



ALLIANCE
FOR HEALTH POLICY



THE ALLIANCE
**SIGNATURE
SERIES**

Aging in America Summit

July 23, 2025 | Washington, D.C.

Digital Program



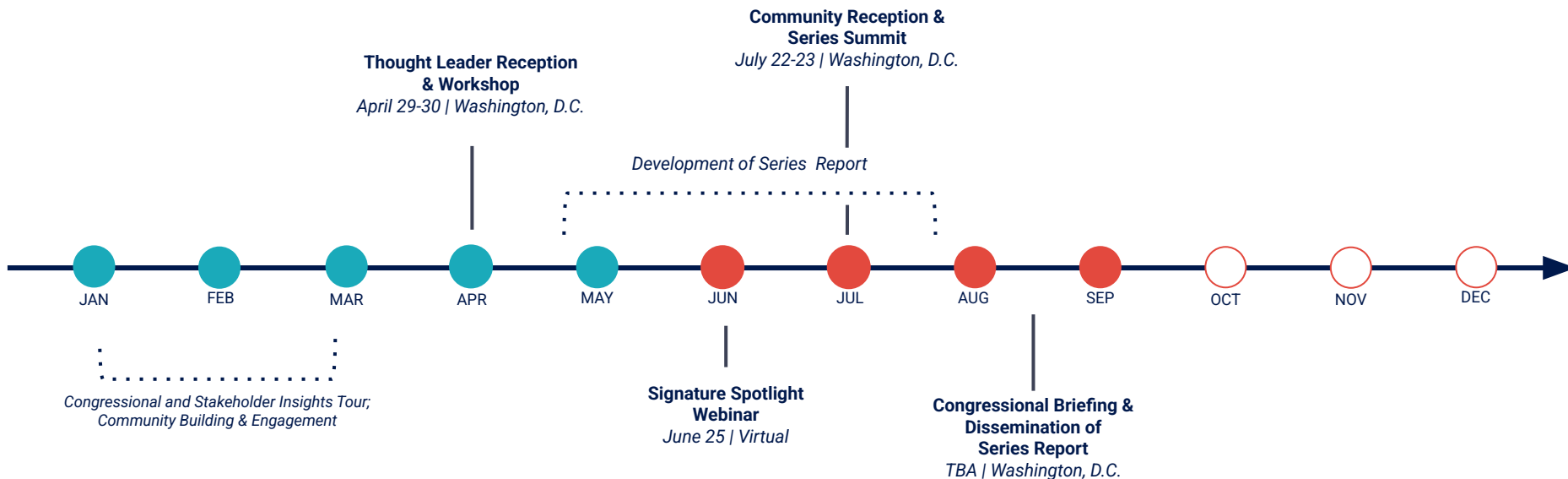
Welcome Remarks



Claire Sheahan, M.Sc.
President & CEO
Alliance for Health Policy

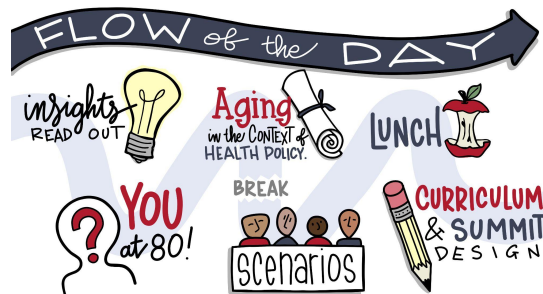
2025 SIGNATURE SERIES TIMELINE

Aging in America



The Alliance's Listen-First Approach

Stakeholder Interviews & Thought Leader Workshop



Full Day Summit Agenda

9:00 – 9:30 AM ET	Registration
9:30 – 9:40 AM ET	Welcome
9:40 – 10:00 AM ET	Keynote: Not Your Grandparents' Aging: A Modern Lens on Growing Older
10:00 – 10:15 AM ET	How It Adds Up: A Participatory Aging Reflection
10:15 – 11:00 AM ET	Aging Today: Who Are We Creating Policy For?
11:00 – 11:45 AM ET	Executive Insights: Shaping Aging Policy for Innovation and Impact
11:45 – 12:45 PM ET	Lunch
12:45 – 1:30 PM ET	Autonomy and Aging Policy: Leveraging Behavioral Economics to Empower Early Decisions
1:30 – 1:45 PM ET	Move to Thrive: Energizing Movement Break
1:45 – 2:30 PM ET	The Future of Aging: Bright Spots in Policy and Practice
2:30 – 2:40 PM ET	Closing Remarks

