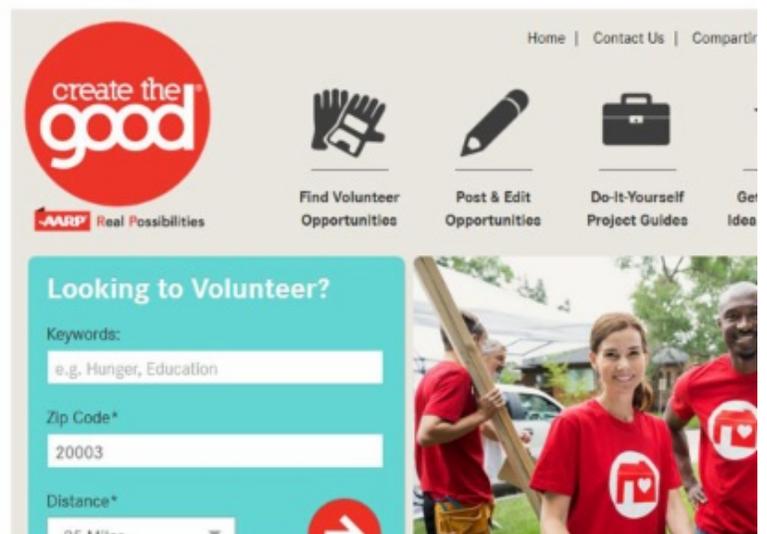
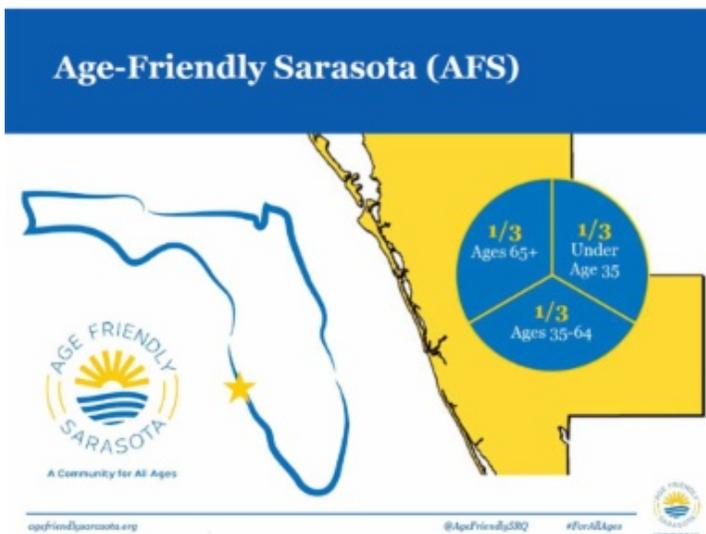




A Community for All Ages

Saturday, March 17, 2018

Age-Friendly Sarasota Goes to Space: Cyberspace!



It's a webinar kind of a week for Age-Friendly Sarasota...

On Monday, March 12, 2018, the Age-Friendly Festival (AFF) was featured in AARP's quarterly webinar for the 224 Age-Friendly Communities in the U.S. Bob Carter, AFS Strategy Advisor, and Erika Kelly, AFF Festival Lead, conducted a 25-minute presentation titled "Engaging Our Community" which focused on the AFF from conception to execution and the steps AFS took as the festival came to life -- expanding possibilities and creating new realities locally and nationally.

On March 15th, AARP Florida hosted its monthly webinar for the Age-Friendly Florida network. This webinar featured AARP's CreateTheGood.org -- a FREE online platform that may help local organizations strengthen volunteer resources and their network of people and projects. [The Patterson Foundation](#) invited [Age-Friendly Festival Advancers](#) for a luncheon at the Community Foundation of Sarasota County where together, attendees viewed the webinar and had a sharing session following the viewing.

This may become another example of AFS exploring an opportunity to "download" a national program, live it, then offer discoveries from our local experiment to potentially enhance the overall program.

