

Targeting Healthy Longevity 2023
Session 3: Loneliness
October 17, 2023 from 1 p.m. to 2:30 p.m. EDT
Chat Log

- 13:00:58 From Shahin Shabahang To Everyone:
Thank you for covering this important topic
- 13:01:17 From Annette Fellows To Everyone:
Glad to be here from MN.
- 13:01:18 From Laura To Everyone:
Hi University of Connecticut
- 13:01:21 From Karen Conoley To All Panelists:
Karen Conoley Seattle
- 13:01:30 From Jolie Harris To Everyone:
Good afternoon from New Orleans!
- 13:01:32 From Mark Gaydos To Everyone:
Greetings from NYC!
- 13:01:39 From hosteta3 To Everyone:
Good Afternoon from Michigan!
- 13:01:45 From Michele Toplitz To All Panelists:
Hello! National Academy of Medicine in DC
- 13:01:48 From Monica Feldman - Longevity Ruler To Everyone:
Hello from Arizona
- 13:01:50 From Melinda To Everyone:
Hello from Cape Cod!
- 13:01:54 From Casey Permenter To Everyone:
Hi from Tennessee!
- 13:01:56 From Murray Lumpkin To Everyone:
Greetings from Virginia!
- 13:02:00 From margery ruch To Everyone:
Logging in from Idaho. am a Registered Dietitian and Loneliness affects how people eat when they are by themselves

13:02:06 From Suk-Young Kang To Everyone:
Hi Binghamton University SUNY

13:02:07 From David Manuel Almeida To All Panelists:
Hello from State College, PA

13:02:07 From Nancy Tepper To Everyone:
Tucson checking in Thanks

13:02:10 From ana To Everyone:
Hello from Glasgow, UK

13:02:21 From mustafa mohammed To Everyone:
from seattle Washington

13:02:25 From Wendy Ellis-HonorHealth To Everyone:
Hello from a former New Yorker but now an Arizonan.

13:02:30 From Pamela Beckner To Everyone:
Hi everyone - from Virginia.

13:02:32 From Kathryn St. Croix To All Panelists:
Hi from Phoenix

13:02:34 From Mustafa N al'Absi To Everyone:
Hello all from UMN

13:02:42 From Maureen Feldman To Everyone:
Hello from Los Angeles

13:02:47 From Paula Nersesian | she To Everyone:
Greetings from Maine

13:02:51 From Rachel Cohen (she/her) To Everyone:
Greetings from the mountains of Colorado

13:02:54 From Sylvia Sylos To Everyone:
Hello, I'm Sylvia joining from California. My background is in Health Administration.

13:03:02 From Gayle To All Panelists:
Greetings from the San Francisco Bay Area/Silicon Valley.

13:03:04 From Lilit To Everyone:

Hello from Quebec! I'm an aspiring filmmaker. So anything about human nature is of interest to me - and I am often lonely myself.

13:03:07 From Ann Donoghue To All Panelists:
Greetings from the plains of Colorado!

13:03:10 From Lisa Rystrom To Everyone:
Hello from Kansas City, Missouri

13:03:11 From Melissa Kimmel To Everyone:
Hello from Ohio!

13:03:14 From Lisa Skemp To All Panelists:
Hello all! Lisa Skemp from Loyola University Chicago. Currently developing and evaluating a RRF Foundation for Aging funded community engaged Intergenerational mentoring program for older adults and college age nursing students.

13:03:34 From Tina Campbell To All Panelists:
Hello from Tallahassee, Florida!

13:03:34 From Amaraa Mongolia To Everyone:
Greetings from Ulaanbaatar, Mongolia.

13:03:54 From Ruth Almen, she/her To Everyone:
Greetings from Chicago, IL USA suburbs.

13:04:03 From Li Jiang To Everyone:
Hello, I am Li joining from Virginia.

13:04:06 From Mary Ann Davis To Everyone:
Hello from Winston Salem, NC

13:04:12 From Zan Fleming To All Panelists:
Wow, Amaraa. Welcome1

13:04:22 From Morgan Marler To Everyone:
Morgan Marler! Washington DC with the Foundation for Social Connection!

