

## Welcome to February 2017!

### Guiding Principle: Accountability

This month's issue focuses on the second "A" in our tagline "For All Ages": Accountability in capturing progress. Let's take a look back — and a look ahead to best illustrate this guiding principle.

Age-Friendly Sarasota joined the World Health Organization's (WHO) global network of age-friendly cities and communities in May 2015. The WHO model involves the following process: planning (years 1–2), evaluation and implementation (years 3–5). Accountability in capturing progress is inherent throughout every step of the process.



Age-Friendly Sarasota is currently engaged in planning efforts that will lead to the "blueprint" for our community. YOU can help us co-create our collective age-friendly blueprint for the upcoming three years by determining what age-friendly actions you, your group, organization or business plan to undertake from 2017–2020 or beyond.

Please contact us at (941) 444-4AGE or [info@agefriendly Sarasota.org](mailto:info@agefriendly Sarasota.org) to share your current age-friendly efforts or future plans!

[READ FULL POST](#)



(Photo: Baerbel Schmidt/Getty Images; App Photo: Apple music label (The Beatles: Abbey Road, 1969))

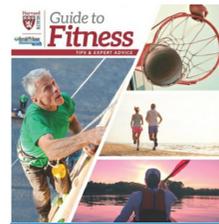
### 50 reasons why everyone should want more walkable streets

As more cities try to improve walkability — from car-free "superblocks" in Barcelona to heat-protected walkways in Dubai — a new report outlines the reasons behind the shift, the actions that cities can take to move away from a car-centric world, and why walkability matters.

Reason number 51 hits a little closer to home (and might be something to think about when co-creating the Age-Friendly Blueprint). According to the [Herald-Tribune](#), what we don't have, it turns out, are good ways to cross from one side of the road to the other. In the latest report from the National Complete Streets Coalition, the North Port-Sarasota-Bradenton metro area pops up as the 10th most dangerous place in the nation to try to get around on foot. We have, it seems, a "Pedestrian Danger Index" of 148.2 — pretty horrific when you consider that the national average is 64.1.

[Continue Reading: Why would a Floridian want to cross the road?](#)

[Continue Reading: 50 Reasons why every one should want more walkable streets.](#)



### Age-Friendly Guide to Fitness

If you haven't heard, sitting is the new smoking. According to the [Mayo Clinic](#), too much sitting seems to increase the risk of death from cancer and cardiovascular disease.

One study compared adults who spent less than two hours a day in front of the TV or other screen-based entertainment with those who logged more than four hours a day of recreational screen time. Those with greater screen time had:

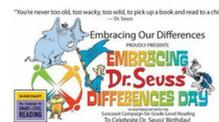
- A nearly 50 percent increased risk of death from any cause;
- About a 125 percent increased risk of events associated with cardiovascular disease, such as chest pain (angina) or heart attack.

The increased risk was separate from other traditional risk factors for cardiovascular disease, such as smoking or high blood pressure.

The Herald-Tribune recently published [A Guide to Fitness](#) with a call to action that includes tips and expert advice for all ages.

It seems we have just entered [The Longevity Revolution](#) and we need to be our best, both mentally and physically, for the duration!

Source: [What are the risks of sitting too much?](#)



Embracing Our Differences will be partnering with Sarasota County Schools and School District of Manatee County as well as the [Suncoast Campaign for Grade-Level Reading](#), with support from the [Community Foundation of Sarasota County](#), [The Patterson Foundation](#), [Manatee Community Foundation](#) and the [United Way of Manatee County](#) to celebrate the birthday of Dr. Seuss on THURSDAY, MARCH 2, 2017.

Please consider becoming a part of [Embracing Dr. Seuss' Differences Day](#) by volunteering an hour of your time to read and teach a child the value of diversity and respect for others. The deadline to volunteer is Monday, February 13, 2017.

## AGE-FRIENDLY INNOVATION

### Turning Outward: Applying the Harwood Institute Principles of Public Life

Age-friendly community work is a movement aimed at engaging stakeholders to enhance aging in community. Aligned with the prospect of enhancing public|community life, the [Harwood Institute for Public Innovation](#) has developed a set of touchstones for thinking about and making daily choices when it comes to Turning Outward—a practice aimed at engaging all of us on issues pertinent to our public|community life.

The three “A’s” of public life are **Authority**, **Authenticity**, and **Accountability**. **Authority** refers to deep knowledge about a community, reflective of people’s lives, aspirations, and concerns. **Authenticity** refers to the reality of people’s lives when all said and done; the “listening” of all citizens’ perspectives and thoughts about community life. **Accountability** refers to the pursuit of genuine and meaningful actions on behalf of working with community members.

Source: [The Harwood Institute for Public Innovation](#)



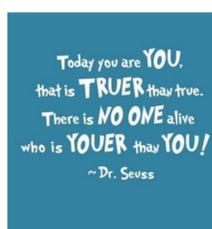
## CELEBRATING AFS

### Award of Excellence in the International Journal of Aging and Society.

Age-Friendly Sarasota echoes [Debra Jacobs](#) when she says the International Award of Excellence further affirms [@AgeFriendlySRQ](#) is fortunate to work with [Dr. Kathy Black](#).

Dr. Black’s research recently received the [Award of Excellence in the International Journal of Aging and Society](#).

“I am very honored to receive this recognition because it demonstrates the applied value of research — and its connection as practiced in the real world — that can enhance and benefit our community in many ways,” said Dr. Black, a professor at University of South Florida Sarasota-Manatee’s College of Liberal Arts & Social Sciences. “It is also about the important role of educating all community stakeholders, in measurable ways, about roles for all of us in creating an #agefriendly community.”



### Submit Ideas

Tell us about your volunteer experiences! You can reach us via [Facebook](#), [Twitter](#), or by sending AFS an [email](#).

Want to share an upcoming event or program related to making Sarasota County Age-Friendly? Email AFS and share your ideas! [info@AgeFriendlySarasota.org](mailto:info@AgeFriendlySarasota.org)

### Connect

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