

November 2016

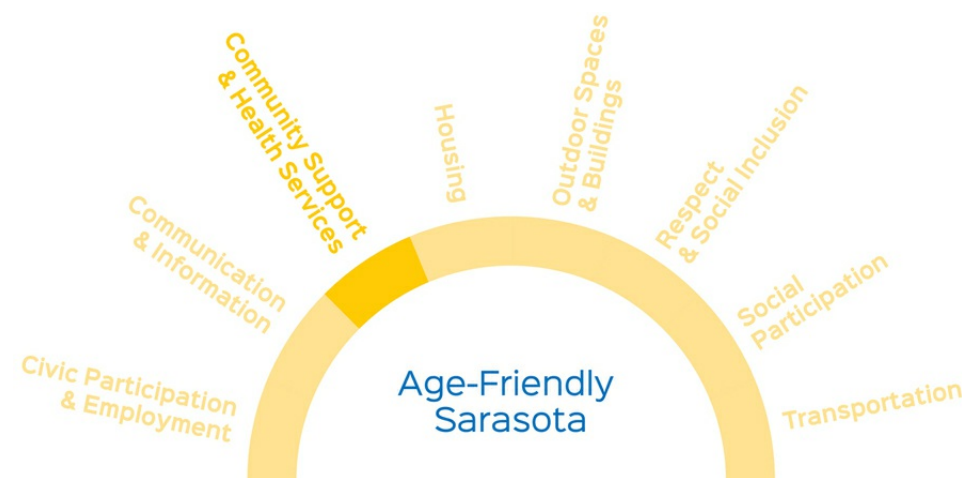
Updates from Kathy

Age-Friendly Sarasota is an initiative designed to foster active, healthy and engaged living to enhance **Longevity & Well-being throughout the Life Course** – a guiding principle – representing the second “L” in our tagline: “FOR ALL AGES.”

Longevity typically refers to an individual's length of life and particularly – extended duration of an individual life. However, collectively - it refers to the demographic aging of society and that's all of us!

Well-being is defined as a state of being comfortable, happy, or healthy. The World Health Organization (WHO) has previously described well-being and health interchangeably, as in their 1947 definition of “Health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” This definition recognizes the importance of health and well-being in all areas of life!

Life Course denotes an individual's passage through life and is viewed as a sequence of significant life events, including birth, marriage, parenthood, divorce, and retirement. This perspective recognizes that experiences faced earlier in life may impact us in our later years – and this includes both intrinsic factors such as our genetics as well extrinsic factors such as the neighborhoods in which we reside.



Age-Friendly Spotlight

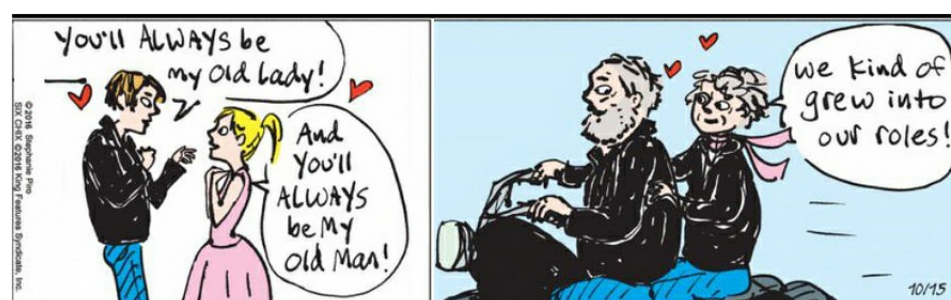
Opportunities of Longevity

According to Debra B Whitman, Executive Vice President for Policy, Strategy, and International Affairs at AARP, global aging represents opportunities for society. But we must alter two preconceived views:

- Older people are not a burden, but a benefit to society. A growing body of evidence shows that older individuals make meaningful contributions not just to their families, but also to their communities and their national economies. Our goal must be to capture and expand on the talents, experience, and time older people provide in order to optimize this contribution.
- Health is a lifelong process. Investments in public health and wellness have the greatest return when they are provided across the full life course, starting with childhood and continuing through advanced illness. Research shows that an individual's prospects for a healthy life are often established by circumstances of their youth. Proper care as we age can also prolong the time in which individuals are productive, self-sufficient, and secure.

"Global aging is an achievement to be celebrated. The increase in healthier, longer lives can be a windfall that brings unimaginable benefits to families, communities, and national economies." Debra B. Whitman, AARP

Source: <http://journal.aarpinternational.org/a/b/2015/01/opportunities-of-aging>



Age-Friendly Innovation

Health Promotion: Focus on Canada

Canada is recognized worldwide as a leader in health promotion policy. According to the Canadian Institute for Health Information, health promotion programs have paid insufficient attention to mature adults and seniors despite evidence showing the effectiveness of health promotion interventions. The old adage “An ounce of prevention is worth a pound of cure” is true in all areas of life but especially when it comes to health, and particularly as we advance in years. A lifetime of healthy behaviors, material security, positive relationships and meaningful activity leads to a vital and engaged older adulthood and lowers the need for acute or long-term health care services. The key is to keep people healthier throughout their lives by acting on the factors outside of the health care system that determine health. The purpose of health promotion and disease prevention is to reduce the years of life lost to premature mortality and ensure better quality of remaining life.