13:04:25 From Fred Schumacher To Everyone:
Greetings from Frederick, Maryland

13:04:33 From Andrea Huseh, NDSU To Everyone:
Hello from Fargo, ND!

13:04:38 From Mattie Tomeo-P To Everyone:
Good morning from the state of WA..Mattie

13:04:40 From Mary Pat O'Leary she/her RN, ADS To Everyone:
Hello from Seattle, WA

13:04:41 From Patrick Noonan To Everyone:
Hi from Canton, Mass

13:04:51 From cynthia payne To Everyone:
Cynthia, from the beautiful High Country of North Carolina.

13:04:53 From Devyn B (she/her) To Everyone:
Hello from Spokane, WA!

13:04:58 From Tina Campbell To Everyone:
Hello from Tallahassee, Florida!

13:05:01 From Araya Assfaw To Everyone:
Hi From St. Louis, MO

13:05:05 From Ashley Lorch (Alzheimer's Association) To Everyone:
Good afternoon from Rochester, NY

13:05:08 From Pam Welch To Everyone:
Hello from Pahrump, Nevada!

13:05:11 From Cheryl Leiningen To Everyone:
Hi from Atlantic Highlands, NJ

13:05:18 From Lydia Gimenez UAB To Everyone:
Good afternoon from Barcelona, Spain
Dept Psychiatry & Forensic Medicine
Universitat Autònoma de Barcelona

13:05:20 From Ananda Zeas-Sigüenza To All Panelists:
Hi from Spain!

13:05:25 From Becky Betts To Everyone:
Happy Day from Walla Walla Washington!

13:05:26 From Frank Felberbaum To All Panelists:
Hello to all from New York City. O a,m

13:05:36 From Wendy Ellis-HonorHealth To Everyone:
Thank you for hosting this conference.

13:05:53 From Ange To Everyone:
Morena from Auckland, New Zealand

13:06:02 From Shahin Shabahang To Everyone:
from silicon valley

13:06:12 From Dynasty Jackson To Everyone:
Birmingham AL

13:06:13 From Evelyn NYC Probation To Everyone:
NYC USA

13:06:13 From Katharine Green To All Panelists:
From Massachusetts, US

13:06:15 From Nicole Matthews, GHN To Everyone:
hello from Pasco Wa

13:06:30 From Ari (City University of New York) To All Panelists:
Ariunsanaa Bagaajav, from NYC

13:06:36 From Preeti Pushpalata Zanwar To All Panelists:
Greetings from Rocky Mountain, USA and have family in LMIC, India

13:07:13 From Fabia To Everyone:
From the DMV area.

13:08:48 From Fred Schumacher To Everyone:
I can see the close captioning came on 15 seconds ago.

13:09:05 From Morgan Marler To Everyone:
Website of the organization Julianne chairs the board of! <https://www.social-connection.org/>

13:09:27 From Morgan Marler To Everyone:
<https://www.endsocialisolation.org/>

13:09:55 From ana To Everyone:
Thank you!

13:09:57 From Frank Felberbaum To All Panelists:

I'm a memory & brainpower training specialist. How does being lonely impact the memory?

13:10:42 From Cindy Findley To Everyone:

Is this being recorded and available later?

13:11:12 From Thomas Seoh To Everyone:

@Morgan, great BCC conference last week! Enjoyed Rob Walding, Rob Putnam, the Surgeon General, the social media plenary, Senator Murphy, and others!

13:11:50 From Thomas Seoh To Everyone:

@Cindy: yes, link to recording will go to all registrants within a day or so of the session. Also a transcript and chat log, a bit later.

13:12:23 From Cindy Findley To Everyone:

Thank you.

13:15:01 From Morgan Marler To Everyone:

@Thomas I am so glad you enjoyed it!

13:15:11 From Shahin Shabahang To Everyone:

I would love to hear solutions for older people in their 90's to have social connection in a world where it is hard to trust people to bring into your home

13:17:37 From Preeti Pushpalata Zanwar To All Panelists:

I am looking for solutions for loneliness for widow men in small towns in LMIC's.

13:17:42 From Vivienne Tam To All Panelists:

What was the name of the book he cited? I missed it..

