



Optimal Living on the SunCoast

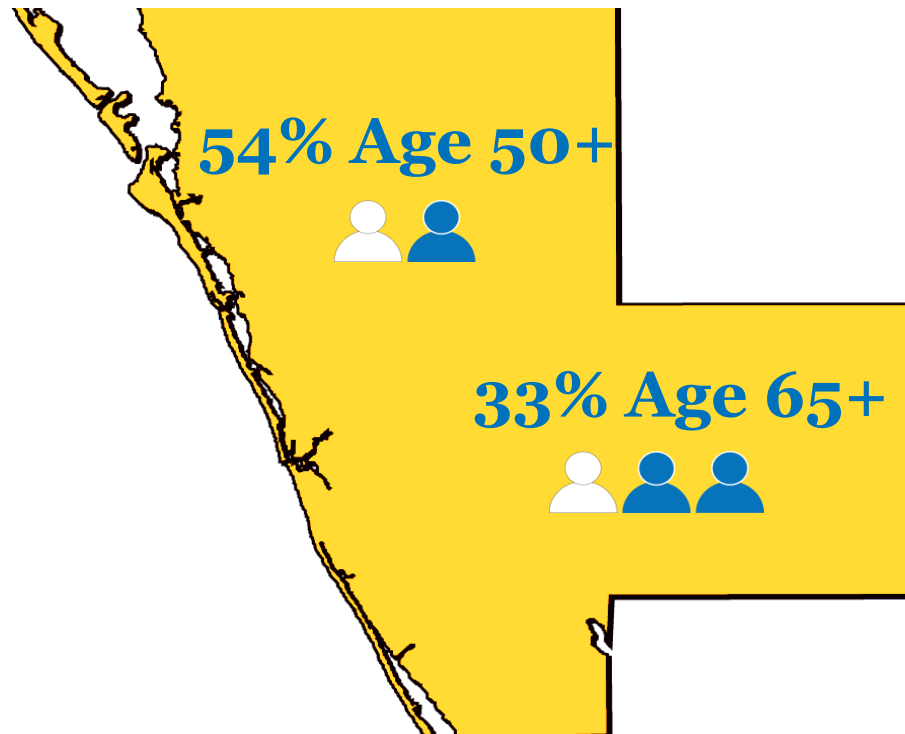
December 6, 2017

Kathy Black, Ph.D.

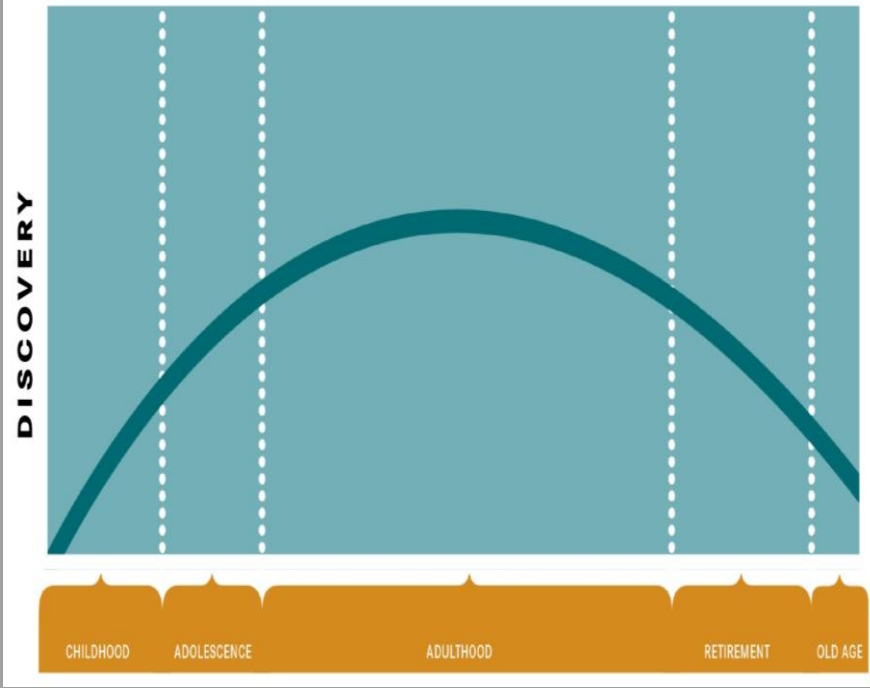
Professor, University of South Florida, Sarasota-Manatee

