

Wednesday, August 9, 2017



A Community for All Ages

#ForAllAges

Think global, act local: International Friendship Day (August 6) and National Senior Citizen Day (August 21). Both occasions are "age-friendly" by honoring others - at all ages!

Friendship Day was originally founded by Hallmark in 1919. It was intended to be a day for people to celebrate their friendship by sending each other cards, but by 1940 the market had disappeared. However, in 1998, Winnie the Pooh was named the world's Ambassador of Friendship at the United Nations, and in April 2011, the United Nations officially recognized July 30th as International Friendship Day; although most countries celebrate on the first Sunday of August!

[READ MORE HERE](#)

National Senior Citizens Day was proclaimed on August 19, 1988, by President Ronald Reagan. The tribute's message is particularly relevant to Age-Friendly Sarasota - and to communities worldwide:

"For all they have achieved throughout life, and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We

*can best demonstrate our gratitude and esteem **by making sure that our communities are good places in which to mature and grow older** - places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."*

Ronald Reagan, Proclamation 5847

Celebrate friendships both old and new - and by spending time with others, let each know that they are appreciated and loved. It may also be a good time to consider volunteering in support of others who might not otherwise receive daily visits.



SPOTLIGHT: Age-Friendly Volunteer Opportunities

Much has been written about the benefits of volunteering in support of worthwhile organizations.

While it's clear how volunteer contributions of time and talent benefit organizations, here are a few ways in which you may benefit:

- Meet people - make friends
- Enhance sense of purpose
- Improve overall health - enhance longevity
- Learn new skills
- Gain/improve experience for school/job
- Improve job prospects
- Gain confidence
- Share experience and knowledge
- Take on a challenge
- Feel a sense of accomplishment
- Make a difference
- Give back to the community
- Increase happiness while having fun!

Sarasota County Libraries recently held a Volunteer Fair at Selby Library. Dozens of organizations like [Literacy Council of Sarasota](#), [The Players Theatre](#), [Sarasota County Schools](#), and [Nathan Benderson Park](#) participated and shared many opportunities.

For more information about volunteering through Sarasota County Libraries contact Karen Geis, Selby Library Reference Librarian and

Volunteer Coordinator, at [941-861-1156](tel:941-861-1156) or email her at kgeis@scgov.net.

AFS's own [Liz Bumpus](#) was there to recruit volunteers for the upcoming [Age-Friendly Festival](#) on Saturday, October 28, 2017.



Because volunteers are vital for the success of the Age-Friendly Festival, you are needed! You have an opportunity to contribute to the well-being of our community. The festival is seeking volunteers who will serve in a variety of roles and shifts. From greeting attendees to assisting exhibitors and festival team members, to helping attendees navigate the layout of the event and assisting with setting up the festival - there's something for everyone. Community service hours are available for youth volunteers. For more information or to sign up to volunteer, visit www.agefriendlyarasota.org. For questions, contact Alicia Chalmers, AFF Volunteer Coordinator, at AliciaCo831@gmail.com.

You'll be glad you did!

CONNECT, LEARN, SHARE, EVOLVE and

STRENGTHEN Sarasota's Age-Friendly Movement!



The Age-Friendly Festival is an opportunity to embrace life in all stages and that is a beautiful thing. As people living in or visiting Sarasota, here's your chance to be a part of a monumental footprint with integrity - for the future.

Here's to this community for pioneering the way ... this era's group of Lewis and Clarks, and Sacagaweas ... leading us on a new expedition through life.

As we develop our collective future, Age-Friendly Sarasota (AFS) aspires to engage multiple community sectors - People, Business, Nonprofits, Government, and Media. As the saying goes ... it takes a village!

AFS would be honored to share more information about the Age-Friendly Sarasota movement and the Age-Friendly Festival with your organization, group, or club at no cost.

[LEARN MORE](#) or [Request a Speaker Today](#)

GET CONNECTED:



Want to share an upcoming event or program related to making Sarasota County

Age-Friendly? Email AFS at info@AgeFriendlySarasota.org and share your ideas!

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