13:17:47 From Preeti Pushpalata Zanwar To All Panelists:

*widowed men

13:18:01 From Joe Hage To All Panelists:

Being lonely, the idea of "an early grave" doesn't sound so bad.

13:19:10 From Shahin Shabahang To Everyone:

Older people who still live in their own homes

13:19:26 From Thomas Seoh To Everyone:

I was recently introduced to research showing that caregivers of chronically ill patients (i.e. very stressed folks) who got a biopsy-like minor puncture wound took 9 days longer to heal than the control group.

13:20:37 From Thomas Seoh To Everyone:

Hey Joe! Point taken, but isn't what we want as a society that we reach out and include the lonely so a long, rich life a better option for them?

13:20:52 From hosteta3 To Everyone:

@Shahin and often, many of their peers have passed as well children or other family members sometimes.

13:20:57 From Vanessa Elias - Thrive with a Guide To Everyone:

Vanessa Elias from Wilton, CT Please check out my passion project, which is a simple way to facilitate social connection for people of ALL ages, neighbor by neighbor and promotes free play for kids for their mental health - blockpartyusa.org

13:20:59 From Fred Schumacher To Everyone:

On the opposite side of the coin look at the longevity studies done on Roseta, PA. Very low incidence of heart disease or high blood pressure. After all the research the only item cited was the strong sense of community and family ties.

13:21:14 From Andrew Wister To Everyone:

Hello from Andrew Wister, Director, Gerontology Research Centre, Simon Fraser University - One of the challenges to this area, in my opinion, is the bidirectional associations that complicate development of interventions.

13:24:58 From Amaraa Mongolia To Everyone:

I would like to hear about the Impact of longevity on the special needs client, especially the children. If possible.

13:25:07 From Thomas Seoh To Everyone:

btw, Lucy made a passing reference to smoking - for those not aware, Julianne did research showing that loneliness (as defined) was a risk factor equivalent to smoking a 1/2 a pack of cigarettes. That loneliness was on a level with smoking and obesity was gobsmacking for me.

13:25:50 From Wendy Ellis-HonorHealth To Everyone:

As someone who works in healthcare with a focus on wellbeing; I'm often challenged by healthcare colleagues when I raise the need to address loneliness as an important whole health factor. In a world of "hard science, this is often dismissed as "soft science".

13:26:54 From Lydia Gimenez UAB To Everyone:

@Shahin Shabahang here in Barcelona we have an intergenerational program where students from other cities that arrive to a city, can live with local old people participating in a 'matching program' so they both student and old person have common personal interests, etc so this co-living can be succesful

13:26:59 From Karen Conoley To All Panelists:

On Bainbridge Is Wa we have a volunteer not means based organization that tries to address this. Island Volunteer Caregivers. It might be a model for starting to alleviate loneliness.

13:27:08 From Ananda Zeas-Sigüenza To Everyone:

In Spanish we can go for feeling alone and being alone. It takes longer to explain but it embraces loneliness key trait which is perception.

13:27:10 From Wendy Ellis-HonorHealth To Everyone:

@Lucy YES! emphasis on relational connections as the scaffolding of community !!!

13:27:30 From Preeti Pushpalata Zanwar To All Panelists:

Is cohesion and strong connections possible in heterogenous countries or in countries where the culture is individualist?

13:27:49 From Thomas Seoh To Everyone:

@Wendy, it's not nearly universally recognized as it should be, but there is a tidal wave of hard data. We need to get it out there, and e.g. the Surgeon General's Advisory from May is part of what needs to happen.

13:28:12 From Andrew Wister To Everyone:

The Canadian Coalition for Seniors Mental Health is currently developing a major report that offers recommendations for clinicians in addressing social isolation and loneliness among older clients. We should have it published in Spring 2024. - Andrew Wister

13:30:01 From Mark Gaydos To Everyone:

Has there been research on the intersection of alienation and loneliness, particularly with respect to root societal causes and/or contributing factors?

13:30:13 From Wendy Ellis-HonorHealth To Everyone:

@Thomas So true. To be honest at this point in my "mature" phase of my career and life; this has become my "ikigai", my passion and purpose.

