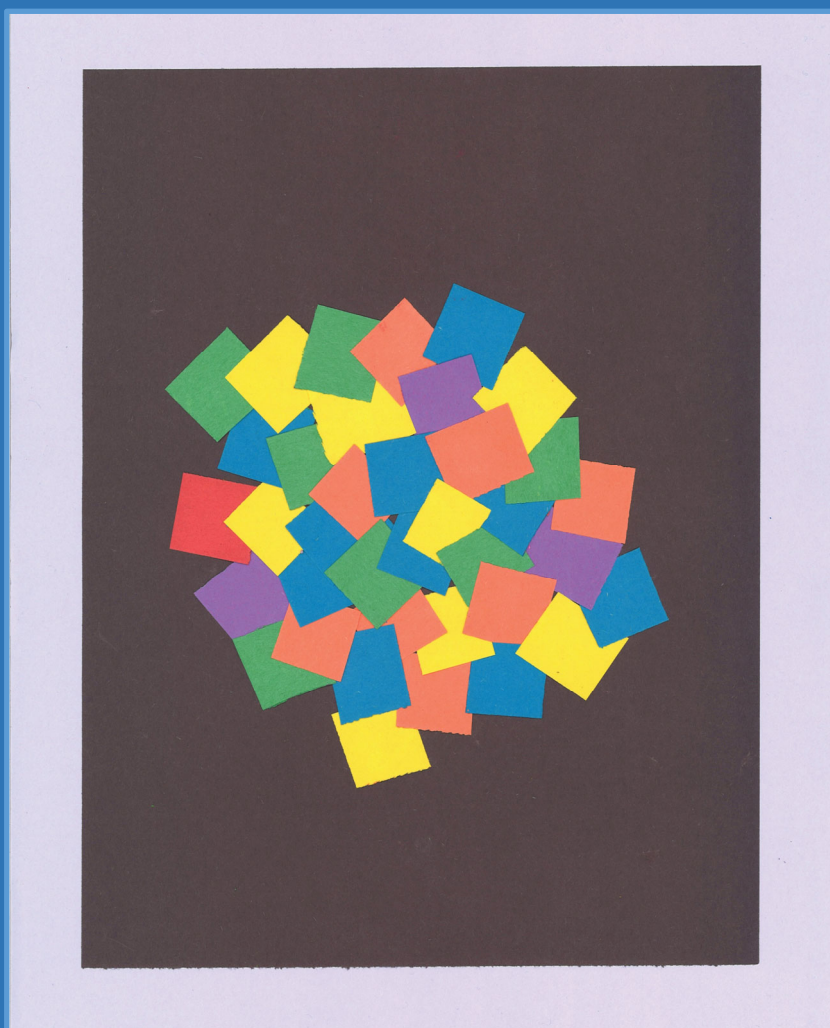


APPENDICES



Artwork created by an **Art's the Spark** participant, a program offered by the Orlando Museum of Art for those living with memory or neurological impairments, such as Alzheimer's disease and Parkinson's disease.

APPENDIX A
Action Items Matrix

APPENDIX A - ACTION ITEM MATRIX

DOMAIN: OUTDOOR SPACES & BUILDINGS					
GOAL	ACTION ITEM	YEARS			
GOAL A.1 - Ensure that the needs and opinions of older adults are considered in park and open space planning and design.	Action Item A.1.1: Create a system to engage surrounding neighborhood residents, including older adults, via surveys, community meetings, and other engagement methods through the park planning and design process.	1	2	3	
	Action Item A.1.2: Develop a set of recommendations for age-friendly and dementia-friendly park features to use as a guideline when designing City-owned parks and greenspaces.	1	2	3	
	Action Item A.1.3: Mitigate the effects of extreme heat on vulnerable populations such as older adults by providing trees in parks, open spaces and along roadways/paths, shade structures, and water/cooling amenities (e.g., splash pads, water fountains) in public parks, where practicable.	1	2	3	
	Action Item A.1.4: Work with the Orlando Police Department (OPD) to educate older adults about how they can improve the safety of Orlando's outdoor spaces including encouraging older adults to report problems or concerns and to participate in OPD Community Programs such as Neighborhood Watch groups, the Citizen Observe Program, LGBTQ Safe Place, and National Night Out.	1	2	3	
GOAL A.2 - Improve the sense of place, comfort, and interconnectedness of communities by promoting culturally appropriate age-friendly amenities and events.	Action Item A.2.1: Promote more public art to create landmarks, to make areas more aesthetically pleasing, and to assist with wayfinding.	1	2	3	
	Action Item A.2.2: Work with the Families, Parks & Recreation Department, Downtown Development Board/Community Redevelopment Agency, and Main Street Districts to promote age-friendly events that increase a sense of place and of safety.	1	2	3	
	Action Item A.2.3: Explore the creation of an Age-Friendly Certification Program and/or Age-Friendly Business Tool Kit that would educate and assist businesses in better serving their customers, no matter their age or ability.	1	2	3	
	Action Item A.2.4: Recognize and encourage grassroots efforts such as Dementia-Friendly Dining in Central Florida.	1	2	3	
GOAL A.3 - Encourage application of Universal Design principles to create an accessible and equitable built environment.	Action Item A.3.1: Develop Universal Design principles/best practices that can be provided to developers, builders, homeowners, and business owners as part of the planning and permitting process.	1	2	3	

APPENDIX A - ACTION ITEM MATRIX

DOMAIN: OUTDOOR SPACES & BUILDINGS (Continued)				
GOAL	ACTION ITEM	YEARS		
GOAL A.4 - Foster the creation and maintenance of community gardens and local food production to contribute to the physical, social, and cultural well-being of older adults.	Action Item A.4.1: Through Green Works Orlando, continue to expand opportunities for people to learn how to garden and to develop opportunities that allow people to garden in their homes, apartments (e.g., balcony gardens), and neighborhoods (e.g., community gardening plots). As part of this effort, promote and educate people about composting including dissemination of Orlando’s Backyard Composting Guide.	1	2	3
	Action Item A.4.2: Create and disseminate guidelines on how to build raised bed gardens that are appropriate for people living with mobility impairments (e.g., wheelchair users) and those who cannot bend or squat.	1	2	3
	Action Item A.4.3: Explore partnership opportunities with the Senior Resource Alliance, Seniors First, and/or other senior-serving nonprofits to create and maintain community gardens with and for older adults.	1	2	3

DOMAIN: HOUSING				
GOAL	ACTION ITEM	YEARS		
GOAL B.1 - Encourage age-friendly development and explore innovative housing approaches such as dementia-friendly housing, cooperative and/or intergenerational housing, home sharing, and partnerships among senior living communities, colleges, and universities.	Action Item B.1.1: Encourage demonstration projects, design competitions, and innovative approaches to shared housing such as accessory dwelling units, shared single family homes, as well as intergenerational housing and all-age communities.	1	2	3
	Action Item B.1.2: Explore creation of a "Homeshare" network, matching older homeowners with rooms to rent with others who need to rent a room, such as graduate students or other older adults.	1	2	3
	Action Item B.1.3: For senior housing projects receiving financial incentives or assistance from the City of Orlando, require embedded services or a plan for connecting older adults to services.	1	2	3

APPENDIX A - ACTION ITEM MATRIX

DOMAIN: HOUSING (Continued)				
GOAL	ACTION ITEM	YEARS		
GOAL B.2 - Implement strategies to improve accessibility so that older adults can age in place.	Action Item B.2.1: Provide guidance to developers, builders, planners, and residents regarding best practices for age-friendly housing and technical assistance for completing age- and ability-appropriate housing including Universal Design and the accessibility concepts described in AARP's Livable Communities HomeFit Guide.	1	2	3
	Action Item B.2.2: Identify mechanisms to encourage and incentivize developers and builders to use Universal Design principles in newly proposed housing projects.	1	2	3
	Action Item B.2.3: Encourage both mixed-use development and residential mixed-income development throughout Orlando.	1	2	3
GOAL B.3 - Improve education about housing and housing services available in Orlando.	Action Item B.3.1: Create and implement a communication plan to educate residents who are looking for housing and those who desire to stay in their existing homes about options and costs so that they can consider their current and future needs, whether they are looking for affordable or market-rate housing or seeking long-term care and supportive services.	1	2	3
	Action Item B.3.2: Increase outreach to older adult homeowners about how to access existing housing support services such as home repair, weatherization, and modification resources.	1	2	3
	Action Item B.3.3: Increase outreach to older adults who are renters about resources available to assist in remaining in their homes or finding appropriate housing, as well as their rights as tenants.	1	2	3
	Action Item B.3.4: Increase outreach on affordability programs and foreclosure prevention for older adults, particularly within communities of color, including non- or limited-English speaking elders.	1	2	3
	Action Item B.3.5: Conduct an inventory of existing programs and services that help older adults stay in their homes and compile them into an easy-to-access, centralized location.	1	2	3

APPENDIX A - ACTION ITEM MATRIX

DOMAIN: TRANSPORTATION/MOBILITY				
GOAL	ACTION ITEM	YEARS		
GOAL C.1 - Promote healthy mobility options for all ages and abilities.	Action Item C.1.1: Develop and implement goals, objectives, policies, and strategies in the Growth Management Plan, Green Works Community Action Plan, Future-Ready City Master Plan, and other City documents that create clean, healthy environments that are non-auto-centric, safe, and which facilitate physical activity.	1	2	3
	Action Item C.1.2: Implement the City’s adopted future land use philosophy which is based on a hierarchy of mixed-use activity centers connected by mixed use corridors - to encourage more active pedestrian friendly environments for people to live, work, learn, and play, and so they don’t have to travel as far as they might in more isolated locations.	1	2	3
	Action Item C.1.3: Apply “Complete Streets” principles to all mobility projects, encouraging best design criteria while recognizing flexibility in balancing user needs. Consistent with the Green Works Community Action Plan, increase the number of miles of “Complete Streets” from 23 miles (2018) to at least 38 miles (2040 goal).	1	2	3
	Action Item C.1.4: Prioritize funding for healthy mobility options (sidewalks, urban trails, bicycle lanes, bike infrastructure, and public transit service) over improvements for vehicles.	1	2	3
	Action Item C.1.5: Ensure that mobility infrastructure (such as bus shelters, benches, traffic signals, bike paths, sidewalks, crosswalks, and wayfinding signage) is made available in all areas of Orlando in an equitable manner, and that it is designed to human scale using Universal Design principles with special consideration for the needs of older adults such as shade/protection from the effects of the sun’s heat (above and beyond required minimum accessibility standards where financially feasible).	1	2	3
	Action Item C.1.6: Encourage micro-mobility operators (Bike and Scooter Sharing) to explore and include age-friendly options such as three-wheeled scooters in City-sponsored/authorized programs.	1	2	3
	Action Item C.1.7: Collaborate and partner with MetroPlan Orlando on initiatives that further the goals and strategies outlined in their 2022 Health Strategic Plan.	1	2	3
	Action Item C.1.8: Support the Orange County Transportation Sales Tax Referendum to provide a dedicated funding source for healthy mobility options in Orlando and throughout Orange County.	1	2	3
	Action Item C.1.9: Through the City’s Downtown Community Redevelopment Agency, continue to partner with Seniors First, Inc. to provide the Senior Tran shuttle service for older adults in Downtown Orlando.	1	2	3

