



A Community for All Ages
March 2016

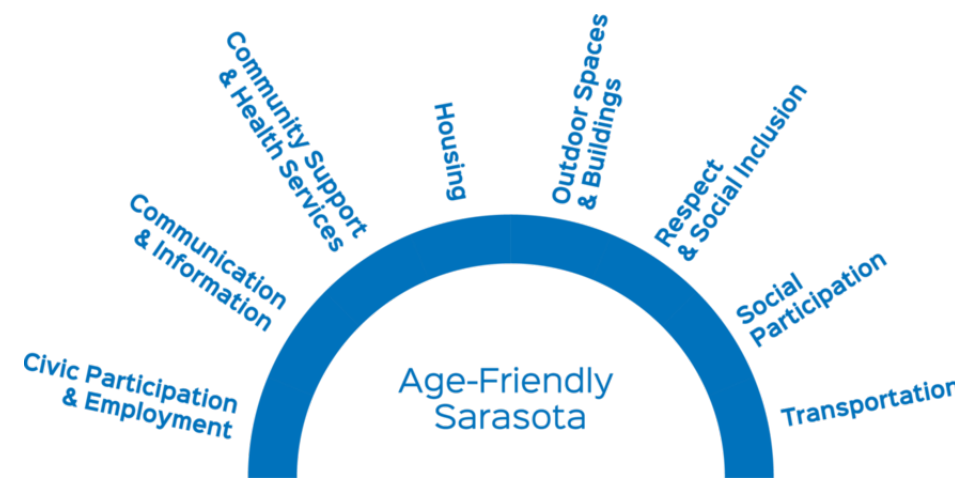


Updates from Kathy

Greetings all! Our newsletter this March will focus on two related concepts - ideas and actions. After all, ideas are important precursors to action! Ideas are vital to society and can lead to advancements in all areas of life. Some of the best ideas can benefit us on many levels, and when tied to action, can benefit others as well.

As part of our age-friendly journey, Age-Friendly Sarasota recently assessed the assets and aspirations of county residents and continues to seek your ideas for Age-Friendly Sarasota. Please join us in celebrating International Ideas Month this March and share your "age-friendly" ideas with us via [facebook](#), [twitter](#), or [email](#). Even better, share your actions and let us know what "age-friendly" activities you're already doing!

- Kathy Black, Age-Friendly Sarasota Initiative Consultant



Age-Friendly Spotlight

According to the World Health Organization (WHO), age-friendly communities are places that enable people of all ages to:

- Actively participate in community activities
- Treat every one with respect, regardless of their age
- Make it easy to stay connected to those around us and those we love
- Help people stay healthy and active even at the oldest ages
- Help those who can no longer look after themselves to live with dignity and enjoyment

Nearly 300 communities across the globe began with ideas for their respective age-friendly communities; now is the time for Sarasotans to share their ideas for our own age-friendly future!

To learn more about the WHO age-friendly network, see Did You Know section in this newsletter.

Age-Friendly Innovation

International Focus

In the United Kingdom, the **Leeds Older People's Forum** was established in March 1994 and has grown to a citywide membership of over 100 voluntary sector organizations working with older people across the community. All member organizations provide services dedicated to older people though they are not necessarily an older people's organization.

The Leeds Older People's Forum aims to promote the well-being of all older people in the city of Leeds, and to give a more powerful voice to older people in shaping their city for the benefit of all its citizens. The Forum supports its members and ensures the voluntary sector is involved in planning, developing and managing services for older people in Leeds.



Celebrating Age-Friendly Sarasota

Seniors Advisory Council

The Seniors Advisory Council is a citizen advisory board to the Sarasota County Board of County Commission. Members provide a conduit for citizen input to the County Commissioners in making recommendations and/or providing advice on issues and conditions affecting Sarasota County's senior community.

The Council meets on the first Thursday of the month at the William L. Little Health and Human Services Center (2200 Ringling Blvd.) in Room 226 at 3:00 p.m. All meetings support government in the sunshine (as expressed in Florida's Sunshine Law), and are recorded and open to the public.

Currently, the Council is working on the Accessible and Affordable Transportation Priority to identify the barriers and missing resources of senior transportation within Sarasota County. For further information click [here](#).

Stay Tuned...

Next month in the Age-Friendly Sarasota newsletter and via [Facebook](#) and [Twitter](#) we'll share information about upcoming activities for learning more about your community.



Did You Know...

2005: The year the World Health Organization formed the global network of age-friendly communities.

287: The current number of age-friendly communities in the global network.

113: Million people living in age-friendly communities worldwide.

33: The number of countries represented in the global network.

1: Age-Friendly Sarasota is proud to be Florida's first global age-friendly community.



Recently Released...

Urban planners represent one of the many professions necessary to help shape age-friendly built environments by taking into account the social environment, or ways in which we interact within our communities.

Click [here](#) to read the latest Age-Friendly Sarasota blog that focuses on urban planning and the built and social environments.

ATTENTION PROVIDERS

Are you an organization or group that provides services or programs to persons age 65+ in Sarasota County? This could include any type of service or programming, i.e. educational, cultural, recreational, etc.

If so, please take our brief 5 minute online survey so we can capture your age-friendly assets and aspirations from a provider's perspective.

Click [here](#) to take the survey.

Submit Ideas

Have an upcoming event or program related to making Sarasota County age-friendly that you want to share? Please send to: info@AgeFriendlySarasota.org

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Ideas shape the course of history

John Maynard Keynes

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For questions, please contact info@AgeFriendlySarasota.org or call us at (941) 444-0243

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