

#### February 2, 2024

#### **ASA Chicagoland Roundtable**

#### Moving the Needle: Engaging Multiple Sectors to Improve Aging & Equity in Illinois

#### About ASA Chicagoland Roundtable

The <u>American Society on Aging</u> Chicagoland Regional Roundtable brings together Chicago area professionals in aging every other month to learn about important topics related to aging

- Organized by volunteer committee of local leaders
- Hosted by RUSH's Center for Excellence in Aging

Sign up for our ASA's Chicagoland Regional Roundtable listserv at <u>https://bit.ly/3KPGdhi</u>

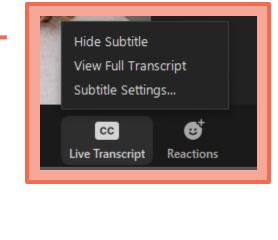
View past sessions at <a href="https://aging.rush.edu/policy/asa-chicagoland/">https://aging.rush.edu/policy/asa-chicagoland/</a>

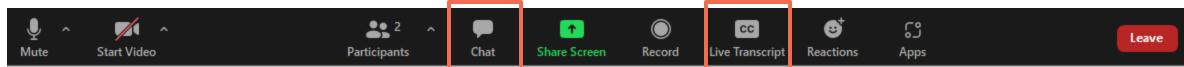
#### Logistics

Submit your questions into the chat box as we go

Slides and a recording will be shared with registrants

**Closed captioning available** 





#### Today's session

#### • The imperative for us to collectively focus on aging and equity in Illinois

Philippe Largent, State Director, AARP Illinois

#### Illinois developments

- Brad Winick, Consultant with Planning/Aging, discussing the Aging in a Changing Region initiative with Metropolitan Mayor's Caucus
- Wesley Epplin, Policy Director with Health & Medicine Policy Research Group, discussing its campaign to organize for an Illinois Strategic Action Plan for Aging Equity

#### National perspectives

- Amy Herr, Director of Health Policy, West Health Policy Center
- Emily Hinsey, Director of Programs, Grantmakers in Aging
- Sandy Markwood, CEO, USAging
- Moderated discussion





#### ASA, Moving the Needle: Engaging Multiple Sectors to Improve Aging & Equity in Illinois

2024

Visit Our Website aarp.org/il





AARP is dedicated to enhancing the quality of life for all as we age. We lead positive social change and deliver value to members through advocacy, service, and information to make things better for society and play a positive role in communities of all kinds. AARP's public policies serve as the foundation of our work to fight for people 50-plus and help them choose how they live and age.







#### Illinois' Family Caregivers Need Support



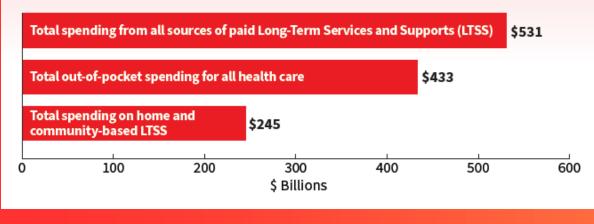
## **AARP**°

#### Valuing the Invaluable 2023

March 2023

In 2021, about 38 million Americans spent 36 billion hours caring for adults with chronic, disabling, or serious health conditions. The estimated economic value of this care is **\$600 billion.** 

#### Estimated value of caregiving relative to other spending.



#### 60% of caregivers juggle work and care.

- 60% of caregivers worked a full-time or part-time job.
- 40% of caregivers cite the emotional stress of juggling caregiving with paid work as biggest challenge.
- Career disruptions and breaks due to caregiving can lead to substantial economic risk and even long-term financial struggles for caregivers.

Source: Susan C. Reinhard, Selena Caldera, Ari Houser, Rita B. Choula,

www.aarp.org/valuing Valuing the Invaluable: 2023 Update Strengthening Supports for Family Caregivers. Washington, DC: AARP Public Policy Institute. March 2023. https://doi.org/10.26419/ppi.00082.008

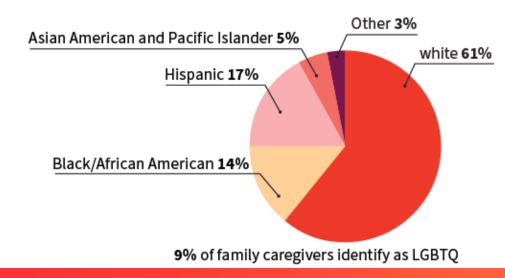
#### Diverse caregivers have distinct care experiences.

