



Updates from Kathy

Greetings all! Now that [Age-Friendly Sarasota](#) has officially launched, efforts are underway for greater involvement throughout our community which appropriately aligns with our featured "Domain of Livability" this issue, [civic engagement](#).

In this newsletter, we look forward to sharing information about civic engagement both nationally and locally. Age-friendly communities recognize the importance of civic engagement among its citizens as we harness the "power of US."

Throughout the nation, our treasured libraries serve to educate and engage us on a variety of civic concerns. Our Age-Friendly Sarasota surveys will be available beginning the week of July 13 at all nine of our Sarasota County library locations (both hard copies and online) so residents age 50 and older can provide important feedback about their degree of civic engagement and future desires on this important domain. Please visit your local [Sarasota County library](#) and share your age-friendly assets and aspirations with us by completing the survey!

We look forward to having you join our efforts so that we can advance civic engagement throughout our community!

~ [Kathy Black](#), Age-Friendly Sarasota Initiative Consultant



Age-Friendly Innovation

Domain Spotlight: Civic Engagement

Civic engagement refers to the ways in which citizens participate in the life of a community in order to improve conditions for others or to help shape the community's future. Such efforts can include engagement on the macro (i.e. broader) level with local government and community visioning and planning, etc.; and on the micro (i.e. individual) level with neighborliness, civility and volunteering. And here's the good news: Civic engagement among persons age 50 and older appears to be on the rise! In fact, it is more apt to describe [civic engagement as a new paradigm or social movement](#).

Several national efforts are leading civic engagement work among boomers and beyond throughout the nation.

ENCORE: Championed by [Marc Freedman](#), [Encore](#) is leveraging the skills and talents of experienced adults to solve social problems in midlife and beyond. It includes legions of people in or aspiring to transition to their encores, the people and organizations working to enable encores for others, and the social purpose organizations tapping encore talent.

ENCORE TAMPA BAY: Social impact or social purpose addresses a social issue such as health, education or protecting the environment. Of particular interest is work that improves the lives of young people and the prospects of future generations. In fact, combining or aligning civic engagement efforts that address multiple issues is referred to as "economies of scale"- and there are numerous ways to accomplish such efforts ourselves! For more information, contact [Encore-Tampa Bay](#).

AARP: Many communities throughout the global network of age-friendly communities have joined forces with **AARP**, a nonprofit, nonpartisan membership organization that helps people 50 and over improve the quality of their lives. Throughout the nation, AARP has promoted multiple volunteer opportunities. [Click here](#) for Volunteer news and [here](#) for volunteer opportunities.

EXPERIENCE CORPS: [Experience Corps](#), one of AARP's newer associations, represents an exemplar "economy of scale" benefiting our nations' children. The 2,000 Experience Corps members tutor and mentor in 23 cities across the country, providing literacy coaching, homework help, consistent role models and committed, caring attention.

Celebrating Age-Friendly Sarasota

Domain Spotlight: Civic Engagement

Civic engagement represented an overarching theme identified in the [Aging with Dignity and Independence \(ADI\) Initiative](#) conducted jointly with [THE SCOPES](#) and [USFSM](#) in 2010. The ADI project engaged more than 500 residents and revealed civic engagement as a "new paradigm" of social capital as older adults were found to be of great service to their peers in multiple areas of community life.

There were several local implications from the ADI findings specific to civic engagement. Most prominently, Sarasota County Library staff received mandated trainings about the work in order to better understand, serve and engage their patrons. Other organizations used the findings as a template to assess the degree to which they met the interests of their residents and clients.



Did You Know...

- Voting is the top civic engagement activity among mid-life and older adults.
- Education level, household income and perceptions of influence are key predictors of community engagement.

Source: *Civic engagement among mid-life and older adults warp 1012*

- Volunteering among older adults is associated with better mental and physical health.
- Just a minimum commitment of one-two hours weekly is the "volunteering threshold" upon which health benefits are accrued.

Source: *Corporation for National & Community Service. The Health Benefits of Volunteering, 2007*



Provide feedback on your civic engagement. Take our survey!

You can access our survey by clicking [here](#) or visiting the [Age-Friendly Sarasota website](#).

Please be sure to click "DONE" at the end! The survey will take at least 20-30 minutes or more - so please allot enough time.

The survey (hard copies and online) will also be available at [Sarasota County Libraries](#) starting the week of July 13.

Website: Visit [agefriendly Sarasota.org](#) frequently to stay up-to-date on our efforts.

Social Media: Follow Age-Friendly Sarasota on [Facebook](#).

Join the global age-friendly conversation on Twitter using [#AgeFriendly](#).

Share the Newsletter: Do you have friends, family, colleagues or neighbors who you think would be interested in receiving the monthly Age-Friendly Sarasota newsletter? If so, please share with them and encourage them to sign up to receive the newsletter. To sign up to receive the newsletter, visit the [AES website](#) and go to 'Join the Community' under the 'connect' tab or click [here](#).

Submit Ideas

Have an upcoming event or program related to making Sarasota County age-friendly that you want to share with the Age-Friendly Sarasota network through this newsletter? Please share by sending to:

Erika Kelly:
ekellyTPF@gmail.com



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