



A Community for All Ages  
April 2016



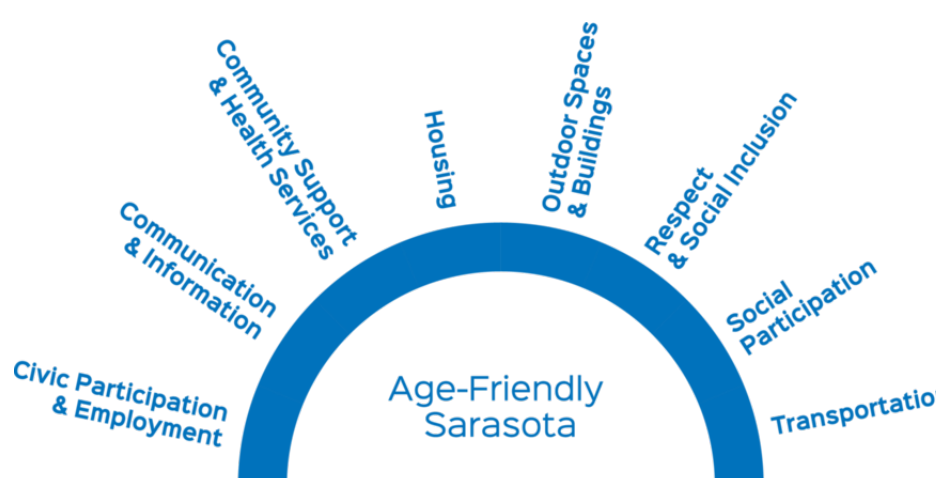
### Updates from Kathy

Age-Friendly Sarasota is a community for all ages! This means that we aspire to be livable across a lifespan, focusing on daily life that is good for everyone!

This issue will highlight "Livable Communities," a concept advanced by AARP. Aligned with the age-friendly domains, a Livable Community refers to living in a place:

- Which does not require having a car for every errand or outing - which is difficult for those who don't have a car or can't drive
- With access to outdoor spaces, good schools and healthy food - which is important for people and families at every stage of life
- That is safe and has ample activities to keep people engaged at all ages - which is critical throughout our lives!

- Kathy Black, Age-Friendly Sarasota Initiative Consultant



### Age-Friendly Spotlight Livable Communities

According to AARP, people of all ages seek the same things in their communities:

- Spend Time Together
- Socialize
- Go For A Walk
- Safely Cross the Street
- Ride a Bike
- Get Around Without a Car
- Live Comfortably
- Enjoy a Lifelong Home
- Work or Volunteer
- Visit Public Places
- Spend Time Outdoors
- Be Entertained
- Go Shopping
- Buy Healthy Food
- Find the Services They Need

### Age-Friendly Innovation

#### The Livability Index & Age-Friendly DC

In 2015, AARP developed a tool to assess community livability / age-friendliness. The "Livability Index" represents an objective measure to better understand how "neighborhoods" fare on measures of age-friendliness.

With an overall score of 58 out of 100 for all of DC, the Livability Index verified issues needing improvement, such as affordable housing. Among the nation's first age-friendly community to apply the tool for its broadscale usage, the findings are being incorporated into their strategic age-friendly planning.

Click [here](#) to learn more about AARP's Livable Communities.

### Celebrating Age-Friendly Sarasota

#### You're Invited!

Age-Friendly Sarasota (AFS) will host a public forum at The Friendship Centers on Thursday, April 28. The forum will be led by [Dr. Rodney Harrell](#), Director of the AARP Public Policy Institute and the Livable Communities Initiative. Dr Harrell will share research and ideas about the many factors that impact how we live, work and play. The forum is free and open to the public, registration is requested though. To register to attend, [click here](#).

Click [here](#) for a flyer you can print and share with friends, families and colleagues.

We hope to see you there!



### TRUE FACTS!!!

#### Did You Know...

**2011:** AARP joined the World Health Organization (WHO) Global Network of Age-Friendly Communities as the United States' national affiliate.

**77:** Current number of AARP/ global Age-Friendly Communities.

**41 million:** Current number of Americans living in AARP/ global Age-Friendly Communities.

**390,000+:** Number of residents of Sarasota County living in an Age-Friendly Community.

**1:** Age-Friendly Sarasota is proud to be Florida's first AARP/ global Age-Friendly Community!

### April 24: Park RX Day

As April 16-24, National Park Week approaches, mark your calendars! April 24 is National Park RX Day - a day when parks across the U.S. celebrate and promote the growing movement of prescribing parks and nature to patients to improve human health.

On this day, parks across the U.S. will host fun recreational activities that encourage healthy lifestyles and promote physical and mental well being.

Click [here](#) to learn more and see how you can plan your own National Park RX Day.

### 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](mailto:info@AgeFriendlySarasota.org)

### Connect

- #AgeFriendly
- @AgeFriendlySRQ
- AFS Facebook Page
- AFS Website
- Newsletter Sign Up



"Within National Parks is room—glorious room—room in which to find ourselves, in which to think and hope, to dream and plan, to rest and resolve."

Enos Mills

### Supported by



Age-Friendly Sarasota Partners



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

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

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