



A Community for All Ages

September 2021

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Age-Friendly Leadership Award

Recently, Sarasota County was acknowledged during the Sarasota County Commission meeting for receiving recognition from the [AARP Network of Age-Friendly States and Communities](#) for Sarasota County's age-friendly leadership, achievements, and continuing commitments towards being a livable community for people of all ages.

[Read More](#)



Celebrating National Senior Center Month and Falls Prevention Awareness Week, September 20-24, 2021

Today's senior centers continue to provide core services and offer resources that address health, wellness, caregiving, finances, employment, and volunteer opportunities. They are vibrant and active, boasting cafes, computer labs, gardening, cooking, technology, and lifelong learning opportunities.

Many senior centers are the focal point for the community's falls prevention initiatives, bringing us to Falls Prevention Awareness Week (September 20-24).

Falls are the leading cause of injury and injury death in adults age 65+. One out of every five falls causes a serious injury, and in 2019 the cost of falls to the U.S. Healthcare System was 50 billion dollars. Additionally, many people who fall, even if they are not injured, become afraid of falling. This fear can lead to inactivity, weakness, and in turn, can increase the risk of falling.

[Learn More](#)



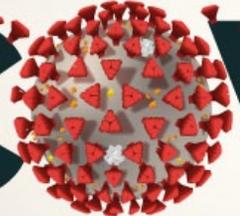
STAY
hydrated

Importance of Hydration

Keeping hydrated is critical to good health, and drinking water every day is important. Drinking water can help prevent dehydration, a condition that can cause unclear thinking, result in mood change, and cause your body to overheat. Often older adults do not consume enough water and experience diminished thirst or are concerned about having to use the bathroom more frequently.

Emily Grant, Food System Specialist at the UF/IFAS Extension Family Nutrition Program, offers great suggestions for getting more water based on the Centers for Disease Control and Prevention guidelines.

[Click Here for
Tips](#)



COVID-19

UPDATE

Florida Department of Health guidance remains – the vaccine is the most effective way to protect yourself from COVID-19. The COVID-19 vaccines continue to be vital to ending the pandemic, including combating the recent case increases locally, nationally, and globally.

Vaccine benefits include:

- Significantly reduces the risk of contracting the virus even if you are exposed
- Teaching your body how to fight the virus
- Reducing the risk of severe symptoms, hospitalization, and death if you contract the virus
- Minimizing the ability for the virus to spread, especially to our most vulnerable populations
- Fighting against emerging variants that can cause worse symptoms and spread

Continue reading for more information about additional doses and testing locations.

[Continue Reading](#)

Thank You



for wearing your mask!

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