



A Community #ForAllAges

June 2018

Rethink. Reimagine. Reframe.

We all have something in common. Each day, each of us is aging. So let's rethink, reimagine, and reframe any ageist perceptions we might have or discriminatory language we might use. The future is a time for improvement, and the challenges of an aging society can be addressed with thoughtful and creative interventions by all generations, together.

How can we counter ageism?

- **Increase opportunities for multigenerational interaction**

CBS News recently featured a story about the friendships forged as older adults became pen pals with third graders learning the fading art of cursive writing.



Students connect with other generations through letters in cursive

- **Embrace people of all ages**

Remember that we are all better off when we are inclusive. Make eye contact. Say hello. Smile :-)

- **Recognize that what surrounds us shapes us**

We learn negative stereotypes at an early age. Now that we understand how pessimistic views on aging affect us, each *must* do our part to change future perceptions.

- "In one [study](#), 66% of 4- to 7-year-olds said they wouldn't want to be old.
- When individuals reach old age, the aging stereotypes internalized in childhood, and then reinforced for decades, become self-stereotypes."-- [Debbie Reslock](#)

- **Be mindful of language, images, and actions -- they have an impact**

Think about the messages being communicated and how life would be different if we focused on the positive aspects of aging instead of negative.

- *"She's too young to lead that project."*
No, she's not! Abigail Oakes, Manager of Nonprofit Services at the Community Foundation of Sarasota County (in her twenties), managed the [2018 Giving Challenge](#), which raised \$11,733,241 in 24 hours. "This is by far the largest project I've ever managed in my professional career, and I couldn't be happier with the results."
- *"He's running a marathon?"*
Nope. He completed the [IRONMAN](#)! At age 51, Michael Corley swam, biked, and ran 140.6 miles at IRONMAN Texas.



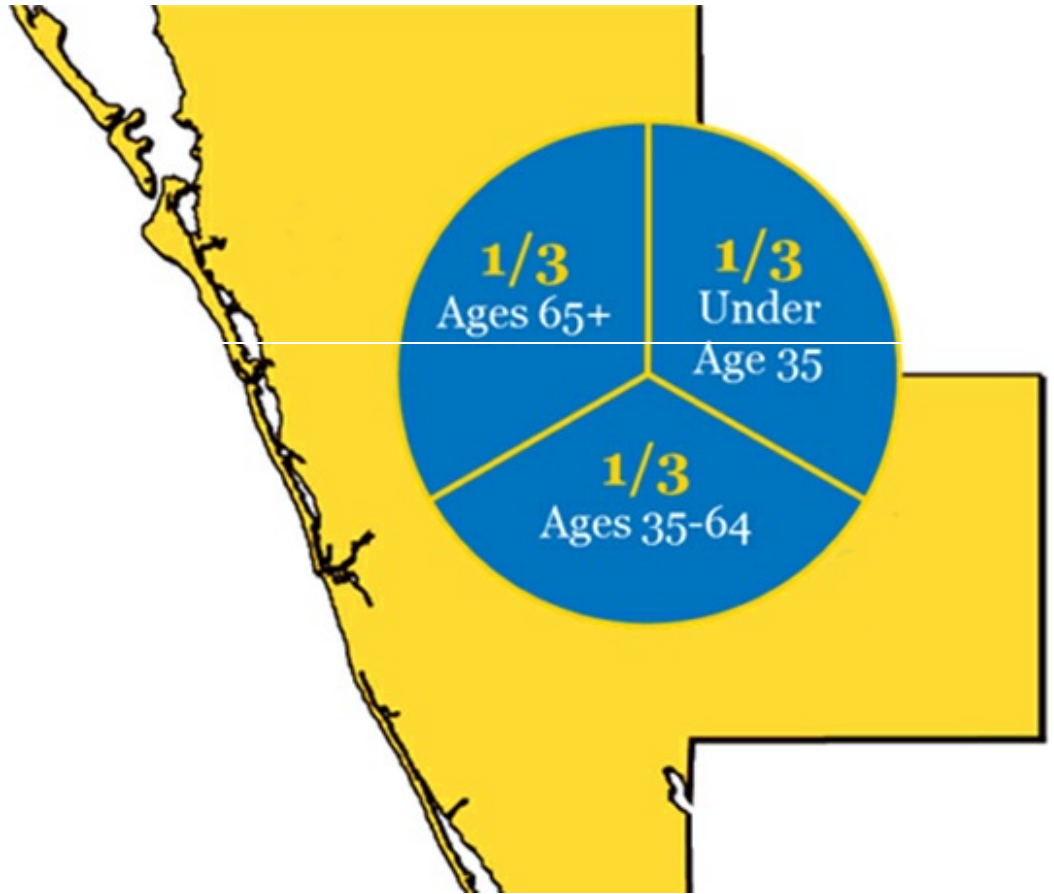
- **Educate others when confronted with ageist language or practices**