 Black/African American and Hispanic/Latino caregivers are more often involved in high-intensity caregiving.



 Black/African American caregivers often receive no paid or unpaid caregiving help.

- Hispanic/Latino caregivers are more often younger and caring for children, too.
- Asian American caregivers report feelings of having **no choice** in providing care.
- LGBTQ caregivers more often experience high financial strain, feelings of isolation, & high emotional stress tied to their role.



#### Today's family caregivers are diverse.

## Sandwich Generation Caregivers face dual-generation care demands.

- Caring for *both* an older family member or friend and children or grandchildren results in a higher level of **emotional & financial strain.**
- 30% of all caregivers are caring for two generations.
- They increasingly include Gen Z and millennial caregivers.
- They are often balancing work with caregiving.



Source: Susan C. Reinhard, Selena Caldera, Ari Houser, Rita B. Choula,

www.aarp.org/valuing Valuing the Invaluable: 2023 Update Strengthening Supports for Family Caregivers. Washington, DC: AARP Public Policy Institute. March 2023. https://doi.org/10.26419/ppi.00082.008

#### Learn more about AARP Illinois Pathways to Care





## Scan to register for the organizational briefing.

Join AARP IL for a one-hour briefing on their newly released 2024 Pathways to Care study, which sheds light on the trials and experiences of family caregivers in Illinois and presents policy suggestions aimed at elevating the care quality for caregivers and their family members.



Friday, February 16, 2024 11:00 am - 12:00 pm CT Zoom meeting

### The Aging in a Changing Region (*AiaCR*) Program — 2021 through 2023:

Helping municipalities develop/elevate their Aging-in-Community strategies

ASA Roundtable – February 2, 2024 Brad Winick – Planning/Aging

#### About Me

- A certified city planner I spent decades leading large physical & strategic community/downtown/open space/waterfront plans
- In 2012, I decided to focus on the intersection between community planning & the aging population >>> Aging-in-Community
- Since then I've done consulting, teaching, publishing & advocating on Aging-in-Community
- My physical & built environment perspective makes me atypical within the aging network – but I would like to think that it adds value

## The History of AiaCR





- 2012 2020: Regional advocacy & coalition-building efforts
- 2020: Grant proposal development (Metropolitan Mayors Caucus, Chicago Metropolitan Agency for Planning (CMAP)\*, and Planning/Aging)
- 2020: Funding award by RRF Foundation for Aging
- 2021 2023: Program execution (3 Cohorts of 5-6 municipalities per year at no cost to the municipalities)

\* CMAP dropped out as a program partner after 2021

## AiaCR Cohort Municipalities

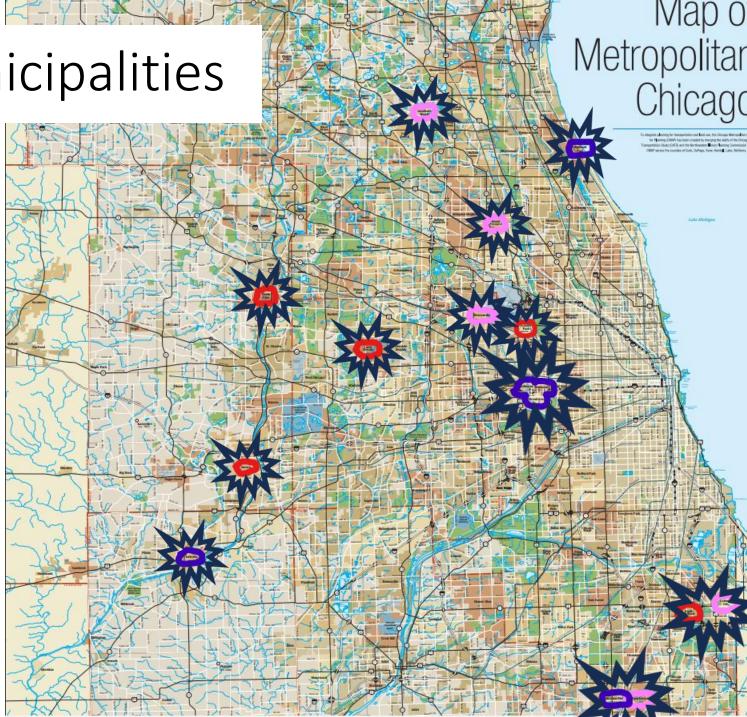
- Lake County -- 2
- DuPage County -- 3
- Kane County -- 2
- Kendall County -- 2
- Will County -- 2
- Cook County (NW, W & S) 9