13:33:00 From Jacki Hillios To Everyone:

<https://thephoenix.org/> has built a sober active community of individuals impacted by alcohol and drugs that is almost 300K members strong. The health of our members, even after struggling with stress, trauma and addiction exceed national averages. I'd love to talk to you all about what we are doing.

13:33:12 From Carol S. Redfield To Everyone:

Has there been studies correlating levels of "selfishness or others-oriented" to the concept loneliness?

13:34:13 From Lilit To Everyone:
Like this question.

13:34:50 From Preeti Pushpalata Zanwar To All Panelists:
What role does time spent in nature helps combat loneliness?

13:35:09 From Preeti Pushpalata Zanwar To All Panelists:
Or greater sense of who we are - Spirituality - helps combat loneliness?

13:35:39 From Thomas Seoh To All Panelists:
Q&A - Anonymous Attendee 01:22 PM
Are there any studies on individuals who are naturally introverts, but are successful in managing the factors of loneliness without affecting much their longevity? Society pushes individuals to be highly social, or toward extroversion.

13:35:58 From Thomas Seoh To All Panelists:
From Frank Felberbaum to All Panelists 01:09 PM
I'm a memory & brainpower training specialist. How does being lonely impact the memory?

13:36:09 From Thomas Seoh To All Panelists:
From Shahin Shabahang to Everyone 01:15 PM
I would love to hear solutions for older people in their 90's to have social connection in a world where it is hard to trust people to bring into your home

13:36:22 From Thomas Seoh To All Panelists:
From Andrew Wister to Everyone 01:21 PM
Hello from Andrew Wister, Director, Gerontology Research Centre, Simon Fraser University - One of the challenges to this area, in my opinion, is the bidirectional associations that complicate development of interventions.

13:36:33 From Thomas Seoh To All Panelists:
From Amaraa Mongolia to Everyone 01:24 PM
I would like to hear about the Impact of longevity on the special needs client, especially the children. If possible.

13:36:46 From Thomas Seoh To All Panelists:
From Preeti Pushpalata Zanwar to All Panelists 01:27 PM
Is cohesion and strong connections possible in heterogenous countries or in countries where the culture is individualist?

13:36:57 From Thomas Seoh To All Panelists:
From Mark Gaydos to Everyone 01:30 PM

Has there been research on the intersection of alienation and loneliness, particularly with respect to root societal causes and/or contributing factors?

13:37:03 From Andrew Wister To Everyone:

How has the rise of social media affected isolation, loneliness and fostered divisiveness?

13:37:09 From Thomas Seoh To All Panelists:

From Carol S. Redfield to Everyone 01:33 PM

Has there been studies correlating levels of "selfishness or others-oriented" to the concept loneliness?

13:37:11 From Carol S. Redfield To Everyone:

This may have implications in the way we raise children, cultural focus, family orientation, social engineering at large, perhaps?

13:37:20 From Thomas Seoh To All Panelists:

From Preeti Pushpalata Zanwar to All Panelists 01:35 PM

What role does time spent in nature helps combat loneliness?

Or greater sense of who we are - Spirituality - helps combat loneliness?

13:38:07 From Wendy Ellis-HonorHealth To Everyone:

Wondering about the distinction between superficial and deep connection. Any studies that look at that or help us define and distinguish the degree/potency of connection?

13:39:11 From Thomas Seoh To Everyone:

@Andrew: from the Building Connected Communities conference at Harvard last week:
https://www.youtube.com/watch?v=nwNHtKDX_qY&t=20s

13:39:30 From Louise Hawkey, NORC at U of Chicago To Everyone:

@Carol Redfield: <https://pubmed.ncbi.nlm.nih.gov/28903715/>

13:40:24 From Andrew Wister To Everyone:

Thank you Thomas - from Andrew

13:40:33 From jeannie To Everyone:

Success of tobacco reduction are the tobacco company funds tied to the public health interventions. Where would we find funds to address loneliness as a public health initiative

13:41:09 From Preeti Pushpalata Zanwar To All Panelists:

We work way too much in the U.S. and the works are not flexible (remote/hybrid) takes time away to spend with families or activities. Lot of also time is spent on commuting.

13:42:58 From Andrew Wister To Everyone:

There is evidence that the quality of relationships is more important than sheer number in the family and friendship literature.

