



Beard Center on Aging

at the University of Lynchburg

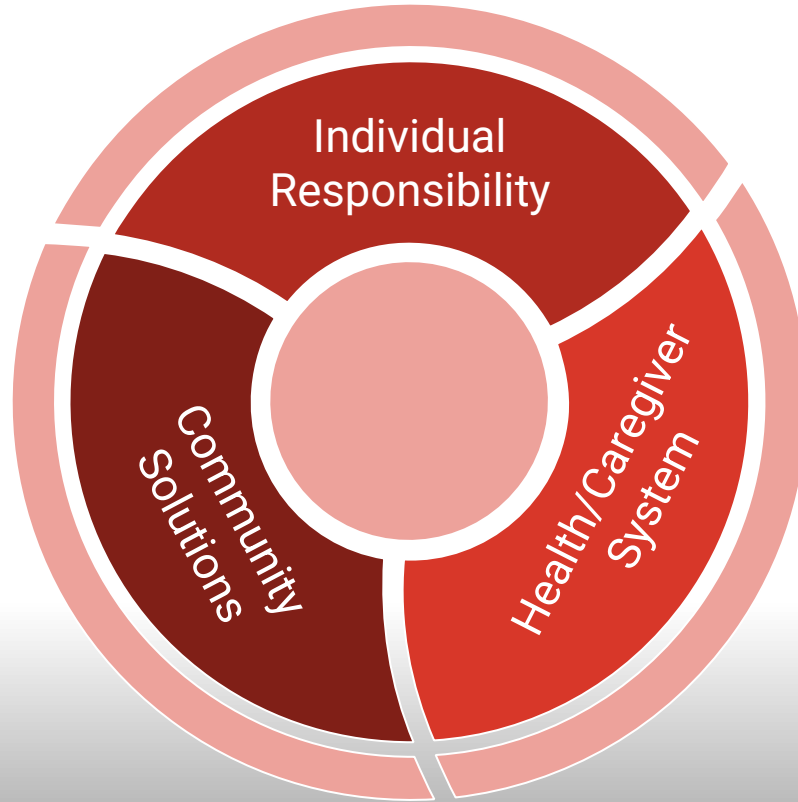
Building a Culture and Community that Supports Healthy Aging

2025 Elder Abuse Conference





Our Outline 4 Today



Aging - Individual Responsibility

01

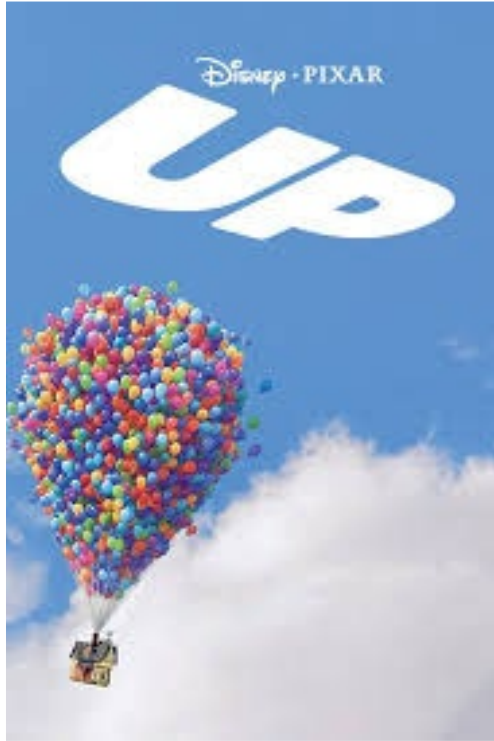


Grow old along with me!
The best is yet to be,
The last of life, for which the first was made:
Our times are in His hand
Who saith "A whole I planned,
Youth shows but half;
trust God: see all, nor be afraid!"

Rabbi Ben Ezra
BY ROBERT BROWNING



Social Isolation



Social Engagement



Lessons from the Longest Study on Happiness

01

#1 Secret to a Good Life:

Strong relationships—not money, fame, or career—predict long-term health & happiness.

02

#2 Loneliness is Toxic:

Social isolation harms health as much as smoking or obesity.

03

#3 Quality Over Quantity:

Deep, secure relationships (even just 1–2) matter more than a large social network.

04

#4 Resilience = Key to Aging Well:

Coping mechanisms (e.g., altruism, humor) in midlife predict life satisfaction at 80+.

Waldinger, R. J., & Schulz, M. S. (2023). **The good life: Lessons from the world's longest scientific study of happiness**. Simon & Schuster.

Participants who experienced emotional or financial abuse in older age showed:

- **3x higher rates of depression**
- **Accelerated cognitive decline (linked to chronic stress)**

