

# Kerry Thomas

Kerry Thomas is the Executive Director of Lifespan Resources, Inc. and leads **Lifespan IG**, an intergenerational program that pairs university students with older adults who are aging in place at home - either by choice or due to mobility limitations. Under Kerry's leadership, Lifespan IG helps bridge the generation gap between young adults and older adults via shared stories and educational classes in a virtual classroom setting. The program's mission is to create mutual intergenerational connections and help mitigate social isolation.



Prior to her role as Executive Director, Kerry served on the Board of Directors for Lifespan Resources, and as an instructor for Lifespan Academy. She also independently led an intergenerational virtual meeting program that paired high school students with nursing home residents for mutual social and relationship benefits.

Kerry is a Gerontologist and has earned Coaching certifications from *The International Coaching Federation (ICF)*, and *Presence-Based and Purpose Coaching*. As the founder of **AgeSmart Strategies, LLC**, Kerry combines her knowledge of positive aging through resilience and purpose with acquired coaching techniques to help individuals and groups create strategies for maintaining meaningful and purposeful lives.

Additionally, Kerry focused much of her gerontological research on the impact that an aging workforce will have on U.S. businesses and older workers in coming years. Ten thousand people turn 65 every day and many are working past the traditional retirement age, either by choice or need. Relative to this topic, she has served as a guest lecturer at Georgia State University and as a speaker for the Southern Gerontological Society and the International Council on Active Aging (ICAA).

Kerry holds a Master of Arts degree in Gerontology from Georgia State University and a Bachelor of Arts degree in Journalism from the University of Wisconsin-Madison. She resides with her husband, Joe, in Atlanta, Georgia, and has two grown children. In her personal time, Kerry volunteers as a Board of Director, and Chair of Pastoral Care for her local church. She enjoys hiking, spending time with friends, and helping older adults capture their life stories as family keepsakes.