



A Community #ForAllAges

November 2019

## Did You Know November is Lifelong Learning Month?

Lifelong Learning Month reflects the importance and benefits of people of all ages pursuing knowledge and skills that will positively influence our mental, physical, and social lives.

Mounting evidence continues to suggest that taking classes, listening to lectures, and attending special events, stimulates brain activity that increases a sense of wellbeing and a feeling of connection to others.

With Thanksgiving less than two weeks away, many of us will be practicing gratitude. Age-Friendly Sarasota is grateful for having more than 50 nonprofit organizations in Sarasota and Manatee counties that provide a variety of learning opportunities.

Never  
stop  
learning

[The SunCoast Alliance of Lifelong Learning \(SCALL\) website](#) has brought together 20+ organizations that provide multiple possibilities. The site has a search option that permits exploring across these organizations' specific topical areas of interest and a link to the providing organization. An easy few clicks, and a menu of choices can be explored.

The Lifelong Learning EXPO 2020 (LLEXPO) is an annual event at which providers of lifelong learning programs and supporting sponsors come together to share and celebrate the marvels of learning opportunities in the Southwest Florida (SWFL) region. The representatives at exhibiting tables provide an excellent opportunity to answer attendee's questions concerning their program offerings. In addition, speaker panels are provided on timely and relevant topics.

[LLEXPO20](#) will be offered on February 5, 2020, at the Carlisle Inn and Conference Center. In addition to the exhibits, two panels will explore the topics of the health benefits of humor and laughter and the water quality challenges facing SWFL region. Information on the EXPO is posted on the SCALL website.

[CONTINUE READING](#) "Did You Know November is Lifelong Learning Month?" by Robert V. Carlson, Ed.D., president of the SunCoast Alliance of Lifelong Learning

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## **Recognizing Sarasota County Veterans' Services**

By Sue Firestone, Sarasota County's Aging System Policy Coordinator  
and Darrell Butler, Chief Veterans Service Officer, Sarasota County Government

Florida is home to more than 1.5 million veterans. Nearly 52% are older than 65. While November 11 is designated to honor veterans, Sarasota County is committed to supporting veterans every day through [Sarasota County Veterans' Services](#).



Did you know that Sarasota County has Veterans' Service Offices located in Sarasota, Venice, and North Port? Sarasota County Veteran Service Officers (VSOs) are trained and accredited by the Florida Department of Veterans' Affairs. They are exceptionally well versed in all applicable federal and state laws to provide veterans and claimants the best possible outcome. These services are provided to veterans and their families AT NO COST.

Sarasota County VSOs can assist in obtaining health care from local VA Medical Centers, accessing survivor benefits, compensation for a service-connected disability, along with other benefits specific to Florida veterans which may include property tax exemptions, special motor vehicle license plates, reduced hunting and fishing fees, veteran nursing homes, and veteran employment services.

Special thank you to veterans and their families for the immense sacrifice each has made to ensure our freedom; your sacrifice is priceless. Thank you ♥

### **Remaining Events for November 2019:**

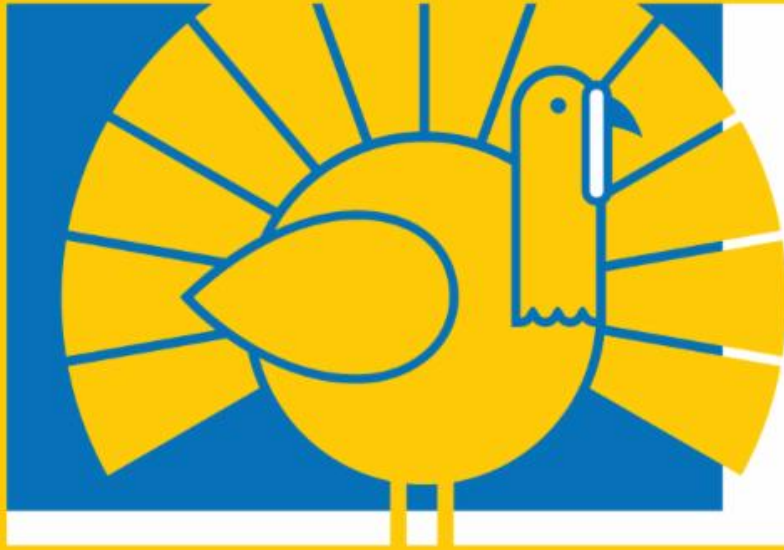
- 11/19/19 Mission United Meeting to be held at United Way 1800 2nd Street, Suite 102 Sarasota, FL 34236 (8:45-10:30 am)
- 11/26/19 Veterans Benefits Briefing to be held at the Sarasota Vet Center 4801 Swift Road Sarasota, FL 34231 (10 am-2:00 pm)

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**"At times our own light goes out and is**

rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have light the flame within us.”

– Albert Schweitzer



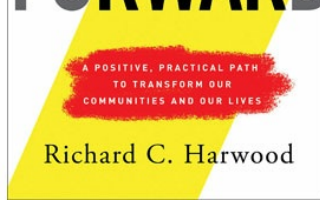
**HAPPY  
THANKS  
GIVING**

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***Stepping Forward to Promote  
Book Circles***

**Events this weekend in  
Sarasota-Bradenton-Venice**





## Why would you step forward to promote book circles?

*Stepping Forward* shows us how to channel our aspirations, energies, and frustrations to get on a more hopeful path. The book outlines how we can step forward to --

- See and hear each other and afford every person human dignity.
- Rediscover what we share in common by focusing on our shared aspirations, even amid our real differences.
- Recognize we must tap into our innate capabilities to produce meaningful change.
- Forge a new shared responsibility to gather community resources to solve problems and harness people's yearning for genuine engagement.

Many of you may be hearing about [Rich and The Harwood Institute for Public Innovation](#) for the first time. We hope by now we have earned your trust and you will take a leap of faith to explore the possibilities...

[LEARN MORE](#)



This weekend is filled with FUN!

Check out these free or cheap events in Manatee, Sarasota, and Venice for the entire family or if you're ridin' solo.

1. Ellenton Carnival
  2. Santa's Grand Arrival at UTC
  3. Giving Hunger the Blues
  4. Siesta Key Crystal Classic (sand sculpture competition)
  5. Venice Chalk Festival
  6. Walk to End Alzheimer's
  7. Canine Christmas
  8. Sarasota Fall Fine Art Festival
  9. Sarasota Medieval Fair
  10. Sarasota Yoga Festival
- \* Veterans and active duty military admitted to The Bishop for free during the month of November

Click [HERE](#) for details

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