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A Community #ForAllAges

November 2021



Q. What is a pumpkin's favorite sport?

A. Squash.



Sarasota County's Age-Friendly "Trifecta"

Sarasota County became Florida's first age-friendly community in 2015. [Sarasota Memorial Hospital](#) followed in 2019 when it was designated as an Age-Friendly Health System and received recognition for being

UPLIFT Florida Network

Suncoast Villages was started by a dedicated group of Sarasota residents who recognized that connecting with the people, activities, and community resources that enrich our lives is essential to maintaining our health and well-being as we age.

Originally intended to serve the Suncoast region, the benefits of networking with other areas of Florida became clear. Suncoast Villages, now [UPLIFT Florida Network](#), is uniquely positioned to address this opportunity

committed to excellent care. Completing the trifecta is the recent acknowledgment of [The Florida Department of Health in Sarasota \(DOH-Sarasota\)](#) as the first local health department in the nation to be recognized as an [Age-Friendly Public Health System](#) by [Trust for America's Health](#) (TFAH).

“Sarasota County, Florida, is on the vanguard of communities that are recognizing the importance of creating an age-friendly ecosystem across sectors to meet the unique needs of older adults. Becoming the first local health department recognized as an Age-Friendly Public Health System shows a deep commitment to supporting healthy aging, which will benefit all the county’s residents. We congratulate the Sarasota County Department of Health, under the leadership of Health Officer Charles H. Henry, for achieving this recognition.”
– Terry Fulmer, Ph.D., RN, FAAN, president of The [John A. Hartford Foundation](#).

as a hub organization connecting people, organizations, and communities in Florida.

As the development has evolved, the potential for an explosion throughout the state of Florida is upon us and with good reason!

[Click here to signup for the UPLIFT Florida Network newsletter.](#)



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Information from the National Institute of Diabetes and Digestive and Kidney Disease (NIH)

Prediabetes is a serious health condition where your blood sugar levels are higher than normal but not high enough to be diagnosed with type 2 diabetes. According to the CDC, more than 1 in 3 U.S. adults have prediabetes—that’s 88 million people—but the

majority of people don't know they have it.

The good news is that making small healthy lifestyle changes makes it possible to prevent type 2 diabetes and even reverse your prediabetes. Here are some tips to help manage prediabetes and prevent diabetes.

- **Take small steps.** Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. It is okay to start small. Remember that setbacks are normal and do not mean you have failed—the key is to get back on track as soon as you can.
- **Move more.** Limit time spent sitting and try to get at least 30 minutes of physical activity, five days a week. Start slowly by breaking it up throughout the day.
- **Choose healthier foods and drinks most of the time.** Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.
- **Lose weight, track it, and keep it off.** You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.
- **Seek support.** It is possible to reverse prediabetes. Making a plan, tracking your progress, and getting support from your health care professional and loved ones can help you make the necessary lifestyle changes.
- **Stay up to date on vaccinations.** The COVID-19 (booster shot, if eligible) and flu vaccines are especially important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

This taped one-act play by award-winning playwright, Beth Duda, with original material by celebrated spoken-word poet, Cedric Hameed illuminates the importance of human connections, active listening, and civil discourse.

Featuring (L-R) nationally known actor and historical impersonator, Michael Krebs as Abe Lincoln, award-winning actor, Joel PE King as Frederick Douglass, and Spoken-word Poet, Cedric Hameed.

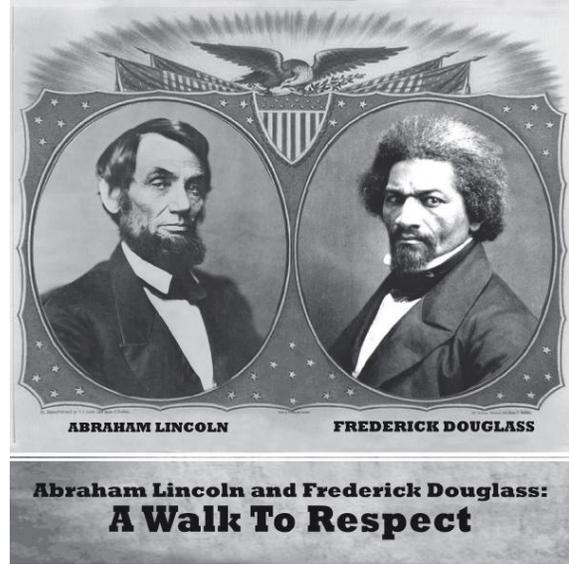


The Patterson Foundation (TPF) is pleased to announce [Abraham Lincoln and Fredrick Douglas: A Walk to Respect](#) community discussion groups are returning in January 2022. TPF will host panel discussions featuring actors Michael Krebs (Abraham Lincoln), Joel PE King (Frederick Douglass), Spoken Word Poet, Cedric Hameed, and playwright, Beth Duda, throughout the spring, along with guided discussion group offerings. We strongly encourage you to engage in this unique offering which combines history, theater, and a chance to talk through difficult but meaningful topics.

[Click here to register](#) or use the QR code.



[Take the 60 second Type 2 Diabetes Risk Test from the American Diabetes Association](#)



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