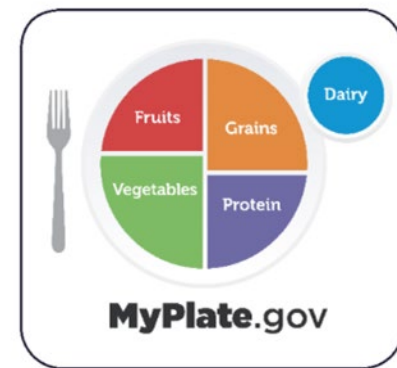
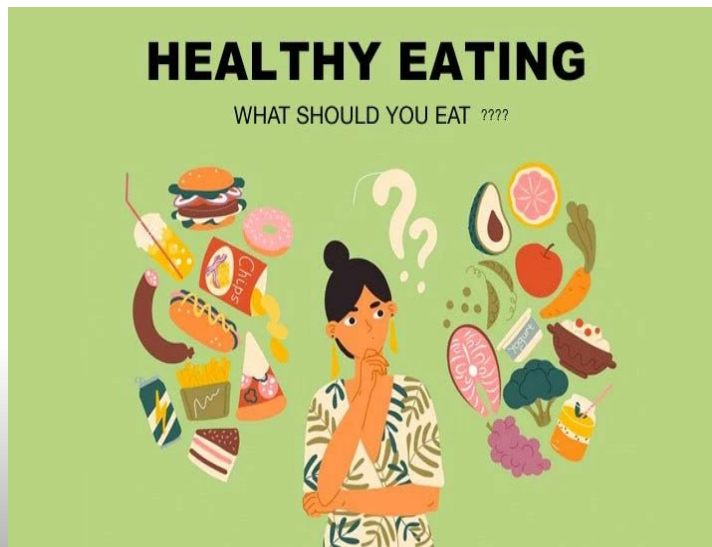
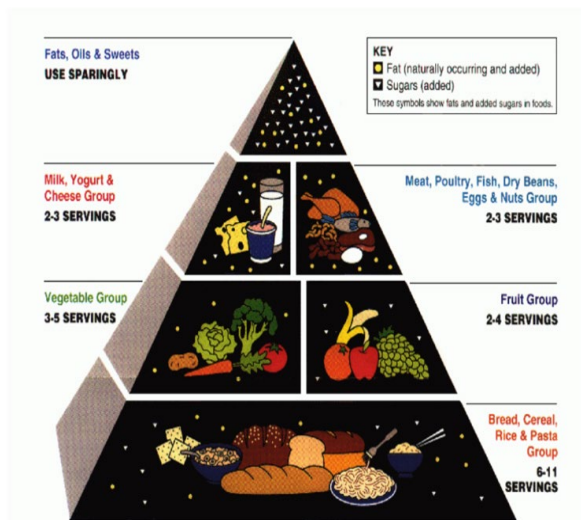
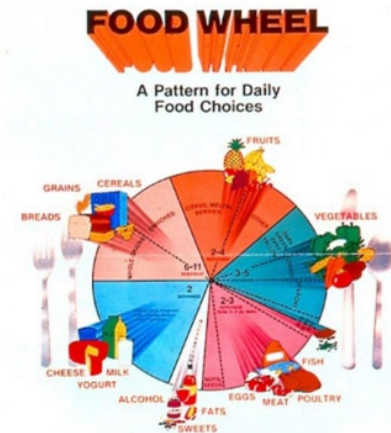


(Acierno, R., Hernandez, M. A., Amstadter, A. B., Resnick, H. S., Steve, K., Muzzy, W., & Kilpatrick, D. G. (2010). Title: "Prevalence and Correlates of Emotional, Physical, and Financial Mistreatment of Older Adults in the U.S."

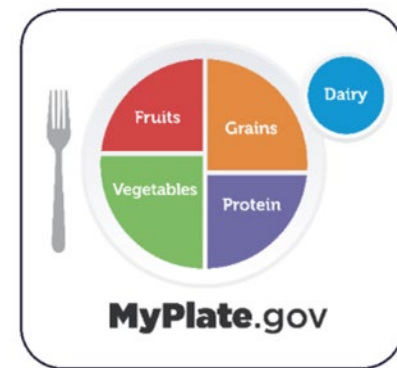
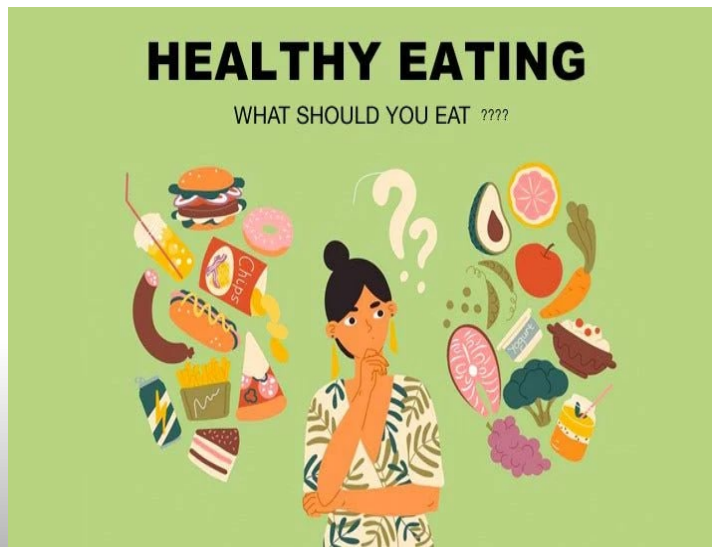
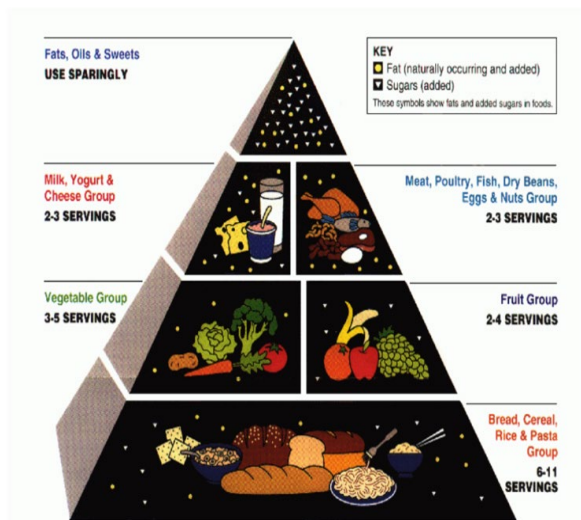
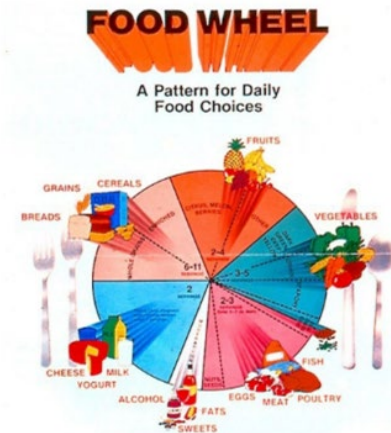
- **Conclusions. Addressing low social support with preventive interventions could have significant public health implications.**
- **Compared with not seeking help, older Chinese-American adults with any EM who perceived social support were more likely to seek help from informal and formal sources.**



2022 - Perceived Social Support and Help-Seeking among U.S. Chinese Older Adults Who Reported Elder Mistreatment (Elder Abuse Negl. 2022 Jun;34(3):222-240. Epub 2022 Jun 15. PMID: 35703546; PMCID: PMC9247022.