Age-Friendly Sarasota Initiative Consultant, The Patterson Foundation

Sarasota County Demographics



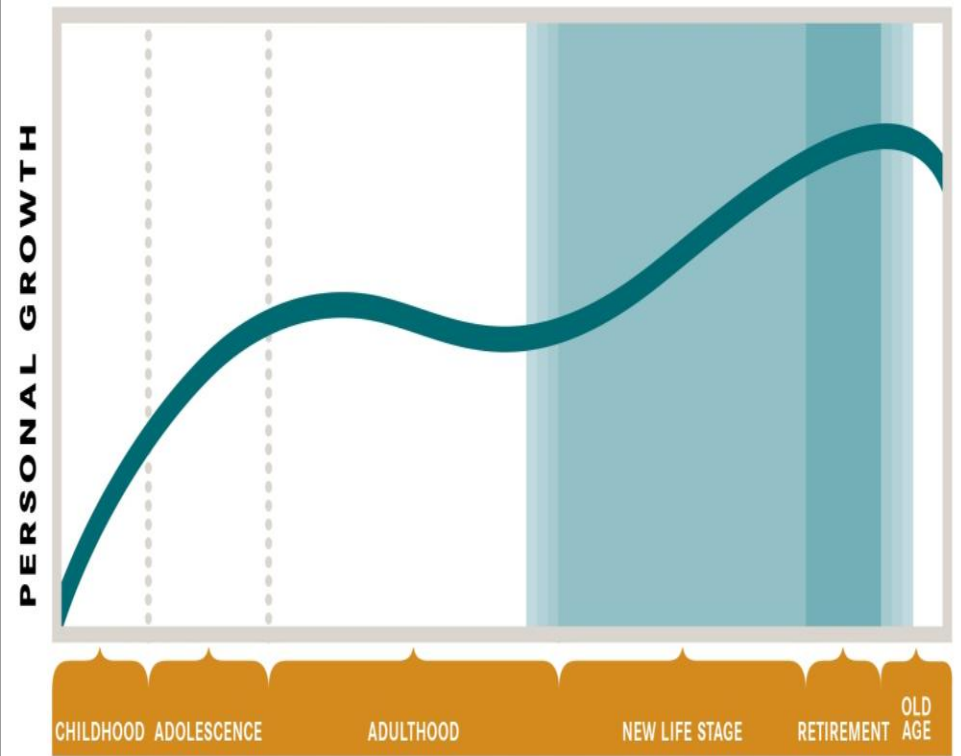
Traditional View of Life



“Longevity changes everything”

