



FOR ALL AGES

Connecting the  
generations.

Generating connections.

IMPACT REPORT 2023



Dear Friends,

Thanks to you, 2023 was another highly impactful year. Together, we connected thousands of people to foster social connection and mitigate the epidemic of loneliness. And we provided training and education to thousands more. We are grateful for the ongoing dedication and commitment of our board and advisory council members, volunteers, donors, and dozens of partnering organizations who have enabled For All Ages to continue to make a real impact on so many of our neighbors.

We are incredibly proud of what we accomplished together:

- Launched the CT Collaborative to End Loneliness, a statewide, cross-sector initiative to foster social connection for Connecticut's residents.
- Hosted the annual Buddies & Bobbers intergenerational learn-to-fish fishing derby.
- Spread awareness to more than 1,000 people of the importance of social connectedness as a basic human and the detrimental impacts of loneliness on mental and physical health via the Connecting CT Conversation series.
- Hosted nearly 200 younger and older adults in the Tea @ 3 intergenerational friendship community, fostering vital social connectivity for all.
- Hosted a six month walking series fostering social connection and healthy, outdoor exercise.
- Hosted programs with community partners to foster social engagement for people with various health conditions.
- Hosted hundreds of Simsbury residents in the Share Your Light intergenerational art community event series.

We hope you'll enjoy learning more about our work and our people in this report.

Thank you for being with us on this journey.

With immense gratitude,

Deb and Gary



Deb Bibbins  
Founder & CEO



Gary Sekorski  
Board Chair



# We believe that positive social connection is vital to our health.

## Our Mission

For All Ages is dedicated to connecting the generations and inspiring action to end loneliness, reduce ageism, and improve mental, physical and social health.

## Board & Advisory Council

### 2023 Board of Directors

Gary Sekorski, Chair, For All Ages Co-Founder  
Kevin Burkhardt, Treasurer, Marcum LLP  
Suzanne Poudrier, Secretary, The Hartford  
Smita Baradia, Slalom  
Deb Bibbins, For All Ages Founder & CEO  
Natalie Carpenter, Reid & Riege, P.C.  
Victoria Kozar, UConn School of Medicine student  
Stephanie Polzella, The Hartford  
Georgia Powell, Powell Consulting Services LLC  
Stefan Riedling, Cigna  
Jennifer Sala, The Hartford  
Laurie Tobias, Johnson Brunetti



### Advisory Council

Peter Eder, At Home in Darien Founding Board Member  
Larry Englisby, CFO, Disability Planning Partners  
John Hampton, Former CT State Representative  
Sowmya Kurtakoti, Medical Director of Geriatrics, Hartford Healthcare Medical Group & Chief of Geriatrics at Hartford Hospital  
Ed LaMontagne, Immediate Past Chair, Simsbury Aging & Disability Commission  
Louis Ramirez, School Social Worker, West Hartford Public Schools  
Joel Sekorski, Director of Elderly Services, City of Torrington CT  
Tara Willerup, Chair, Simsbury Board of Education  
Thomas Zaccheo, Retired Physician, Current Artist, and Lifelong Learner, Farmington CT

# Improving social health across the age span.

Total hours of  
intergenerational connection  
since 2019:

8,954

People connected  
intergenerationally in our  
programs since 2019:

1,546



**Our in-person events and virtual intergenerational programs are positively impacting people's lives.**

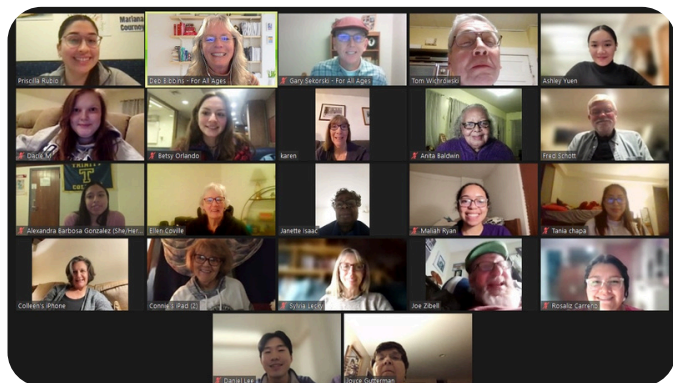
2023 was an exciting year as we expanded programming and partnerships to offer our services to more people across the health spectrum.

