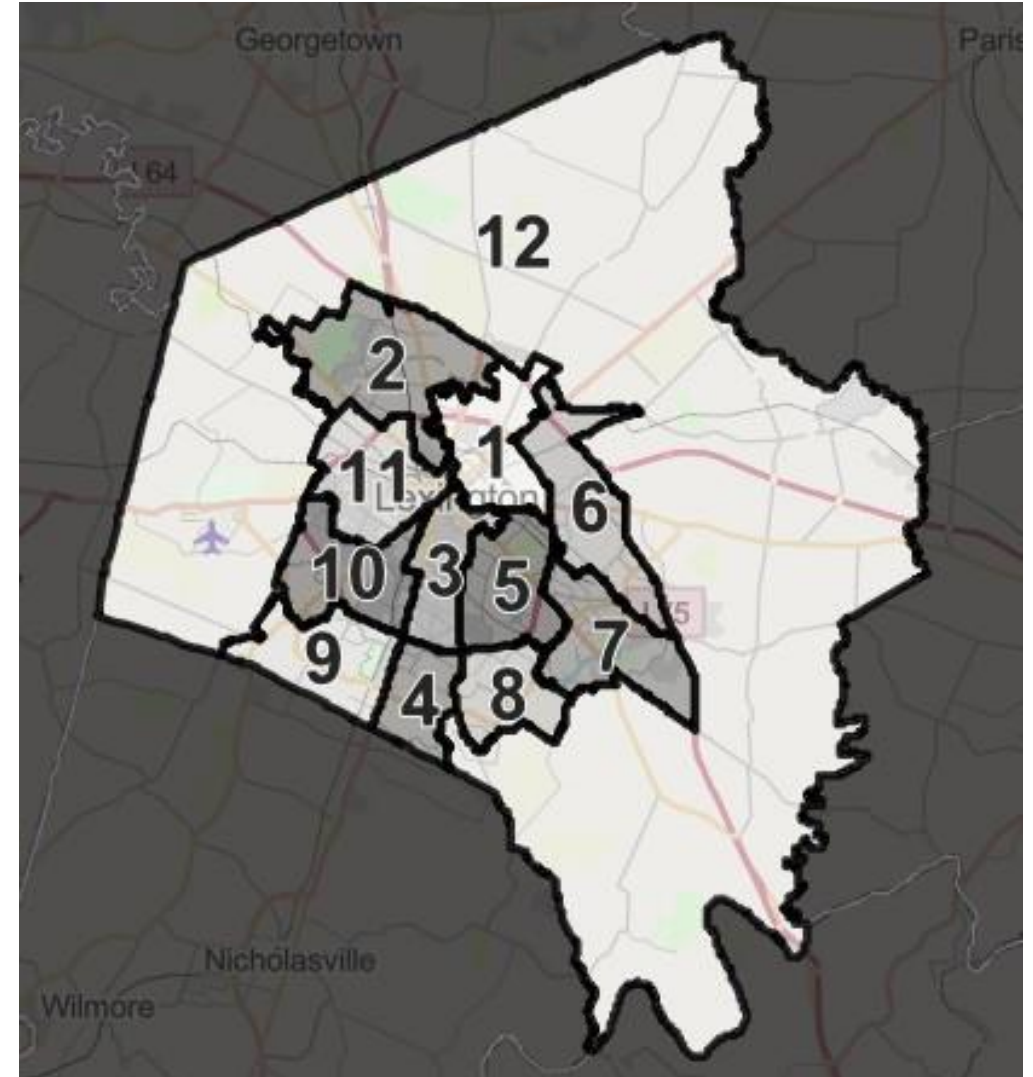
Implementation & Evaluation

- Neighborhood startup consultation
- Technology implementation and staff training
- **\$30,000 committed** to the University of Kentucky:
 - Evaluate Village program outcomes over the next two years
 - Validate a loneliness measurement tool for use in Kentucky communities

Every Council dollar has been invested in research, implementation, and measurable outcomes to build a sustainable Village model for Lexington.