Digital program linked in your handout (QR code)

Today's Goals



Goal 1

Discover new
ideas, connect,
and learn



Goal 2

Find new
experts and
resources



Goal 3

Join our
community

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Welbe Health



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Keynote: Not Your Grandparents' Aging: A Modern Lens on Growing Older



Archelle Georgiou M.D.
*Strategic Advisor and Health
Journalist, Georgiou Consulting*

How It Adds Up: A Participatory Aging Reflection



Sydney Shepherd

*Senior Educational Program
Manager*

Alliance for Health Policy

Stand Up for Aging Instructions

Challenges

- **Begin by standing up or raising your hand;** Participation is optional—feel free to reflect quietly if preferred.
- **Sit or lower your hand when your card's color is called.**
- Each color represents a real challenge older adults face—like isolation, poverty, or chronic illness.
- As you sit or lower your hand, we begin to see those challenges **reflected in the room.**

Social Life

Nearly 1 in 4 (~25%) of adults aged 65 and older is socially isolated, putting them at higher risk for heart disease, dementia, and premature death.

***National Academies of Sciences, Engineering, and
Medicine, 2020***

Economic Stability

**15% of adults 65+ live below the federal poverty line
or are economically insecure.**

National Council on Aging, 2023

Physical Health

Roughly 60% of older adults live with at least one chronic condition

Centers for Disease Control and Prevention (CDC), 2022

Stand Up for Aging Instructions

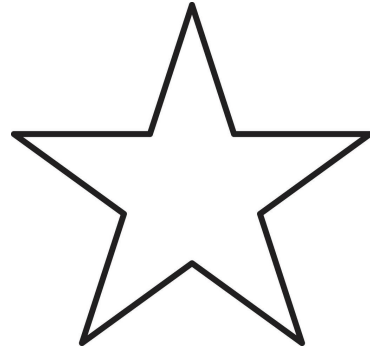
Strengths

- **Now, stand or raise your hand if your card's symbol is called.**
- A **star** or **smiley face** represents the **resilience, caregiving, and satisfaction** in aging.
- As you stand or raise your hand, we will begin to see the positive aspects of aging reflected in the room.

Support

Over 1 in 4 family caregivers in the U.S. is aged 65 or older, demonstrating older adults' continued contributions to caregiving.

AARP/NAC "Caregiving in the U.S.", 2020



Wellness

83% of older adults report being satisfied with their lives, despite health or financial challenges.

AARP, “The Longevity Economy”, 2023



Aging Today: Who Are We Creating Policy For?

2025 Signature Series Summit

Aging Today: Who Are We Creating Policy For?

Moderator & Panelists



**Jeannie Fuglesten Biniek,
M.A., Ph.D.**

Associate Director, Program on
Medicare Policy, KFF
Moderator



Natalie Kean, J.D.

Director, Federal Health
Advocacy, Justice in Aging



Alana D. Knudson, Ph.D., EdM

Director, NORC Walsh Center for
Rural Health Analysis



“Sandra,” M.S.

Research Participant, The
People Say

Aging Today: Who Are We Creating Policy For?

