



Board of Commissioners

PRESS RELEASE

lakecountyohio.gov

FOR IMMEDIATE RELEASE: May 18, 2023

County Contact: Jason W. Boyd
440.350.2745
jason.boyd@lakecountyohio.gov

Lake County Commissioners Proclaim May “Older Americans Month”

PAINESVILLE, Ohio, May 18, 2023– At today’s Commissioners’ Meeting, the Board proclaimed May 2023, “Older Americans Month” in Lake County. Every May, the Administration for Community Living leads the celebration of Older American Month (OAM). This year’s theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving their own paths as they age.

“We want to take a moment to honor the more than 69,000 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 Commission President John R. Hamercheck.

This May, the Board encourages Lake County to join as they recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some suggestions seniors can participate in “Aging Unbound”:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.



From the left: Senior Services Manager Alyea Barajas, Commissioner Plecnik, Council on Aging CEO Joe Tomsick, Commissioner Richard J. Regovich, Commissioner John R. Hamercheck.

- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

“Ensuring that older adults can remain involved and included in our communities 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.”

“We recognize the 60th anniversary of Older Americans Month and we encourage every resident to celebrate our older citizens, help to create an inclusive society, and accept the challenge of flexible thinking around aging,” said Commissioner Richard J. Regovich.

For more information on services for older adults, contact the Board of Lake County Commissioners Senior Services Manager, Alyea Barajas, at (440) 350-2748 or the Lake County Council on Aging at (440) 205-8111. Use #OlderAmericansMonth on social media to join the conversation.

###