



A Community #ForAllAges

Age-Friendly Sarasota

July 2021

Sarasota County's Centennial Celebration Continues



Sarasota County turned 100 on July 1, 2021, and the celebration continues!

Sarasota County Government invites you to visit the Sarasota Centennial website to see all the wonderful events happening throughout the county during this "birthday" year. Subscribe to the monthly newsletter to stay in the know! From self-guided auto tours to lectures and museum exhibits, you will not be disappointed!

Get out and take part in all the community has to offer in celebration of this historic birthday.

[CLICK HERE FOR DETAILS](#)

Hurricane Season 2021: Be Prepared



Sarasota Community Connections Survey Results



In the spring of 2021, Age-Friendly Sarasota invited community organizations to share information and offer input into what they believed to be our communities' assets and liabilities related to aging well. The Age-Friendly Community Connections Survey link was sent to more than 100 community partners and was available on the aging page of the [Sarasota County website](#). The information shared in this report is compiled from the 27 organizations that participated in the online survey.

[VIEW THE RESULTS](#)

As we begin the next planning stage of the Age-Friendly Cycle, we are excited by the ideas, suggestions, and aspirations. Again, thank you to everyone who participated in the survey process!

AMPLIFYING WHAT WORKS COVID-19 RESPONSE



The experts forecast an active hurricane season for 2021. Depending on the source, the prediction is 13 to 20 named storms, including 6 to 10 hurricanes. We have already kicked off the season with tropical storm Ana in late May and Hurricane Elsa in early July. Being prepared now ensures you will be ready for the next storm (or another emergency).

In 2020, Sarasota County made some changes to Emergency Operations due to COVID-19. Those protocols remain in place for 2021. As you prepare your disaster kit, include face masks, hand sanitizer, and disinfectant. When the time comes, if you need to move to an evacuation center to shelter from the storm, keep in mind that space is limited to 20 square feet per person. Plan to bring your insurance, Medicare or Medicaid cards, driver's license, or photo I.D. You will also need to bring essential health records, medications, drinking water, a flashlight, snacks/food, electronics with headphones and chargers, clothing, personal hygiene items, and books, games, and comfort items for children. There are no cots, pillows, or blankets provided. Evacuees must bring their own bedding and supplies.

[Click here for additional information and resources to prepare this hurricane season.](#)

Dementia Care & Cure Initiative Reemerging Post COVID



As more businesses, places of worship, and restaurants are opening back up, the Dementia Care & Cure Initiative is working on staging a full-force comeback!

Older adults, while cautious, are anxious to get out and connect with community. Humans are social creatures, and we all need meaningful relationships throughout our lifespan. Social connections keep people both physically and mentally healthy.

Sarasota has a Dementia Care & Cure Initiative Task Force dedicated to educating the public on becoming a more dementia caring community.

The [Dementia Care & Cure Initiative](#) (DCCI) is a statewide effort for communities to become more dementia-friendly through awareness



Delta Variant

According to the Centers for Disease Control and Prevention, the virus causing COVID-19 is constantly changing through mutation. This process leads to [new variants](#), including the Delta variant. The Delta variant spreads from person to person more easily than other variants and may cause more severe disease. To get ahead of the pandemic, people are encouraged to continue getting tested and [fully vaccinated](#) today to keep variants at bay.

To learn more about Delta and other variants, click [here](#).

Healthy Habits after COVID

Whether you are vaccinated or not, it's important to maintain healthy habits after COVID-19. Studies and data have shown that habits such as mask-wearing and social distancing not only decrease your chance of getting COVID but also decrease your chances of contracting other illnesses, such as the flu. [Learn why flu cases are dramatically lower this year](#), and continue to practice healthy habits such as mask-wearing in public places, washing hands, social distancing, and avoiding touching your face.



Enough vaccinated people can **reduce the spread.**



Vaccination can

and education. DCCI welcomes and supports those diagnosed with Alzheimer's and related dementias, their families, and caregivers.

Dementia does not only affect the person diagnosed. It also impacts family and loved ones.

The Sarasota DCCI Task Force has been updating educational materials and recruiting volunteers to teach stores, banks, restaurants, churches, libraries, and other businesses how to educate staff on best serving customers living with Alzheimer's disease or other dementias.

The Dementia Care & Cure Initiative is a positive step in advancing our Age-Friendly efforts. We all want to live in a community that empowers all people to live purposeful, active lives that promote inclusion and respect.

For more information on becoming a dementia caring business, please contact Danielle Valery at the [Memory Disorder Clinic](#) 941-917-7930 or Danielle-Valery@smh.com.

[CLICK HERE TO VIEW THE DCCI FACT SHEET](#)

vaccination can
contribute to a
**safe & gradual
reopening of
the economy &
society.**

To share news or information, contact the editor at sssternberg@thepattersonfoundation.org.