13:43:38 From Preeti Pushpalata Zanwar To All Panelists:

Time for well-being whatever that may be is important and that is not always feasible when the way work is designed in the U.S.

13:44:55 From Lisa Skemp To All Panelists:

Yes, Andrew, I agree. We have the networks but more importantly the support that is actualized and trusted within those networks. I've found that you can have a number of persons in your network, yet, lonely.

13:45:09 From Karen Conoley To Everyone:

Is there any data relating to the necessity of in person connection as opposed to virtual contact?

13:45:29 From josephpmcmenamin To All Panelists:

Are there groups or organizations of persons willing to interact with isolated people, especially seniors, electronically?(phone, text, email, etc.) How could we identify such groups or, failing that, individuals so inclined?

13:45:53 From Thomas Seoh To Everyone:

@Wendy: a personal anecdote with no endorsement - my daughter had her sister, my wife and me join her in an Authentic Relating Training workshop this past weekend - the possible depth of intimacy of connection, among strangers, was striking to me, if we take the time and have the will and skills. Not sure how that might be captured in data with respect to broad populations, though certainly on a n=1 or 2 or 3 basis, it should be measurable.

13:46:07 From Gloria Gutman, SFU To Everyone:

Have you factored in the silver lining of the COVID-lock down which is the massive increase in people connecting via ICT? Have you factored in personality? Our data shows a subset who are introverts and have experienced relief in not being compelled to engage in small talk and in uncomfortable face-to-face situations.

13:46:28 From Daphne Chakurian To All Panelists:

My family caregiving research about social isolation and loneliness has led me to the 'general unsafety theory of stress (GUTS).'

My question is: by what mechanism does loneliness cause disease?

I think GUTS theory can contribute to the loneliness conversation.

Based on stress theory (Selye), GUTS posits we are stressed in any situation we don't feel safe, triggering the stress neurochemical cascade. What makes people feel safe is health social connection. See article link for more:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5877009/>

Stress adaptation:

1. We seek a Homeostasis of our internal stress free environment
2. We measure Neurobiological stress response indices to discern neurochemical adaptations
3. Stressor insults require adaptation that Restores previous homeostasis through negative feedback cycle

GUTS may bridge between loneliness and subjective 'safety.'

13:49:59 From Jacki Hillios To Everyone:

what are the key drivers of loneliness? are there any organizations addressing loneliness that are having good outcomes?

13:50:10 From Cindy Findley To Everyone:

Dr. Holt-Lunstad, which study has the more accurate numbers?

13:51:04 From Andrew Wister To Everyone:

From Andrew Wister, SFU - The cause of loneliness among young adults during Covid appeared to be related more to intimate/quality of relationships and the barrier to those; whereas for older adults, it appeared to be family, friendship and social connections being severed.

13:51:13 From Karen Conoley To All Panelists:

What ages equal young

13:52:13 From Fabia To Everyone:

Evolution of the mammalian brain and reproductive years? They are more wired to need social connection for reproduction—biologically?

13:53:24 From Thomas Seoh To Everyone:

@Fabia, interesting...would be curious about any data that are out there or could be generated - e.g., training for leaving the tribe to join another

13:53:41 From Thomas Seoh To Everyone:

tribe or troop

13:54:28 From Andrew Wister To Everyone:

The earlier point pertaining to superficiality in relationships seems to implore discussion about the role of technology and social media among our youth and other ages for that matter.
- Andre Wister. SFU

13:54:31 From Wendy Ellis-HonorHealth To Everyone:

@ Thomas that's interesting for sure. I bet most of us can tell a story of feeling super connected to someone in a relatively short amount of time when we have deep, compassionate and caring communication.

14:00:20 From Andrew Wister To Everyone:

I assume that age differences need to be disentangled from period and cohort effects; otherwise we may miss important systemic social and population shifts in society. As discussed, there are also different causes for the same outcome of loneliness. Detailed life course longitudinal analyses can partly address this question. - Andrew Wister, SFU

14:00:38 From Thomas Seoh To Everyone:

@Jeremy, but pursuing the physical immunity analogy, people have differential resilience in their immune system. What differentiates folks who are more resistant to being lonely, or the consequences of their loneliness?