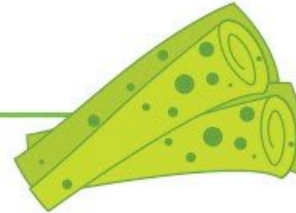






← THE FOOD PROCESSING SPECTRUM →

UNPROCESSED MINIMALLY PROCESSED HIGHLY PROCESSED ULTRA-PROCESSED



Replace highly processed and ultra-processed foods with whole or minimally processed foods for a healthier eating pattern that supports health.



Ma Is Back, Memoir of an Alzheimer's Discovery

Memoir of a diagnosis of Alzheimer's and the subsequent restoration of memory resulting from care above and beyond the accepted norms.

Originally published: 2010

Authors: Nancy A. Driscoll, Brad Pitman

Genre: Biography

New Voices for Nutritional Health

01

#1 Consequences of Sugar: Malik & Hu (2022), Focuses on sugar-sweetened beverages' role in cardiometabolic diseases, critical for older adults.

02

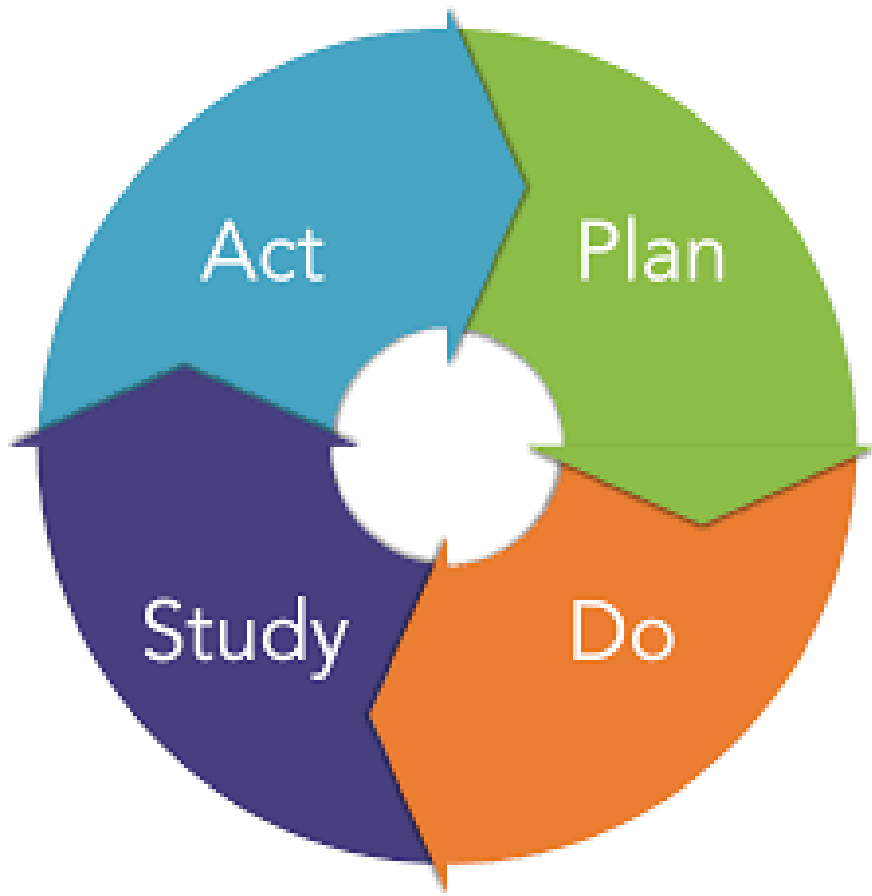
#2 Benefits of Protein: Yeung et al. (2021), Specifies protein needs (1.0–1.6 g/kg/day) to prevent sarcopenia and support function.

03

#3 Benefits of Fasting: Hu et al. (2024), Journal of Internal Medicine. Details calorie restriction and intermittent fasting benefits for longevity and health.

04

#4 Benefits of Whole Foods: Xu et al. (2025), Nature Medicine. Highlights plant-based whole food diets for healthy aging outcomes.



Change your life in 30 days

WHOLE30®

1 No big deal/What have I DONE?!	2 The HANGOVER	3	4 KILL ALL THE THINGS!	5	6 I just want a nap	7 z z z
8 NOO... my pants are tighter!	9	10 The HARDEST days	11	12	13 I dream of junk food	14
15	16 TIGER BLOOD	17	18	19	20	21 I am SO OVER THIS
22	23 The scale (and mirror) are calling...	24	25	26	27	28 Is 28 as good as 30??
29 Holy Oprah! Almost over what am I going to do now?	30 ? ? ?	31 YOU DID IT!	<p>Your mileage may vary: The Whole30 Timeline is based on feedback from thousands of Whole30ers, and we've been told it's scarily accurate. However, your health history and previous diet will determine much of your Whole30 experience, and it might not match the Timeline perfectly. Just remember that no two people have the same Whole30, and being out of sync with the Timeline doesn't mean you are doing something wrong.</p> <p>whole30.com</p>			

Benefits of Exercise for the Elderly



IMPROVED MUSCLE MASS:

Exercise makes microscopic tears in muscles, which grow back stronger.



