

## **May Is Older Americans Month 2015: “Get into the Act”**

Eldon Luce, Chair, Older Adult Advisory Commission

Older adult residents are a fast-growing, valuable and vital part of the Placer County community. Twenty-four percent (24%) of Placer County’s population, approximately 86,500 citizens, are 60 years of age and older and projections suggest that this population will continue to grow significantly through the year 2040.

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This year’s theme for Older Americans Month is ““Get into the Act.” The theme focuses on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

Older Americans Month offers an opportunity to emphasize how older adults can access the home and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

In recognition of this expanding segment of the Placer County community and their desire to remain independent, age with dignity, be in charge of their lives and their health, be engaged in their communities, and to make a positive impact in the lives of others, during Older Americans Month, Placer Health and Human Services, in conjunction with the Placer Older Adult Advisory Commission and community services providers plan to use this opportunity to raise awareness about the important contribution made by, and the issues and challenges facing, our aging residents. And, to urge every citizen to take time to “**Get into the Act**” this month by recognizing older adults, and the people who serve and support them, as powerful and vital citizens who greatly contribute to our community.

For more information on available older adult services and supports call: Senior Information and Assistance at (530) 889-9500 or 800-878-9222.

*The views expressed here are those of Mr. Eldon Luce, and do not necessarily represent those of the Commission or individual members.*

*It is the overall goal of the Placer Older Adult Advisory Commission to promote the well-being and to enhance the quality of life for older adults of Placer County by advising the Placer Department of Health and Human Services and the Placer County Board of Supervisors on issues affecting the lives of older adults. Meetings are held the 3<sup>rd</sup> Tuesday of the month at 1:00 PM. More information may be found online at:*

*<http://www.placer.ca.gov/Departments/hhs/adult/OlderAdultAdvisoryCommission.aspx>*

*or by calling the Public Authority at (530) 886-3680.*