Hub and Spoke Business Model

Definition: centralize non-profit and administrative functions, decentralize socialization-connection functions: A neighborhood in every Council District



SUMMER OF 2025 FEASIBILITY CAMPAIGN

Survey Quick Facts:

- The survey was disseminated at **over 20 events** in the summer of 2025.
- Summer campaign events were held across Fayette County, in all 12 council districts.
- **400** respondents
- At least **2 campaign events** in each council district

Survey Outreach:

- Over **15 community organizations** were contacted.
- Community partners included BUILD, A Caring Place, and Lexington-Fayette Urban County Government.
- The survey was distributed through all **council members' Listservs** and community partner networks.

Lexington's Aging Reality

52,710 residents age 65+
One in Four 65+ by 2030

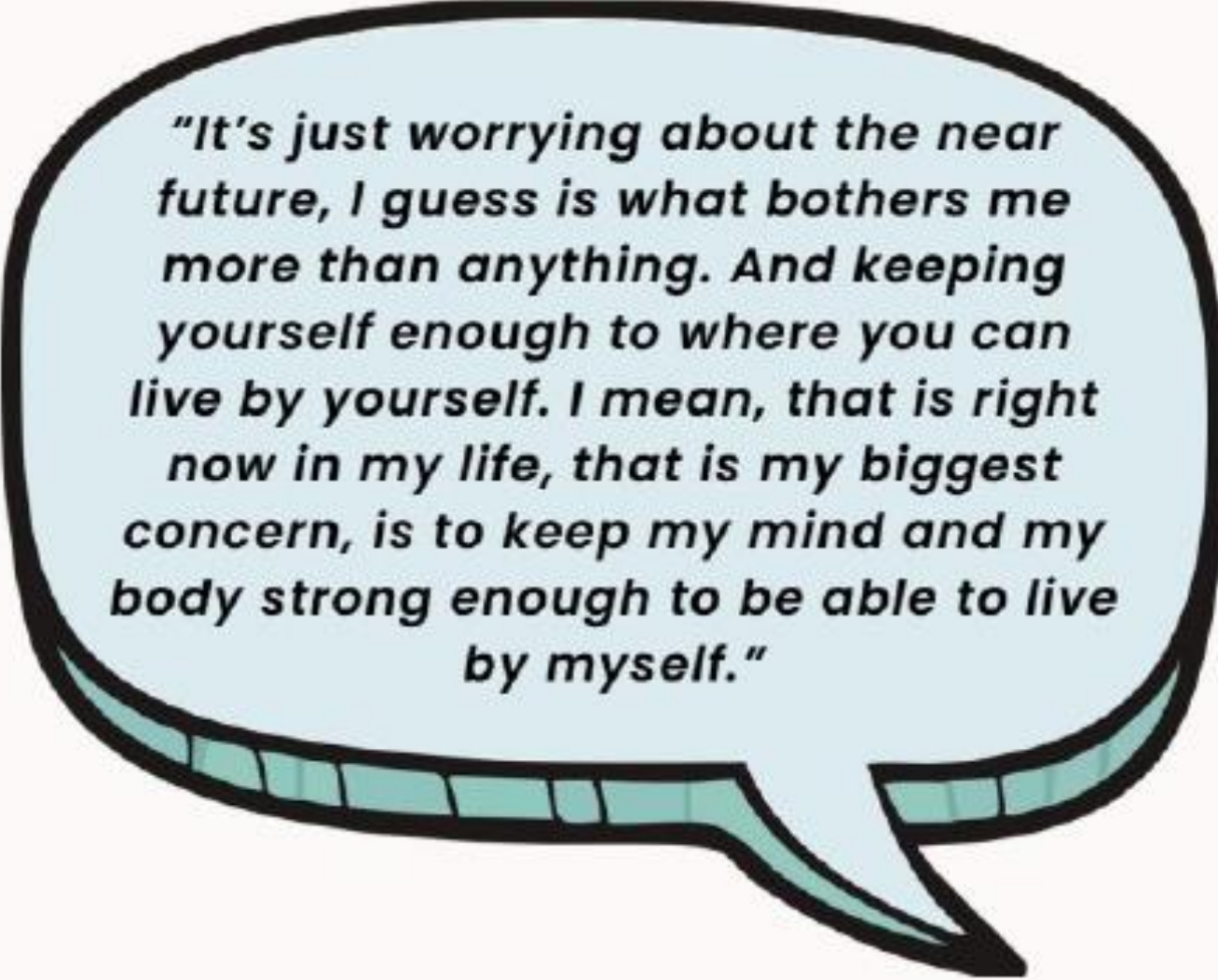


Realities of Older Adults and Adults with Disabilities in Lexington (2024 Census Data)



