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# UPLIFT Florida Network

April 2022

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 UPLIFT Formation Team's chairperson Emile Gauvreau: [revgauvreau@protonmail.com](mailto:revgauvreau@protonmail.com).

## YOU'RE INVITED:

### UPLIFT Florida Network's Village Formation Orientation Tuesday, April 12 from 9AM-10AM

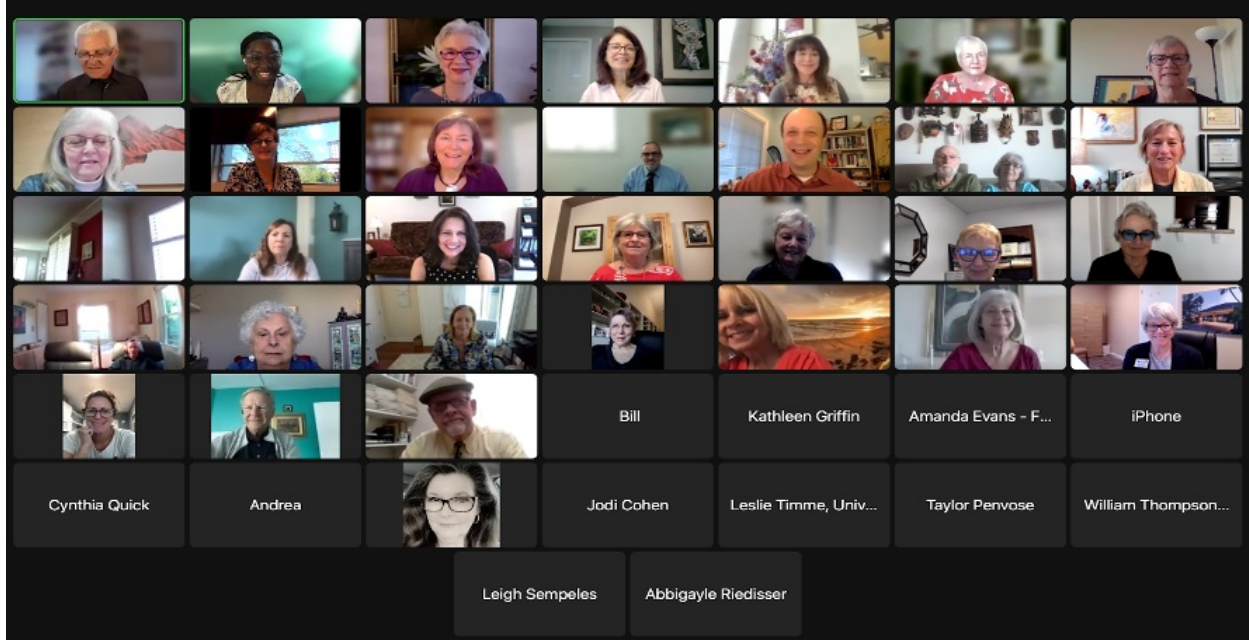


UPLIFT invites you to join a must-attend Village Formation Orientation if you are an individual or an organization interested in forming a village in your area. You'll learn about the village formation process and how being a part of the UPLIFT formation cohort facilitates the process.

We looking forward to seeing you Tuesday, April 12, 2022, from 9:00-10:00 a.m.

Questions? Please email Emile Gauvreau at [revgauvreau@protonmail.com](mailto:revgauvreau@protonmail.com).

**Sign up to  
attend!**



## Imagine Living Better, Stronger, and In Community with UPLIFT Florida Network

March 22, 2022, marks a major milestone for UPLIFT Florida Network and Florida residents. During the Lift Off event, UPLIFT formally announced that it is beginning to implement its strategies as a new organization on the landscape of Florida's ecosystem. Over 50 individuals and organizations attended the session and many more requested the [Zoom recording of the session](#).

The session provided national perspectives from Barbara Sullivan, Executive Director of the [Village to Village Network](#), and local ones from Annette Kelly, Board President of the [Neighbors Network](#) in Maitland, FL. Other speakers included:

- **Joel Shapira, Founder of BeyondAge**, explained the need for new approaches and how UPLIFT is the first of its kind in the village movement.
- **Lyn Trainer, Managing Director of Villages Northwest**, which has a hub and spoke model similar to that of UPLIFT, shared the benefits of having such a model for sustainability, growth, and more.
- **David Blehar, Chief Financial Officer/Chief Operating Officer of Senior Friendship Centers**, talked about the value of collaborative relationships between existing care structures and UPLIFT.
- **Sue Berger, Aging Systems Coordinator for Sarasota County**, presented challenges in our existing healthcare systems and to the health of Florida's population, especially considering that 6.6 million of our residents will reach the age of 65+ by 2030.

