



A Community for All Ages

December 2016



Celebrating Age-Friendly Sarasota

Documentary Theatre at Florida Studio Theatre

In an effort to serve, honor, and entertain community patrons, Florida Studio Theatre (FST) has written, directed, and produced two plays based on more than 125 interviews conducted with community residents age 50 and older about their experience with aging. The interviews led to the development of a captivating theatre experience. Throughout the plays' development, the theatre solicited feedback on the works-in-progress through immediate informal talk-back sessions. The project culminated in two plays "Old Enough to Know Better" and "Last Rights" and led to enhanced community dialogue and considerations on aging.

Plans are currently underway for a third script: OLDER THAN DIRT (running Spring 2017). It will be a humorous look at aging with songs, stories, and comedy. Additionally, there will be panel discussions which are part of FST's Dialogues on Diversity for the upcoming season. Please contact Jason Cannon at jcannon@floridastudiotheatre.org for more information about how to participate.



December beckons us to take stock about our past year, our life, and our community — we hope each of you have much to appreciate! For some cheer at this festive time of year, we look forward to celebrating Y/OUR views for an Age-Friendly Sarasota based in response to the following question:

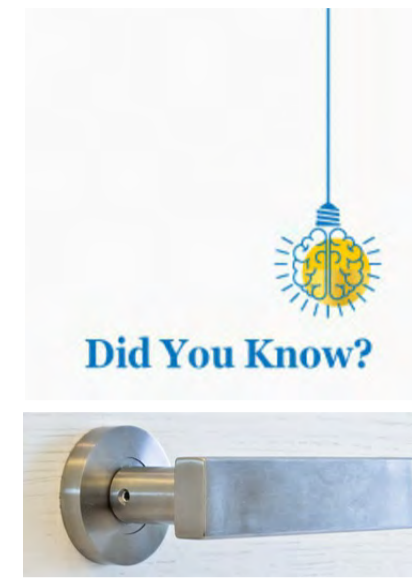
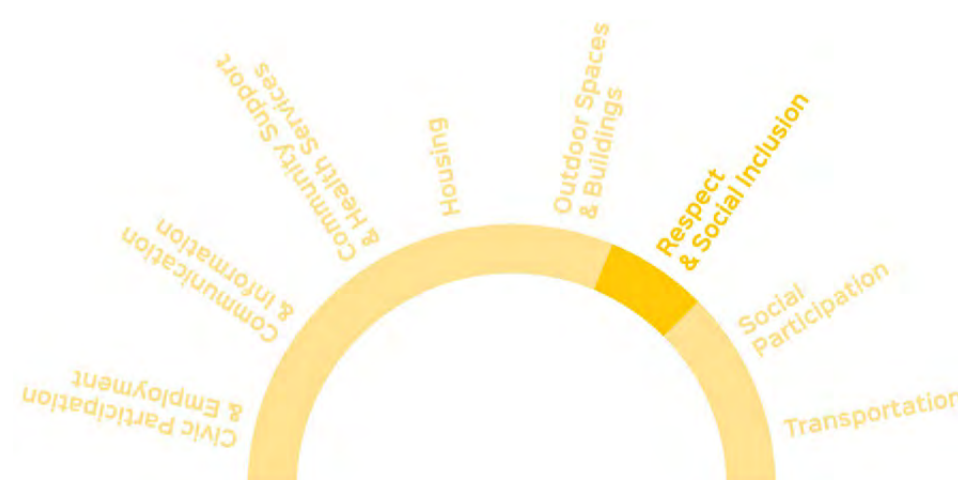
What do you most appreciate in an age-friendly community?

Nearly 1,200 Sarasota County residents, ages 50-98, reported that among all the important areas of community life, they appreciated Respect and Social Inclusion most. This was conveyed in many statements ensuring lifelong well-being:

- personal choice & decision-making — to stay in control of one's life
- affordable & accessible living — to meet one's needs and desires inside and outside of the home
- supportive friendships & meaningful engagement — that provides caring assistance and promotes personal fulfillment in all areas of life
- comradery across generations — recognizing the continuity of relationships across all ages

This December, at year's end, how thoughtful it is to consider our friends and neighbors' aspirations for an Age-Friendly Sarasota. We know that these simple hopes resonate with all of us, at any age. Please join us in helping to create an Age-Friendly Sarasota that honors each other by respecting and including people at all life stages and abilities — in any and all the ways you can.

AFS would like to learn from you and share your ideas! Be sure to let us know how you spread your age-friendly cheer. You can reach us at info@agefriendlysarasota.org or [@agefriendlySRO](https://www.facebook.com/agefriendlySRO).