Jeannie Fuglesten Biniek, PhD

Associate Director, Program on Medicare Policy

July 23, 2025

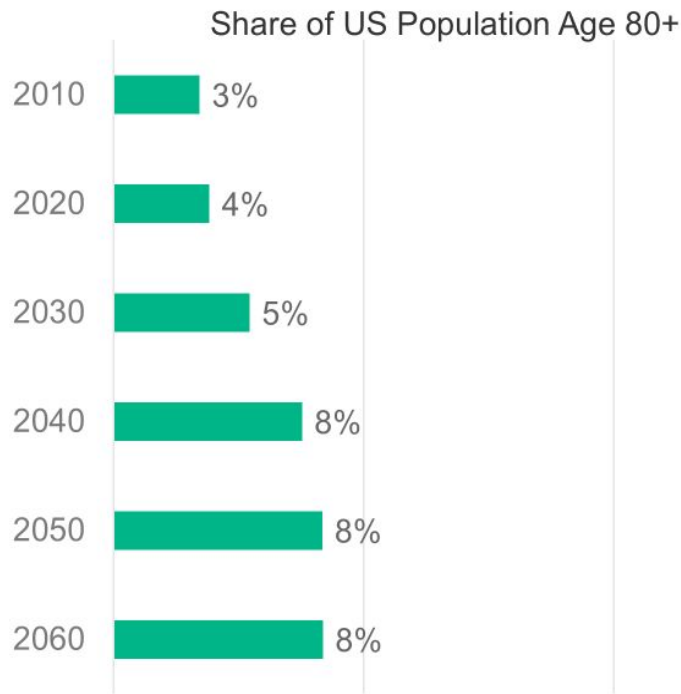
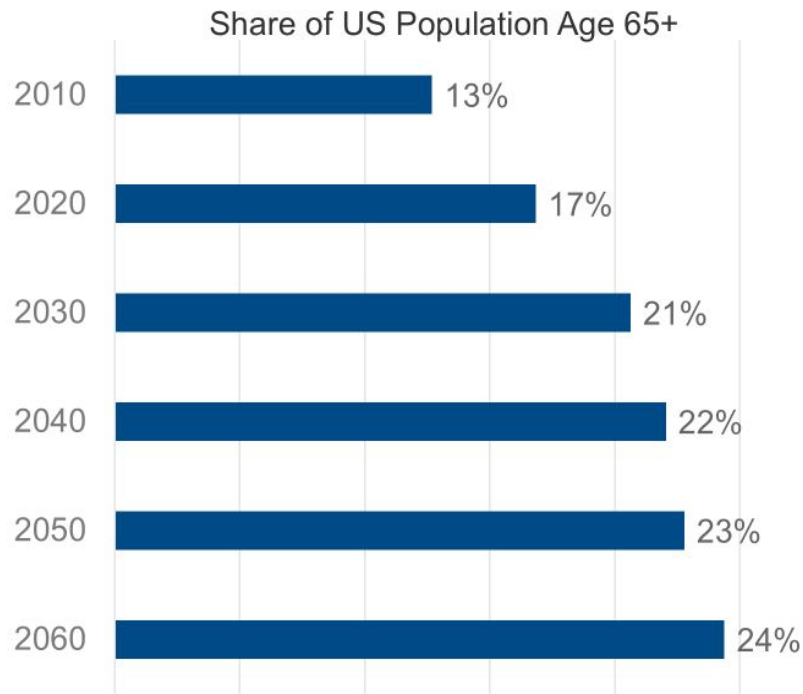
Signature Series Summit: Aging in America

