



A Community #ForAllAges

Age-Friendly Sarasota

June 2020

An Important Message from Supervisor of Elections, Ron Turner



Dear Voter:

As you know, 2020 is an important year with elections for local, state, and federal offices, including president of the United States. The Sarasota County Supervisor of Elections will employ more than 1,000 poll workers and temporary employees for the August 18 primary election and November 3 general election.

That's where you come in! The average poll worker is 69 years of age. Due to the recent health crisis, approximately 30% of our county's poll workers were unable to work during the March 17 Presidential Preference Primary Election. With that in mind, we need your help more than ever!

Poll workers assist voters at the county's polling locations on election day and are paid between \$160 - \$275. While working at the polls during an election, these trained individuals perform a civic duty and help ensure that the elections process runs smoothly in a nonpartisan and nonpolitical manner. This is a great opportunity to serve our community with pride



THIS BOOK IS COOL!

For *qualifying children
(Grades Prek-3)
June 1 - August 7

FREE Family Event with Cedric Hameed

Tuesday, June 30
7:00pm - 8:00pm

Civic Responsiveness Reigns in Osprey



With a 78% response rate to Census 2020 in zip code 34229, Osprey, FL, is leading all other local zip codes in the race to a 100% response...Go Osprey!

and get paid to help ensure that our elections are accessible, accurate and secure.

We need your help! [Please consider applying to become a poll worker through our website here.](#)

Best regards,

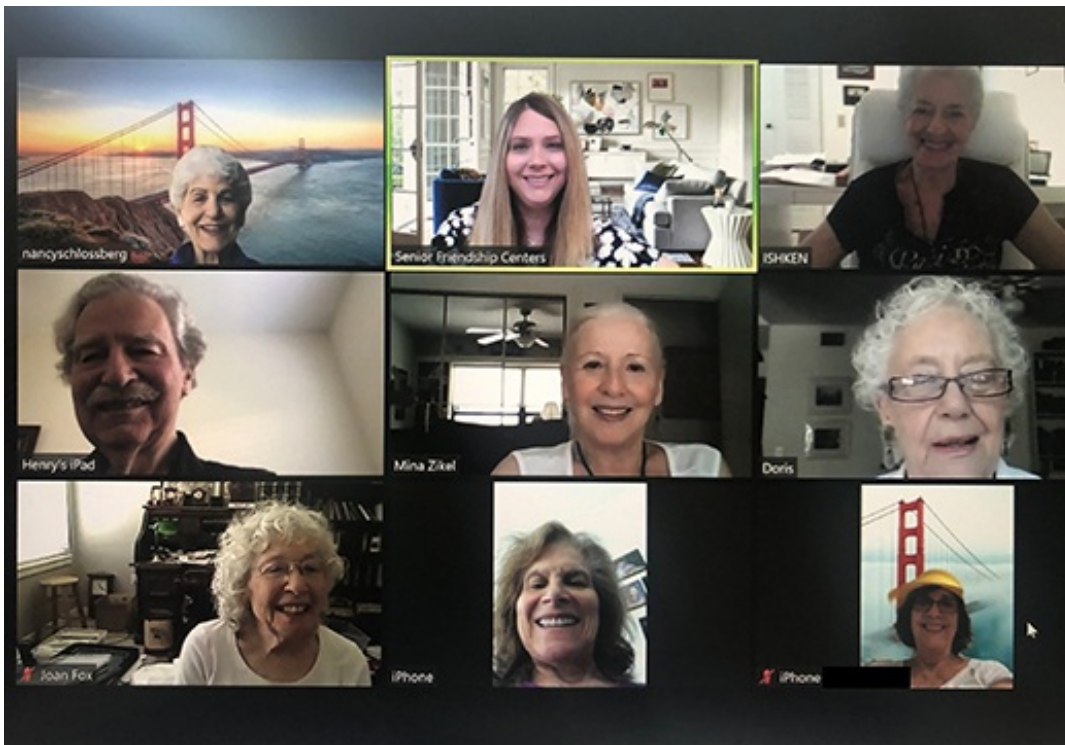
Ron Turner
Supervisor of Elections
Sarasota County

15 Minutes to Shape Our Future



Advice in the Time of the Virus

By Nancy K. Schlossberg, Professor Emerita, University of Maryland, author of *Too Young to be Old: Love, Learn, Work, and Play as you Age*.



As a counseling psychologist, I am co-leader of the Aging Rebels--an informal group of men and women at the [Senior Friendship Centers](#) in Sarasota, Florida. We meet weekly to discuss issues such as loneliness, intimacy, coping, relationships, grief, friendship, and more.

By virtue of age, we are all at high-risk for the Coronavirus. Many of us have lost our closest attachments, friends, family, and neighbors, on whom we depend for the social contact needed to maintain a positive spirit as we confront the challenges of aging. Now, isolated in our homes by COVID-19, many of the Rebels face an even greater threat of loneliness and depression.

