

February 2026 NNLC Vision

Silver Tsunami ~ or Silver Strong?

NNLC makes the case for the gift of silvers who are united and strong

Barbara Shearer, President, Neighbors Network of Lee County
Patty Duncan, Vice President, Neighbors Network of Lee County

February 5, 2026

Why is it everyone wants to live a long life but nobody wants to get old?

leeneighbors.org



**Neighbors Network
of Lee County, Inc.**



**Introducing the Neighbors Network of Lee County ...
helping people age in community authentically and cost effectively.**

Mission: to make the experience of aging in one's home a feasible choice with neighbors helping neighbors across generations to create a socially connected community that benefits everyone.

Vision: to make Lee County both a destination and a home, where people are provided with an assurance that the support system they rely on as they age independently within the community is sustainable.

Quotes from geriatricians

“Old age is not a diagnosis.” Dr. Louise Aronson

“Our ultimate goal, after all, is not a good death but a good life—to the very end.” Dr. Atul Gawande

“The greatest failures in caring for older adults occur not in hospitals, but in the gaps between systems.” Dr. Eric Coleman

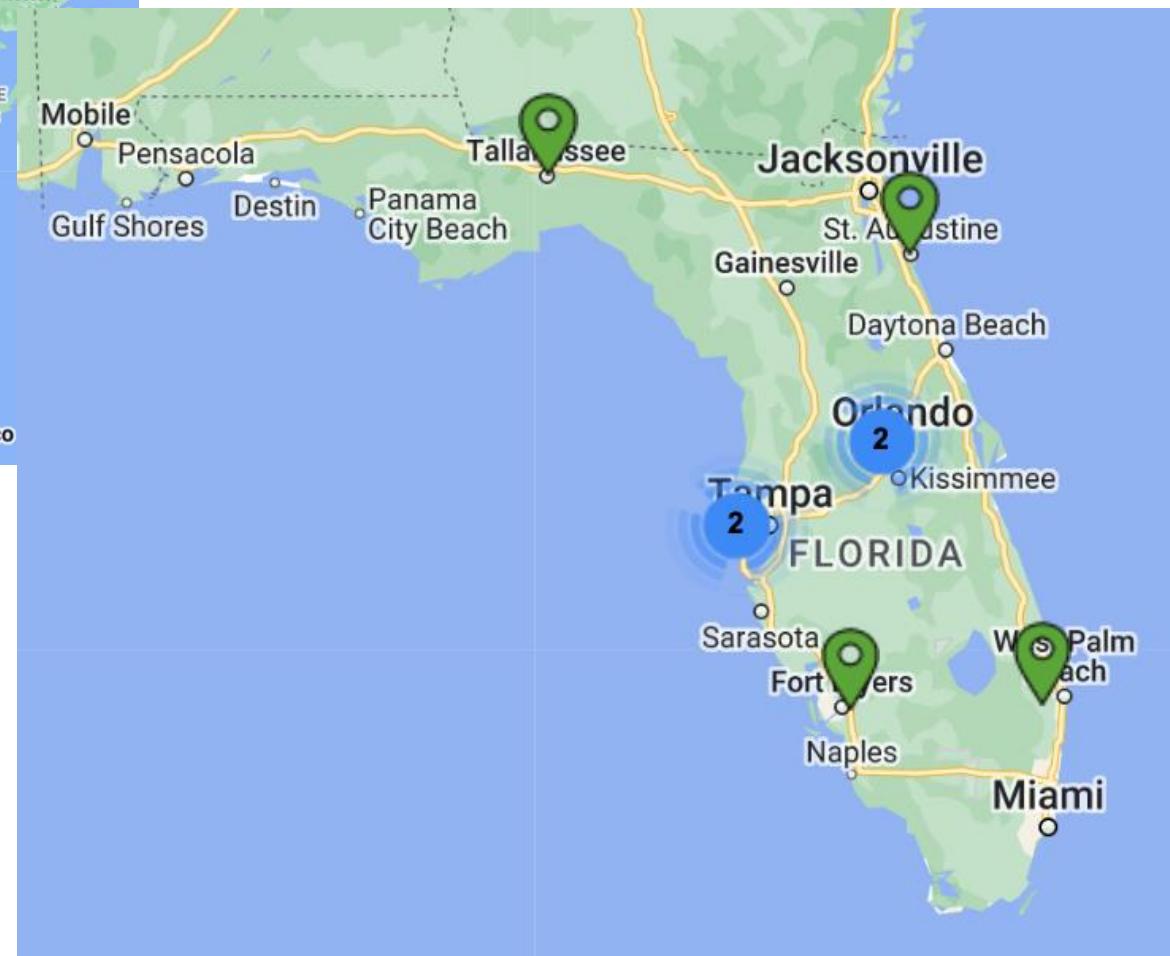
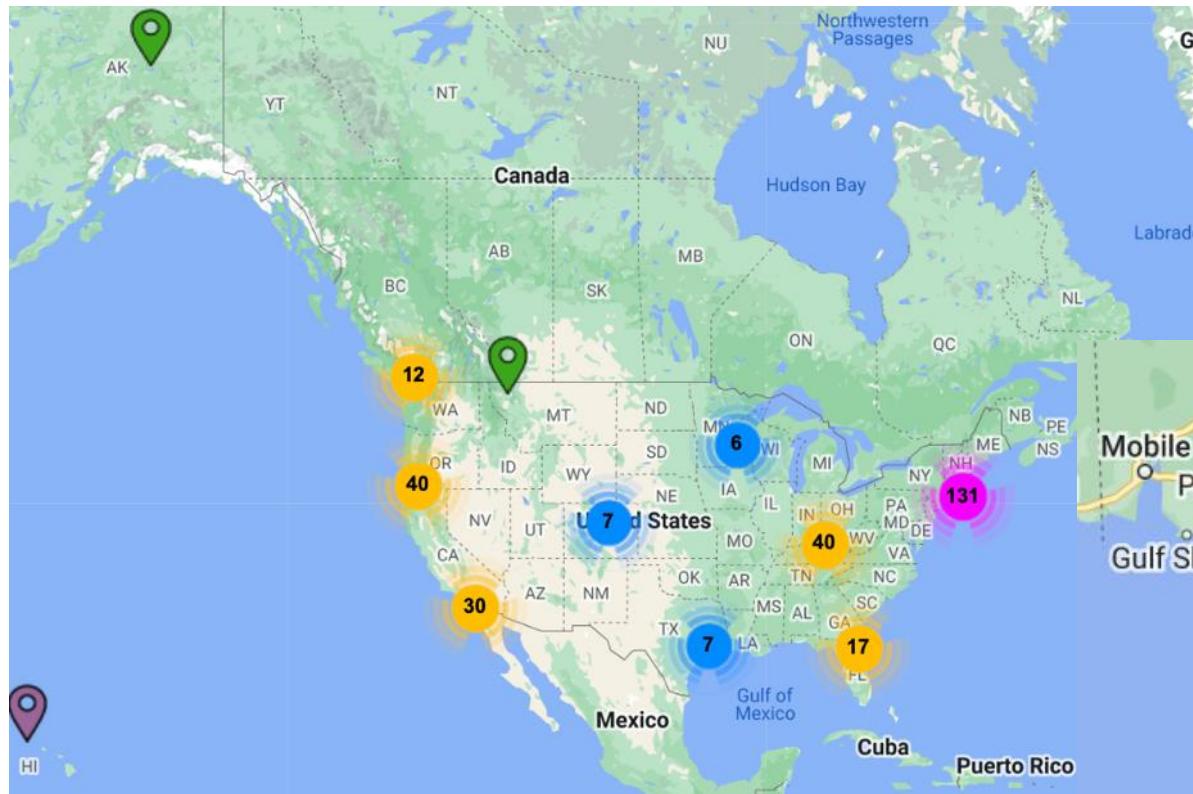
Board of the Neighbors Network of Lee County