IMPROVED BRAIN FUNCTION:

Exercise increases the delivery of oxygen and nutrients to the brain.



IMPROVED CARDIOVASCULAR HEALTH:

Exercise increases blood flow, which reduces plaque build up.



IMPROVED IMMUNE SYSTEM:

Exercise helps improve the function of infection-fighting cells.



AUSTRALIAWIDE
FIRST AID

Resistance Training for Older Adults - Difference Between Lifespan vs. Healthspan

- **Counteract** the age-related changes in contractile function, atrophy, and morphology of aging human skeletal muscle.
- **Improve** mobility, physical functioning, performance in activities of daily living (ADL), and preserve the independence of older adults.



Resistance Training for Older Adults:
Position Statement From the National
Strength and Conditioning Association
Fragala, Maren S.; Cadore, Eduardo L.;
Dorgo, Sandor; Izquierdo, Mikel; Kraemer,
William; Peterson, Mark; Ryan, Eric

- **Conclusions:** Resistance training (2–3 sessions/week, moderate to high intensity) increases muscle mass, strength, and power, **reducing sarcopenia risk by 30–50%.**
- Weight lifting improves bone density, balance, and functional capacity, **decreasing fall risk by 20–30%.**
- Combined with adequate protein intake, it enhances muscle protein synthesis, **supporting independence and quality of life.**

A woman with short, curly white hair is shown from the chest up, flexing her right bicep. She is wearing a bright yellow tank top. The background is a gym with various exercise equipment and large windows. The lighting is bright, and the overall tone is positive and energetic.

GMA

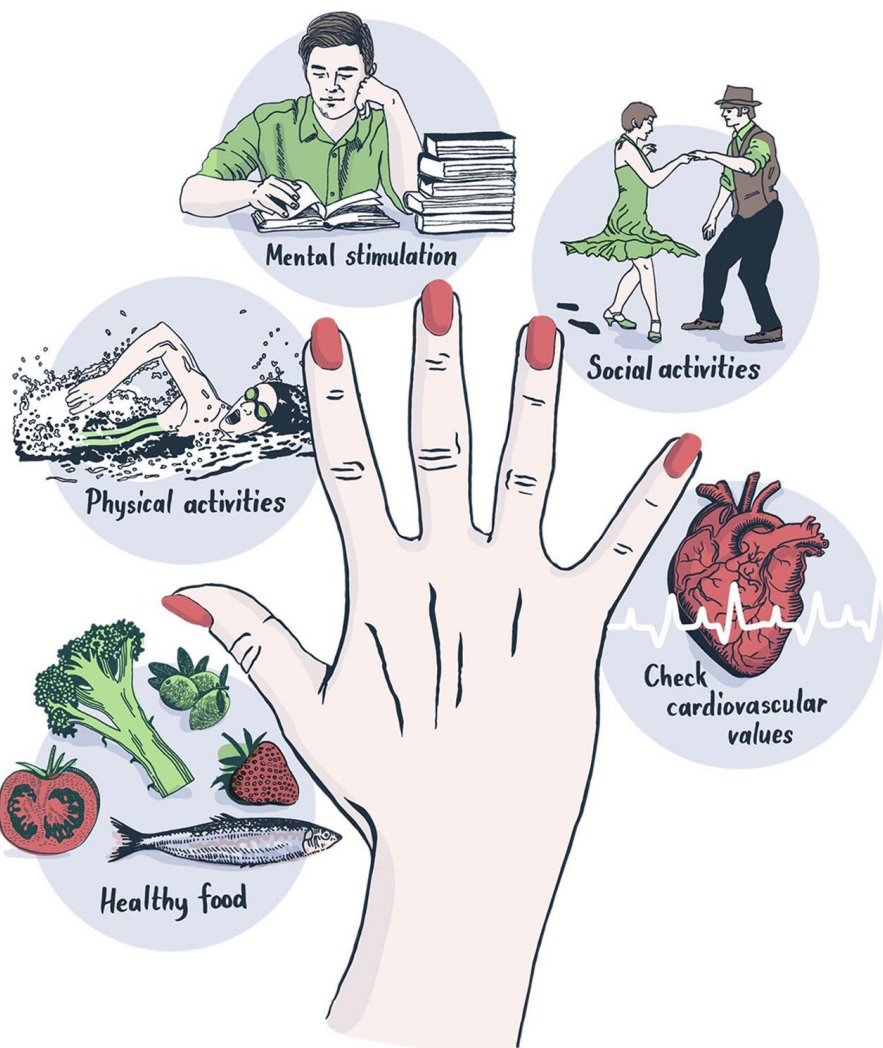
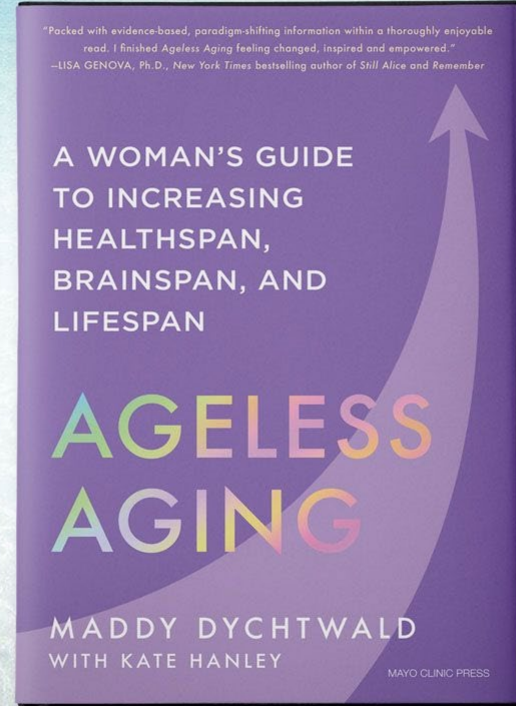
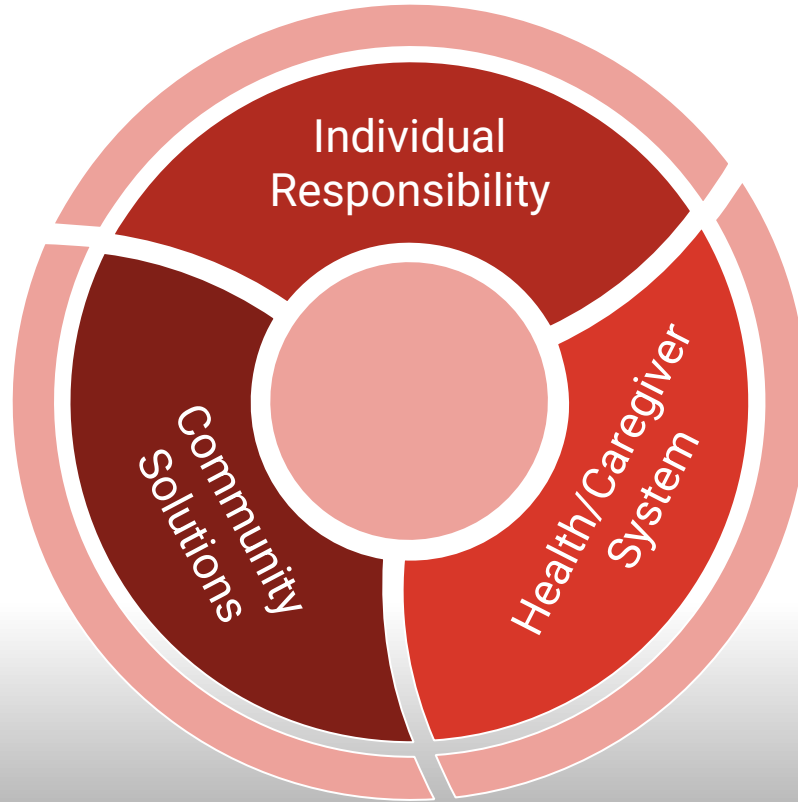