Overall, there was a recognition of a need to have an organization like UPLIFT in the Florida care system to bring new relationships and connections to communities throughout Florida.

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### Restorative Cities

Dr. Jenny Roe is a pioneer in restorative environments that actively improve our mental health and wellbeing. She is co-author of [Restorative Cities: Urban Design for Mental Health and Well Being](#). Dr. Roe presented to Sarasota leaders thanks to



Left to right: Sue Berger, Sarasota County Government, Dr. Jenny Roe, Environmental Psychologist, and Chuck Henry, Florida Department of Health.

learning sessions organized by the Downtown Sarasota Condominium Association.

Her research shows that done well, our built environment can have powerful positive impacts on mental health and wellbeing. She offers insights into creating restorative cities. Seven pillars support restorative cities: the green, blue, sensory, neighborly, active, playable, and inclusive cities.

UPLIFT’s mission is to improve the well-being of our individuals and communities. It’s exciting to see the concepts of restorative cities and building a healthy tomorrow so beautifully aligned.



### Volunteer Spotlight: Rachel Rivlin



Rachel Rivlin began her career as a speech and language pathologist but soon transitioned to practicing audiology and becoming Director of Audiology at Boston’s Beth Israel Hospital. After several years, she decided to attend law school and practiced corporate insurance law for approximately 30 years.

### The UPLIFT Journey



Connecting with people who share similar interests, engaging in stimulating activities, and accessing resources that enrich our lives is essential to maintaining our health and well-being. With this secret to healthy aging in mind, a group of Sarasota residents supported in their efforts by **Deborah Gauvreau** from **The Patterson Foundation** originally began developing a village in Sarasota.

Why a village?

Well, **villages** are an asset to any community. They are community-based networks of members and aligned organizations engaged in supporting aging interdependently and

She served on many councils, boards, and committees of legal organizations and was a speaker at related meetings during her legal career. When she retired, she began volunteering for several nonprofits, including serving on the board of a children's literacy organization, teaching English to speakers of other languages, becoming an emergency response team trainer and a first responder, and working as a shelter volunteer during Hurricane Irma.

Rachel became involved in the UPLIFT Florida Network, Inc. because she believes that it is important and necessary for people to be connected to their communities, especially as they age and want to continue to live healthy and productive lives. The village concept encourages people to be active and continue to be a part of their communities so that they can continue to thrive and live their best lives.

maintaining the well-being of its members. Villages promote neighbor-to-neighbor support and community connectivity, enhance interdependence and healthy living, and provide various practical services through recreational, social, educational, and cultural programs.

Through the early findings of Sarasota Village's Exploratory Team, there was an emerging need for a regional umbrella organization to create economies of scale, perform administrative functions, leverage resources, and support communications for member villages throughout the region. In conjunction with interest from villages in the broader Suncoast region, this emerging need evolved into the **UPLIFT Florida Network** (UPLIFT), formerly known as Suncoast Villages.

[Continue Reading](#)

## 2022 Community Health Symposium and Sapphire Awards

Florida Blue Foundation

Welcome Registration Fees

May 4-5, 2022

### 2022 Community Health Symposium and Sapphire Awards

*Big Issues in Health: A Focus on Health Equity*

Hyatt Regency Grand Cypress  
Orlando, Florida



The **2022 Community Health Symposium, Big Issues in Health: A Focus on Health Equity**, will take place May 4-5, 2022, at the Hyatt Regency Grand Cypress Hotel in Orlando, Florida. The event will feature general sessions, roundtable discussions, and more.

UPLIFT will present a session, Healthy Aging for All Floridians – A Fresh Approach, that addresses the profound impact of the age shift in Florida and how UPLIFT, its partnerships, and

## AARP Florida Works With Local Leaders to Improve Livable Communities for Residents By Tom Scherberger

Florida scores highly as an age-friendly state, but now it has a new metric to distinguish itself: public-health friendly. In November 2021, the Florida Department of Health in Sarasota County (DOH-Sarasota) became the nation's first local health department that the nonprofit Trust for America's Health recognized as an Age-Friendly Public Health System.

[Learn more](#)

## What is a Livable Community?

volunteer-powered villages will reduce social isolation, help people connect to support, and age in community while improving equity and outcomes.

[Register](#)



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