APPENDIX A - ACTION ITEM MATRIX

DOMAIN: TRANSPORTATION/MOBILITY (Continued)					
GOAL	ACTION ITEM	YEARS			
Goal C.2 - Implement the Vision Zero Orlando Action Plan	Action Item C.2.1: Consistent with the Vision Zero Orlando Action Plan and the Green Works Community Action Plan, implement policies, strategies, educate, and build infrastructure to eliminate pedestrian and bike facilities by 100% by 2040.	1	2	3	
	Action Item C.2.2: Collaborate with the Florida Department of Transportation, MetroPlan Orlando, and Orange County to implement Vision Zero.	1	2	3	
	Action Item C.2.3: Support the efforts of the Safe Mobility for Life Coalition to increase the safety, access, and mobility of Florida’s aging road users and promote design features that support safety and aging in place.	1	2	3	
	Action Item C.2.4: Support and promote the efforts of Bike/Walk Central Florida as a member of the Best Foot Forward Pedestrian Safety Coalition.	1	2	3	
Goal C.3 - Promote educational programming to increase older adults' knowledge of and access to healthy mobility options.	Action Item C.3.1: Promote educational opportunities for older adults – whether they drive or not – that teach them about alternative mobility options, including ways to take advantage of discounted rates and passes for transportation services.	1	2	3	
	Action Item C.3.2: Promote the Safe Mobility for Life Coalition’s CarFit program to help aging drivers improve the “fit” of their vehicles for safety and comfort.	1	2	3	
	Action Item C.3.3: Promote AARP's Smart Driver™ defensive driving online course which features research-based driving strategies and appropriate adult-learning principles.	1	2	3	

DOMAIN: CIVIC PARTICIPATION & EMPLOYMENT					
GOAL	ACTION ITEM	YEARS			
Goal D.1 - Improve access to employment opportunities and reduce ageism.	Action Item D.1.1: Develop and implement a public awareness campaign promoting the value of older workers and combating myths and stereotypes about aging.	1	2	3	
	Action Item D.1.2: Promote the value of older workers to Orlando area businesses and in our Main Street districts.	1	2	3	
	Action Item D.1.3: Engage and/or partner with community nonprofits, faith-based institutions, and other groups to inform older adults of employment opportunities.	1	2	3	

APPENDIX A - ACTION ITEM MATRIX

DOMAIN: CIVIC PARTICIPATION & EMPLOYMENT (Continued)				
GOAL	ACTION ITEM	YEARS		
Goal D.2 - Provide support and connect older adults to employment opportunities and resources.	Action Item D.2.1: Champion community efforts that ensure that Orlando residents gain a life-long love for learning, and that help them gain the skills and knowledge necessary to succeed in the 21 st century workforce.	1	2	3
	Action Item D.2.2: Work to identify barriers to employment for older adults in the city. Further, develop materials to assist businesses to become more age-, disability, and dementia-friendly.	1	2	3
	Action Item D.2.3: Advocate for increased job training and placement programs that are inclusive of job seekers of all ages including older adults.	1	2	3
	Action Item D.2.4: Support entrepreneurs of all ages including older adults by equipping them with the skills they need to successfully launch startups and small businesses including businesses at home, including coordination with potential community partners such as the Service Corps of Retired Executives (SCORE) and the National Entrepreneur Center in Orlando.	1	2	3
Goal D.3 - Enhance and promote volunteer opportunities for older adults.	Action Item D.3.1: Explore ways for the city to recognize volunteers, such as developing a “Volunteer of the Year” award.	1	2	3
	Action Item D.3.2: Identify city offices and departments that could benefit from additional volunteers, including AmeriCorps volunteers, and publicize such opportunities to older adults who may be interested.	1	2	3
	Action Item D.3.3: Utilize the city’s Orlando Cares Volunteer Recruitment website to post volunteer opportunities and recruit seniors for city and community organization volunteer opportunities.	1	2	3

DOMAIN: RESPECT & SOCIAL INCLUSION				
GOAL	ACTION ITEM	YEARS		
Goal E.1 - Support inclusive, age-friendly customer service in city operations and throughout the community.	Action Item E.1.1: Educate city employees, particularly those with direct and regular public contact such as emergency responders, on the unique needs of older adults, including those with dementia, taking into account cultural and language diversity.	1	2	3
	Action Item E.1.2: Periodically evaluate the programs and services offered to older adults at the city’s senior centers and recreation centers, including the use of surveys, focus groups, and other appropriate community engagement tools.	1	2	3
	Action Item E.1.3: In coordination with Orlando’s Future-Ready City Master Plan, gather data and survey technology needs of older adults, and develop programs to address equitable resilience and the digital divide including Wi-Fi accessibility projects and/or hot spot and tablet checkout pilot projects which incorporate age-friendly connectivity links.	1	2	3

APPENDIX A - ACTION ITEM MATRIX

DOMAIN: RESPECT & SOCIAL INCLUSION (Continued)				
GOAL	ACTION ITEM	YEARS		
Goal E.2 - Create opportunities for intergenerational activities and events, services, and other programs.	Action Item E.2.1: Implement best practices to successfully nurture and strengthen connections across generations.	1	2	3
	Action Item E.2.2: Promote intergenerational arts, cultural, and recreational programs and events at the city's senior centers and recreational centers, as well as in neighborhood Main Streets.	1	2	3
Goal E.3 - Ensure the perspectives and needs of older adults are included in city planning processes and policies.	Action Item E.3.1: Explore strategies for older adults to be more deeply involved in policy making and advocacy.	1	2	3
	Action Item E.3.2: Incorporate the voice of Orlando's older residents by ensuring that an older resident or representative of the Mayor's Committee on Livability & Healthy Aging serves on relevant internal working groups or task forces where appropriate.	1	2	3

DOMAIN: SOCIAL PARTICIPATION				
GOAL	ACTION ITEM	YEARS		
Goal F.1 - Create and promote culturally-sensitive engagement opportunities for older adults.	Action Item F.1.1: Using tools such as surveys and/or focus groups of senior residents, identify gaps, in arts, cultural, and recreational programming offered by the city with an emphasis on older adults and adults living with disabilities.	1	2	3
	Action Item F.1.2: Enhance opportunities for social engagement, both through the city and by partnering with other organizations, leveraging existing resources and public spaces as well as working to fill the identified programming gaps.	1	2	3
	Action Item F.1.3: Collaborate with arts and cultural organizations to provide meaningful ways for different generations to connect and participate in Orlando's vibrant cultural scene.	1	2	3
	Action Item F.1.4: Ensure that social engagement opportunities are equitably distributed and inclusive throughout the city, including all ethnicities as well as the LGBTQ+ community.	1	2	3
	Action Item F.1.5: Effectively market social engagement opportunities to Orlando's older adults through various media.	1	2	3
Goal F.2 - Celebrate the lives and experiences of older adults in Orlando.	Action Item F.2.1: Explore the creation of intergenerational exchanges and programs that include art, music, storytelling, oral histories, and written histories as ways to pass along knowledge and experience.	1	2	3

APPENDIX A - ACTION ITEM MATRIX

DOMAIN: SOCIAL PARTICIPATION (Continued)				
GOAL	ACTION ITEM	YEARS		
Goal F.3 - Reimagine senior centers and recreation center as intergenerational focal points for the community.	Action Item F.3.1: Explore different concepts for transforming Orlando’s senior centers and recreational centers to emphasize intergenerational opportunities.	1	2	3
	Action Item F.3.2: Support intergenerational technology training, particularly in-person, one-on-one opportunities.	1	2	3

DOMAIN: COMMUNITY SUPPORT & HEALTH SYSTEMS				
GOAL	ACTION ITEM	YEARS		
Goal G.1 - Assess and support services designed to reach older adults in need who are vulnerable and isolated, as well as their caregivers.	Action Item G.1.1: Continue to provide financial support to community partners who provide nutrition, healthcare, medical, and other wrap-around services to vulnerable seniors through the City’s Community Investment Program.	1	2	3
	Action Item G.1.2: Educate older adults about options for improving their access to healthy food, including but not limited to, availability of delivery service options, farmer’s markets, Hebni’s food and nutrition program and Fresh Stop Mobile Food Market, SNAP (Supplemental Nutrition Assistance Program), as well as congregate and home-delivered meals programs.	1	2	3
	Action Item G.1.3: Increase awareness about caregiving and caregiver support. Specifically, develop or expand recreation and neighborhood programs to reduce social isolation experienced by many caregivers, with special focus on communities with health disparities.	1	2	3
	Action Item G.1.4: In partnership with appropriate subject-area experts, complete an assessment of Orlando residents over 55 years old to determine the types and amount of healthcare support services needed.	1	2	3
Goal G.2 - Explore new and innovative approaches to providing healthcare and relates services.	Action Item G.2.1: Explore telehealth in the city’s senior centers and recreation centers with an emphasis on communities of concern, and to significantly reduce health inequities.	1	2	3
	Action Item G.2.2: Take advantage of existing and emergent technologies to assist people to age in place at home, such as unobtrusive monitoring of activity to identify changes in health, digital technologies that help people stay in touch with family and friends, and other assistive technologies.	1	2	3
	Action Item G.2.3: Partner with community organizations to educate policy makers, health professionals, community organizations, businesses, and families about ways to interact and communicate with people living with dementia.	1	2	3

