



EngAGEMENT News: New York

Inside Aging-USA Regular Physical Activity % of seniors who exercise

	(percentage)	%
Total: 65+ years old		21.0
65-74 years old		26.0
75-84 years old		19.0
85+ years old		9.0

Aging Facts: Physical Activity

- Physical activity is beneficial for the health of people of all ages
- For Older Adults, exercise can reduce risk of certain chronic diseases, relieve symptoms of depression and enhance overall quality of life
- Physical activity levels for older adults have remained stagnant over the past 10 years

Source: Older Americans 2004: Key Indicators of Well-Being

New York: The Big Apple, the Empire State Building, Wall Street, the Statue of Liberty, the Yankees and Central Park. But what about the forgotten few, well it is more than just a few. Upstate New York, the home of Grantmakers Forum of New York (GFNY), has over 6.9 million residents throughout their 52 counties. GFNY is the featured EngAGEMENT partner this month. Led by Elizabeth Wilder, they are continuing their work to engage grantmakers in programs focused on civic engagement and social capital for older adults.

Upstate New York has a higher proportion of elderly than the U.S. as a whole. A recent Brookings Institution report showed that, in 2000, 14% of Upstate New York residents were over 65, compared to the national average

Get Involved

"Lead. Inspire. Change the world. Again." That's the tag line for a new Corporation for National and Community Service campaign to engage more Baby Boomers in volunteer service. The web site includes new public service announce-

ments, a national searchable database, stories about older adults who are making a difference, and tips and templates for non-profits.

GFNY is planning to hold Community Action Roundtables, specifically focused on the many issues facing older adults. Quality of life issues are a top priority. Improving the community by improving the lives of the older population is key.

GFNY is working on a community mapping initiative to identify strengths and challenges for older adults in neighborhoods, villages, towns or cities. They would provide an inventory questionnaire for systems and services, opportunities for donors, volunteers, consult-

ing and vocation.

They are using a dual approach asking the questions: How does the community attract and retain 55-75 year olds who have been a part of the community (many snowbirds in Upstate NY)? And How does the community support the frail elderly residents?

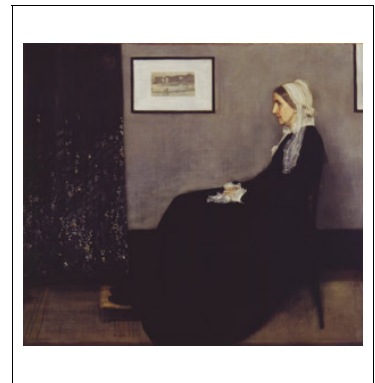
The New York State Office for the Aging is one of many resources that GFNY wants to partner with. They have done extensive research on the many challenges the state will face as the population ages. EngAGEMENT Initiative is a wonderful opportunity to get grantmakers and communities involved in the effort to improve the lives of seniors.

This website is a great resource for non-profits and is one example of trying to capitalize on the experience of the Baby Boomers to improve the whole community.

The website for this campaign is: www.getinvolved.gov

Aging Is Not What It Used To Be

Faster is Better! Fast Food, Speed Dating, High Speed Internet Connection, Instant News on World Events, Instant Beauty with plastic surgery, Athletics, Cars-Everything today lives by that rule. People want instant fame on reality TV, instant wealth with the lottery, and instant gratification with businesses open 24 hours a day. But there is one area that faster is not always better. Today's seniors are not aging as quickly as in the past. With medical advances, nutritional improvements, and healthier lifestyles, people are living longer and staying active longer. Programs across the country are focused on slowing down the aging process and improving the quality of life. Experts are learning about the benefits of engagement in physical activities as well as mental activities that challenge creativity in older adults.



Yesterday's 60 year old

New programs to satisfy the boomers desire to push back the hands of time are being launched, in every category and every level from physical fitness facilities, new travel packages, and housing concepts to government, state and local public service programs.



Today's 60 year old

The EngAGEment Initiative is working to create change. Increasing the awareness of foundations and other grantmakers to the enormous benefits to the communities they serve, by understanding the needs of older adults. But taking action on that understanding is what needs to occur for us to help slow down the hands of time.

Today's seniors are not like yesterday's.

The EngAGEment Initiative, funded by The Atlantic Philanthropies, is a pilot program to introduce new funders to aging through a partnership Between GIA and Regional Associations of Grantmakers

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"The only place where success comes before work is in the dictionary"
-Vidal Sassoon



Grantmakers In Aging

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