



## Older Americans Month 2016: “Blaze a Trail”

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, “Blaze a Trail,” emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation’s economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60 to Fran Ryan who at 81 returned to Columbus City Council, older adults are blazing trails in all aspects of American life.

We encourage the use of Older Americans Month 2016 to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

Take the lead and inspire others!

### **Blaze a trail to Civic Engagement by working to make a difference in the lives of community members.**

- Volunteering helps improve physical and mental health and can lead to living longer. Volunteers report greater life satisfaction and a greater sense of purpose.

### **Blaze a trail to Reinvention by finding new inspiration in a second career, discovering new interests and pursuing dreams.**

- A second career keeps the mind active, provides social interaction and can be personally and financially rewarding.

### **Blaze a trail to Securing your Finances that you have worked a lifetime to acquire. Educate yourself on ways to avoid being a victim of financial exploitation.**

- Keep important financial documents, closely examine bills and statements for accuracy and do not share personal information. Create a plan for who will handle your legal and financial affairs if you aren't able to.

**Blaze a trail to Wellness because it's never too late to become more active or improve your lifestyle. Small changes can make a big difference, but check with your doctor before making major changes.**

- Keep your mind active, exercise with friends and eat healthy. Take a class, become more socially active and remember learning new things is a great way to exercise your brain.

**The Franklin County Office on Aging is offering older adults an opportunity to socialize while rooting for Columbus' home team! Join us Wednesday, June 8, 2016 to celebrate the 15<sup>th</sup> Anniversary of Franklin County Office on Aging Day with the Columbus Clippers!**

**Gates open at 11:00 a.m. and game time is 12:05 p.m. as the Columbus Clippers host the Indianapolis Indians. Special guest is Jake the Diamond Dog. Fans aged 60 and over attending the event will be treated to reduced ticket prices of just \$5.00 for reserved seats and \$3.00 for general admission, a boxed lunch and special door prizes. Tickets must be purchased in advance. Tickets may be obtained by mailing in the attached form to the Columbus Clippers or by calling (614) 462-5250.**