



A Community for All Ages

Thursday, January 11, 2018



Issues

Focus on problems, challenges & barriers



Aspirations

Focus on shared vision & Possibilities



Enabling

Taking actions that perpetuate problems



Engaging

Participating to build upon assets to embed change

Do you know what the biggest asset in an age-friendly community is?

That's right ... it's YOU!

An age-friendly community is about focusing on, and listening to, the aspirations of its people. It's about being

Age-friendly community -- about focusing on and listening to the aspirations of its people -- about being family-friendly, animal-friendly, and ability-friendly.

The Global Age-Friendly Network is 500 strong and growing, and that's important for us! It means that we don't have to come up with all the answers. The community can share what it likes, and the region can have the flexibility to borrow from places that have already learned.

On October 28, 2017, Sarasota held the nation's *first* Age-Friendly Festival. Authors, longevity experts, and thought leaders shared insights and innovations. In the first educational presentation, "Age-Friendly Innovation -- National, State, and Local Perspectives" Bill Armbruster -- Senior Advisor, Livable Communities, AARP explained a new term: **Tactical Urbanism**. It's when the community comes up with an idea and does a temporary change ... maybe over a weekend. The community pays attention to what works and what doesn't. Then we (the community) can make tweaks and create variations on future temporary changes until Goldilocks would be pleased! Bill said, "It's a lot less scary for planners too. Instead of creating a huge change and finding out that it doesn't work, you can do small tests and see."

In this 46-minute video, age-friendly experts Bill Armbruster, Laura Cantwell, and Kathy Black introduce us to the innovative ways in which our region, state, and nation are advancing community life to benefit people of all ages.



[Age-Friendly Innovation - National, State, and Local Perspectives](#)

AGE-FRIENDLY IN MOTION





Yesterday, Age-Friendly Sarasota celebrated the people, businesses, nonprofits, government, and media personnel who helped make the Age-Friendly Festival the place to be on October 28, 2017! Here are just a few nuggets that came from our findings:

- There were more than 4,000 attendees at the Nation's *first-ever* Age-Friendly Festival
- Three out of four of Satchel's Last Resort dogs were adopted
- All seven education session videos are complete and are uploaded to the [Age-Friendly Sarasota website](#)
- Linda Albert shared the voices of community members who stopped by the various reflection lounges in her blogs "[Insight from the Age-Friendly Festival: Part 1](#)" and "[Reflecting on an Age-Friendly Sarasota at the Age-Friendly Festival: Part Two](#)"
- The [Age-Friendly Festival photo gallery](#) is uploaded to the AFS website and includes images from the Ribbon-Cutting Ceremony, Engaging Exhibits, Educational Presentations, Hands-on Experiences, and more
- Since the festival, two age-friendly community outreach collaborations have occurred (with AFS participating, not heading). [AARP Florida's Second Annual Sharing Symposium: Connecting Age-Friendly Communities from Coast to Coast](#) and [The Reinvention Convention](#)



Connecting



Learning



Sharing

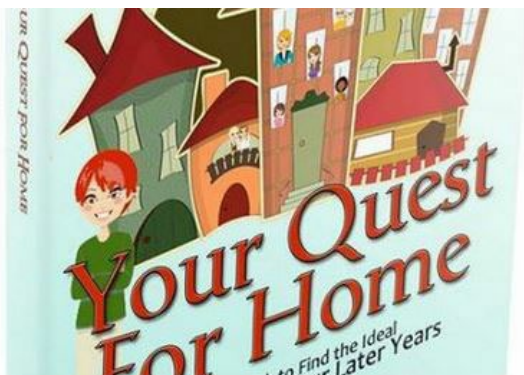


Evolving



Strengthening

LOCAL: Upcoming Events



Your Quest for Home: A Book Club

NATIONAL: A 'HomeFit' Home



Living In Community is having a 3-session book club to help people learn more about home sharing. Sessions will be on Sunday afternoons at 3:00pm on Jan 14, Feb 18, and March 18 at Libby's. After each discussion group, all are invited to stay for dinner to strengthen the connection and continue the conversation.

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Age-Friendly Sarasota is a sponsor of Snowbird-Palooza! The Snowbird-Palooza is not your ordinary senior expo. This event offers information about many age-friendly businesses, FREE health checks, live entertainment, games, raffles and more. Come out on Wednesday, January 24 from 10:00am-3:00pm and meet the flock!

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[A CAR-FREE WAY TO LIVE, WORK, AND PLAY](#)

Join the Sarasota Manatee Metropolitan Planning Organization and the City of Sarasota, Government for an afternoon as they gather community input



[Take a Tour of a 'HomeFit' Home](#)

In North America, there are 201 age-friendly communities, and New York just became the nation's first age-friendly state! In Florida alone, there are 16 age-friendly communities, and the City of Miami is on deck. From Florida to New York to California, universal design is taking hold to help people stay in the homes they love by turning where they live into a "lifelong home."

As both an educational resource and a personalized tool kit, the AARP HomeFit Guide provides lessons, suggestions, and practical solutions. Download the [AARP HomeFit Guide](#) to learn more.

GLOBAL: The University of Manchester



'Researching Age-Friendly Cities'

This film from 2015 (the same year Sarasota became the first age-friendly community in Florida) by the School of Social Sciences at the University of Manchester explores how Manchester is turning outward and listening to its residents.

They did this by asking the community what they wanted and by incorporating co-researchers, people from various communities and backgrounds who were interested in participating, to help conduct research in their own communities. Additionally, they included "hard to reach" older adults into their research through the co-researchers. This proved community members had aspirations, but needed to trust the asker enough to feel comfortable to open up.

for an afternoon as they gather community input for the location of the future Florida Greenways and Trail, connecting Legacy Trail Ext. to the Barrier Islands.

The purpose of this event is to showcase future trail destinations in Sarasota, share plans with the community, gather input regarding future regional trails, and celebrate the successes and accomplishments in achieving this future vision.

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Do you think some of the successful actions from the video are being used right here in SRQ? Let us know at info@agefriendlysarasota.org.

To share news or information, contact the editor at sssternberg@thepattersonfoundation.org.