APPENDIX A - ACTION ITEM MATRIX

DOMAIN: COMMUNITY SUPPORT & HEALTH SYSTEMS (Continued)				
GOAL	ACTION ITEM	YEARS		
Goal G.2 - Explore new and innovative approaches to providing healthcare and related services.	Action Item G.2.4: Explore creation of an innovation fund, perhaps in partnership with the Central Florida Foundation or other donors, to support age- and dementia-friendly community projects.	1	2	3
	Action Item G.2.5: Coordinate with community partners to support the work of the Department of Elder Affairs' Dementia Care and Cure Initiative (DCCI) Task Force for Central Florida including grassroots programs such as Dementia-Friendly Dining in Central Florida.	1	2	3
Goal G.3 - Enhance older adults' health, safety, and welfare through education and emergency preparedness.	Action Item G.3.1: Educate and empower people of all ages and abilities to positively affect their own health and wellbeing through engaging in healthy behaviors (e.g., being physically active, eating healthy food, staying engaged) as well as understanding and working to improve the social conditions that influence how well people age.	1	2	3
	Action Item G.3.2: Collaborate with community partners who are experts on fraud, elder abuse and financial exploitation to raise awareness of warning signs and avenues for assistance through various social and traditional media.	1	2	3
	Action Item G.3.3: Improve emergency preparedness and systems for ensuring the safety of older adults and people with special needs in response to natural disasters such as tropical storms and hurricanes.	1	2	3
	Action Item G.3.4: Improve city personnel's knowledge of mental health issues, procedures, and practices for dealing with people with conditions such as dementia.	1	2	3

DOMAIN: COMMUNICATION & INFORMATION				
GOAL	ACTION ITEM	YEARS		
Goal H.1 - Develop an Age-Friendly Communications and Implementation Strategy	Action Item H.1.1: Develop a strategic Communications Plan that will serve as a roadmap for age-friendly communications across all channels including both traditional and new media.	1	2	3
	Action Item H.1.2: Conduct and analyze marketing research about the communications preferences of older adults, including national and local trends, as well as understanding best practices of other cities when informing older residents about resources, services, and activities.	1	2	3
	Action Item H.1.3: Enhance and expand communication channels using the above-mentioned marketing research and best practices, and by collaborating with community partners to expand reach.	1	2	3
	Action Item H.1.4: Promote senior centers, recreation centers, neighborhood associations, and faith-based organizations as places where information exchanges can and should be concentrated.	1	2	3

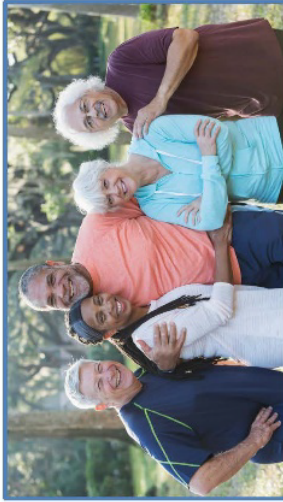
APPENDIX A - ACTION ITEM MATRIX

DOMAIN: COMMUNICATION & INFORMATION (Continued)				
GOAL	ACTION ITEM	YEARS		
Goal H.1 - Develop an Age-Friendly Communications and Implementation Strategy	Action Item H.1.5: Promote the Florida Department of Elder Affairs’ Livable Florida Initiative and the various resources available to older adults through their network.	1	2	3
	Action Item H.1.6: Promote the Senior Resource Alliance and their efforts to inform and educate older adults about the various programs and services that are available to Orlando residents.	1	2	3
	Action Item H.1.7: Explore the creation of a staff position dedicated solely to collaborating with partner organizations, communicating with, and educating the public, and further implementing this Livable Orlando Initiative Age Friendly Action Plan.	1	2	3
Goal H.2 - Coordinate with Orange County's Office on Aging to share information relevant to older adults living in Orlando and Orange County.	Action Item H.2.1: As members of the AARP Age-Friendly Network of States and Communities, further develop and enhance a working partnership with the Orange County Office on Aging to share information and resources of interest to older adults in both jurisdictions.	1	2	3
	Action Item H.2.2: Promote and participate fully in the Orange County Elder Ambassador initiative and/or explore the creation of a similar program in the City of Orlando.	1	2	3
Goal H.3 - Build individual and community resiliency.	Action Item H.3.1: Develop and implement strategies to disseminate emergency preparedness information to older adults and caregivers, and involve more older adults and people with disabilities in neighborhood emergency preparation and safety programs across generations.	1	2	3
	Action Item H.3.2: Engage faith- and community-based organizations in disaster preparedness training for older adults.	1	2	3
	Action Item H.3.3: Provide training on emergency preparedness to older adults, their families and caregivers, as well as organizations serving older adults (e.g., senior centers, home meal delivery volunteers, etc.).	1	2	3

APPENDIX B

Summary of Orlando's Age-Friendly Livability Survey

Summary of Age-Friendly Community Livability Survey Results



The City of Orlando invites you to take our
Age-Friendly Community Survey

All residents age 45+ are encouraged to take this comprehensive survey to tell us how we can make Orlando a more livable and age-friendly city.

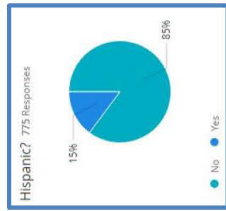
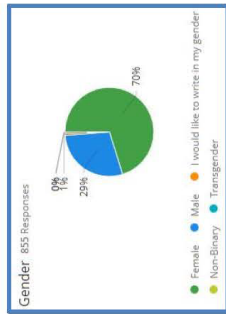
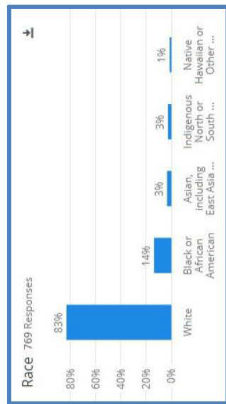
To take the survey and get more information, visit orlando.gov/agefriendly.



- Survey went “live” on October 28, 2019.
- We made a concerted effort to obtain both on-line responses and in-person responses (200+ paper survey responses were received) which were distributed to our recreation centers with senior programs.
- We attended multiple events, including neighborhood meetings, Orlando’s Black History Month reception, the Motown Goes Gospel event at Dr. Smith Center, seven (7) Future Ready City community meetings in each City Commission district, What’s Up Downtown, and the Mayor’s Neighborhood & Community Summit.
- Based on the City’s resident population of 298,362 (April 1, 2020 BEBR), we were hoping to receive at least 800 responses from people 45+, and 1,000+ overall.
- We received a total of 1,226 responses, with 1,003 of those being people 45+ in age.

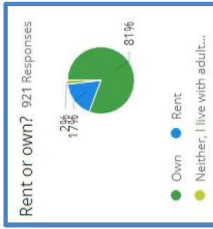
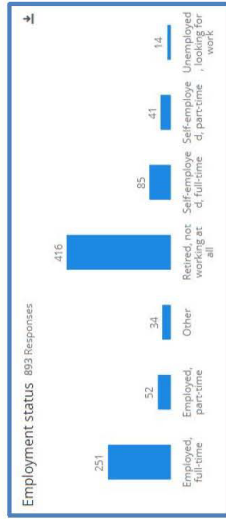
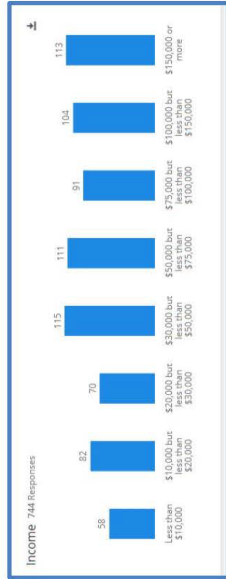


Summary of Age-Friendly Community Livability Survey Results



Who Responded?

- 1,226 total responses, with 1,003 of those being people 45+ in age.
- Our 45+ sample population self-identified as 83% White, 14% African-American, 3% Asian, and 15% Hispanic.

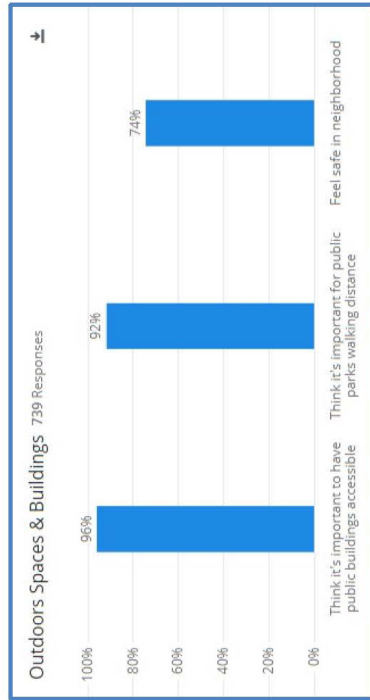


- The percentages for African-American and Hispanic respondents fell short of Orlando's overall percentages (26% & 31% respectively).
- Our respondents also skewed primarily homeowner (81%) and predominantly female (70%).
- Most respondents have lived in Orlando for more than 10 years.



Summary of Age-Friendly Community Livability Survey Results

Built Environment – Outdoor Spaces & Buildings (Respondents 45+)



- 96% of respondents think it's important to have accessible public buildings.
- 92% of respondents feel that it's important for our public parks to be located within walking distance of their homes. This is something we are addressing in the new Parks Master Plan with a 10-minute walk-to a park analysis.
- 74% of respondents say they feel safe in their neighborhoods.

Respondent Comments:

"I am very satisfied with the City of Orlando as a place to live as I age. The climate is great. I am located in an area where as long as I can walk, I can get to all the services I need for daily life including excellent services for seniors at the College Park Recreation Center and Pool."

"Some buildings do not have a handicap ramp or doors. It is difficult for an individual to hold the door and push someone in. This is very discouraging. Need more dementia friendly restaurants in the City. It is difficult to go out with someone with Alzheimer's/dementia. One example was there were stairs and it made it more challenging to get to the table."

"I've noticed that more affluent neighborhoods have more parks close in walking distance that are well maintained with little restrictions. However, in the more urban area the parks are not in walking distance and if they are, they are not maintained and nice, they lack upgrades and there are restrictions on use."

"I LOVE all the parks in Orlando. I would like to see some creative additions like talking benches or art installations, or water features."

