

# NEWS RELEASE

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## LAKE COUNTY COMMISSIONERS DECLARE MAY OLDER AMERICANS MONTH

PAINESVILLE, OH, May 26, 2022 – Lake County Commissioners declare May as Older Americans Month (OAM). Every May, the Administration for Community Living leads the celebration of OAM. This year's theme, *Age My Way*, focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

"We want to take a moment to honor the more than 63,000 Lake County senior residents who contribute their strength, wisdom, and experience to our community - as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more," said Commissioner John Hamercheck.

Just as every person is unique, so too is how they age and how they choose to do it – and there is no "right" way. While *Age My Way* will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

"Ensuring that older adults can remain involved and included in our communities for as long as possible benefits everyone," said Commissioner John Plecnik. "Lake County is fortunate to have real support for senior services through the Lake County Senior Services Levy, enabling older adults to thrive and remain independent as long as possible."

The Senior Services Levy supports vital programming such as senior center operations, home delivered and congregate meals, social work services, home repairs and modifications, Adult Protective Services, the Volunteer Guardian Program, and much, much more.

"Helping older adults maintain their independence and quality of life has been at the heart of our mission at the Lake County Council on Aging," said Joe Tomsick, Chief Executive Officer. "During this 50th anniversary year for the agency, we are proud of the support our staff, board and volunteers continue to provide in assisting Lake County seniors to 'age their way'."

For more information on services for older adults, contact the Board of Lake County Commissioners Senior Services Coordinator, Alyea Barajas, at (440) 350-2748 or the Lake County Council on Aging at (440) 205-8111.

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