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 as 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 notions:

- 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 the national economies. Our goal must be to capture and expand on these talents, experience, and care others 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 age. Research shows that an individual’s prospects for a healthy life are often established by the conditions 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

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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 so as we advance in years. A lifetime of healthy behaviors, material security, positive relationships, and meaningful activity leads to a vibrant 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 healthcare system that determine health.

The purpose of health promotion and disease prevention is to reduce the years of life lost to premature mortality and reverse better-quality of remaining life.

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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).

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

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: 4-6pm
Location: The Community Foundation of Sarasota

AFS shares this information to amplify learning rather than endorsing.