This month’s newsletter celebrates the letter “O” in the age-friendly: report, the following design elements are noted for creating optimal opportunities which can occur both within and across multi-sectors.

Age-Friendly Spotlight

DHS: Focus on Senior Health
On Thursday, July 7 at 6-7 a.m. Barbara Van Ryn, Executive Director of the Florida Long-term Care Commission, andholekrisa, Executive Director of the Florida Department of Elder Affairs will be discussing an initiative called the Florida State Plan for Long-Term Care Transformation. They will be discussing ways to make care more accessible, affordable, and connected, ensuring that all seniors have access to the support they need. The event will focus on innovative ideas and solutions to improve the quality of life for seniors.

Age-Friendly Innovation

Placemaking for an Aging Population
The Center for Urban Pedestrian Studies recently surveyed millions of people for smart design of cities, gathering data on how people move and spend their time. The study found a strong correlation between pedestrian-friendly places and public health, mental health, and overall quality of life. Among the findings:

- Increased exercise
- Improved social connections
- Reduced stress
- Enhanced livability
- Improved safety
- Increased accessibility
- Improved economic performance

Collaborating with local governments, planners, and community groups, the Center for Urban Pedestrian Studies is working to create age-friendly cities and towns. These initiatives aim to reduce barriers and increase opportunities for older adults, helping them remain active and engaged in their communities.

Celebrating Age-Friendly Sarasota

Sarasota County Parks, Recreation and Natural Resources
Sarasota County has over 60 miles of trails and offers world-class park spaces, pristine natural areas, boardwalks, heirloom trees, and recreational opportunities. The county’s comprehensive trail network is designed to provide a range of experiences, from scenic strolls to challenging hikes. The county also offers a variety of educational programs and events, including guided tours and workshops, to help residents and visitors connect with nature and learn about the rich history of the area.

For more information on how to get involved and enjoy all that Sarasota has to offer, visit SarasotaFL.gov or call 941-866-0243.

Did you know...

- Sarasota County offers over 125 parks and preserves, with a total of over 36,000 acres of land.
- The county’s parks and trails are open to all ages and abilities, with features such as picnic areas, playgrounds, and dog parks.
- Sarasota is home to the world’s largest wooden bridge, the Gandy Bridge.
- The county’s parks and natural areas are dedicated to serving the needs of all residents and visitors, including those with varying abilities.

For more information, visit SarasotaFL.gov or call 941-866-0243.