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Aging Care Connections Presents “Aging Well Month”

Over Seventy Free Enrichment Programs for Older Adults in English and Spanish

LaGrange, IL— April 20, 2023 — In conjunction with the national Older Americans Month in May, Aging Care Connections (ACC) presents *Aging Well Month*, the annual celebration of older adults in the community. Through a collaboration with multiple business and community partners, ACC is offering more than seventy virtual and in-person workshops, including more than a dozen program in Spanish, throughout the month of May. Topics include health & wellness, life planning, history and the arts, safety, and fitness; the opportunities are plentiful, fun, open to everyone and free of charge.

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it. There is no one, right way to age. That’s why the theme for Older Americans Month 2023 is “Aging Unbound.”

“This is a particularly exciting *Aging Well Month*,” commented Desiree Scully, Aging Care Connections Executive Director. “The ‘Aging Unbound’ theme speaks directly to our mission to enhance the lives of older adults in our community. *Aging Well Month* is all about information. Information is a tool, and the more tools people have the better equipped they are to live their lives to the fullest. We’re especially drawn to the notion that aging unbound means eliminating barriers like ageism. Engagement and lifelong learning are keys to knocking out ageism. I’m so proud of the work our team has done to put together programming that we believe has something for everyone.”

While every person ages in their own unique way, there are common things each person can consider as they age:

- Planning: Thinking about future needs and wants, from home and community-based services to community activities of interest.
- Engagement: Remaining involved and contributing to the community through work, volunteer, and/or civic participation is important.
- Access: Maintaining a safe and accessible home is vital to healthy aging in place.
- Connection: Social activities and relationships help combat social isolation and help maintain community relationships

“This year’s workshop offerings truly support the aspiration to age unbound,” said Alyson Scanlon, Aging Well Neighborhood Coordinator. “With the increasing number of older adults seeking to age in their own homes, we are committed to helping them do that in a safe and healthy way. We are thankful for our community partners for offering such diverse and informative programming.”

“Our sponsors are a significant part of Aging Well Month’s success. It would be difficult to offer so many programs without them,” commented Jan Walch, Director of Philanthropy and External Affairs. “We appreciate their support, along with the work of our Planning Committee, volunteers, and Board of Directors.”

For more information, and to browse the Aging Well Month Guide, visit the Aging Care Connections website, AgingCareConnections.org or email AWN@AgingCareConnections.org.

The mission of Aging Care Connections is to enrich the quality of life in communities by providing its services within the townships of Leyden, Lyons, Norwood Park, Riverside, and South Proviso by providing older adults and their families with guidance and support that enhances the ability to age well. Aging Care Connections serves over 10,000 older adults and families annually across 38 communities, providing comprehensive, client-centered programs that enable older adults to age safely and with dignity in their communities.

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