The 2023 *Buddies & Bobbers intergenerational, learn-to-fish fishing derby* brought together adult anglers and youth from across the state of Connecticut. We were thrilled to have a CT Dept. of Energy & Environmental Protection Officer with us for the morning. Once again, surveys showed a 100% satisfaction rating from adult mentors and parents.

Our *Tea @ 3 Intergenerational Friendship Community* ran for 2 sessions in 2023, serving 124 college students and older adults for 12 weeks, with 83% of the participants reporting the program improved their sense of belonging and reduced loneliness.

We piloted the 'We Walk Together' walking program, uniting residents of all ages for a monthly walk together outdoors.

And we forged *new partnerships*, facilitating programs for memory-care patients and other health impaired community members.





# Educating residents about social health and spreading joy to our most vulnerable neighbors.

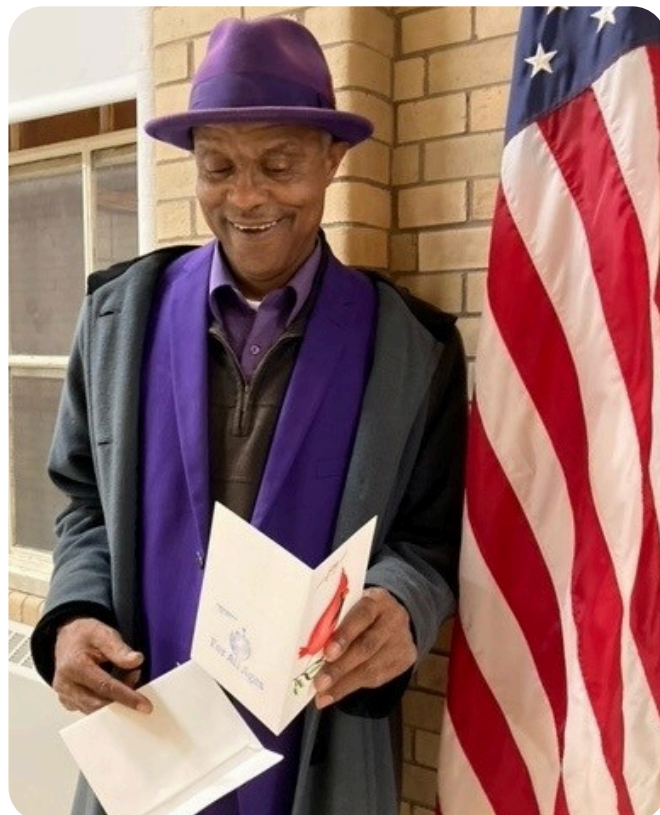
People attending our social health educational events since 2019:

3,312



Joyful Notes delivered to our most vulnerable residents:

13,412



**We provided social health education – and delivered hundreds of joyful holiday cards made by volunteers – to thousands of people across Connecticut.**

In 2023, we began offering our *social health training and education* services to residents across Connecticut. Hundreds of people have attended our events to learn how social connectivity is linked to our mental and physical health.

And we launched the inaugural *Comfort & Joy Card Campaign* to encourage volunteers to make Joyful Notes cards to reduce loneliness and isolation for adults in assisted living and memory care facilities, veterans, and patients at the Hospital for Special Care during the year-end holiday season. Beginning in 2023, the Joyful Notes Project aims to target spreading joy during the two loneliest times of the year – year-end holidays and Valentine's Day.



# Founding story

**For All Ages** was founded in 2019 by Deb Bibbins after she watched a family member's social network shrink due to the passing of friends and family, leading to a devastating deterioration in health. Deb's subsequent research into loneliness revealed a direct causal connection to many mental and physical health ailments that result in premature death.

