



A Community for All Ages

# #ForAllAges

## **SPOTLIGHT:**

### **Age-Friendly Festival Volunteer Opportunities**

Life is a series of chapters and they fly by in a blink of an eye. Whether we are embarking on a new career, retreading -- a new age-friendly term related to the shifts of coming in and out of retirement -- or, spending time out in the community working on the causes which matter most to us individually, remaining actively engaged in one's community yields multiple benefits to people, businesses that employ them, and the greater community as well.

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!

Volunteers are vital to the success of the Age-Friendly Festival (AFF) and, more importantly, to driving our community's age-friendly movement to build a livable community for all ages.

On Friday, October 27, and Saturday, October 28, 2017, volunteers will be needed to support the AFF in a variety of roles and shifts at the Sarasota Fairgrounds.

[I WANT TO VOLUNTEER :-\)](#)



Sarasota County was the first community in Florida to join the [World Health Organization \(WHO\) Global Network of Age-friendly Cities and Communities](#) in 2015 - a movement striving to promote active, happy,

and healthy lifestyles for people of all ages. Today, this movement has grown to more than 500 communities worldwide with 37 countries benefiting over 155 million people. Sarasota County is about to embark on another first for the movement -- the first city in the United States to host an Age-Friendly Festival. It's a gift to this region from The Patterson Foundation (TPF), and admission is FREE -- For All Ages.

TPF looks to its tenets as the North Star: Connecting, Learning, Sharing, Evolving, and Strengthening. Using the Harwood practices of Turning Outward as a starting point for the Festival, TPF is taking Public Knowledge -- findings based on the input of nearly 1,200 Sarasota County residents -- and marrying it with Expert Knowledge as it navigates through this uncharted territory.

Rejecting stereotypes of ageism, this isn't just a festival for "older people," and age-friendly doesn't equal "older people." Rather, age-friendly refers to **all ages** - which means The Silent Generation, The Greatest Generation, and Baby Boomers aren't going to be the only ones at the party....

CONTINUE READING

## Sarasota's Age-Friendly Movement!



- "R-E-S-P-E-C-T, Find out what it means to me" - Aretha Franklin
- "Respect yourself, hey, hey" - Madonna
- "We've got to show some respect, We've got to learn to protect" - Tina Turner
- "Oh baby please give a little respect to me" - Erasure

The concept of belonging and feeling heard is age-friendly at its core. No matter what age you are - newborn to 110 years old - the feeling of being

valued tops the charts. We can counter stigma about aging by changing the language we use when we talk about older adults.

As we develop our collective future, Age-Friendly Sarasota (AFS) aspires to engage multiple community sectors - People, Business, Nonprofits, Government, and Media. Our AFS Speakers Bureau is ready to provide an engaging presentation on the history of Age-Friendly Sarasota and its accomplishments, how you can get involved with the October 28, 2017 Age-Friendly Festival, and an overview of the Age-Friendly Movement beyond Sarasota at the state, national, and global levels.

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](mailto:info@AgeFriendlySarasota.org) and share your ideas!

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