To offer positivity in a very negative situation, I wrote them a letter with suggestions on how to get through this very challenging time, to find

The goal of the census is to count everybody once - only once - and in the right location.

To accomplish this goal, the Census Bureau offers three convenient, secure, and confidential ways to self-respond: [online at my2020census.gov](#), by phone, 844-330-2020, or by mail.

Self-responding to the census is important because it determines the number of representatives Florida has in the U.S. Congress. Florida can pick up additional seats because of population growth and high self-response rates to the 2020 Census.

Money follows data, not need. More than \$675 billion will be distributed to the states over the next ten years, and Florida needs to get its fair share. The 2020 Census data will determine how Florida will forecast future transportation needs, draw school district boundaries, and plan

ways to maintain mental and physical health, as we all confront the virus.

Dear Friends,

Social distancing is clearly a transition over which we have no control. It is ambiguous and has no clear timeline. We need to remember that even though we cannot control the virus, we can try to control our reactions and strategies for dealing with it. That is easier said than done, but not impossible.

There are three questions to ask when coping with any challenging transition:

- Can I change the situation?
- Can I change the way I see the situation?
- Can I use relaxing strategies?

The answer to the first question is: "No, we cannot change the situation." We must live with restrictions on our daily lives until we know that it's safe to relax and return to normal.

Since we can't change the situation, we need to ask ourselves the second question: "Can we change the way we view it?" The answer is yes. In my most recent book, *Too Young to be Old*, I suggest one way to stay young and vibrant is to "keep your dance card full" of activities and social life. Ironically, due to social distancing, we cannot do this now, but there are other things we can do.

For example, we can use this time to learn something new. On the Internet, you can look at Ted Talks, search for a YouTube video on almost any subject you can dream up, or watch your favorite movies or ones you have been meaning to watch. Check the television schedule for your favorite shows, learn to cook a new recipe, or make a home repair you've been needing. To learn or enjoy something new, go back to your bookshelf and select a book that provides new insights into art or gardening or how to prepare nutritious meals.

Another way to change your view of the situation is to find ways to connect with others while social distancing. Internet users can do this through messaging or chatting, FaceTime, or Skype. You can even create and attend internet meetings.

One book club, whose members are isolated in several states and Canada, used [meeting software](#) to discuss their book of the month. Some of the women attended the meeting wearing funny hats or were sitting next to bouquets of flowers from their gardens. For those without internet access or experience, phone connections can substitute. Don't just worry about your friends and family; call them regularly to see how they are doing.

The final question is: "How can I relax and de-stress?" This answer is the easiest. One of the best solutions is to exercise daily, preferably outside. Walking can do wonders for the body and the psyche. Find a way to do

budgets for the government at all levels.

Planning health and education services for people with disabilities, the location of new schools, and planning for hospitals, nursing homes, clinics, etc. will be determined by census data.

Everyone living in a household, documented or undocumented, should be included in responses to the 2020 Census. The census will ask for the following information:

1. Number of people at the address. We use this question to collect an accurate count of people at each address.

2. Any additional people who are living or staying at an address: We ask this question to ensure that everyone living at an address is counted.

3. Owner/renter. We ask about whether a home is owned or rented to create statistics about homeownership and renters. Homeownership rates serve as an indicator of the nation's economy.

4. Phone number. We ask for a phone number in case we need to contact you. We will never share your phone number and will contact you only if needed for official Census Bureau business.

so that will avoid close contact with others. Maybe it's just a few blocks walk from home or a few turns around a local park. If that is not possible, look on the Internet for exercise videos you can follow. Other ways you can de-stress are to meditate or listen to music.

You may miss your coffee klatches, bridge game, exercise class, or going to church or synagogue, but you can benefit by searching for other ways to build structure into your day. My daughter Karen has school-aged children at home. Her plan requires the kids to do at least one thing in each category every day:

- Education/self-improvement - a challenge.
- Immediate - good for the community, household, family-farm in our case-or even a friend on the phone.
- De-stress by promoting personal joy, pursuing a creative endeavor, or otherwise enriching your own spirit.

These suggestions can apply to members of any age group. You can be your own best medicine. Being alone does not mean you have to be lonely or depressed. All you need to do is make the conscious decision that you will not allow it to happen.

5. Name. We ask for names to ensure everyone in the household is counted. Your name also helps us keep ancestry records. If you have a large family, this helps to remember who has been included in the questionnaire. Make sure you include children under 5.

CONTINUE READING:
[Census 2020: 15 Minutes to Shape Our Future](#) by Edgar V. Wright, media specialist for the U.S. Census Bureau's Atlanta Regional Census Center

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