After 30 years in the insurance industry in a variety of financial, legal, and business leadership roles, Deb founded For All Ages with a vision to end loneliness, reduce ageism, and promote social connectivity for people of all ages.

Deb is pleased to be working alongside co-founder Gary Sekorski to lead For All Ages' work across Connecticut.



# 2023 Highlights

## Program Highlights:

- Hosted 2 successful 12-week Tea @ 3 Intergenerational Friendship Community sessions connecting older adults and students at UConn, CCSU, SCSU, Trinity College, University of Saint Joseph, and Amherst College in MA.
- Began convening the CT Collaborative to End Loneliness, a statewide, cross-sector initiative to foster social connecting for Connecticut's residents.
- Hosted the annual Buddies & Bobbers Intergenerational Learn-to-Fish Fishing Derby at Winding Trails in Farmington, CT.
- Delivered thousands of Joyful Notes Project cards to dozens of isolated adults across central CT.
- Hosted 'Share Your Light', a 10-event intergenerational art program in Simsbury, CT bringing together community members of all ages.
- Held the inaugural Comfort & Joy Card Campaign that brought together a variety of organizations as card creators and collection sites for holiday cards delivered to those in need of love.

## Select Additional Highlights:

### *Spreading awareness and growing our impact*

- Selected as an ImpaCT Nonprofit Making an Impact by Fox 61 & United Way.
- Spoke at numerous venues to educate residents about the importance of social connection.
- Appeared on WZBG (97.3) and Fox61 News.
- Named an Official Charity of the Eversource Hartford Marathon.



# The CT Collaborative to End Loneliness

In May of 2023, we began convening The CT Collaborative to End Loneliness, a statewide, cross-sector alliance to foster social connection for Connecticut's residents.

We began convening Steering Committee and Advisory Council members to help guide the initiative and establish action plans, including The Connecting CT Conversation series.

And we began to unite healthcare professionals to collaborate on the Patient Loneliness workgroup.

The goal is to achieve tangible progress toward eliminating loneliness and improving the social connectivity of Connecticut's residents by 2034.



## Steering Committee

**Matthew M. Burg, PhD** – Clinical Psyc. & Prof. of Internal Medicine, Yale Univ.

**Andi Campbell** – President, WellSpark Health, an EmblemHealth company

**Mike Fallon** – Director of Outreach for US Senator Chris Murphy

**Rhona Free, PhD** – President, University of Saint Joseph, West Hartford CT

**John Hamilton** – CEO, Liberation Programs, Inc., Bridgeport/Stamford CT

**Jeff Katzman, MD** – Director of Education, Silver Hill Hospital, New Canaan CT

**Erin Leavitt-Smith** – Asst. Dir. Statewide Svcs., CT Dept. of Mental Health & Addiction Svcs.

**Kelly Papa** – President & CEO, Duncaster Retirement Community, Bloomfield CT

**Luis B. Perez** – President & CEO, Mental Health, CT

**Phil Roland, MD** – Connecticut Market Medical Executive, Cigna Healthcare

## Advisory Council

**MaryJo Archambault** – Assoc. Prof. & Coord. of Recreational Therapy, SCSU

**Edith Boyle** – President & CEO, LifeBridge Community Services

**Rick Brush** – Chief Executive Officer, Wellville

**Ann Irr Dagle** – Pres., Brian's Healing Hearts Center for Hope and Healing

**Robert Muro** – President & CEO, Connecticut Council of Family Service Agencies

**Janet Parlato** – New Milford Superintendent of Schools

**Ellen Paul** – Executive Director, Connecticut Library Consortium

**Fred Schott** – Independent Consultant, Health/Disability/Absence Mgt.



## Patient Loneliness workgroup

CT healthcare providers, health insurers, and public health workers began collaborating to make loneliness a standard component of annual physical examinations for people of all ages and to develop standard protocols, referral solutions, and best practices for handling patient loneliness.