- Barbara Shearer, President
- Patty Duncan, Vice President and Secretary
- Bernice Kertavage, Treasurer
- David Hage, Board Member
- Maricela Morado, Board Member
- Mary Poster, Board Member



What are Villages?

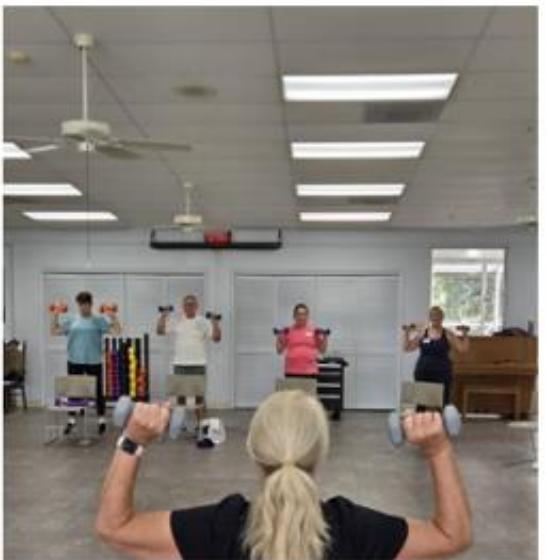
Villages are grassroots, **member-driven**, non-profit, community-based organizations of neighbors helping neighbors. **Supported primarily by volunteers** who provide an array of support services, Villages enable older adults to **live life independently in their homes and communities**. Villages reflect their communities and respond to the needs of their members. While their business models may vary, their primary mission is to empower older adults to age successfully at home.



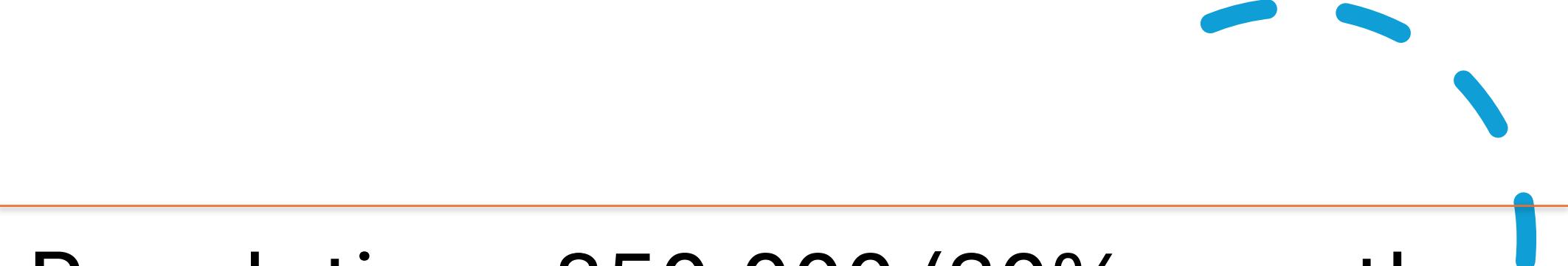
These methods of neighborly help are common to most villages in the U.S.

AREAS OF INTEREST FOR VOLUNTEERS

- Computer Wiz/Helper
- Drive to appointments, errands, grocery shopping
- Friendly Visit
- Help with Simple Home Chores and/or Yard Work
- Organizing social activities such as dinners out, going to movies, day trips
- Organizing wellness activities such as walking, yoga, tai chi
- Reader
- Respite care for caregiver (short-term)
- Wellness call



Measure	FL Rank
Best states to retire in the US (2025) AARP	1
Highest poverty rates for those over age 65 (2021) Magnify Money	7
Expenditures for public welfare programs (2022) Indiana Business Research Center	47



Population: 850,000 (30% over the age of 65)

Poverty: 20,000-30,000 people over age 55 in Lee County live in poverty

Sources of data on aging in Florida

FGCU Shady Rest
Institute on
Positive Aging

Aging in Florida
Dashboard
(Florida Health
Charts)