(some munis. are in 2 or more counties)

2021 Cohort municipality

2022 Cohort municipality

2023 Cohort municipality



## The AiaCR Cohort Municipalities are Very Diverse in Many Ways

- The 16 AiaCR municipalities ranged in population from ~9,000 (*Hawthorn Woods*) to ~180,000 (*Aurora*)
- The AiaCR municipalities included inner ring suburbs, outer ring suburbs, and exurban communities
- 63% of the 16 AiaCR municipalities had median household incomes below the CMAP regional median household income, while 37% were above it
- In 8 of the AiaCR municipalities, the highest % race was Black, in 6 it was White, and in 2 it was LatinX
- >3/4 of the AiaCR municipalities self-described as being new or early to addressing aging issues, while only a few self-described as being advanced

#### Varied & Multi-sectoral Core Teams

- Core Team leadership & composition exemplified a multi-sectoral approach to Aging-in-Community. Core Team participants came from:
  - Community Development/Planning departments
  - Park & Recreation/Sustainability departments or districts
  - Community Relations departments
  - Police Department Social Services divisions
  - Village administration (including some Mayors)
  - Human Services departments & Diversity/Equity/Inclusion offices
  - Senior & Disability Services departments/Senior Centers
  - Senior Commission resident leaders
  - Aging network stakeholder organizations
  - Library administration

#### The AiaCR Process

#### Core Team planning

Community Engagement (2 Workshops & Resident Surveys)

## Strategic Guide development







#### Typical Strategic Recommendations

- <u>Social/Services Environment Recommendations</u>
  - Take a "whole-of-government/community" approach to Aging-in-Community
  - > Partner better with (& in some cases <u>meet</u>) the local aging network
  - Establish an Aging-in-Community Commission
- <u>Communication Environment Recommendations</u>
  - > Amplify the municipality's commitment to Aging-in-Community
  - Better coordinate & communicate existing programs & services
  - Establish an Aging-in-Community information resource center
- <u>Physical Environment Recommendations</u>
  - > Expand the range of affordable & appropriate housing options
  - > Revise/update Comprehensive Plans, Zoning & other ordinances as needed
  - > Inventory & augment walkability & informal gathering places for older adults

#### Key Lessons Learned

- 1) Expand the Aging-in-Community (A-i-C) tent: Don't limit A-i-C support to municipalities who find their way to existing programs
- 2) <u>Residents in all municipalities are rather similar re: A-i-C</u>: They each focus on their middle population cohorts, are very concerned about housing & transportation, and are under/ill-informed re: supports
- 3) <u>Help build municipal A-i-C capacity</u>: Most municipalities lack adequate staff or resident capacity to build & run new A-i-C efforts
- 4) Narrow the municipality/aging network chasm: Most municipalities are rather unfamiliar with the aging network & existing supports. (How familiar are you with municipal zoning & infrastructure issues?)

## Notable Regional & State Aging-in-Community Programs

Location	Program	Key Partners	Program Main Features
Maine	Lifelong Maine	UMaine Center on Aging, Maine AARP, Community Foundation, AmeriCorps	Staff provides technical support for Maine's AARP-designated & non-AARP Age-Friendly Communities
<b>New Jersey</b> (primarily Northern NJ)	Age-Friendly North Jersey; Rutgers Hub for Aging Collaboration	Rutgers School of Social Work, The Henry and Marilyn Taub Foundation, Grotto Fund for Older Adults	Staff does research, publishes, and provides technical assistance & evaluation of age-friendly programs
Connecticut	Connecticut Age Well Collaborative	State departments, local foundations, and Connecticut Community Care	Staff provides training, resource guides, engagement, awards, and technical assistance to communities
Kansas City (KS & MO) region	Communities for All Ages	Mid-America Regional Council (similar to CMAP but co-offices with their AAA), national, state & local foundations	Staff provides workshops, resources and information, and manages a community recognition program
<b>Portland, OR</b> region	Age-Friendly Portland & Multnomah County	Portland State University's Institute on Aging, local governments & advocacy organizations, Oregon AARP	Since 2006, staff has provided research, assessment, resources & planning services
California	Master Plan for Aging	State departments, \$4.5M in state funding over 3 years to support the effort; West Health Institute	Staff has awarded ~\$200K each to 21 local governments & organizations to develop local action plans

## How was AiaCR different from these Notable Regional & State Programs?

- The AiaCR program was a standalone effort rather than being embedded in an ongoing, staffed backbone aging network organization
- The AiaCR program was founded without many key local or state institutional partners, university partners, or AARP support
- The AiaCR program received temporary funding from its onset