Old Is No Longer an Age and Our Journey Continues



[Old Is No Longer an Age and Our Journey Continues](#)

Two nationally recognized speakers, authors, and advisors discuss how aging is personal and old rules don't apply. Their new books highlight navigating the years ahead. (40 minutes)

Panelists:

- **Nancy Schlossberg, Ed.D.** - [Author of Too Young to Be Old: Love, Learn, Work, and Play as You Age](#)

- **George Schofield, Ph.D.** - [Author of How Do I Get There from Here?: Planning for Retirement When the Old Rules No Longer Apply](#)

Moderator:

- **Bob Carter** - Senior Strategy Advisor, [Age-Friendly Sarasota](#)

VIDEO HIGHLIGHTS

- "The treasure in volunteerism is mattering: when you talk to people who volunteer, they say I get more out of this than I give." - Bob Carter
- The whole notion of age is changing.
- "I was somebody, and the next day I retired. Then I was nobody."
- How does a 50-year-old become a fabulous 85-year-old?
- Now, the word 'retirement' means 100 different things...
- The word 'job' no longer contains employment and a way to support ourselves.
- "That period that begins when kids go away, the relationship between work and marriage changes, coming up for air. The period between 50-75 is the developmental on-ramp that sets the tone for the rest of our life. A fabulous 85 yr. old does not start at 84." - George Schofield, Ph.D
- Can adults change?

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- How do older people negotiate transition?
- You've got to look in the mirror and not have a heart attack...talk back to your mirror positively.
- Keep the dance card full.
- Pump up your social life... loneliness and isolation is not living in a nurturing environment
- We need to embrace change.
- Adopt a positive attitude.
- "The kaleidoscope way of thinking: when things seem a certain way, if we just change the perspective, we may see things differently." - Nancy Schlossberg, Ed.D.
- Love makes a difference to adaptation.
- The importance of mattering, being appreciated, noticed, etc. If you feel you don't matter, you're going to drop out
- When you are older and you begin to be overlooked and not noticed, and you don't feel you matter, depression will follow.

Video: Old Is No Longer an Age and Our Journey Continues



Connecting



Learning



Sharing



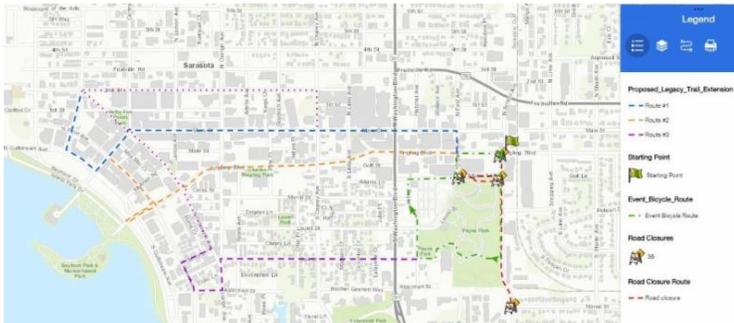
Evolving



Strengthening

LOCAL: News and Events

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 on March 24th from 9am-2pm as they gather community input for the location of the future Florida Greenways and Trail, connecting the Legacy Trail Ext. to the Barrier Islands.

Enjoy events and activities throughout the day:

- Walking and Bicycle Tours
- Helmet Giveaways
- Bicycle Rodeo
- Bicycle Safety Inspections
- Booths and more!

NATIONAL TO GLOBAL: Volunteer Vacations



Exploring striking, picturesque places while on vacation and contributing to meaningful causes are goals that many of us share. But how many of us consider the possibility of combining these desires? Making this possibility a reality is the mission of **Discover Corps**, which has been running volunteer vacations since 2012. The San Diego-based organization enables adventurous and philanthropic travelers to experience and make a difference in exotic destinations such as Tanzania, Peru, South Africa, Thailand and Cuba.

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

Having an average group size of 10 people on its trips is an advantage as this enables the organization to provide "a really authentic experience and to do off-the-beaten-path activities." Without large numbers of guests, Discover Corps can tailor programs to individual travelers' interests.

Source: AARP

LEARN MORE

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