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A Community #ForAllAges

April/May 2022

Age my way!



MATERIALS AVAILABLE!

[ACL.gov/OAM](https://acl.gov/OAM)

Celebrating Older Americans

Older adults play vital, positive roles in our communities as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the [Administration for Community Living](https://acl.gov) (ACL) leads the celebration of Older Americans Month. This year’s theme focuses on how older adults can age in their communities, live independently for as long as possible, and participate in their chosen ways.

While Age My Way will look different for each person, here are common things everyone can consider:

- Planning: Think about what you



Restorative Cities

Left to right: Sue Berger, Sarasota County Government, Dr. Jenny Roe, Environmental Psychologist, and Chuck Henry, Florida Department of Health.

Dr. Jenny Roe is a pioneer in restorative environments that actively improve our mental health and wellbeing. She is co-author of [Restorative Cities: Urban Design for Mental Health and Well Being](#). Dr. Roe presented to Sarasota leaders thanks to learning sessions organized by the [Downtown Sarasota Condominium Association](#).

Her research shows that done well, our built environment can have powerful positive impacts on mental health and wellbeing. She offers insights into creating restorative cities. Seven pillars support restorative cities: the green, blue, sensory, neighborly, active, playable, and inclusive cities.

will need and want in the future, from home and community-based services to community activities that interest you.

- Engagement: Remain involved and contribute to your community through work, volunteer, and civic participation opportunities.
- Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

We are excited to honor and celebrate with our partners in the aging community – ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone!



SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE

Senior Nutrition Program Celebrates 50 years

Good nutrition is a vital element of health and well-being throughout our lives, especially as we age. For older adults, obtaining adequate nutrition can be a challenge due to finances, declining health, and mobility.

Since 1972, the national [Senior Nutrition Program](#) has supported older adults by providing nutrition services across the county. The Older

[UPLIFT's mission](#) is to improve the well-being of our individuals and communities. It's exciting to see the concepts of restorative cities and building a healthy tomorrow so beautifully aligned.

Recognizing the Contributions of Public Health



National Public Health Week, April 4 – 10, was an opportunity to recognize the contributions of public health. This year's theme was Public Health is Where you Are. Each day focused on a particular health topic which you can view here: <http://nphw.org/Themes-and-Facts>.

National, state, and local public health officials, aging experts, advocates, and service providers came together to discuss how public health could play a greater role in improving the health and well-being of older adults. This resulted in the Framework for Creating Age-Friendly Public Health Systems that outlines the steps needed to attain this designation.

[Trust for America's Health](#) (TFAH) recently [updated its Age-Friendly Public Health Systems \(AFPHS\)](#) initiative based on the 6Cs Framework. This revised version is designed to

Americans Act (OAA) funds local senior nutrition programs where older adults can receive a nutritious meal at a congregate dining site and access to other home and community-based services, social connections, and health and wellness programs. The OAA also funds home-delivered meals, which serve our communities most vulnerable older adults.

The [Administration for Community Living](#) (ACL) has chosen the theme Celebrate, Innovate, Educate in celebration of the 50th anniversary of the national Senior Nutrition Program. Celebrate the many accomplishments of senior nutrition programs over the past 50 years.

Highlight Innovative approaches that support older adults.
Educate communities so they can understand and use nutrition services.

On March 22, 2022, Senior Friendship Centers (SFC) welcomed [Bob Blancato](#), President of [Matz, Blancato and Associates](#). He also serves as the National Coordinator of the 3000-member Elder Justice Coalition, the Executive Director of the National Association of Nutrition and Aging Services Programs, and the National Coordinator of the [Defeat Malnutrition Today](#) coalition. Bob is a fierce advocate for older adults.

Bob helped celebrate the 50th Anniversary of the OAA Nutrition Program with staff and participants of SFC's congregate meal program. Afterward, he met with staff, volunteers, and board members from local Meals on Wheels programs, food banks, and other community partners with a vested interest in ending senior hunger for a symposium that covered a wide range of topics from health, food insecurity, malnutrition, benefits, and policy. This convening was the starting point for planning a larger community wide Senior Hunger Summit in the future to look for ways to better collaborate, improve access and benefit participation, promote the health benefits of good nutrition, address gaps in the system, and educate and inform our community!

honor all levels of engagement by public health professionals in advancing healthy aging.