Dr. Joe Coughlin, MIT Age Lab

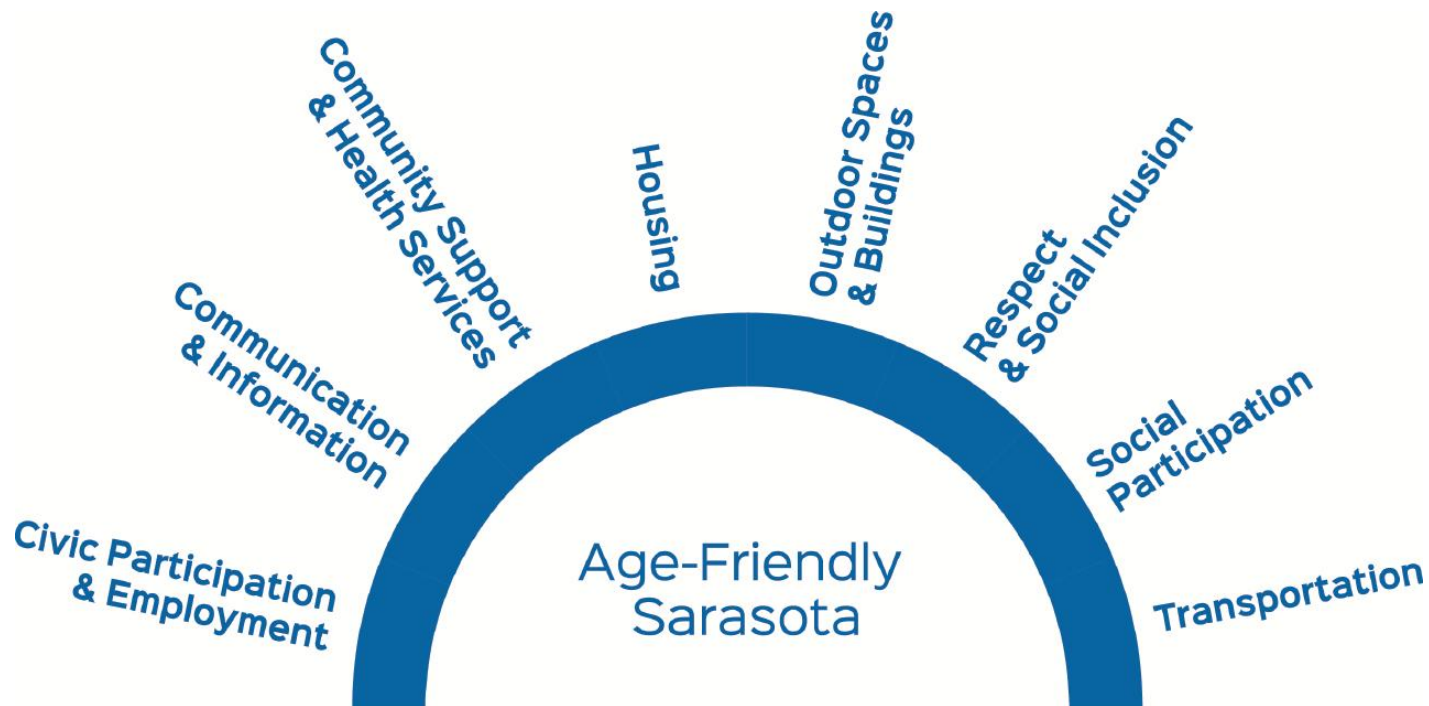
New View of Life



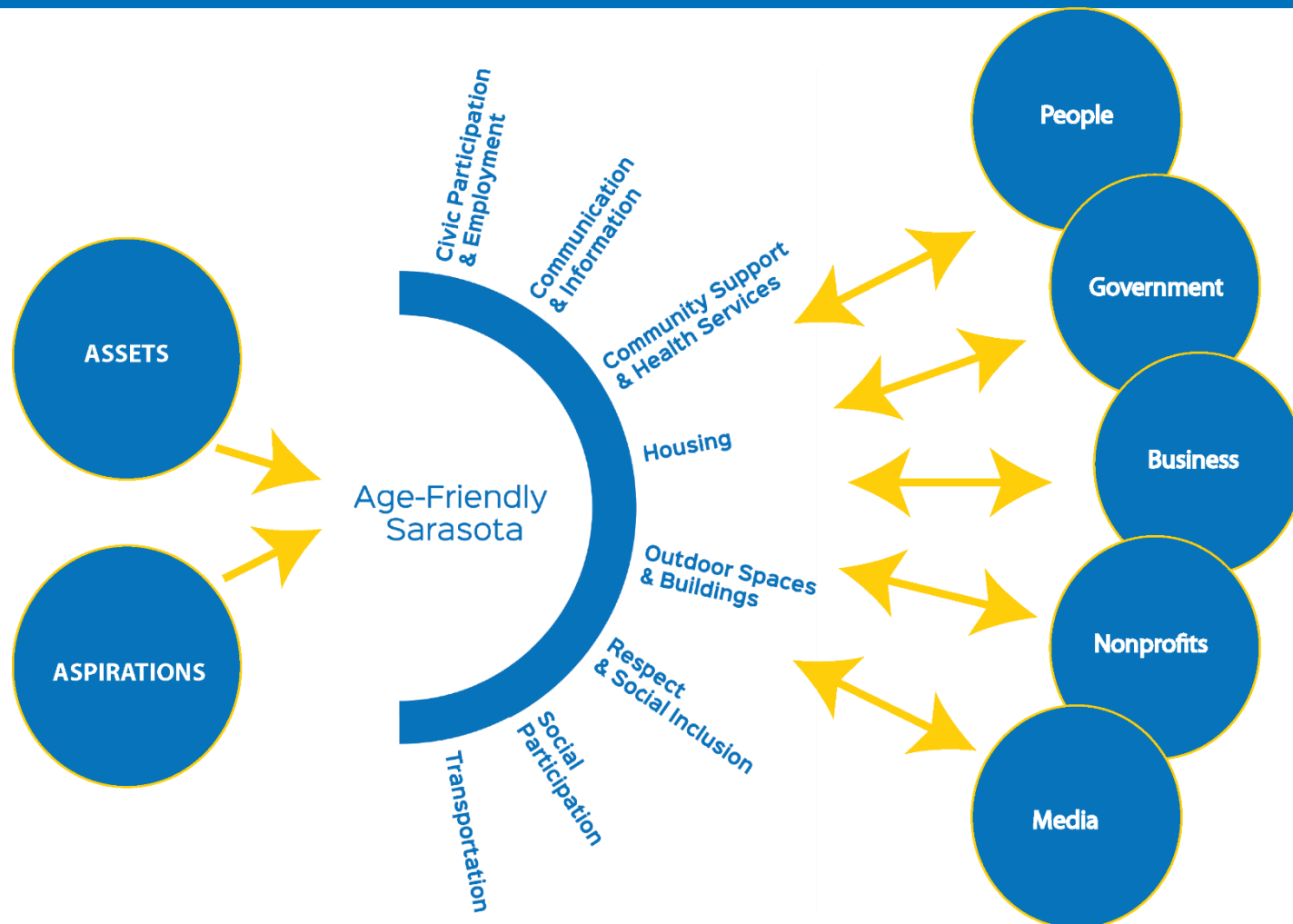
Source: AARP

Age-Friendly Sarasota is...

An initiative to support active, healthy and engaged living for people at all life stages and abilities throughout the life course to foster social, civic and economic participation for all ages



Age-Friendly Community Model





Housing

~Your home





Transportation

~How we get around





Outdoor Spaces & Buildings

~Spaces and places





Civic Participation & Employment

~Volunteering and work





Respect & Social Inclusion

~How we want to be treated





Social Participation

~Our activities





Communication & Information

~How we learn about what we want or need

The bulletin board features several flyers for community events:

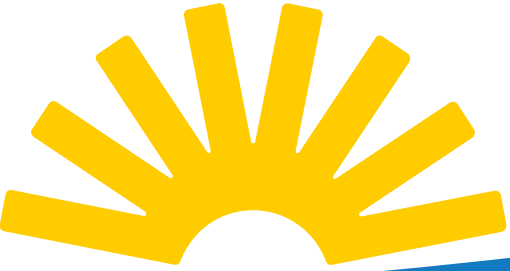
- CULTURE HOUR**: February 25 at 3:30pm. Join us for a discussion of Abraham Lincoln. Includes a drawing of Abraham Lincoln.
- CULTURE AND THE CITY**: MEETS THE SECOND SUNDAY OF THE MONTH AT THE COMMUNITY CENTER AT 7PM. Lists dates from January to December.
- KNITTING AND CROCHETING GROUP**: EVERY MONDAY 1PM - 2:30PM. Includes an image of yarn balls and mentions an optional knit for charity.
- Chair Yoga with Nancy**: Every Friday, 9:30am to 10:30am. Includes a photo of Nancy performing a yoga pose.
