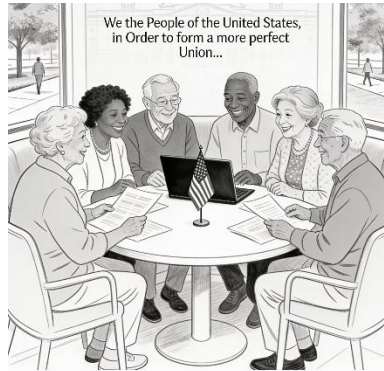


CivicGood: A Call to Your Best Self

How Retirement Community Residents Can Change the World



from right here, we can make a difference

For every grandparent who ever whispered, "Somebody should do something" — and then realized that somebody is them.

Contents

•.....	4
A Note from the Author.....	4
Part One: Why You Matter More Than You Think.....	5

Chapter 1: The Most Powerful People Nobody Talks About.....5

Chapter 2: What Exactly Is CivicGood?.....6

Chapter 3: The Three Pillars — Politics, Religion, and Humanity8

Part Two: The Science of Staying Engaged (Or, Why This Is Actually Good for You)..... 10

 Chapter 4: Loneliness Is a Health Crisis — And You Hold the Cure 10

 Chapter 5: The Antidote Is Engagement.....11

 Chapter 6: Your Brain on Conversation.....12

Part Three: The Moral Case — Why the World Needs Grandparents Right Now 14

 Chapter 7: Seventy Million Grandparents Can't Be Wrong 14

 Chapter 8: The Children Who Need Your Voice..15

 Chapter 9: The Promise We Made 16

Part Four: You Are Not Alone — The Senior Activism Movement..... 17

 Chapter 10: A Movement Is Building 17

 Chapter 11: The Power of 2,400 18

 Chapter 12: What the Research Says About Elder Civic Engagement..... 20

Part Five: The CCRC Advantage — Why This Works Especially Well for Us 21

 Chapter 13: We're Already Organized..... 21

 Chapter 14: Technology Is Easier Than You Think 22

 Chapter 15: From Conversation to Action..... 23

Part Six: Frequently Asked Questions (And Honest Answers).....	25
Chapter 16: “But I Don’t Know Enough About Politics”.....	25
Chapter 17: “I’m Worried It’ll Just Be Arguments”.....	26
Chapter 18: “I’m Not Very Political”.....	26
Chapter 19: “I’m Too Old to Make a Difference”.....	27
Part Seven: How to Join — A Step-by-Step Guide	28
Chapter 20: Getting Started in Five Minutes	28
Chapter 21: Your First Week.....	29
Chapter 22: Ways to Participate.....	29
Part Eight: The Bigger Picture — CCRCs as Civic Powerhouses.....	30
Chapter 23: A National Vision	30
Chapter 24: The Erickson Opportunity	32
Chapter 25: What We Owe the Future.....	33
Part Nine: Stories That Inspire.....	34
Chapter 26: The Grandmother at the Supreme Court.....	34
Chapter 27: The Coffee Shop That Changed a Country	35
Chapter 28: The Power of One Email.....	35
Part Ten: The Invitation.....	36
Chapter 29: This Is Your Moment.....	36
Chapter 30: How to Subscribe	37
Appendix A: Quick Reference — CivicGood at a Glance.....	38

Appendix B: Resources for Senior Civic Engagement39

Appendix C: The Health Case for Civic Engagement — Key Statistics.....41

Appendix D: About the Author42

References43

A Note from the Author

This book was born from a simple conviction: the 2,400 residents of Riderwood Village — and the hundreds of thousands of Americans living in continuing care retirement communities across this nation — represent one of the most powerful untapped forces for good in the history of American civic life.

CivicGood is a free online discussion group where neighbors come together to talk about the values that shape how we live with one another — exploring the beliefs, stories, and moral commitments that make us who we are. It lives at

[**https://groups.io/g/CivicGood**](https://groups.io/g/CivicGood), and

it is open to anyone on earth. But it was built for people like you.[1]

This book is an invitation — enthusiastic, unapologetic, and deeply patriotic — to join the conversation. Not because the world is falling apart (though some days it feels that way), but because you have something the world desperately needs: your voice, your experience, your conscience, and your courage.

Pull up a chair. The best years of your civic life may be just beginning.