14:01:04 From Wendy Ellis-HonorHealth To All Panelists:

apologies, I have to drop off for a work responsibility; but I will eagerly await the recording to listen to the remainder. Thank you for convening this super important conference. I look forward to further meetings.

14:01:19 From Thomas Seoh To Everyone:

@Wendy, thanks for attending

14:01:22 From Thomas Seoh To Everyone:

!!

14:01:52 From Daphne Chakurian To Everyone:

Thank you to @Morgan for the coalition posts!

14:03:00 From Preeti Pushpalata Zanwar To All Panelists:

Academia still demands and is designed to be in-person post pandemic even if your work is all online.

14:05:24 From Andrew Wister To Everyone:

While it is an empirical question, remote work may foster better family/relationships.

14:06:03 From Thomas Seoh To All Panelists:

Wendy Ellis-HonorHealth 01:38 PM

Wondering about the distinction between superficial and deep connection. Any studies that look at that or help us define and distinguish the degree/potency of connection?

From jeannie to Everyone 01:40 PM

Success of tobacco reduction are the tobacco company funds tied to the public health interventions. Where would we find funds to address loneliness as a public health initiative

From Gloria Gutman, SFU to Everyone 01:46 PM

Have you factored in the silver lining of the COVID-lock down which is the massive increase in people connecting via ICT? Have you factored in personality? Our data shows a

subset who are introverts and have experienced relief in not being compelled to engage in small talk and in uncomfortable face-to-face situations.

14:06:20 From Preeti Pushpalata Zanwar To All Panelists:

We also have a relationship to self that is equally very important

14:06:47 From Thomas Seoh To All Panelists:

From Andrew Wister to Everyone 01:51 PM

From Andrew Wister, SFU - The cause of loneliness among young adults during Covid appeared to be related more to intimate/quality of relationships and the barrier to those; whereas for older adults, it appeared to be family, friendship and social connections being severed.

14:09:47 From Jacki Hillios To Everyone:

yes!

14:09:47 From Karen Conoley To All Panelists:

It may be hard to address one the reasons for isolation in young without looking at the current chaos, hate, and potential for a climate apocalypse that is part of their world.

14:10:17 From Thomas Seoh To Everyone:

@Julianne and Lucy: so what are some policy and practices with the biggest bang for the buck to promote social connectedness?

14:10:30 From Andrew Wister To Everyone:

Is the shift towards 'closing of societies' contributing to a decline in tolerance of differences at a societal level?

14:10:30 From Jacki Hillios To Everyone:

<https://thephoenix.org/app/uploads/2021/01/The-Phoenix-White-Paper.pdf>

14:11:09 From Shahin Shabahang To Everyone:

Working from home can isolate the employee more without in person interactions, but it helps when the employee is a caregiver for an older adult

14:15:07 From Andrew Wister To Everyone:

The 1938 seminal article by Louis Wirth called Urbanism as a Way of Life connected alienation to the growing density in cities and the resultant superficiality of contacts. Fits with 'quality' arguments. FYI - Andrew Wister

14:16:21 From ana To Everyone:

Do pets count as 'social interaction'?

14:18:06 From Adam Wargon To Everyone:

<https://www.sjsu.edu/people/saul.cohn/courses/city/s0/27681191Wirth.pdf>

14:20:12 From Andrew Wister To Everyone:

The Campaign to End Loneliness in the UK was spurred by a philanthropist to connect organizations addressing isolation and loneliness. Politicians are not always the best opinion leaders. Increasing the visibility of this issue is one intervention, but a multipronged approach is likely needed for this multifactorial social issue.

14:21:59 From Vanessa Elias - Thrive with a Guide To Everyone:

Just have to share again as a free intervention full of anecdotal evidence:
www.blockpartyusa.org

14:22:27 From Adam Wargon To Everyone:

Do we build to connect, or do we build to divide?

14:22:29 From Andrew Wister To Everyone:

Bottom up approaches may be fruitful as Julianne mentioned. I consider the organization level as part of this. For instance, transportation services for older adults can link them to services that promote social connectedness.