Illustration: Martina Krona from the book "Brain Health" (Miia Kivipelto, Mai-Lis Hellénus)



Ageless Aging, A Woman's Guide to Increasing Healthspan, Brainspan, and Lifespan, Maddy Dychtwald, Mayo Clinic Press, 2024

Our Outline 4 Today





Average Day for an Informal Caregiver

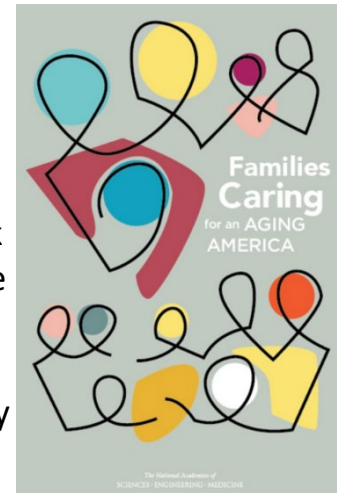


Caregivers feel the strain



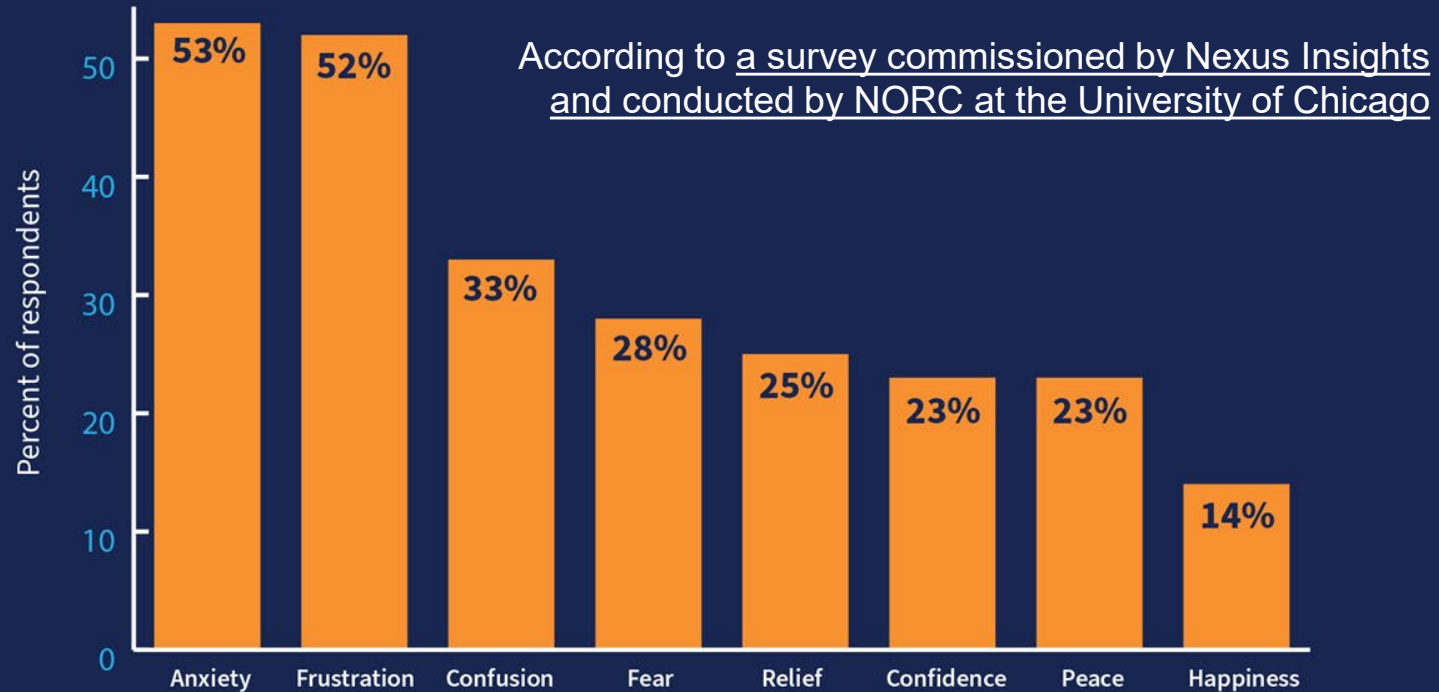
1. They are increasingly providing ever-more complex health and medical care at home, including pain management
2. They navigate complicated and fragmented health care and systems of LTSS
3. They serve as surrogate decision makers
4. State caregiver survey results indicated that **caregivers have a variety of unmet needs including home modifications, training on providing care, respite, and a variety of other community resources.**