Part One: Why You Matter More Than You Think

Chapter 1: The Most Powerful People Nobody Talks About

Here is a fact that should make every retirement community resident sit up a little straighter: in the 2024 presidential election, 74.7% of citizens aged 65 and older voted — leading every other age demographic in the country. Among 18-to-24-year-olds? Only 47% showed up.

Seniors don't just vote — seniors *decide*.^[2]^[3]

And the numbers are growing. Americans aged 65 and over have increased from 17% to 23% of the population, and by 2030, they will constitute the largest voting bloc in the country. That's not a footnote in a demographics textbook. That's a revolution in waiting.^[3]

But voting is only the beginning. The real question is: What are we doing with our power *between* elections? Are we using our voices, our wisdom, our moral authority to shape the communities and the nation we'll leave behind?

That's where CivicGood comes in.

Chapter 2: What Exactly Is CivicGood?

CivicGood is a community forum dedicated to exploring the fundamental values that shape our shared life together. It is a place where politics, faith, and humanity intersect — where

residents can examine constitutional principles, theological ethics, social justice, and the practical challenges of community life, united by the conviction that these are inseparable dimensions of the common good.[1]

The platform is groups.io — a modern, ad-free, privacy-focused email discussion service that delivers conversations directly to your inbox. No algorithms deciding what you see. No advertisements harvesting your data. No social media drama. Just thoughtful people exchanging thoughtful ideas.[4]

How it works:

- You subscribe at <https://groups.io/g/CivicGood> (it's free for groups under 100 members)[5]
- Messages arrive in your regular email — read them when you want
- Reply to join the conversation, or simply read and reflect
- The group includes a calendar, shared files, and a wiki for resources[4]

- You can choose how often you receive messages — every message, a daily digest, or just special notices

That's it. No app to download. No password to remember (beyond your email). No tech degree required.

Chapter 3: The Three Pillars — Politics, Religion, and Humanity

CivicGood isn't a political party. It isn't a church. It isn't a protest movement. It's something more fundamental — a place where people who care about the world discuss *why* they care, and *what* they can do about it.

The Political Pillar: Democracy doesn't maintain itself. The Constitution that has protected our freedoms for nearly 250 years requires citizens who understand it, defend it, and hold their representatives accountable to it. CivicGood is a place to discuss legislation, policy, elections, and civic duty — not as partisans screaming at each other, but as neighbors trying to figure out the right thing to do.

The Religious and Ethical Pillar: For many CCRC residents, faith is the bedrock of their moral lives. For others, ethical conviction comes from philosophy, humanism, or lived experience. CivicGood welcomes all of these traditions. The great moral questions — What do we owe each other? How should we treat the stranger? What does justice require? — belong to everyone, and the answers are richer when we explore them together.

The Humanitarian Pillar: Children separated from families. Seniors losing access to healthcare. Neighbors going hungry. The humanitarian crises of our time demand not just sympathy but action. CivicGood is where compassion meets conversation — where we move from “Isn’t that terrible?” to “What can we do?”

Part Two: The Science of Staying Engaged (Or, Why This Is Actually Good for You)

Chapter 4: Loneliness Is a Health Crisis — And You Hold the Cure

Let's talk about something nobody wants to discuss at dinner: loneliness is killing people.

Socially isolated older adults face a 29% increased risk of early mortality — comparable to the mortality rates associated with smoking, obesity, and air pollution. Experts say social isolation can have the same health impact as smoking 15 cigarettes a day. The lack of social contacts among older adults is associated with an estimated \$6.7 billion in additional Medicare spending annually.[6][7]

And the cognitive toll is staggering. A meta-analysis of studies found that social isolation or loneliness is associated with a 50% increased risk of developing dementia, a 30% increased risk of coronary artery disease or

stroke, and a 26% increased risk of all-cause mortality.[8]

Read those numbers again. This isn't about feeling sad on a Tuesday afternoon. This is about life and death.

Chapter 5: The Antidote Is Engagement

Now here's the good news — and it's very good news indeed.