Ethnic jokes and sexist behavior are no longer acceptable. As we create our future, let's add "eliminate comments and behavior that puts any generation down" to the list of what NOT to do!

- **Knowledge is power**
Be prepared to question assumptions and challenge notions about aging by being informed.

"For years, we've been discussing the unique demographics of Sarasota County, often from an older adult perspective. But what we learned was that we underplayed what might be an even rarer and more precious phenomenon: the almost symmetrical age-balance of Sarasota County.

A Community #ForAllAges isn't just a feel-good slogan here; it's our reality. It's our gift, our shared opportunity to thrive together multigenerationally. And most importantly, to continue to spread the message that everyone has a stake in becoming age-friendly. A true community [#ForAllAges](#) benefits all of us and is owned by all of us." -- Bob Carter



Continue reading "[Rethink. Reimagine. Reframe. Aging.](#)" by Linda Albert



Connecting & Sharing

It's no secret that we aspire for our community to be a place [#ForAllAges](#) to thrive.

Age-Friendly Sarasota (AFS) is currently engaging the community in conversations and capturing *your* feedback, both in person and through an [online poll](#), inquiring what *your* aspirations are for our community in the future.



[View Online Community Feedback](#)

In May, we asked the question, "**What does a community #ForAllAges mean to you?**" Many responses aligned with "a community that is welcoming to everyone." Click the question above to view some of the responses by community residents just like you.

Given all of the feedback we collected from May, AFS is inspired to ask, "**How can our community best welcome all generations?**"

Have your voice heard. Contribute *your* answer using the **anonymous** poll below. AFS will share the findings in the July newsletter!

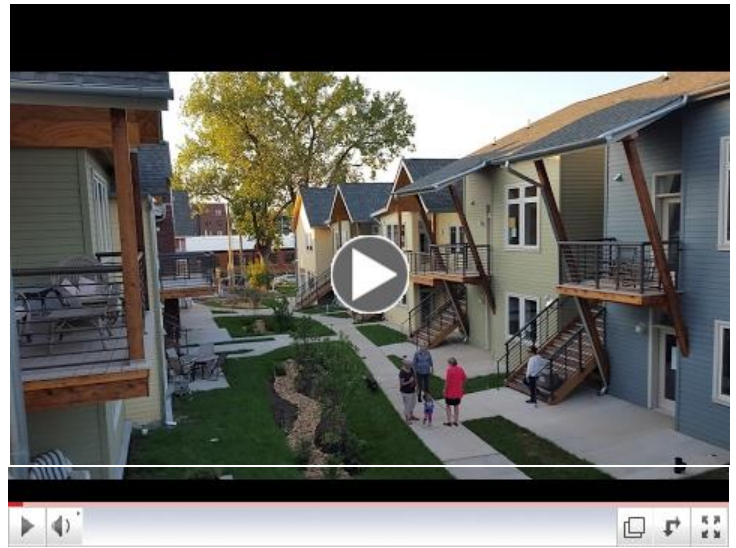
[Click here to share](#)

LOCAL

Increase your multigenerational interactions by volunteering

NATIONAL & GLOBAL

Intergenerational cohousing helps prevent social isolation



(9-minute video)

The Suncoast Campaign for Grade-Level Reading is looking for volunteers *of all ages* to help prepare books for Reach Out and Read (ROAR), on June 26-27. ROAR is a program that promotes family-engaged reading by supplying children with new books to take home when they visit their pediatrician for a well-visit.

[Click here to review shifts or to VOLUNTEER.](#)

Groups in Denmark and the U.S. are choosing to live in intentionally intergenerational communities, which emerged to strengthen social ties between older people and their younger counterparts. Participants say the model fosters an interdependent environment and helps everyone feel more comfortable with the process of getting older.

-- PBS NewsHour

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