#### What's Next?

- It is uncertain at present, as the AiaCR program no longer has funding
- Future steps could include:
  - > Working with additional municipal cohorts
  - > Establishing a municipal Aging-in-Community training academy
  - > Evaluating AiaCR's impacts upon the 2021-2023 Cohort municipalities
- Integrating municipal Aging-in-Community efforts into a potential future State Plan

#### For More Information

More information *(including the Strategic Guides)* is on MMC's AiaCR webpage: <u>Aging in a Changing Region - Mayors Caucus</u>

> Planning/Aging Helping communities plan for an aging population

Brad Winick, AICP, LEED AP Consultant/Catalyst/Dot Connector

1143 S. Plymouth Court – #111 Chicago, IL 60605

312.533.0410

planning.aging@gmail.com

You can easily reach me at: planning.aging@gmail.com

Illinois Aging Together

A Statewide Movement for Aging Equity

A campaign of

Wesley Epplin, MPH Policy Director February 2, 2024



## About Health & Medicine

**Mission**: Build power and momentum for social justice and health equity in Illinois.

**Vision:** A society free of social and health inequities so that all people can attain their full potential.

Learn more at: www.hmprg.org



#### Margie Schaps, MPH Executive Director

Wesley Epplin, MPH Policy Director

Ali Medina Health and Aging Organizer Health & Medicine Staff for the Aging Equity Center

#### Aging Equity Center Committee

Michael Gelder Sara Lindholm Phyllis Mitzen Robyn Golden John Holton Julie Bobitt Carol Aronson Tom Wilson Bonnie Ewald

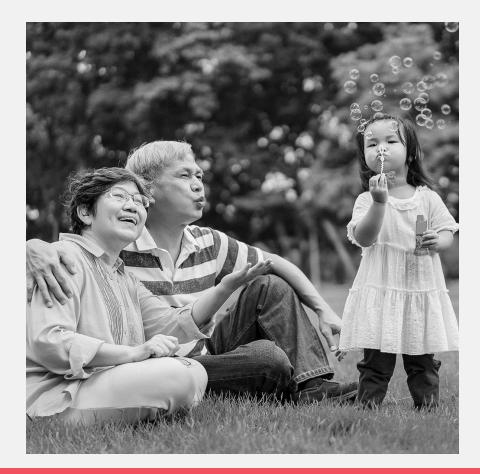
## We're all aging, all the time.

# **Illinois Aging** Together

We envision a society in which we can all live and age well throughout life.







The aging of our population is the most predominant demographic change both today and for the foreseeable future

## Illinois Aging Together Campaign Goals:

- 1. Develop and advance a coordinated policy agenda for aging equity
- Advance legislation or an executive order requiring Illinois state government to develop and adopt a strategic action plan for aging equity
- 3. Reframe aging in positive terms of value, meaning, and purpose
- 4. Align with and show solidarity with justice movements



The need for a **Strategic Action Plan for Aging** Equity-a multisector plan for aging

What is a multi-sector plan for aging / strategic action plan for aging equity?

A multi-sector plan for aging is a blueprint that:

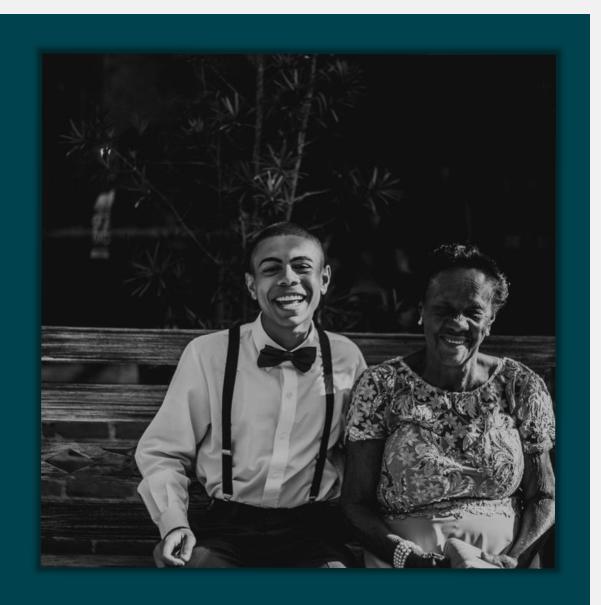
- includes planning for 10 or more years;
- is generally led by a governor with other executive and legislative leaders;
- is developed to guide restructuring of state and local policy, programs, and funding geared toward aging well in the community. (SCAN Foundation)