Research consistently shows that seniors who are actively involved in their communities have better mental health outcomes, reporting higher levels of life satisfaction, greater happiness, and a more positive outlook on life. Social engagement improves the quality of life for older adults, resulting in dramatic health benefits including increased survival, decreased risk of disability and functional mobility decline, decreased likelihood of depression, and decreased risk of dementia.[9][6]

Active seniors often experience lower levels of stress, anxiety, and

depression. They report improved emotional health, including a greater sense of belonging and higher self-worth. Being socially active builds what researchers call a “support system” — people who encourage longer, healthier, more fulfilled lives.[10][9]

And civic engagement specifically — participating in discussion groups, advocacy, volunteering, political action — provides something that a bridge club or a watercolor class alone cannot: a sense of *purpose*. Research on older adults’ civic participation confirms that it provides both personal fulfillment and community impact — what scholars call the “win-win” of active aging.[11]

Joining CivicGood isn’t just good citizenship. It’s good medicine.

Chapter 6: Your Brain on Conversation

Retirement can sometimes bring a loss of the social structures that defined decades of working life. The daily interactions, the professional debates, the intellectual challenges — they don’t

disappear because you stop driving to an office. But the opportunities to engage them can shrink dramatically.[12]

Civic participation fills that gap. It exercises the parts of the brain that thrive on complexity — weighing evidence, considering multiple perspectives, articulating ideas, and reaching conclusions. Studies show that participation in community-based groups decreases the risk of cognitive decline and dementia. Discussion, debate, and deliberation aren't just pleasant diversions — they are cognitive workouts.[8]

CivicGood delivers those workouts straight to your inbox.

Part Three: The Moral Case — Why the World Needs Grandparents Right Now

Chapter 7: Seventy Million Grandparents Can't Be Wrong

There are approximately 70 million grandparents in America and nearly a billion worldwide. On average, each has four grandchildren and a relationship spanning 20 years. That's an extraordinary reservoir of love, wisdom, and moral authority.[13]

And grandparents are uniquely positioned to be agents of change. They have lived through civil rights movements, wars, economic upheavals, and technological revolutions. They have built families, businesses, and communities. They have earned — through decades of lived experience — the standing to say: *This is not the country I want to leave my grandchildren.*

As one senior advocate put it: “We raised families, built businesses, fought

wars, and paid into the system our entire lives. We're not going to watch in silence — we're going to organize, mobilize, and push back".[14]

Chapter 8: The Children Who Need Your Voice

While children may represent only 22% of the population, they are 100% of the future. And right now, that future is under extraordinary stress. Child health programs face cuts. Education budgets are squeezed. Nutrition programs are slashed. Immigrant children face uncertainty and fear.[15]

Children don't vote. Children don't lobby Congress. Children don't write letters to the editor or show up at town halls. But their grandparents can. Their neighbors' grandparents can. The elders living in the nation's 2,000 continuing care retirement communities can raise their voices on behalf of those who have no voice of their own.[16][17]

CivicGood is a place where that voice takes shape — where the moral

urgency of children's welfare meets the practical power of engaged elders.

Chapter 9: The Promise We Made

Every generation of Americans inherits a promise and a responsibility. The promise: that this nation, conceived in liberty and dedicated to the proposition that all people are created equal, will endure. The responsibility: to ensure that it does.

For many CivicGood members, this isn't abstract patriotism. It's personal. Some remember parents or grandparents who fled tyranny and found refuge here. Some served in uniform, defending principles they held sacred. Some marched for civil rights, women's equality, or workers' dignity. All of them know — because they've *lived* it — that freedom is not self-sustaining.

The Constitution doesn't enforce itself. Democracy doesn't maintain itself. They require citizens who show up — not just at the ballot box, but in the daily work of being informed, speaking out, and holding power accountable.

CivicGood is where you show up.

Part Four: You Are Not Alone — The Senior Activism Movement

Chapter 10: A Movement Is Building

Across America, something remarkable is happening. Seniors are organizing, speaking out, and refusing to be sidelined. The movement is diverse, passionate, and growing:

We The Seniors is an alliance of 60 grassroots groups in 18 states, representing thousands of older Americans committed to protecting Social Security, Medicare, and democratic institutions. Their weekly Zoom calls, postcard campaigns, rallies, and coalition-building have mobilized thousands.[18][19][3]

Senior Citizens for America (SCFA) was founded to confront the erosion of America's fundamental civic values, declaring: "Our seniority is not a liability; it is an amazing plus. With

decades of life experience behind us, we have grown in maturity and judgment. We have brought children, grandchildren, and great-grandchildren into the world. We care about them and all of America's children".[20]

BadAss Grandmas for Democracy is a non-partisan movement of people who remember better government — before moneyed special interests overwhelmed the voices of citizens.[21]

Seniors for the Constitution holds regular rallies, drawing hundreds and sometimes thousands of participants, insisting that their generation's voice be heard.[22]

And now, **CivicGood** — your community's own contribution to this national awakening.