Did You Know?

Fun Fact: Did you know something as simple as installing a lever door handle is considered Age-Friendly?

The easy motion of pressing down is more comfortable for the hands and wrists of an older adult compared to the twisting motion a door knob.

What makes it Age-Friendly?

The motion of pressing down is also easier to open for a mother who is carrying her child or a student carrying loads of books from the library.



"People talk about the age boom and what's coming. It's not just talk. It's here."

— Kathy Black

The Community Connection

Source: USE magazine fall 2016

As a psychiatric nurse in training, Kathy Black spent time in nursing homes with older adults. The other trainees just endured the experience. "They wanted to be in pediatrics," Black Says. Not her. "I loved it."

It was the beginning of her career in gerontology, helping older adults manage their declining health and resources. But decades after she began, her work has taken a subtle turn. The aging studies professor at USF Sarasota-Manatee is directing a project focused not on the losses of aging, but on enabling people "to live fully and thrive" she says.

Sarasota is the first county in Florida to officially become an "Age-Friendly" community. It's one of about 60 across the country to join the World Health Organization (WHO) campaign, which aims to create a network of communities to share ideas about how to adapt their environments to promote healthy aging.

Black was in Geneva earlier this year to talk about Sarasota's progress. One of her goals is for Florida to become the first WHO Age-Friendly state — reasonable for a place where one of every five people is 65 or older.

[CONTINUE READING](#)
[PAGE 39](#)

Age-Friendly Spotlight

World Health Organization: Respect & Social Inclusion

In 2005, the World Health Organization (WHO) created the Global Network of [Age-Friendly Cities and Communities](#) to promote healthy aging across multiple areas of community life, including the promotion of Respect and Social Inclusion. According to the WHO, "An inclusive society encourages older people to participate more in their [community's] social, civic and economic life. This, in turn, promotes active aging."

The [WHO Guide to Age-Friendly Communities](#) lists the following core ways to enhance respect and social inclusion:

- Respectful and inclusive services that incorporate the input of aging persons and adapts services and products to better meet their changing needs with courteous support.
- Public images of aging should depict imagery positively and without stereotypes.
- Intergenerational interactions should invite and enable persons of all ages to participate.
- Public education should teach about healthy aging and provide opportunities to engage retired persons to share knowledge, experience and expertise in schools.
- Community inclusion that invites input by persons of all ages and that recognizes past and present contributions as valuable community residents.
- Economic inclusion that provides access to public and private services and events despite economic disadvantages.

Source: Global Age-Friendly Cities Guide

Age-Friendly Innovation

Age-Friendly Queensland, Australia

Age-friendly communities respect and recognize the contributions of older adults. Respect for older adults can be shown in many ways, from inclusion in decision-making to recognition of their achievements through awards and celebrations in the community. Inter-generational programs are important for promoting social inclusion between people of different ages and also provide an opportunity for older adults to share their experience and knowledge with younger generations. Here are some of the following ways in which Queenslanders make a difference:

- Respect others and their rights
- Acknowledge everyone is important and has a contribution to make if they choose
- Listen to others and be listened to
- Talk with neighbors, phone friends, family or services
- Make opportunities for others to join in and participate if they choose by inviting and welcoming them
- Organize some low-cost activities that are accessible to others
- Assist people who need to be accompanied and supported to join in
- Use democratic processes and shared decision making
- Volunteer

Source: http://cotaqld.org.au/achieving_change/aged-friendly-communities/respect-and-social-inclusion-2/



TWEETER of the MONTH!

Vicki Vega, [@SRQBoomer](#), is the newest member on the AFS team.

Follow her as she explores the role of business in an [#AgeFriendly](#) community.



Age-Friendly Word Search

Click the image to enlarge

F G G L D B S K X T L U X N N
O E P N E E U S N R R S E Y O C
H N E W I K V E N K O P F I S
V E T J T E V E M M A D V S I
X R F G W N B T L G H N F U V
R A Z N I O H L E O H R X L F
P T I E O T W F L Z P G Y C U
X I R L K I R X H E Y M W N A
P O A T D E J U N A W K E I X
V N I C I C K J V P J N E N A
Q S O N O I T A V O H N I Y T
L W D N T R H S J S C R A S W
K L W F M G U M X R R Y R S T
Y R E S P E C T G H L F I Z O
B C W O K M A S Q D B O G T Z

innovation reinvent,
development, wellbeing,
inclusion, generations,
respect, agefriendly



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