



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

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May is Older Americans Month!

May 2019 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.

The 2019 theme, ***Connect, Create, Contribute***, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

The AAA7 has enjoyed meeting with our County Commission Boards throughout our district in celebration of this special month and proclamations have been signed to mark the occasion. You can see photos of the proclamation signings on our Agency Facebook page or on our website at www.aaa7.org under "About AAA7" and "News Releases".

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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