Chapter 11: The Power of 2,400

Riderwood Village has over 2,500 residents and nearly 300 clubs and committees. It is one of the most vibrant continuing care retirement communities in America, managed by

Erickson Senior Living — a network of 20 communities in 11 states, serving over 25,300 residents.[23][24][25]

Across all of Erickson’s communities, and across the approximately 2,000 CCRCs in the United States, there are hundreds of thousands of Americans who share the same circumstances: they are educated, experienced, financially stable, connected to technology, and — most importantly — they have time, energy, and the burning desire to make a difference.[16]

CivicGood currently has just 24 members. Imagine if it had 240. Or 2,400. Imagine if every CCRC in America had a CivicGood chapter — a place where residents came together not just to play bingo or discuss dining plans, but to wrestle with the great moral and political questions of our time.[26]

That’s not a fantasy. That’s a goal. And every new subscriber brings it closer.

Chapter 12: What the Research Says About Elder Civic Engagement

A landmark 2025 brief from Washington University confirmed what many seniors already know instinctively: civic engagement is not a hobby for the old — it's a lifeline.[2]

In 2022, approximately one quarter of the 11 million daily volunteers in the U.S. were age 65 and older. Between 2018 and 2021, volunteer hours filled by individuals over 65 increased by 10%. This trend is mutually beneficial — improving quality of life for older adults while positively impacting their communities.[2]

Research on elder civic engagement in communities across the country shows that retirees bring extraordinary assets to the table: biographical availability (they have time), political and economic freedom (they can speak their minds), and life-long experience that provides wisdom younger advocates simply haven't had time to accumulate.[27]

The challenges are real — occasional health issues, technology learning curves, and sometimes change-resistant peers. But the benefits overwhelm the obstacles. Civic engagement gives elders purpose, connection, and the satisfaction of knowing that their years of experience are being put to work for the common good.[27]

Part Five: The CCRC Advantage — Why This Works Especially Well for Us

Chapter 13: We're Already Organized

Here's something most Americans don't have: 2,400 neighbors with email access, shared dining halls, community bulletin boards, meeting rooms, a computer club, and a resident-run website. CCRC residents live in what sociologists would call a "naturally occurring civic infrastructure." The hard part of community organizing — finding

people and getting them connected — is already done.[28]

CivicGood simply adds a layer of purpose to the connections that already exist. Instead of only discussing the menu at Lakeside or the parking situation at Montgomery Station, residents can engage with the questions that keep them up at night: Is democracy in danger? Are children being protected? Is the social safety net secure? What does my faith require of me in this moment?

Chapter 14: Technology Is Easier Than You Think

If you can send an email, you can participate in CivicGood.

Groups.io is designed for simplicity. Messages arrive in the same inbox where you get notes from your grandchildren and newsletters from your favorite organizations. You can reply with a click. You can read without ever replying — there's no obligation to post. The platform is ad-free, privacy-focused, and has been trusted by

thousands of organizations worldwide.[4]

For those who want to go deeper, groups.io offers integrated tools: a shared calendar for tracking important dates, a file storage area for sharing documents, and even a wiki for building a community knowledge base. But none of that is required to participate. Email is enough.[4]

And for those who want help getting started? Riderwood's own Computer Club is always ready to lend a hand.[28]

Chapter 15: From Conversation to Action

CivicGood begins with conversation — but it doesn't end there. Throughout American history, the greatest movements for change began when people started talking to each other about what mattered.

The abolitionist movement grew from parlor conversations. The suffrage movement grew from women's

discussion groups. The civil rights movement grew from church meetings and kitchen-table strategy sessions. In every case, the pattern was the same: people talked, people learned, people got angry, people organized, and people changed the world.

