AGE-FRIENDLY SARASOTA

COMMUNITY NEWS & EVENTS



FLORIDA DEPARTMENT OF HEALTH in SARASOTA COUNTY INVITES YOU TO THIS FREE

FALL PREVENTION 101 WORKSHOP



FALLS ARE NOT INEVITABLE!!!
THE RISK CAN BE REDUCED.

YOU WILL LEARN:

- **What can increase the risk of fall**
- **How to reduce the risk of a fall**
- **Why your balance isn't what it used to be**
- **What to do if you're caught in the "Cycle of Fear" of falling**

WHEN: FEBRUARY 12, 2024
TIME: MONDAY, 9:30AM-11:00AM

SARASOTA MEMORIAL HOSPITAL
1700 S.TAMIAMI TRAIL
SARASOTA, FL 34239

REGISTER NOW:
KELLY.WARD@FLHEALTH.GOV
OFFICE: (941)861-2758 /CELL: (941) 894-8138

Florida HEALTH Sarasota County

Complete a survey for a raffle drawing

Are you concerned about falling?

Instructors: Kelly Ward and Catherine Cropsey

A Matter of Balance

MANAGING CONCERNS ABOUT FALLS

February 26 - April 15
Mondays, 9:30 a.m.-11:30 a.m.
Sarasota Memorial Hospital, Sarasota Campus
1700 S. Tamiami Trail
Sarasota, FL 34239

A Matter of Balance is an award-winning program designed to help people learn practical strategies to manage falls and increase physical activity levels.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

To register contact Kelly Ward (kelly.ward@flhealth.gov)

(941) 861-2758

CLASS IS OPEN TO THE PUBLIC

Are you concerned about falling?

A Matter of Balance

MANAGING CONCERNS ABOUT FALLS

February 2 - March 22
Fridays, 10:00 a.m.-12:00 p.m.
United Way, South Sarasota
4242 Tamiami Trail South
Venice, FL 34293

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(941) 861-2758

FREE
Facebook Live Workshop

Humor and Joy in Caring for Loved Ones with Dementia: Keys to Family Connection and Well-Being



Join us!

THURSDAY
February 8, 2024

7-8:15 p.m.
Eastern Time

@facebook.com/SupportACTS2 or www.ACTS2Project.org

KEY TOPICS:

- Benefits of Humor in Caring for Loved Ones with Dementia
- Finding Joy in the Midst of Caregiving Challenges
- Caregiver Examples of Using Humor in Stressful Situations
- Family Caregiver Skills Training and Support
- Dementia Care Resources

TO REGISTER & RECEIVE YOUR FREE WORKSHOP MATERIALS:

Please e-mail **Tomeka Norton-Brown** at **tnnorton@fsu.edu**

1-866-778-2724 • tnnorton@fsu.edu



Linda Miles, Ph.D.
Family Therapist
Author and Family Caregiver
Tallahassee, FL



Brett Cooper, M.M.
Pastor - Lifeway Church
Educator and Family Caregiver
Tallahassee, FL



Syrita Frinks
Event Manager - Ritz Theatre & Museum
Family Caregiver
Jacksonville, FL



Brenda Frinks
President - Sun City Events & Entertainment
Family Caregiver
Tampa, FL



Tomeka Norton-Brown
Project Coordinator - ACTS2
Tallahassee, FL

REACH
Resources & Education for Aging, Community, and Health

ACTS 2
African-American Alzheimer's Caregiver Training & Support

www.ACTS2Project.org

Englewood Community Coalition's Creative Arts Initiative

PREMIERS Free ARTS for ALL Classes





The Englewood Community Coalition Inc./Creative Arts is offering free 'ARTS for ALL' theatrical improvisation classes.

These exciting sessions aim to encourage playfulness, laughter, and group interaction, making them suitable for individuals who may feel shy or intimidated. **The classes are particularly welcoming to veterans,** who may wish to rekindle their communication and performance skills in a lighthearted manner. However, any adult interested in having a good time and meeting new people in a safe, supportive environment is welcome to sign up, with an option to bring a friend.

- Improv classes are a highlight, envoking lighthearted images of 'Saturday Night Live' or 'Whose Line Is It?'
- The instructor, Karle Murdock, is an experienced artist and actress who has worked in theaters all over the country, especially in Sarasota County, over the last 40 years.
- She incorporates game-playing theory and storytelling in her performance projects.
- **Classes begin on January 30th in Englewood and are held during the evening.**
- **Enrollment is limited, so interested parties are advised to sign up quickly.**

For enrollment information contact

jeff@englewoodcreativearts.org

941-302-8783

ENGLEWOOD
Community Coalition

Vision: A Healthy, Safe and Drug Free Community
Ccenglewood.com

Englewood Creative Arts

FREE

AGES: 50+

Intercoastal Research Clinic



MEMORY SCREENING

HOSTED BY INTERCOASTAL MEDICAL GROUP RESEARCH CLINIC WITH DR. MAURICIO CONCHA

A memory screening is a safe, simple, and quick brain health check-up that tests memory and other cognitive skills. This screening helps indicate if someone needs a more comprehensive evaluation.

The memory screening is confidential and completed by trained professionals. Dr. Mauricio Concha, Neurologist, Dr. Gaby Lodeiro, Clinical Psychologist, and a team of professionals will be on site to provide recommendations according to your results and answer any questions you may have.

Early detection of memory problems such as Alzheimer's disease, is essential for timely intervention and treatment options. In addition, it may help determine eligibility to participate in clinical trials aimed at slowing the progression of memory disorders.

SATURDAY, FEBRUARY 3rd
8:30AM - 3:30PM

3882 CENTRAL SARASOTA PARKWAY
SARASOTA, FL 34234

AT THE TOWN SQUARE SARASOTA

ADULT DAY CENTER

Town SQUARE Sarasota

813-334-6222 Research@intercoastalmedical.com

REGISTER NOW



THE FEBRUARY AGING STAKEHOLDERS WILL BE HELD ON WEDNESDAY FEBRUARY 14TH STARTING AT 9AM.

OUR SPEAKER WILL BE

ELENA VIZVARY, MS OTR/L

CHAIR, UNIVERSAL DESIGN COALITION

SPEAKING ABOUT THE SAFE MOBILITY FOR LIFE PROGRAM

CLICK ON THE ICON TO LEARN MORE

SAFE MOBILITY FOR LIFE
FDOT

CLICK BELOW FOR THE ZOOM LINK FOR THE AGING STAKEHOLDERS MEETING

