



A Community for All Ages

Wednesday, February 14, 2018

Everyday Love Stories



What do bendable straws, telephones, and curb cuts have in common? They are all innovations created for loved ones that addressed an ability difference.

[CONTINUE READING](#)

Your Mindset is Everything





[Living Your Best Encore Life: Go for It](#)

When [Donna Rippley](#) led her audience through simple, contemplative exercises around moving from a "fixed mindset" to a "growth mindset" at the [Age-Friendly Festival](#), the layers of meaning and application were varied for me. Too often I hear, "We've always done it that way," by leaders in an organization, even as they try to overcome the same tired results. Or the unstated but silently unwavering, "I've always done it that way," from individuals who fiercely defend their personal patterns of activity at home or work. This fixed mindset prevents the flow of possibilities.

The important experiences and learning that come with getting older can also train us to subconsciously (or consciously) block our open thinking. Without even knowing it, we can become trapped in a mindset that allows some of the inherent creativity, exploration, and adventure that we used to have in ourselves to get shoved aside. It could be fear of failing, a misgiving that we've gotten too old to do something new, a schedule that doesn't give us enough time for what matters, or worse—a pre-judgment that we simply can't do it. Whatever it is, the mindset doesn't serve us, but it can be changed to one where we more easily welcome what could be instead of what is.

What an interesting world we are fortunate enough to greet every day. As we get older, or as the organizations we are part of become more structured, our futures can still be open. It's both a challenge and a giant gift, and it's fully up to us to make our mindset count. Although the video is nearly 35 minutes, I encourage you to watch it and participate in Donna's thoughtful exercises. It's worth your time and your very best thoughts.

- [Susie Bowie](#), Executive Director of [Manatee Community Foundation](#).

CONTINUE READING



Connecting



Learning



Sharing



Evolving



Strengthening

Mote Plans New Aquarium



[Rendering of light effects at new Mote Marine aquarium](#)

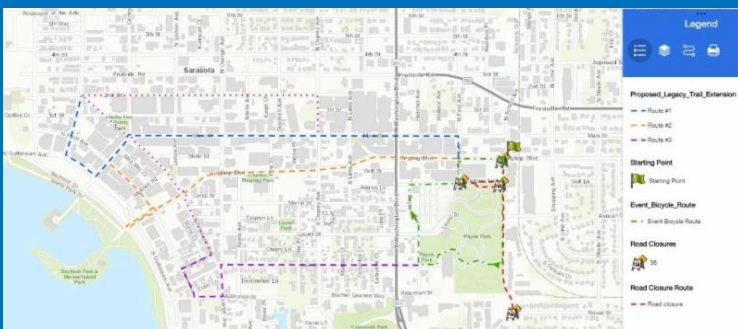
Today (Valentine's Day) is all about LOVE ♥, and we love how our community is creating a Sarasota #ForAllAges. Michael Crosby's vision is an inspiring example. The president of Mote Marine hopes the new aquarium will put Sarasota on the map as the "Silicon Valley of marine science."

"Mote plans to close its longtime aquarium on City Island once the new building is open, transforming the existing campus into a full research facility that will house doctoral researchers previously turned away due to limited space and expand current research efforts."

Read full Herald-Tribune article: [Mote plans new aquarium in Nathan Benderson Park.](#)

Oh, Happy Day!

2018 Roll & Stroll Sarasota



A CAR-FREE WAY TO LIVE, WORK, AND PLAY

Join the Sarasota Manatee Metropolitan Planning Organization and the City of Sarasota, Government for an afternoon as they gather community input for the



[Age-Friendly borrows a Muppet tune for their Work, Live, and Play Song Parody](#)

AARP has extended [Age-Friendly Sarasota \(AFS\)](#) an invitation to present nationally on an upcoming Age-Friendly webinar highlighting the [Age-Friendly Festival](#). The invitation to view the webinar will be extended to all participating communities and states (208 communities and 2 states) as well as all AARP Staff working on Livable/Age-Friendly Communities.

Strategy Advisor for AFS, [Bob Carter](#), and [Erika Kelly](#), who was instrumental in planning and coordinating the first festival of its kind in the U.S., will take the stage to share the who, what, where, how, and why.

GLOBAL: U.K. Combats Solitude With A New Minister Of Loneliness



[U.K. Combats Solitude With A New Minister Of Loneliness](#)

location of the future Florida Greenways and Trail, connecting Legacy Trail Ext. to the Barrier Islands.

The purpose of this event is to showcase future trail destinations in Sarasota, share plans with the community, gather input regarding future regional trails, and celebrate the successes and accomplishments in achieving this future vision.

CONNECT & LEARN

Lonely Hearts Club applications are officially not being accepted in the U.K any longer. Britain has become the first country in the world to appoint a minister for loneliness, reaching out to millions of isolated seniors across the U.K.

- 9 million people in the U.K often or always feel lonely.
- About half of those over the age of 75 live alone.
- More than 200,000 Britians haven't spoken to a relative or a friend in more than one month.
- One study found that loneliness can hurt your health, increasing mortality the same as smoking 15 cigarettes a day.

[Source: NBC News](#)

To share news or information, contact the editor at ssternberg@thepattersonfoundation.org.