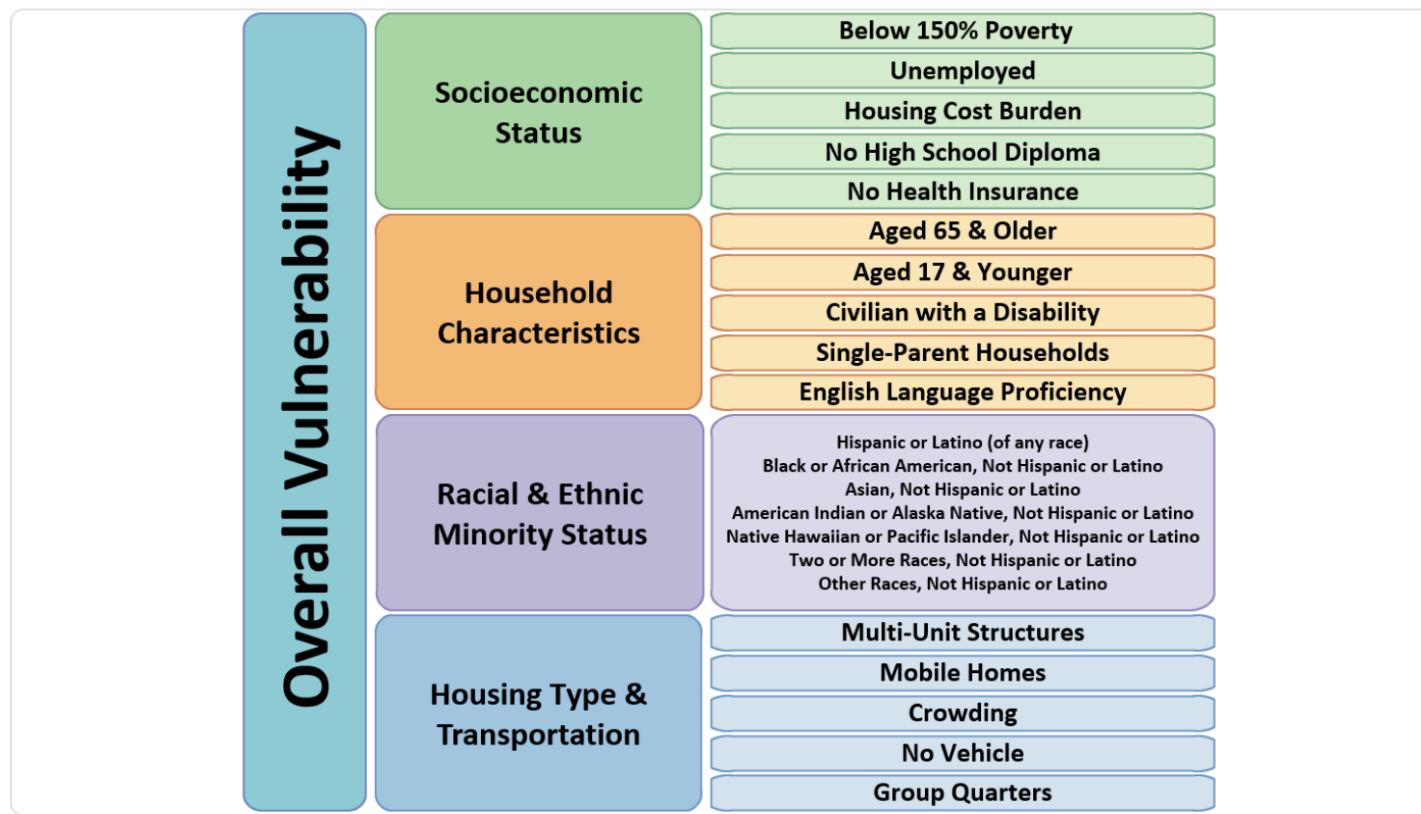
A closer look: Elder Needs Index

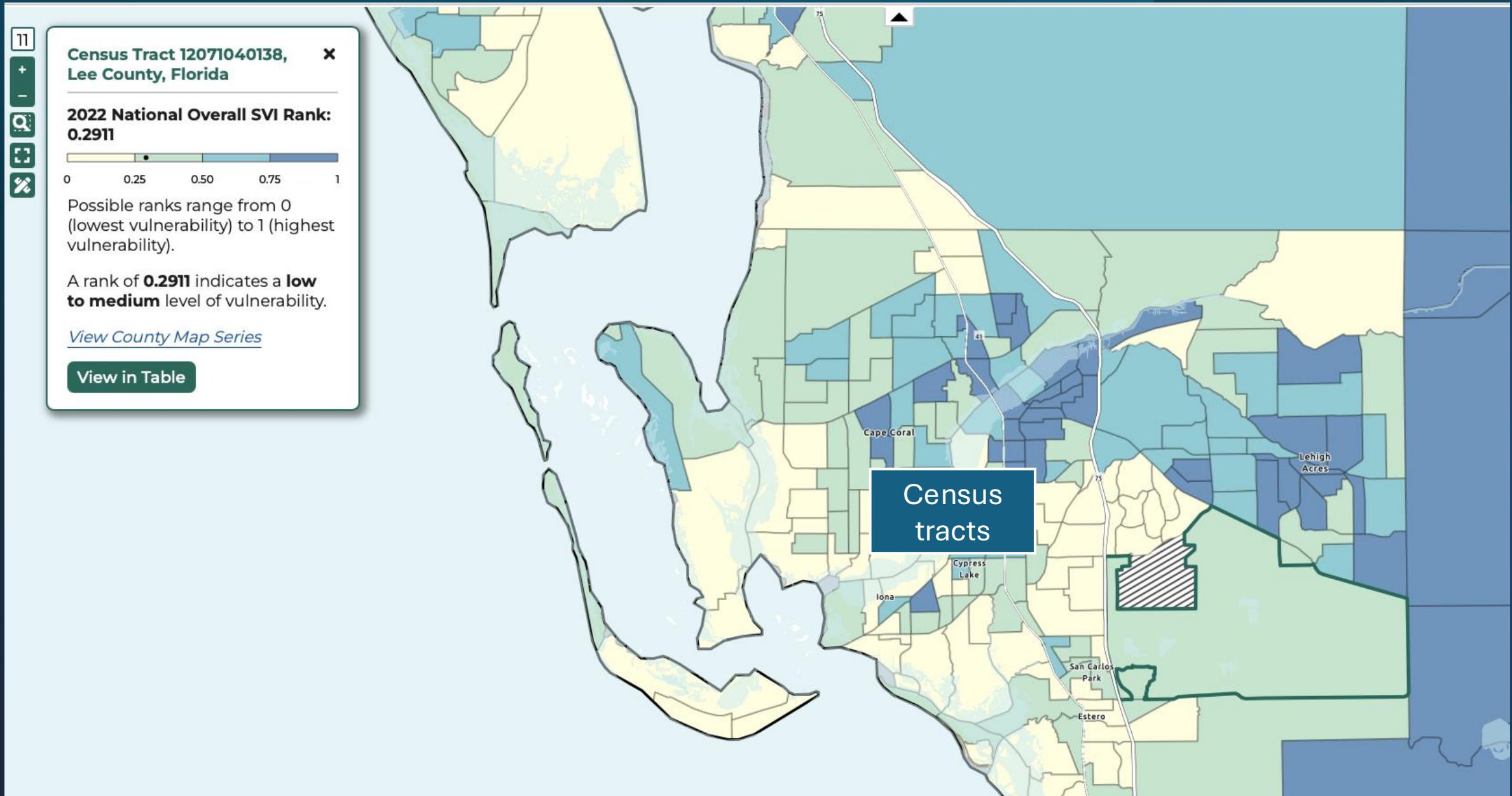
[Florida Elder Needs Index \(ENI\)](#) is a tool from the Florida Department of Elder Affairs (DOEA) that identifies areas with high need for elder services by tracking factors like the proportion of very old (85+), minority, disabled, and low-income seniors (below 125% FPL) within census tracts