CivicGood is the 21st-century version of that kitchen table. The conversations that happen here can lead to:

- **Letters to elected officials** — informed by group discussion and shared research
- **Community education** — presentations, pamphlets, and books that help neighbors understand the issues
- **Coordinated action** — postcard campaigns, phone banks, and voter registration drives
- **Solidarity with national movements** — connecting with organizations like We The Seniors, Senior Citizens for America, and others

- **Personal transformation** — the profound experience of moving from helplessness to purpose
-

Part Six: Frequently Asked Questions (And Honest Answers)

Chapter 16: “But I Don’t Know Enough About Politics”

Good. That’s exactly why CivicGood exists. Nobody expects you to arrive with a PhD in constitutional law. The group is a *learning* community — a place where questions are welcome, where “I don’t understand this” is a perfectly valid contribution, and where neighbors help each other make sense of complicated issues.

Besides, you know more than you think. You’ve lived through more history than most textbooks cover. You’ve raised children, managed budgets, navigated bureaucracies, and survived at least a dozen crises that the

“experts” said would end the world.
Your experience *is* expertise.

Chapter 17: “I’m Worried It’ll Just Be Arguments”

CivicGood is committed to respectful, substantive dialogue. This is not social media. There are no trolls. There are no bots. There are no anonymous accounts spewing bile from behind a screen. These are your neighbors — people you see at dinner, at concerts, at the fitness center. The expectation is civility, and the community enforces it.[1]

That doesn’t mean everyone agrees. Disagreement is healthy — it’s how ideas get tested and strengthened. But there’s a vast difference between passionate disagreement and personal attacks. CivicGood is built for the former and has zero tolerance for the latter.

Chapter 18: “I’m Not Very Political”

Neither was Rosa Parks until she was. Neither was your grandmother who organized the neighborhood watch, or

your grandfather who served on the school board. “Political” isn’t a personality type — it’s what happens when someone who cares about other people decides to do something about it.

CivicGood isn’t about being “political.” It’s about being *engaged* — with your community, your country, and the moral questions that define what kind of society we want to be. If you’ve ever said “somebody should do something,” CivicGood is where you discover that *you* are that somebody.

Chapter 19: “I’m Too Old to Make a Difference”

This may be the most dangerous myth in American life. Consider:

- Seniors are the most reliable voting bloc in the country, with 75% turnout[3]
- Senior activism groups are growing explosively — We The Seniors went from 15 members to 60 groups in 18 states in just a few years[19]

- Research shows that elders bring unique assets to civic engagement: time, freedom, experience, and moral authority[27]
- Grandparents have been at the forefront of every major social movement in American history[13]

“Too old” is what people say when they’ve forgotten who they are. You’re not too old. You’re perfectly seasoned.

Part Seven: How to Join — A Step-by-Step Guide

Chapter 20: Getting Started in Five Minutes

Step 1: Open your web browser.

Step 2: Go to <https://groups.io/g/CivicGood>

Step 3: Click “Join This Group” (you’ll need a free groups.io account — just your name and email).

Step 4: Choose your delivery preference: - **Individual emails** — get each message as it’s posted - **Daily**

digest — get one summary email per day - **Special notices only** — get only announcements

Step 5: That's it. You're in. Welcome to CivicGood.

Chapter 21: Your First Week

Don't feel pressure to post right away. Spend your first few days reading what others have shared. Get a feel for the tone, the topics, the personalities. When you're ready, introduce yourself — a few sentences about who you are and what matters to you. Nobody expects a speech. A simple "Hello, I'm interested in learning more about [topic]" is a perfect start.

Chapter 22: Ways to Participate

There's no single right way to be part of CivicGood. Here are some options:

- **The Reader:** You read every message, think about what's discussed, and let it inform your views. That's valuable.
- **The Responder:** You reply when something strikes a chord — with a

question, a perspective, or a personal story. That's valuable too.

- **The Starter:** You post an article, a question, or a topic that you think the group should discuss. That takes courage, and it's how the best conversations begin.
 - **The Connector:** You share CivicGood with friends, family, and fellow residents. Every new member makes the conversation richer.
 - **The Doer:** You take what you learn in CivicGood and turn it into action — a letter, a call, a conversation, a vote. That's where the real magic happens.
-

Part Eight: The Bigger Picture — CCRCs as Civic Powerhouses

Chapter 23: A National Vision

There are approximately 2,000 continuing care retirement communities in the United States. They serve hundreds of thousands of residents — educated, experienced, connected

Americans who have spent their lives contributing to this country.[17][16]

What if every one of those communities had a CivicGood? Not a partisan club. Not a protest cell. A thoughtful, respectful, open discussion group where neighbors explored together the values that should guide our nation.