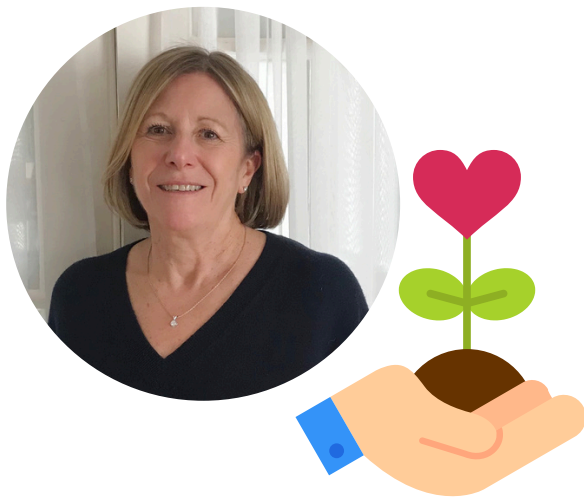


# Volunteers

As always, our incredible network of volunteers drove our impact in 2023. From creating cards and cozies to providing strategic advice, so many people contributed their time and talent to enable For All Ages to expand its impact.

In total, 156 volunteers contributed 3,100 hours their time to support our mission.

To each of them, we say, "Thank you!"



## Volunteer Spotlight

Patty Segretta has volunteered with For All Ages over the past year as our donor relations coordinator. A retired IT professional, Patty was looking for an opportunity to give back to her community in a meaningful way.

“Working behind the scene to acknowledge the generous donations of so many people and organizations has made me appreciate all the hard work the team does to create programs that have a positive impact on so many people.”

## Additional 2023 Core Volunteer Staff

Vandna Chopra, Joyful Notes Project Manager

Liz Dreier, Hartford Marathon Organizing Team

Sylvia Lecky, Tea @ 3 Program Manager

Jeff Meigs, Outdoor Events Manager

Priscilla Rubio, Campus Connector Coordinator

Gary Sekorski, COO

Kevin Wytas, Hartford Marathon Organizing Team



# Volunteer Network

Thank you to everyone in Connecticut – and across the United States – who has volunteered their time to provide positive social connection to so many.



## The Creators

Thank you to everyone who created cards for isolated adults, mug cozies for Tea @ 3 Community participants, and helped in other ways to create the magic.

## The Mentors

Thank you to everyone who served as a mentor to a child or young adult in one of our programs.



*...and all of our friends who helped in so many ways behind the scenes.*



# Thank you to our 2023 organizational partners & supporters.

Aetna/CVS Health Fit Club  
American Eagle Financial Credit Union  
Amherst College  
Autism Families CT  
Avery Heights  
Avon Senior Center  
Belden Forest Court  
Big Y, Avon  
Bouvier Insurance  
Canton Greater Together Community Fund  
Central CT State University  
CPCU Society, CT Chapter  
Cigna  
Connecticut Community Foundation  
Connecticut Public Media  
Crest Mechanical Services  
CT Dept. of Mental Health & Addiction Svcs.  
CT Dept. of Public Health  
Disability Planning Partners  
Dudleytown Brewing  
Duncaster  
Ensign House  
Farmington Valley Jewish Congregation  
First Church of Christ, Simsbury  
Fitzgerald's Foods  
Fox 61  
Fleet Feet, West Hartford  
Goodwin University  
Granby Dental Center  
Hartford Healthcare Center for Healthy Aging  
Hartford Marathon Foundation  
Healing Meals Community Project  
Holloways Appliance, LLC  
Horizons Village, Unionville  
Hospital for Special Care  
Housing Authority of Simsbury  
iHeart Media  
Ion Bank  
Johnson Brunetti  
Keating Agency Insurance  
Leadership Greater Hartford  
Liberation Programs  
Liberty Bank  
Manchester Community College  
Mandell Jewish Community Center  
Marcum LLP  
McLean Life Plan Community  
Mental Health CT  
Metro Bis Restaurant  
Nardelli's Farmington  
Norcom Cares  
North Central Area Agency on Aging  
Northwest Community Bank  
Office of Radio & TV's Crossroads Magazine  
Office of Senator Chris Murphy