In Illinois, we've been calling our proposed multisector plan for aging a *Strategic Action Plan for Aging Equity* 

# We are all aging











# A life course perspective is necessary when considering aging

























Aging equity requires justice for all people across the entire life course

### Current Status of Our Campaign

- •We currently have the Aging Equity Act (HB1237 and SB 2032) in the general assembly
- •We are in active conversation with the Governor's Office about a potential executive order
- •Continued need to build and grow the aging equity movement
- •Hope to engage many people in a planning process to make sure it leads to measurable improvements in people's lives



#### Successes

- Currently have about 165 organizational supporters
- Engage across sectors; about half of our supporters are from sectors other than aging
- Have rallied a large amount of support
   160+ positive witness slips
- •Continue deep engagement, including equity-focused roundtables in 2023
- •Now are in more active conversation with the Governor's Office



#### Challenges & Opportunities

 Aging can seem amorphous, and so can planning

•State government already has a lot to do and limited resources

 Keeping supporters engaged is paramount

 Building a movement takes time—and funding

#### Thank you to the RRF Foundation for Aging!



# Oh, one more thing...

Go to: www.lllinoisAgingTogether.org now to sign on your support!

#### **Questions & Discussion:**

For more information, please contact:

Margie Schaps, Executive Director <u>mschaps@hmprg.org</u>

Wesley Epplin, Policy Director wepplin@hmprg.org

Alizandra Medina, Health and Aging Organizer amedina@hmprg.org

# Illinois Aging Together

A STATEWIDE MOVEMENT FOR AGING EQUITY

Illinois Aging Together

A Statewide Movement for Aging Equity

A campaign of



# What are Other States Doing?

Amy Herr, West Health ASA Chicagoland Roundtable 2/2/24







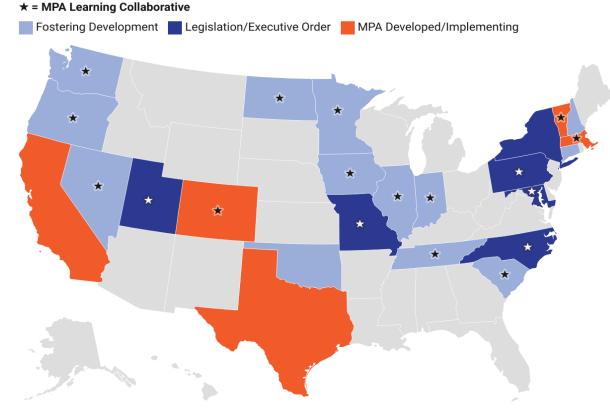
#### What is an MPA? 5 things to know

- 1. An MPA is a **10+ year blueprint** for restructuring state and local policies to meet the needs of older-adult populations
- 2. MPAs work **cross-sector** to create a coordinated system of high-quality care that addresses areas such as health care, housing, transportation, workforce, and more
- 3. MPA development involves collaboration and input from **diverse stakeholders**, including consumers, providers, philanthropy, community-based organizations, academics, social service agencies, etc.
- 4. An MPA is NOT a document that lives on a shelf; it is designed to be **updated and refreshed** regularly
- 5. MPAs are not just about older adults, they are plans that promote healthy aging across the lifespan!



#### **MPA Activity Across the Country**

#### **MPA Activity Across States**



Created with Datawrapper

#### As of January, 2024

#### **5 states have MPAs**

# **11 states** have Executive Orders or Legislation for their MPAs

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#### **California Funding Partnership**

- In 2019, a group of California foundations established a joint fund and have provided \$3.1 million in contributions to support MPA initiation and implementation over the last four years.
- Through an MOU between the funders and the California Health and Human Services Agency, the joint fund has paid for consultant contracts to execute functions such as project management, facilitation, convenings, writing, policy and program analysis and technical assistance, and stakeholder engagement.
- This funders group includes Archstone Foundation, the Gary and Mary West Foundation, Metta Fund, the May and Stanley Smith Charitable Trust, and The SCAN Foundation, the Rosalinde and Arthur Gilbert Foundation and the San Diego Foundation



#### What Funders are Doing

Multisector Plans for Aging: Important Roles and Opportunities for Funders highlights fundamentals of the MPA movement and examples of funder involvement