What Residents Told Us

- Avg age was 72, and have lived in same home in Lexington for over 22 years
- 88% want to age in place
- Over half expressed moderate concern about ability to do so safely
- 36% live alone, increasing risk of isolation and unmet needs
- 93% report satisfaction with current living situation, many worry about the future



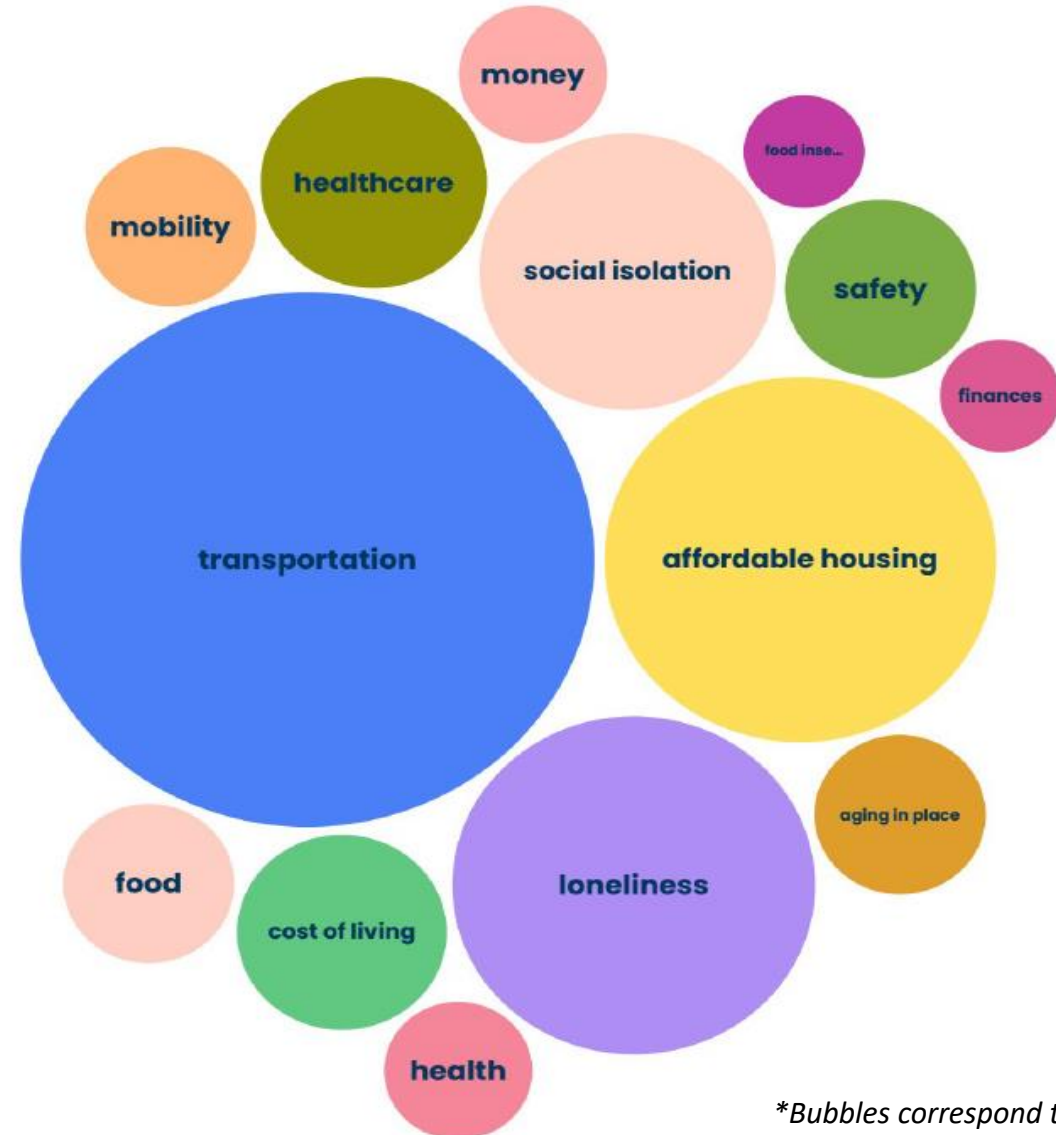
"It's just worrying about the near future, I guess is what bothers me more than anything. And keeping yourself enough to where you can live by yourself. I mean, that is right now in my life, that is my biggest concern, is to keep my mind and my body strong enough to be able to live by myself."

