

## Gold Standard for Optimal Aging Nomination Form Instructions

Thank you for your interest in submitting a nomination for the Gold Standard Award for Optimal Aging. Nominations are due July 15, 2020. Please read the below instructions before submitting your online form.

**Please note: you will not be able to save the application once you have started.**

We suggest that you draft all your responses to the questions on the following pages in another processor (i.e. Microsoft Word or Pages) and then copy and paste each response into the online form.

You will be asked to provide the following information:

1) Nominator Information:

- Name
- Business Affiliation (if applicable)
- Position
- Address
- Email
- Phone

2) Select if submitting a nomination for an individual or a couple

3) Provide the following information (for both individual and couple nominations)

- Name
- Address
- Email
- Phone

4) Provide answers to the following prompt:

***Describe how your nominee fits the criteria for the Gold Standard for Optimal Aging. Nominees must exhibit current involvement in one or more of the following categories: Physical, Social, Spiritual, Creative, and Civic***

Please note: limit responses to 100 words per criteria area for individual nominations and 200 per criteria area for couple nominations.

Examples of Criteria Categories: Physical (exercise, health, despite constraints continues to engage, etc.); Social (volunteer work, government, clubs, hobbies, etc.); Spiritual (faith community involvement, etc.); Creative (music, arts, etc.); Civic (community organizations, etc.)

- 5) Provide a 250 summary of your previous responses. This summary paragraph will be printed in the event program and nominee cohort book.
- 6) \*Optional\* New this year, we are creating a book for this year's nominee cohort. For this book, we are requesting the following information:
  - Headshot of nominee(s). If you do not have one, this can be submitted at a later date. We can also help you to create one if needed.
  - Provide your nominee(s) answer to the following prompt: *As I age, I dare to...*

Nominations are to be submitted online at: <http://www.tragerinstitute.org/gsa20nom>. However, a PDF/paper version of the nomination form will be provided upon request. Please contact us to receive the PDF version of the nomination form.

## **Luncheon Save the Date**

Date: Friday, September 11, 2020  
Time: 11:30 AM - 1:30 PM EST  
Location: Crowne Plaza Hotel, 830 Phillips Ln.  
*\*Reservations required*

More information at: [www.tragerinstitute.org/gold-standard](http://www.tragerinstitute.org/gold-standard)