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Contact: Ellen Phipps, Executive Director
ephipp@agingtogether.org
540-827-6405
PO Box 367
Culpeper, VA 22701

FOR IMMEDIATE RELEASE

Community agencies collaborate to seek resolution for epidemic of social isolation

Last year, United States Surgeon General Dr. Vivek Murthy released a new Surgeon General Advisory calling attention to the public health crisis of loneliness, isolation, and lack of connection in our country. Even before the onset of the COVID-19 pandemic, approximately half of U.S. adults reported experiencing measurable levels of loneliness. Disconnection fundamentally affects our mental, physical, and societal health. In fact, loneliness and isolation increase the risk for individuals to develop mental health challenges in their lives, and lacking connection can increase the risk for premature death to levels comparable to smoking daily.

Prince William Area Agency on Aging, Encompass Community Support (formally Rappahannock Rapidan Community Services) and Aging Together will hold a joint-agency mini conference on April 24 from 9:00-11:30am at Peppers Grill in Culpeper to address the negative impact of social isolation on older adults. Included is a panel of speakers that will talk about the Virginia State Plan for Aging Services which came out in 2023 to examine current and future needs of older Virginians, the Surgeon General's Report on social Isolation, and the collaborative work of our region's newly published Accelerator Plan, created in partnership with No Wrong Door Virginia (<https://www.nowrongdoor.virginia.gov/>). Facilitated talks will dive deep into action plans for communities. This is an intentional conference working to find resolutions for the epidemic of social isolation while offering the opportunity for stakeholders, professionals, the public, and anyone interested to learn, network and act.

Details:

SOCIAL CONNECTION: THE ACCELERATOR FOR BETTER HEALTH

- A free mini collaborative conference hosted by the Prince William Area Agency on Aging, Encompass Community Supports, and Aging Together
- April 24, 9:00-11:30
- Peppers Grill / 791 Madison Road, Culpeper
- Advanced registration required. For more information or to register: www.agingtogether.org (see link on home page).

The mission of Aging Together is, through partnerships, to connect people to communities and resources to improve quality of life as we age. Aging Together serves the counties of Culpeper, Fauquier, Orange, Madison and Rappahannock.

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