Perceived Greatest Challenges Facing Older Adults

Figure 5. Perceived Greatest Challenges Facing Older Adults *

Across all demographics the top concerns were:

- Transportation
- Affordable Housing
- Social Isolation
- Loneliness
- Healthcare Access
- Cost of Living



*Bubbles correspond to data collected

Hub and Spoke: Dr. Carolyn Oldham Analysis

- 8 “Hub & Spoke” villages were studied, and 3 other villages
- Emphasis was on service & socialization (recent push)
- 1-2 Paid Staff in Hub & Spoke Villages
- Used computer software to support the functions-Helpful Village recommended for ACP



Neighborhood Activities in Villages

Table 3.

Social Activities Offered by Villages

Activity Type	Offerings	
Virtual programs	• Tai chi • Chair yoga • Collaborative age café featuring guest speakers	• Online book club • Group TedTalks • Mindful meditation and breathing
Interest group meetups	• Living solo events • No guilt book club • Crafts and arts • Choir	• Gardening • Cultural programs (e.g., movie, theater, museums) • Game afternoon
Live educational programs	• Cooking • Smartphone photography • Intro to sleep technologies • Anti-virus and malware removal • Intro to social media • Hearing loss	• Cognitive decline • Death and dying • Estate planning • Internet and telephone scams • Financial management
Social events	• Happy/social hours • Weekly walks • Restaurant drop-in dinners and lunches • Potluck dinners	• Coffee breaks • Movie and concert events • Bingo
Seasonal events	• Patio picnics • Holiday parties	

It Takes a Village

A Caring Place

Cannot do it alone. Partnerships are essential!

We presently partner with many non-profits in our Local communities, including Age Friendly Lexington (Reimagining Home), the Senior Commission, Alzheimer's Association, BGADD, BCB, Dementia Friendly Lexington, And many other elder care groups.

We are affiliated with the National Village Consortium, the Kentucky Hospital Association

Partnership Opportunities

- Hub-and-spoke model partners may include:
 - United Way
 - Kiwanis and Rotary Clubs
 - Parks and recreation
 - Senior centers
 - Health care and health insurance providers
 - Universities
 - Chambers of commerce
 - Churches
 - Libraries
 - Local restaurants
 - Disability, aging and veterans' services
 - Senior agenda coalitions

Membership Donations: Other Villages

Range from \$0-\$600/yr
Support Sustainability

No one is denied
membership
because of
finances.

Members
contribute
according to their
ability.

Sponsors help
others participate.

Everyone is
welcome.
Everyone belongs.

Metrics Used by Other Villages

Services

- Number offered by type (e.g., transportation, technology assistance, etc.)
- Number requested by type of service
- Number fulfilled by type of service

Activities

- Number offered by type (e.g., virtual, interest group meetups, etc.)
- Attendee counts by type of activity
- Unduplicated attendee count

Members

- Number of members
- Annual growth in membership count
- Age
- Income
- Living status (e.g., alone, with family, etc.)
- Disability status
- Council District residence
- Race/ethnicity

Volunteers

- Number of volunteers
- Annual growth in volunteer count
- Number of hours volunteered
- Non-service request hours provided (e.g., facilitation of events, manning of service request phone line)

