



**NEWS COLUMN – Area Agency on Aging District 7, Inc.**

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**May is Older Americans Month!**

**Pamela K. Matura, Executive Director, Area Agency on Aging District 7**

**May 2015 Monthly Column**



May is a pretty special time of the year at our Agency – it’s Older Americans Month! It’s a time to celebrate the wonderful contributions given by so many older Ohioans in our communities and express our gratitude for their years of positive influence and dedication to their families, friends and neighbors.

This year’s theme for the month, set by the Ohio Department of Aging, is *“Well Beyond 60!”* During this month, we join with our providers, local senior centers, and other important partners in the aging network, in recognizing older adults and the people who serve and support them as powerful and vital citizens who greatly contribute to our communities. This year’s *“Well Beyond 60!”* theme focuses around three specific areas:

1. **Take control of your health** – Use the Healthy U initiative to learn strategies to actively manage your health and care, especially if you are among the three out of four older adults living with at least one chronic condition, such as diabetes or heart disease. Our Agency is happy to offer Healthy U chronic disease self-management classes throughout our counties. Call us at 1-800-582-7277 to learn more.
2. **Take control of your safety** - One in three older adults will fall this year. Use the STEADY U Ohio initiative to recognize that falls are not a normal part of aging and that most falls can be prevented with minor changes to your home, health and habits. Call our office to learn more about our Matter of Balance falls management program.
3. **Continue to grow, thrive and contribute** - Older adults who stay active through volunteering, working, learning and other activities see improved physical and mental health, according to the Corporation for National and Community Service. Call us to learn more about our Volunteer Ombudsman Program that serves as a voice for residents in long-term nursing facilities.

We at the Area Agency on Aging District 7 are certainly proud of the opportunities we have had to provide services, supports and resources to older Americans year-round. The services and programs we can provide give us the opportunity to promote happy and productive lives for seniors and those with disabilities, allowing them to remain safe and independent in their homes and communities. If you’d like to learn more about resources that are available for you or your loved one, please call our Resource Center toll-free at 1-800-582-7277.

So, a happy Older Americans Month to all! Please take the time this month to recognize seniors throughout our ten counties and be sure to thank them for their important role in our communities.

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