- Supporting polling efforts: polling can quantify public demand for an MPA and paid and earned media, as well as foundations' own communications, can amplify the message to elected officials
   2018 We Stand With Seniors... Will you? Campaign
- Data collection and analysis: ongoing collection and analysis of data can help evaluate MPA success, facilitate accountability, inform the direction of a regularly evolving plan, and cultivate partnerships between government and academic institutions.
   CA and TN data dashboards
- Lifting up and scaling promising practices: The MPA process presents an opportunity to scale up and even customize age-friendly projects that funders have supported over time.
   Age Friendly Health Care Package
- Supporting the spread of MPAs across the nation: CHCS Learning Collaborative for states at different stages of MPA development and implementation





#### **National MPA Efforts**

- The Strategic Plan for Aging Act (to be introduced soon!)
  - Creates a grant program under the Older Americans Act (OAA) to incentivize and support states to create their own MPAs.
  - There will be up to 65 grants awarded in a 5-year span that could be up to \$500,000
- Interagency Coordinating Committee on Healthy Aging and Age-Friendly Communities
  - Spearheaded by ACL; includes HHS and 6 other federal agencies (for now)
  - Charged with creating a strategic framework for a national plan on aging
  - Currently meeting and seeking input from older adults and stakeholders





#### How to keep up with MPA updates?







#### The Role of Funders and Opportunities for Investment



February 2, 2024

# - Who We Are and Our Mission

Grantmakers In Aging is a community of funders mobilizing money and ideas to strengthen policies, programs, and resources for all of us as we age.





### - Vision

A just and inclusive world where *all* people are fully valued, recognized, and engaged at *all* ages.

We see diversity, equity, and inclusion as core philanthropic values.







The Multisector Plans for Aging Funders Community includes funders who are grantmaking or exploring opportunities to support Multisector Plans for Aging in their state. Launched in 2022 and facilitated by GIA, the Community works to:

- Increase awareness and understanding of Multisector Plans for Aging among the GIA network and the broader philanthropic community.
- Create a formal community of practice to share information, strategies, and solutions related to Multisector Plans.
- Cultivate relationships with new funders engaged through Multisector Plan efforts to expand and strengthen the GIA network and forge strategic partnerships across sectors.





## **Funders Community**





#### The HENRY & MARILYN TAUB Foundation











## The "Why" for Funders

- Elevate aging within public discourse and amplify the voices of older people
- Influence policies and funding mechanisms across sectors
- Public-private programmatic and funding partnerships at the highest level of state government
- Leverage funding streams from outside of aging to benefit people as they age
- Build on investments in Age-friendly and Dementiafriendly communities, caregiving, Reframing Aging, public health, digital equity, housing, and social isolation.



# Roles for Funders

- Support and Amplify Advocacy
- Fund and Facilitate Consumer and Stakeholder Engagement
- Advance Equity and Accountability through Data Collection
- Lift Up and Scale Promising Practices
- Promote Public-Private Partnerships



