Celebrating Age-Friendly Sarasota

Documentary Theatre at Florida Studio Theatre

In an effort to serve, honor, and entertain community patrons, Florida Studio Theatre (FST) has written, directed, and produced plays based on more than 125 interviews conducted with community residents age 50 and older about their experience with aging. The interviews led to the development of a captivating theatre experience titled OLDER THAN DIRT.

OLDER THAN DIRT (running Spring 2017): Getting old is not for sissies, but it sure is good for a laugh. This musical comedy revue provides a witty and heartfelt 360 degree view of aging.

Featuring songs by Shel Silverstein, Adam Sandler, and Neil Young, Older Than Dirt takes the audience on a journey through the pitfalls and perks of aging.

Source: Florida Studio Theatre

Millennials Show Us What 'Old' Looks Like

A hearty welcome to 2017 and wishing you a special Happy New Year greeting - this month we celebrate you, your life and your community! It is fitting at this time of year to look ahead and consider the opportunities and possibilities that await you!

We hope these voices have inspired you to consider your role in creating an even better Age-Friendly Sarasota (AFS) in the year ahead.

— Kathy Black

Simple “Age-Friendly” Actions

You might be surprised to learn that nearly 1,200 Sarasota County residents, ages 50-98, overwhelmingly expressed simple and easily doable actions that benefit others in all areas of life.

Looking for inspiration?

Our friends and neighbors shared simple actions they do to create an Age-Friendly Sarasota.

- Be mindful of negative stereotypes at any age
- Invite older adults to family events and promote older awareness in children
- Volunteer with organizations that help people find jobs and be successful entrepreneurs
- If your mobility is good, leave the closest parking spaces open for others
- Add lighting to your entryway
- Pick up trash in public areas to prevent falls
- Hold the door for someone with limited mobility
- Show older adults how to use social media to connect with others
- Make meals for neighbors with limited mobility

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Volunteering... It’s Your Community. Join the Team!

Sarasota County offers multiple volunteering opportunities that can improve residents’ sense of self-confidence, improve mental well-being, help us live physically healthy, and bring fun and fulfillment to our lives.

In the past fiscal year, volunteers contributed 85,956 hours which added to our quality of life. Click here for a complete list of volunteer opportunities in Sarasota... be sure to complete the application.

Questions? Contact Vickie French, Volunteer Resources Coordinator at vflr@scgov.net or call 941-861-5000.

Please consider how your volunteering can make life better for people at all life stages and abilities.

Now that’s Age-Friendly!
The Longevity Revolution: A 100 Year Age-Friendly Plan

Editor’s Note: Vicki Vega is a new initiative consultant for Age-Friendly Sarasota. A thought leader in human development and a leading-edge baby boomer, she is blazing new trails with her cohorts, learning new skills and exploring new horizons.

It is true we are, on average, living longer than our grandparents. It is also true our grandchildren will, barring an apocalyptic event, live even longer than we do. Experts say their odds of living beyond 100 years are better than 50 percent. This longevity phenomenon is understandably creating a global revolution. Whether our increased life span is a gift or a curse, however, is largely up to us.

CONTINUE READING:

“We don’t stop playing because we grow old; we grow old because we stop playing.”
—George Bernard Shaw

Submit Ideas
Tell us about your volunteer experience! You can reach us via Facebook, Twitter, or by sending AFS an email.

Want to share an upcoming event or program related to making Sarasota County Age-Friendly? Email AFS and share your ideas!

info@AgeFriendlySarasota.org

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

#LongevityRevolution

@lbumpustpf recently began Tweeting and she already has 33 followers. @agingbob, an Age-Friendly veteran, is a bit ahead with 93 followers. Let’s help propel them forward to get over that numerical hump of 60 and 100 followers!

If you aren’t already following Elizabeth Bumpus or Bob Carter on Twitter, seize the moment. Their Tweets are interesting and you can count on learning something new to boot!

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