14:22:30 From Karen Conoley To Everyone:

Neighborhood groups organized around a common issue. Safety, disaster preparedness, creating a park, block parties,

14:23:27 From Karen Conoley To Everyone:

Creating a sports, exercise, acting, music groups

14:24:10 From Lisa Skemp To All Panelists:

In a longitudinal single case study, dogs were important in change and development of social networks before, during and "post" covid required isolation

14:24:31 From Adam Wargon To Everyone:

We are at the dawn of a second Progressive Era

14:25:02 From Preeti Pushpalata Zanwar To All Panelists:

Our walkable friendly communities paper - <https://pubmed.ncbi.nlm.nih.gov/33777874/>

14:25:10 From Adam Wargon To Everyone:

https://en.wikipedia.org/wiki/Progressive_Era Putnam's "The Upswing"

14:25:21 From Thomas Seoh To Everyone:

One personal insight from my weekend workshop experience: it takes time to forge connections - if you don't have time, or don't want to commit the time, sort of forget it...so if we slow down, and reach out openly with kindness and curiosity and caring, and listen not just

for information, but the passions and cares of others, and reflect back, and express the impact of such exchanges on each other, trust develops. And as social animals, embarking on building mutual trust is enjoyable, like feeding hunger.

14:26:27 From Daphne Chakurian To Everyone:

Thank you @Andrew for the urbanization article and other thoughts.

14:26:29 From Adam Wargon To Everyone:

Thomas Seoh it doesn't need to take time. If you're well-calibrated, you can achieve Deep Emotional Connection almost instantly. It takes skill and training.

14:26:53 From margery ruch To Everyone:

Excellent seminar. Thank you so much for providing.

14:26:56 From Karen Conoley To Everyone:

Empty churches would be great community gathering places.

14:26:58 From Thomas Seoh To Everyone:

@Adam, yes! I found Bob Putnam's observation that America has pulled itself out of low connectedness, high economic inequality, self-centeredness, etc. between 1890 and 1960, and can again, was very hopeful.

14:27:01 From Vanessa Elias - Thrive with a Guide To Everyone:

thank you!

14:27:20 From Thomas Seoh To Everyone:

Thanks Lucy, it wasn't my insight, I learned this over the weekend. But worth sharing broadly.

14:27:20 From Fred Schumacher To Everyone:

Zan good to see you

14:27:28 From josephpmcmenamin To All Panelists:

Join.

14:28:59 From Pamela Beckner To Everyone:

Excellent! And much to think about. Thank you all very much!

14:29:03 From Thomas Seoh To Everyone:

@Adam, I don't mean it necessarily takes years or months or days...for me, I mean slow down from my rushing around pursuant to my plan, to take the extra couple minutes.

14:29:07 From Daphne Chakurian To All Panelists:

How has 'individualism' and 'personal freedom' contributed to national loneliness?

14:29:21 From E Ayn Welleford, Gerontologist for Community Voice To Everyone:
They call it "making friends" for a reason. Thank you for this spectacular conversation

14:29:27 From Andrew Wister To Everyone:

In terms of interventions, should we focus on the systemic issues? For instance, expectations (and relative deprivation) are central to isolation and loneliness, yet the economic divide (social and economic deprivation is growing (which is more important than absolute income levels of countries). I suppose we need to work at all levels.

14:29:37 From Ariunsanaa Bagaajav To All Panelists:

Thank you so much

14:29:39 From Casey Permenter To Everyone:

This was excellent- Thank you!

14:29:45 From June Sterling To Everyone:

Thank-you to All! Fabulous! Excellent!

14:29:51 From Shahin Shabahang To Everyone:

Thank you again for focusing on this very important issue

14:30:02 From ana To Everyone:

Thank you for this webinar! I really enjoyed it!

14:30:06 From Preeti Pushpalata Zanwar To All Panelists:

Thank you for this discussion.

14:30:09 From Andrew Wister To Everyone:

Thank you for this terrific panel discussion!

14:30:12 From Lisa Skemp To All Panelists:

Thank you for a great webinar!

14:30:14 From Ruth Almen, she/her To Everyone:

Thank you so much!

