



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

“One person caring about another represents life's greatest value.” - Jim Rohn

Caregiver Tip:

May is Older Americans Month

President John F. Kennedy and the National Council of Senior Citizens designated May as Senior Citizens Month in 1963. Renamed Older Americans month in 1980, it acknowledges the contributions of older persons and asks the entire nation to pay tribute to older people in their communities.

This year’s theme, Get into the Act, focuses on how Older Adults are taking charge of their health, getting engaged in their communities and making a positive impact on the lives of others. Caregivers already embody this theme. The average age of caregivers caring for someone over age 65 is 63 years old. Here are some suggestions for caregivers during Older Americans Month:

- Schedule a physical for yourself
- Find time to take a walk each week
- Reach out to neighbors or others in your community to find support
- Make simple healthy meals or keep healthy snacks handy

Resources:

Older Americans Month Information: Learn more about Older Americans Month at the Administration for Community Living website: <http://www.acl.gov/NewsRoom/Observances/oam/Index.aspx>

Health and Fitness for Seniors: Senior Services of Alexandria May Speaker Series will focus on the importance of good mental health, ways to cope with dementia and how to remain active. Wednesday, May, 27, 2015, 9:30 a.m.-Noon at the Lee Center. Contact Senior Services for more information at 703.836.4414 or go to www.seniorservicesalex.org.

Caregiver Support Group
Wednesday, May 6, 2015
4—5:30 p.m.
Alexandria Adult Day
Services Center

To remove your name from our mailing list, please email jennifer.sarisky@alexandriava.gov
Questions or comments? Email joann.callender@alexandriava.gov or call 703.746.5999, option 1



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