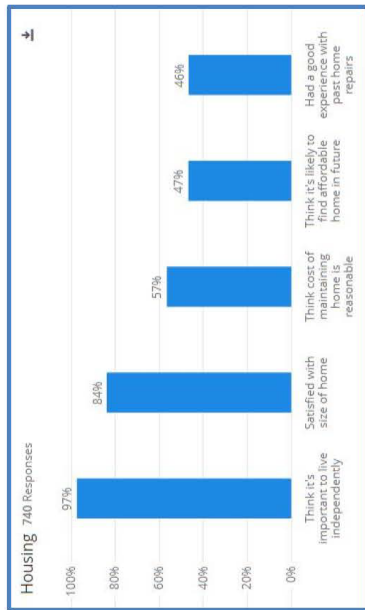
"I love Orlando but we need to do more to build a world-class city. We need better transportation and safer outdoor areas, better healthcare, entertainment, and a baseball team!"

"My area is systematically designed to be inaccessible and unsuitable for aging people."



Summary of Age-Friendly Community Livability Survey Results

Built Environment – Housing (Respondents 45+)



- 97% of respondents think it's important to live independently as they age, and the two factors they worry about most are a lack of public transportation and housing affordability.

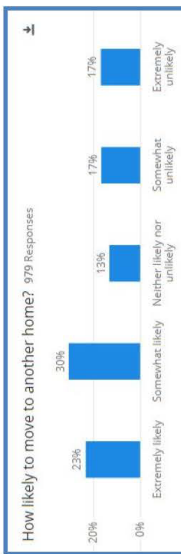
- More than half (53%) think it's likely they'll move to another home, but less than half (47%) think it's likely they'll be able to find an affordable home in the future.

Respondent Comments:

"I don't want to leave, but all the 55+ communities seem to be outside the City; it is a shame that we don't make keeping our seniors here more of a priority. This is a young person's city – let's change some of that. Dedicate land for senior housing, in the City core where we can walk to take care of most things."

"My greatest concern is affordable housing, as I age. Being able to maintain my current home for as long as I am physically able to live independently. Then, being able to afford to live in a retirement community that provides assisted living and progresses to full time care when needed."

"I'd like to see truly walkable neighborhoods. I'd like to see multigenerational housing complexes in the city."

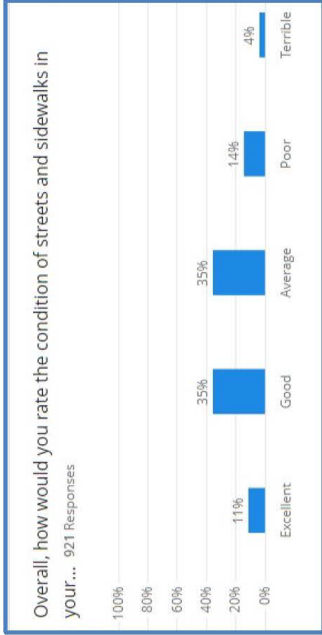


"Extremely important for both young and those aging to have affordable rent. I do NOT want to live in a "senior" community. Age diversity is very important to keep a "youthful" attitude, outlook..."

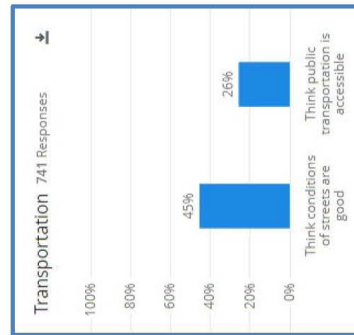


Summary of Age-Friendly Community Livability Survey Results

Built Environment – Transportation/Mobility (Respondents 45+)



Transportation was considered very important to respondents, but existing infrastructure ranked fairly low. 46% of respondents feel that our streets and sidewalks are in excellent to good condition in their neighborhood, most people drive themselves (56%), and only 26% think public transit is accessible.



Respondent Comments:

"I think it would be a better place to live as I age if there was better public transportation...and I could walk to restaurants and shopping. I really want to live in a walkable city, and I'm not sure Orlando is that place."

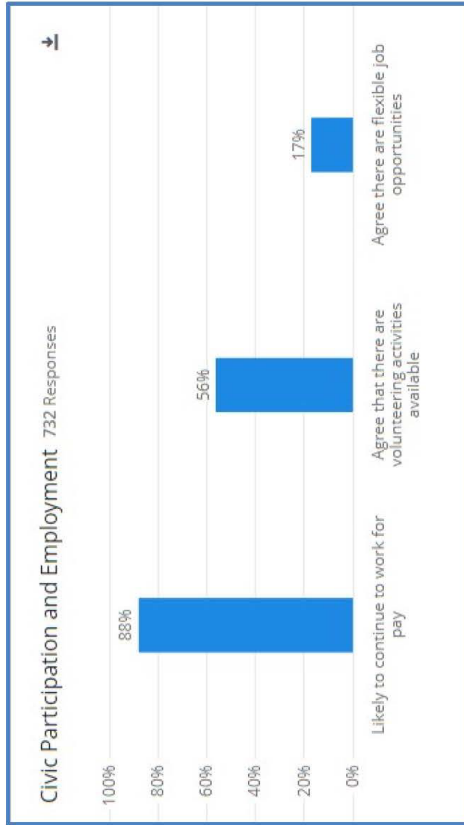
"Transportation accessibility worries me as I age. If I had to give up my car, I would be stranded and disconnected. This continues to concern me as I age."

"If you are healthy and can drive, and have the money, the City of Orlando is an excellent place to live. But public transportation is lacking away from the city center...there is an extreme lack of public transportation from neighborhoods (where seniors live) to entertainment."



Summary of Age-Friendly Community Livability Survey Results

Social Environment – Civic Participation & Employment (Respondents 45+)



Respondent Comments:

"I'm concerned with age discrimination when it comes to looking for work."

"I signed up a while ago on a City website about volunteering and have absolutely never been contacted or connected. I sought out my own volunteering at Leu Gardens and have been pleased with the opportunity...but the City did not help at all and I was disappointed. I have lived in Florida most of my life, but I am relatively new to Orlando. The hardest part about my move here has been connecting with people..."

"The City is vibrant and filling up with youth. It is growing at a pace that scares me. My sister and I have discussed that we both feel "Orlando is leaving us behind". We have lived here since the mid-70s...We have strongly considered leaving. She and her husband have been seeking employment for the last 2 years. Both have masters degrees, both have enormous talent and experience, both take immense pride in their work. They get invited to an interview and then, they are overlooked...TIME AFTER TIME. There is no other reason that explains this across the board losing out to another candidate except for their age which is over 65. There is NOT another reason except for the gray hairs on their head and some wrinkles setting in...this city is all about youth and children but very biased against the elderly. It's abundantly clear every day. It is not senior friendly or respected. And Orlando should be worried about that."

"...I also think there are many jobs that could be done by seniors and which would give them more purpose and income. If there is an organization that helps with things like this, I don't know about it. I don't recall seeing anything from the City about resources for seniors."

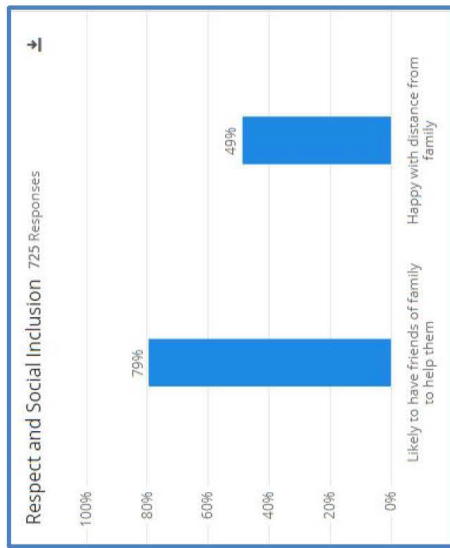
- In regards to civic participation and employment, 88% said they are likely to continue to work for pay, but only 17% agree that there are flexible job opportunities.

- Only 56% felt that there are appropriate volunteering activities out there

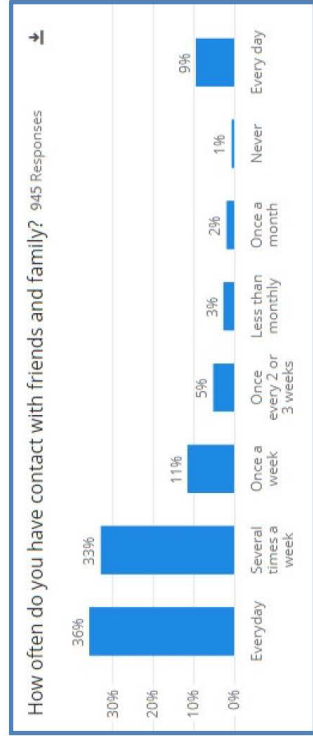


Appendix B – Summary of Age-Friendly Community Livability Survey Results

Social Environment – Respect & Social Inclusion (Respondents 45+)



- On the issue of social isolation, 79% of respondents said they feel connected to others.
- A plurality of 78% said they have contact with friends and family at least several times a week (45% everyday and 33% several times a week).



Respondent Comments:

"I believe we need to do more to bridge the gap between the seniors and the younger generation. Education and understanding with social gatherings between the two. Possibly going old school door-to-door."

"I'm seriously concerned about aging in the City of Orlando. My condo needs repairs and updating which I might not be able to afford and if I have to move out of my home I don't think I could get affordable housing in a safe environment in the City. Luckily, I have friends who would help me if needed, but many do not have a safety net. I feel there is much that the City needs to implement for it to be elder livable."

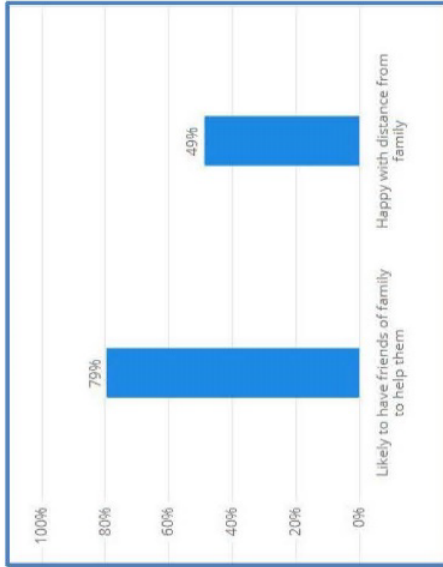
"Focus on inter-generational activities that older adults can be more involved in; focus on social activities for working older adults. Dancing that's free and open to the public (the Villages town squares)..."

"...every time I hear about something interesting, it's always in Winter Park. They say it's because that's where the older people live! HA...we need more things for seniors in other parts of Orlando..."