# **Opportunity: Support and Amplify Advocacy**

Illinois Aging Together

A Statewide Movement for Aging Equity

#### Health & Medicine POLICY RESEARCH GROUP

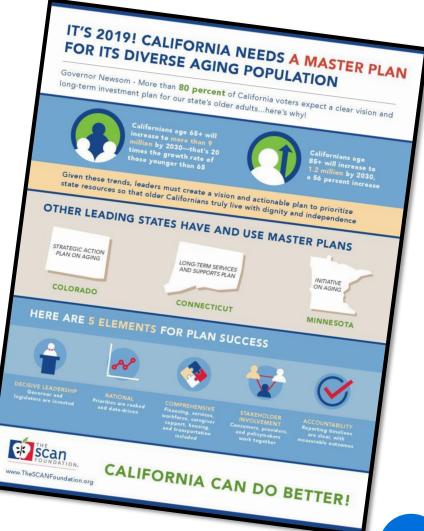
40 years advancing health equity





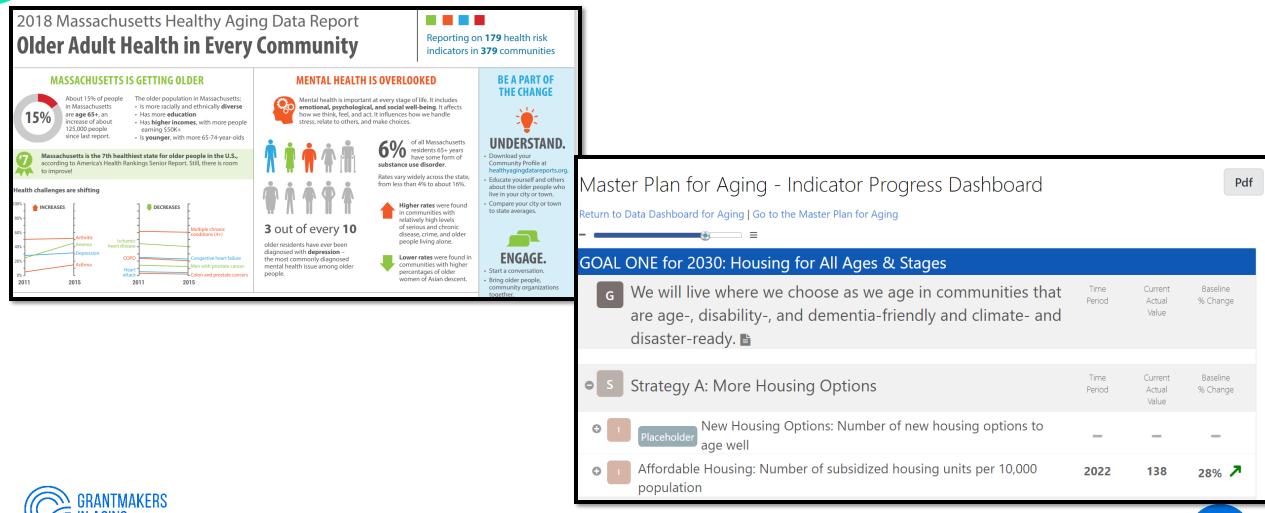
## **Opportunity: Fund and Facilitate Consumer and Stakeholder Engagement**







## Opportunity: Advance Equity and Accountability through Data



### **Opportunity: Lift up and Scale Promising Practices**





### **Opportunity: Promote Public-Private Partnerships**

#### Creating a Multisector Plan for Aging in Tennessee

A Symposium for professionals and policy makers who want to enhance our State's capacity to support aging Tennesseans, their families, and their caregivers

> **Friday, May 12** 9:00 a.m. – 1:00 p.m.

Sponsored by The West End Home Foundation and AARP Tennessee Lipscomb University, George Shinn Event Center 3906 Belmont Blvd, Nashville

#### California Foundation Leaders Congratulate Gov. Newsom on the State's Release of the Master Plan for Aging

**SACRAMENTO, Calif., January 6, 2021** – Leaders from eight California foundations applaud Governor Gavin Newsom's release of the <u>Master Plan for Aging</u> (Master Plan), outlining a visionary, 10-year blueprint that seeks to build an equitable California where everyone has the opportunity to age with dignity and independence in the place that they call home. With California's rapidly aging population, the Master Plan delivers a comprehensive framework for public and private entities at the state, regional, and local levels to address system issues and transform services across health care, housing, community supports, and transportation, among others.

Philanthropic partnership was essential to support the Master Plan's timely development and release, particularly in the midst of the COVID-19 crisis facing California. These eight contributing foundations lauded the governor's leadership and expressed their support for the plan's release. Below are statements from the leadership representing the founding partners in 2019, as well as those that joined the effort in 2020.



# - Funder Engagement Opportunities

**Funder Networking Session on MPAs at the ASA Conference** Tuesday, March 26, 2024; 3:00 – 4:00 PM Pacific Time

NCOA Age + Action Conference May 6-8, 2024 Washington, DC

**Grantmakers In Aging Annual Conference** October 15 – 18, 2024 Detroit, MI



Emily B. Hinsey Director of Programs ehinsey@giaging.org



# USAGING The Role of the Aging Network in Multi-Sector Aging Plans

Sandy Markwood

2.1.24

#### From the Aging Network's Different Ways to Approach Multi-Sector Plans:

Planning for an Aging Population
Planning for a Lifetime/Longevity





# **State Plans on Aging**



• It is the intent of AoA that States incorporate into the State Plan as many of their activities related to aging as possible, regardless of funding source. The plan should serve as a valuable tool for planning/tracking all efforts on behalf of older adults.



#### All AAAs play a key role in:

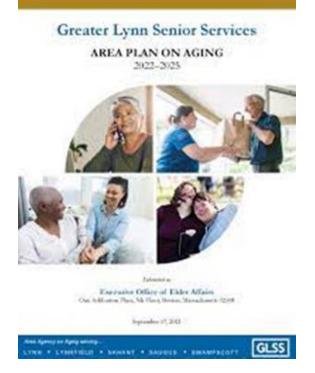


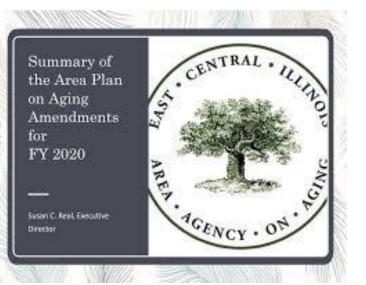
#### A WIDE RANGE OF LONG-TERM SERVICES AND SUPPORTS