Alliance for Health Policy

KFF

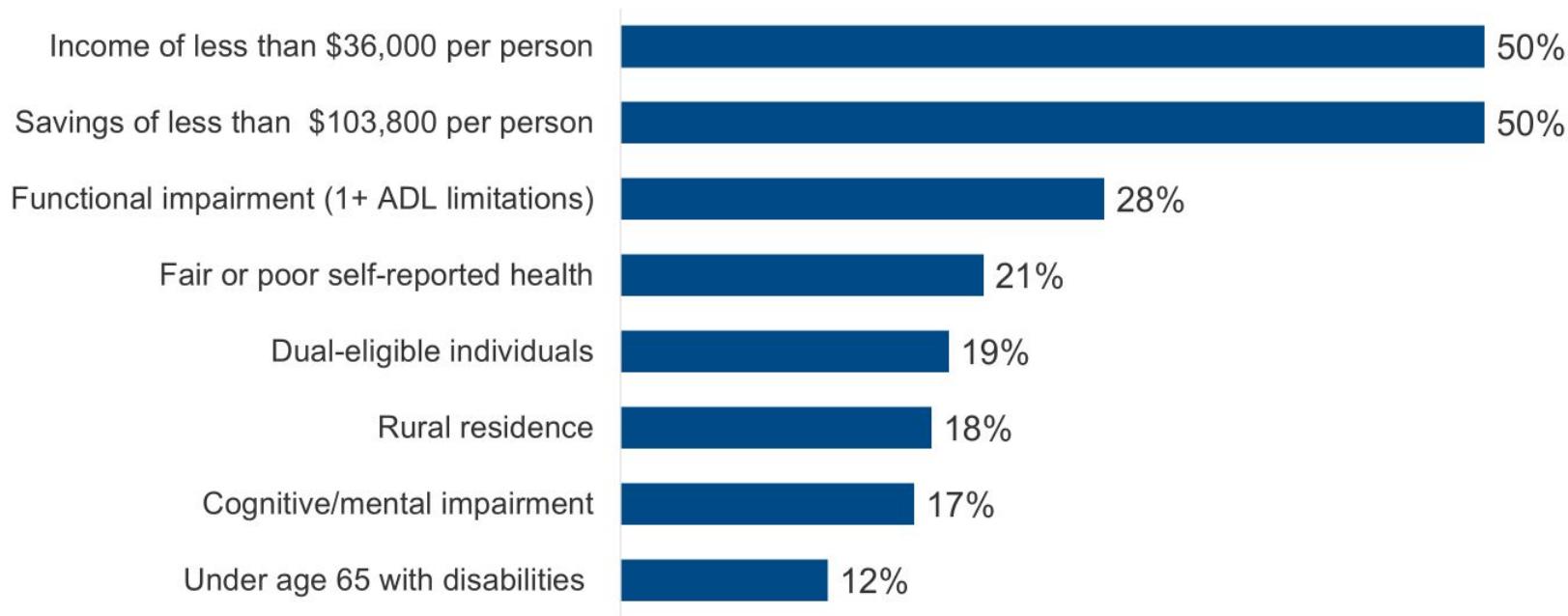
The independent source for health policy research, polling, and news.

Older People Will Comprise a Larger Share of the U.S. Population Over the Next Several Decades



Source: KFF analysis of data from U.S. Census Bureau, Age and Sex Composition, 2010 and 2020. Projected Population by Five-Year Age Group and Sex for the United States, Main Series: 2022-2100 (20230-2060)