Summary of Age-Friendly Community Livability Survey Results

Social Environment – Social Participation (Respondents 45+)



Respondent Comments:

"Can City coordinate with both healthcare institutions and art institutes to provide coordinated events/seminars for elderly or retired? Also, provide more event details for senior and community centers on City website."

"I live at the very south end of the City in an older and lower income neighborhood. Many of the nicer resources and accessibility seem to be in the newer, more affluent neighborhoods. This makes staying connected very difficult for the very people who probably need it most but have fewer resources to access it on their own."

"We need better connections for seniors. Events to gather and share, feel loved and valued so seniors who have lost family members feel less lonely. Group homes, senior health care, events, are needed."

"I wish that there would be a place where seniors who do not have one foot in the grave can get together and learn, play, and enjoy."

"The majority of activities in Orlando are targeted at young adults. I wish there was more socialization for spry 88-year olds."

"Having lived in this neighborhood over 40 years, I feel lucky to be in a good community of caring people to help if called upon..."

"More accessible, up-to-date and welcoming community centers will be advantageous..."

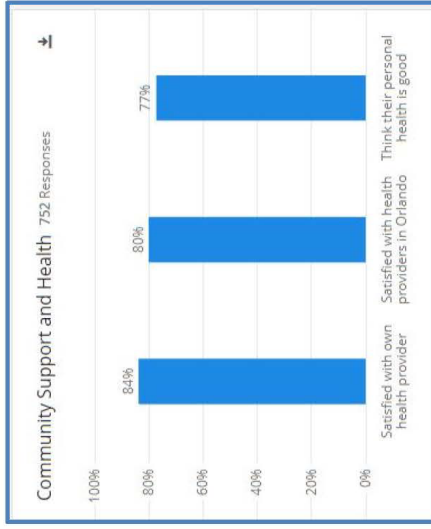
"There are so many activities for seniors – perhaps a book listing all art, music classes, etc., would be helpful as many of us hate the internet."



- 79% of respondents said that they are likely to have friends or family available to help them.
- 49%, or a little less than half, are happy with the physical distance from their family.

Summary of Age-Friendly Community Livability Survey Results

Social Environment – Community Support & Health Services (Respondents 45+)



Respondent Comments:

"I'm concerned about my access to health care, (primary care, specialists, etc.), access to groceries, pharmacies, and access to public transportation. It appears as though the City's focus is on attracting and retaining millennials and gen Y."

"I feel that it is extremely important to offer affordable housing for the elderly. Many only receive Social Security and others are working so hard, to make a living that is barely enough and are still not eligible for food stamps. The elderly should have access to free health care and food assistance due to their age. This would be one less thing to worry about and would make life easier for them."

"I became visually impaired a few years ago and the City isn't as friendly for blind people as it should be, something I never noticed before and have heard the same thing from others with disabilities. Lack of suitable transport is a big problem. Medical transport is inefficient and unreliable, regular transport gets expensive and many are afraid of being taken advantage of."

"I am not able to visit a lot of the local shops because there are either no walkways or entrances I can use. The sidewalks on Mills/50 are impossible to go down if you are in a large wheelchair. Also, I am unable to find a taxi that can accommodate me. No Ubers or Lyfts are accessible either. Basically, if you are a morbidly obese person in Orlando, you have to stay in your residence. There is no affordable way to get around."

"The only concern I have is that the City of Orlando has limited resources for elderly residents. Additional funding from the City of Orlando's budget should be allocated to local social service agencies to increase assistance for elderly Orlando residents."



- 80% of respondents are satisfied with healthcare providers in Orlando
- 84% of respondents are satisfied with their own healthcare providers
- 77% of respondents think their personal health is good

Summary of Age-Friendly Community Livability Survey Results

Social Environment – Communication & Information (Respondents 45+)

- Only 29% of respondents think community information is accessible.

Respondent Comments:

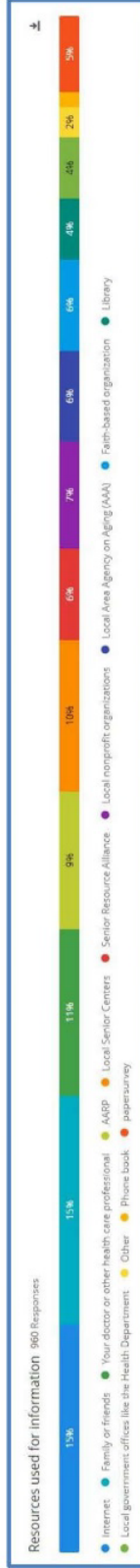
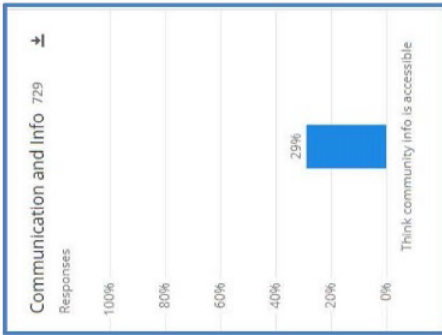
Why Do You Think Community Information is Not Accessible?

"If they have difficulty leaving their homes, they only have traditional modes of communication (TV, radio, newspaper). Most people don't receive local papers at their home. Usually people use TV and radio for entertainment, and may overlook any community information that appears there. TV news is fast-paced and doesn't really spend a lot of time on community information for seniors. The internet is an option, but those who are low-income may not have internet. Many seniors are not internet savvy either. They could call, but today there are no phone books (only internet directories) and if they have not phone or don't know how to navigate a smart phone, they may have a hard time pinpointing and reaching out to organizations that provide information."

What Type Of Information Do You Think Needs To Be More Accessible?

"1. The type of services and how to access those services. 2. Community events (arts, entertainment, sports, etc.). 3. Situations relating to crime and personal safety. 4. Need to know and good to know telephone numbers."

"Anything and everything that may pertain to seniors and their options to live, survive, and thrive in Orlando."



"The senior centers are fantastic & should be promoted more. My mother is 94 & I find the systems for getting help for her are very fragmented. You can't go to one place & get all the info you need, & and the different places tell you different things..."

"There is a generation that still likes tangible reading material, such as mail and newspaper delivery. Teaching seniors about using smartphones and how to use Uber/Lyft or grocery delivery may be useful in the event they need immediate assistance."



Summary of Age-Friendly Community Livability Survey Results

General Respondent Comments:

"There are not enough places for socialization for older adults, Downtown caters to 20-somethings. As a former NYer (city), and a often visitor I noticed a big difference between the two cities. My friends and I socialize a lot but often we end up at home because there aren't enough places for us to feel comfortable. Orlando caters to young broke people!"

"We need more sidewalks, on both sides of collector streets, in better condition, with ramps facing the direction of travel – not dumping wheelchair users at an angle into the intersection. Better enforcement of crosswalks. More favorable ped signals (always on with green + lead phases)."

"I am so impressed that you are putting a focus on this specific topic. I actually owned and worked in senior home healthcare for the last 15 years...my frustration for the truly "elderly" seniors was multifaceted...I saw many people not having transportation to and from appointments and very few resources for some of them to use...for those who cannot afford in-home help, they are very "trapped", particularly those who do not qualify for Medicaid. Thank you for asking and for caring!"

"I think there's room for improvement. In many instances, Orlando has a fairly significant population of seniors because retirees have themselves chose to remain here – not because Orlando has made a concerted effort to have/keep them here. Whereas seniors share many of the same challenges as other citizens (e.g., transportation, parking), they also have challenges that warrant a focused approach from the city."

"Orlando is beautiful and becoming more and more vibrant. Unfortunately, I think the elderly are being left behind...Orlando needs to lead the way in innovative changes that include taking care of the elderly by implementing programs that will ensure that the aged population can be monitored and can receive the care they need in order to live a healthy, vibrant life."

"I feel that the idea of what a 45+ person is in today's age must change & that's where you need to start. Today's aging population is not our grandmothers/grandfathers of yesterday. We are much more active, technologically included, modern, open-minded, socially connected, healthy & look much younger. Keep that in mind!!"

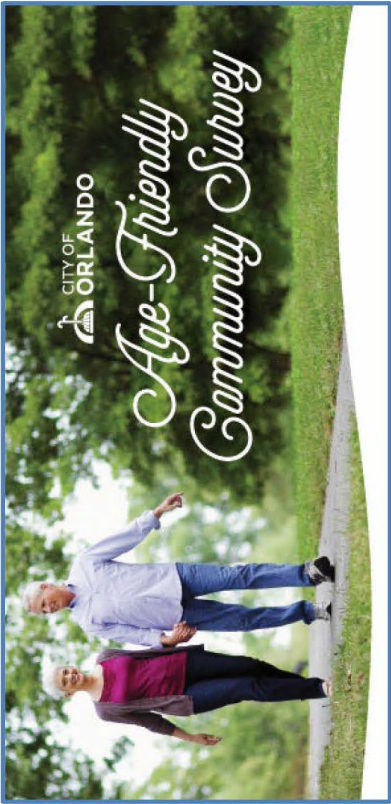
"We've only been residents for a few weeks. So far I'm very impressed with Orlando. Please do something about your HOT summers. Don't think I'm ready for that."

"I love Orlando and have been here my whole life. I've seen our city grow into a great place to be."



Summary of Age-Friendly Community Livability Survey Results

Please visit our Livable Orlando: An Age-Friendly Initiative Website
<https://www.orlando.gov/Community-Programs-Events/AARP-Age-Friendly-Community>



APPENDIX C

Community Engagement Timeline

Appendix C
Community Engagement Timeline
(June 16, 2022)

Event	Date	Objective
LIFE at UCF Downtown Lecture – Dr. Judith Levin, UCF College of Community Innovation & Education	October 24, 2019	LIFE stands for Learning Institute for Elders (50+). Lecture Topic: “Community Engagement... Building Relationships for Social Benefits & Outcomes”. Networking opportunity ahead of press conference/kickoff event.
Press Conference with Mayor Dyer, AARP Florida Reps, Florida Department of Elder Affairs	October 28, 2019	Announced Certification of Orlando by AARP, name change for Mayor’s Committee on Livability and Healthy Aging, and two-year Action Plan process including launch of on-line Age-Friendly Community Survey.
On-Line Survey Runs on Various Digital Platforms <ul style="list-style-type: none"> ▪ Social Media including City Facebook, Mayor Facebook, Twitter, Nextdoor, LinkedIn (business), Orlando Main Streets Facebook ▪ City Newsletter ▪ DDB Newsletter (March 16, 2020) & Business Communication (March 11, 2020) ▪ District Targeted email (Neighborhood Relations newsletter inclusion) ▪ HOA Meetings ▪ Commissioner Social Media ▪ Senior/Recreation/Community Centers (emails & in-person flyer drop-off) ▪ Media (community publications) ▪ Website 	October 28, 2019 through March 20, 2020	Purpose of survey: to obtain data on community livability with emphasis on aging population.
Coalition for Silver Solutions Silver Summit – Center for Health & Wellbeing in Winter Park	October 31, 2019	An initiative of AARP, Florida Healthcare Association, and LeadingAge Florida – policy discussion regarding long-term care & support for family caregivers. Networking opportunity.