[Families Caring for an Aging America](#), a report from the National Academies of Sciences, Engineering, and Medicine, is the landmark caregiving study that gave rise to the Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act





Anxiety and frustration characterize the experience of finding long-term care



**Choose up to (3) of the following emotions that best describe your feelings during the process of seeking long-term care for you or your loved one.*

Decisions in Time of Crisis

87 Decisions to Make in 48 Hours

MUST BE DONE BY THE SURVIVOR



Stressed Human Service Delivery System

A National Imperative: Joining Forces to Strengthen Human Services in America

Exhibit 7: Financial “vital signs” of human services CBOs



Nearly 1 in 8 human services CBOs are **technically insolvent**, with liabilities exceeding assets

40%

More than 40% of human services CBOs **lack liquidity** to meet their short-term financial obligations



Nearly half of all human services CBOs reported a **negative operating margin** over three years

30%

30% of human services CBOs have **cash reserves** that cover **less than 1 month of expenses**



Small CBOs with <\$1 million in revenue report **higher rates of insolvency** (14% insolvent) and **lower operating margins** (>1/2 report negative margins over three years)



Large CBOs with >\$10 million in revenue maintain **lower cash reserves relative to operative expenses** (>40% report reserves covering less than 1 month of expenses)

CBOs facing **more** financial stress include those delivering services pertaining to

- Housing and shelter
- Mental health
- General human services

CBOs facing **less** financial stress include those delivering services pertaining to

- Public safety
- Food and nutrition
- Youth development

The population of the United States is rapidly aging, and the caregiving workforce is steadily dwindling.

BY 2034

there will be more people over age 65 than under age 18,¹ many of whom will need some level of professional long-term care at some point in their lives.²

3.5 MILLION WORKERS

will be needed in long-term services and supports in the U.S. by 2030 to keep up with the aging population;³ the already urgent staffing crisis in aging services was exacerbated by the COVID-19 pandemic.

OVER 800,000

older adults and people with disabilities remain on Medicaid-funded state waiting lists without caregivers to provide needed home care services.⁴

99%

of U.S. nursing homes are facing staffing shortages⁵

96%

of U.S. assisted living communities are facing staffing shortages⁶

73%

of providers reported trouble finding enough staff to cover shifts⁷

71%

of providers struggled with recruiting new workers⁸

65%

of providers had a hard time finding staff to cover for sick workers⁹

What are we doing wrong?

Life expectancy at birth by sex, in years, 2022

Male Female



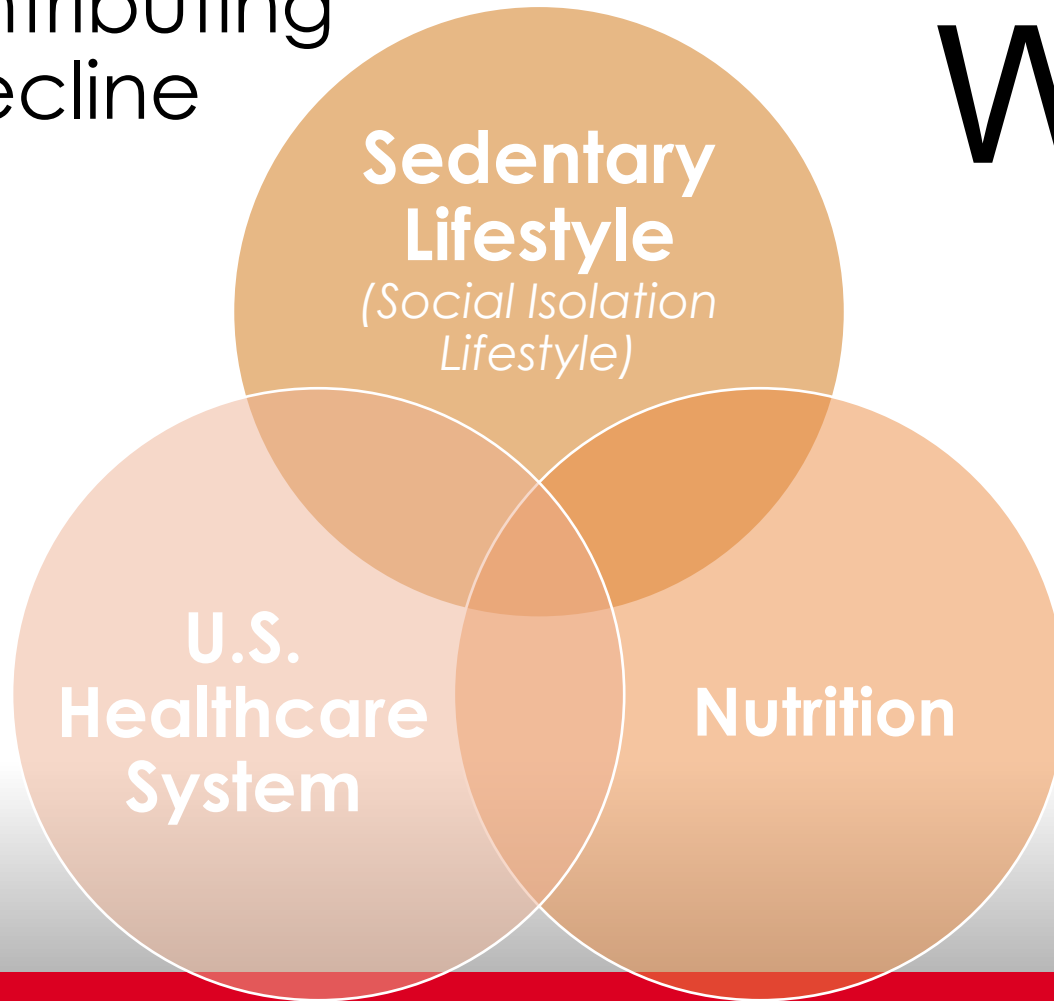
Source: KFF analysis of CDC, OECD, Australian Bureau of Statistics, German Federal Statistical Office, Japanese Ministry of Health, Labour, and Welfare, Statistics Canada, and U.K. Office for National Statistics data. Get the data [PNG](#)