[The Department of Health in Sarasota recently became the first local health department nationwide to receive recognition as an Age-Friendly Public Health System by TFAH.](#)



Building in Tandem: Bridging Generations

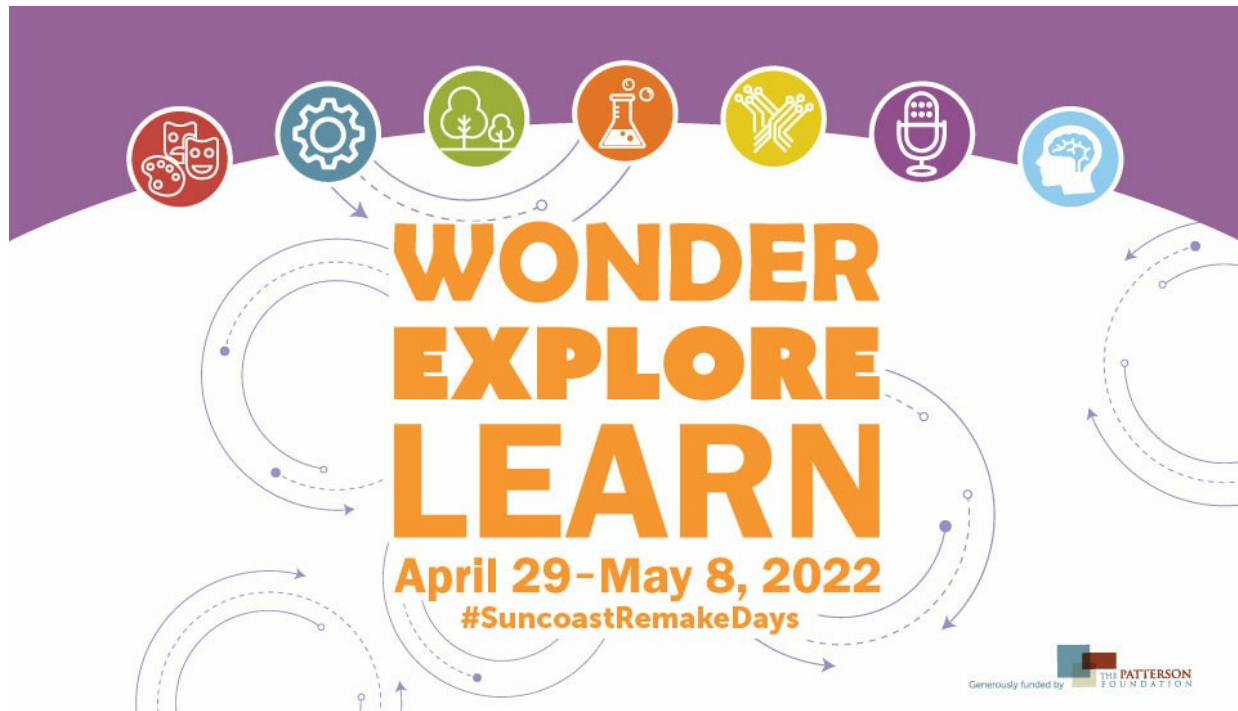
The Florida Center partnered with [Aviva Senior Living](#) for a multigenerational LEGO™ competition. The teams were composed of preschool students from The Florida Center's early learning education program, Starfish Academy, and older adults from Aviva. Each pair was challenged to build a bridge – both figuratively and literally.

Inspired by the upcoming [2022 Giving Challenge](#), [The Florida Center](#) and Aviva embarked on this partnership to demonstrate that one person can ***be the one*** to make a difference in the life of another. For elders, social interaction with children can alleviate the void of distant grandchildren, reduce loneliness and isolation, and decrease the likelihood of depression. Preschoolers can learn new skills from their older partners and gain social-emotional growth to help in school and beyond.

Continue
Reading



Suncoast Remake Learning Days is coming to Charlotte, DeSoto, Manatee, and Sarasota!



Event hosts from Charlotte, DeSoto, Manatee, and Sarasota counties have been preparing for months to bring kiddos hands-on, learning experiences that will establish and affirm parents and families as learning allies!

WHAT EXACTLY IS SUNCOAST REMAKE LEARNING DAYS?

[Get a sneak peek of all the events by learning theme!](#)

Suncoast Remake Learning Days, an exciting 10-day, free, regional learning festival from Friday, April 29, 2022, through Sunday, May 8, 2022, in Charlotte, DeSoto, Manatee, and Sarasota counties.

This multi-venue open house will celebrate the joy of adults and children learning side by side.

Suncoast Remake Learning Days, presented by the [Suncoast Campaign for Grade-Level Reading](#) with the support of [The Patterson Foundation](#), consists of **more than 140 events over 10 days hosted by more than 165 organizations**, including schools, museums, libraries, after school organizations, early child care centers, universities, media outlets and more.

Learning events are grouped by the following themes: Arts, Maker, Outdoor Learning, Science, Technology, and Youth Voice. There are also Professional Development opportunities for parents and educators.

[Click here to learn more.](#)



The Patterson Foundation | 2 N. Tamiami Trail, Suite 206, Sarasota, FL 34236

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