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UPLIFT Florida Network

February 2023

UPLIFT Florida Network's mission is to improve the well-being of individuals and communities via a network of villages and organizations supporting them. For more information or to get involved, contact us at info@upliftflorida.org.

UPLIFT Continues to Flourish



UPLIFT Florida Network has grown and thrived with incubation support from The Patterson Foundation (TPF) for the past three years. In that time, UPLIFT has become a vibrant entity, positioning itself for further growth and expansion. The guidance and assistance of TPF consultants Deborah Gauvreau and Kiarra Louis have helped UPLIFT build a [committed board](#) and volunteer base, become an IRS 501(c)3 organization, qualify for the [Giving Partner](#), and begin building its [statewide network of villages](#) with six entities already participating in regular conversations and the beginnings of a mutually beneficial relationship with a local senior program.

From UPLIFT's inception, TPF consultant Deborah Gauvreau has been key to its success and has worked closely with UPLIFT



UPLIFT's Newsletter is Moving — Save Our Email Address

The Patterson Foundation has provided incubation support for the past three years, including publishing UPLIFT's monthly newsletter. As we continue to build a strong leadership team, expand our talent, and grow our capacity, we look forward to overseeing our newsletter's development and publication via MailChimp.

As of March 2023, rather than receiving our newsletter from ssternberg@thepattersonfoundation.org via Constant Contact, you will receive it from info@upliftflorida.org via MailChimp.

Save our info@upliftflorida.org address to ensure you continue receiving our newsletter!

Impact of Digital Inclusion on Communities: Older Adults

leadership in providing facilitation and strategic guidance to help the organization evolve and achieve its mission. Deborah decided to close her chapter as a consultant, working with Kiarra Louis to ensure a smooth transition as TPF's active support of UPLIFT closes in 2023.

UPLIFT will continue advancing its mission of improving the well-being of our community members via a network that supports individuals thriving in community together. In 2023, UPLIFT is looking to enhance its already strong leadership team, expand its talent and experience base, and establish itself firmly as a statewide organization providing services to villages and organizations throughout Florida.

Although UPLIFT is just beginning to implement its strategic plan, its growing group of volunteers is committed to addressing the needs of Florida's aging population. We encourage you to contribute expertise, either as a volunteer or a partner, to help us work toward building a better future so Floridians can thrive and age in community.

Contact us at info@upliftflorida.org.

Elders Action Network



One Earth, One Humanity, One Future

In April 2014, 47 older adults joined founders John and Sue Sorensen "to consider whether it was possible to create a movement of elders to transition our society to one that is more just, caring, equitable, and in service to life prospering for all future generations." A unique aspect of this movement would be its gathering of "sacred activists" committed to growth as conscious elders while

Rising inflation has increased the price of everything, and with soaring costs, budgets are already stretched, especially for those who live on a fixed income as many older Americans do, according to CNN. From personal experience, Maribel Martinez knows older people with fixed incomes are cutting back on everyday items in response to inflation. This includes reducing doses of prescribed medications to make monthly supplies last longer, forgoing healthier but pricier fresh foods, and suspending internet subscriptions and other digital services to free up funds. Beyond cutting back, many older adults see no other alternative but to re-enter the workforce to make ends meet. So, what does life look like for people on the wrong side of the digital divide, and what can be done about it? [Continue reading Maribel's blog to learn more about the impact of digital inclusion on older adults.](#)

[Also, check out these digital inclusion resources aimed at older people:](#)

- [Lifeline](#) and the [Affordable Connectivity Program](#) can help reduce the cost of monthly internet bills or make subscribing completely free for eligible households. You can even purchase a computer for under \$49 or check out [GrandPad](#).
- [Aging Connected](#) helps seniors find and connect to affordable broadband.
- [Senior Planet](#) by [OATS](#), [Generations on Line](#), [Google Foundation and AARP](#), [Ready, Set, Bank](#) by Capital One (also available in [Spanish](#)), [Tech Goes Home](#), [Skillful Senior](#), [TechBoomers](#), [Goodwill Community Foundation](#), [Teach an Old Dog New Tricks](#), and [Sarasota Technology Users Group](#) provide in-person, hybrid, or virtual

taking on one or more forms of outer activism. That vision eventually became the [Elders Action Network \(EAN\)](#), a national organization that includes thousands of elders committed to making positive changes in the world.

The current mission of EAN is “to build a movement of elders to address the social, environmental, and governance issues of our time.” Who better to help tackle these critical issues than older adults with years of wisdom, experience, and, often, the available time and resources.

The four EAN action teams focus on issues that deeply impact our lives—climate change, our wavering democracy, social injustice, and the need for a new regenerative way of living. EAN provides communities of support, education, tools, and direct action for those seeking to discover the part they play in creating a future that works for all. To learn more, contact Diana Shoemaker, Executive Director at dianas@eldersaction.org or visit www.eldersaction.org.

Keep It Ticking

February is American Heart Month, a time to focus on cardiovascular health. At the county, state, and national levels, people, families, and organizations are encouraged to participate in activities, from preparing heart-healthy meals, staying active, and developing healthier habits to setting up clinics, hotlines, and support groups. For ideas on how you can celebrate, check out these [twenty-five suggestions](#).

With cardiovascular disease as the number one killer of women, [Go Red for Women](#) is designed to increase awareness of women’s heart health.

This month, renew your awareness

training for seniors.

Up Your Game with Healthy Competition



Exercise and physical activity are promoted to improve your mental and physical well-being and help you stay independent as you age. And you don't have to leave your home to stay fit. You can find every exercise and activity imaginable on the internet.

However, consider Florida's Senior Games if you're looking for a way to add more fun and fellowship to your fitness with some friendly competition thrown in. Hosted by local organizations throughout the state, each Florida Senior Games multi-sport event is open to all 50 years and older.

You can participate with others of the same gender and age group in sports such as archery, bowling, cornhole, golf, and more. Sports in the local events serve as qualifiers for the statewide 2023 Florida Senior Games, presented by Humana, in Florida's Sports Coast, December 2-10, 2023.

Continue reading about the [Gulf Coast Games for Life](#) hosted by Sarasota and Manatee counties. To find out if events are offered in your area, visit the [Florida Senior Games events website](#).

of keeping your heart in working condition. Even small changes can have an overall effect. Find out more about the ABCs of heart health in this [factsheet](#), published by [Million Hearts](#), an initiative to prevent 1 million heart attacks and strokes by 2027.



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