- SENIOR STRENGTH WITH BILLY**: Senior Strength EVERY TUESDAY 9:45AM - 10:30AM. Includes an image of a person lifting weights.
- SING-A-LONG KARAOKE**: EVERY WEDNESDAY 3:30PM @ COMMUNITY CENTER. Includes the website pcvstliving.com.
- PETER COOPER VILLAGE STEVENS TOWN PCVST LIVING FEBRUARY COMMUNITY CENTER**: A large flyer with a red heart graphic and a list of events:
 - Special Events**: Culture in the City (10, 1:00pm), Art Workshop (10, 2:30pm), Opera Conversations (13, 2:00pm), Blood Pressure Screening (26, 3:00pm).
 - February Hours**: 27: First Step Greenway Village (11:00am), 214: Anxiety/Sex (17:00am), 221: Sandy Subsonic (14:00am), 228: The Buller (12:00am).
 - Returning Events**: Monday Morning Stretch (10:30am), Knitting, Crochet, & Needlecraft (1:00pm), Senior Strength (9:45am), Cultural Hour (3:30pm), Culture Hour Series (Langston Hughes, Claude Lorraine, Abraham Lincoln, Rosa Parks), Biogas (1:00pm), Sing-A-Long / Karaoke (3:30pm), Chair Yoga (9:30am), Friday Movie (12:15 & 2:30pm).
- One to One Computer Tutoring**: is available With Harvey Mondays from 1-3pm And Wednesdays 11am to 1pm. Please see a staff member to set up an appointment. Includes an image of three computer monitors.



Community Supports & Health Services

~How we obtain help





With much excitement for our
collective age-friendly future
ahead!

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