



*Sedgwick County...*  
*working for you*

SEDGWICK COUNTY, KANSAS  
COMMUNICATIONS

# NEWS

CONTACT: SEDGWICK COUNTY COMMUNICATIONS 316-660-9370 FAX: 316-383-7509

April 27, 2004

Contact: Kristi Zukovich  
316-660-9370

## **FOR IMMEDIATE RELEASE**

### **May is Older Americans' Month**

(Sedgwick County, Kansas) – Sedgwick County Department on Aging and the Central Plains Area Agency on Aging (CPAAA) will observe May as "Older Americans' Month."

The theme for this year is "Aging Well, Living Well." This theme was chosen to celebrate and recognize older Americans who are living longer, healthier, and more productive lives. Older persons are not only adding years to their lives, they are also improving the quality of their lives. In addition to achieving a healthier lifestyle, older persons must also take steps to prepare for later life. These steps include understanding housing and long-term care options; gaining financial literacy and knowledge of retirement pension and benefits; and seeking opportunities for community participation and social engagement, including access to employment, volunteer, educational and leisure activities.

A reception for Older Americans' Month will be held on May 26, 2 p.m. at Larkfield Place, 7373 E. 29<sup>th</sup> St. North, Wichita. At this reception, CPAAA will promote healthy living through a presentation by Ruth Bohlken, Director of Center for Physical Activity and Aging at Wichita State University. Older adults in Sedgwick, Harvey and Butler Counties will also be honored for their service on the aging advisory councils and aging service providers that promote healthy aging will also be recognized for their dedication to older adults in the tri-county area.

-end-