Senior Resource Alliance (Area Agency on Aging) Open House	November 5, 2019	Networking opportunity, inform group of Orlando's Age-Friendly Initiative.
Coffee & Conversations with US Administrator & Assistant Secretary for Aging, Lance Robertson and State of Florida Secretary of Elder Affairs Richard Prudom	November 14, 2019	Senior Resource Alliance event sponsored by AARP, a community conversation regarding livable communities and senior's quality of life. Networking opportunity, and distributed survey flyers.
Mayor's Committee on Livability & Healthy Aging Meeting #1	November 20, 2019	Presentation (Paul Lewis): <ul style="list-style-type: none"> ▪ Setting the Stage – Background Data ▪ Summary of AARP Livability Index ▪ Livability/Age-Friendly Community Survey Update ▪ Outline of Action Plan ▪ Schedule/Timeline for the Action Plan Process ▪ Blue Zones Update
Creating Dementia Capable Communities: An Interactive Community Discussion	December 5, 2019	Alzheimer's Association event designed to engage key policy makers in Florida to prioritize dementia needs. Networking opportunity; distributed survey flyers.
Neighborhood Association Meetings – Flyer/Card with Survey Link	November 2019 – January 2020	Neighborhood Relations staff attended neighborhood association meetings and distributed survey flyer.
Mayor's Committee on Livability & Healthy Aging Meeting #2	January 22, 2020	Presentations: <ul style="list-style-type: none"> ▪ Preliminary Survey Results (Paul Lewis) ▪ Universal Design (Mary-Stewart Droege) ▪ Summary of Regional Affordable Housing Report and Orange County's Housing for All 10-Year Action Plan (Paul Lewis)
CNU Orlando – Rethinking the City (RTC)	January 28, 2020	Presentation regarding Livable Orlando: An Age-Friendly Initiative (Paul Lewis), including preliminary survey results, and opportunity for expert input. Location: Credo Conduit.
Paper Surveys at Recreation Centers, Senior Centers, and Senior Towers	Late January – February 2020	FPR staff worked with individuals to complete paper surveys, particularly people who don't have computer or smart phone access. 300 paper surveys were distributed to community/senior centers; with 201 being completed, and then data entered by staff.
Black History Month Reception	February 12, 2020	Opportunity to meet people and distribute survey flyers. AARP sponsored a table. Jerome Williams, AARP Volunteer Leader, heading up

		age-friendly topic locally, was at event as well. Location: Orlando City Hall
Vital Living Forum	February 19, 2020	Opportunity to speak to people in-between tapings and distribute survey flyers (about 30-40 people attended). Orange County Council on Aging & Orange TV taping of two 30-minute shows, "Differences within the LGBT+ Elder Community" and "Senior Safety: Perspectives from Law Enforcement". Location: Holden Heights Community Center
Motown Goes Gospel Senior Event – Dr. James R. Smith Neighborhood Center	February 20, 2020	While not a City-sponsored event, FPR's Joe Caesar coordinated with Promise Seeds Initiatives. Staff brought 400+ survey flyers to event, handing out about 60 to 70.
Future Ready Community Meetings (7)	Feb. 4, 2020 (D4) Feb. 26, 2020 (D1) Feb. 27, 2020 (D1) March 3, 2020 (D5) March 4, 2020 (D3) March 5, 2020 (D6) March 12, 2020 (D2)	Opportunity to distribute survey flyers. D1 as part of Community Information Fairs (Future Ready part of meeting) at Conway United Methodist Church & Dockside Lake Nona (surveys distributed by Diane Wilhelm). Other CC District Locations: Various community centers.
What's Up Downtown: Parramore Past, Present, and Future	March 5, 2020	Opportunity to distribute survey flyers.
Mayor's City Academy – EDV Week	March 5, 2020	Opportunity to distribute survey flyers (70 attendees).
Orange County Commission on Aging's Community Partnerships Committee – Guardian Care Day Healthcare Center for Seniors	March 6, 2020	COA's meeting, presentation by Cybercrime Support Network on "Cybercrime Trends and Tools". Opportunity to distribute survey flyer.
Mayor's Neighborhood & Community Summit	March 7, 2020	Had table at Saturday event with 330 attendees. This was the last opportunity for the survey prior to the COVID-19 interruption.
Mayor's Committee on Livability & Healthy Aging - Cancelled Meeting(s)	March 25, 2020 May 27, 2020 July 22, 2020 September 23, 2020 November 18, 2020 January 27, 2021	COVID-19 PAUSE Action Plan process paused due to closure of Orlando City Hall and senior centers to the public. Letter from Mayor Dyer sent to Committee Members on December 14, 2020 explaining that process would be re-started during the 1 st quarter of 2021.

Age-Friendly Cities, Parks, and Public Spaces: The 8 80 Lens Webinar Series – Parts 1 & 2	October 5, 2020 October 28, 2020	Sponsored by AARP Florida, and led by 8 80 Cities, first of two training/capacity-building webinars to explore ways to enhance Orlando’s parks & public spaces as age-friendly destinations. <i>Invitees: City staff & Mayor’s Committee on Livability & Healthy Aging.</i>
Mayor’s Committee on Livability & Healthy Aging Meeting #3 - RESTART	March 24, 2021	Presentations (Paul Lewis): <ul style="list-style-type: none"> ▪ Age-Friendly Community Survey Results ▪ Revised Action Plan schedule
AIA Orlando’s Equity, Diversity and Inclusion (EDI) Working Group – Continuing Education	April 22, 2021	Panelist for lunchtime session “Building an Equitable Firm: Age Friendly Environments and Work Spaces” (Paul Lewis; overview of Orlando’s initiative and livability survey results)
Mayor’s Committee on Livability & Healthy Aging Meeting #4	May 26, 2021	Presentation: <ul style="list-style-type: none"> ▪ Transportation Initiatives: Complete Streets (Gus Castro) and Vision Zero (Laura Hardwicke)
Words & Wisdom Poetry Contest Opens	August 23, 2021	Contest open for three months from late August to early November, with winners (chosen by Orlando’s new Poet Laureate) announced prior to Thanksgiving
Mayor’s Committee on Livability & Healthy Aging Meeting #5 (ZOOM)	August 25, 2021	<p>Presentation/Focus Group:</p> <ul style="list-style-type: none"> ▪ Parks Master Plan/Age-Friendly Focus Group Discussion <p>Updates:</p> <ul style="list-style-type: none"> ▪ Adaptive Scooters RFP ▪ AARP Community Challenge Grant 2021 – Tables of Connection ▪ Words & Wisdom Poetry Contest
Community Meetings – Tables of Connection	August 30, 2021 September 2, 2021	Two community meetings to describe the age-friendly and future-ready work, and to provide details on the AARP Community Challenge Grant project (at Dr. Smith Neighborhood Center – D6, and Northwest Community Center – D5).
Municipal Planning Board Presentation in Initiative & Survey Results	September 21, 2021	Provided overview of initiative and survey results.
Mayor’s Committee on Livability & Healthy Aging Meeting #6 (ZOOM)	September 22, 2021	Presentation: <ul style="list-style-type: none"> ▪ Future Ready Master Plan: Implications for Age-Friendly Initiative (Michael Hess)
AARP Sharing Symposium	September 30, 2021	Presentation on age-friendly initiative with emphasis on resiliency (Paul).

Mayor's Committee on Livability & Healthy Aging Meeting #7 (ZOOM)	November 17, 2021	Partner Presentation: SELF – Financing Programs For Aging in Place (SolarEnergyLoanFund.org) Work Session: <ul style="list-style-type: none"> ▪ Review of Outline and Sneak Preview of Introduction and Our Process Chapters
Words & Wisdom Poetry Contest Complete	December 3, 2021	Contest closed on 11.19.21; Winners announced on 12.3.21.
LIFE Information for Elders Series (Monthly Series)	December 16, 2021	Livable, Age-Friendly Communities: An Interactive Discussion – Orlando Public Library – webinar; group discussion with AARP Florida's Ingrid Collins and Paul Lewis.
Mayor's Committee on Livability & Healthy Aging Meeting #8 (ZOOM)	January 26, 2022	Work Session: <ul style="list-style-type: none"> ▪ Election of Officers for 2022 ▪ Discussion regarding Age-Friendly Action Plan Progress, 8 Domains of Livability Committee Member Interest, and Words & Wisdom Poetry Contest
AARP CFL Livable Communities Lunch & Learn	February 8, 2022	Presentation regarding 2021 AARP Community Challenge Grant – Tables of Connection project
AARP Community Challenge Grant – Tables of Connection Related Events	February 10 and 12, 2022	Events at Willows Park and Prince Hall Park with Commissioners, artists, and OPD.
Mayor's Committee on Livability & Healthy Aging Meeting #9 (ZOOM)	February 23, 2022	Preliminary review of Action Plan Outline, Introduction, and Our Process Chapters
Mayor's Committee on Livability & Healthy Aging Meeting #10 (ZOOM)	March 23, 2022	Preliminary review of Creating an Age-Friendly Built Environment Chapter
Mayor's Committee on Livability & Healthy Aging Meeting #11	April 27, 2022	Preliminary review of Creating an Age-Friendly Social Environment Chapter
Mayor's Committee on Livability & Healthy Aging Meeting #12	May 25, 2022	Preliminary review of Entire Action Plan
Mayor's Committee on Livability & Healthy Aging Meeting #13	June 22, 2022	Final review of Action Plan and authorization to transmit to Mayor and City Council
Municipal Planning Board Presentation	July 19, 2022	Overview of Action Plan
City Council Workshop	August 15, 2022	CC Workshop Presentation of Draft Action Plan
City Council Hearing	September 12, 2022	Acceptance/Approval of Action Plan

Plan Transmittal	Mid-to-late September 2022	Action Plan forwarded to AARP and World Health Organization
Celebration Event	October 2022	

APPENDIX D
Summary of
Words and Wisdom Poetry Contest Summary



Words and Wisdom Edition

To create a fresh approach to our community engagement strategy for the Livable Orlando: An Age-Friendly Initiative, and to have some fun, we worked with the Mayor’s Office to transform our quarterly Words and Wonders poetry contest with the theme “Words and Wisdom”. The contest webpage invited people to *“share their experiences with wisdom, a rare and often hard-earned quality to be treasured. Where do you find wisdom, and what wisdom would you offer to others? A poem can spring from moments of regret, epiphany, humorous wit, or sincere advice to a younger generation; it can tell a story through which lessons are learned, or a major insight breaks through daily life to change everything. Wisdom can come from a great-grandparent or the innocent observations of a three-year-old, so new to the world.”*

The contest opened on August 23, 2021 and closed on November 19, 2021. Winners were selected by Orlando's Poet Laureate – Shawn Welcome, and announced during the week of December 3, 2021 on the City's website and social media channels. Dozens of submissions were received from Orlando's amazing poetic voices, with poets ranging in age from 16 to 73. Following are the poems received.