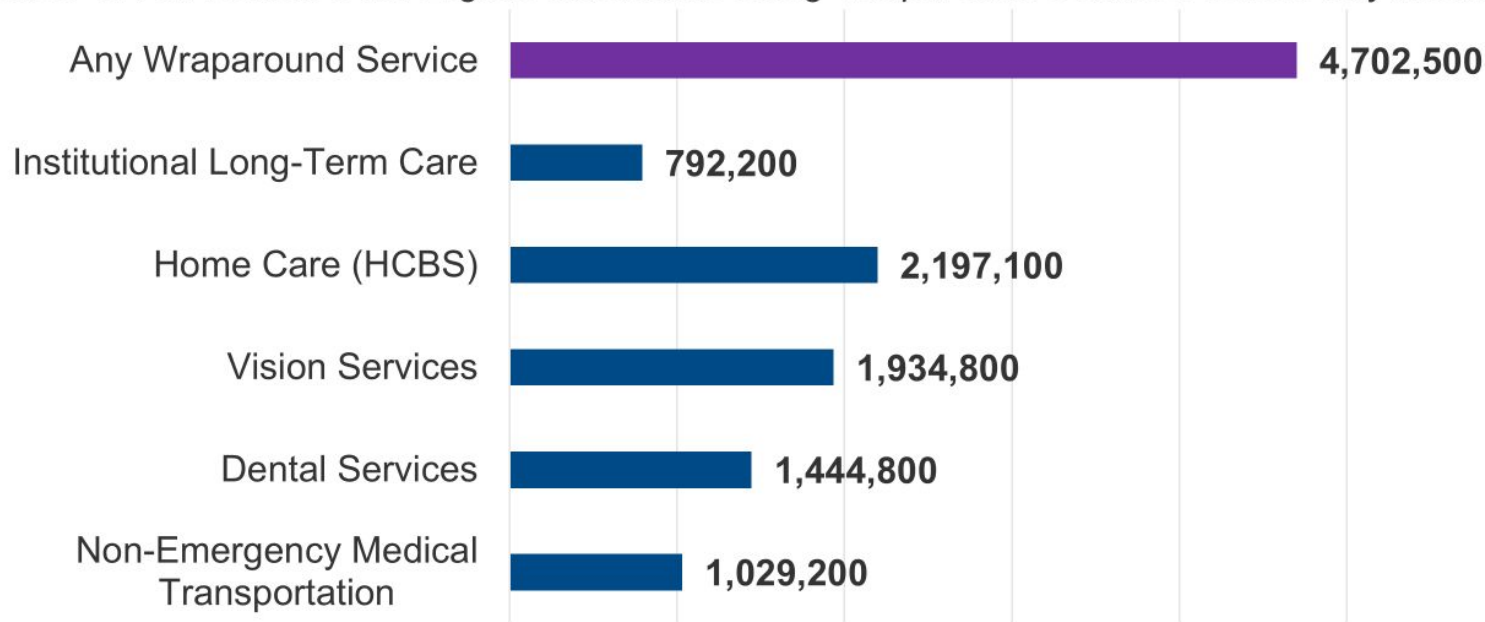
Medicare Covers 68 Million People, Many of Whom Have Significant Health Impairments and Limited Financial Resources



Source: KFF, "Income and Assets of Medicare Beneficiaries in 2023," February 2024; KFF analysis of CMS Medicare Current Beneficiary Survey, 2022 Survey File.

In Addition to Paying Medicare Premiums and Cost Sharing, Medicaid Fills Gaps in Medicare Coverage for Lower Income People

Number of Full-Benefit Dual-Eligible Individuals Using Wraparound Services Covered by Medicaid, 2021





Executive Insights: Shaping Aging Policy for Innovation and Impact

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Executive Insights: Shaping Aging Policy for Innovation and Impact

Moderator & Panelists



Vincent Andrews, J.D.

Senior Vice President, General Counsel and Chief Compliance Officer, Corporate Affairs, Eisai Inc.



Laura Cohen, J.D.

Vice President, Eli Lilly and Company



Claire Sheahan, M.Sc.

President and CEO,
Alliance for Health Policy
Moderator



Tim Lash, MBA, B.S.

President, Gary and Mary West Foundation, West Health Institute, West Health Policy Center



Krischa Winright, MBA

President, Medicare Advantage, Blue Cross Blue Shield of Michigan

LUNCH

WiFi Username: kff
Password: kff<3dogs

After lunch, we move from insight to action (plus a fun movement break)!

Evaluation Survey





Alison Jones, MPH
*Director of Program Strategy and
Management*
Alliance for Health Policy

Autonomy and Aging Policy: Leveraging Behavioral Economics to Empower Early Decisions

2025 Signature Series Summit

Autonomy and Aging Policy: Leveraging Behavioral Economics to Empower Early Decisions

Moderator & Panelists



David Grabowski, Ph.D.

Professor of Health Care Policy,
Harvard Medical School
Moderator



Joseph Antos, Ph.D., M.A.

Senior Fellow Emeritus,
American Enterprise Institute



Aparna Mathur, Ph.D.