14:30:17 From Karen Conoley To Everyone:

Thank you for including me in the meeting

14:30:31 From Shannon Green To Everyone:

I think we all learned that we were indeed lonely and did what was needed to become more engaged; as such, we are able to absorb this great topic.

14:30:34 From Jingwen Liu To All Panelists:

Thanks for the excellent and informative panel!! I learned so much from it!

14:30:36 From Mark Gaydos To Everyone:

Thank you all for such an engaging and important session!

14:30:50 From Tina Campbell To Everyone:

Fascinating discussion. Thank you

14:30:52 From E Ayn Welleford, Gerontologist for Community Voice To Everyone:

Thank you!

14:31:01 From Andrew Wister To Everyone:

Will you post the participant contact info?

14:31:14 From Johanna To Everyone:

Thank you everyone!

14:32:04 From Patrick Noonan To Everyone:

Thank you! Great discussion.

14:32:59 From Thomas Seoh To Everyone:

@Andrew, we haven't publicized participants, without their consent, but you can see the participation in the chat in the chat log...

14:33:16 From Fred Schumacher To All Panelists:

Lucy and Julianne, you might want to take a look at the VA studies and outreach, specifically Platoon 22, and the attempts to minimize Veteran suicide. Loneliness was the key, moving from a highly structured environment to one of individual choice

14:33:23 From George Vradenburg To All Panelists:

Is this an extension of 'Bowling Alone'?

14:34:48 From Adam Wargon To Everyone:

Thank you Andrew Wister as well, for sharing your insights from GRC @ SFU

14:35:12 From Shahin Shabahang To Everyone:

I would still love ideas on how to help older parents less lonely in their own homes when caregivers have to work

14:35:26 From Preeti Pushpalata Zanwar To All Panelists:

Please speak up Shahin

14:35:33 From Ananda Zeas-Sigüenza To Everyone:

Thank you so much Jualianne. Your research was the first one I came across and discover loneliness and also discovered, that me, myself, I have felt lonely for a decade before knowing about this topic.

14:35:33 From Preeti Pushpalata Zanwar To All Panelists:
Great question

14:35:40 From Shahin Shabahang To Everyone:
it's a cultural thing as well

14:36:27 From Preeti Pushpalata Zanwar To All Panelists:
Or Widowed parents whose children are away (migrated)

14:36:31 From Shahin Shabahang To Everyone:
especially when parents don't trust bringing strangers into their homes to help

14:36:44 From Shahin Shabahang To Everyone:
brain in intact, but parent is old

14:37:02 From Preeti Pushpalata Zanwar To All Panelists:
Technology is one solution

14:37:23 From Shahin Shabahang To Everyone:
I'm referring to early 90's

14:37:57 From Shahin Shabahang To Everyone:
they lack companionship more than anything else

14:38:11 From Daphne Chakurian To All Panelists:
Can you speak to the relationship between stigmatization and social isolation?

14:38:40 From Shahin Shabahang To Everyone:
sadly, older adults do not feel needed anymore

14:39:28 From Preeti Pushpalata Zanwar To All Panelists:
How to increase desire to live among widowed parents.

14:40:54 From Amaraa Mongolia To All Panelists:
How about disability and loneliness, especially for about disabled children?

14:41:30 From Shahin Shabahang To Everyone:
I really appreciate your input. I realize how difficult it is

14:41:53 From Preeti Pushpalata Zanwar To All Panelists:

Shahin we should connect: here is my email: preeti.zanwar@jefferson.edu

14:42:41 From Shahin Shabahang To Everyone:
blue zones are a great model

14:45:27 From Andrew Wister To Everyone:
The EAR Framework was very helpful to the work that myself and colleagues are doing.

14:47:31 From Daphne Chakurian To All Panelists:
Her article:
<https://www.nejm.org/doi/full/10.1056/NEJMp2208029>

14:47:45 From Daphne Chakurian To Everyone:
<https://www.nejm.org/doi/full/10.1056/NEJMp2208029>

14:47:57 From Andrew Wister To Everyone:
The EAR framework: It helped to guide the Canadian Coalition for Seniors Mental Health report on guidelines for clinicians that we are releasing in Spring 2024 as I mentioned earlier.
Thank you Julianne.

14:48:00 From Shahin Shabahang To Everyone:
thank you so much