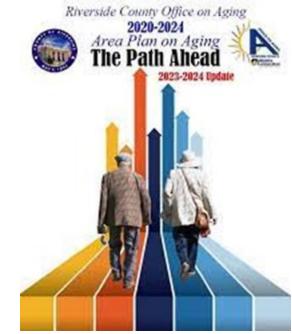
to consumers in their local planning and service area (PSA)



#### **AAA Area Plans**









# Leadership Roles for the Aging Network in MPAs

- State Units on Aging- Lead or Co- Lead Administrative Coordinator, Lead Facilitator
- Area Agencies on Aging- Key Lead in Stakeholder Groups, Coordinator and Tracking Community Engagement/Listening Sessions, Representation of Historical and Practical Perspective, Ensuring Voice of Older Adults and Caregivers is at the Table
- Aging Service Providers- Stakeholder Group On-theground Service Perspective, Front-facing with Consumers/Caregivers



#### Why the Aging Network's Role is Important

- Ensure Coordination, Alignment and Build Momentum of the MPA with the State and AAA Area Plans
- Build on the Existing Aging Partnership Base as well as Creating Synergy with New Partners from Other Sectors
- Promote Coordination and Collaboration Across Organizations/Agencies vs. Duplication or Competition
- Involvement in Implementation- Going from and Tracking Goals, Objectives into Action
- Ensure Sustainability of Efforts Over Time

#### **US**Aging

### Multi-Sector Plans- Aging Network Engagement to Date



#### MASTER PLAN FOR AGING

"We honor the older members of our communities who enrich our lives, and provide incredible contributions as mentors, workers, entrepreneurs, volunteers, caretakers, and leaders."

Marker Plas for Aging Chart, Deputy Commissioner Office of Aging and Long Testin Care



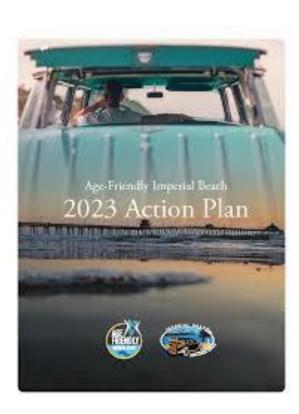


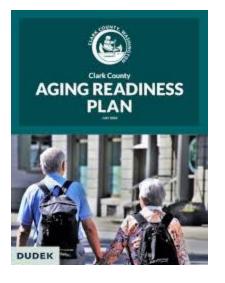






#### Moving from State Multi-Sector Plans to Local Plans





Age Forward a framework for an Age-Friendly County of Marin January 2020





## **Implementation and Sustainability are Key**





#### Sustainability

[sa-,stā-na-'bi-la-tē]

The ability to maintain or support a process continuously over time.

Cinvestopedia



Seizing the Moment-Why Planning is Important Now

#### A look at the next 10 years

- 2024 Reauthorization of the Older Americans Act
- 2025 White House Conference on Aging???
- 2030 All Baby Boomers Will be 65 or Older
- 2031 Medicare Trust Fund Unable to Pay Full Benefits
- 2034 More Older Adults than Children Under 18



## A lot of Older Adults are Counting On Us!



Since 2000, Illinois' older population (60 years of age and older) has grown from 1.9 million to 2.8 million. It now represents 22% of the population in Illinois.

By 2030, it is estimated that the 60 years of age and older population will increase to 3.6 million and will represent 25% of Illinois' population.

**US**Aging

#### Sandy Markwood, Chief Executive Officer

smarkwood@usaging.org

1100 New Jersey Ave, SE, Suite 350 Washington, DC 20003 202.872.0888 www.facebook.com/theUSAging www.twitter.com/theUSAging





Moving the Needle: Engaging Multiple Sectors to Improve Aging & Equity in Illinois

### **Questions & discussion**

Moderated by Philippe Largent

#### Thank you!

Please share any announcements in the chat

View recordings from recent sessions at <a href="https://aging.rush.edu/policy/asa-chicagoland/">https://aging.rush.edu/policy/asa-chicagoland/</a>

#### Please join us for our upcoming Roundtable

- Friday April 5, 2024, 8:30-10:30am
- $\circ\,$  Registration / details will be shared in March via ASA listserv
  - Rush team will also share registration details in follow-up from today's event