



A Community for All Ages



Mentoring Changes Lives



Updates from Kathy

Greetings and Happy New Year! We are pleased to usher in 2016 with a special focus on the domain of Social Participation and a celebration of National Mentoring Month.

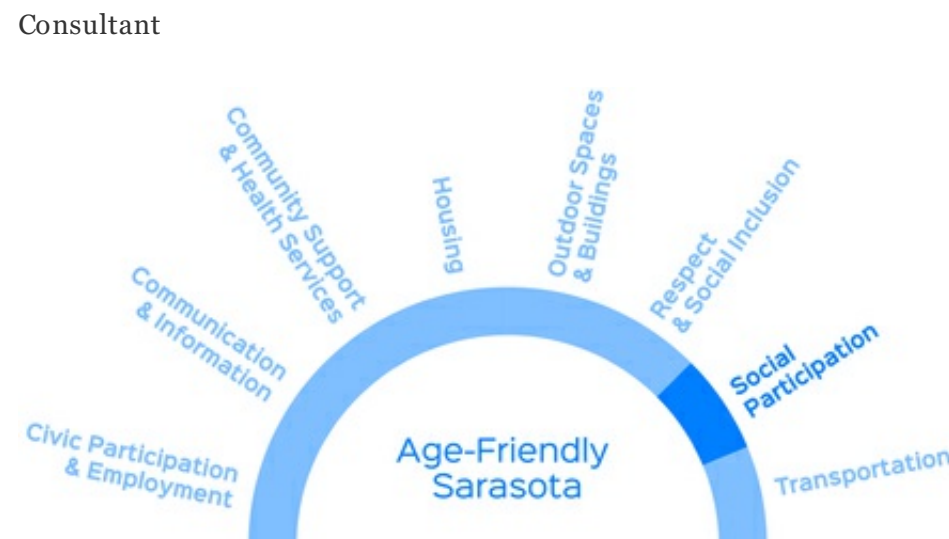
Mentoring is a special kind of social participation with an important ascribed status; the term "Mentor" is defined by the Merriam Webster Dictionary as "a trusted counselor or guide." Although mentoring can occur across the age spectrum, elders traditionally serve as mentors and younger people as "mentees."

Since 2002, National Mentoring Month is a campaign held each January to promote mentoring to youth across the United States. Participants in the campaign include governments, businesses, nonprofit organizations and community members.

A highlight of the campaign is "Thank Your Mentor Day," in which Americans thank and honor their mentors. People are encouraged to contact their mentors directly to express appreciation, become a mentor in their own community, make a financial contribution to a local mentoring program, or post a tribute on WhoMentoredYou.org.

I encourage you to take a moment to consider the ways in which you might serve as a mentor and how our age-friendly society can further support your efforts.

- Kathy Black, Age-Friendly Sarasota Initiative Consultant



Domain of Livability

Social Participation

We know that interacting with others is an important part of positive mental health and for many, the reason for living. Social participation involves both interacting with others as well as the extent to which our community makes such interaction possible.

While many of us lead very active social lives, as a community we want to be sure to enhance social participation via a wide variety of activities for people of all abilities and financial circumstances. Age-friendly communities provide a wide range of social activities that offer a wide array of preferences and capacities to engage in - which can benefit both ourselves and others as well.

Age-Friendly Innovation

Social Participation

Sheds, often referred to as "Men's Sheds" or "Community Sheds," are non-profit organizations or groups that operate on a local level in the community, promoting social interaction and aiming to increase the quality of life. The concept of sheds originated in Australia, but has grown in popularity around the world.

One example of the age-friendly impact sheds have on the community can be found in Louth. Their men's shed built new bus shelters, after being identified by locals as a transportation priority. Click [here](#) to learn more about the Louth Shed.

Did You Know...

One in 3 young people in the U.S. will grow up without a mentor - that equates to 9 million kids.

Among high-risk young persons who had a mentor:

- 55% are more likely to enroll in college
- 78% are more likely to volunteer regularly
- 90% are interested in becoming a mentor
- 130% more likely to hold a leadership position

Source: *MENTOR: The National Mentoring Partnership*

Do You Provide Services to Older Adults?

ATTENTION PROVIDERS

Are you an organization or group that provides services or programs to persons age 65+ in Sarasota County? This could include any type of service or programming, i.e. educational, cultural, recreational, etc.

If so, please take our brief 5 minute online survey so we can capture your age-friendly assets and aspirations from a provider's perspective.

Click [here](#) to take the survey.

Submit Ideas

Have an upcoming event or program related to making Sarasota County age-friendly that you want to share? Please send to: info@AgeFriendlySarasota.org

Connect

#AgeFriendly
@AgeFriendlySRQ
AFS Facebook Page
AFS Website
Newsletter Sign Up



Celebrating Age-Friendly Sarasota

Intergenerational Mentoring

In Sarasota County there are many organizations who offer intergenerational mentoring. [Big Brothers Big Sisters of the Suncoast](#), [Take Stock in Children](#), and [Girls Inc.](#) are just a few that are on our radar. We know there are more though! We need your help to shine a light on all of them.

Join us on [Facebook](#) & [Twitter](#) as we celebrate local organizations who have mentoring programs. Post (and tag) what organization you mentor through using [#NationalMentoringMonth](#). Don't forget to tag us at [@AgeFriendlySRQ](#) (Twitter) or on Facebook (www.facebook.com/AgeFriendlySarasota) so we can help spread the word to others about the mentoring opportunities available in our community.

Spread the Word About Mentoring Opportunities



#NationalMentoringMonth
January 2016

#MentoringChangesLives

"We have to get older people back close to growing children if we are to restore a sense of community, acquire knowledge of the past, and provide a sense of the future."

- Margaret Mead

Supported by



Age-Friendly Sarasota Partners



Member of the World Health Organization Global Network of Age-Friendly Cities and Communities

For questions, please contact info@AgeFriendlySarasota.org or call us at (941) 444-0243

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