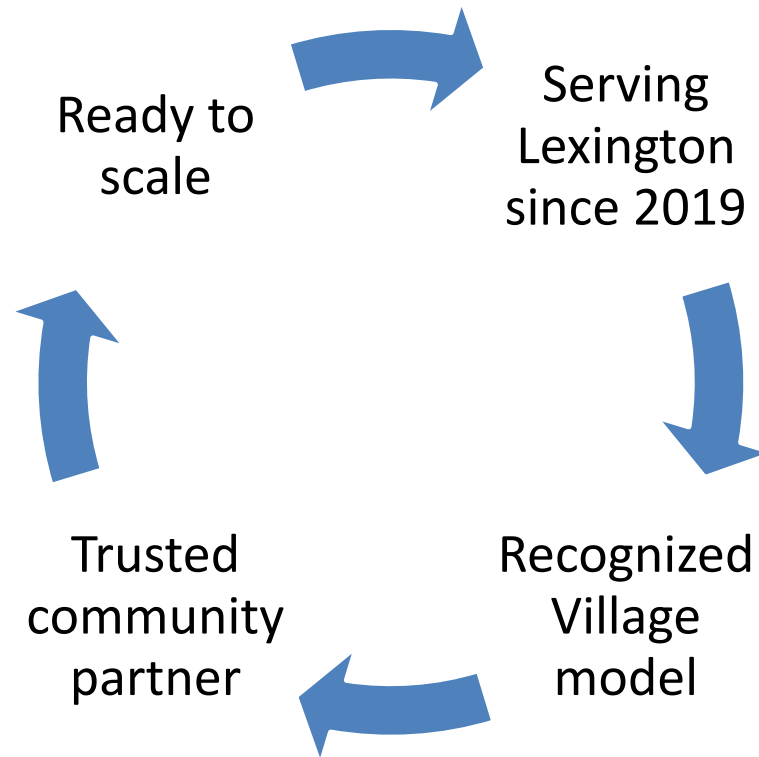
Survey data

- Social connectedness
- Satisfaction with services
- Satisfaction with activities
- Perceived ability to age-in-place due to services
- Improvement in quality of life
- Accessibility of programs and activities

Fundraising

- Number of fundraising efforts
- Funds raised

Why A Caring Place



Lexington Has an Opportunity

The vision is no longer an idea—it is a reality.

Already underway:

✓ ***Beaumont Gardens*** – District 10 (Active)

Pilot Program: Evaluate our actions as we progress

✓ ***District 8*** – Organizing

❓ ***St. Martin's Village*** – District 2 (Launching Soon)

Together, we can create a city where every older adult is known, connected, and supported—one neighborhood at a time.

Our Units of Service

 Phone Buddies

 Social Chit Chat Groups

  Health Literacy Workshops: Incl Fall Prevention & Exercise

 Neighborhood Engagement Activities: Incl Minor Home Repairs

 Digital Community Bulletin Board

 One-Stop Resource Navigation

What Makes A Caring Place Different

Warm handoffs—we make the first connection for members.

Embedded in the community served, offering an easier way of recognizing socially isolated, and offering more efficient access to services.

Neighborhood-based relationships that create belonging & trust.

Volunteers helping neighbors age safely at home.

Compassionate Connections—not just services.

Lexington Has an Opportunity

**We are all volunteers; there is no paid staff.
Dedication alone is not sufficient.**

One full time qualified person is required for our growing District Neighborhoods:

- Coordinate communication between the neighborhoods and the non-profit
- Define and maintain goals
- Manage project budget
- Recruit & train volunteers
- Build and maintain networks & partnerships needed in a Village
- Evaluate via metrics and testimonials the effectiveness & efficiency of services
- On-going training of available software to maintain an accurate data base
- Assist in Grant writing
- Prepare reports and presentations for board and funders

Estimated Costs

Cost = \$65,000/year or \$5500/Council District
Membership donations will cover this amount by 2030

We continue to apply for Grants, Seek Corporate
Sponsorships, request individual donations

Costs of doing nothing:

- Increased loneliness, with all the attenuating illnesses associated with it, including Alzheimer's and other dementias, cancer, hypertension, anxiety, depression
- Higher risk of suicide (currently, highest risk is among men over 75 y.o. in Kentucky)
- Earlier nursing home placement and loss of independence
- Greater caregiver stress and burnout.
- More older adults going hungry or lacking other basic social needs

Average annual public cost of an unsupported older adult living alone (50+) ≈ \$20,000–\$30,000 per person/year increased healthcare use, emergency services, and earlier institutional care.

Preventing or mitigating isolation costs far less than responding to its consequences.

Imagine a Lexington...

Where older adults know their neighbors.



Where no one grows old alone.



Where volunteers strengthen every neighborhood.



Where people age safely in place with dignity.



A Caring Place is building that future—one neighborhood at a time. Can you help?

Questions?