Census Tracts	ENI Rank	Tract Pop 85+	Tract Pop 65+	Tract Total Pop	% Minority 55+	% Poverty 55+	% Disability 65+
6	1	72	622	4292	90.27	35.89	41.16
5.02	2	58	524	3970	81.37	38.30	47.14
7	3	114	457	2727	46.90	47.89	59.08
403.05	4	101	648	3386	31.69	33.84	62.50
5.03	5	2	469	4359	81.32	11.87	36.89
11.02	6	335	854	4683	19.18	35.36	45.08
503.07	160	106	2838	3616	2.99	3.02	16.14
401.18	161	19	606	1194	3.43	4.58	14.69
402.06	162	2	392	1617	.15	2.16	21.68
503.13	163	48	2546	5422	.73	7.31	13.12
301	164	0	600	2818	0	3.11	17.67
401.19	165	0	565	1988	3.10	2.10	15.40

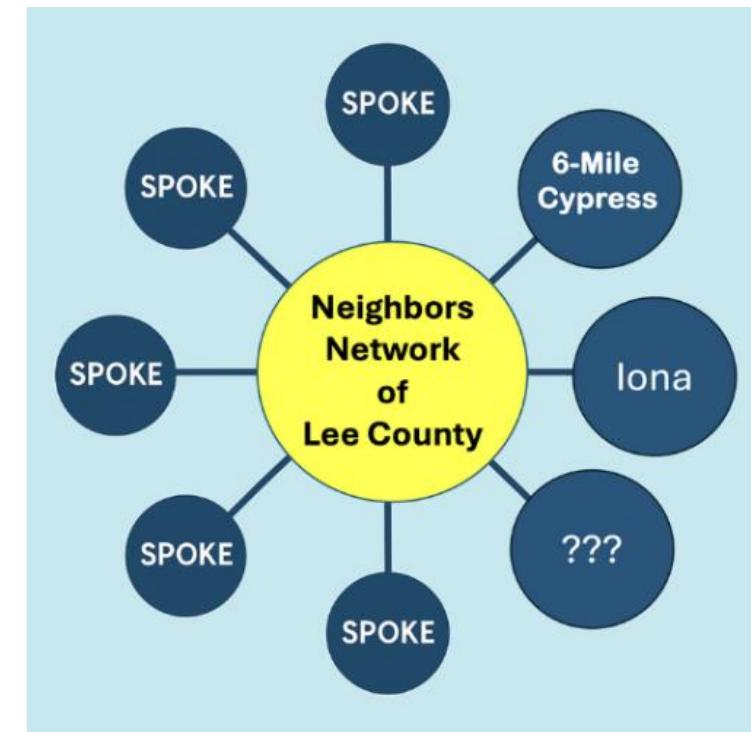
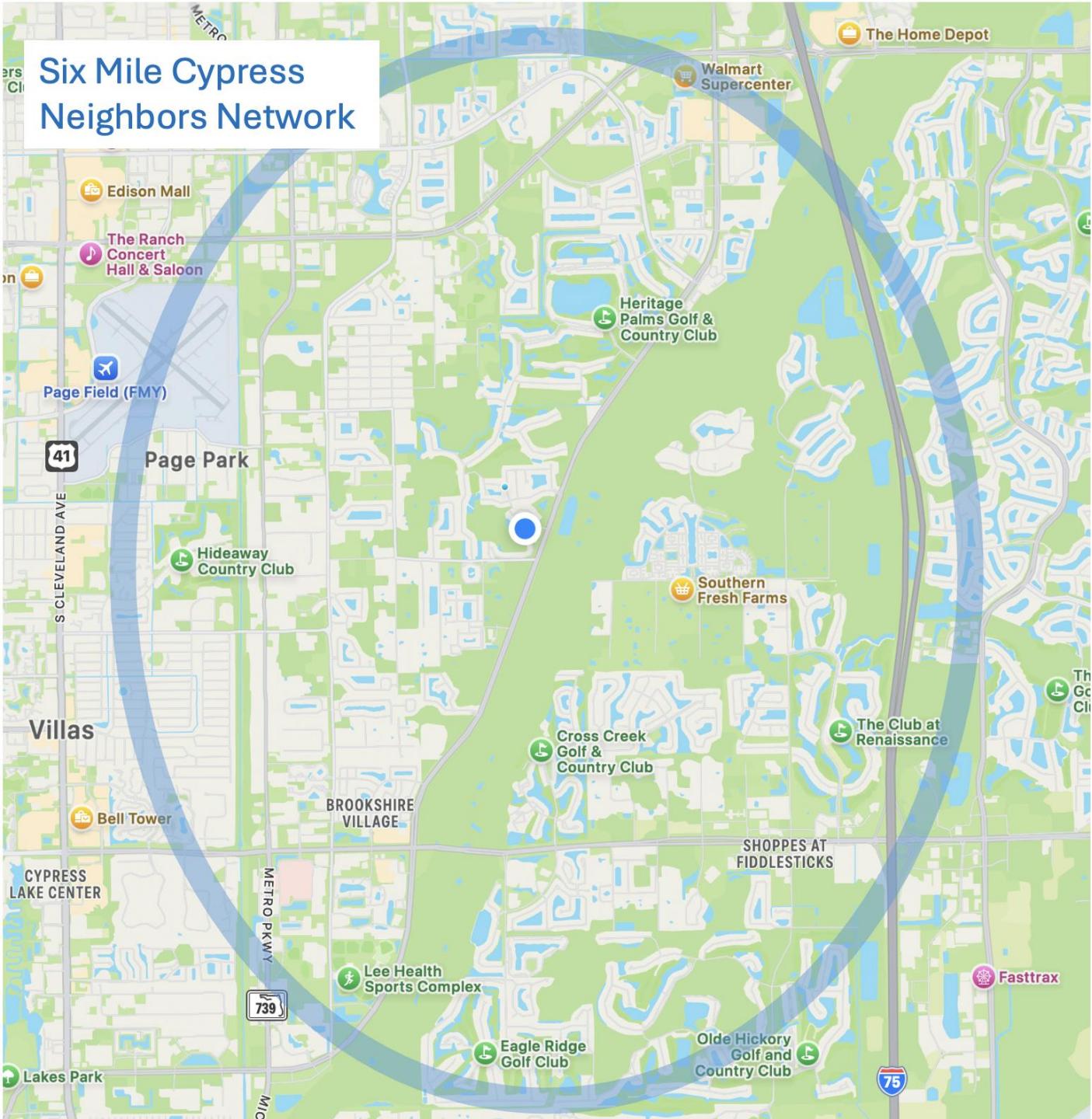
2024 American Community Survey		Lee County, Florida
Label	Estimate	Margin of Error
Total:	337,411	±6,797
Households with one or more people 65 years and over:	161,903	±3,134
1-person household	48,264	±3,324
2-or-more-person household:	113,639	±3,730
Family households	103,746	±3,773
Nonfamily households	9,893	±1,492
Households with no people 65 years and over:	175,508	±5,627
1-person households	41,215	±3,739
2-or-more-person household:	134,293	±5,434
Family households	118,912	±5,041
Nonfamily households	15,381	±2,242