Source:

<http://www.who.int/healthpromotion/conferences/previous/ottawa/en/index.html>



Did You Know?



Stay Active, Healthy, and Connected!

Do you have a **fitbit**? Even if you don't, earn those steps at the **InspireSarasota! Festival** on November 5 from 9:30am – 4:30pm • Downtown SRQ at Five Points Park.

Stop by and say hi to TPF consultants **Kelli Karen** and **Linda Gould** to learn more about **Patriot Plaza** and **Suncoast Campaign for Grade-Level Reading** – two TPF initiatives that offer opportunities for intergenerational connections within our community. Who knew exercise could be this fun!

With **Veterans Day** just around the corner on November 11, be sure to schedule a tour at **Patriot Plaza**. Known for its magnificent architecture and inspiring art, paying tribute to those who have served our great country will feel great in more ways than one.



AARP Livable Communities Conference Reflections

Age-Friendly Sarasota was proudly represented at the **AARP Livable Communities Conference** in Chicago on October 17th, co-presenting with Laura Cantwell, Age-Friendly Communities Coordinator for **AARP Florida**, and Gail Holley, Research Director of the **Coalition for Safe Mobility** at the **Florida Department of Transportation**. Our session, **Promoting Transportation via Multi-Sector Collaboration**, demonstrated the Age-Friendly Sarasota model of sector involvement (government, community, business, non-profits and media). Transportation findings from our baseline community assessment and the intersect with the work of the Coalition was discussed. The voices of our community identified the importance of driving, concerns with changing driving abilities, the appreciation of advanced signage, as well as ...

[READ MORE](#)



Thank you
[@MichaelSaunders](#) for
 the Age-Friendly
 shoutout via [Tom
 Harmer's Tweet](#).



Age-Friendly Halloween Costumes



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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Celebrating Age-Friendly Sarasota

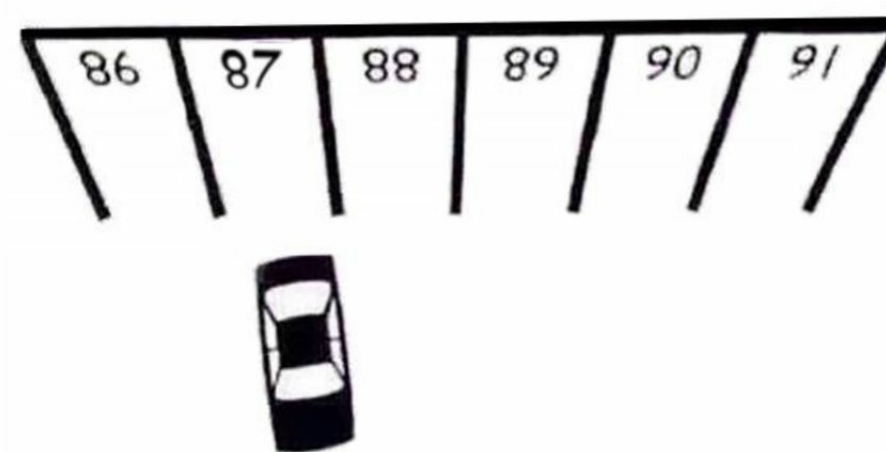
CHIPs & CHATs

Under the Sarasota County Department of Health, Community Health Assessment Teams (CHATs) were established in 2002 as community-led teams that work in coordination with the [Community Health Improvement Partnership \(CHIP\)](#) to improve the health of Sarasota County residents. CHATs are groups focused on improving the health of a specific community. CHATs identify and research health issues facing the community, then take action to address these issues.

EVENTS

Join a CHAT — It's free and there is no application process. Simply come to a meeting and participate to the degree you choose. There are four CHATs: North Port; Englewood; Newtown; and LOVN (Laurel, Venice, Nokomis). [Click here for meeting dates and times.](#)

Last month's brain teaser was difficult! We know many of you have been eagerly awaiting to see the answer. Without further ado, the answer is 87! Stay tuned for the next brain teaser in the December newsletter!



FREE Event

[Aging and its Financial Implications: Planning for Housing](#)

Date: December 8, 2016

Time: 4pm-6pm

Location: The Community Foundation of Sarasota

AFS shares this information to amplify learning rather than endorsing

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 or call us at (941) 444-0243

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