Shawn Welcome is a long time Orlando resident and University of Central Florida graduate. He has been highly involved in the Orlando community, including facilitating poetic expression since 2006 through "Diverse Word," a weekly poetry night he launched that features local literary artists from across Central Florida.

1st Place

“Wisdumb” by Kaitlyn D. Neely
(College Park – Orlando; 24 years old)

I once knew a girl named Wisdom; she was constantly involved in strife.
She was a pleasant person when she wasn't trying to be right.
She often spoke over others, enforcing her thoughts and beliefs.
Her voice a bellowing bullhorn subduing anyone that peeped.
Her tyranny knew no bounds, no one dared to disagree.
Any critiques were disregarded because, “I have a PhD.”
Many are similar to Wisdom, imposing their views like so,
their intellect always prompting self-conceit to rise like dough.
Thus, I've come to this conclusion, my empirical rule of thumb:
Wis'dom' may require knowledge, but it also ends with 'dumb.'



Kaitlyn Neely is a recent law graduate of FAMU and a graduate of UCF. She has been an avid member of the Orlando community for over six years and enjoys spending her free time writing poetry, singing karaoke, and volunteering within the community. She hopes to one day boast of her own collection of published literary works, but in the meantime, strives to integrate herself within Orlando's legal scene to assist those in the community.

2nd Place

“Playground Science” by Andrew Jarvis
(Orange County, FL; 39 years old)

A colony under convex, it caves
in relentless sun, intolerable

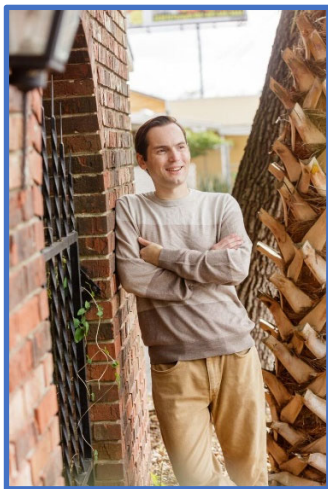
cruelty, magnified, kinetic.
For a boy in scientific body,

an optical engineer, he studies
electromagnetic radiation

in his execution experiment.
Ants become illicit in yellow heat,

cremating their black away, spotlighted.
Pensive, he pauses, wondering why light

can be so hostile, yet wonderful
in burning, ionic enlightenment.



*Andrew Jarvis is the author of **Landslide**, **Blood Moon**, and **Sojourners**. His poems have appeared in **Cottonwood**, **Measure**, **Valparaiso Poetry Review**, and several others. He holds high honors from the **Nautilus**, **INDIE Book of the Year**, and **NextGen Indie Book Awards**. Andrew is a naturalist and draws inspiration from natural, cultural, and anthropological history. He holds an M.A. in Writing from Johns Hopkins University and has been writing poetry for more than 20 years. Andrew lives near a lake in Orlando where alligators invade his backyard.*

3rd Place

“Hunger” by Lissa Pompos Mansfield

(Audubon Park – Orlando; 31 years old)

On the drive to school, mom turns down the volume of the radio.

She tells me a story. Grief sits at the base of her throat.

Her words are measured, heavy, and full: of meaning, memory, and regret.

I shrink in my seat and whisper “Why are you telling me this?”

She sighs and shimmies, straightens up to her full height. “Learn from my mistakes so you don’t make the same ones.”

I digest this. She has portioned out her pain into bite-sized bits. She lays the lessons before me, each an offering.

My mind is sated, but my belly growls.

I have not yet tasted risk. My throat thirsts for experience. My eyes crave freedom.

Years later, I will tell my daughter of my own failures, mistakes, regrets.

I will repeat my mother’s words and add my own offering: I am not wise, but I am listening. I am not wise, but I am learning.



Lissa Pompos Mansfield (she/her) is a wife, mother, steward of a Little Free Diverse Library, and Associate Instructor in the Department of Writing and Rhetoric at UCF.

4th Place

“The Wisdom of Innocence” by Lynda Hope Swenk
(College Park – Orlando; 73 years old)

He giggled, the two-year-old toying with water,
Engaging me with eyes full of innocent wonder.
I am here and now, immersed in his laughter;
Gazing into his soul his presence I ponder.
They say wisdom comes with age.
Time and experience are the tutors.
Yet here a two-year-old has me engaged.
Water and laughter are the lures
That magnetically draw me into the Infinite,
Calming me and exciting me all at one time.
I hear, I see, I perceive as I sit
With a wise toddler wordlessly teaching me in my prime.



Lynda Hope Swenk is a retired teacher. She taught art in Central Florida to kindergarteners through twelfth graders for twenty eight years, both in public and private schools. After retiring, she joined the writing group at St. Margaret Mary’s Church. In addition to her love of art, she has enjoyed writing since 6th grade when her first story was published in the school newspaper.

5th Place

“Untitled” By Isabelle Legros
(Coconut Creek, FL; 17 years old)

Wake up, a new day.
A step closer to wasting away.
Go to work, with your life you pay.
Just to buy materialistic things.
Close your eyes, go to sleep.
In the morning you'll be back on your feet.
What is life, but consistent repeat?
Stuck in a cycle until you're six feet deep.



#

Isabelle Legros is a 17 year old senior in high school. She wanted to write this poem to express something she feels strongly about and she hopes to one day be a writer.

Additional Entries (in the order they were received)

“WISDOM” by Bill Stevens

(College Park – Orlando; 60 years old)

Wise as an owl.
Innocent in every way.
Subtle are the spoken words.
Detailed road map of life.
Often ignored at first.
Mother always knows what to say.

“Write the Words You Need to Hear” by Emily Rose Miller

(Millenia – Orlando; 23 years old)

I am capable of living my life.
The fear that cripples me now
will not hold me down forever.
The world is not out to get me
(no matter how much it may seem that way.)
Growing up will bring happy opportunities.
Life will be good
and although the thought of tomorrow
is one that sends a jolting shot
of fear through me, no matter what,
I will be alright.

“Life Lessons” by Lissa Pompos Mansfield

(Audubon Park – Orlando; 31 years old)

It begins as something new: a blank page, a first kiss, an inch of unblemished skin.
It ends remarkably changed: a memoir, a broken heart, a scar.
We etch our lessons onto every surface we touch: the walls of our bedroom, the bark of a tree,
the skin of our wrist.
Each word, a promise. Each image, an insight. Each tattoo, a memory.
We start with questions and possibilities. We end without answers, but wisdom.

“Q&A” by Lissa Pompos Mansfield

(Audubon Park – Orlando; 31 years old)

In those days of sticky jam hands, diaper changes, and sleepless nights, you asked me simple questions: What is this? Where is that? When will we?

I replied: This is life, Right Here, Right Now.

Now that you’ve grown, you ask me: Who am I? How do I? Why is that?

I answer: I don’t know, I don’t know, I don’t know.

“Middle Age” by Lissa Pompos Mansfield

(Audubon Park – Orlando; 31 years old)

We say, “We’re in the messy middle; we’re figuring it out.”

We stand at the edge of a pit we have dug ourselves and scream into the void.

We excavate our pasts and turn each moment over in our hands.

We assemble our tools: the glasses of hindsight, the brushes of truth, the maps of well-intentioned plans.

We call our parents. We scour library shelves. We consult the experts: those who have lived.

“Ring of Truth” by Lissa Pompos Mansfield

(Audubon Park – Orlando; 31 years old)

I learn the most from things with many rings.

From trees: how to bend without breaking.

From circus tents: how to juggle and balance.

From racetracks: how to pace and persevere.

From divorcées: how to love and lose and love again.

“Mother Knows Best” by Lissa Pompos Mansfield

(Audubon Park – Orlando; 31 years old)

Now that I’ve snuggled the babe to my chest,

Kissed the scrapes and bruises,

Raked the Cheerios out of car seats,

And cried myself to sleep out of exhaustion, joy, and fear, I call her.

I stare at the tiny fist curled around my finger, the almond eyes closed in sleep.

In a practiced whisper, I confess: “Mom, you were right. About all of it.”

Maybe it’s the phantom umbilical cord that connects us, but I sense her smile across the miles.

“Did you hear me, Mom? You were right.”

Through the line, I hear her laugh.

“Untitled” by Lisa Acuna
(Winter Park, FL; 45 years old)

If I could write a letter to my younger self,
It would say,
Believe in love and don't run unbidden from it.
Embrace it, seek it, and let it sustain you;
It is the most important thing above all else.
An elusive thing, yet,
Priceless, fragile, and worth it.
And if you must wait for it, then wait.
It will come.

