



A Community #ForAllAges

September 2018

-- Our Human Nature is Our Potential --



Consider the phrase "Human Nature." Do we invoke that phrase when we are talking glowingly about our brethren? Hardly. We use the phrase to focus on our greed, lure fear, our selfishness -- all the things we dislike about being members of this species.

In reality, though, virtually every one of the traits we "chalk up to human nature" is not what distinguishes us as humans at all. Those "human nature" traits are those we share with many, if not most or all, of our animal brethren.

Our Human Nature is Our Potential

If our "negative" traits are not what set us apart as humans, what exactly is our human nature? What do we have that other animals do not?

The uniqueness of our "humanity" comes from a combination of a bundle of traits. While other animals may exhibit one or more of these behaviors, there is no other species that has all this and then some.

- A sense that we are part of something bigger than just our own selves and our own families/tribes
- The ability to envision the future, to envision what is possible, [#ForAllAges](#)
- The capacity for self-awareness, to strive for self-betterment; the ability to be conscious that we are conscious!
- The capacity to consciously de-program our instincts and re-program new instincts -- free will (Watch this [7-minute video](#) about the power of word choices to influence our outlook on aging.)
- The ability to imagine things that do not currently exist -- to invent, to create something from nothing but our imaginations
- The ability to express all these more ethereal capacities through language, through art, through music through various means that allow us to transmit to other humans that which one cannot touch / taste / smell / see / hear

The human part of our nature provides a choice beyond fight-or-fee. That is the human part of our nature. That is what defines our humanity, separating us from every other animal on the planet.

Our human nature is all about our potential, and it is through that uniquely human nature that we have the power to create a humane, joyful future for our world.

-- Hildy Gottlieb, [Creating the Future](#)

-- Life Lessons from 100-Year-Olds --

**LESSONS
BY 100+
YR OLDS**

**MORE THAN
100 YEARS OF
EXPERIENCE**



Life Lessons from 100-Year-Olds

- "Age is only a number. You live for the day." -- Cliff Crozier
- "Even if someone is no longer here, they're there... they're in your mind, they're in your air. All around you. It's a really wonderful feeling."-- Amelia Tereza Harper
- "You gotta keep up with the times..." -- John Millington Denerley

All of us have one thing in common. We are aging. This 13-minute video showcases three lively, ordinary centenarians as they share their most valuable life lessons. You are encouraged to watch the video in its entirety for the simple reason that it's an excellent example showcasing older people as they really are, not as society has stereotyped us to believe.

-- Cause & Effect --



The most favorable conditions begin and end with bringing out the **BEST** in people. It feels pretty darn good, and it's easy to do. Each of us can create a positive impact on someone's life by merely asking, "What's been the best part of your day today?" or "What's the most awesome thing in your life right now?" We can ask this to a 5-year-old or a 105-year-old and watch them glow as they answer!

"Recently, I ordered a delicious slice of pizza at Lucky's Market. As I was waiting for my lunch to get warm and crispy in the oven, I asked the man behind the counter, 'What's been the best part of your day so far?' I felt out of my comfort zone because usually, I keep to myself. Sure enough, a BIG smile appeared on his face as he happily shared, 'Right now, you're the best part of my day, but I really love my job! I like talking to different people. I like trying out new recipes... sometimes they work, sometimes they don't. I'm one of the lucky ones, you know. I really love my job.'

Then later, my best friend came over. I asked, 'What's been awesome in your life lately?' She responded the same way, eager to share her most recent passions.

Both conversations had similarities:

- Both individuals were smiling ear-to-ear as they shared what was making them the happiest.
- The discussions had an elevated level of energy that was uniquely engaging.
- I left the conversation feeling happier, too.

Go ahead! [Turn Outward](#), and ask someone what are they most proud of at the moment. Let Age-Friendly Sarasota know how it goes!

LOCAL

September is Florida's Intergenerational Month



Guests attending the annual ED-stravaganza!

The Florida Dept of Elder Affairs Office of Volunteer & Community Services and Communities for a Lifetime invites you to join in planning an activity to connect multi-generations together in meaningful activities during this month. If you or your agency are hosting an intergenerational activity or event in September, please contact Janice Harvey (850-414-2097) or Tracey Aittama at (850) 414-2343.

- Sept 22 - [National Centenarian Day](#)
- Sept 27 - [Ancestor Appreciation Day](#)
- Sept 28 - [Good Neighbor Day](#)

Use your imagination, spend time together, and most importantly have fun!

NATIONAL

Hurricane Preparedness



[Important Things To Know Before a Disaster](#)

It's official. We are in Hurricane Season, June 1- November 30. The peak of the season begins this week. As part of Age-Friendly Sarasota's disaster planning and preparedness, we have compiled a list of pdf's to help you plan for Mother Nature.

- [Family Emergency Communication Guide \(PDF\)](#)
- [Emergency Plan for Parents or \(PDF\)](#)
- [Emergency Plan for Kids or \(PDF\)](#)
- [Pet owners \(PDF\)](#)

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[EdExploreSRQ's](#) Wendy Katz with her grandson dressed up as the EdExplore mascot, SRQ Ed, while attending the annual ED-stravaganza!

- [Steps to make a plan \(PDF\)](#)
- [Tips on emergency alerts and warnings \(PDF\)](#)
- [Protect Critical Documents and Valuables \(PDF\)](#)

GLOBAL

Nine healthy lifestyle habits shared by people who've lived the longest.

"We found pockets of people around the world who live longer than anyone else. We then assembled a team of researchers, anthropologists, demographers, & epidemiologists to search for evidence-based commonalities among all places. We found nine. [Learn more.](#)" -- [@BlueZones](#)

1. Move Naturally
2. Purpose
3. Down Shift
4. 80% Rule
5. Plant Slant
6. Wine @ 5
7. Belong
8. Loved Ones First
9. Right Tribe



[click here to enlarge](#)

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