

HEALTH and WELLNESS

MAY IS OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

“Connect, Create, Contribute”

Since Older Americans Month was launched in 1963, both the number and lifespans of older adults have increased dramatically. In 1963 there were 17 million individuals ages 65 and older. This year the number of individuals is estimated to be 48 million! During this time, we’ve learned how important staying active and engaged in the community is to health and well-being. This May, 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! We recognize that older adults play a key role in the vitality of our neighborhoods, networks and lives. It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. We can use this opportunity to learn how we can best support and learn from our community’s older members. No matter

where you are in life, there is no better time than now to start! **We encourage you to join us May 29th** as we celebrate our Older Americans at the Leeper Center, Farmington Fire Hall, with an old fashioned “Sock Hop!” It will be a day of fellowship, entertainment and good food! We will meet from 9:30 to 2:30. Call your nearest center to register!

2018 Property Tax/Rent Rebates

The Clarion Area Agency on Aging will be providing assistance for the rebate applications. Appointments will be on Wednesdays at the Aging office located at 16 Venture Lane. Call 814-226-4640 for an appointment!



We have counselors from the APPRISE program available if you need assistance or have any questions about insurance options.

****We will be participating in the **Farmers Market Voucher Program**. Be watching for more information! There are **NO** distributions **before June 1**.

Senior Wellness Council: Spring Event: Friday, May 10th, Zion Church.

SENIORS FOR SAFE DRIVING: May 16th – Clarion Main Street Center: 1pm. - 5pm. Receive a minimum 5% discount on your auto

insurance. There is a small fee. To register call: (800)559-4880 or go to: www.seniorsforsafedriving.com.

MAY is also MENTAL HEALTH AWARENESS MONTH

The theme this year expands on last year’s theme: “Fitness #4Mind4Body.” This year there is also a focus on Animal Companionship; Work-Life Balance; Spirituality and Religion; Humor and Social Connections and Recreation. For more information about Mental Health visit the Mental Health America website.

Spring is in the Air!

While we look forward to spring, it is also the season where breathing problems, like asthma, may flare up. With the start of spring, pollen from budding plants fill the air, causing many older adults to experience an asthma attack. Asthma is a chronic condition of the lungs that can affect people at any age. Common symptoms include shortness of breath, chest tightness, wheezing, coughing and increased mucous production. Some common triggers for asthma are mold, mildew, dust, air pollution, temperature extremes, pet hair, strenuous exercise, insect droppings, and certain foods. There is no cure for asthma, but it can be controlled with close medical management, an asthma action plan and asthma self-care skills.

Clarion Area Agency on Aging, Inc. is a United Way Agency*



