



## Updates from Kathy

As a global age-friendly community, Age-Friendly Sarasota is expected to build upon our existing community assets. And as we all know, Sarasota County boasts two valued treasures: aging and the arts. And when we combine the two, our age-friendly journey gets even better!

Regardless of differences in age, wealth, or health status between us, we all need creative outlets to express ourselves and connect with others. The arts offer a powerful medium for improving the quality of life for communities and individuals alike - fostering diversity, community cultural development, health promotion, and intergenerational understanding.

Connecting with the arts can promote both respect and inclusion as well as social participation among those involved - two core age-friendly domains of livability. This issue will share how the "arts" support age-friendly efforts here and abroad.

~ Kathy Black, Age-Friendly Sarasota Initiative Consultant

### Domain of Livability

## Respect & Inclusion

Everyone wants to feel valued. Activities that promote understanding can provide a great way for people to learn from one another, honor what each has to offer and at the same time feel good about themselves.

Affirming activities that make us feel better and educate others can help combat ageism in society. Sadly, negative images about aging pervade our culture and even worse, can influence how we feel about ourselves. Therefore, many age-friendly efforts here and abroad seek to enhance understanding. This can be fostered when real stories of real people aging are brought into our individual psyche and promoted as a community conversation.

## Age-Friendly Innovation

### Canberra Australia

Many age-friendly communities worldwide utilize the arts to promote respect and inclusion of all persons. In Australia, Canberra's annual *Life's Reflections* photographic competition and exhibition generates positive images of older Canberrans for public exhibition and use in government publications. It involves residents of all ages and serves to highlight the important place held by older Canberrans in the social fabric as parents, grandparents, workers, volunteers, friends and neighbors.

## Celebrating Age-Friendly Sarasota



### Florida Studio Theater "Old Enough to Know Better"

Florida Studio Theater's "Old Enough to Know Better" is an "aging" docudrama - created from the stories shared by persons aging throughout our community! The play seeks to share, educate, and entertain as it recounts snippets of more than 100 residents' lifetimes of experiences - including the good, the bad, and the humorous, touching on themes both comical and poignant, and revealing the depth of a lived life for others to share. And relate we will - as the stories of "other's" lives mirror our own, and thereby unite us - with enhanced understanding and insight. See for yourself by attending one of six shows running early through mid-August. Click [here](#) for show dates, times and tickets.

### Did You Know...

Scientific research has shown that harnessing the power of art can promote health and healing at any age and stage in life.

[Click here](#) for a short video sharing stories of a variety of people benefiting from art.



### Focus Group

Would you like to share your thoughts about age-friendly community features? We are conducting several focus groups at the Sarasota County Libraries in September. We want your opinions to be included in our research.

[Click here](#) for dates, times and locations of the focus groups. Please contact us at [info@AgeFriendlySarasota.org](mailto:info@AgeFriendlySarasota.org) if you are interested in participating. Note **seats are limited** and you **must sign up** to participate. We will confirm your seat once we hear from you.

### Survey

Provide your feedback on respect & inclusion and all the other Domains of Livability by taking the AFS survey. You can access our survey by clicking [here](#).

Please be sure to click "DONE" at the end! The survey will take at least 20-30 minutes or more - so please allot enough time.

Surveys (hard copies and online) are **now available at all Sarasota County Libraries** and other select locations. Email [info@AgeFriendlySarasota.org](mailto:info@AgeFriendlySarasota.org) if you are interested in promoting the survey at your business, group or organization.

### Submit Ideas

Have an upcoming event or program related to making Sarasota County age-friendly that you want to share with the Age-Friendly Sarasota network through this newsletter? Please share by sending to:

Erika Kelly  
[ekellyTPF@gmail.com](mailto:ekellyTPF@gmail.com)

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