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A Community #ForAllAges

June 2022



The Bay Runner Trolley

The Bay Runner Trolley is Sarasota's newest open-air trolley that provides complimentary services seven days a week from 8:00 a.m. until midnight with stops between downtown Sarasota, Lido Key, and St. Armands Circle.

Continuous service is provided throughout the day:

- 8:00 a.m. to 10 a.m. – one trolley, 30-minute frequency
- 10:00 a.m. – 8 p.m. – two trolleys, 20–30-minute frequency depending on ridership and traffic conditions
- 8:00 a.m. – Midnight – one



Sarasota County Seniors Advisory Council is Dementia Trained

Did you know Sarasota County has a Seniors Advisory Council (SAC)? The SAC is an 11-member board established and adopted in 2000 by the Board of County Commissioners to provide a conduit for citizen input to the board on issues affecting Sarasota County's older adult community.

Over the years, SAC has addressed issues like access to information, food security and hunger, transportation, safe and affordable housing, and

trolley, 30-minute frequency.

Each trolley is equipped with two (2) wheelchair positions and a lift that extends off the bus onto a sidewalk or platform to transfer the wheelchair on board. There is also a complementary paratransit service for those needing additional assistance within ¾ mile of the Bay Runner trolley service. Riders must register 24 in advance by contacting CPR Medical Transport at 866-212-7771.

[Access parking options here.](#)

[Access the route map here.](#)

Get out and enjoy a stress-free trip to beautiful beaches, shopping, and dining!



The Longest Day is the day with the most light — the summer solstice. On June 21, thousands of participants from across the world will come together to fight the darkness of Alzheimer's. Together, they use their creativity and passion to raise funds and awareness for the care, support, and research efforts of the Alzheimer's Association.

Florida Alzheimer's Statistics provided by The Alzheimer's Association:
— In 2020, the number of people aged 65+ with Alzheimer's was 580,000. By 2025 it is estimated that 720,000 individuals will have Alzheimer's. That's a 24.1 % increase in only five years!

— There are an estimated 806,000 caregivers who provide an average of 30 unpaid hours of care per week.

— 47.8% of caregivers have chronic health conditions, and 16.3% have

healthcare. In 2019 they accepted responsibility as the reviewing council for the Age-Friendly Sarasota initiative, providing advice and input for strategies and review of outcomes.

Each year, the SAC identifies a targeted priority area, and recently they selected two areas of focus for the coming year: Alzheimer's/Dementia Care and Bereavement Counseling.

To fully understand the issues, Danielle Valery, program manager at Sarasota Memorial Hospital's Memory Disorder Clinic and chair of the Dementia Care & Cure Initiative (DCCI), provided a Dementia Sensitivity Training. The training was developed in partnership with the Department of Elder Affairs, The Area Agency on Aging for Southwest Florida, and the Memory Disorder Clinic at SMH.

DCCI is a statewide effort for communities to become more dementia-friendly through awareness and education – it welcomes and supports those diagnosed with Alzheimer's and related dementias, their families, and caregivers.

DCCI is a key to the success of an Age-Friendly Community – a community that empowers all people to live purposeful, active lives and promotes inclusion and respect.

Additional training and education will be scheduled to further understand how SAC can better support bereavement counseling.

Meetings are held on the first Thursday each month at the Department of Health Building in Sarasota. [Click here to learn more about the Seniors Advisory Council.](#)

depression.

— \$30,436 per capita Medicare spending on people with dementia.

— In Florida, Alzheimer's is the 6th leading cause of death.

Here are some links to resources and innovative ideas to start the conversation:

- [National Alzheimer's Association](#)
- [Alzheimer's Association Florida Gulf Coast Chapter](#)



Ringling Boulevard to be transformed into a Complete Street



The City of
Sarasota

Improvements to Ringling Boulevard began the week of May 23, 2022, and will become a "[complete street](#)" that all modes of travel can safely utilize.

The Ringling Trail project will add protected bicycle lanes to Ringling between Pineapple and Lime avenues in downtown Sarasota. It will enhance connectivity from The Legacy Trail to the downtown core, making the road safer for recreational cyclists and commuters. It will also create a more visitor-friendly experience that translates to economic growth for downtown businesses. Other improvements include the addition of landscaping and the adjustment of signal timing to improve traffic management.

At least one lane of traffic is expected to be maintained throughout the duration of construction. The project is expected to be completed in early 2023.

[A Message from the USC Center for Elder Justice](#)



As Americans, we believe in justice for all. Yet, an estimated 5 million, or 1 in 10, older Americans experience elder abuse, neglect, or exploitation. Working together, we can build the essential social supports that prevent abuse and keep everyone safe as we age.

[The International Network for the Prevention of Elder Abuse](#) and the [World Health Organization](#) at the [United Nations](#) (UN) launched the first [World Elder Abuse Awareness Day](#) (WEAAD) on June 15, 2006, to unite communities worldwide in raising awareness about elder abuse. WEAAD supports the UN's International Plan of Action, acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call to action for individuals, organizations, and communities to raise awareness about the abuse, neglect, and exploitation of older people.

[The Administration on Aging](#) (AoA), an agency of the Administration for Community Living (ACL), encourages national, state, and local organizations to raise awareness about elder abuse, neglect, and exploitation and to empower communities to get involved and take action.

Community organizations, places of worship, and small businesses, including banks, pharmacies, grocery stores, senior centers, and community centers, are on the front line when it comes to elder abuse prevention. Staff and members of these organizations encounter people of all ages daily. They are in a position to recognize and intervene in instances of elder abuse and educate the community about this problem. By creating public awareness about elder abuse and joining the effort, we can prevent and address it and shape the public conversation.

Be a change architect and help build solutions to support older people and strengthen our communities.



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