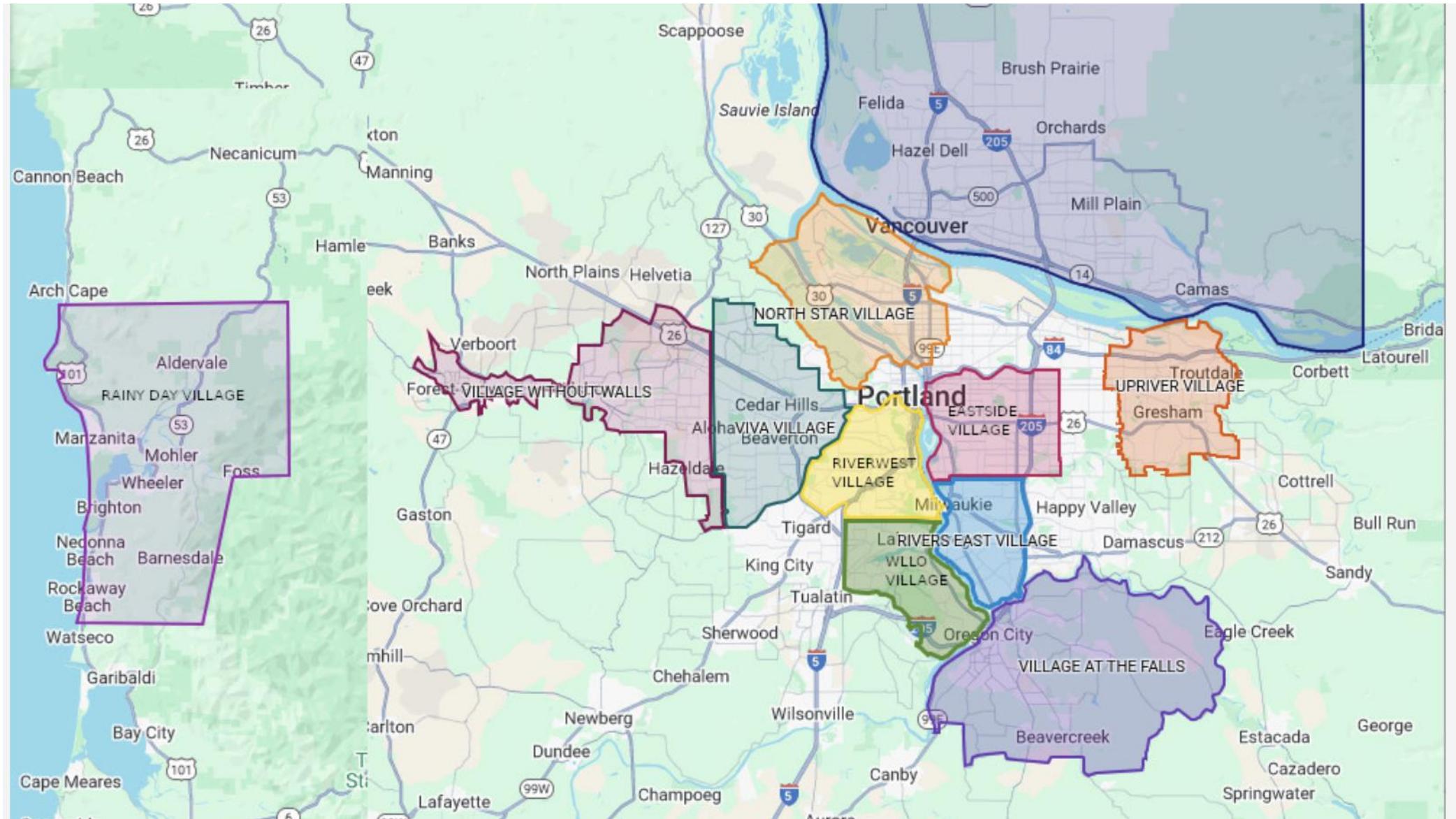
The current CDC/ATSDR Social Vulnerability Index uses 16 U.S. Census variables from the 5-year American Community Survey (ACS) to identify communities that may need support before, during, or after disasters. These variables are grouped into four themes that cover four major areas of social vulnerability and then combined into a single measure of overall social vulnerability.