University of Lynchburg

Factors Contributing to Aging Decline

Why?







If a fish tank
is dirty and
you want to
clean it, you
don't drug
the fish.

-Calley Means



THE
MAHA

REPORT



Make Our Children Healthy Again

ASSESSMENT

Four Potential Drivers

01

Poor Diet: The American diet has shifted dramatically toward ultra-processed foods (UPFs), leading to nutrient depletion, increased caloric intake, and exposure to harmful additives. Nearly 70% of children's calories now come from UPFs, contributing to obesity, diabetes,

02

Aggregation of Environmental Chemicals: Children are exposed to an increasing number of synthetic chemicals, some of which have been linked to developmental issues and chronic disease. The current regulatory framework should be continually evaluated to ensure that chemicals and other exposures do not interact together to pose a threat to the health of our children.

03

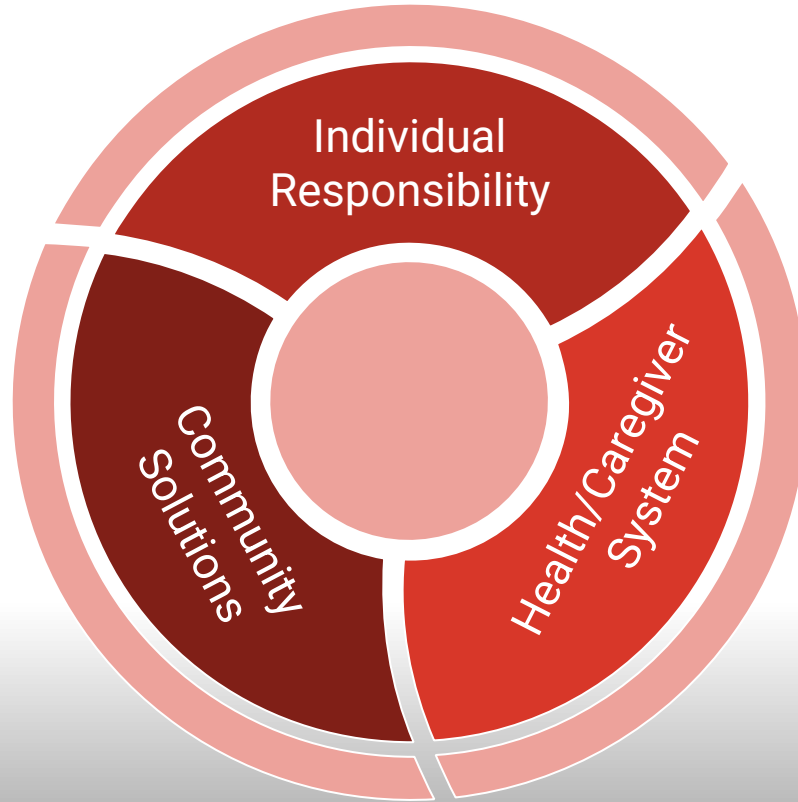
Lack of Physical Activity and Chronic Stress: American children are experiencing unprecedented levels of inactivity, screen use, sleep deprivation, and chronic stress. These 6 factors significantly contribute to the rise in chronic diseases and mental health challenges.

04

Overmedicalization: There is a concerning trend of overprescribing medications to children, often driven by conflicts of interest in medical research, regulation, and practice. This has led to unnecessary treatments and long-term health risks.



Our Outline 4 Today





Human Services

Beard Center on Aging

@BeardCenteronAging

➤ Genworth Aging and Caregiver Resource Center.

- The Center houses hundreds of free publications on aging and caregiving, and books, DVDs, and other materials available for loan.
- Please call 434.544.8456 and ask for the Resource Center. Assistance can be provided in person, by appointment, or via telephone and email at beardcenter@lynchburg.edu
- We are located on campus, inside the Beard Center at 304 Hopwood.



**Promoting
positive
aging across
generations**

Beard Center on Aging

Finishing Well

AARP - THE CAREGIVER JOURNEY

-Forming your
care team &
making a plan

-Tips for
finding support
& local
resources

1

COMMUNICATION PLAN - HEALTHCARE PROFESSIONALS

-Navigating the
challenges of
dementia with hope
and support.

