

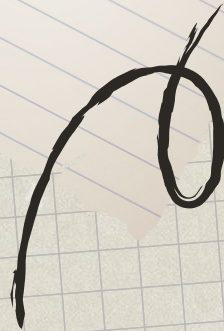
- BRIDGE -

# The Loneliness

## Epidemic: An

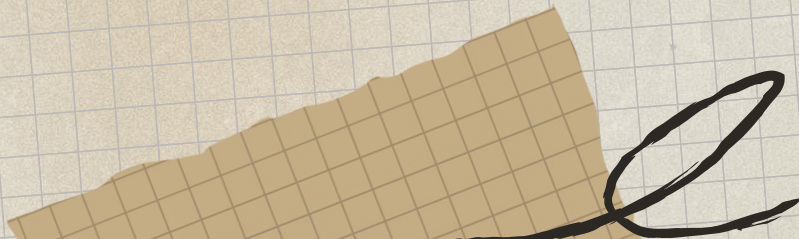
### ★ Intergenerational Approach to America's Silent Crisis

By: Tara Bhushan and  
Irene Wang



# ABOUT US

Gunn High School's SJ AAR





# RESEARCH



## INTERVIEWS

Empathy: We interviewed many students at a Palo Alto high school  
→ 2 major mental health issues discussed

1. Stress (academic pressures)
2. Loneliness/Isolation

Experts:

- Angela Mackowski, Mountain View Senior Center
- Shashank V Joshi, MD - Stanford Medicine Children's Health



## SOURCES

- “Our Epidemic of Loneliness and Isolation” - US Surgeon General, Vivek Murthy.
  - “[l]oneliness . . . is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death,” (Murthy, 2023)
  - One in every two people ages 15 to 24 experience loneliness (Murthy, 2023).
- Cleveland Clinic Studies
- Story Corps



# THE GAP

- Within the teenage community:
  - Lack of focus on the loneliness epidemic
  - Fight against the stigma
- Within the elderly community:
  - Digital divide
  - Lack of repetition in events