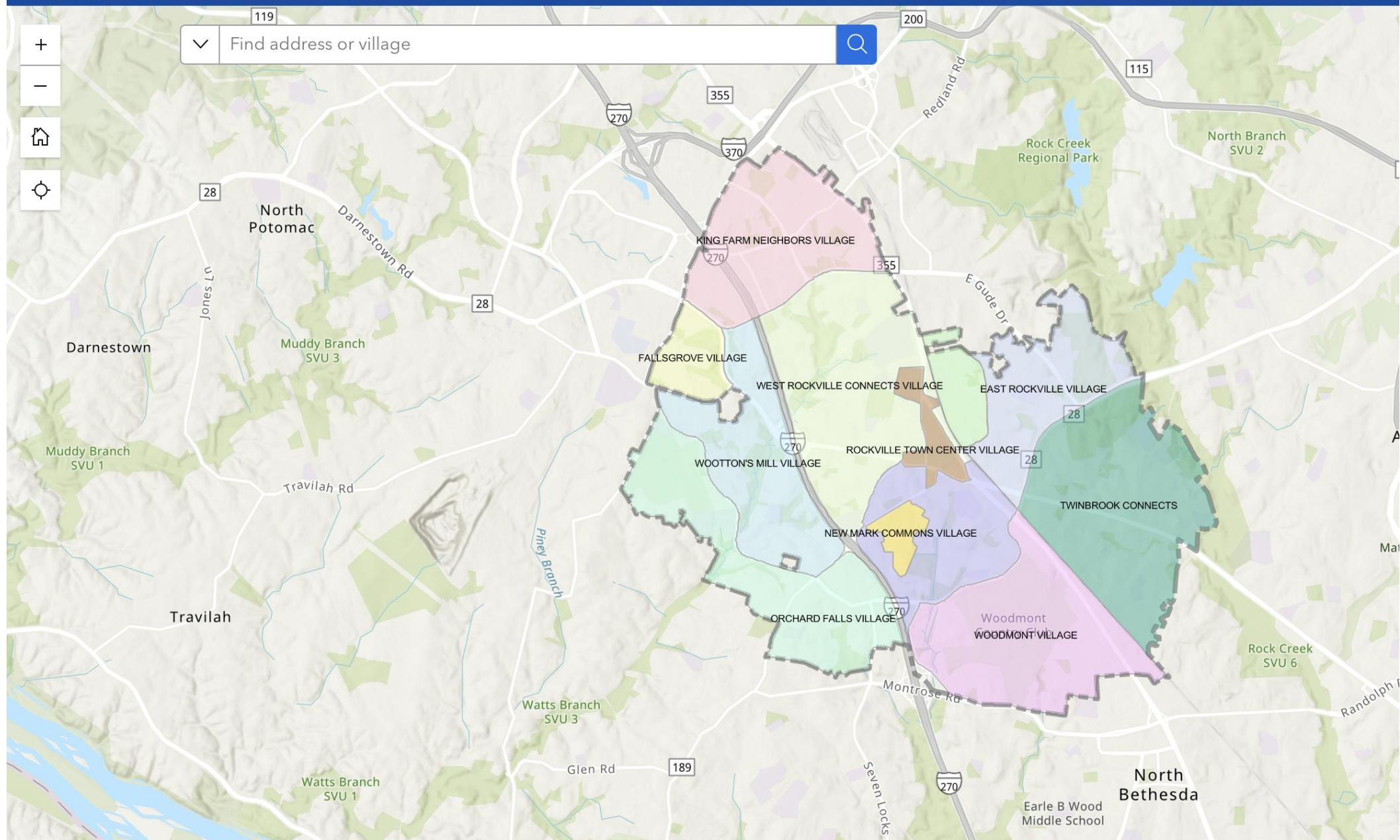




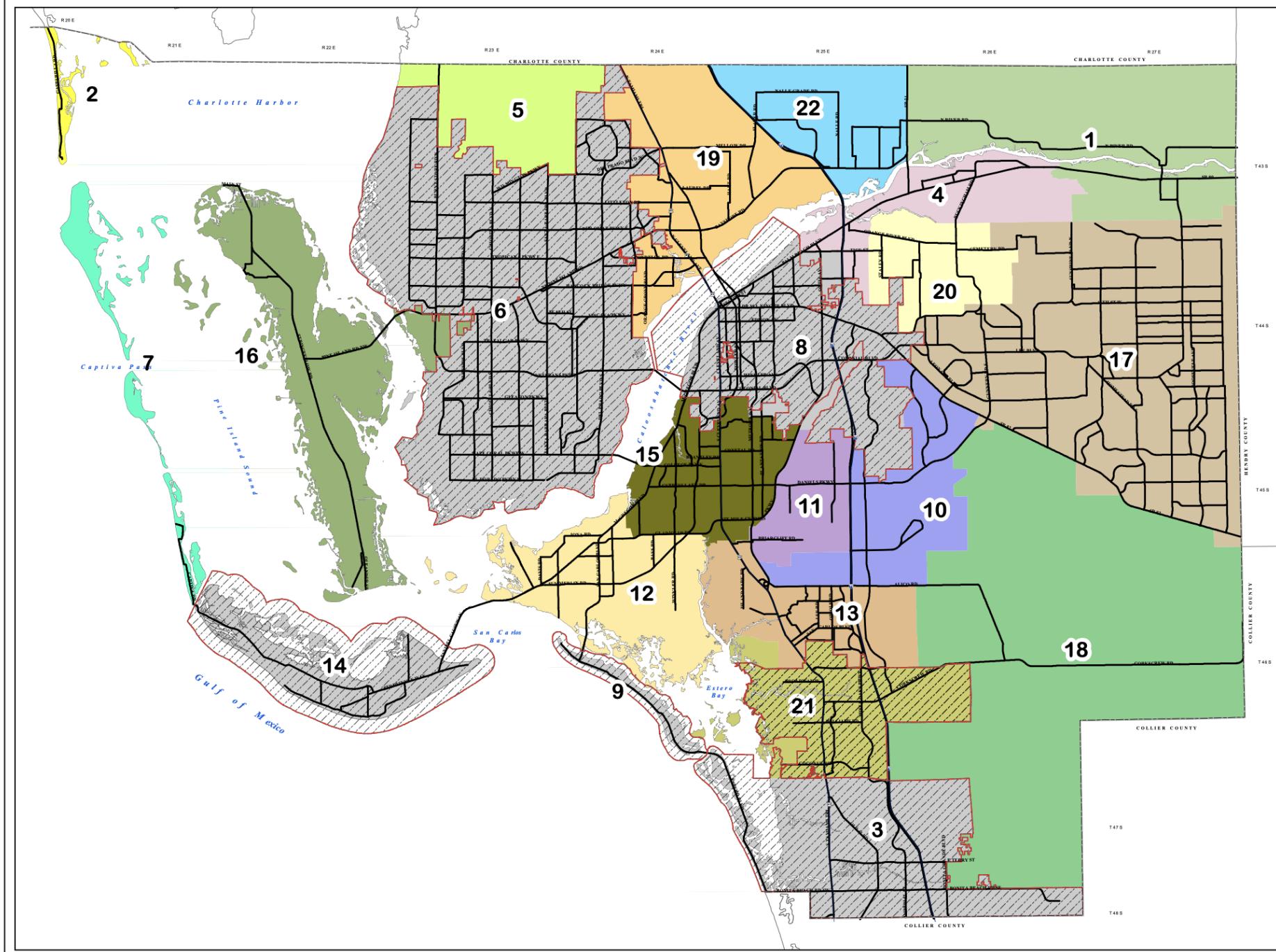
Six Mile Cypress Neighbors Network











LEE COUNTY PLANNING COMMUNITIES

Year 2030

Planning Communities

- 1. Northeast Lee County
- 2. Boca Grande
- 3. Bonita Springs
- 4. Fort Myers Shores
- 5. Burnt Store
- 6. Cape Coral
- 7. Captiva
- 8. Fort Myers
- 9. Fort Myers Beach
- 10. Gateway/Airport
- 11. Daniels Parkway
- 12. Iona/McGregor
- 13. San Carlos
- 14. Sanibel
- 15. South Fort Myers
- 16. Pine Island
- 17. Lehigh Acres
- 18. Southeast Lee County
- 19. North Fort Myers
- 20. Buckingham
- 21. Estero
- 22. Bayshore

City Limits

The Planning Communities Map and Acreage Allocation Table (see Table 1(b) and Policies 1.1.1 and 2.2.2) depict the proposed distribution, extent, and location of generalized land uses for the year 2030.



1 0.5 0 1 2 3 4
Miles

Map Generated: April 2018
City Limits current to date of map generation

Adopted by Ord. No. 98-09, 6/3/1998
Amended by Ord. Nos. 02-02, 07-09, 07-13, 10-15, 10-16, 10-40, 11-14, 17-23

Lee Plan Map 16

Summary Table

NNLC Village	Estimated 65+ Population	Why This Estimate Is Reasonable
1. Cape Coral Village	45,000 – 50,000	One of the largest cities in FL; ~30%+ age 65
2. Bonita Springs Village	20,000 – 22,000	Very high % retirees; dense senior population
3. North Fort Myers Village	14,000 – 16,000	Aging subdivisions; high senior density
