

# Aging News



A Monthly Publication of the Bluegrass Area Agency on Aging & Independent Living



May 2019 Edition

## *Upcoming Aging Events*

Embracing New Opportunities Conference  
Friday, May 17, 2019  
Northeast Christian Church  
990 Star Shoot Parkway  
Lexington, KY

11<sup>th</sup> Annual Mind Matters Health Summit  
Monday, May 20, 2019  
10 am – 2 pm  
Embassy Suites  
1801 Newtown Pike  
Lexington, KY  
FREE-No Registration Required

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Within 5 years**

**Older Americans Month 2019: Connect,  
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**Happenings Around the Region**

## *Hundreds Attend the Annual iknow expo*

Several hundred seniors from across the Bluegrass region gathered at the Lexington Senior Center on April 27 for the annual iknow expo. The event seeks to provide information, resources, and educational sessions on a large variety of topics related to aging and older adults.

This year's several dozen exhibitors included representatives from numerous assisted living and long-term care facilities, elder law attorneys, financial advisors, home modification specialists, personal property sales experts, and healthcare professionals.

Several BGAAAIL staff members were on hand to promote the agency's numerous programs and answer questions from attendees on topics such as caregiver support, senior health promotion programs, senior center services, and more.



## *National Healthcare Decisions Day recognizes the importance of advance care planning*

Dozens of seniors in the Bluegrass region attended the first National Healthcare Decisions Day (NHDD) summit at the Jessamine County Senior Center on April 24. NHDD seeks to inspire, educate and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage seniors to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be.

The event featured speakers from Bluegrass Elder Law and AARP on the topics of estate and advance care directives. BGAAAIL staff also provided seniors in attendance with the Five Wishes booklet, which serves as a legal advance care directive in Kentucky.



## Bluegrass Elder Abuse Prevention Conference Held on April 19

The 6<sup>th</sup> annual Bluegrass Elder Abuse Prevention Conference was held on April 19 at the Lexington Senior Center. BGAAAIL staff joined with senior advocates in Fayette and Jessamine Counties to plan and conduct the annual event featuring speakers and exhibitors on the important topic of elder abuse. Attendees heard from several presenters on the topics of senior scams, strength for safety, maintaining cognitive abilities, and personal protection.

Estimates indicate that 1 in 10 seniors will face at least one form of elder abuse each year including physical, emotional, sexual, financial, and abuse through passive neglect. Stay tuned to BGAAAIL publications on the topic of elder abuse ahead of World Elder Abuse Awareness Day on June 15.

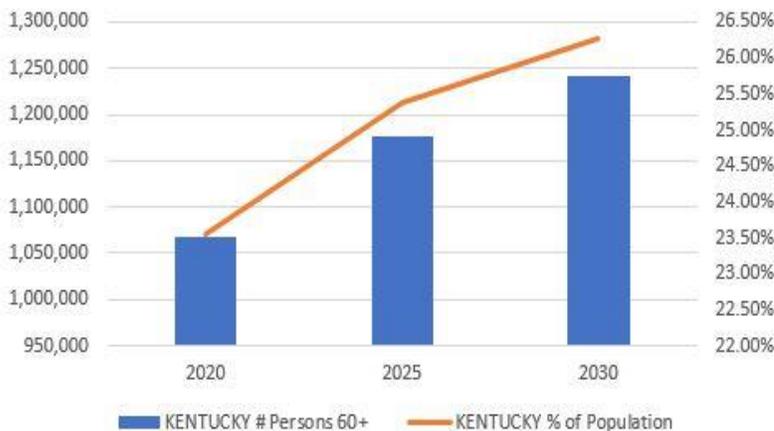


## 1 in 4 Kentuckians Will Be Age 60 or Older Within 5 Years

Recently released population projections for Kentucky indicate that individuals age 60 and over will comprise 25% of the state's population around the year 2024. This dramatic increase in the senior population will affect communities in a variety of ways as services, resources, and accommodations for an aging population will become even more crucial.

BGAAAIL will continue working with the many senior services agencies, non-profits, organizations, and governments in the Bluegrass region to leverage limited resources and explore innovative options for senior programs and services. As always, BGAAAIL welcomes the input of seniors, caregivers, officials, and other stakeholders as we prepare for the growth in the 60+ population in our region and state.

Kentucky Demographic Trends Age 60+



# OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

Each year, more and more older adults are making a positive impact in and around the Bluegrass region. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.

This year's OAM theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

BGAAAIL will celebrate OAM by promoting ways that community members of all ages can take part in helping the Bluegrass region thrive. We encourage you to:

**Connect:** Contact your local senior center, Chamber of Commerce, civic and non-profit organizations, church, or friends and family for volunteer and community engagement opportunities.

**Create:** Organize activities, write letters to your local newspaper, post on social media, or host a meal with friends and family to start conversations about community needs and ways to volunteer.

**Contribute:** Take action by volunteering in your community for a cause, organization, or effort that is important to you. You can make a difference!

## FROM THE DIRECTOR...

Hello,

Those pesky April showers have finally provided us with beautiful May flowers. Along with those beautiful flowers, May brings us numerous events and activities. May is Older Americans Month and we will be celebrating this occasion during our Aging Advisory Council meeting on May 8<sup>th</sup>. There will be celebrations occurring in each of our 17 counties throughout the month as well. We can't forget about our very important holidays in May: Derby Day, Cinco de Mayo, Mother's Day, Armed Forces Day and Memorial Day. I hope you are able to enjoy each of these days in your own special way.



Celeste Collins, BSW  
BGAAAIL Director

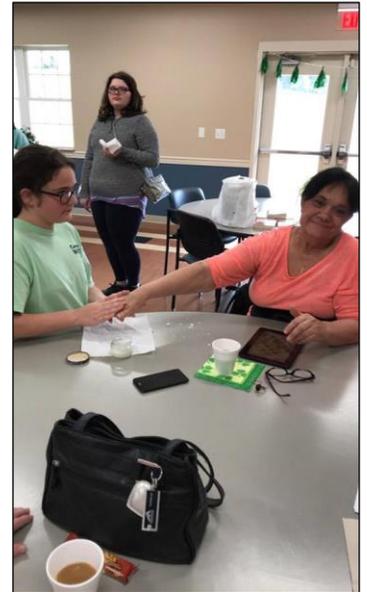
# Happenings Around The Region



State Rep. Mark Hart visits with seniors at the Harrison County Senior Center.



Seniors enjoying a game of Minute to Win It at the Scott County Senior Center.



Senior ladies enjoying salt scrubs and manicures at the Bourbon County Senior Center.



A delicious potluck meal at the Powell County Senior Center!



Seniors from the Lincoln County Senior Center enjoying an afternoon coffee outing.

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