



A Community #ForAllAges

May 2018

Our region supports people of all ages, from 0-110! In celebration of [#OAM18](#), Sarasota County Government presented a [proclamation](#) Wednesday morning:

### Highlights

- Sarasota County is committed to supporting older adults as they take charge of their health, explore new opportunities/activities, and focus on their independence,
- Sarasota County recognizes you are never too old or young to take part in activities that can enrich your physical, mental, and emotional well-being -- to [#EngageAtEveryAge](#), and
- Sarasota County can provide opportunities to enrich the lives of individuals of all ages by engaging in inclusive activities through the [Age-Friendly Sarasota initiative](#), redefining aging in our community, promoting home- and community-based services that support independent living, and encouraging the community to speak up for themselves and others, along with sharing their experiences.

[READ SARASOTA COUNTY'S PROCLAMATION](#)



# Your Mindset is Everything

*Editor's Note: [Susie Bowie](#) is the Executive Director of Manatee Community Foundation.*

You know it right away when something speaks to you -- an idea, a piece of art, a conversation.

When [Donna Rippley](#) led her audience through simple, contemplative exercises around moving from a "fixed mindset" to a "growth mindset," the layers of meaning and application were varied for me. Too often I hear, "I've always done it that way," from individuals who fiercely defend their personal patterns of activity. 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.

To break us out of routine thinking and into a growth mindset, Donna encouraged us to remember something that we found great joy in as children. It turns out that I miss the connection of being able to work with individuals in some positive way. An action I am now taking is finding more time for one on one relationships with people whose lives I can enhance in some way. Connection, too, is a key to a growth mindset.

As we get older, our futures can still be open. It's fully up to us to make our mindset count. I encourage you to watch this 32-minute video and participate in Donna's thoughtful exercises. It's worth your time and your very best thoughts.

[CONTINUE TO UNABRIDGED ARTICLE](#)



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



## Connecting

Creating a community [#ForAllAges](#) is a community-wide effort. Each of us has a role in designing this region's future. Since Age-Friendly Sarasota's 2015 launch, we've collected aspirations of Sarasota County residents to drive the direction of the movement. We ask that you continue to share with us as this movement evolves. We'd like to know, **what does a community #ForAllAges mean to you?**

For the next month AFS will be collecting responses through polls like this and on [Facebook](#) and [Twitter](#). We're looking forward to sharing our findings with you in the June newsletter!



## Sharing

In the [April newsletter](#), AFS took a poll to bring people and nonprofit organizations together by learning how community members find out about volunteer opportunities. The poll revealed these are currently the top three ways:

- directly from an organization
- word of mouth
- through social media and websites like [www.VolunteerMatch.org](http://www.VolunteerMatch.org) and [www.CreateTheGood.org](http://www.CreateTheGood.org)

We also learned that 1 in 4 Americans make a positive impact by volunteering. Did you know that volunteering also has a positive impact on you?

### Volunteering Increases

- Physical fitness
- Mental functionality
- A sense of purpose
- Social connection
- Longevity

### Volunteering Reduces

- Chronic pain
- Stress
- Depression
- Risk of disease
- Social isolation

Are you ready to volunteer? [The Giving Partner](#) provides in-depth information about more than 600 nonprofits that serve the Charlotte, DeSoto, Manatee, and Sarasota counties and each of these nonprofits have made a commitment to transparency. Check them out and see if one is the right match for you!

LOCAL . NATIONAL . GLOBAL

POSITIVE . NEWS



[Ageing joyfully: meet the people defying stereotypes](#)

(Click the link or the image





## [#EngageAtEveryAge](#)

Across the country, Americans are taking part in activities that promote wellness and social connection. People are sharing wisdom and experience intergenerationally, and they are giving back to enrich their communities. Americans are working and volunteering, mentoring and learning, leading and engaging.

May offers an opportunity to hear from, support, and celebrate the people of our nation. This year's [#OAM18](#) theme, "[#EngageAtEveryAge](#)," emphasizes the importance of being active and involved, no matter where you are in life. You are never too old or too young to participate in activities that can enrich your physical, mental, and emotional well-being.

Here are a few things happening locally and beyond:

- [Age-Friendly Miami](#) is celebrating [#OAM18](#) with a resource fair and raffles.
- Kildare Libraries in Ireland held an Older, Wiser, Laughter event. Age-Friendly Sarasota Knowledge Expert, [Kathy Black](#), thought it was a great idea that could be easily implemented across all libraries and suggested highlighting the range of resources that support aging as well as include social programs and options for work, volunteer, transportation and housing.
- [Chicago Senior Centers](#) is "engaging Chicagoans in the art of painting."
- [Carol Kranitz](#), member of the Age-Friendly Sarasota Engagement and

## AGE IS JUST A NUMBER

# 65–79

is the happiest age group for adults, according to the Office for National Statistics

# 30

Research from the English Longitudinal Study of Ageing suggests that women in their 80s have more enjoyable sex than those up to 30 years younger

**According to interviews with more than 50,000 people aged 50+ by the insurer SunLife:**

# 75%

are less concerned about what people think of them than when they were younger

# 61%

enjoy life now more than when they were younger

# 59%

live 'for today instead of tomorrow'

Friendly Sarasota Engagement and Support Team, suggests celebrating Older Americans Month by engaging with one of the many nonprofits in our region, because there is one that needs your gifts and talents.

How are **you** going to choose to engage? Let us know by sharing on [Twitter](#) or [Facebook](#) using #EngageAtEveryAge and tagging @AgeFriendlySRQ.



To share news or information, contact the editor at [ssternberg@thepattersonfoundation.org](mailto:ssternberg@thepattersonfoundation.org).