PeoplesBank  
Plainville Indoor Sports Arena  
Point32Health  
ProBono Partnership  
Prudential  
Quinnipiac University  
R. Lee Hennig Photography  
Reid & Riege Attorneys  
Rocky Hill Human, Youth & Senior Svcs.  
Salter's Express  
Sentry Commercial  
Silver Hill Hospital  
Simsbury Greater Together Community Fund  
Simsbury Public Library  
Simsbury Senior Center  
Simsbury United Methodist Church  
Southern CT State University  
St. Alban's Episcopal Church  
St. Mary's School and St. Mary's Church  
Stephen Fritzer Photography  
Stop & Shop, Unionville  
Sue Poudrier Photography  
Sullivan Senior Center, Torrington  
The Travelers Companies  
Travelers Championship  
Trinity College  
Trout Unlimited, Farmington Valley Chapter  
University of Connecticut  
UConn Center on Aging  
University of Saint Joseph  
Valley True Value Hardware  
Vincent Funeral Home  
Warehouse Point Library  
Webster Bank  
Wellspark Health  
Wellspring Financial  
West Hartford Greater Together Community Fund  
West Hartford Senior Centers  
Westminster School  
WFSB  
WZBG (97.3)  
Winding Trails  
Yale University



**Thank you to each and every one of  
our individual donors and fundraisers.**

*We are grateful to  
you for sharing  
your time, talent,  
and treasure to  
provide vital social  
connection for  
your neighbors.*



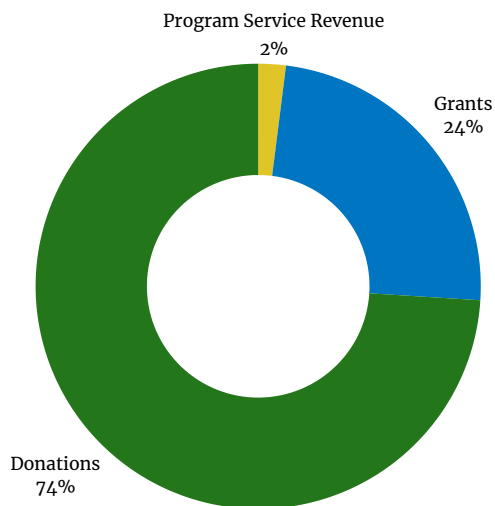


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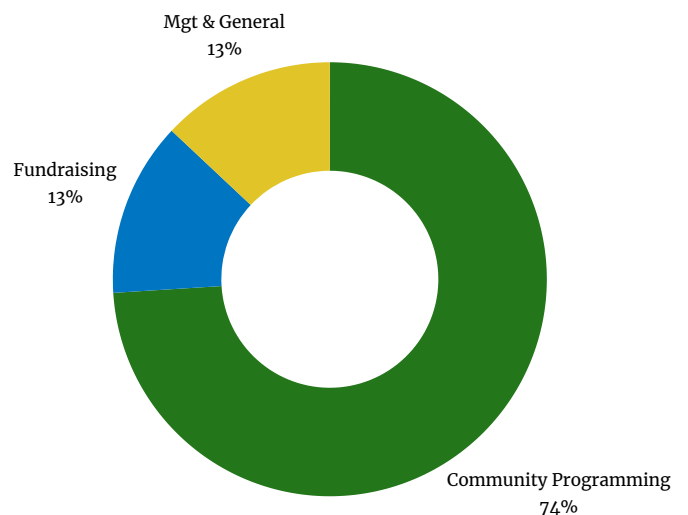
Our programs have connected people ages 5-100 from 82 towns across CT.

For All Ages is Connecticut's only nonprofit organization dedicated to connecting the generations and inspiring action to end loneliness, reduce ageism, and improve health.

## 2023 Revenue: \$118,000



## 2023 Expenses





Our generous supporters provide the powerful intergenerational and social connection that improves mental and physical health.

We can't continue this health-boosting work without you.

**For All Ages**  
P.O. Box 61  
Simsbury, CT 06070  
[www.forallages.org](http://www.forallages.org)

For All Ages is a 501(c)(3) charitable organization.



Platinum  
Transparency  
2023

**Candid.**