-Strategies on how
to care for
yourself and
communicating with
healthcare
professionals

2

LEGAL HURDLES IN THE AGING PROCESS

-Strategies to
avoid probate
and plan for
long-term care

-Understanding
revocable living
trusts, wills,
advance medical
directives, and
powers of
attorney

3

FUNERAL PRE PLANNING 101

-Why pre-plan/
fund your
funeral?

-How to
communicate your
wishes to
family, clergy
and more

4





DEMENTIA *hope* CONFERENCE



Dementia Cafe



RESTAURANT
of
MISTAKEN
ORDERS

注文が
まちがいの
料理店

Community Bank Solutions

Fraud & Prevention

[Share](#) • [Clone](#) • [Print](#) • [Play Online](#) • [Call List](#)



Preview

B I N G O

ROMANCE SCAM	INVESTMENT FRAUD	GOVERNMENT IMPOSTER SCAMS	INTERNET SECURITY	MONEY LAUNDERING
ELDER FRAUD	PHONE SCAMS	LOAN SCAM	RANSOM WARE	FAKE CHECK SCAMS
SPOOFING	CARD CRACKING	Free!	CREDIT CARD FRAUD	SOCIAL MEDIA SCAMS
MILITARY SCAMS	MALWARE	SKIMMING	IDENTITY THEFT	NONDELIVERY OF GOODS
WIRE FRAUD	PHISHING	CHECK YOUR CREDIT	GRANDPARENT PHONE SCAM	COVID19 SCAMS

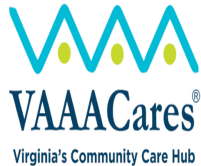
- ❖ JP Morgan Chase, a leading financial institution, implemented AI-driven solutions for fraud detection. This initiative resulted in a 50% reduction in false positives coupled with a 30% increase in the detection rate of actual fraudulent activities
- ❖ American Riviera Bank clients/Central Coast Commission for Senior Citizens-Area Agency on Aging (AAA) secure, affordable banking and fraud protection for Central Coast seniors utilizing built-for-seniors AI platform (Carefull) protects 55+ customers from the latest fraud and scams.
- ❖ Bank of America, allow customers to designate a trusted contact who can be notified of suspicious account activity. This empowers banks to reach out to a pre-selected individual if they suspect financial exploitation, ensuring quicker intervention without violating privacy laws.

Community Care Hubs

Contact us at any time to learn more about the Collaborative and the [VAAACares® Community Care Hub](#).

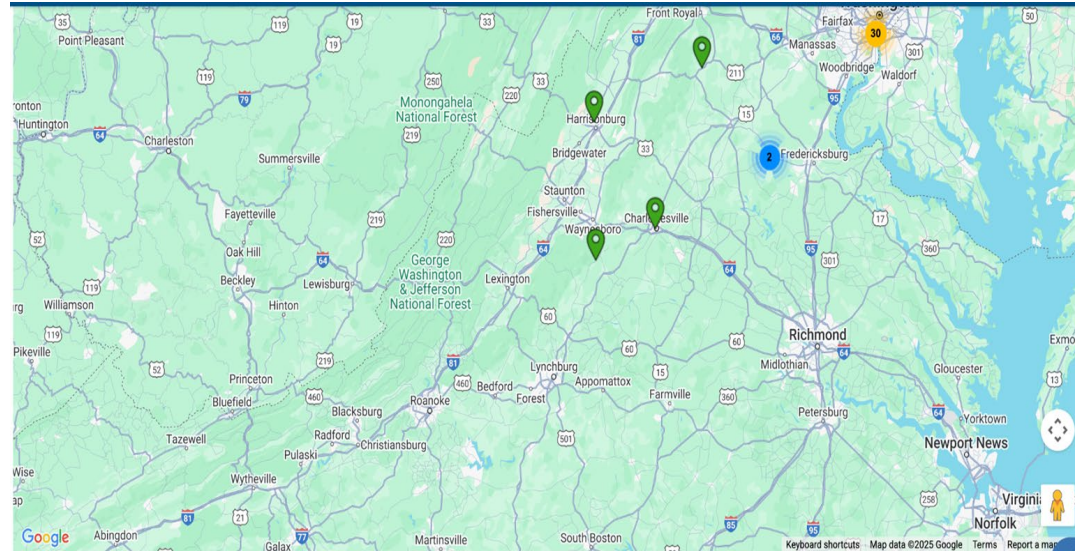
- Questions about the VAAACares® Community Care Hub? Contact Kathy Vesley at kvesley@bayaging.org
- Questions about the Collaborative resources? Contact Steve Horan at shoran@chsresults.com

Learn more about the [VAAACares® Community Care Hub](#)



Village to Village Network

- ❖ Neighbors Caring for Neighbors! Villages are community-based, nonprofit, grassroots organizations formed through a cadre of caring neighbors who want to change the paradigm of aging.
- ❖ Villages build a sense of community and offer resources, services, programs and activities, including social and educational programs, health and wellness activities and volunteer assistance with transportation, light home maintenance, and technology coaching.
- ❖ The Village Movement originated in Boston with Beacon Hill Village, leading the way for a more economically efficient model for aging.



National Village Gathering 2025

Empowering the Future - Celebrating 25 Years of the Village Movement

Virtual Conference: Sept. 29-30

Humanitas Retirement Village

A POSITIVE CONTRIBUTION TO MENTAL HEALTH

- ❖ Humanitas Retirement Village, a long-term care facility in the city Deventer in the Netherlands, **offers free accommodation to students in exchange for thirty hours of help for elderly residents per month.**
- ❖ This arrangement provides a mutual benefit: **rent-free accommodation for students and a younger demographic to help support the care of**, and foster interactions with, elderly residents. As part of their agreement, students teach residents various skills, such as using email and social media, as well as providing companionship.