4. Estero Village	12,000 – 14,000	Rapid growth of active retirees
5. South Fort Myers Village	11,000 – 13,000	Condo & senior housing clusters
6. Daniels Parkway / Gateway Village	9,000 – 11,000	Large absolute number of older adults
7. Iona-McGregor Village	8,000 – 10,000	Older housing stock; long-term residents
8. Downtown / River District Village	4,000 – 5,000	Smaller geography; high isolation risk
9. Sanibel-Captiva Village	3,500 – 4,500	Older permanent residents + seasonality
10. Six Mile Cypress Village (Pilot)	3,000 – 4,000	Human-scale pilot zone

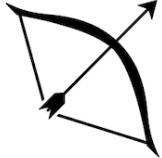


This conceptualization represents a schematic overview of ten proposed NNLC villages across Lee County. Village boundaries are intentionally human-scale and do not represent political or census boundaries. They are shaped by recognizable neighborhoods, major corridors, and daily travel patterns.



LET US COUNT THE WAYS

TO WITHSTAND THE SLINGS AND ARROWS OF OUTRAGEOUS AGEISM



DATE AND TIME:

JULY 10, 2025, 11:30AM-1:30PM

Broadway composer Charles Strouse whose works include such classics as "Tomorrow," "Put on a Happy Face," and "Applause," was interviewed in his early 80's. The reporter was surprised to find the composer busily working on another Broadway musical. "In his 80's when most would be happy to rest on their awards, Strouse is working on yet another ..."