The combined voice of America's CCRC residents — speaking not from ignorance or rage but from experience, wisdom, and moral conviction — would be one of the most powerful civic forces in the country. Politicians would listen. Media would cover it. History would record it.

This is not a pipe dream. It's already happening in pockets across the nation. We The Seniors started with 15 people writing postcards at a coffee shop and now represents 60 organizations in 18 states. Senior Citizens for America launched at "a dark time" and is building a movement grounded in optimism and determination. BadAss Grandmas for Democracy — love that

name — started with four women and now operates nationally.[19][20][21]

CivicGood can be Riderwood's — and every CCRC's — contribution to this awakening.

Chapter 24: The Erickson Opportunity

Erickson Senior Living manages 20 communities across 11 states, serving over 25,300 residents. Each community is a self-contained civic ecosystem with meeting spaces, communication infrastructure, and residents who chose community living precisely because they value connection.[25][23]

If CivicGood caught fire across the Erickson network — from Riderwood in Maryland to Greenspring in Virginia to Oak Crest in Baltimore to communities in Colorado, Michigan, Massachusetts, and beyond — the result would be a coast-to-coast network of engaged, informed, activated senior citizens. Not just talking. Not just complaining. *Doing.*

The infrastructure exists. The people exist. The need exists. All that's missing is the spark.

Be the spark.

Chapter 25: What We Owe the Future

In many societies around the world, older people are recognized as the pillars of families and communities — caring for grandchildren, transmitting knowledge and values, and providing the stability that allows younger generations to take risks and grow. Intergenerational approaches — where older and younger people work together on shared challenges — have been shown to produce strong evidence of social benefits dating back to the first Foster Grandparents program in 1965.[29][30]

CivicGood participants aren't just improving their own health and happiness (though they are). They're modeling for their children and grandchildren what engaged citizenship looks like. They're demonstrating that

democracy isn't a spectator sport. They're proving that growing older doesn't mean growing silent.

Every conversation on CivicGood is, in its own way, a lesson for the future. Every letter written, every issue explored, every value articulated is a deposit in the moral bank account that the next generation will inherit.

Part Nine: Stories That Inspire

Chapter 26: The Grandmother at the Supreme Court

Ilene Freedman of North Carolina, part of Seniors Taking Action, took her grandsons to the steps of the Supreme Court after the overturning of *Roe v. Wade*. "Again, Grandma?" they asked — because it wasn't her first time standing up. Born in 1948, she never thought she'd witness the re-emergence of the kind of extremism that birthed the worst chapters of the 20th century. Yet there she stood, sign held high, teaching her grandchildren

that democracy requires showing up.[31]

Chapter 27: The Coffee Shop That Changed a Country

Judy Loeb and Mary Mulvihill started Seniors Taking Action at a neighborhood coffee shop, writing postcards. When COVID shut down in-person meetings, they moved to weekly Zoom calls. The group grew from 15 members in one neighborhood to 1,900 members in 16 states. Then they helped create We The Seniors — now 60 organizations strong. A coffee shop. Two women. Postcards. That's all it took to build a national movement.[19]

Chapter 28: The Power of One Email

Consider this: CivicGood was started by one person at one CCRC with one conviction — that neighbors should be able to talk about the things that matter most. That's it. No foundation grant. No corporate sponsor. No political party. Just one person who believed that a conversation among

friends could grow into something that changes the world.

Your subscription to CivicGood is that kind of beginning. One email. One click. One decision to show up.

Part Ten: The Invitation

Chapter 29: This Is Your Moment

You have lived a remarkable life. You have loved people, built things, endured hardships, celebrated victories, and accumulated wisdom that no university can teach and no algorithm can replicate.

Now the question is: What will you do with what you know?

The world is not asking you to run for office (though you could). It's not asking you to march a thousand miles (though some are doing that too). It's asking you to do something simpler and, in many ways, more powerful: *engage*.

Read. Think. Discuss. Question. Listen.
Speak. Act.

