Updates from Kathy

As a global age-friendly community, Age-Friendly Sarasota is expected to build upon our existing community events. And as we all know, Sarasota County invests in our residents aging, and we do. We need to continue to build our network and connect with others. The arts offer a powerful medium for improving the quality of life for communities and individuals alike; fostering diversity, community cultural development, health promotion, and intergenerational understanding.

Connecting with the arts can promote vital support and inclusion, and within our participation using these resources - the arts and cultural development.

The arts are a vital tool for enhancing understanding, and a way to share our story and connect with others. The arts offer a powerful medium for improving the quality of life for communities and individuals alike; fostering diversity, community cultural development, health promotion, and intergenerational understanding.

Did You Know...

- Scientific research has shown that harnessing the power of our communities, health and healing at any age and stage in life.

- Florida Studio Theater "Old Enough to Know Better" is an aging document - created from stories shared by people aging throughout our community. They play with our stories, photos, and video - to reveal the stories of our lives. The stories are powerful - they offer insights into what's important in our lives. They offer inspiration and validation for others to share. We share our stories to offer others a window into the world of aging.

Age-Friendly Innovation

Canberra Australia

Many age-friendly communities worldwide utilize the arts to promote respect and inclusion of all people. In Australia, Canberra's Museum (MCA) is using the arts to engage with communities and enhance the public's understanding of age. The MCA is working with communities and organizations to highlight the stories of older people in the Canberra community.

Celebrating Age-Friendly Sarasota

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