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UPLIFT Florida Network

October 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 us at info@upliftflorida.org.

Communities Coming Together After Hurricane Ian

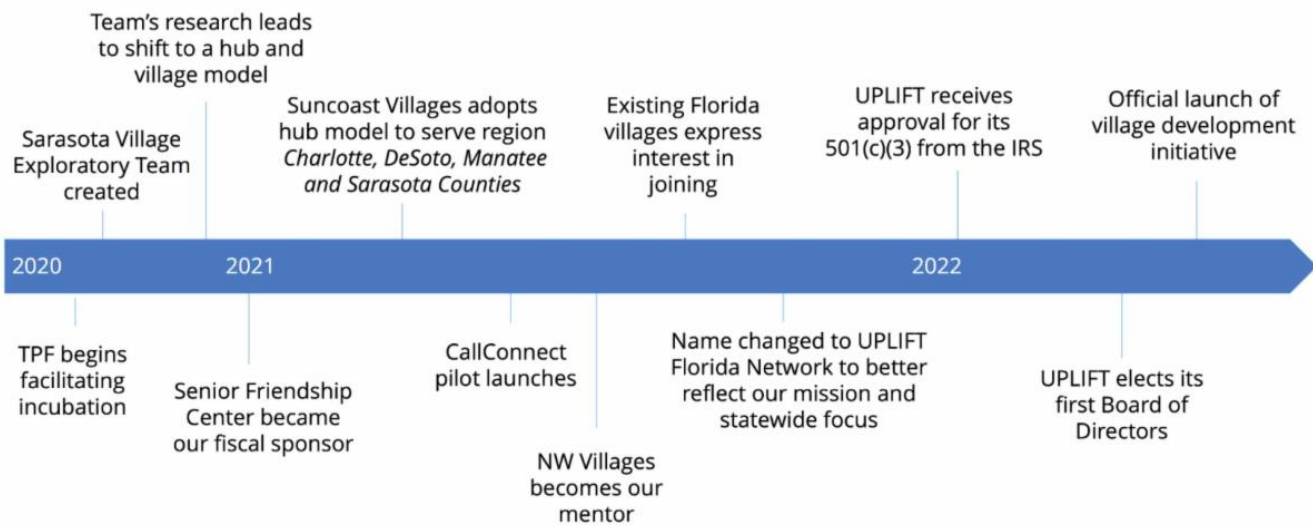


Although Hurricane Ian has gone, it has left trails of catastrophic damage and destruction through Florida, Georgia, and South Carolina. Both its waters and winds have impacted millions. However, from the darkness and the loss emerges individuals and communities coming together to support each other, thus embodying the neighbor-helping-neighbor spirit that the [village](#) model supports. Although the path ahead to recovery may be long, we recognize the importance of coming together to create and strengthen communities of belonging where we each can help each other, especially during times like these. As our region begins to cope, adapt, and innovate beyond Hurricane Ian's heartbreaking devastation, the [Suncoast Disaster Recovery Fund](#) offers donors of all backgrounds a trusted resource to put their helping hearts into action.

Next month, we look forward to illustrating stories that emphasize the truth that we are both better and stronger together.

Our thoughts are with those impacted by Hurricane Ian. ♥

Building a Statewide Organization in Florida



[click to enlarge](#)

[UPLIFT Florida Network](#) did not start out to be a statewide organization providing services to villages and organizations throughout Florida. Rather, it started with the idea of creating a village organization in Sarasota County. When we discovered that others had the same idea and village organizations had already been formed in other areas, we expanded our perspective from Sarasota County to the Suncoast region and eventually to the State.

Now, as a qualified 501(c)(3) organization with the ability to solicit funds in the State of Florida, we are in the position to build the organizational structure required to lead the Florida village movement. [The California Village Movement](#) has over 40 villages serving over 10,000 people! It is not unreasonable to think that in the not-too-distant future, Florida, through UPLIFT, will have one or more villages in each of its counties serving people that want to age and thrive in their chosen places.

In the next 12-18 months, UPLIFT will be focusing on creating our hub's capacity to manage the day-to-day functions of its network of villages, bring together a network of organizations that can support/contribute to the functioning of UPLIFT and its villages, and bring innovative programs to the people that have chosen to participate in the villages organizations that we support.

Our vision is lofty, and our mission is inclusive of all people and geographic areas, but WE ARE READY TO DO THE WORK. Contact us at info@upliftflorida.org if you are interested in joining us in our efforts or starting a village in your area!

