



A Community for All Ages

October 2021



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**“FOR LAST YEAR'S
WORDS BELONG TO
LAST YEAR'S
LANGUAGE. AND NEXT
YEAR'S WORDS AWAIT
ANOTHER VOICE.”**

– T. S. ELIOT

Ageism

In recent months the subject of ageism has moved into the national spotlight. The World Health Organization published its Global Report on Ageism, and the City of Boston's Age Strong Commission unveiled its Age Strong Public Awareness Campaign. Celebrities like Martha Stewart and the Property Brothers Drew and Jonathan Scott have embraced the benefits of living/aging well and using universal design concepts in creating a forever home. MILLIE Magazine shared stories of women fighting ageism in the workplace, and This Old House featured articles on aging in place in the home you love and renovating for a multi-generational household.

While all of this is great, the truth is ageism is still the “last acceptable-ism.” Ageism is the stereotyping and discrimination against a person or persons based on their

age. It creates the assumption that everyone of a certain “age” is the same. The current language used to describe generations does not help the case.

The reality is we are an aging nation. There are more than 46 million people aged 65 and older living in the U.S., and by 2050, the number is expected to grow to 90 million. For Sarasota, 37.3% of our current population is 65+, which is higher than the State of Florida at 20.5% and the U.S. at 16%.

We often hear that Florida is the dress rehearsal for the rest of the nation, and Sarasota County is part of the mix.

What can we do? We can help educate people on the detrimental effects of ageism, stop using unflattering words and themes of decline, work on changing our own perceptions of aging (Internalized Ageism), and help our children develop healthy attitudes and ideas about older adults.

We invite you to check out resources like [Old School](#), [Anti-Ageism Clearinghouse](#), and [AARP’s Disrupt Aging Campaign](#).

After all, don’t we all want to live well, age well, and remain active and engaged for as long as possible?



Holiday Safety COVID-19 and Flu Vaccines

As we roll through October, we stand on the edge of the holiday cliff. Halloween will be here in a few short weeks, and the remainder of the year seems to fly by at lightning speed.

Recently, the CDC issued a list of recommendations to help minimize COVID-19 exposure during your holiday gatherings. The best possible way to maximize protection and minimize the spread of COVID-19 is to get vaccinated!

The CDC also recommends you get your Flu shot. The Flu vaccine is readily available at many locations throughout the community, in addition to your doctor’s office. There are also several variations of the flu shot available, including a Flu Nasal Spray, the high-dose version for individuals aged 65+, and an egg-free

version.

You can visit [the CDC website](#) for more information on vaccines and to access a COVID-19 and Flu vaccine finder.

SAVE THE DATE

The Reinvention Convention: YEAR 4



The Human Brain

**PRACTICAL TOOLS FOR
LIVING LONG & AGING WELL**

The brain can be a beautiful thing. Which is why we have made it the 4th in a series of Six Reinvention Convention sessions.

VIRTUAL EVENT

THURSDAY

NOVEMBER 4, 2021

8:45-11:00 A.M.

FOUNDING PARTNERS

Senior Friendship Centers (SFC),
JFCS of the Suncoast,
Plymouth Harbor

Reinvention Convention

The 4th installment in the 6-part Reinvention Convention will occur virtually on Thursday, November 4, 2021. Founding partners Senior Friendship Centers, JFCS, and Plymouth Harbor designed this curriculum to educate and provoke change in the beliefs and behaviors about aging.

With the country's 65+ age demographic expected to exceed people under age 18 for the first time in U.S. history by 2035, this timely and thought-provoking series aims to look at front and center issues as we seek to create the kind of life we want to live.

This year's theme is "The Brain." Speakers include Dr. Kevin O'Neil, Chief Medical Officer of ALG Senior; Kathryn Scott, B.A., CDP, Supportive Services Coordinator JFCS; and Dr. William Nields, Chief Medical Officer of Cognitive Health Centers.

Purchase
Tickets



FAST FORWARD

Introduction to Fast-Forward: Look Into Your Future

Clip | 2m 39s | CC

+ My List

Meet four families from across America who took part in a week long "aging boot-camp" filled with immersive experiences such as special effects make-up, an MIT designed and developed aging empathy suit, and doctors visits — all designed to encourage the families to think about aging, plan for the future, and discuss their hopes and fears amongst each other.

Aired: 04/26/21 | Expires: 03/25/25 | Rating: NR

Fast Forward Movie Premier

Roll out the red carpet and get ready for your close-up! In collaboration with the Department of Health in Sarasota, Age-Friendly Sarasota, and WEDU, Senior Friendship Centers will host a screening of the PBS documentary *Fast Forward!* Billed as "an immersive journey to the future in a sort of aging boot camp," this film seeks to provoke conversations about the future, reduce fears around the reality of getting older, and provide humor as we look at our future selves.

Narrated by Rosario Dawson, the film follows four Millennials and their parents as they simulate being 85 and explore aging. This is an opportunity to bring families together to begin conversations about how they can preserve health, have a life-long purpose, and open avenues to discuss end-of-life wishes.

Screenings are planned for November 9th and December 5th at the Senior Friendship Centers. More information coming soon.

Sneak Peek



Sustainable Communities | November 10, 2021

Sarasota County will be hosting the 16th annual Sustainable Communities Workshop. This year's virtual workshop's theme is "Roots of Sustainability." It promises to be an exciting day with these renowned speakers:

- Rob Greenfield is an activist and humanitarian dedicated to leading the way to a more sustainable and just world. Dubbed the "Robin Hood of modern times" by France 2 TV, he embarks on extreme projects to bring attention to important global issues and inspire positive change. Hewing closely to Gandhi's philosophy of "Be the change you wish to see in the world," Rob believes that our actions matter and that individuals and communities have the power to improve the world around us.
- Meg Lowman, called the "real-life Lorax" by National Geographic and the "Einstein of the treetops" by Wall Street Journal, is an author, explorer, scientist, arbournaut (translation: treetop explorer!), mom, and change-agent for conservation. She has devoted more than four decades to exploring and researching treetop secrets as a global pioneer of canopy science and public science communication. Her recent projects include creating a UNESCO world heritage forest site in Malaysia and partnering with Ethiopia's Coptic priests to save the remaining church forests. Meg also directs the TREE Foundation, which built the Myakka River State Park canopy walkway.
- [Tai Simpson](#), known as "The Storyteller" in the Indigenous language of the Nez Perce Tribe, serves as an organizer for the Indigenous Idaho Alliance and works as a Social Change Advocate with the Idaho Coalition Against Sexual & Domestic Violence. As an antiracism activist and community organizer, she uses contemporary and traditional Indigenous storytelling to champion radical inclusion, equity, and liberation. Notably, she has a TEDxBoise talk exploring Indigenous beliefs as the basis for empowering community.

There is a packed agenda for this day-long event with more than 16 contributing speakers and panelists.

[LEARN MORE](#)

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