CivicGood gives you a place to do all of those things, surrounded by neighbors who share your values and your determination to leave this world better than they found it.

Chapter 30: How to Subscribe

Go to

<https://groups.io/g/CivicGood> and click "Join This Group."

It takes less than five minutes. It costs nothing. And it might just be the most important thing you do this year.

Welcome to CivicGood.

Welcome to the rest of your civic life.

Appendix A: Quick Reference — CivicGood at a Glance

Item	Detail
Name	CivicGood
Platform	groups.io (email-based discussion group)
Web Address	https://groups.io/g/CivicGood
Cost	Free
Topics	Politics, religion, ethics, humanitarian issues, civic engagement
Who Can Join	Anyone — open to the world
How to Join	Visit the web address and click “Join This Group”
Email Delivery	Individual messages, daily digest, or special notices
Privacy	Ad-free, no data mining, privacy-focused[4]

Item	Detail
Tech Required	Email access — that’s it

Appendix B: Resources for Senior Civic Engagement

Organization	Website	Focus
We The Seniors	wetheseniors.org	Alliance of 60+ senior activist groups[19]
Senior Citizens for America	seniorcitizensforamerica.org	Defending civic values and democracy[20]
BadAss Grandmas for Democracy	badassgrandmasfordemocracy.com	Non-partisan civic engagement[21]
Seniors for the Constitution	Via Indivisible	Constitutional

Organization	Website	Focus
Generations United	gu.org	defense and rallies[22] Intergenerational programs and grandfamilies[32]
Civic Nation	civcnation.org	Civic culture, power, and participation[33]
USAging	usaging.org	Social engagement resources for older adults[6]

Appendix C: The Health Case for Civic Engagement – Key Statistics

Finding	Source
Social isolation increases early mortality risk by 29%	USAging / NASEM[6]
Isolation comparable to smoking 15 cigarettes/day	Cedars-Sinai research[7]
\$6.7 billion additional Medicare spending from isolation	USAging[6]
50% increased dementia risk from isolation	National Academies[8]
30% increased stroke/heart disease risk	National Academies[8]
Active seniors report lower stress, anxiety, depression	Polara Health / research review[9]
Social connection	NIH meta-

Finding	Source
linked to 50% increased survival odds	analysis[34]
25% of U.S. volunteers are age 65+	Washington University brief[2]

Appendix D: About the Author

Mel Haas is a resident of Riderwood Village, a continuing care retirement community in Silver Spring, Maryland. A retired technology professional with roots in the earliest days of computer networking, Mel is the author of more than a dozen books published through Amazon KDP, covering topics from civic engagement and AI literacy to constitutional principles and humanitarian advocacy. Mel founded and manages the CivicGood discussion group and is a passionate advocate for using technology and community organizing to empower seniors as forces for positive change.

Find more books by Mel Haas at:

<https://www.amazon.com/stores/Mel-Haas/author/B0GCNC7BYJ>

"The world is not changed by those who merely observe it. It is changed by those who refuse to remain silent."

Subscribe today:

<https://groups.io/g/CivicGood>

CivicGood: A Call to Your Best Self

Published via Amazon Kindle Direct Publishing. Available in paperback and Kindle editions

References

1. [How about CivicGood? Develop a descriptive paragraph for such a discussion group that combines the issues of Ethos with Politics, Religion, and Humanity.](#) - CivicGood works excellently as a listserv name. It's memorable,

pronounceable, combines two powerful...

2. ["Lifelong Civic Engagement" by Logan Fox, Emma Ward et al.](#) - Research shows this trend will be mutually beneficial, improving the quality of life for older adult...
3. [We the Seniors - Grassroots Connector Connects](#) - "We the Seniors" have an action plan that is busting out all over. The passion and activism of older...
4. [Groups.io | Email Discussion Groups & Listserv Alternative](#) - Groups.io is a modern email group service and listserv alternative with no ads. Create mailing lists...
5. [groups.io is decent if you're looking for hosted solutions. Most of the ...](#) - groups.io lists are free for lists with under 100 participants, the \$20/mo would be for a premium pl...
6. [Social Engagement - USAging](#) - Research shows that remaining

socially engaged improves the quality of life for older adults, result...

