



A Community for All Ages
July 2016



Updates from Kathy

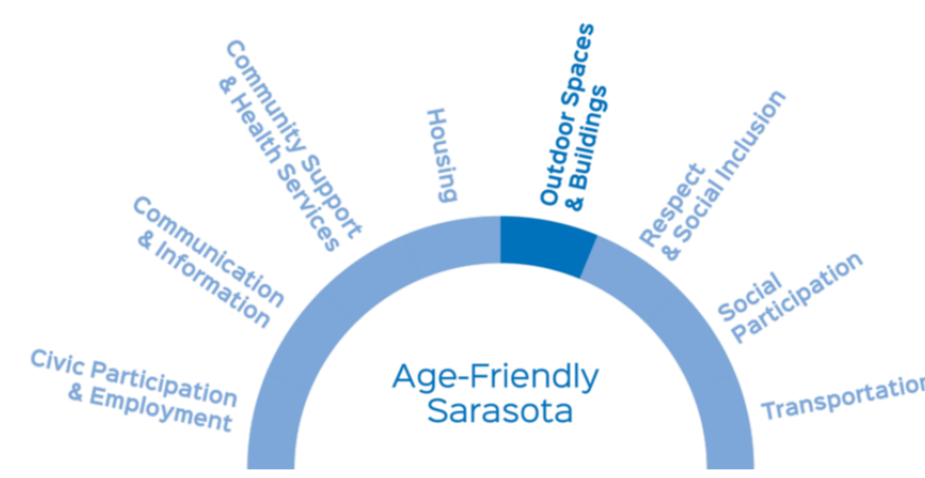
This month's newsletter celebrates the letter "O" in the Age-Friendly Sarasota tagline, "FOR ALL AGES." Optimistically Optimizing Opportunities represents a guiding principle to make our community age-friendly:

- Optimistic** - refers to a positive approach
- Optimizing** - denotes the leveraging of practices to promote potential
- Opportunities** - reflect the synchronicity in which age-friendly assets can be shared

Combined, these three attributes underscore how Age-Friendly Sarasota builds upon our community's existing assets AND the possibilities which can occur both within and across multi-sectors including business, government, nonprofits, people and the media.

July is also National Parks and Recreation month. Our nation's parks and recreational activities are good for everyone – promoting our well-being in natural settings in many ways – physical, social, spiritual and more! Parks represent an important outdoor feature for all communities and when adapted to meet the changing stages and abilities in life – parks can be age-friendly too! Read on to learn more...

- Kathy Black, Age-Friendly Sarasota Initiative Consultant



Age-Friendly Spotlight

Seniors and Neighborhood Parks

Adults age 60 and older are disproportionately underutilizing parks across the nation according to the The First National Study of Neighborhood Parks, conducted by the RAND Corporation and recently published in the American Journal of Preventive Medicine. In their groundbreaking work, they found that only 4% of persons age 60 and older utilize parks nationwide. The most important park feature utilized by those age 60 and over was a "walking loop."

As Americans strive to meet national guidelines for physical activity, parks continue to represent a vehicle to obtain the exercise needed to sustain physical fitness.

Age-Friendly Innovation

Placemaking for an Aging Population

The *UCLA Luskin School of Public Affairs* recently created guidelines for senior-friendly parks. According to their report, *Placemaking for an Aging Population*, parks represent valuable assets via the provision of recreational opportunities, social activities and a break from "city" life. Parks are also viewed as potentially very beneficial to people who need to get out of the house more often. According to the report, the following design elements are noted for creating optimal age-friendliness:

- Control
- Choice
- Safety & Security
- Accessibility
- Social Support
- Physical Activities
- Privacy
- Contact with nature
- Comfort
- Aesthetic and sensory delight



Celebrating Age-Friendly Sarasota



SARASOTA COUNTY
Your Community, Your Parks, Your Future

Sarasota County Parks, Recreation and Natural Resources
Sarasota County is home to over 160 parks and 55,000 acres offering wonderful play spaces, pristine natural areas, beautiful beaches, great special events and programs for everyone. The recently completed Sarasota County Parks, Preserves and Recreation Master Plan will serve as a road map for the future of the department, guiding how parks, facilities and services are provided to the residents and visitors of Sarasota County.

Click [here](#) to learn more about the plan's provisions.



Did You Know...

- Among all the European countries, Spain has planned and constructed the largest number of "geriatric parks."
- The Finnish playground manufacturer, Lappset, creates cross-generational playgrounds to encourage parents, children and grandparents to have fun being active together.
- Referred to as the "Nursing Home Prevention Program" China installed senior exercise equipment in 50,000 state parks prior to the 2008 Beijing Olympics.
- Cumberland Seniors Park in Ottawa opened in 2009 as Canada's first open space fully dedicated to serving the needs of seniors.
- Sarasota County's own *Usher Park* is home to Florida's first park with senior exercise equipment.

Source: Placemaking for an Aging Population, UCLA Luskin School of Public Affairs.



DSCA Forum on Brain Health

On Thursday, July 21, the Downtown Sarasota Condo Association (DSCA) will host a forum focused on cognitive aging, brain health and brain performance. Hear insights by area experts, followed by a panel discussion, on topics related to how we can stay healthy, active and engaged in Optimal Aging.

Meet with many local service providers to discuss key questions. An Age-Friendly Sarasota representative will be on-site from 10am-2:30pm with an informational booth.

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



Submit Ideas

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

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