Debunking Myths Around Aging & Technology: Myth #1: Older Adults Aren't Using Technology

We've heard for years that older people resist technology. They don't understand it. They don't want to use it, and if they do, they're slow to learn. According to a [Link-Age survey](#) conducted in 2019 of individuals aged 55 to 100, age is not why older adults don't embrace the

Associate Village Spotlight: Neighbor to Neighbor in the Nenes



Neighbor to Neighbor in the Nenes (N3) mission is to help elders in Indianhead/Lehigh (a Tallahassee suburb) stay in their homes as they age. Like other villages, N3 mobilizes

latest and greatest technology. Those who don't use technology stated they just don't like it and never did. Instead of resistance, they've been adapting to technology their entire lives [according to the survey].

Consider this. We're now living with smartphones and smart appliances in our smart homes and driving smart cars. Definitely not the 1960s. Older adults use the technology they need and don't engage with technology that isn't helpful. The survey noted that 25% of respondents didn't have Wi-Fi access where they live. Today, living without Wi-Fi is almost like living without electricity. It's become a necessity.

In next month's newsletter, we'll look at how to enhance technology access and adoption among the older population.

the compassion of neighborhood volunteers to provide services to neighborhood elders who can no longer do everything they used to do. N3 serves all community elders and their caregivers while focusing on the most vulnerable, those with few financial resources, and the most isolated.

N3 began delivering services in 2018. It has grown since then and is now hiring its first paid executive director using grant funds from the NextFifty Initiative in Colorado. The director will manage day-to-day operations, re-establish education and social programs canceled because of Covid, and open the online, aging-in-place resource library.

For more information, visit AgingInNeneland.org.

Medicare Enrollment Opens Oct. 15 through Dec. 7.

Take action during this year's Medicare Open Enrollment to ensure your coverage will meet your needs in 2023. If you have questions or need help with your Medicare options, use the resources below.

- Contact [Medicare](#) to get information, ask questions, or change your coverage during open enrollment. Call 1-800-633-4227 to talk to someone or live chat with a real person, 24 hours a day, 7 days a week [here](#).
- Contact [Serving Health Insurance Needs of Elders \(SHINE\)](#), a free program with specially trained volunteers that can assist you with your Medicare, Medicaid, and health insurance questions by providing one-on-one counseling and information. Find a counseling site in your area [here](#), or sign up for a live or recorded Zoom class to learn more about Medicare on their homepage [here](#). Call the Elder Helpline at 866-413-5337. Email information@elderaffairs.org.
- [Contact Your Medicare Advantage Plan/Part D Plan](#): Contact a plan directly if you have questions about its benefits, coverage, or costs.

Why UPLIFT? Hear from Our Volunteers & Supporters

[click on images to enlarge](#)

UPLIFT is pioneering an effort to adopt public-private strategic partnerships leading to a more sustainable and inclusive village framework that has the potential to be emulated nationally. I envision a thrilling journey through 2022 and beyond.”
— Joel Shapira

“The village concept and UPLIFT give me a chance to reexperience the excitement of creating something new and working with passionate and innovative community leaders to help reimagine what our communities can do through villages to support older adults.” — Bill Little

“I became involved in the UPLIFT Florida Network, Inc. because I believe 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.”
— Rachel Rivlin

“As the Aging System Policy Coordinator for Sarasota County Government, it was easy to see the village concept had many similarities with the Age-Friendly Sarasota initiative. Both have a collective approach that connects community and services to enhance the quality of life and wellbeing.” — Sue Berger

“I am excited about the potential that UPLIFT has to change the landscape of aging for the residents of Florida. UPLIFT’s goal is to assist in the startup of new villages throughout the state. The power of villages lies in the person-to-person connection that develops through community engagement and the participation of individuals as volunteers and recipients of services. Together, this type of engagement will address issues of isolation and health equity while addressing the social determinants of health. This is an exciting time for Florida!”
— Emile Gauvreau



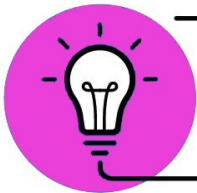
Volunteer with UPLIFT

October Is Breast Cancer Awareness Month



October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. **You** can help spread the word about the importance of breast cancer screening and support by sharing [The National Breast Cancer Foundation's](#) (NBCF) [messaging](#) on your social media channels.

To learn more about breast cancer, visit the Centers for Disease Control and Prevention's [Breast Cancer Awareness page](#).



DID YOU KNOW?

The [Florida Breast and Cervical Cancer Early Detection Program](#) (BCCEDP) makes it easy to get the breast and cervical cancer screenings doctors recommend. The screenings are free or low-cost if you meet program eligibility requirements. To see if you qualify, call your [county health department](#). To learn more, [watch this brief video](#).

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