“The Wanderer” by Lynn Albanese
(Clermont, FL; 60 years old)

What is it
I am searching for
Behind painted doors
 and bared windows
What is it
That pushes me on
 to travel far and distant lands
To peek through palmed court yards
To search for desert sands
A stone fountain
 a church steeple
 an old hotel
 ancient people
A faded scarf
 to wrap around me
 and take me back to dreams
Or are they memories?
Is it me I'm searching for?
Or the me I once was
 somewhere
 long before

“Untitled” by Lynn Albanese
(Clermont, FL; 60 years old)

A poem unwritten
 a song unsung
An empty canvas
 dreams undone
A sky so big
 so full of wonder
I tilt my head back to look up
 and close my eyes
 as I breath in the air
Or words unspoken

“Untitled” by Lynn Albanese
(Clermont, FL; 60 years old)

Is it me or fate
 that brings magic to my life
Time has no knowledge
 of when to create
 the perfect moment
 but it does

“Untitled” by Lynn Albanese
(Clermont, FL; 60 years old)

Sunlight
 through lace curtains
Wooden walls
 conceal the wind
A setting once so perfect
Now a relic
 that time has forgot
But not
 for me
 to imagine

“Listen” by Karl Wielecki
(Orange County, FL; 45 years old)

When I was a lad of three
Grandpa sat me on his knee.
Though I have forgotten much
(He said this, that, such and such)
Some advice stuck in my mind:
“Grow up tolerant and kind,
Open doors and pull out chairs,
Don’t leave marbles on the stairs.”
Two and forty years beyond
What still lingers in my mind
--More than just his bony knee--
Is aged wisdom guiding me.

“Untitled” by Sophie Katz
(Kissimmee, FL; 26 years old)

My momma says that when she told me
What *mastectomy* would do
(since I was nine and didn’t know what cancer was)
I told her
It’s okay
It’s okay, momma
It’s okay if you lose your soft parts
‘cause I can still put my head on your belly
I was nine
Or maybe ten
But it seemed I knew already, then,
What growing up with scars to see, and her alive, would teach me

“Untitled” by Marlene J. Murphy
(Winter Springs, FL; 67 years old)

I wish I had listened better when I was young
Instead of trying to have too much fun.
I wish I had studied more history books
Because I never dreamed I would travel so much!
I wish I had talked to my grandparents more
& learned about their life before

I hope & pray that someday my grandkids will feel the same way...
Because I am trying very hard to let them know me
& share with them some Words of Wisdom I have for them.

“Insight from The Unjaded” by Georgiana Atkins Havill

(Winter Park, FL; 76 years old)

“Just because you’re good at something
doesn’t mean you have to keep doing it.”
A blithe spirit was twenty, and quitting, art school.
Startled, parental worry, what remained for her?
Plenty, apparently, as she explored
a journey of heart and head.
A thousand days later, she marched,
degree in hand, in psychology.
Over the years: Marriage. Children.
A master’s in social work.
Her gifts and wits and creativity
aid the souls she’s counseling.

“I Think It Ended Right When It Needed To” by Mea Monique

(East Park – Orlando; 22 years old)

I think the lessons were learned and the happiness was earned

But I know you’ll try to figure out the moment when the disconnect occurred
You’ll think there is a possibility that the relationship can re-emerge

I know you’ll have moments at random parts of the day where you miss them
Where you think about the moments the inside jokes were born
Where you’ll look at old photos and reminisce on the bond you both formed

But if the bond was meant to be then it would
Find peace in the fact that your souls crossed path for a moment in this lifetime

Remember you have yet to meet all the people destined to love you
This ending may have been what was needed to start a new beginning
So maybe...just maybe... it ended right when it needed to

“Ingredients for a Happy Marriage” by Elaine Person
(Rosemont – Orlando; 71 years old)

In our lifetimes, we will form some friendships that are true,
but the closest one of all is what I wish for you.
When you forge a life together with someone you’re fond of,
you spend your time together in a brilliant bond called love.

Bring each other happiness, listen, and be clear.
Honor one another throughout every year.
Take time to communicate; always do your best.
Nourish one another, and when you're tired, rest.

Spice up your relationship with ingredients galore,
and when you think you ought to stop, go for even more!
Commit to joyfulness and peace with smiles and hugs and laughter.
A happy marriage to you both with love forever after.

“Untitled” by Traci L. Neal
(Columbia, SC; 32 years old)

Words reach hearts and heal hurts.
Wisdom releases liberty to live in harmony.
Words need the love of wisdom.
Wisdom opens minds through words.
The two must be together.
With words and wisdom, the world worries less.
Where would we be without words?
How could we decide without wisdom?
Time tempts many into treachery.
Words will change humanity.
Wisdom will sustain humanity.
Let words and wisdom drive us to thrive!

“Untitled” by Wendy Rives
(Orange County, FL; 29 years old)

I'd rather not be wise
For wisdom's price is too high
To justify these lines wearying my eyes
I feel the staggering rhythm of hard experience in my veins
See friction along fault-lines on the globe day-to-day
As I fight for breath, withering under the mark of an invisible stain
I was meant to write, not be written upon
We were meant to fly, free
Not be trapped underground in lockdown
Yet experience teaches, and stretches us taut
We hide to live, and live to learn that together alone
Saves our hearts, for love lives on

“The Process” by Nicole Bird
(Oviedo, FL; 36 years old)

We're all fumbling in the dark
hoping we find a hand
instead of a spike
another sting, another lesson
another reminder that we always bleed,
if we're lucky it's not too much
just a papercut rather than a gash
a cautionary tale and not the message
we pass down through the ages
so somewhere down the line we can stop flailing
and start learning with enough humility
to transform it into wisdom.

“Two-Sided Eyes” by Bailey George
(Orange County, FL; 16 years old)

Oh, I wish my eyes were two sided –
So I could watch my back while admiring my future.
Learn lessons while living –
Instead of living for the lessons.

But may I say that I do have two sided eyes.
As long as I listen to those that come before.
History will no longer repeat –
For centuries upon time.

My two-sided eyes are half mine and half the ghosts of history
A shadowy whisper of advice –
Carried around by the ticking of time,
This will forever be mine – with my two-sided eyes.

“The Respect U Seek Today” by Richard Jerome Morgan, Jr.
(Orlando, FL; 52 years old)

I have been alive for many years
Many have chased me away because of fear
Some keep me alive in their heart
Others have washed me away with tears
I am The Respect U Seek Today

I move through the night like a shadow
To some I exist, to others I don't
Will you catch me, some of you won't
I am The Respect U Seek Today

When you do find me, please don't be content
You see, I am TRUST
The Respect U Seek Today!!!

“When the Spinning Stopped” by Mark Andrew James Terry
(Lake Copeland – Orlando; 68 years old)

You said, I gives ya my affa-davy. You were true to that
in everything, and I said, it's not that your story isn't true,
it's that what is true isn't your story. It's about
adventuring every moment your breath will allow;
challenging prevalence, and the rote way to go;
enhancing the lives our paths touch, one by one;
fighting for the ground that's worth defending;
and, braving harshness and adversity with resolve.

Then I said, you and I are heads 'n tails of the same coin,
spinning through time. And you said, my spinning's done
brother. It's just you now. Whatchagonnado 'bout that?

“Resonates with age” by Khaliah Elliott

(Orange County, FL; 29 years old)

Make eye contact, say please and thank you, nothing in life is free, my parents reverberated
with great emphasis as if these guidelines were essential to an efficacious life.

Get good grades, go to college, be anything you want to be, my teachers reiterated throughout
the years, but failed to mention Sally Mae and Freddie Mac are relentless and my \$50,000 piece
of paper is an overpriced ticket of opportunity.

Teamwork makes the dream work, “if you’re on time you’re late!, you’ll ride the bench until
you can fix that attitude!” My 11th grade volleyball coach sternly yelled, and years later as I
coach, I yell the same.

It’s not you it’s me, you deserve better, my exes uttered time and time again. Young me naively
thinking the world would end, but after every storm there’s a rainbow and in that rainbow, I
met my wife.

Happiness comes from within, you can’t please everyone, what’s meant to be will be. These
lessons are learned and passed down to generations, but this understanding immerses itself in
the subconscious until its ready take center stage.

Parents, notable teachers, influential coaches, past loves all gave birth to wisdom that gifts
itself in unhurried clarity, a knowledge that solely resonates with age.

“Mom’s Wisdom – an Etheree” by Peter M. Gordon

(Bryn Mawr – Orlando; 62 years old)

Mom
always
told me to
make sure I showed
up to all my friends’
celebrations. Weddings,
birthday parties, bar-mitzvahs,
because, she said, you will make sure
you go to their funerals. I laughed,
but as I lived life I learned - she was right.

“It’s Wisdom. Get It” by Ned Simonson
(Orwin Manor – Orlando; 56 years old)

No, I don’t get wisdom

Is it a Baby Yoda bumper sticker
on a tangerine orange Range Rover?

How about that barred owl who
nests in the rafters at the Home Depot?

Those tardigrades partying
along the lichen on the pool deck”

What do they know that I don’t?

Wherever it is
I must have overslept
the day the maps were passed out

leaving me seeking sagacity
in the rainbow sprinkles
of this delicious unicorn donut.

“The Body Wears Its Wisdom” by Teresa TL Bruce
(College Park – Orlando; 55 years old)

Bare velvet, pristine instincts
—gasp, cry, suck, grasp
Stretch-knit, fresh-scraped impulses
—crawl, climb, walk, grab, rant
Frayed denim quicksilver shifts
—dare, defy, run, reach, learn, try
Sun-weathered leather tethers
—work, drive, earn, test, pay, nest, raise
Permanent press suits, creases
—endure, aspire, excel, accept, retire
Fade-crinkled crepe woolgathers
—advise, exhale, enjoy, unclasp, revise

“The Knowledge of Wisdom” by Diane Neff

(Longwood, FL; 67 years old)

This is what I know about wisdom:
That a tomato is a fruit, but it doesn't
Belong in a salad with bananas and grapes.
It's about how we apply knowledge,
And which data we choose. Maybe
That tomato is just a trigger for a laugh,
A random thought, a question,
Or maybe it makes us redefine what we mean.
What is wisdom, besides the history of events
Interpreted through our eyes?
What is life, beyond how we live it?
What is wisdom, and how do we know it?

“Grandma’s Tales” by Cheyanne

(North Quarter – Orlando; 25 years old)

Taught that innocence stays only a while
Before an inevitable thief steals that faultless nature of the child.
A silver haired woman, young at heart and fierce in word,
Says she's seen too much to sugar coat. Her ears, too, have heard
Tongues tell more stories than her head can hold.
I listen, even when I've heard before.

Between abandonment, losing a child, lovers with bad intentions,
Having known love and joy that ended with anger and resentment,
She was taught how painful life can be.
She teaches it to me.
Now aware that forgetting with time is a fallacy of the mind,
I recite her wisdom like nursery rhymes.