# BRIDGE

Building Relationships  
Intergenerationally and Designing  
Guided Events

# PROTOTYPE

0%

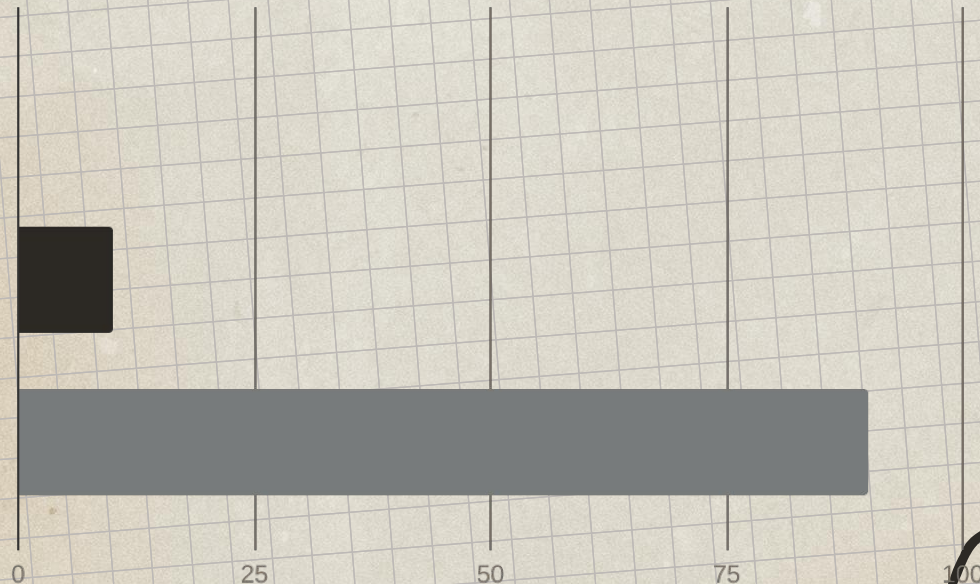
Pictionary

10%

Word  
Association

90%

Jeopardy



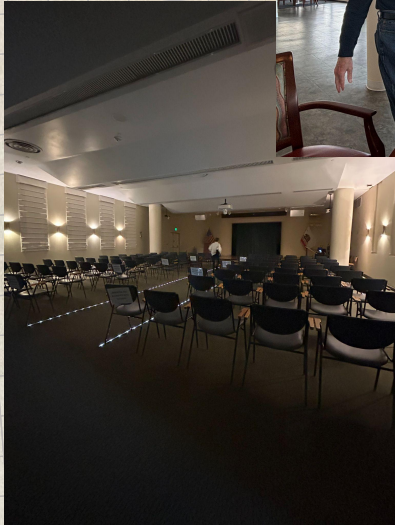


# FINDING A PARTNERSHIP

We partnered with Channing House.



# SCHEDULING OUR EVENTS





# EVENTS



Where did you grow up? What are some fun facts about the area you grew up in?  
How did the geographical location of your childhood impact the path you followed?  
Who is someone you are grateful for?  
What is one thing you wish you could have done differently?  
What is one time in your life when you felt stuck? → How did you get out of that?  
What is one thing that confuses you?  
What is the hardest thing you have ever done?  
What is something you are most passionate about?  
Who is someone who has greatly influenced your life?  
What do you want to be remembered for?  
What gets you out of bed every morning?  
Fondest childhood memory  
What is something that you believe the opposite generation does not understand about your generation?  
→ Why do you think that is?  
What is your biggest regret?





Commit to your  
passion & dream & goals  
& pursue them with passion  
or you will never achieve them  
John Deere

Focus on family + friends,  
those close to you,  
even as you strive  
to better the community,  
nation, & the world.

You will find your  
passion/talent so don't  
worry if you are confused  
Now.

Carol Barchetta

Stay curious.  
Notice when your  
assumptions are  
surfacing.

Romela George

Study Hard  
Avoid drugs, smoking,  
gambling & other vices  
Treat others as you  
would like to be treated  
Enjoy & respect family & friends

BALANCE YOUR  
CAREER WITH  
PARTICIPATION  
IN THE ARTS.

1. Know what you believe
2. Don't believe everything  
you think.
3. Carefully evaluate the  
sources of information  
upon which you  
base your conclusions.

Bob

Listen astutely  
and  
be thankful for loyalty  
in meaningful  
relationships

Dr. Jay Vician

Advise to  
a Teen

Keep Your  
Options Open!

Al Chin

Amirah  
Willie E+P+O

There is a  
lifetime to  
become comfortable  
with yourself  
& what you  
want to do

nothing is  
written in  
the stars

If you like learning  
remember that the  
learning curves are  
steeped at the start.  
go there!

Agnes

Don't be afraid to use  
your schooling to explore  
different disciplines.  
Be open to new ideas.

Bob Willsie  
Think of a  
common goal  
Learn to work  
in teams team  
to actually achieve  
your goal

advice for a  
teenager  
- take advantage of opportunities  
to learn even if it is  
challenging, and you  
might not get a top grade  
• be curious  
• Travel  
• Jobs that serve the public  
Can teach you alot  
about people and  
emotions

Think about what you  
might like to do when  
you graduate from  
college, assuming that  
is in your future plans.


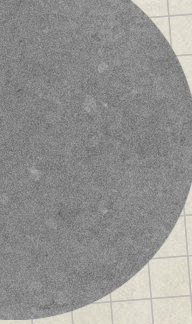
How can  
you find  
a person  
who needs  
help w/ getting  
enough  
food?  
You can help?  
Open Curious



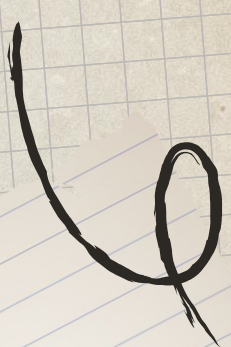







# TAKEAWAY & NEXT STEPS



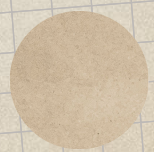
# THANKS!