7. **Exercise Classes Reduce Loneliness, Social Isolation in Seniors** - Older adults who joined group exercise classes experienced decreased loneliness and social isolation...
8. **Social Isolation and Loneliness in Older Adults** - Older adults are more susceptible to adverse health consequences of loneliness and isolation (due to...
9. **THE IMPORTANCE OF COMMUNITY FOR SENIORS IN 2024** - Research has consistently shown that seniors who are actively involved in their communities have bet...
10. **Five Benefits of Social Engagement for Seniors** - Being socially active can have a major impact on your wellness such as improved emotional health, co...

11. [Fifty-Five Years of Research Into Older People's Civic Participation](#) - This study analyzes critically existing knowledge concerning older people's civic participation, pin...
12. [The Importance of Civil Engagement in Later Years - Senior Steps](#) - Research shows that staying engaged in community affairs, whether through voting or volunteering, co...
13. [How \(and Why\) Grandparents Can End Ageism](#) - Grandparents have a huge impacts. Learn how and why grandparents can end ageism and make the world b...
14. ["We The Seniors" Launches Nationwide Coalition to Sound ...](#) - "We The Seniors" vows to tell the stories of Americans affected by the federal government's profound...
15. [The Party of Neglect: When Democrats Forget About Kids](#) - It was a mistake, and was driven by

Democratic operatives and political analysts who dismiss childre...

16. [Continuing care retirement communities in the United States](#) - The emphasis of the CCRC model is to enable residents to avoid having to move, except to another lev...
17. [America's Best Continuing Care Retirement Communities 2024](#) - There are approximately 2,000 CCRCs in the U.S., and that number is expected to continue to increase...
18. [Episode 107: The Civic Firepower of Senior Activism at We ...](#) - Today's episode is a rich opportunity to spotlight the civic firepower of senior activism and the st...
19. [About Us - We The Seniors](#) - ... organization committed to mobilizing older Americans in the fight for democracy. ... We the Seni...

20. [Why SCFA - Senior Citizens of America](#) - Fear is being used as a tactic to get people to acquiesce in things they've never countenanced before...
21. [BadAss Grandmas for Democracy](#) - BadAss Grandmas is a non-partisan movement of people who remember better government before moneyed s...
22. [Seniors for the Constitution | Indivisible](#) - Paid for in part by Indivisible Action. Not authorized by any candidate or candidate's committee. In...
23. [Residents Spend Time with Friends at Riderwood](#) - The opportunity to make new friends and have an active social life is one of the many things that dr...
24. [Erickson Senior Living - Wikipedia](#) - Headquartered in Catonsville, Maryland, it employs over 17,000 people for 24,000 residents as of 202...

25. Erickson Senior Living Ranked 4th on Argentum's List of the Nation's ... - With 25,300 residences across its national network of communities, Erickson Senior Living ranks four...
26. There are 2,400 people, parents, grandparents, and human beings who are similar to the 600,000 residents in other CCRCs. CivicGood has 24 members, GVP 132, Chatterwood 860. Isn't it worthwhile to get more of us involved? Shouldn't more be concerned about children as well as dining plans? How do we recruit more to action? When is it going to be "enough is enough"? - Now I have comprehensive research on CCRC activism, social movement tipping points, barriers to enga...
27. Elder Civic Engagement and Rural Community Development - Many of these elders brought specific skills from careers in business or local government to the civ...

28. [RiderwoodLife.com – Resident Activities at Riderwood Village](#) - This is the resident-run website for Riderwood Village activities! Enter keywords in the SEARCH box ...
29. [Older People at the Edge of Humanitarian Response](#) - Families are affected: In many societies, older people care for children and support households. Sup...
30. [Intergenerational](#) - HelpAge promotes initiatives that bring together older and younger people to work on activities that...
31. [VOICES: Elders organize to defend democracy in the states](#) - As part of a group called Seniors Taking Action, Ilene Freedman of North Carolina runs a Giving Circ...
32. [Grandfamilies](#) - Generations United has two initiatives dedicated to supporting families in which grandparents, other...
33. [Civic Nation: Strengthening Civic Culture, Civic Power, and ...](#) -

Civic Nation is an impact hub for ideas, leaders, and initiatives that strengthen civic culture, civ...

34. [Role of the Health Care System - Social Isolation and Loneliness in ...](#) - Social isolation and loneliness have been found to be associated with an increased rate of hospital ...