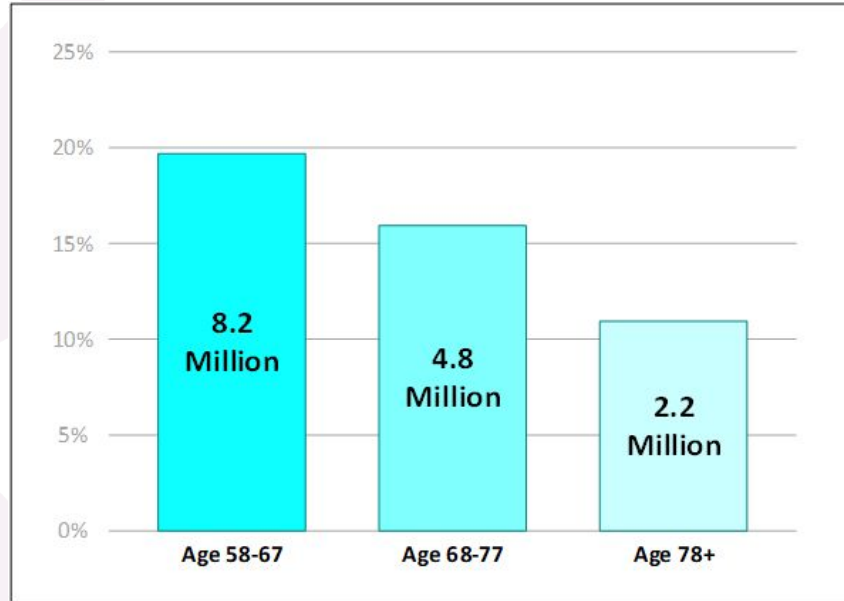
Senior Manager, Economic
Policy, Amazon



Sara Zeff Geber, Ph.D., M.A.

Speaker, Author, and
Consultant, LifeEncore

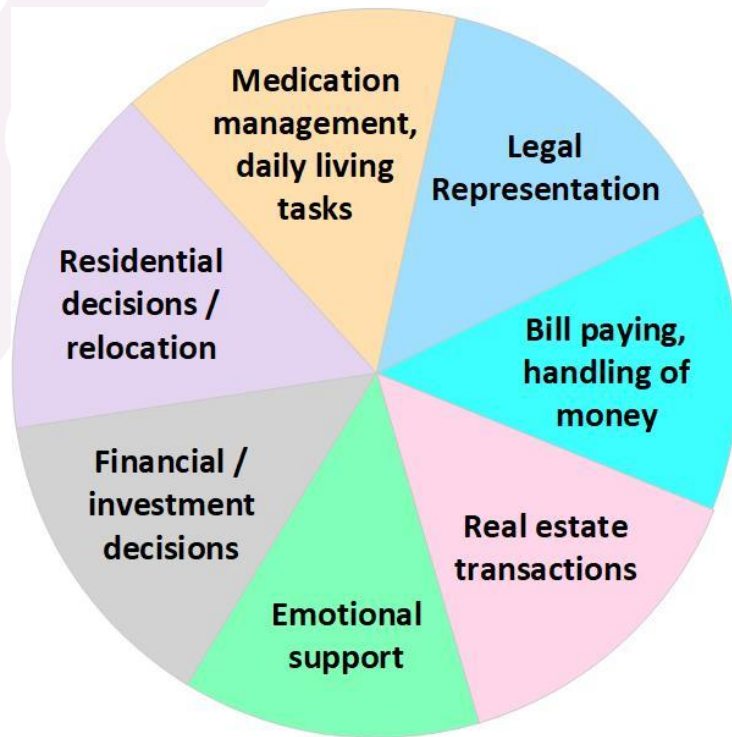
How Many Childless Older Adults Are There?



U.S. Census Bureau, Current Population Reports, Childless Older Americans: 2018,



Adult Children Typically Provide Help With...



Autonomy and Aging Policy: Leveraging Behavioral Economics to Empower Early Decisions

Moderator & Panelists



David Grabowski, Ph.D.

Professor of Health Care Policy,
Harvard Medical School
Moderator



Joseph Antos, Ph.D., M.A.

Senior Fellow Emeritus,
American Enterprise Institute



Aparna Mathur, Ph.D.

Senior Manager, Economic
Policy, Amazon



Sara Zeff Geber, Ph.D., M.A.