Channing House, YCS, Frances Morse, John  
Morse, Mora Oomman, Aubrey Parke, Tara  
Firenzi, The Channing House Residents,  
Foothill College, Dr. Joshi, Angela Mackowski,  
our AAR classmates, and you for listening!



CREDITS: This presentation template was created by Slidesgo,  
including icons by Flaticon and infographics & images by Freepik





# CITATION

Allen, Susie. "Loneliness triggers cellular changes that can cause illness, study shows." University of Chicago, 23 Nov. 2015, [news.uchicago.edu/story/loneliness-triggers-cellular-changes-can-cause-illness-study-shows](https://news.uchicago.edu/story/loneliness-triggers-cellular-changes-can-cause-illness-study-shows). Accessed 19 Nov. 2024.

Bernstein, Mary, and Diane Wilson. "Loneliness in Seniors." Sutter Health, [www.sutterhealth.org/health/senior-health/loneliness-in-seniors](https://www.sutterhealth.org/health/senior-health/loneliness-in-seniors). Accessed 19 Nov. 2024.

Broggaard, Berit. "Loneliness in Adolescence Can Take a Self-Perpetuating Turn." Psychology Today, 27 Aug. 2024, [www.psychologytoday.com/intl/blog/the-mysteries-of-love/202408/understanding-chronic-loneliness-in-adolescence](https://www.psychologytoday.com/intl/blog/the-mysteries-of-love/202408/understanding-chronic-loneliness-in-adolescence). Accessed 19 Nov. 2024.

Bruss, Katherine V., PsyD, et al. "Loneliness, Lack of Social and Emotional Support, and Mental Health Issues — United States, 2022." CDC, 20 June 2024, [www.cdc.gov/mmwr/volumes/73/wr/mm7324a1.htm](https://www.cdc.gov/mmwr/volumes/73/wr/mm7324a1.htm). Accessed 19 Nov. 2024.

Cacioppo, Stephanie, and John P. Capitanio. "Toward a neurology of loneliness." PubMed, 15 Sept. 2014, [pubmed.ncbi.nlm.nih.gov/25222636/](https://pubmed.ncbi.nlm.nih.gov/25222636/). Accessed 19 Nov. 2024.

Fields, Lisa. "Why Loneliness Affects Young People More Often Than Older Adults." Cedars Sinai, 5 May 2023, [www.cedars-sinai.org/blog/why-loneliness-affects-young-people.html](https://www.cedars-sinai.org/blog/why-loneliness-affects-young-people.html). Accessed 19 Nov. 2024.

"How Loneliness Can Impact Your Health." Cleveland Clinic, 30 Sept. 2024, [health.clevelandclinic.org/what-happens-in-your-body-when-youre-lonely](https://health.clevelandclinic.org/what-happens-in-your-body-when-youre-lonely). Accessed 19 Nov. 2024.

National Library of Medicine. [pmc.ncbi.nlm.nih.gov/articles/PMC3386761/#:~:text=As%20such%2C%20the%20social%20stigma, and%20to%20them%20those%20standards.](https://pubmed.ncbi.nlm.nih.gov/articles/PMC3386761/#:~:text=As%20such%2C%20the%20social%20stigma, and%20to%20them%20those%20standards.)

"Social isolation, loneliness in older people pose health risks." National Institute on Aging, 23 Apr. 2019, [www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks](https://www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks). Accessed 19 Nov. 2024.

CREDITS: This presentation template was created by Slidesgo,  
including icons by Flaticon and infographics & images by Freepik

