



A Community for All Ages

Updates from Kathy

This month we celebrate two holidays that evoke a similar sentiment, although one (World Kindness Day - Nov. 13) is far less known than the other (Thanksgiving - Nov. 26). Individually and collectively, we all benefit from being kind and thankful. Acts of kindness provide us – and others – with a feeling of humanity and a warm fuzzy glow as well!

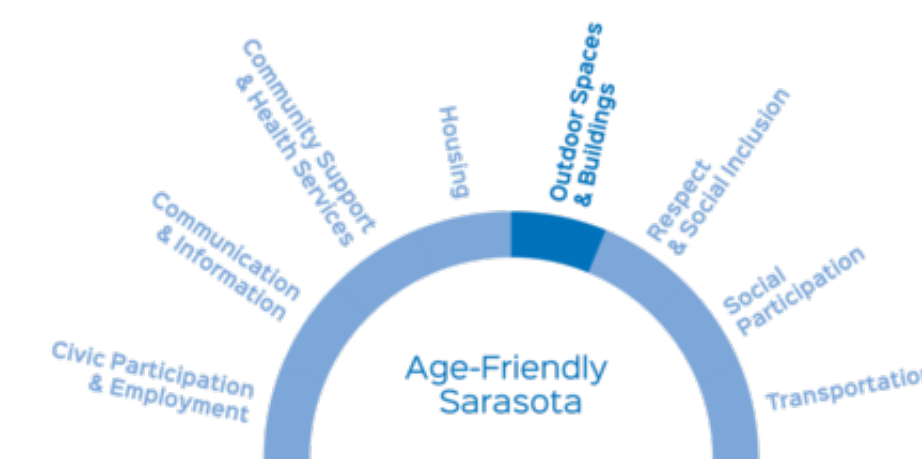


World Kindness Day was created in 1997 by humanitarian groups to urge all of us to make a "declaration of kindness" as we see fit. This includes pledging to commit a minimum of one act of kindness – which can be achieved in a number of ways: opening a door for another person, complimenting our neighbors, or donating food, clothes or our time to a cause.

Paradoxically, an act of kindness implores us to consider the lives of others – and in return, we recognize our own gratitude or thankfulness for all we are. The best thing is that both kindness and thankfulness don't cost a cent and can be experienced as often as we wish. And speaking of wishes we wish you all an extra special World Kindness Day and a Happy Thanksgiving!

This month's message is apropos for this month's domain theme as well. Read below to hear more about our treasured public parks – something for which all county residents are thankful! A very special thanks to all the [Friends of Sarasota County Parks](#) as well!

– [Kathy Black](#), Age-Friendly Sarasota Initiative Consultant



Have you shared your age-friendly aspirations with us?

We're nearing the end of phase one of our research and survey collection but there is still time if you haven't completed the survey yet. Click [here](#) to share your input on the 8 Domains of Livability.

Domain of Livability: Outdoor Spaces & Buildings

When we think about our daily lives, we likely visit or encounter outdoor spaces and public buildings on a regular basis – things like parks, parking lots, and shopping venues. When these facilities are safe and accessible, it encourages activities and involvement in community life.

Accessibility involves removing barriers that limit opportunities for people with disabilities, including those of us who do have – or will have – age-related impairments that could, for example, affect our ability to walk or communicate. Issues like these can impact our ability to participate in social activities or access organizations and businesses. Age-friendly communities recognize the importance of outdoor spaces and public buildings as critically important aspects of our lives that anchor us to our surroundings and can enhance our well-being in innumerable ways.

National innovations provide us with many features for our community's consideration – particularly as our community is in the midst of its own visioning plans for Sarasota County Parks.

Age-Friendly Innovation

Outdoor Spaces & Buildings

In age-friendly Macon-Bibb, Georgia, feedback from older people has given a local historic park a new lease on life. Involving older people helped catalyze change and attract funding to create more accessible, attractive and usable green space. Residents of all ages can enjoy new benches, clear and well-marked entrances, and wider, shaded paths reaching into its center. Planned traffic-calming measures will make the park easier to reach and use as well.



Celebrating Age-Friendly Sarasota

Sarasota County Parks and Recreation

Sarasota County Parks and Recreation boasts many assets, including more than 160 parks and preserves on over 55,000 acres of land! In addition, 2,100 volunteers are actively engaged in our parks. There is much to see and do in the parks; Sarasota County residents can witness natural beauty and wildlife as well as partake in a host of activities for all ages and abilities.



While Pickleball, a paddle sport sweeping the nation, is the latest craze at the recreation centers. Residents can also get physical at Urfer Family Park, which is home to Florida's first outdoor playground for adults of all ages.

The current Master Planning for our parks, preserves and recreation areas is well-aligned with our age-friendly efforts.

Upcoming Events

Hispanic Fall Festival - Nov. 7

Age-Friendly Sarasota will have an informational booth at the Hispanic Fall Festival at St. Jude Catholic Church located at 3930 17th Street in Sarasota on Saturday, Nov. 7 from 10am-6pm. Stop by to learn more about the age-friendly journey, pick up a paper survey - in English or Spanish - or drop off your completed paper survey. We look forward to seeing you there!

Downtown Sarasota Condo Association Forum - Nov. 18

Age-Friendly Sarasota's Kathy Black, along with other area experts, will speak at the Downtown Sarasota Condo Association Luncheon and Forum on Optimal Aging at the Hyatt Regency Sarasota.

Click [here](#) to learn more or register to attend.



Did You Know...

Among Sarasota County residents:

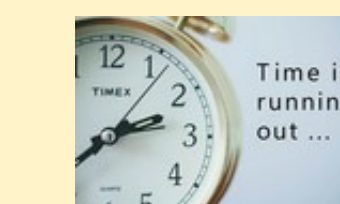
- Nearly half (47%) live within half a mile of a park!
- More than one in four (26%) live within a ten-minute walk of an off-street trail system!
- More than three-fourths (78%) are NOT sedentary!



More about Sarasota County Parks:

- 160+ parks
- 113 athletic fields
- 7 recreation centers
- 4 community centers
- 5 off-leash dog parks
- 35 miles of shoreline

SOURCE: [Sarasota County Parks and Recreation](#)



Get Connected

We're nearing the end of phase one of our survey collection and research. If you haven't already, please provide us with your feedback about outdoor spaces, buildings and more by taking our survey! You can access our survey by clicking [here](#) or via our [website](#).

Feel free to answer just those questions you want to weigh in on but please be sure to click "DONE" at the end of the survey!

Surveys (paper and online) are available at all [Sarasota County Libraries](#).

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: info@AgeFriendlySarasota.org

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"GRATITUDE
is the inward feeling of **KINDNESS** received.
THANKFULNESS
is the natural impulse to express that feeling.
THANKSGIVING
is the following of that impulse."
– Henry Van Dyke

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Member of the World Health Organization Global Network of Age-Friendly Cities and Communities

For questions, please contact info@AgeFriendlySarasota.org or call us at (941) 444-3243

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