



A Community for All Ages
May 2016



Updates from Kathy

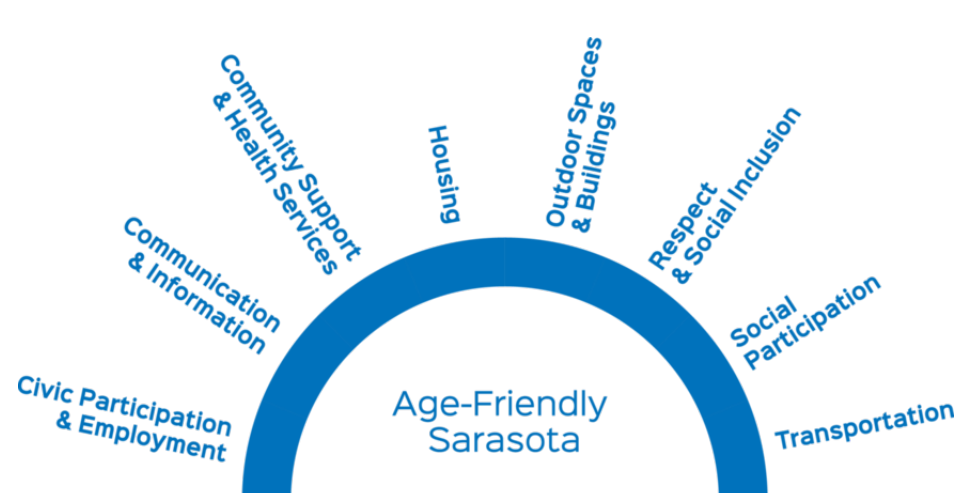
Welcome to May! It is a month of fresh beginnings for several reasons: May is Older Americans Month and marks the anniversary of Age-Friendly Sarasota!

We join the Administration for Community Living in celebration of Older Americans Month and find particular synergy in this year's theme: [Blaze a Trail](#).

Just as perennials bloom again and blaze a trail of bright color, so too does Age-Friendly Sarasota, which launched on May 6, 2015. Both celebrations acknowledge the perennial contributions of people aging in our community!

We hope you enjoy this month's newsletter in which we share more about the month's theme and some of the highlights of our first year as well!

- Kathy Black, Age-Friendly Sarasota Initiative Consultant



Age-Friendly Spotlight Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Age-Friendly Innovation

Age-Friendly Belfast, Ireland

The Age-Friendly Belfast Older Volunteer Awards, supported by [Volunteer Now](#), are an opportunity for Belfast-based community and voluntary groups and organizations to recognize their volunteers who are aged 60 years and over.

The awards celebrate the considerable contribution and positive impacts that older volunteers make to a wide variety of Belfast organizations and groups. Award categories include volunteers who: epitomize the idea of volunteering, either through their participation as a volunteer or through their involvement as a volunteer encouraging others to participate; give their time in the arts and cultural sector; have made a significant difference to an organization or a team that delivers a specific project within an organization and who support or deliver an inter-generational project.

Celebrating Age-Friendly Sarasota

Share Your Contributions!

This May, in honor of Older Americans Month, we recognize the ways older adults continue to shape our nation by blazing trails —working to advocate for their peers, themselves, and their communities. These visionaries, volunteers, and leaders are giving back, starting anew, and redefining aging.

Help the Administration for Community Living celebrate and inspire trailblazers by sharing your story. We want to hear about how you innovate, reinvent, and make your mark in ways both big and small. Do you support your neighborhood by mentoring kids or helping others get around town? Do you work on public projects? Maybe you retired from a long career to start a small business or volunteer your time. Perhaps you lead a local club or class, or you are learning a new craft. The possibilities are as varied as the people who bring them to life.

Whether it is focused on the personal or the public, your story is worth telling. Please use link below to share a short narrative, photos, and/or video. [Click here](#) to submit your story!

trailblazing

adjective trail-blazing /-blay/

Definition: making or pointing a new way

Synonyms: innovative, cutting-edge, trendsetting, revolutionary, spearheading, explore

TRUE FACTS!!!

Did You Know...

1 in 4 older Americans makes a positive impact through volunteering. [Click here](#) to learn tips on how to blaze a trail to civic engagement.

By 2029, more than 20% of Americans will be of retirement age. [Click here](#) to learn tips for blazing a trail to reinvention.

Financial exploitation (abuse) is believed to cost seniors an estimated \$3 billion annually. [Click here](#) to learn tips to blaze a trail to securing your finances.

About 80% of older Americans have at least one chronic health condition. [Click here](#) to learn tips for blazing a trail to wellness.



Trailblazer Selfies!

In honor of Older Americans Month, we are celebrating trailblazers across the nation —older adults as well as those working with and for them. Americans are leading, supporting, engaging, and trailblazing in countless areas of life, from the creative arts to abuse prevention.

We want to hear from and about you! Get involved with a trailblazer selfie on social media!

- Print [trailblazer sign](#)
- Complete the sentence, "I'm blazing a trail by ..."
- Take a photo of you or a group holding the sign.
- Tweet your picture using #OAM16 or post it on our [Facebook page](#).
- Encourage friends and followers to join in!



Submit Ideas

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

Connect

- #AgeFriendly
- @AgeFriendlySRO
- [AFS Facebook Page](#)
- [AFS Website](#)
- [Newsletter Sign Up](#)



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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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