



A Community #ForAllAges

July 2018

## Age-Friendly Sarasota Action Plan Progress Report Released

Remember school days... each quarter, teachers would pass out progress reports showcasing our talents and areas which needed improvement. Similar to a student's accountability in the school system, progress reports play an essential role in evaluating age-friendly communities for thoughtful engagement, planning, and collaboration, to excel at the local community level.

While expertly compiled and drafted by gerontologist extraordinaire Kathy Black, PhD., the [Age-Friendly Sarasota Action Plan and Progress Report](#) are community-owned efforts and documents worthy of our time and attention.

Sarasota County became Florida's *first* community to join this global age-friendly movement in 2015. Besides having a unique *geographic* beauty, Sarasota County also has a unique *demographic* beauty -- a rare population mix that is one-third under 35 and one-third over 65. Our county's age-related symmetry can be a great asset as each of us has a valuable perspective to contribute to creating a community #ForAllAges. Share your thoughts and provide input into the [AFS Action Plan and Progress Report](#).

The people of Sarasota have been a significant part of Age-Friendly Sarasota from the initial survey and focus groups to the participation of thousands in the *first* Age-Friendly Festival in United States history. Together, let's celebrate another milestone in this journey -- the goals, objectives, and strategies achieved across the broad domains of our local infrastructures, resources, and social environments which influence health and quality of life -- the Progress Report!

Age-Friendly Sarasota wants your input. Let us know how you, your organization, or business is being the change and making our community age-friendly by [clicking this link](#). Being age-friendly is an ongoing community effort, and we *all* have a stake in it. Visit the [Age-Friendly Sarasota website](#) and explore the possibilities.

Learn about [Bob Carter's perspectives](#) and get ready to start humming one of his favorite songs!



## It's Parks and Recreation Month, and AFS is celebrating by highlighting all Sarasota County has to offer!



Explore Sarasota's Snook Haven Park!

Get ready to unlock a lifetime of discovery with Sarasota County Parks, Recreation and Natural Resources and the National Recreation and Park Association (NRPA).

Since 1985, America has celebrated July as the nation's official Parks and Recreation Month. Created by NRPA, Parks and Recreation Month specifically highlights the vital and powerful role local parks and recreation, like [Snook Haven Park and Riverfront Restaurant](#), play in conservation, health and wellness, and [social equity efforts](#) in communities all across the country.

July is all about highlighting the unique -- and sometimes unknown -- offerings of local parks and recreation facilities including bird/wildlife viewing, canoeing/kayaking, fishing, horseshoes, pickleball, trails and more. Age-Friendly Sarasota is encouraging everyone to get out there throughout the year... [OUT is IN!](#)

### Upcoming Sarasota Parks Happenings!

Date	Name	Location	Page in the Events & Activities Guide
Aug. 4	Sand and Surf Festival	Legacy Park / Venice Train Depot	29
Aug. 17	Frog Call Nature Walk	Scherer Thaxton Preserve	46

Aug. 23	T-REC Pool Party	Arlington Park	12
Sept. 15	Indoor Community Yard Sale	Longwood Park	21
Sept. 22	National Public Lands Day	Celery Fields Regional Stormwater Facility4	40
October-December	Phillippi Farmhouse Market	Phillippi Estate Park	26
Oct. 11	Sarasota Explorers	Urfer Family Park	48

## A lifetime of discovery awaits you!

Sarasota includes miles of trails on which to walk and bike. The [Legacy Trail](#) provides 10.6 miles of paved trail running between Sarasota near Palmer Ranch and Venice. There is also the Venetian Waterway Park, which has five miles of bicycle or walking trails on each side of the Intracoastal Waterway. It connects to the Legacy Trail at the Historic Venice Train Depot, creating almost 23 miles of uninterrupted trails. There are many other outstanding opportunities for a stroll in the park on a paved surface. Examples include [Nathan Benderson Park](#), [Arlington Park](#), [Rothenbach Park](#), [Shamrock Park](#), and [Urfer Family Park](#). You can also now walk your dog at 70 of our designated "[dog-friendly](#)" parks.



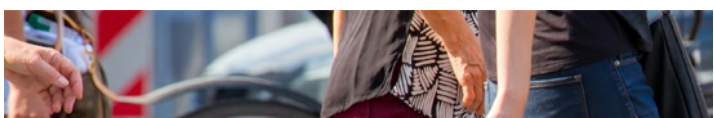
There are many other fun and interesting things to do within Sarasota County parks, including working out on outdoor fitness equipment, signing up for a plot at one of our community gardens, or participating in an athletic league or recreational activity such as softball, dance or yoga. Not only will the physical movement associated with the activity keep you healthy and active, the great folks you will meet in our parks are friendly, engaged, and care about the environment.

For more information, please visit the [Sarasota County Parks, Recreation and Natural Resources webpage](#) and [Activities Guide](#).

-- Caroline Brown, Director of Parks, Recreation and Natural Resources for Sarasota County.

### LOCAL

#### Transportation Improvements



### NATIONAL

#### Intergenerational cohousing helps prevent social isolation



AARP Livable Communities  
@AARPLivable

Following







At the beginning of last year, the Herald-Tribune reported that Sarasota ranked one of the top 10 most dangerous places for pedestrians. That was alarming news, but plans to make Sarasota safer and more accessible for pedestrians using multiple modes of transportation were already underway. To promote safe mobility for pedestrians, bicyclists, transit riders, and non-motorized vehicles for people of varying ages and abilities, financial means and circumstances, Sarasota County came up with several solutions.

- In 2017, Sarasota County Transportation Planning created a [multi-mobility app](#) for quick access to transit lines, transit stops, bike lanes, and sidewalks within a half-mile radius.
- Sarasota County Public Works replaced 36,000 sq. feet of sidewalks and graded 76,000 (14 miles) of unpaved roadway, and
- Sarasota-Manatee Metropolitan Organization identified the top ten locations of pedestrian injury/fatalities with planned safety audits of sites.

Learn more about Sarasota's plans for transportation through the detailed [Bicycle and Pedestrian Plan](#) or by reviewing the [AFS Action Plan Progress Report](#). [Feedback is encouraged](#) .

Sarasota, FL made history with its first Age-Friendly Festival and turned an aspiration into reality for all community members!

@CityofSarasota @AARPFL @AgeFriendlySRQ

Learn more in the new edition of Where We Live ([aarp.org/WhereWeLive](http://aarp.org/WhereWeLive))!



Age-Friendly Sarasota was thrilled to learn that AARP featured the Age-Friendly Festival, the *first* of its kind in the nation and a gift to the community funded by The Patterson Foundation, in [@AARPLivable's](#) Where We Live: Communities [#ForAllAges](#) on pages 72-74.

Order a paperback copy or download the online version [HERE](#).

## GLOBAL

### Breaking Down Barriers and Perceptions



(5-minute video)

Young meets less young...meets dance! Intergenerational dancing brings paintings to life.