

FOR IMMEDIATE RELEASE
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Diane Cox
Executive Director

**Member
Governments**

COUNTIES

Franklin
Granville
Person
Vance
Warren

MUNICIPALITIES

Bunn
Butner
Creedmoor
Franklinton
Henderson
Kittrell
Louisburg
Macon
Middleburg
Norlina
Oxford
Roxboro
Stem
Stovall
Warrenton
Youngsville

Age Out Loud!
May is Older Americans Month

Henderson, NC - Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Since 1963, Older Americans Month (OAM), led by the Administration for Community Living, offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

"Kerr Tar Area Agency on Aging will use OAM 2017 to focus on how older adults in our community are redefining aging through work or family interests, by taking charge of their health and staying independent for as long as possible," says Jillian Hardin, Director, Kerr Tar AAA, "we will also use this opportunity to learn how we can best support and learn from our community's older members."

Throughout the month, Kerr Tar Area Agency on Aging (AAA) and partners will conduct activities promoting home and community-based services that support independent and healthy living. Our regional Senior Games will continue sporting events throughout the month encouraging seniors to stay fit while enjoying the company of peers. The Games will come to a close on May 18th with the SilverArts display and Awards Ceremony held at Oxford City Hall in Granville County.

Healthy Eating for Successful Living in Older Adults Workshops are scheduled for Tuesdays and Thursdays starting on May 23rd and 25th respectively. The program will be held at the Granville County Senior Center in Oxford and will focus on heart and bone healthy nutrition to maintain wellness and prevent chronic disease development or progression.

Person County Seniors will be happy to know that the Person County Center is moving to a new facility. An open house is planned for May 23rd from 4:00 p.m. - 6:00 p.m. with a Ribbon Cutting at 5:00 p.m. We encourage you to get involved by contacting your local senior centers to see what other activities are in your area.

Join us and ACL as we speak up for #OAM17 and #AgeOutLoud this May!

The Kerr Tar Area Agency on Aging leads and is involved in the efforts that provide for the development and enhancement of comprehensive and coordinated community based systems of services, opportunities, and protections for older adults which assist them in leading independent, meaningful and dignified lives in their own homes and communities for as long as possible. We serve five counties, Franklin, Granville, Person, Vance and Warren.

For more information about the Kerr Tar Area Agency on Aging, please call 252-436-2040.

Planning and Development for a Better Region K

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