

**WHAT
YOU
KNOW
IS WHAT
THEY
NEED**

An introduction to a
new way of making
a difference.



MENTOR UP



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It's about using what you know to be a part of something pretty powerful.

What you know is what they need. It's that easy.

Mentor Up is all about people like you, your friends, and the organizations you belong to working together to help people 50 and older adjust to the many challenges they face in today's changing world—your world. Between health concerns, the Great Recession, and seemingly daily advances in technology, this is not the world that many people 50+ thought they'd be living in at this point in their lives. Mentor Up is a new idea—you can use the skills you already have to help this generation reengage with their communities and improve the lives of people you may have never thought needed help.

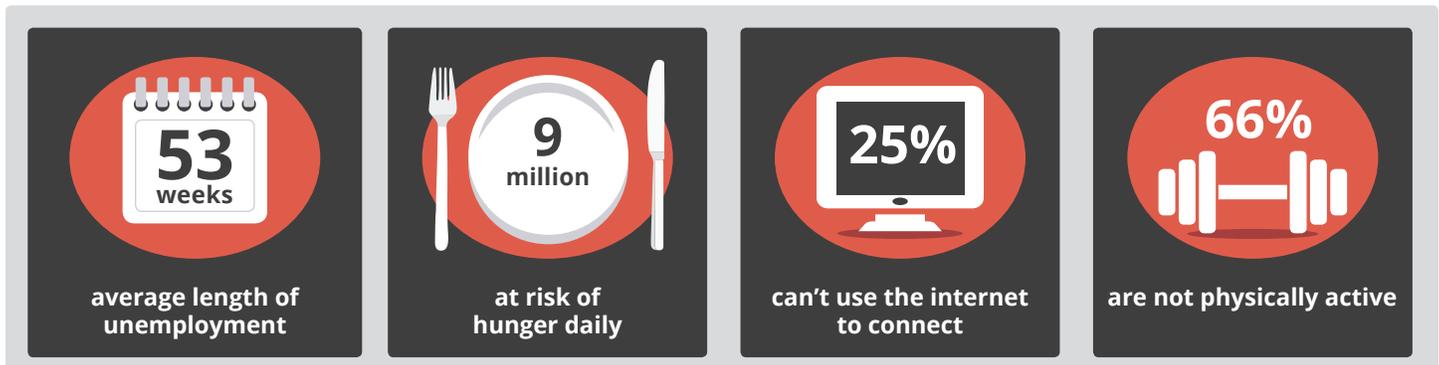
Mentor Up is a way for you to reconnect with someone who matters to you.

Odds are, you've had a mentor in your life. Like an uncle, aunt, teacher, parent, grandparent, neighbor—pretty much anyone who connected with you, taught you things, and generally just helped you out. Now many people who were once mentors to you need our help. When you Mentor Up, you can reconnect with someone who made a difference for you. It's a new way for you to support your community and a very fulfilling way to earn service hours.

Or, can be a new way of making a difference, with some well-known partners.

Mentor Up is working regionally with organizations including 4-H, DoSomething.org, Facebook, Generations United, the Intergenerational Center at Temple University and the Magic Johnson Foundation. The goal? To support programs that create new ways for younger and older generations to connect and help one another. Some of these programs already exist. Others are being created by people like you—people who want to get involved and make a difference.

Some challenges facing today's 50+ generation:



How you can get involved.

- 1** Start by learning more about Mentor Up and helping your peers understand what you now know. Check out mentorup.org, like us on Facebook, or follow us on Twitter.
- 2** Become a digital coach. Technology is second nature to you, but it's a new world to people like your parents and grandparents. Spend 30 minutes or so showing them how to text or send emails, the basics of Windows or Mac, even video chatting or using social media networks.
- 3** Do more of what you're already doing—in partnership with us and share your ideas and stories at mentorup.org. We want to work with you, support you, and help connect your efforts to this new way of making a difference.

Ready to roll up your sleeves?

Download one of our guides at mentorup.org to start mentoring up. You can also team up with your friends or an organization you're a part of to set up one of these community event ideas:

TEACH OLDER PEOPLE PRIVACY ONLINE

PROBLEM:

1 in 4 people age 50-64 can't use the Internet to connect with loved ones and job opportunities.

SOLUTION:

Thanks to our partnership with Facebook, we have a guide at mentorup.org that you can use to help the older generation stay safe on Facebook. You can do this one-on-one or round up others and create a 1-hour workshop for the older folks in your community.



HOLD A FOOD DRIVE

PROBLEM:

Nearly 9 million people age 50 and older are at risk of hunger every day.

SOLUTION:

Download our guide at mentorup.org and organize a food drive at your school, campus, or club. Show how people like you can help put food on the table for people 50+ who need it most. Everything you need to promote and host this event is at mentorup.org



BE A FITNESS PARTNER

PROBLEM:

Only 28-34% of adults age 65-74 are physically active, and only 35-44% of adults 75+ are physically active.

SOLUTION:

Grab some friends and start a fitness program with older folks in your community. This is a great way to connect with each other, stay fit, and explore new places in your community. Check out the "Be a Health and Wellness Partner" page on mentorup.org for some tips to get started.



Mentor Up is only just beginning. Find out what others are doing in your community.
Check out the Mentor Up Community Service Locator at mentorup.org

We want to hear from you.

We're just getting started and welcome your ideas for connecting older and younger generations. Stay in touch with us as we plan, identify, and share new opportunities.



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mentorupaarpfdn.wordpress.com

Mentor Up is all about people like you working in partnership with your community and leading organizations. Together, we can help those 50 and older get reconnected and back in control of their lives.



Mentor Up is a new way of making a difference from AARP Foundation, which is working to win back opportunity for struggling Americans 50+.