Did this reporter think a switch is turned at age 80 and people no longer think or create or contribute? Or, why did Robert Butler ask "Why Survive" in his Pulitzer prize winning book, *Being Old in America*?

Let's explore and assess the damage and the data and the ways older adults negotiate challenges and thrive.



Our FGCU experts:

Dr. Tom Felke
Dr. David Hage



Professor and Executive Director of the Shady Rest Institute on Positive Aging; Dean for Academics in Marieb College of Health and Human Services

Gerontologist, Assistant Professor of Social Work and Affiliate Faculty of the Shady Rest Institute on Positive Aging



NNLC GOLD SPONSOR

LOCATION:
HOBART HALL,
UNITARIAN UNIVERSALIST
CONGREGATION OF FORT MYERS,
13411 SHIRE LANE, FORT MYERS



REGISTRATION REQUIRED: [HTTPS://LEENEIGHBORS.ORG](https://leeneighbors.org) AND SELECT "EVENTS"



INFO@LEENEIGHBORS.ORG OR CALL 239-671-9870



LET US COUNT THE ... TRANSPORTATION OPTIONS IN LEE COUNTY

DATE AND TIME:

JANUARY 8, 2026, 11:30AM-1:30PM



PANELISTS

- Stacey Perkins, Marketing & Communications Manager, LeeTran
- Kim Ouellette, Dr. Piper Center, Faith in Action Senior Transportation Coordinator
- Maria Espinoza, Executive Director, F.I.S.H. OF SANCAP
- Hesham Sarwani, Enterprise Solutions Consultant, GoGoGrandparent for Uber and Lyft for seniors

One of the challenges of aging in our own homes can be transportation. Whether it is minor surgery, a hair appointment or groceries, sometimes you need a lift. Our January *Let Us Count the Ways* seminar will provide details on transportation throughout Lee County.

LOCATION

Hobart Hall, Unitarian Universalist Congregation of Fort Myers, 13411 Shire Lane, Fort Myers, 33912

BRING CASH
FOR RAFFLE PRIZES



NNLC SPONSORS



Register at leeneighbors.org
under Events,
email info@leeneighbors.org,
or call 239-209-9867



FREE for Seniors in Fort Myers



Tai Chi for Arthritis and Fall Prevention

Tuesdays and Thursdays, 11:00am-12:00pm

March 17 - May 7, 2026

This is a FREE program designed to relieve pain, improve balance, and significantly reduce falls available to adults age 60+. Designed by a team of medical professionals and tai chi experts, the Tai Chi for Arthritis for Fall Prevention program is recommended by the Centers for Disease Control and Prevention (CDC) as an exercise to prevent falls and is supported by arthritis foundations worldwide.

Even if you have attended before, please come back!

We are team 'tai chi' and we would love to have you join the fun again!

To Register:

Go to leeneighbors.org and click on "Events" or email: info@leeneighbors.org

Location

Hobart Hall
Unitarian Universalist Congregation of Fort Myers
13411 Shire Lane
Fort Myers, FL 33912

Instructor, Barbara Shearer



Instructor
Barbara Shearer



You're invited! Breath-Body-Mind Workshop (10am-11am) and Practice Session (11:15am-noon)

Are you ready to discover powerful tools for managing stress and enhancing your well-being? Join us for the Breath-Body-Mind (BBM) program – a transformative experience grounded in the science of how our bodies and minds work together.

In the first hour workshop, you'll learn simple yet effective practices, including Coherent Breathing, Qigong exercises, and Meditation, designed to optimize your energy and bring balance to your body, mind, and spirit. No experience necessary!

In the practice session that follows, we will engage in several breathing and Qigong practices and explore meditation in greater depth. It isn't about emptying your mind – it's about understanding how your thoughts and body communicate and learning to respond to life's challenges with clarity and calm.

Through BBM, you'll gain skills to be more present, recover quickly from stress, and live in the present moment where life actually happens!

Come as you are and leave with practical tools to help you thrive!

Date and Time: February 14, 2026

10am-11am and 11:15am-noon

RSVP at leeneighbors.org under EVENTS tab
or email info@leeneighbors.org

Location

Unity of Fort Myers
11120 Ranchette Road
Fort Myers, FL 33966



Angel Rafael Braña-López, M.D. M.P.H.
Senior Instructor of
Breath-Body-Mind Programs









There's Always Something New to Learn About ... Technology

Technology is changing fast, so let's get you up to speed!

Technology can either be the greatest convenience or the biggest headache. There's so much that our smart devices can do, it can be overwhelming to take it all in. The further technology develops, the more is expected of the user.

We are covering 3 technology topics, each offered twice.



Hobart Hall
Unitarian Universalist Congregation of Fort Myers
13411 Shire Lane, Fort Myers



Ethan Portes
FGCU Computer Information Systems Student

Essentials

Accessing Wi-Fi
Installing apps
Understanding 'settings'
Navigating the Internet

Dates:
Friday, Oct. 17
Friday, Oct. 24

Time: 9:30am-11:00am

Troubleshooting

Recovering passwords
Dealing with frozen screens
Display and audio issues
Connectivity issues

Dates:
Friday, Oct. 31
Friday, Nov. 21

Time: 9:30am-11:00am

Scam Prevention

What to look for
Data leaks
Network security
Malware

Dates:
Friday, Dec. 5
Friday, Dec. 12

Time: 9:30am-11:00am

info@leeneighbors.org

239-671-9870

Register under
'Events' at:
leeneighbors.org

Click, Post, Connect: Your Guide to Social Media Success



Topic:

Understanding the Power of Social Media for Connection, Confidence & Community Impact



Jahillia Miles
Marketing Student

SIGN UP TO JOIN US!

Register today!

Key Topics Covered

- ✓ Setting up and navigating social platforms
- ✓ Posting with purpose: what, when, and why
- ✓ Building digital confidence/online presence
- ✓ Creating engaging content
- ✓ Supporting community causes through social media

Unity of Fort Myers 11120 Ranchette Road Fort Myers FL 33966
 1ST JULY 2025 | 12:00 PM [Link to Event Registration](#)

