



Older Americans Month 2014
Safe Today. Healthy Tomorrow.

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is "**Safe Today. Healthy Tomorrow.**" The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

While [Branch-St. Joseph Area Agency on Aging IIIC](#) provides services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to provide specialized information and services around the important topic of injury prevention. This information will help older adults take control of their safety and live longer, healthier lives contact us by visiting our website www.bhsj.org/AAA or call (517) 278-2538.

To learn more and find ongoing opportunities to celebrate and support older Americans call us

anytime at (517) 278-2538 or toll free (888) 615-8009.