

Older American's Month
Champions Choices for Independence

May 3, 2006
For Immediate Release

According to the U.S. Administration on Aging, American's aging population reached a turning point in 2006. One of the nation's largest generations, the baby boomers started turning 60, and they stand to make an enormous contribution to the rich character and wisdom older adults offer to all of us.

This May, we will once again celebrate Older Americans month. This year's theme, Choices for Independence, reflects the continued commitment of the U.S. Administration on Aging and the Area's Agency's on Aging to help our nation prepare for a larger aging population, and to bolster the efforts of baby boomers and older adults to achieve healthy aging. Independence for adults as they age relies on a balance of important elements: empowerment in consumer choice; healthy lifestyles that emphasize nutrition, physical activity, prevention and active participation in one's health care; and access to the tools necessary to make informed decisions. Combined these elements help all adults maintain the dignity they deserve, providing more opportunities to live longer independently to communities they cherish.

DID YOU KNOW?

According to the U.S. Administration on Aging:

- By the year 2030, the older population will more than double to about 71.5 million.
- Half of older women age 75+ live alone.
- Older men were much more likely to be married than older women.
- Persons reaching age 65 have an average life expectancy of an additional 18.1 years.

For programming and services in your area please call:

- St Joseph Commission on Aging
269-279-8083
- Branch-Hillsdale-St. Joseph Community Health Agency
517-279-9561 ext.135
- Hillsdale County Senior Services Center
517-437-2422