Speaker, Author, and
Consultant, LifeEncore

Move to Thrive: Energizing Movement Break



Kelley Vargo, M.S., MPH, MBA
Founder
The Health Investor

Move to Thrive: Energizing Movement Break

A Mini Wellness Investment for Busy Policy
Leaders

Kelley Vargo, MS, MPH,
MBA



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It's Me: Kelley

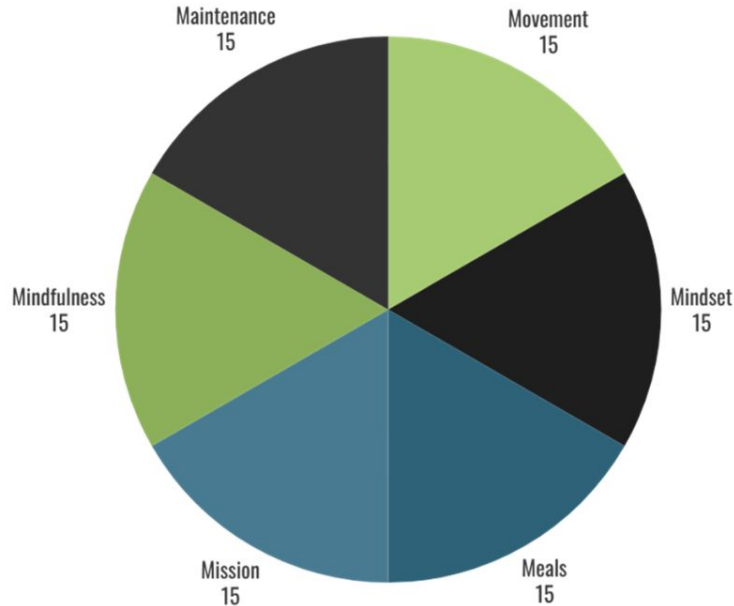
Health Coach
Professor
Founder of The H401K
Framework

Helping busy professionals invest
in their greatest asset:
their health.



The H401K Framework

My signature health framework includes six wellness pillars for sustainable habits that compound over time: just like smart investing.



5 Minutes Standing Exercises:

No equipment needed. Choose what feels good today!

- Lateral Leg Raise (L/R)
- Raise the Roof
- Reverse Leg Raise (L/R)
- Bent Over Flies
- Standing Hamstring
- Shoulder Shrug
- Standing Calve Raises
- Shoulder Retraction
- Triceps Extensions
- Bicep Curls



Set your timer for five minutes and choose five exercises each to be completed for a minute or ten exercises to be completed for 30 seconds.

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5 Minutes Chair Exercises:

No equipment needed. Choose what feels good today!

- Leg Extension
- Lateral Raise
- Seated Glute Squeeze
- Front Raise
- Calve Raises
- Shoulder Press
- Sit To Stand
- Shoulder Retraction
- Abdominal Accordions
- Bicycle Abs



Set your timer for five minutes and choose five exercises each to be completed for a minute or ten exercises to be completed for 30 seconds.

kelley

the health investor

Keep Moving, Keep Investing!

Our health behaviors accrue like compound interest:
invest 1% in your health and wellness every day!
Thank you!

Kelley Vargo

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kelley
the health investor



The Future of Aging: Bright Spots in Policy and Practice

2025 Signature Series Summit

The Future of Aging: Bright Spots in Policy and Practice

Moderator & Panelists



Robert Espinoza, B.A., B.S., MPA
Distinguished Fellow & Senior
Advisor
National Academy of Social
Insurance | *Moderator*



Jason Resendez, B.A.
President & CEO
National Alliance for Caregiving



Diane Ty, MBA, M.A.
Managing Director, Future of Aging,
Milken Institute



Arielle Galinsky, B.S.
Chief Executive Officer and
Co-Founder, The Legacy Project,
Inc.

Closing Remarks



Claire Sheahan, M.Sc.
President & CEO
Alliance for Health Policy

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**Join the Early Registration
List for the Upcoming
Signature Series on Aging
Congressional Briefing!**





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Health Care Payment: Where We Are, Where We Are Going

Stay informed:



THANK YOU

Evaluation Survey

