Updates from Kathy

This month’s message is apropos for this month’s domain theme as we celebrate World Kindness Day (Nov. 13) and Thanksgiving (Nov. 26). Individually and as a community, we are called to kindness and thankfulness.

World Kindness Day was created in 1997 by humanitarian groups to promote a critical need to make “Kindness fashionable” to everyone. This simple act of kindness can transform our world. It can be achieved through small acts of everyday kindness such as smiling at the bus driver, helping an elderly person across the street, and simply being nice to our neighbor.

Paradigmically, an act of kindness impacts not only the receiver but also the giver. The act of kindness affects the giver positively, empowering her or him to repeat the act of kindness without feeling that it is a sacrifice. An act of kindness is an act of kindness for our community and for ourselves.

Did You Know...

- Kindness provides access to happiness.
- Kindness is the natural impulse.
- Kindness is the inward feeling.
- Kindness is the outward act.

We’re nearing the end of phase one of our age-friendly research and survey! We need your input to inform the AFS action plan.

Have you shared your age-friendly aspirations with us? Please take our survey to share your input on the eight domains of livability.

For questions, please contact us at info@AgeFriendlySarasota.org or call us at (941) 444-0243.

Facts & Figures

- More than one in four adults live alone.
- Nearly half (47%) live within a mile of a supermarket.
- More than one in five adults live within a mile of a park.
- 78% of the population is NOT active on a regular basis.
- 5 off-leash dog parks
- 4 community centers
- 113 athletic fields
- 160+ parks
- 26 miles of greenways

Upcoming Events

- Hispanic Fall Festival - Nov. 5
- Age-Friendly Sarasota Fall Festival at the Ringling - Nov. 5
- Hispanic Fall Festival: Ringling Community Day - Nov. 7
- Downtown Sarasota Condo Association Forum - Nov. 18
- Hispanic Fall Festival: Hispanic artists showcase - Nov. 18

Celebrating Age-Friendly Sarasota

Outdoor Spaces & Buildings

In age-friendly Macon-Bibb, Georgia, feedback from older people has given local Sarasota parks a new lease on life. These older people helped to identify challenges and solutions to improve our accessible and usable outdoor spaces. As we define our age-friendly Sarasota, we must consider the needs of our entire community.

The current Sarasota Master Plan 2025 is the culmination of more than a year of community dialog and engagement. The plan is a guide for our county parks and recreation and transportation departments. It is a roadmap for making our Sarasota County Parks and Recreation centers safe for people of all ages and abilities.

There are currently 160 parks and recreation centers in Sarasota County. These parks and public amenities provide access to green space for all ages and abilities.

Are you ready to make a difference in our community? Every resident, every age, has an impact on our community. The Sarasota County Parks and Recreation department is committed to making our parks and public amenities accessible and enjoyable for all ages and abilities.

November is National Friendship Month, a time to express that kindness provides access to happiness.

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