



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

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Contact: Jenni Dovyak - Lewis

F32-URG PO Box 500

Rio Grande, OH 45674

Phone: 1.800.582.7277, ext. 224

E-Mail: jdovyak@aaa7.org

Website: www.aaa7.org

May is Older Americans Month!

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

May 2017 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 “*Age Out Loud.*” 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.

Ohio has 2.5 million residents over the age of 60 and our 60-plus population is growing more than 20 times faster than our overall population! This year’s theme gives a new voice to aging – one that reflects what today’s older adults have to say about it. What it means “to age” has changed – and for the better! Our Agency is committed to supporting older adults as they take charge of their health, explore new opportunities and activities, and focus on independence. We can all support this by involving older adults in the redefinition of aging in our community; promoting home and community-based services that support independent living; encouraging older adults to speak up for themselves and others; and providing opportunities for older adults to share their experiences.

The Area Agency on Aging District 7 is here and available to help seniors in our community understand more about their long-term care options and resources. In addition, we provide other helpful services to assist surrounding caregiver support, wellness opportunities, Medicare information and questions, and more. Have a question and not sure where to start? Call our Resource Center and we can help guide you and provide more information about resources in your community.

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 adults 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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